Westmoreland County
Guide to Good Health
Health News You and Your Family Can Use

Inside this issue:
MEDICARE UPDATE
See pages 17-22

Senior Guide
Senior Living Options, Rehabilitation, Home Care, Hospice, Senior Resources
See pages 23-32

Tips for Choosing the Best Home Care Agency

Exercises for Low Back Health

Highlands Hospital Autism Center Expanding
Every Child Seeking Foster Parents

DEPARTMENTS:
LOW BACK PAIN 3
LEGACY MEDICAL CENTER 4
VARICOSE VEINS 5
BREAST CANCER 6
SPINAL CARE 7
DENTAL HEALTH 10
ASK THE EXPERT/Jerry DeRiso 11
AUTISM 12
FOSTER PARENTS 14
CELIAC DISEASE 16
MEDICARE UPDATE 17
SENIOR GUIDE 23
SENIOR HOUSING 26
HEALTHCARE DIRECTORY 33
Get Healthy. Get Home.

**Greensburg Care Center**
724-836-2480
119 Industrial Park Road
Greensburg, PA 15601
mygreensburgcarecenter.com

**Harmon House Care Center**
724-547-1890
601 South Church Street
Mt. Pleasant, PA 15666
myharmonhousecarecenter.com
More than 31 million Americans experience low back pain at any given time. To avoid back issues, prevention is key. Brian Mock, PT, DPT, facility director at UPMC Centers for Rehab Services’ location at the UPMC Outpatient Center-Wexford, explains three core strengthening exercises shown to increase core stability and reduce stress on the low back.

“These core strengthening exercises help build flexibility and endurance, and enhance stability,” explains Brian. “They challenge your muscles but are executed in a way that minimizes the risk of injury. Always be sure to check with your doctor before starting any new exercise regimen.”

**Dying/dead bug exercise**

To perform this exercise, lie flat on your back on a mat with your knees bent and your arms at your sides. Then raise both legs and arms up toward the ceiling to mimic a dying bug.

- From the dying bug position, move your right arm to the floor above your head and your left leg down to the floor at the same time.
- Return to the starting position.
- Repeat the move, lowering your left arm to the floor above your head and move your right leg to the floor at the same time.
- Do these movements in tandem so one arm and the opposite leg are on the floor, and then up in the air, at the same time.
- Start with 10 to 15 repetitions per side and gradually work up to 20 to 25 repetitions.

**Side plank**

While lying on a mat on your left side, prop your torso up on your left arm.

- Lift your hips off the mat. Be sure that your knees, hips, and shoulders are in a line.
- Hold for eight seconds and then bring your hips back down to the mat.
- Start by doing two repetitions at eight seconds each. Gradually work up to five repetitions at eight to 10 seconds each.
- Turn on your right side and repeat the steps.

**Bird dog exercise**

Start on your hands and knees with a neutral spine, so your shoulder blades are down and back, your neck is long, and your chin is up toward the ceiling.

- Straighten your right leg back, with your toes pointed down. Raise your left arm out in front of your head. Hold that position for eight to 10 seconds.
- Lower your arm and leg to the mat.
- Switch sides, straightening your left leg back, with your toes pointed down. Raise your right arm out in front of your head. Hold for eight to 10 seconds.
- Start by doing four to five repetitions on each side. As you build endurance, you can increase the repetitions.

To make an appointment, call 1-888-723-4277 (4CRS) or visit UPMC.com/4CRS

32 LAPS NAILLED.

70 rehab locations.

With customized physical and occupational therapy programs, some of the region’s most experienced therapists, and more than 70 locations with flexible hours, we can get you back to doing what you love.

To make an appointment, call 1-888-723-4277 (4CRS) or visit UPMC.com/4CRS.

UPMC CENTERS FOR REHAB SERVICES
Empowering Patients Through Innovative and Progressive Treatment

By Daniel Casciato

At Legacy Medical Centers, everyone is treated like family. “We’re not an assembly line,” stresses Dr. Matt Burnett, D.C., CCSMS, FST, who runs the Peters Township-based practice along with his brother Thomas Burnett, MD. “We take our time with patients one-on-one. You will see the doctor you make an appointment with.

In this era of healthcare, the doctor-patient relationship has been lost because of the time required and the documentation. Here at Legacy, you will feel at home and develop a relationship with your doctor. You’re part of the family.

Legacy combines the best of both traditional medical and chiropractic care to form a cohesive multi-disciplinary health system. Its team is comprised of chiropractors, physical therapists and medical doctors. Its patient-centered approach utilizes innovative and progressive technology, nutrition, physical medicine, and rehabilitation.

“We just don’t manage your pain. We have the most advanced modalities in western Pennsylvania by far and because of those technologies we can obtain superior results,” says Dr. Burnett, adding, “We’re like the Tesla of medicine.”

Most of the conditions Legacy addresses include everything from strains and sprains to concussions and anything that is neuromuscular related. Not only will Legacy work one-on-one with patients, but they also work with several of the clinical staff, to reach an accurate diagnosis and develop customized treatment plans that will lead patients to the highest quality of life possible.

Patients at Legacy will go through a comprehensive exam but more importantly, notes Dr. Burnett, they want us to listen to their story. “You can’t treat everyone the same because you won’t receive the results you are looking for,” says Dr. Burnett. “We take our time with our patients. Once we identify the problem at hand we will go through a series of modalities that can decrease inflammation and swelling within the patient. That will help alleviate that initial onset of pain. We’ll then go through another series of procedures that will correct those problems. If it’s a joint that is restricted, we will manipulate it. If it’s a nerve that is damaged, we will laser it to regenerate the nerve itself.”

Dr. Burnett, who started his career at Wheeling Jesuit University—where he received a Bachelor’s Degree in Nuclear Medicine and graduated summa cum laude—attended National University in Chicago where he earned an additional degree in biology as well as his Doctorate of Chiropractic.

At Legacy, Dr. Burnett treats a wide range of patients, but has an overall special niche in the athletic world treating local as well as professional athletes. His experience started as an athlete himself at Wheeling Jesuit University, where he was a four-year varsity letter winner and NCAA Academic All-American with the men’s soccer team. Dr. Burnett continued his soccer career as the assistant men’s and women’s soccer coach at Illinois Tech in Chicago while earning his doctorate degree.

Upon graduation, Dr. Burnett stayed on with Illinois Tech as their Strength and Conditioning Coach until the 2010 season. After moving to Pittsburgh in 2004, Dr. Burnett quickly got involved in the soccer community. He started his local coaching career as the assistant coach for the girls Norwin varsity soccer team. After three years on staff, he transferred schools, serving as the assistant coach of the Peters Township High School girls varsity soccer team from 2010-2013.

In addition to his successful coaching career, Dr. Burnett has worked with over a hundred NFL athletes from nine different teams. He continues to see athletes from MLB, NHL, LPGA, PGA, and professional boxers.

“Our goal is to get them back up and running. Movement kills pain. The lack of movement enhances the pain that these chronic patients are having. When we move, high intensity exercise releases a cascade of endorphins and natural hormones that kill pain.”

Legacy Medical Centers has three locations: Peters Township (724) 941-0707, Irwin (724) 382-5626, and Robinson (412) 680-6036. For more information, visit www.legacymedicalcenters.com.
By Nancy Kennedy

Varicose veins and spider veins are common, bothersome conditions, but they are also highly treatable. At Greater Pittsburgh Vascular Associates, a division of Jefferson Cardiology, the diagnosis and treatment of varicose veins is a specialty.

Expert, highly skilled cardiologists at the Center’s two locations offer the most cutting-edge care in a state-of-the-art catheterization lab equipped with the latest medical imaging and surgical technologies to diagnose and effectively eliminate problem veins and the discomforts associated with them.

Gennady Geskin, M.D., a board-certified cardiologist, says the prevention and treatment of varicose and spider veins and their complications is a primary focus of his practice. “There is no reason for anyone to suffer with the aching, swelling, fatigue and heavy feeling in the lower legs that is common for those with varicose veins. Sometimes, people assume that they just have to live with it, or they are afraid to seek treatment because they mistakenly believe that the only treatment is surgery.”

Conservative treatment consists primarily of wearing compression stockings that provide support and reduce swelling and heaviness; elevation of the legs whenever possible; and making adaptations in the workplace to avoid prolonged standing.

But for severe varicose veins, the ideal treatment is to eliminate the veins altogether. That process begins with diagnosis, including a physical examination of the legs and a diagnostic venous ultrasound, done right on site in the lab, to precisely identify malfunctioning veins and the degree of reflux present.

“The majority of patients will have reflux,” Dr. Geskin explains. The “venous system is a network of blood vessels that resemble a tree. The valves are located in the tree trunk, and the veins are the branches of the tree. We look for reflux in the superficial veins, which occurs when the valves aren’t working right. We treat the cause, using endovenous thermal laser ablation, a procedure that uses a laser to seal the damaged veins and prevent reflux.”

Varicose and Spider Veins
In Office Treatments

They’ll look at your legs for a whole new reason!

New and Improved Legs

Do you suffer from tired aching legs? Do you avoid wearing shorts in public? At Greater Pittsburgh Vascular Associates, we perform state-of-the-art, minimally invasive procedures that eliminate varicose veins and spider veins, pain and swelling.

Call today for an office consultation:
Dr. Inna Lamm and Dr. Gennady Geskin
412-469-1500

Greater Pittsburgh Vascular Associates
www.greaterpittsburghvascular.com

2 LOCATIONS
1675 State Rt. 51
Jefferson Hills, PA 15025
412-469-1500

6637 State Rt. 30
Jeanette, PA 15644
724-853-1444

“There is no reason for anyone to suffer with the aching, swelling, fatigue and heavy feeling in the lower legs that is common for those with varicose veins. Sometimes, people assume that they just have to live with it, or they are afraid to seek treatment because they mistakenly believe that the only treatment is surgery.”

-Gennady Geskin, M.D.
Metastatic breast cancer (also called Stage 4) is the most advanced stage of the disease and means that the cancer has spread to other organs in the body. Although it is considered incurable, treatment continues because excellent care and support can extend lives by several years. Once a person is diagnosed with metastatic breast cancer, the goal of their treatment plan changes from eradicating the cancer to prolonging the life of the patient in the most comfortable manner. Likewise, supportive services must change.

