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**Summer
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**Fibromyalgia
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Senior Guide
See pages 36-45

**Get a Handle
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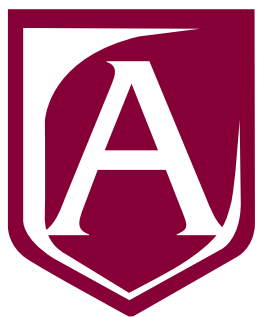


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Publisher's Note

Forgiveness - It's Good for Your Health!

It used to be said: "To err is human; to forgive, divine."

Somewhere along the way, we humans seem to have abandoned our desire to act Godlike in favor of holding a grudge. Some even go so far as to seek, where possible, some measure of revenge. This is true whether the offense committed against us was severe (physical violence, theft, attacks on our reputation) or relatively minor (beating us to a parking space, talking too loud in the theater, noisy neighbors or disagreements with family members).

These perceived slights have morphed uncontrollably today to include people who don't agree with our political or religious beliefs. We used to be able to "agree to disagree" about most issues and find some common ground.

It's as if, as a society, we've adopted the old philosophy of an eye for an eye and we want people punished for every misstep that we, acting as judge, jury and executioner, deem offensive. Mercy is not a word we hear about too often, especially in this culture which encourages a "victim mentality." Whatever the reasons for our unwillingness to practice forgiveness, we are heading down a dangerous road that benefits no one, especially the person who feels offended or hurt by someone else.

Research has confirmed that not forgiving another can actually be detrimental to our mental, emotional and physical health, while forgiveness has just the opposite, more positive effect. Not forgiving someone and the negative emotions that kindles - vengeance, hostility, resentment, anger and sadness - hurts the one who harbors them.

Yet the "miracle drug" to cure these ailments is cost-free and simple:



simply saying "I forgive you."

Forgiving is not condoning or accepting. Nor does it eliminate the need for justice. Rather, forgiving is setting yourself free, releasing the emotional baggage that drag you down and make you unable to fully enjoy life.

Maybe, the cynic in me ponders, we even think that by offering forgiveness we weaken a potential lawsuit, since taking people to court for even minor slights seems to be society's favorite past time these days!

Or maybe we choose not to offer our forgiveness for fear that our gesture will be rejected.

Maybe. But the risk is worth it. Try thinking of a time when you've made a bad decision, said the wrong thing or failed to act the right way. You needed forgiveness and, if you were fortunate enough to get it from someone, the burden seemingly lifted from your soul was immense. What you might not have realized at the time was that the person offering the forgiveness benefited just as much, if not more.

Learning to forgive isn't easy. It takes courage and it does seem to go against society's grain right now. But, again, it's worth the risk. So do it for someone else. And do it for yourself. Learn to practice forgiveness and set yourself free.

You'll feel better, guaranteed. And you just might make your little corner of the world a better, more compassionate place to live.

The world could use some of that today.

Nancy Carroll Lammie

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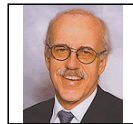
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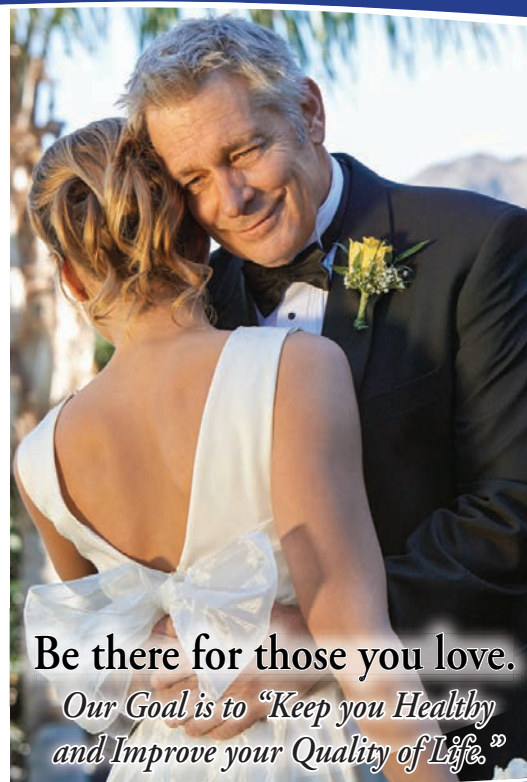
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Can the PA Free Quitline help me Quit Smoking?

