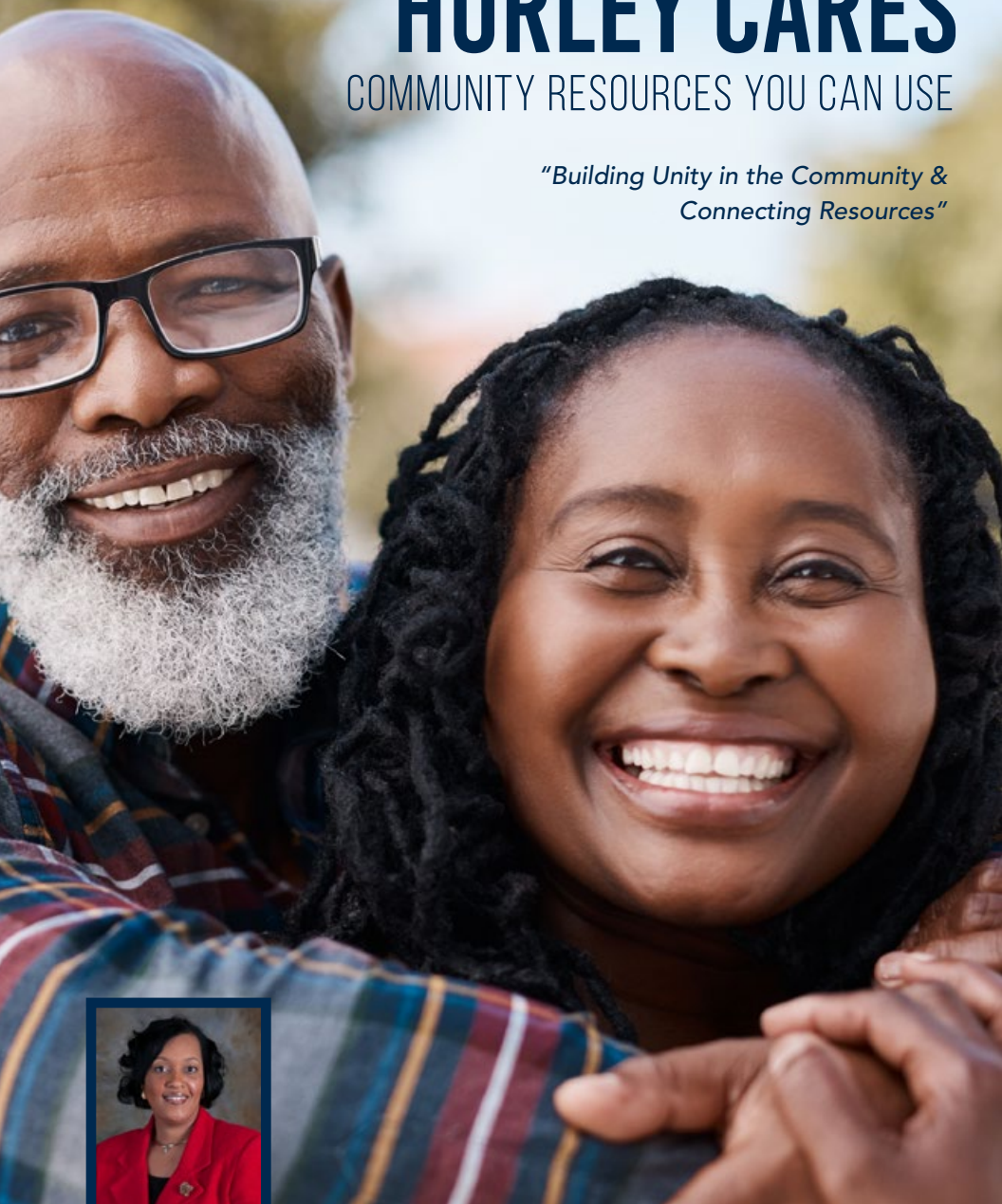


HURLEY CARES

COMMUNITY RESOURCES YOU CAN USE

*"Building Unity in the Community &
Connecting Resources"*



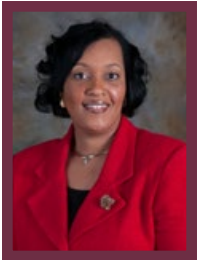
TARNESA MARTIN, RN, BSN

Your Patient Resource & Community Advocate

HURLEY

INTRODUCTION

A Message From Your Patient Resource & Community Advocate



Hi, I am Tarnesa Martin and I am here to talk about Choosing To Be Healthy.

Choosing to Be Healthy is not a Topic, it is a life style that impacts our everyday routine and how we choose to live.