Most support groups focus on helping people cope during their treatment and then move beyond cancer, therefore those who will be in treatment for the rest of their lives can feel isolated and unrelated. They are often wary of sharing their story in a room full of people working towards remission. People with metastatic breast cancer may not look like they have cancer, but it remains at the forefront of their minds. They know that treatment will extend their lives, but they also know they will eventually die from the disease. They may experience daily pain, depression, anxiety, and various side effects from the long-term use of prescribed medications. These issues are very different from those with early stage breast cancer, and that is why support groups specifically for people with metastatic breast cancer are so important.

Targeted support groups make an enormous difference in the ability to cope and find understanding, camaraderie, and solace. They connect people facing similar decisions, struggles, and fears. They have been shown to improve the mental well-being and quality of life for people with metastatic breast cancer, in part by allowing participants a safe place to discuss the process of dying and to improve communication with family members.

Over 150,000 people in the United States are living with metastatic breast cancer, and that number is growing (National Cancer Institute, 2017). Supportive services specifically designed for their needs must grow as well.

By Dani Wilson

Metastatic breast cancer

Dani Wilson is the director of strategic advancement at Our Clubhouse. For more information on supportive services for people with metastatic breast cancer, contact Our Clubhouse at (412) 338-1919, dwilson@ourclubhouse.org, or www.ourclubhouse.org.

Stay abreast of local health fairs and health focused events and educational opportunities by subscribing for our FREE monthly enewsletter at www.guidetogoodhealth.com
10 Reasons Spinal Care Should Be an Integral Part of Your Life

By Dr. Tim Strittmatter, DC

1. **Increased Energy**
   As Dr. Roger Sperry, a Nobel Prize winner for brain research once said, "The more mechanically distorted a person is, the less energy available for thinking, metabolism, and healing." How can the cells in the body, that are dependent on nerve transmission, be expected to stay healthy and well with a spinal misalignment? They can't. That is why monthly spinal check-ups are really nervous system check-ups to keep this system running at 100%.

2. **Stronger Immune System**
   According to research by Ronald Pero, Ph.D., chief of cancer prevention research at New York's Preventive Medicine Institute and professor in Environmental Health at New York University, chiropractic patients were shown to have a 200% greater immune competence than people who had not received chiropractic care. Pero concluded, 'Chiropractic may optimize whatever genetic abilities you have so that you can fully resist serious disease.'

3. **Increased Overall Health**
   According to a study by Coulter and researchers at the RAND Corporation of senior citizens over 75, recipients of chiropractic care reported better overall health, spent fewer days in hospitals and nursing homes, used fewer prescription drugs, and were more active than the non-chiropractic patients.

4. **Maximized Athletic Performance**
   From improving your golf game to professional athletes’ feats, spinal/body balance is the key to preventing injuries and maximizing performance. One of the biggest causes of injuries in athletes is asymmetry throughout the body. Chiropractic adjustments allow the body to move freely and balanced. When your spine is out of alignment, your muscles tighten causing decreases in ranges of joint motion, leading to pain and injury.

5. **Decreased Healing Time**
   Spinal alignments speed up the recovery process of your muscles, ligaments, tendons, and joints because they increase circulation to normalize stress within the injured tissue, increase immune response, and improve brain to body communication.

6. **Improved Sleep Quality**
   A common experience after a spinal alignment is having a deeper and more restful sleep. The muscles are more relaxed, you're able to breathe more effortlessly, and staying in one position in bed becomes easier.

7. **Preventing Joint Degeneration**
   A misaligned spine/body causes excess wear and tear on all joints of the body – especially the spine, hips, knees, and ankles – leading to pain and degeneration.

8. **Posture Balance**
   When you have forward head carriage, it diminishes your ability to expand your lungs fully, resulting in a 15+% decrease in oxygen utilization. Forward head carriage can lead to the development of TMJ pain, tight neck, migraines, headaches, seizures, disc and joint degeneration, thoracic outlet syndrome, carpal tunnel, facial twitching, neck and should pain, and pain.

9. **Lower Blood Pressure**
   A special chiropractic adjustment (NUCCA) can significantly lower high blood pressure. “This procedure has the effect of not one, but two blood-pressure medications given in combination,” study leader George Bakris, MD, tells WebMD.

10. **Less Disability**
    A study found that you are less likely to end up disabled if you get your care from a doctor of chiropractic(DC). (Occupational and Environmental Medicine 2011 (Apr).

For more information or to make an appointment, you can reach Dr. Tim Strittmatter, DC at Keystone Spinal Care and Wellness Center at (724) 216-9000 or keystonespinal@gmail.com, or log on to Keystonespinal.com. Dr. Tim also offers Upper Cervical Care and Nutrition Counseling.
Changing Seasons Affect Your Facial Skin Care Needs

by Christopher M. Baratz, Owner of the Greensburg and West Virginia Massage Envy

This Fall is the perfect opportunity for you to take better care of your health and wellness. At Massage Envy Spa in Greensburg, we have extremely talented therapists, estheticians, and cosmetologists that thrive on helping our guests and members overall total body care.

New Stretch Program

Through our new assisted stretch program, our therapists work with our guests to increase their range of motion, circulation, and actually stretch their muscles to where they should be. A 30-60 minute stretch followed by a 60-90 minute massage in my experience provides 10 times more effectiveness to decrease your pain levels and open your range of motion.

Facial Skin Care Services

Changing seasons is also the perfect time to re-evaluate and start taking better care of your facial skin care needs. Cold weather, changes in humidity, and fall and holiday stresses - all affect how your skin looks and feels. At Massage Envy we are recognized for our skin care services nationwide. Through customized facials, our brand new microderm-abrasion-infusion and chemical peels, we provide the best and most affordable facial in today's skin care market.

What is most important is after your service, our esthetician or cosmetologist will consult with you on what home care regimens are recommended for your specific skin care concerns. This daily regimen will provide you with continued wonderful results and will bring your skin to where you desire it to be in between your facial sessions.

Best of luck to everyone's fall and holiday season!

Come to Massage Envy's location in Greensburg or Morgantown for an introductory 60 or 90 minute Massage or Facial Service for $55 or $83.
Treatment of Varicose Veins and Spider Veins

(Continued from page 5)

safe and minimally invasive procedure that uses a concentrated beam of light, or radiofrequency, which uses electricity. This is an outpatient, minimally invasive procedure; the patient is given a local anesthetic and the procedure is well tolerated; there is no incision. It takes only seven or eight minutes to complete and the patient is there for a total of just two hours. It’s safe and comfortable; the environment is not at all frightening, and patients walk out after the procedure.”

Post procedure, compression stockings must be worn for two weeks. Dr. Geskin says that outcomes are excellent: the recurrence rate is low, at just 4%. “In some situations, varicose veins may be getting fed by multiple sources; these will shrink by 80% and that is probably enough. If the varicose veins are a longstanding problem, we may have to do a phlebectomy to pull them. This is also an outpatient procedure.”

Varicose veins cannot be entirely prevented, but they can be minimized; this is a matter of knowing your risk factors and delaying the onset as long as possible. Well-fitted compression stockings are very helpful, and Jefferson Cardiology provides expert custom fitting.

The most important point for those with varicose veins, says Dr. Geskin, is that this is not a cosmetic problem but a medical condition and it requires treatment by specialists. The treatment is not something to be feared: it’s actually pretty easy and is nearly always covered by health insurance.

Greater Pittsburgh Vascular specializes in the treatment of varicose veins, spider veins, peripheral arterial disease, chronic venous insufficiency and deep vein thrombosis. The web site www.greaterpittsburghvascular.com offers excellent videos, diagrams and other educational resources.

For more information or to to schedule an evaluation, call Dr. Gennady Geskin, Greater Pittsburgh Vascular Associates (A Division of Jefferson Cardiology Association), at (412) 469-1500 or visit www.greaterpittsburghvascular.com.
Neuromuscular dentistry (NMD) looks at the joints, muscles, nerves, and teeth—the whole system that makes your bite possible. Misalignments in this system can result in a variety of chronic conditions, including:

- Headaches and pain in the neck and shoulders
- Facial pain and jaw pain
- Sleep apnea and depression
- Limited jaw movement and “clicking or popping”

One or more of these symptoms may be a sign of Temporomandibular Joint Disorder (TMJ/TMD).

Neuromuscular dentistry helps by restoring harmony to the system of jaw joints, muscles, and teeth that come together in your bite.

**What is NMD treatment like?**

Neuromuscular dentistry starts with diagnostic tests, including sonography, computerized scanning, and jaw tracking studies (as needed). Treatment may involve a TENS device, which can relax jaw muscles using mild electrical stimulation as well as a plastic “orthotic” mouthpiece or other orthodontic treatment to help adjust your bite. Occasionally, significant restorative dentistry may be needed.

Neuromuscular Dentistry may be the life-changing treatment you’ve been looking for.

To learn more about NMD, Advanced Dental Services and Traditional Dental Services at the Lane Center for Advanced Dentistry at (724) 836-4433 or visit us at http://www.drgreglane.com.

---

**Essential Oils**

If you are like many people these days you ask yourself, “What are they and how do I use them safely? Why are so many people going crazy for them? If they actually work, why haven’t I heard about them before?” Or maybe you know someone who is very enthusiastic about them and you’re just not quite sure there’s actual evidence to support these “magical” oils.

Essential oils come from aromatic plants. The practice of using them for therapeutic purposes or aromatherapy dates back at least 5,000 years. They were used so successfully to promote wellness and combat health issues that they were often treasured more than gold.

During recent days, there has been a renewed interest from our society for holistic and natural wellness solutions. People are becoming more interested in learning about the ingredients in the foods they eat and drink. They are also trying to minimize the chemicals and synthetic products to which they are exposed. Long term exposure has been shown to result in a loss of energy and vitality with potential disease and ultimately, a diminished quality of life.

Essential oils are a natural addition to your holistic wellness lifestyle to make your efforts even more effective. For example, using Lavender essential oil in a diffuser during the night can support a restful sleep, which is vital for optimal immune system function.

Applying Frankincense and/or Wild Orange essential oil throughout the day can help you stay calm and focused which helps your immune system function as designed, since too much stress leads to an impaired immune system. Many essential oils also pass through the blood-brain barrier affecting our memory, hormones and emotions, which ultimately affect our physical responses. There are even specialty blends of essential oils, like doTERRA On Guard, which is a blend of several essential oils that have powerful antiseptic and cleansing properties that naturally boosts a person’s immunity.

For many, they love the idea of incorporating essential oils but they feel overwhelmed on where to start and are unsure of a legitimate and trustworthy reference. To help the novice begin, we offer classes at local wellness centers, community venues and colleges, as well as online webinars. We are experienced essential oil and herb users dedicated to bridging the gap between eastern and western medicine.

