

MMC Recertified as Comprehensive Stroke Center and Now the
Second Busiest in Michigan

The Witham Family Comprehensive Stroke Center prepares for a period of increased risk as winter weather and the holidays approach.

The Witham Family Comprehensive Stroke Center (WFCSC) at Munson Medical Center is proud to announce its recertification from The Joint Commission as Northern Michigan’s first and only Comprehensive Stroke Center (CSC).

Since 2020, the number of stroke cases accepted at WFCSC has more than doubled to over 1,200 each year making it the second busiest of 16 CSCs in the state. The American Stroke Association (ASA) has cited research indicating that strokes are more common November through February due to winter weather and the holidays. Access to the highest level of stroke care including endovascular intervention is critical but also very unique for a region like Northern Michigan.

“There remain significant disparities in stroke care across the country and around the world, with rural areas typically underserved with advanced stroke therapies,” said Gary Rajah, MD, Neurovascular/Cerebrovascular Neurosurgeon and WFCSC Medical and Surgical Director. “Time is brain and the over 500 emergent stroke procedures we’ve performed over the last five years are helping to improve outcomes, but our work is never done.”

Dr. Rajah completed the region’s very first thrombectomy in 2020 but prior to his arrival patients requiring that procedure had to be transferred downstate, delaying care a minimum of two hours due to travel time. Stroke is the world’s leading cause of disability with each minute of delay potentially causing the loss of four disability-free days and each hour equivalent to ageing 3.6 years.

“It’s been incredibly rewarding to bring this high level of stroke and neurovascular care to Northern Michigan, and the program continues to grow,” added Rajah. “CSC status not only reassures our patients and their families that they are receiving the very best evidence based, innovative care, but also helps with recruitment and retention of staff system wide.”

The success of the CSC has helped expand neuro care overall with the launch of Munson Neurosciences in Fall 2024. Over the last five years, Munson Healthcare has recruited six neurosurgeons and nine neurologists to the region with additional providers set to join the program this coming summer.

There are upwards of 300 Comprehensive Stroke Centers in the United States certified by The Joint Commission which represents the gold standard in stroke care. Each delivers care across the entire stroke continuum including:

- Pre-hospital coordination at smaller hospitals/critical access locations
- Emergency evaluation, and acute treatment (including IV thrombolysis and mechanical thrombectomy)
- Neuro intensive care
- Rehabilitation planning
- Long-term follow-up

Additionally, stroke related research is also a core element of CSC health, which can help provide Northern Michigan communities with treatment options beyond the standard of care for complex cases.

For more information on The Witham Family Comprehensive Stroke Center visit munsonhealthcare.org/stroke.

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= MENTAL HEALTH CORNER =

The 3 Questions to Win at Life

This is the second in a 3-part series on the questions and answers that inform our lives.

The second question is:

What is my Purpose here?

Most people wonder what their purpose is at some point in their lives. When it comes to mental health, it's helpful to reframe how we look at purpose as something that we "create," not something that we "discover." This moves us from having to find something to being active participants in the unfolding of our lives.

When we are developing our purpose, we will find that it is informed by what we value, what our strengths are and, of course, our relationships. These can drive our view of how we act and what we create in our lives. This moves us way beyond seeing our job titles, socioeconomic status and achievements as the things that define our purpose in this life.

As people, we tend to thrive when we feel needed, connected and when we play an active role in directing our own contributions to our

world. We are meaning makers, and our purpose is no different.

There is a common misconception about purpose. We are often told that we have "a purpose," but what we are not told is that our purpose will evolve through the seasons of life. In order to balance our mental health with our purpose, we must let go of the anxiety that is found in trying to find "the one thing." As we go through life, we will find that what we find most important will change, and our purpose will change along with it.

Here are some practical approaches to creating your purpose:

1. Identify your top 3 values. These will inform what is important to you.
2. Recognize that sometimes purpose is seen in small, consistent actions such as parenting, volunteering or creating in whatever form you value.
3. Align to your Purpose. When you match your purposeful behavior to your values,

you will naturally reduce feelings of anxiety and/or depression.

The answer to the question: "What is my Purpose here?" is an ongoing exploration. It is not destination as such. It's more like a daily intentionality. Once you connect this with what you truly value, you will have taken a huge step towards winning at life. s

-Adam DeVaney, LCSW, CECF

Adam DeVaney is a clinical social worker and therapist with over a decade of experience working with clients with a diversity of challenges from addiction and anxiety to overcoming trauma and helping people to learn what it takes to live their best lives. Along with his wife, Mandi, he founded Life's Work Clinic in Kalkaska, Michigan, and Life's Work Coaching with a local and global footprint. Adam has dedicated his life to serving others and walking with them on their healing journeys.

LIFE'S WORK CLINIC

Additional Obituaries on pages 4, & 5

Joanne Cecelia Hartnett

February 6, 1934 ~ September 18, 2025

How does one write an obituary of your mother? What is the protocol? What is the format? My mother didn't exactly follow the norm for her time, so I will write this using my own format, my own protocol — part obit part eulogy — to share a bit of my mom's story.

Joanne Cecelia Hartnett (née Mainville) died on September 18, 2025, in Traverse City, MI. She was 91 years old, and from where I sit, she had a long, full life. She worked hard and took care of herself and her kids. After a relatively short, but fierce, struggle with Alzheimer's, she died peacefully, safe, cared for, and loved, in a very natural order of things.