You may be wondering why I am talking to you about choosing to be healthy. Because I realized it's a choice that must come from the individuals who govern their mind, body and souls. But I will tell you that choosing to be healthy is about more than drinking water, going to the gym and reducing salt intake every once in a while. It is about making tough decisions to tackle the areas in your life that put you at risk for Heart Failure, Diabetes, Stroke, COPD and Kidney Disease. Now you might be saying, I am not at risk for any of these diseases she is mentioning. But the reality is that we are all at risk and have to take on the responsibility learn more about these chronic medical/disease conditions. Even if the thought of hearing about them, talking about them scares you. What scares me is continuing to lose loved ones and people in our community. Health care matters and it is time for us to start having the conversations. It broke my heart to hear someone near and dear to me say, I do not want to talk about medical conditions because it reminds me of death, I rather die not knowing, which is probably why a lot of us do not want to talk about chronic medical conditions.

Think about it like this, talking about it, educates you and gives you an opportunity to confront and conquer the contributing factors that may lead to the condition worsening.

I was born and raised in Flint, grew up in Flint and love being connected to Flint, which is why I am taking a stand for the city that raised me and taught me how to be strong and resilient.

I know some would prefer to wait. Waiting scares me, which is why after 12 years of managing a 50-bed medical surgical unit, I decided to transition into the role of Patient Resource & Community Advocate. I stepped out on Faith and believed that transitioning into this role would give me an opportunity to connect better with the community and help fulfill the vision of Hurley Medical Center's Vision to "transform the health of our community and residents."



WHAT IS A PATIENT RESOURCE ADVOCATE?

What is the role of the Patient Resource & Community Advocate?

The Patient Resource & Community Advocate serves as a community liaison for identified health concerns, focusing on community education and health related resources in an effort to reduce disparities and improve access to care for the under-served populations. To be used as a resource to help the community have better healthcare outcomes through education, support and advocacy.

The Patient Resource & Community Advocate responsibilities:

- Works closely with various program coordinators and navigators and aids in addressing barriers and myths to seeking care.
- Serves as an additional member of the planning team for marketing to insure Hurley is reaching under-served populations that may be fearful of accessing healthcare, may have mistrust in the healthcare system, or may have health related knowledge deficits that Hurley can assist in remedying.
- Participates in community outreach and educational events.
- Assists in the development of educational material and resources with an eye toward developing materials and mechanisms of education that take into account health literacy levels, ethnic considerations and socio-economic levels.

- Establishes and maintains relationships with community groups, faith-based organizations, and other trusted channels that serve minority populations.
- Build relationships with community based resources that can be assistive for Hurley to meet the goals of enhancing access to care and improve health compliance.
- Work with Graduate Medical Education, identify opportunities for resident physicians to learn methods of trust building that will advance the patients' health outcomes.
- Assist Patient Relations Department with patient concerns to improve the patient, family and community experience.





HEART CENTER

Through a rigorous process, Hurley's Heart Center has once again met or exceeded the PCI Program requirements by Corazon, Inc.-- a national leader in cardiovascular specialty services.



Hurley's Heart Center provides 24-hour coverage for PCI (or Coronary Angioplasty) emergencies. PCI is a non-surgical procedure that improves blood flow to your heart.

Hurley's Heart Center has demonstrated through this accreditation survey that they are committed to providing the highest-quality level of care to their patient community.

Our highly-trained, experienced cardiologists and technicians can evaluate and treat all cardiac issues, whether you have a family history of heart disease or have been noticing any of the following symptoms of heart problems:

- Chest pain, tightness or pressure
- Shortness of breath
- Pain, numbness or coldness in legs or arms
- Fluttering in your chest
- Pain in the neck, jaw, throat, abdomen or back



If there's an issue with your heart, Hurley's team of experts will take exceptional care of you. To schedule an appointment at either the Fenton or Flint location, call 810.262.7030.

DIABETES CENTER

Finding out you have diabetes can be scary. If you're newly diagnosed or you need a little help to get back on the path to better health— **WE CAN HELP.**



HURLEY DIABETES CENTER is staffed by Registered Dietitians, Registered Nurses and Certified Diabetes Educators who can help you manage your diabetes.

INDIVIDUALIZED MEAL PLAN You will get an individualized meal plan and the help you need to understand how food, activity and medicines work together for the best blood sugar control.

DIABETES PREVENTION PROGRAM We also offer the National Diabetes Prevention Program (DPP) for those with pre-diabetes. Individual appointments for nutrition counseling are also available.

SUPPORT GROUP A monthly diabetes support group is held on the second Tuesday of the month at 11am—just drop in!

GET THE HELP YOU NEED Ask your primary care provider to refer you for education, or call us at 810.262.2310 to get started.