To learn more about essential oil and herb blends customized specifically for you or to schedule a one-on-one personal wellness consult or attend a workshop, call (724) 797-5886 or visit www.ezekielsgarden.net.
Ask The Experts / Expert

Jerry DeRiso, MPT, on why you need a Posture Analysis

Q: What is the significance of posture to health, especially in relation to aging?
A: People should have greater expectations for what they can do with their bodies as they age. An increase in awareness of the numerous options available - not only in restoring physical ailments, but preventing them in the first place - is paramount in this realization. We need to understand that we do not have to age that way if we adopt a proactive approach to one’s health. And posture is where it can all begin!

Q: What exactly does posture mean and why does it matter?
A: Posture is much more important than people believe. When your head, shoulders and hips are in the correct position, years disappear from your appearance. Proper alignment of your head, spine and hips will lessen the amount of strain on your muscles and ligaments. Standing, walking and even athletic abilities are improved significantly when posture is corrected.

Q: What is a posture analysis?
A: State of the art computer analysis, available at Diamond Physical Therapy, provides a detailed postural assessment. This analysis not only reveals in great detail the postural issues that exist, but also calculates the extra strain on the neck and lower back. The severity of the postural changes the client has undergone is able to be calculated, as well as demonstrate the long-term effects their posture will have if not addressed.

Q: How are postural problems treated?
A: Physical therapists are able to utilize many treatments and modalities to achieve these goals. However, with the newest revelations regarding the importance of posture, only a few physical therapists in the region have the technology and knowledge to most effectively address these issues. Utilizing the area’s only Meilus Muscular Therapy Robot, flexibility and movement can be restored to the body. This robot is used by professional sports teams around the country and is very much in demand in states such as California and Florida, where doctors utilize its capabilities to assist in loosening and lengthening muscles. Diamond Physical Therapy also has the experience and training to address the issues affecting you by creating and implementing an individually tailored program. In conjunction with exercises to address your postural problems, we implement technologically advanced treatments to address both acute and chronic pain.

Q: What is your best advice for those who have concerns about their posture?
A: YOUR healthcare IS YOUR CHOICE! Do not let anyone dictate your care; you choose where you want to go and have treatment. And with direct access, in most cases you do not need to have a prescription to see a direct access licensed physical therapist.

For more information or to make an appointment, visit diamond-pt.com or call (724) 238-9185 or (724) 853-6800.
By Daniel Casciato

The Highlands Hospital Regional Center for Autism (HHRCA) is expanding to the former Zachariah Connell Elementary School in Connellsville, PA. The organization says that the new renovated 42,000-square-foot location, slated to open in the spring 2018, will serve as the new school for its students. The current facility will be used for other purposes.

Several years ago, it was identified through a community needs assessment that Fayette County was in need of additional resources for individuals living with autism. Research showed that out of the 41,742 children ages 5 to 24 in the region with effective, HHRCA with the goal of serving individuals living with autism.

Research showed that out of the need of additional resources for individuals living with autism. In particular, so they’ll know how to do laundry, cleaning, cooking and manage money. As we began with four students in 2011 and insure as to how much the program would grow,” she says.

“Our enrollment is now at 18 and we’ve completely maxed out the current space. We have a waiting list for students which we can accommodate when move into the new building.”

One of the new initiatives recently introduced at HHRCA was a functional development program for high school students. Children and teens with autism often struggle to learn functional skills—skills necessary for daily living and establishing quality of life. By developing these skills, you can increase their ability to achieve independence.

“Because the students we had at the beginning are getting older, we have to look at the skills that they need when they graduate school,” says Morran. “We’re working on their functional skills for the home, in particular, so they’ll know how to do laundry, cleaning, cooking and manage money.”

As part of the functional development program, teenaged students participate in a work program at Highlands Hospital for several hours per week.

“This allows them to get used to going to a job and interacting with the public,” says Morran. “In the new facility, we will have an entire space dedicated to a vocational and training room for the older kids to further expand their needs whether they plan to live on their own or need assisted living upon graduation.”

What makes HHRCA unique compared to other centers for autism is its affiliation with Cleveland Clinic Children’s Center for Autism. According to Morran, this affiliation has provided the center with a wealth of research based practices and curriculum.

“We run a true ABA Program with skilled staff implementing the programming,” she says. “Students work one-to-one or one-to-two with a Classroom Behavior Therapist. These therapists must have a degree in education, psychology or a related field and undergo a strict training process provided by Cleveland Clinic.”

Looking ahead, Morran is very excited to see all that the center can do to help students and their families in the future.

“We have experienced steady growth in our six years of operation and have been able to provide assistance to children and families across the region of varying ability levels,” she says. “We look forward to continuing our growth.”

Highlands Hospital offers intensive treatment through the exclusive use of applied behavioral analysis (ABA) to provide children on the spectrum with the highest likelihood of success. The evidence-based, data-driven methodology of ABA has been proven effective through extensive research, showing great benefit to individuals on the autism spectrum and their families.

“At HHRCA, we understand that your children are a most treasured gift,” adds Morran. “We strive to provide the best overall care for your child, addressing both academic and functional needs. We strive to help the family as a whole by providing monthly observations, home visits as well as additional conferences and collaboration with home based teams.”

Parents of Children With Special Needs…

Go to www.guidetogoodhealth.com for more stories, information just for you!

The Highlands Hospital Regional Center for Autism is honored to offer autism services in affiliation with Cleveland Clinic Children’s Center for Autism.

Our licensed private school is modeled after Cleveland Clinic’s esteemed Lerner School. HHRCA provides families and children in Southwestern Pennsylvania with state-of-the-art educational and behavioral treatment. The program model to which we adhere has shown sterling documented positive outcomes in educational, medical, and behavioral programming. Intensive treatment through the exclusive use of Applied Behavioral Analysis (ABA) offers our students the highest possibility for success.

In affiliation with Cleveland Clinic Children’s Center for Autism

Highlands Hospital Regional Center for Autism (HHRCA) is honored to offer autism services in affiliation with Cleveland Clinic Children’s Center for Autism. The school opened its doors on September 1, 2011 with four students and today it provides quality education to 18 students, ages 5 to 17, from five school districts.

“We offer a year round, licensed, private school for children ages 5-21,” says Morran. “Each student received individualized programming and ABA—applied behavior analysis—therapy in a 1 to 1.4 therapist to student ratio. Each classroom is supervised by a licensed PA teacher.”

Morr...
Individuals with disabilities and their families face significant challenges in planning for their futures. Concerns about the future are very real. Where will your family member live after you are no longer alive? Who will look after their finances? When should I start future planning?

Future planning includes the various tools available to families, such as special needs trusts, that will assist in proper planning for a loved one with a disability. Special needs trusts enable a person with a disability to protect assets that are in their name, while continuing to be eligible for vital government benefits, such as Supplemental Security Income and Medical Assistance. They also offer some peace of mind to families trying to ensure their loved ones are taken care of in the future.

It’s important for families to find an agency or company they can trust when deciding who will manage their loved one’s assets. For individuals with disabilities, families should seek a company with case management and social work experience to add to the traditional role of trustee. With that experience, staff will work with individuals with disabilities and their families to ensure proper government support and services are being provided, and that the funds are managed and distributed in a responsible manner.

By planning ahead, families will have a snapshot of all their loved one’s needs. This snapshot helps paint a clear picture of what makes that person unique and what they need to survive, even after their caregiver has passed on. Future planning helps to ensure that your family member’s needs are met day to day, on special occasions and in times of emergency.

For a free Future Planning Guide visit www.achievafamilytrust.org or contact ACHIEVA Family Trust at (412) 995-5000 x589 or futureplanning@achieva.info.
But the world may be different lived in, or what sort of car I drove. account was, what kind of house I will not matter what my bank willingness to make an extraordi-

What they have in common is a who come from all walks of life. are also perfectly ordinary people, regional non-profit that serves Every Child, Inc, a dynamic impact is beyond measure. At foster families is a constant process. is taking a toll on families. “We get calls every day for foster care place-

Need for foster parents is great but it is not something that can be undertaken lightly,” she says. “People come to us with big, open hearts, but they have to understand the reality of foster parenting. We frame it for them and dispel the myths so they know what they are getting into.”

The need for foster parents is embraced by a strong network of supports. “Foster parents are never alone,” Livingston says. “We are always accessible and supportive, 24/7, and if they call they will get a human voice. We provide trainings and a support group; these things create community among the foster parents so they have peer support.”

For Holly Livingston and Alexa Crippen, working at Every Child is gratifying. “When we see a successful reunification, when we see a child making progress, growing and gaining self-esteem, we feel reward-

 Originally created in 1997 to provide services to medically fragile children, Every Child has expanded in scope and mission to include Child and Family Support Services and a comprehensive Clinical Services program. In all of Every Child's services, the goal is to develop, preserve and strengthen the relationships to family and community that are essential to a child's growth and development.

For information, visit www.everychildinc.org or call (412) 665-0600.
Did you know that your tax dollars can be directed toward tuition to a private school? Did I get your attention?

Pennsylvania has a program called EITC (Earned Income Tax Credits). Here is how it works. Any business that earns a profit in Pennsylvania can send money to a private school, such as Aquinas Academy in Greensburg. In return, they will receive a tax credit for their state taxes. Individuals are also able to participate as long as they qualify, so this is not just for businesses. These funds must be used as tuition, and students must qualify for them. Are you intrigued?

Your EITC contribution can be given to Aquinas Academy, and this contribution can benefit a student in need right away. Many parents wish to provide a Catholic education to their children, but they don't think they can afford the tuition. Generous donors who participate in this program allow students to attend a Catholic School.

We are continuing our search for donors. We are looking for businesses and individuals who feel strongly about families having a choice in their education. We are looking for those that might want to help a student realize a dream of attending Aquinas Academy. Are you ready to help a student realize that dream?

If you are able to contribute to the EITC program, please contact the school office and speak to our principal, Mr. Joseph Rice. Remember, your contribution will come back to you in tax credits, so this program costs very little to the donor. Every gift size will be valued and appreciated.