By Tiffany A. Babinsack, MPA, CTTS | Tobacco Free Allegheny



WHAT IS A QUITLINE?

The Pennsylvania Free Quitline is a service to help you quit tobacco. The Quitline offers up to five proactive coaching sessions, unlimited inbound calls, and customized quit plans to each participant. Coaches are available 7 days a week and coaching sessions can be scheduled for when it is most convenient for you.

WHY CALL A QUITLINE?

Nicotine is a powerful and addictive drug. Some people can quit cold turkey, but most people benefit from some type of support in their quit efforts. Studies show that only 3-5 percent of smokers are able to quit without any assistance.¹ Quitline counseling combined with medication (such as nicotine replacement therapy) can more than triple the chances of quitting.²

WHAT SHOULD I EXPECT WHEN CALLING A QUITLINE?

When you call 1-800-QUIT-NOW, you will be paired with a Quit Coach. They understand what you are going through because many are former smokers themselves. They are trained to be good listeners and to give callers encouragement, support, and helpful tips.³ Your Quit Coach may also be able to provide you with free quit-smoking medications, such as the nicotine patch or gum.

Your Quit Coach is specially trained to help you plan how, and when, it will be best for you to quit smoking. They will help you to:

- Set a quit date
- Discuss strategies for handling cravings and triggers
- Prepare for difficult or stressful situations
- Limit weight gain while quitting
- Learn about quit smoking medications and how to properly use them

Your Quit Coach is there to provide you with support and encouragement and to help guide you back on track in the event of a slip or relapse.

WHAT IF I HAVE TRIED TO QUIT BEFORE?

Most people try to quit several times before staying smoke-free. Your Quit Coach will ask you questions about previous quit attempts and work with you to create a plan based on what worked, and what didn't work, in the past.

DO I NEED INSURANCE?

Your Quit Coach will ask about your insurance coverage so that they may pair you with the best resources; however, Quitline services are free for callers. You do not need insurance to take advantage of this service.

WHO CAN CALL THE QUITLINE?

The Quitline is available for anyone aged 14 and older. Women who are pregnant can receive up to eight calls, with five calls before delivery and three calls post-partum. The Quitline can also help people who are using chewing tobacco, cigars, e-cigarettes, and other forms of tobacco.

HOW DO I CALL?

The Quitline is available 7 days a week, from 7 am -1 am at 1-800-QUIT-NOW (1-800-784-8669).

¹ Hughes, J, et al. "Shape of the relapse curve and long-term abstinence rates among untreated smokers," *Addiction*, 99, 29-38, 2004.

² Fiore, MC, et al., *Treating Tobacco Use and Dependence: 2008 Update—Clinical Practice Guideline*, U.S. Public Health Service, May 2008.

³ <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quitline/index.html>

> **Tobacco Free Allegheny's** mission is to change the community norms surrounding tobacco, making it uncommon to see, use, or be negatively affected by tobacco or tobacco smoke pollution (secondhand and third-hand smoke). Learn more at www.TobaccoFreeAllegheny.org.

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Weight Loss & Diet Plans

Fuel Your Body for Workouts

By Michelle Campion

In conjunction with weight loss, ensuring that your body has enough nutrients to get through your workouts is important. While we are usually looking to cut calories when we want to lose weight, if we start to increase our exercise and activity level, we will want to concentrate on making sure we are fueling our bodies with enough energy to support our efforts.

The pre-workout snack should provide you with enough fuel for you to give your maximum effort. Top off your fuel tank 1-2 hours before an activity with a small, balanced snack containing a complex carbohydrate, lean protein, and fluids.