G-2065 S. Center Road, Suite D.
Burton, MI (Back of building)
Phone: 810.262.2310 | Fax: 810.235.2974

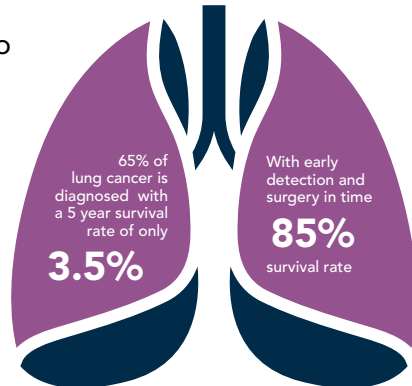


Hurley Lung Center is dedicated to the prevention, early detection and treatment of diseases of the lung. This is a unique program that spans the entire continuum of care and streamlines the diagnosis and coordination of treatment to achieve better outcomes.

We have a team of board-certified, multidisciplinary physicians working to diagnose and treat lung diseases.

We have a lung health navigator who will work with you and your family to guide you through every step of your lung-related health care, providing information, knowledge, support and guidance as needed to manage your lung health.

LUNG HEALTH NAVIGATOR:
810.262.9309



SENIOR SERVICES

The Region's Only Senior Center of Excellence

- Accredited Geriatric Emergency Department
- Region's Only Geriatric Fracture Center with Qualified Level 1 Trauma Team
- Region's Only No-Wait Immediate Room Experience in the Emergency Room – Senior Fast Track



H.E.L.P.—HOSPITAL ELDER LIFE PROGRAM

Hurley is the only hospital in the area to offer personalized care for older patients. The HELP team works together to help patients maintain physical and cognitive functioning for the duration of their hospitalization. The true secret to the program, however, is the personal touch.

HURLEY SENIOR FAST TRACK

Hurley's Senior Center of Excellence is proud to provide extra levels of safety and care for our seniors with the region's only no-waiting, immediate Emergency Department rooming experience for adults 65 & up.




Know before you go—

URGENT CARE VS. EMERGENCY ROOM

HURLEY URGEN+ CARE

- Cuts requiring stitches
- Minor burns
- Fever, cold, sore throat, ear infection, flu
- Upset stomach vomiting/diarrhea
- Bladder infection

 **LOWER**
Copay applies. \$25-\$50 average.


 **30 MIN**
You will usually be seen in under 30 min.

 **MANY LOCATIONS**


 **HIGHER**
Copay applies. \$100-\$200 average.

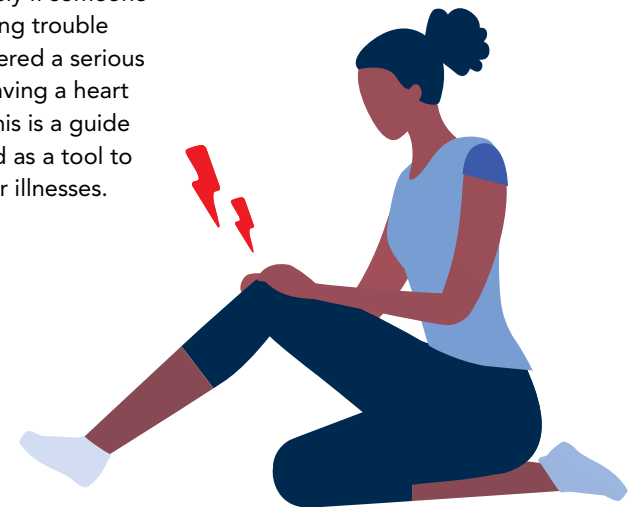
 **3-5 HOURS**
Average length of time spent in ER.

 **1 LOCATION**
One Hurley Plaza, Flint

HURLEY EMERGENCY ROOM 

- Symptoms of a heart attack, stroke or extreme shortness of breath
- Major burns, injury or bleeding
- Poisoning
- Seizures or loss of consciousness
- Coughing or vomiting blood
- Homicidal or suicidal feelings

 **CALL 911**
Call 911 immediately if someone is unconscious, having trouble breathing, has suffered a serious injury or may be having a heart attack or stroke. This is a guide and is not intended as a tool to diagnose injuries or illnesses.



HURLEY URGEN+ CARES




Hurley Urgent Care—Grand Blanc
5494 S. Dort Hwy. 810.262.7731

Hurley Urgent Care—Lapeer
1794 N. Lapeer Rd.
810.245.1800

Hurley Urgent Care—Durand
8759 Monroe Rd.
810.262.2710

Hurley Medical Center—Urgent Care
1 Hurley Plaza, Flint 810.262.6744

Hurley Urgent Care—Burton
G-2065 S. Center Rd.
810.262.2360

-  7 DAYS A WEEK
-  SHORTER WAIT TIMES
-  OCCUPATIONAL HEALTH



HURLEY CARES

COMMUNITY RESOURCES YOU CAN USE

HURLEY