---

**Elementary Catholic Education at Aquinas Academy:**

**Faith, Academics, and Service**

Use Your Tax Dollars to Help a Child In Need Receive a Catholic Education

Faith, Academics, and Service are our pillars, but there are many extras that are offered at Aquinas Academy. We have a well-rounded sports program that includes three seasons and sports such as cross country, football, basketball, and volleyball. Our performing arts program includes instrumental lessons, band, and acting. Many clubs are available for our students such as chess and newspaper. Parents are not just allowed to be a part of their children's lives, but encouraged to do so. All of these extra offerings help to create the family atmosphere that makes Aquinas Academy so special.

Aquinas Academy is the Elementary Catholic Education choice in Greensburg, PA. We hope that you will join us and help us to continue to be the light on the hill as we move into the future.

Personal tours are available. Like us on Facebook, and be sure to find us on the web.

Aquinas Academy
724.834.7940
www.aquinasacademy.org
info@aquinasacademy.org

**Sports, Performing Arts, Clubs, and more**

Faith, Academics, and Service are our pillars, but there are many extras that are offered at Aquinas Academy. We have a well-rounded sports program that includes three seasons and sports such as cross country, football, basketball, and volleyball. Our performing arts program includes instrumental lessons, band, and acting. Many clubs are available for our students such as chess and newspaper. Parents are not just allowed to be a part of their children's lives, but encouraged to do so. All of these extra offerings help to create the family atmosphere that makes Aquinas Academy so special.

Aquinas Academy is the Elementary Catholic Education choice in Greensburg, PA. We hope that you will join us and help us to continue to be the light on the hill as we move into the future.

Personal tours are available. Like us on Facebook, and be sure to find us on the web.

Aquinas Academy
724.834.7940
www.aquinasacademy.org
info@aquinasacademy.org

**Aquinas Academy**

The World Class, Catholic Education in Greensburg, PA

340 North Main Street, Greensburg, PA 15601
724.834.7940

Faith is integrated into everything we do. Teaching in Christ's light is how we do it.

Our Catholic education includes highly qualified teachers, an updated curriculum, and state of the art technologies.

Our students are taught service through action as they care for those around as they see Christ in all of humanity.

Visit

Enroll

www.aquinasacademy.org
info@aquinasacademy.org
**Guide to Healthy Eats**

**Celiac Disease: A Serious but Manageable Condition**

By Nancy Kennedy

At the supermarket, the aisles seem to be filled with more and more products labeled “gluten-free.” Without a doubt, this is a trend within the food industry, in response to consumer demand for such products.

But don’t assume that “gluten-free” is merely the latest food fad. Gluten intolerance, also known as celiac disease, is in fact a serious, life altering, chronic autoimmune disease that causes pain, diarrhea, weight loss, and anemia and can lead to major complications including permanent damage to the small intestine.

Gluten is found in numerous food products: bread, crackers, cereal, pasta, pizza crust and many others; it is also found in non-food products, including chewing gum, medicines, vitamins and lip balms. When a person has celiac disease, it means that they cannot digest and absorb gluten, the protein found in wheat, rye and barley.

If a person with celiac disease consumes these products, the immune system responds by destroying the villi – the tiny fingerlike projections all along the small intestine. This process damages the lining of the small intestine so that nutrients cannot be absorbed through the walls and into the bloodstream; instead they pass rapidly through the body and are expelled. As a result, the person becomes malnourished.

Symptoms of gluten intolerance include diarrhea, constipation, weight loss, fatigue, muscle weakness and dermatitis. As a result of the malnutrition that celiac disease causes, anemia, osteopenia, lactase deficiency may eventually develop. In children, growth and development can be delayed.

For Brenda Confer, celiac disease hit like a speeding train. “I got very sick very quickly,” she recalls. “It was four years ago. I had suddenly begun to feel exhausted, and then I developed severe diarrhea. I felt like I was dying – the pain was terrible, like shards of broken glass passing through my intestines. I lost fifteen pounds and ended up hospitalized, for IV fluids to rehydrate me. I was diagnosed by a gastroenterologist, who said my lab work was ‘off the charts’ – the diagnosis was celiac sprue.”

Brenda learned after her diagnosis that there were family members with the condition – a common finding, as celiac disease is a genetic disorder that runs in families. People who have a first-degree relative with celiac disease have a 10% chance of developing it. The onset can be triggered by severe stress, such as childbirth, surgery or emotional trauma.

Celiac disease is common, affecting 1 in 100 people worldwide. The Celiac Disease Association estimates that two and one-half million Americans are undiagnosed and therefore at risk for long term health problems. There is no cure for celiac disease, but once the diagnosis is confirmed, it can be treated, with strict adherence to a gluten free diet.

“Go gluten free,” says Brenda Confer. Following a gluten free diet helps manage the symptoms and allow healing of the injured small intestine. Although improvement for some will begin within a few weeks, for others it may take much longer.

Confer, a wife and mother, says that she is vigilant about feeding her family healthy foods and monitoring them for any signs of food intolerance. She has had to learn to eat differently, avoiding the flours that contain gluten.

She believes that the transition has been somewhat easier for her, because she has a healthcare background, she enjoys cooking and has always cooked from scratch. “There are many options, and you learn to read labels and pay attention,” she says.

“There are cookbooks and very helpful web sites. It does take some effort, but it has made me much more aware of food and health. I miss Italian bread and pasta. But I am feeling so much better now!”

---

**Standing Together to End Violence!**

By Ann M. Emmerling, Executive Director

Blackburn Center has been providing services to victims of domestic and sexual violence in Westmoreland County since 1976. These services include a 24-hour hotline, counseling and therapy, advocacy/accompaniment to court proceedings and emergency rooms; and provide shelter for victims of intimate partner violence and their children.

In 2002, Blackburn Center recommitted to actively work to end gender-based violence in the community. The agency’s commitment to social transformation can be seen in their innovative partnerships with local universities, their Coaching Boys into Men program, their Fearless Advocacy for Male Engagement (FAME) group, and their ongoing work to educate and train students, professionals and volunteers throughout Westmoreland County.

Recently, Blackburn Center has noted the escalation of other types of crime in Westmoreland County communities. The agency realized that the expertise and skills they’ve developed over four decades of service to victims of gender-based violence in Westmoreland County could be put to good use for victims of all types of crime.

As a result, Blackburn Center’s expertise in trauma-informed services can - and will now - benefit victims of any type of violence or crime.

Blackburn Center is a leader in Westmoreland County in two areas: trauma-focused services to victims of any type of violence or crime, and expertise in primary prevention of gender-based violence. At Blackburn Center, they are standing together with the community to end violence.

For more information, call their Toll-free Hotline at (1) 888-832-2272 or visit www.blackburncenter.org
Medicare Decision Time is Here

by Frank MacNeil, Agency Manager, Focus Senior Benefits

The last three months of the year bring many things to the people of Western Pennsylvania. Steelers football, the changing color of the leaves, Christmas music on every radio station, and relentless Medicare advertisements assault our senses through every possible medium. It is an annual rite of passage prior to the Holiday season.

For seniors on Medicare, these advertisements prompt several questions to arise:
• Am I satisfied with my plan?
• Are my drugs still going to be covered?
• Will my doctor still accept my plan?
• Do I need to shop?

This should not be a time of anxiety or panic. Medicare consumers should feel excitement in the air! The various insurance companies have had an entire year to figure out how to position their benefits to be attractive to their customers. Consumers now have the ability to shop these new plans and make decisions for next year.

Here are a couple of key things every consumer on Medicare should do in advance of December 7th:

Don’t Forget the Drugs

Many times, consumers will focus in on the premium of the plan that they are on, and if they see that it hasn’t changed – or changed very little – they will assume that their plan is the same as the previous year. The most significant area where subtle changes can happen and have a significant impact on cost is with prescription drug coverage.

Become an APPRISE Volunteer!

APPRISE, the PA State Health Insurance Assistance Program, is a free health insurance counseling program through the Pennsylvania Department of Aging, designed to help all Pennsylvanians with Medicare. APPRISE counselors are volunteers who start out as concerned citizens who have a question or issue regarding their own health insurance. As an APPRISE volunteer, you will:
• Receive free training about Medicare, Medicaid, Medicare Advantage, Medigap, Medicare prescription drug coverage, appeals, fraud and abuse and more.
• Have the opportunity to take advantage of various volunteer opportunities, such as becoming a counselor, a speaker, an assistant, a data entry person, etc.
• Whatever your talents may be, there is an opportunity for you to volunteer.

To find out more about the APPRISE Program, call 1-800-783-7067 or visit us at www.aging.pa.gov/insurance.

Know What’s Out There

It may be that the plan a consumer is on was appropriate last year, and may still be appropriate this year. However, new plans could have entered the market that would offer lower costs or richer coverage. If someone isn’t looking at Medicare options, then it could cost them in the end.

Get Some Advice

If you were going to put thousands of dollars into an investment, would you do it without the advice of a professional advisor? If you needed an annual check-up done on your car, would you do it yourself? Assessing Medicare coverage on an annual basis is no different.

At the end of the day, the Annual Election Period offers an opportunity for consumers to adjust their coverage to suit their ever-changing needs. It’s important to be a full participant in that process to ensure that the coverage continues to provide adequate protection.

To meet with an experienced agent from Focus Senior Benefits in your neighborhood to review your Medicare options in 2018, call (412) 446-2491. For more information, visit our website at FocusSeniorBenefits.com.

To receive your own FREE copy of the Guide to Good Health, fill out subscription form on page 33.
Choose a Medicare Plan for 2018
That’s Right for You

By Daniel Casciato

Medicare is the nation- al health insurance pro- gram for U.S. residents 65 and older. It also can cover some people under 65 with certain illnesses and disabilities. The overall program is quite complex, and often pre- miums and other details can change from year to year. That’s why it’s important to review changes to your Medicare plan each year. This way you’ll be better prepared when 2018 arrives.

“Everyone should look at their health care decision-making as part of their overall planning for retirement,” says Bob O’Connor, executive director of Medicare for Aetna in Pennsylvania. “Those who are already a Medicare recipient should review the plan on a recurring basis to make sure the plan they have today still meets their needs.”

Here are some key things you should consider:

• Does the plan’s formulary (drug list) cover your medications?
• Are your doctors and pharmacy in-network?
• What are the plan’s out-of-pocket costs?
  (Review the premium, deductible, copays and/or coinsurance.)
• Is a Medicare Supplement plan right for me?
• When can I enroll?

Know what your plan has to offer

Many insurance companies update their formulary (drug list) annually. According to O’Connor, some of these changes for 2018 could be more noticeable. For example, some prescription drugs might have a cost increase or may no longer be covered by your plan. That’s why it’s so important to make sure you review your current prescriptions and compare against your plan’s formulary. This will help you see what’s changing next year.