She is survived by her five children, David Hartnett (Denise) of Harbor Springs, MI., Suzanne Hartnett (Peter Lazansky) of Arcadia, MI., Clarisse Hartnett Manny of Traverse City, MI., Steven Hartnett (Sue Lynn) of Aptos, CA., and Erich Hartnett (Kristy) of Littleton, CO.; and her sister Rhoda Perkins (Robert) of Eden Prairie, MN. She also leaves five grandchildren, Rylan Hartnett (Theresa Sherwood), Miles Hartnett (Shalyn), Jaclyn Gottlieb (Michael), Grace Hartnett, and Andre Hartnett; and 5 great-grandchildren, Zoe and Calvin Hartnett, Morgan and Lydia Hartnett, and Ruby Gottlieb. She was preceded in death by her husband, Daniel André Hartnett, and her parents, Esther (Bergman) Mainville and Roderick L. Mainville.

An intense Michigander she was — born in Detroit in 1934 and growing up in Dearborn, MI. She spoke fondly of her early years in Dearborn, which included shopping trips to Hudson's with her mother, listening to the Detroit Tigers on the radio with her friends, bowling, tennis, and

winning the Girls Athletic Association award for outstanding athlete at Dearborn High School. She had a group of friends from Dearborn whom she remained close to throughout her life.

Joanne earned a journalism degree from the University of Michigan, where she worked on the Michigan Daily newspaper. While in college, she met and married Daniel André Hartnett in 1955. After graduation, they moved to Detroit and started their family. Living in Detroit in the 1960s, she earned her Master's Degree in Education (Marygrove College) and began a career as a teacher/reading specialist working in Detroit public schools and later Dearborn Heights schools. The family moved to Plymouth, MI, in 1968. A few years later, her husband was diagnosed with kidney disease; a hemodialysis machine was installed in their home and for the next two years, Joanne ran his treatment sessions—six hours at a time, three times a week—while continuing to work full time and raise the kids.

Her husband died in 1975, leaving Joanne and her five children, ages 9-17. She then decided to go to law school, working as a teacher by day and hammering out law school at night. Somehow, she still managed to attend the kids' basketball games, school band concerts, and early-Saturday morning hockey practices. She graduated from Detroit College of Law in 1980, was admitted to the State Bar of Michigan in 1981 and opened her own practice. She loved the law. After her retirement, she would carry a pocket-sized edition of the US Constitution and Bill of Rights. And, if a conversation with friends



took a certain turn, she would pull that little book out of her purse and say, "Show me where it says that?" That's my mom—that's the Michigan woman she was.

In the 1980s, she moved up-north to Gaylord, MI, opened a small law office, and lived in a log cabin in the woods with her German Shepherd. After some years, she'd had enough of life in the woods, closed her law office and moved to Harbor Springs MI to be closer to her childhood friends and to enjoy the best of northern Michigan—camping in the Upper Peninsula, walking the Mackinac Bridge on Labor Day, enjoying her favorite hamburgers and fudge in Mackinaw City, frequenting the Harbor Springs library and keeping in shape with a regular cadence of swimming at Harbor Springs High School.

Like many of us from Michigan, my mom was a Lions fan, a Tigers fan, a Pistons fan, and a Red Wings fan. She spent many football Saturdays in Ann Arbor cheering on her beloved Michigan Wolverines. She cheered for all University of Michigan teams, but also supported other Big Ten school teams (when they weren't playing Michigan). She and my sisters had an annual tradition of going to March Madness basketball games together. It was never just about watching a particular team; it was about watching college basketball.

My mom was intelligent, independent, a skeptic, and sometimes a curmudgeon, but she was never anything other than herself. She would not provide her personal information to anything online, "They don't need to know anything about me," she'd say. She read the Detroit Free Press daily — I suggested she read the online version, but she said absolutely

not, she wanted a paper copy to read while she enjoyed her coffee. Even with Alzheimer's these last few years, she retained her wit, her love of sports, and her joy of having a cup of coffee while reading the Detroit Free Press.

Michiganders are tough people. My mom was from Michigan, went to Michigan, and never wanted to leave Michigan—not for anything, not for anyone. I am the youngest of her children, now 59, and living in Colorado. I asked her to come join me in Colorado—the weather, the snow, the sun — but she would say, "Nah, I'm good." And when I pressed her—why won't you just move out here? She told me straight Oup: "Because this is where I'm from."

That was her—that's the Michigan woman she was. Michiganders lost one of our own in September. Her friends know, and her kids know that Joanne C. Hartnett was from Michigan -- Detroit, Dearborn, Plymouth, Gaylord, Harbor Springs, and Traverse City. All Michigan places, and she loved them all. Because that's where she was from.

Per her emphatic instructions, there will be no funeral or memorial services. Her cremated remains will be interred at Riverside Cemetery in Plymouth next to her husband. The family would like to thank the staff at Cherry Hill Haven of Traverse City and Hospice of Michigan for their compassionate and dignified care. For those who may want to remember Joanne with a donation, please consider Cherry Hill Haven's "The Lifetime Promise" fund (<https://baruchsls-ch-traverse-city.kindful.com/>) or Hospice of Michigan (<https://www.hom.org/>).

Arrangements were made by Wolfe-O'Neill Funeral Home, our family serving yours.