“When you review your out-of-pocket costs, like plan premiums, don’t forget to factor in the cost of drugs,” says O’Connor. “Often, this is an expense that gets overlooked. Keep in mind, just because the drug is covered by the plan’s formulary, it doesn’t mean there won’t be a cost associated (such as deductible or copay). The best thing to do is to discuss your coverage with a licensed broker or agent.”

The more you know, the more likely you are to get the plan that’s right for you. Know if your doctors are in the plan’s network. Know if your plan requires you to have a primary care physician (PCP). O’Connor recommends you review all of your options, recognize what your budget will allow and understand what benefits you can expect to use each year.

“Some companies differ in terms of network,” he says. “Understand which facilities, hospitals and doctors you want to access. Make sure your doctors and hospital are in the plan’s network.”

Is Medicare Supplement coverage the right choice for you?

“Medicare is a nice safety net, but it still has significant cost sharing, and some people might want help covering those significant costs,” says O’Connor.

Once you have Original Medicare (Parts A and B), see if a Medicare Supplement plan is right for you. Although these plans work alongside your Original Medicare coverage, the premiums can be expensive and will go up over time. The plans also have deductibles and coinsurance that can be expensive. However, there are no network restrictions. So you can use any physician or hospital that accepts Medicare.

If you want to sign up for a Medicare Supplement plan, you can do so during the initial enrollment season. This is a onetime-only, 6-month period when federal law allows you to buy a policy you want that’s sold in your state. It starts in the first month that you’re covered under Medicare Part B, and you’re 65 or older. During this period, you can’t be denied a Medicare Supplement policy or charged more due to past or present health problems. Keep in mind, if you miss this period, Medicare Supplement Insurance plans may check for medical conditions and your premium could be higher.

When to enroll in a Medicare Advantage or prescription drug plan

The initial enrollment period for Medicare lasts for seven months — the three months before you turn 65, your birthday month and the three months following your birth month. You can sign up for Part A and/or Part B during that time.

During your initial enrollment period, you can enroll in:

1. Part C (Medicare Advantage), with or without prescription drug coverage, once you have Medicare Part A and Medicare Part B
2. Part D (prescription drug coverage only) once you have Part A or Part B

Just remember, if you wait to enroll in prescription drug coverage, you may have a lapse in coverage and will have to pay a late enrollment penalty (LEP). If you didn’t enroll during the initial enrollment period, or you want to select a new plan, you can do so during Medicare’s Annual Election Period (AEP). This begins on October 15, and runs through December 7, each year. However there may be other times when you may be able to join, switch, or drop a Medicare Advantage Plan.

If you’d like more information visit www.aetnamedicare.com.

Aetna Medicare is a PDP, HMO, PPO plan with a Medicare contract. Their SNPs also have contracts with State Medicaid programs. Enrollment in their plans depends on contract renewal. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.
©<2017> Aetna Inc.
Aetna Medicare is a PDP, HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. Our dual-eligible Special Needs Plan is available to anyone who has both Medical Assistance from the state and Medicare. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premium and/or co-payments/co-insurance may change on January 1 of each year. Members who get “extra help” are not required to fill prescriptions at preferred network pharmacies in order to get Low Income Subsidy (LIS) copays. You must continue to pay your Medicare Part B premium. The Part B premium is covered for full-dual members. Premiums, co-pays, co-insurance, and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. Other pharmacies, physicians and/or providers are available in our network. The formulary, pharmacy network, and/or provider network may change at any time. You will receive notice when necessary. A sales person will be present with information and applications.

For accommodation of persons with special needs at sales meetings, call 1-833-817-0692 and TTY 711. Participating physicians, hospitals and other health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. All persons eligible for Medicare may receive a $10 reward card with no enrollment obligation. Non Coventry Medicare Advantage members must attend a sales meeting, schedule an appointment, or request an information kit to receive the offer. Current Coventry Medicare Advantage members, must call the number in the advertisement and participate in the member survey to receive the offer. Not to exceed more than one $10 reward card per person. Offer valid while supplies last.

©2017 Aetna Inc.
Sometimes when you fall, you can simply get up, brush yourself off and return to normal activity. But other times you might not be so lucky, and may fracture a bone or hit your head. If so, your fall could lead to further problems, like needing to go to the hospital or move to a care facility.

The good news is you can help avoid falls by doing targeted strength exercises and balance training. Plus, as a bonus, you’ll also be strengthening your bones, which can help prevent osteoarthritis.

Before you begin, remember that you also want to prevent a fall while you exercise, so make sure your space is free from tripping hazards and that you have something secure to hold onto, such as a sturdy chair or a partner.

Also, keep in mind that even though it may seem more logical to exercise your lower body only, you need to exercise both your upper and lower body. Remember, you pull, reach and lift using your arms, and if they are weak, they could contribute to a fall.

‘A Few Exercises to Try

Here are examples of exercises that can help. Start with a few repetitions, then gradually increase. If you have questions or concerns, check with your doctor. Also, ask your doctor about more exercises that are appropriate for you.

**BALANCE TRAINING**

- Stand on left foot, holding secure chair or partner and hold for 10 seconds; repeat on right foot.

**STRENGTH TRAINING**

- **Lower Body:** Hold back of a sturdy chair; slowly raise up on tip-toes, hold for one second, come down.
- **Upper Body:** Stand and hold hand weights at your sides, palms inward. Raise both arms to the side, shoulder height. Hold for one second, then slowly lower.

Unfortunately, after age 65, more than one in three seniors fall. Avoid falls by doing strength and balance exercises daily. Plus, make sure your training goes hand in hand with making your home safer, too. Find and remove tripping hazards like loose rugs, electric cords or items left on stairs.
If you have these cards...

Gateway Health has the Medicare plan for you.

Gateway Health has been serving those with Medicaid for 25 years. We know how to help people just like you who are eligible for both Medicare and Medicaid.

Gateway Health Medicare Assured℠ gives you more than basic health coverage:

- **More Savings**
  - $0 to low premium and copay options
- **More Care**
  - Dental, vision and hearing coverage
- **More Expertise**
  - Primary care and specialist visits
- **More Benefits**
  - Prescription drug coverage
- **More Programs and Services**
  - Benefits vary by plan.

**Learn more today.**
1-877-GATEWAY/TTY: 711
8 a.m. to 8 p.m., 7 days a week
www.medicareassured.com

Gateway Health℠ offers HMO plans with a Medicare contract. Some Gateway Health plans have a contract with Medicaid in the states where they are offered. Enrollment in these plans depends on contract renewal. Gateway Health Special Needs Plans are available to anyone who has both Medical Assistance from the State and Medicare. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copays and restrictions may apply. Benefits, premiums and copays may change on January 1 of each year. Premiums and copays may vary based on the level of Extra Help you receive. Please contact the plan for further details. You must continue to pay your Medicare Part B premium. The State pays the Part B premium for full dual members. Gateway Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Gateway Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711). ATENCIÓN: Si usted habla español, tenemos servicios de asistencia lingüística disponibles para usted sin costo alguno. Llame al PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711). 小贴士：如果您说普通话，欢迎使用免费语言协助服务。请拨 PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711). Y0097_1073 Accepted
Join us for an event near you!

Meet with our experienced agents in your neighborhood to review your Medicare options for 2018.

Whether you are new to Medicare or have been a recipient for years, our trained staff will help you make the most educated choice to fit your needs.

Focus Senior Benefits interacts with you where you feel most comfortable – at your home, at our offices, or at a local neighborhood meeting.

MEDICARE PLANS CAN CHANGE THEIR COST, COVERAGE, AND DOCTORS EACH YEAR.

IT IS IMPORTANT TO KNOW HOW THESE CHANGES AFFECT YOU, AND HOW YOUR CHANGING HEALTH MAY AFFECT HOW YOUR PLAN WORKS FOR YOU.

YOU CAN MAKE CHANGES BETWEEN OCTOBER 15TH AND DECEMBER 7TH

FOR A LIST OF EVENTS OR MORE INFORMATION, GIVE US A CALL OR VISIT OUR WEBSITE

412-446-2491
FocusSeniorBenefits.com

Focus Senior Benefits, Inc.
Falls are one of the leading problems facing an older person. The latest reports indicate that one of every three persons aged 65 and over falls each year. Falls are the leading cause of death by injury. 87% of all fractures among seniors are due to falls. Half of all older people hospitalized for a fracture cannot return home or live independently after their injury.

**TIPS TO HELP YOU PREVENT FALLS**

**General Environment**
- Clear pathways of clutter and electrical cords
- Firmly attach carpet and rugs, eliminate scatter or throw rugs.
- Use a raised seat and safety rails for toileting
- Rearrange furniture so they are not obstacles
- Install sturdy handrails on staircases
- Provide adequate lighting, especially on walkways, stairs; use a night light where possible; Keep a flashlight handy in the event of a power outage.
- Try to use only chairs with armrests for assistance when getting up and down; do not use chairs with wheels.

**Lifestyle Changes**
- Have a slip-resistant rug next to your bathtub/shower; Use non-skid texture strips on shower floor
- Have your vision and hearing checked regularly
- Talk to your doctor/health care provider about your medications and the side effects;
- Try to use one pharmacy to obtain your medications.
- Wear supportive, rubber-soled shoes. Shoes should have low, even heels and firm shape. Be sure your slippers have a gripper sole.
- Use a cane or walker to help maintain your balance
- Maintain a regular exercise program to improve strength and tone; Ask your doctor if you would benefit from home physical therapy or occupational therapy.
- Have your vision and hearing checked regularly
- Talk to your doctor/health care provider about your medications and the side effects;
- Try to use one pharmacy to obtain your medications.
- Wear supportive, rubber-soled shoes. Shoes should have low, even heels and firm shape. Be sure your slippers have a gripper sole.
- Use a cane or walker to help maintain your balance
- Maintain a regular exercise program to improve strength and tone; Ask your doctor if you would benefit from home physical therapy or occupational therapy.

For more information, you can reach Shandra Harcarik, RN, BSN, at Gallagher Home Health Services at (412) 279-7800 or visit www.Gallagherhhs.com to learn more about their services.

Don’t Ignore These Symptoms of Heart Disease

An essential part of heart disease prevention is knowing the symptoms of heart problems. Think beyond chest pain and be aware of these symptoms, says Dr. Shishir Mathur of Jefferson Cardiology.
1. Any chest discomfort – not just pain but heartburn, heaviness or unusual sensations.
2. Palpitations, or passing out – this can mean a heart rhythm problem.
3. Shortness of breath.
4. Leg swelling or leg pain.

Four behaviors that can harm your brain and cause faster brain aging:
1) sleep deprivation; 3) chronic stress
2) lack of exercise 4) social isolation

Discover
Transitions Healthcare North Huntingdon.

Have you heard? Transitions Healthcare North Huntingdon is in your neighborhood.

We’re your perfect choice for:
- Skilled nursing care
- Short-term rehabilitation
- Respite care
- Physical, Occupational, and Speech Therapies
- Wound Management
- Pain Management
- Restorative Nursing
- And so much more!

Transitions Healthcare is known for improving outcomes with innovative programs and above-average clinical standards.

To learn more or arrange a visit, call 724.864.7190.

www.transitionshealthcarellc.com
DECIDING TO PURSUE HOME CARE OR HOME HEALTHCARE FOR A LOVED ONE IS NOT A DECISION TO BE TAKEN LIGHTLY. YOU WANT TO MAKE SURE YOU'RE COVERING YOUR BASES AND CHOOSING A REPUTABLE AND TRUSTWORTHY AGENCY IN ORDER TO PROVIDE THE BEST CARE POSSIBLE. CONSIDER THESE HELPFUL TIPS TO SELECT THE BEST!

1. Always be sure to select an agency that is licensed through the state. This ensures that the agency is meeting state standards to protect clients and their families.

2. Verify that the caregivers are trained, qualified, and have passed their background checks. The best agencies will provide training and continuing education checks for their employees, as well as perform extensive background checks ensuring they are qualified to care for your loved ones.

3. Know that the agency's caregivers are bonded and insured. This should include professional and general liability, Worker's Compensation, and bonding.

4. Ask how the agency evaluates what type of care your loved one needs. Become familiar with the agency's divisions or programs and what specific services they are able to provide for your loved one.

5. Find out which caregivers will be in your home. Understand the agency's process for assigning a caregiver or caregivers to your loved one, so that you know who and what to expect.

6. Know the agency's emergency care policy. Inquire how the agency and its caregivers are trained and prepared to handle any emergency situations that may arise.

7. Know how the agency handles issues and concerns. The best agency will have detailed procedures for dealing with any complaints or concerns in order to resolve them in a timely manner.

Harmony's trustworthy caregivers are ready to lend a helping hand to your mother, father, children, and loved ones in twelve counties throughout the Southwestern Pennsylvania region. Contact us and one of our patient advocates will be happy to discuss how Harmony's programs can help your family today.
ACCESSIBILITY SOLUTIONS
With almost 8 years of experience, Home Smart aims to inform the public & provide bathroom safety modifications such as walk-in baths & safety showers for seniors & those with limited mobility. We provide each customer with a safe bathroom environment, customized to fit their needs to keep them remaining safe & independent in their own home. We have converted bathtubs to showers, installed safety showers and converted both bathtubs and showers to KOHLER Walk-In Baths. These safety modifications usually include safety grab bars, non-slip floor surfaces and handheld shower sprayer wands that can be used while safely seated when bathing. The right bathroom remodeling can reduce the risks and frustration of having limited mobility and can allow seniors to live at home longer while remaining INDEPENDENT AND SAFE.

KOHLER
For more than 140 years, KOHLER Company has been dedicated to gracious living, providing customers with innovative products & services that make their lives better. The KOHLER Walk-In Bath is built in the USA to be affordably installed without the need for a full remodel & is backed by the KOHLER Lifetime Limited Warranty. With the KOHLER Walk-In Bath, you’ll enjoy a SAFE bathing experience that provides confidence and freedom so you can remain in your home longer.

HOME SMART INDUSTRIES, CERTIFIED KOHLER DEALER
The KOHLER Walk-In Bath is not just a product but an installed solution. From start to finish, when you choose KOHLER, you get KOHLER Certified Professionals. Our team at Home Smart Industries has been trained and certified by KOHLER to bring you the new KOHLER Walk-In Bath so you can enjoy independent living and the peace of mind and safety you deserve!

Finally, an AFFORDABLE Walk-In Bath by a company you already trust!

The KOHLER Walk-In Bath has many features and benefits that focus on safety, comfort and an incredible bathing experience.

- Heated back & neck surfaces
- Low ADA compliant seat allows for a deeper soak
- Adjustable massaging air & water hydrotherapy jets
- Extra wide door & ultra-low step-in height to effortlessly enter bath
- KOHLER LIFETIME WARRANTY on bath, installation & service
- Easy-to-grasp safety grip rail along the front edge
- Handheld shower sprayer wand with anti-scald water technology

$1500 OFF
Purchase & Installation of your new KOHLER Walk-In Bath

Call to schedule your FREE in-home estimate!

1-888-711-3289
www.HOMESMARTIND.com

PA:PA013302* NJ:13VH 04301900*MD129485*DE: 2008206060     13 Mount Pleasant Drive Aston, Pennsylvania 19014
Westmoreland County Housing Authority (WCHA) believes that through more activity and exercise, seniors can lead longer and healthier lives.

It’s with this in mind that WCHA encourages its senior residents to participate in the new Flex Fit program that will hopefully aid them to successfully “age in place,” whereas they can live more safely, independently and comfortably.

“We recognize the need for, or the importance of wellness, with housing. It’s about having stable housing and stable health and wellness opportunities, then hopefully you’re better prepared for the aging process,” says WCHA Executive Director Michael L. Washowich.

Flex Fit, a 45-minute exercise wellness program, was introduced last year at South Greengate Commons (SGC), the authority’s newest elderly-only apartment complex located in Hempfield Township, and has proven to be so successful that the authority has decided to expand it to an additional nine elderly and disabled communities across Westmoreland County.

Roxanne Dreher, a wellness exercise coach, created Flex Fit after being approached by WCHA Hope in Life Director Lynn Wackenhuth to create a wellness program for adults of all abilities, including those who use a walker or a wheelchair.

“Our residents love it and attend regularly,” says Wackenhuth. “After joining WCHA, Roxanne has done a great job of having an exercise program that can be modified for anyone of any ability. She modifies it for everyone so that they all get something out of the experience. And she keeps it so fun. They just have a great time.”

There are no set routines with Flex Fit, according to Dreher. Most of what she teaches the class is to improve their balance and flexibility. She does follow the four exercise guidelines recommended by the National Institute on Aging — endurance, coordination, relaxation and education.

“To create this program, I took the best parts of everything that I’ve ever worked with and incorporated it into its own wellness program,” Dreher explains. “Anyone can participate in it. The only requirement is that all residents bring four things to them to each class - a sense of humor, a common attitude, an open mind, and their own common sense.”

For Dreher, it was important to not develop an exercise program where she and the residents would just go through the routines and motions. Her goal is to educate them about why they go through those motions. She also gives residents different exercises and charts to follow and encourages each of them to continue exercising in their own on the days when there is no class.

One thing that Dreher talks about at each of her classes is falling. Nothing truly prevents a fall - everyone will fall, she says. But what she discusses with her class almost on a regular basis is overcoming that fear of falling.

“We’re so afraid of things that fear prevents some people from being a little more active,” she says. “So we often focus on overcoming the fear of falling.”

She adds that there are so many benefits to exercise as most everyone knows. “But the most important benefit is that it helps you maintain your ability to remain independent.”

Research has shown that exercise can help improve your lifestyle and allow you to live longer and live better. Research has also shown that exercise can not only benefit your physical health, but you also reap the benefits of the mental end of the spectrum for seniors and for all older adults, she stated.

That’s the over-riding goal for the authority’s Hope in Life Program, adds Wackenhuth. The program offers resident activities and drug-prevention programming.

“Our health and wellness programming stresses the importance of aging in place and doing it well,” says Wackenhuth. “We want our residents to be as healthy as they possibly can and as risk free as possible.”

Dreher notes that it doesn’t necessarily take a gym for you to get healthy.

“Whether you walk, participate in Flex Fit or any other exercise program, just get out there and do it,” she says. “Once you’re there, we recommend trying to get outside of your comfort zone because once you get there, all good things happen. There should be no boundary.”

For more information, visit www.wchaonline.com.

Westmoreland County Housing Authority is accepting applications from eligible senior residents for one-bedroom apartments at South Greengate Commons.

Attention: Physicians, Health-Focused Businesses!

If you would like to receive issues of the Guide to Good Health (free of charge) to distribute to your patients in your reception area, please call (412) 835-5796 or e-mail goodhealthmag@aol.com.
Pick the LIFE Program
for your alternative option to Community HealthChoices.

Under Community HealthChoices, adults who are 21 and older and have both Medicare and Medicaid, or adults who are receiving long-term supports through Medicaid, must select a plan to coordinate their healthcare. Senior LIFE is an alternative option for those 55 and older who meet eligibility guidelines.

Senior LIFE is the local LIFE (Living Independence for the Elderly) Program that provides healthcare and personal support services for seniors living in their homes. Services include medical care, home care, medications, and much more.

LIFE provides and coordinates all Medicare and Medicaid benefits. Plus, there are no costs to enroll in the LIFE Program for those who are receiving or eligible for Medical Assistance. If you are receiving Aging Waiver services, you are eligible for the LIFE Program. You may be able to transition to Senior LIFE and maintain your same homecare providers.

Now is the chance to enroll in your local LIFE Program. Eligible individuals will need to choose a new plan.

Pick the LIFE Program for your alternative option to Community HealthChoices.

Call today!

SeniorLIFE
GREENSBURG
www.SeniorLIFEPa.com
724-838-8300
123 Triangle Dr.
Greensburg, PA 15601

Call today. Home for LIFE.
The face of seniors is changing in Westmoreland County, and GO Westmoreland recognizes this with their continued effort to assist older adults with active aging and independent living. The GO Westmoreland Senior Shared-Ride Program is a feasible alternative to driving.

Trips can be taken for any purpose, such as going to the grocery store, a medical appointment, or even the salon. Riding with GO Westmoreland allows older adults to confidently get to their destination, no matter the occasion. Funding for this door-to-door program is provided by the Pennsylvania State Lottery. Once enrolled in the program, older adults 65+ may travel at a discounted rate using GO Westmoreland. They would also be able to travel on any fixed-route bus service in the State for free.

Additional discounts are available through the Westmoreland County Area Agency on Aging (AAA). When an adult 65+ registers with the AAA for their Priority Transportation Program, an extra 10% is deducted from their copay when traveling to certain destinations. Some eligible trips are medical appointments, Senior Centers, Senior Center based shopping, AAA Adult Day Care, and AAA Vision Care.

Older adults are keeping up to date with growing technological trends, as technology is a large part of our world today. GO Westmoreland is working to make their services available through multiple platforms, which aids in accessibility to all of the resources they provide. Advanced GPS and scheduling technologies are utilized by GO Westmoreland to help deliver the most reliable and consistent service to riders. In the future, GO Westmoreland looks to continue their commitment to growth and development as it best serves county residents.

GO Westmoreland assists seniors, and also provides transportation for persons with medical assistance. With the Medical Assistance Shared-Ride program trips can only be taken for medical purposes, but are done so completely free of charge. Funding for this program is made possible through the Department of Human Services.

Disability Transportation is another valuable service provided by GO Westmoreland. With their Americans with Disabilities Program (ADA) and Persons with Disabilities Program (PwD), they provide transportation for those who cannot mentally and/or physically utilize fixed-route public bus services.

To learn more about the transportation options offered by GO Westmoreland, visit their website at www.westmorelandtransit.com or call 1-800-242-2706.

GO Westmoreland: Providing Safe and Reliable Service to Westmoreland County Residents

By Summer Aston

GO Westmoreland Transit

• Commuter Service to Pittsburgh
• Discounts for Frequent Riders
• Older Adults 65+ ride FREE

1-800-221-9282

Westmoreland Transit

Providing safe and affordable public bus service throughout Westmoreland County

41 Bell Way Greensburg PA 15601

1-800-242-2706

westmorelandtransit.com

Fall 2017
For most patients, discharge from a hospital, skilled nursing facility or rehabilitation center is a time of great anticipation. They look forward to returning to the privacy and comfort of their own homes, where they can continue on with their recovery process.

But some patients may feel anxious if they are not well or strong enough to return home. Amber House at Harmon House’s Bridge to Home Program helps patients to continue their recovery in a safe, supportive environment until they are ready to resume independent living. Bridge to Home offers patients a full array of services, including rehabilitation, medication management, meals, TV and cable service, personal laundry, housekeeping and recreational activities.

“What sets our program apart is that patients get continued service, support and rehabilitation for an all-inclusive, affordable price,” said Susan P. Fox, community liaison for Amber House’s Bridge to Home Program.

“Patients stay in a beautiful, homelike setting for one to ten weeks, where our friendly team of nurses, physical and occupational therapists and other staff provide services that are customized to meet the needs of each patient.”

Fox added that Amber House features a luxurious dining room that offers three nutritionally balanced meals each day, a variety of onsite recreational activities and an outside covered patio area. Families are also welcome to visit their loved ones any time.

“We strive to make each resident and their families feel at home and comfortable for the duration of their stay,” said Fox. Located at 601 South Church Street in Mt. Pleasant, Amber House can accommodate up to 70 patients. The Bridge to Home Program is currently accepting new patients.

“Our goal is to make the transition as easy as possible for our patients,” said Fox. “We want to help them to get better and feel confident about living independently in their own homes again.”

To schedule a tour of Amber House at Harmon House, call (724) 547-1890. You can also visit www.myamberhouse.com for more information about the Bridge to Home Program.

---

Gallagher Home Care can provide you with the Medical or Non-Medical services you need to stay in your home safely. Over 5,000 people have trusted us to provide their care and you can too.

**Care can be provided in Hours, Visits, or Shifts**

- **Personal Care** - Bathing, Dressing, Grooming, Toileting
- **Companions**
- **Medication Management**
- **Homemaking**
- **Private Duty Nurse or Home Health Aides**
- **PDA and VA Services**
- **Long Term Care Insurances**
- **Worker’s Compensation**

For information on Gallagher Home Care Services:

**CALL 412-279-2257 • email: info@gallagerehhs.com**

---

Our Home Health Division can provide you with Skilled Services ordered by your physician and generally paid for by your insurance company.

**This may include:**

- Skilled Nursing
- Mental Health Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Social Work
- Home Health Aides

**Do you have questions?**

Call us at 412-279-7800 or visit us at www.Gallagerehhs.com
Centers for Active Adults Offer Lifelong Learning Activities and Health and Wellness Opportunities

The Westmoreland County Area Agency on Aging operates 13 Senior Community Centers in Westmoreland County, known as Centers for Active Adults. Our centers offer lifelong learning opportunities to individuals 50 years of age and older to exercise the mind and keep them engaged in their community. Research confirms staying active reduces isolation, improves outlook, and promotes wellness. Health and Wellness opportunities at the Centers for Active Adults include: fall prevention workshops, Chronic Disease Self-Management classes to empower individuals, and fun fitness classes like Tai Chi, Stay Active and Independent for Life (SAIL), Walk with Ease, Yoga and Zumba to increase stamina and heart health. Our centers also offer: daily socialization opportunities, nutritious hot meals, volunteer opportunities, resources and speakers, Farmer's Market Vouchers, tax assistance, and daily activities, such as BINGO, crafts, card games, biking, bus trips, etc.

Please visit or contact any of our centers listed below for specific information:

**Avonmore**
Center for Active Adults
458 Railroad Street
724-697-4014

**East Vandergrift**
Center for Active Adults
400 McKinley Avenue
724-568-2692

**Herminie**
Center for Active Adults
101 Sewickley Avenue
724-416-3282

**Jeannette**
Centers for Active Adults
211 Gaskill Street
724-527-3200

**Latrece**
Centers for Active Adults
5th Ward School, 15 Ave. C
724-539-0237

**McKenna (Greensburg)**
Centers for Active Adults
971 Old Salem Road
724-837-8832

**Monessen**
Center for Active Adults
1925 Grand Boulevard
724-684-6105

**Mt. Pleasant**
Centers for Active Adults
424 Washington Street
724-547-4993

**New Alexandria**
Centers for Active Adults
207 Main St.
724-668-7035

**New Florence**
Center for Active Adults
216 Ligonier Street
724-235-2800

**New Kensington**
Centers for Active Adults
1039 Third Avenue
724-335-8997

**New Newton**
Center for Active Adults
103 Main Street
724-872-4976

**Valley (Ligonier)**
Centers for Active Adults
135 Kalassay Drive
724-238-7942

**West Newton**
Center for Active Adults
120 Main Street
724-872-4976

As with these and other programs, the Area Agency on Aging takes great pride in helping to keep families together and supporting their changing needs.

**DOM CARE PROVIDERS... Open Their Hearts and Homes**

All over the State of Pennsylvania, caring individuals provide a unique alternative to personal home placement by opening their homes and hearts to individuals in need of housing and supervision. The program is called Domiciliary Care (Dom Care) and Westmoreland is one of the many counties that offers this opportunity.

Dom Care provides alternative living arrangements for adults unable to live independently due to physical disabilities, medical conditions, intellectual disabilities, and/or mental illness. Dom Care can prevent individuals from becoming unnecessarily institutionalized. Home providers are responsible for assuring that their participants receive nutritious meals, medications, supervision, and safe housing. In addition to the Dom Care, many of the participants also engage in community programs, activities and services such as attending the local senior center or attending adult day care. Financial support for program participation is available to Dom Care Consumers in need.

Westmoreland County currently has over 35 Dom Care participants and 14 Dom Care homes. Each home goes through a strict certification process before becoming a provider. In addition, home provider applicants are subject to a thorough background check and health screening process before approval. Home providers are given a monthly stipend for the services and supports provided while the consumer is living in their home. Westmoreland County’s Area Agency on Aging employs care managers who are responsible for overseeing the program and providing on-going services to both the consumer and the home provider. Dom Care homes are subject to a certification process on an annual basis and consumers are assessed, at a minimum, of every six months. Each piece of the program contributes to the goal of providing a warm, safe, “home like” environment that can last for many years.

**Westmoreland County Area Agency on Aging**

Since 1967 the Westmoreland County Area Agency on Aging has been providing services and opportunities to older adults.

**SUPPORTIVE SERVICES**

- Information and Assistance
- Service Coordination
- Care Management
- Adult Day Services
- Domiciliary Care
- Home Delivered Meals
- Personal Care
- Home Support Services
- Protective Services
- Caregiver Support
- Assessment Services
- Senior Center Services
- Nursing Home Transition
- Volunteer Opportunities
- Ombudsman
- Vision Center
- Telephone Reassurance
- Legal Services
- Assistance in Applying for Benefit Programs
- Health Insurance Counseling

**FOR FURTHER INFORMATION**

Contact Westmoreland County Area Agency’s Senior Line at (724) 830-4444 or (800) 442-8000 or visit www.co.westmoreland.pa.us/aging
Recovering from a medical condition such as a stroke or a hip fracture can be extremely difficult. One thing that can make it easier for patients is to get personalized therapeutic support in an inpatient setting.

“One of biggest benefits of inpatient rehab is that there are staff members available to help residents with whatever they need; especially things that they would have trouble doing if they were home alone,” explained Shelley Meyers, rehab director for Allstar Therapies at Westmoreland Manor. “We also have a lot of resources available to us—not just weight equipment and Therabands, but also bikes, parallel bars and standing frames to help patients who need assistance while they build endurance.”

Westmoreland Manor provides short-term rehabilitation for patients recently discharged from the hospital as well as rehab services for the long-term residents of its skilled nursing facility. Families who need someone to care for a loved one while they are out of town can also take advantage of its respite program. “Our short-term residents have rehab six times a week,” said Meyers. “We also monitor our long-term residents for signs of decline and offer therapies to help them improve. “If a family wants to go on vacation and can’t take mom, they can have her stay with us,” she added. “We’ll take good care of her, and they can leave knowing that she’s safe.”

Westmoreland Manor provides physical therapy, occupational therapy and speech therapy to help patients improve to the best of their abilities. “We tend to see patients with multiple comorbidities—they may have diabetes, balance issues or a history of falls,” said Meyers. “We provide rehab so that they can get back home, or require a lesser level of care.”

Physical therapists work with patients on everything from dynamic balance or learning to use different assistive devices. “We do a lot of ‘high balance’ things,” said Meyers, giving the example of patients utilizing the Westmoreland Manor courtyard to re-learn how to walk outside on uneven surfaces.

Occupational therapy helps patients with activities of daily living. “If a person normally does a lot of cooking, we have therapists who work with them here in a kitchen that we use to simulate the home environment,” said Meyers. Speech therapy helps patients with speaking, memory, medications and swallowing, and even managing finances. “The residents love to use our iPad applications to practice paying bills,” said Meyers, adding that it also helps improve memory and attention span.

Through its home assessment and evaluation program, a staff member will visit patient’s home to look at the living environment and bring that information back to the treating therapist. “If we know that a patient will have to walk up five stairs when she gets home, for example, we’ll work on her ability to do that,” said Meyers. “We will go with the resident and a family member to the house before discharge and run through their daily routine to make sure that they can return home safely.”

The company also contracts with many home health agencies, which is an advantage once the patient is ready to go home as it provides continuity of care.

“Everything we do here is centered around the care of the resident,” said Meyers. “Our dedicated staff works hard to make sure that they have everything they need to improve and to get back home with their loved ones.”

To learn more about rehabilitation services at Westmoreland Manor, call (724) 830-4000 or visit www.westmorelandmanor.org.

Westmoreland Manor
A Nurturing Environment for Rehabilitation and Long Term Care

Offering 24/7 Skilled Nursing Care
- Physical, Occupational, and Speech Therapies
- Comprehensive Respiratory Care including Tracheostomy & Non-Invasive Ventilation
- Respite and Hospice Care
- Surgical Recovery

Dr. Thomas DeGregory, Medical Director

Schedule a tour TODAY!

Admissions Department
(724) 830-4022
2480 South Grande Boulevard, Greensburg, PA 15601

www.westmorelandmanor.org

We also offer the Eagle Tree Independent Living Apartments in a Protective Environment
It is wonderful when seniors are able to live on their own, as the continuation of everyday routines in the comfort of their own homes and communities is good for their physical and mental health. When a parent starts having trouble with basic responsibilities, the next step is usually assistance from their own children and family.

But there are many challenges when caring for an aging parent or loved one. The family members – most often sons and daughters – are also dealing with their own families, careers, and homes, and frequently find themselves stretched thin. They are covered up with tasks that quickly consume the entire day in this fast-paced world, desperately trying to balance their own lives while trying to care for an aging parent.

All too often, the family members struggle to keep pace, and often hit a breaking point. When that happen, they look for alternatives, and the choice is often thought to be to move their loved one to a nursing home or assisted living facility. In some cases, this may be necessary. However, with some assistance in their routines, a senior can often remain in the home. When the family simply cannot be there all of the time, in-home care from Visiting Angels can provide a respite and fill the gap. In-home care can be an economical and logical solution that helps not only the senior, but also the rest of the family.

Each family situation is unique, so the Care Plan for each senior is specifically tailored and customized to meet the needs – and the budget – of the senior and the family. The Caregivers employed by Visiting Angels follow the Care Plan that is put into place. Sometimes the senior just needs companionship and a bit of help moving about the house. The Care Plan may also call for specific tasks such as hygiene assistance, meal preparation, housekeeping, errands, medication reminders, and more. Some seniors need just a few hours per week with some routine tasks, while others need quite a bit of assistance throughout each day, or overnight, or on weekends – whatever schedule is needed.

Understandably, seniors may be reluctant to allow “strangers” into their homes, particularly when it comes to personal care. To alleviate these concerns, Visiting Angels is licensed by the Pennsylvania Department of Health and is insured. Background checks are conducted on Caregivers, who must also undergo orientation and periodic training.

Visiting Angels has a long history of providing in-home care to adults. We are available any time to understand your needs, discuss the services we provide, and schedule an in-home assessment. We can be reached at visitingangels.com or (724) 216-0488.

Carter Healthcare was recently named a 5-Star home healthcare provider for the Greensburg area by the Centers for Medicare and Medicaid Services. Carter Healthcare is one of only seven providers in Pennsylvania who earned this superior distinction and ranks in the top 3 percent of all home care providers nationwide.

Although Carter Healthcare is new to the Greensburg market, opening its doors in 2015, Carter Healthcare has been serving patients since 1989. All of its providers currently rank 4.5 stars or better, providing the highest quality of care in the nation. The home healthcare company is already helping people live better lives in the community.

“I had Carter Healthcare out and it was the best choice I could have made. Jane, my nurse, and Joe my physical therapist were exceptionally nice, intelligent and professional,” said patient Patricia Shearer. “I plan to use them again for my next surgery.”

In addition to home healthcare and in-home skilled nursing, Carter Healthcare offers a variety of special services including COPD management, congestive heart failure rehabilitation program, orthopedic rehabilitation, home care, diabetes management program, continued wellness, psychiatric home care, speech language pathology homecare and stroke recovery.

Carter Healthcare is clinician owned so implementing quality of care initiatives from inception has been the backbone of the company. This attention to detail has allowed Carter Healthcare to become one of the premier homecare companies in the United States. In addition to earning the Joint Commission’s Gold Seal of Approval, Carter Healthcare has continued to grow throughout the country, with offices in Pennsylvania, Ohio, Oklahoma, Texas, Florida, Kansas and Missouri.

Helping people live better lives is not only a mission, it is intertwined with the culture and way Carter Healthcare conducts business. Carter strives to create a professional, caring, values and outcomes driven culture for their patients, employees and the community.
Coventry Health Care
Medicare Advantage Plans
An Aetna Company
1-833-615-2526 (TTY: 711)
Fedeile Insurance Services
July Rudilla, (412) 244-1000
judy@fedeileinsurance.com
www.fedeileinsurance.com
FOCUS Senior Benefits
412-446-2491
Focusseniorbenefits.com
Our trained staff will help you make the most
educated Medicare choice to fit your needs. Focus
Senior Benefits interacts with you where you feel
most comfortable – at your home, at our offices,
or at a local neighborhood meeting.

Photography
Carey Busatto Photography
(724) 509-6291 or (412) 283-4354
www.careybusatto.com

Physical Therapy
Diamond Physical Therapy
(724) 238-9185 or (724) 833-6800

Legacy Medical Centers
legacymedicalcenters.com

UPMC Centers for Rehab Services
1-888-723-4CRS (9277)
UPMC.com/4CRS

REHABILITATION
HEALTHSOUTH Rehabilitation Hospitals
of Pittsburgh
Harmarville - Sewickley
724-628-1500
www.betterhealthsouth.com
877-937-7342

Senior Housing
Westmoreland County
Housing Authority
1-800-WCHA-NOW (924-2669)
www.wchaonline.com

Bridging the gap
...between eastern and western medicine

Using Science!

- FREE weekly classes
- One-on-one personal wellness consults
- Personalized essential oil & herb blends customized specifically for you
- Community of essential oil and herb users
- Science-based teaching
- Workshops and webinars
- All natural spa products
- Seasonal herb walks

(724) 797-5886
www.ezekielsgarden.net

Remember to sign up for your FREE subscription
To receive your own copy direct mail, mail the form below to the Westmoreland County Guide To Good Health,
2574 Oldfield Avenue, Pittsburgh, PA 15102 or email goodhealthmag@aol.com

Name: ____________________________________________
Address: __________________________________________
City: ____________________________________________ State: __________ Zip: __________
Phone: ____________________________________________ E-mail: ______________________
Gender and Age: __________________________

Check out our Healthcare Directory at www.guidetogoodhealth.com
To be included in this Directory, email goodhealthmag@aol.com.
If you or a loved one needs rehabilitation after an illness, injury or surgery, you have a choice in where to go. Although facilities offer rehabilitation services, the quality and amount of these services can vary. It is important to know that all rehabilitation is not the same.

When comparing inpatient rehabilitation facilities (IRFs) like Health-South Rehabilitation Hospitals of Pittsburgh in Harmarville and Sewickley to skilled nursing facilities (SNFs), research concludes that long-term outcomes for inpatient rehabilitation facility patients are superior—they return home two weeks earlier, have 8% lower mortality rate, 5% fewer emergency room visits and significantly fewer hospital readmissions per year. Patients treated in an inpatient setting like HealthSouth Harmarville or Sewickley also receive a mandatory minimum of three hours of physical, occupational and speech therapy level of services a day, five days a week and benefit from 24-hour nurse oversight and availability. Additionally, IRF patients get frequent physician visits and increased nursing hours per patient.

HealthSouth Harmarville and HealthSouth Sewickley are also Joint Commission Accredited for several of their therapy programs. Harmarville is accredited for stroke, brain injury, Parkinson’s disease, amputee, diabetes and spinal cord injury while Sewickley is accredited for stroke, brain injury, amputee, hip fracture, Parkinson’s disease and Multiple Sclerosis. This means the rehabilitation programs underwent an extensive, unannounced, on-site evaluation by a team of Joint Commission reviewers and were evaluated against Joint Commission standards. To earn the certification, both hospitals successfully demonstrated compliance with national standards and effective use of evidence-based clinical practice guidelines to manage and optimize care for patients.

Both HealthSouth hospitals also utilize a variety of technology services to complement traditional therapy. These technologies help improve patient functional independence measures and are a beneficial and complimentary component to the patient’s overall care plan.

In many ways, comparing HealthSouth Harmarville and Sewickley to SNF facilities is like comparing apples and oranges. When in need of any kind of rehabilitation care, it’s important to shop around and compare what facilities have to offer.

For more information, visit demandhealthsouth.com or call 877-937-7342.

*Dobson|DaVanzo analysis of research identifiable 20% sample of Medicare beneficiaries, 2005-2009
“I demanded HealthSouth because I knew HealthSouth could do it. Here I am as a living testimony.”

- GERALDINE
TRAUMATIC INJURY SURVIVOR

HEALTH SOUTH
Harmarville Rehabilitation Hospital
demandhealthsouth.com
877-937-7342
Westmoreland County Housing Authority

There’s no place like a HOME

The Westmoreland County Housing Authority is committed to providing, preserving, managing and maintaining quality, affordable housing that is decent and safe, to eligible individuals and families throughout Westmoreland County. We strive to make the best use of all available resources so that our residents may live in an environment that is clean, well-maintained and attractive, and one that they are proud to call home.

WCHA Communities

**Hi Rise Buildings/Apartments**
- Arnold Manor
- Central Tower
- Duff Manor
- Hempfield Towers
- Jeannette Manor
- Lower Burrell Manor
- McMurry Towers
- Parnassus Manor
- Trafford Manor
- Troutman Building
- Westgate Manor

**Family Housing**
- Arnold Townhouses
- Latrobe Townhouses
- Marley Court
- Kensington Manor
- New Florence Manor
- Penn Manor
- East Ken Manor
- Vandergrift Townhouses
- Derry Townhouses
- Highland Manor
- St. Clair Manor

For more information, call 1-800-WCHA-NOW or visit our website at www.wchaonline.com