During your workout, it is important to stay hydrated to maintain performance and cognition. Take 4-6 gulps of fluid about every 15 minutes to maintain good hydration levels. Finally, the sooner you get your post-workout nutrition, the quicker you'll recover. Within 10 minutes of training, make sure you are refueling with carbohydrates, rebuilding with protein, and rehydrating with fluid. Eating the right ratio of carbohydrates and protein after workouts repairs muscle, speeds

WHAT YOU NEED TO RECOVER		
BODY WEIGHT (lbs)	PROTEIN (g)	CARBS (g)
120-150	15-20	30-40
151-180	20-25	40-50
181-215	25-30	50-60
216-250	30-35	60-70
251-300	35-40	70-80
301-330	40-45	80-90

According to the American College of Sports Medicine, 150 to 250 minutes per week of moderate-intensity physical activity is advised for weight loss. For most people, this breaks down to 30 minutes of exercise five days per week.

recovery, and re-energizes the brain and body. All of these tips can help you reach your goals and get you to the results you want.

According to the American College of Sports Medicine, 150 to 250 minutes per week of moderate-intensity physical activity is advised for weight loss. For most people, this breaks down to 30 minutes of exercise five days per week. People going for modest weight loss will need something more than 150 minutes a week. If you are extra eager, clinically significant weight loss will need to exceed the 250 minute mark.

At the Wilfred R. Cameron Wellness Center, we can make your weight loss goal easily achievable. Our multi-purpose facility has a wide variety of offerings to pleasure the interest of all exercise enthusiasts. From personal training, group exercise classes, indoor walking track, spin room, swimming pool, outdoor walking trail and more, there is truly something for everyone.

> Michelle Campion, Registered Dietitian, Wilfred R. Cameron Wellness Center, can be reached at (724) 250-6244 or mcampion@whs.org.



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Ayurveda in the 21st Century

A system of medicine that treats each person as unique

By **Kerry Harling, Ayurveda Practitioner, M.Ed., CAP.**

We have reached a tipping-point moment in our health. I see it reflected in our statistics and in my practice at UPMC. We are a world of sick people. I hear the despair in my clients' voices as they complain of a losing battle with weight gain, insomnia, low sex drive and fatigue.

The daily rigors of life today create tremendous stress on our bodies and take a serious toll on our health. This problem is compounded with unhealthy foods, sedentary careers and a culture of medicine that treats the symptoms and not the underlying causes. And sometimes it takes a wake-up call—and sadly, for many of us, that wake-up call is an illness. You know, when the body says, "I can't do this anymore" and just throws in the towel as my body did.

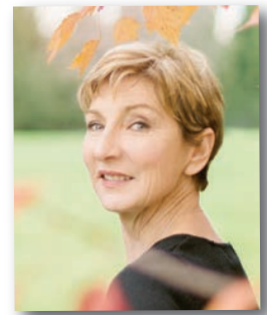
I spent most of my life unhealthy and chronically fatigued. This always surprises people when I tell them, considering my profession, but I spent years being diagnosed

with fibromyalgia, depression, Lyme disease, anxiety and chronic fatigue. I was taking medication for all of them. I was sick and tired of being sick and tired.

It was at this time that I was introduced to Ayurveda, a system of medicine that treats each person as unique. I learned I was fatigued because my digestive fire was too low and I had built up toxins. So, I underwent an Ayurveda cleansing process. Just one month later, I found my vitality and energy improving. It was amazing!

It's so simple as Ayurveda is based on the simple principles:

- There is no "one size fits all."
- Food can be used as medicine to achieve health and should change with the seasons.
- You are what you digest. I frequently see people complaining of fatigue, brain fog, anxiety and depression. Often, they are eating a very clean diet, but they aren't able to digest and absorb their food.
- Nutrition is anything we take in through the senses.
- Health is a well-balanced mind, a



Kerry Harling

well-formed body and good elimination. When the metabolic types are in balance and the mind and body are in harmony, health naturally follows. (World Health Organization).

I was so astounded by the power of this simple yet effective method of health that I decided to study Ayurveda. As an educator, I wanted to give back in the best way I knew how: by teaching others. This is the premise for my book *the 25-Day Ayurveda Cleanse*. In this book, I give you the tools needed to feel full of vitality, and energy. Your goal may be weight loss, or you may wish to understand how food can heal or maybe you're done with waking up sick and tired. Whatever your personal goal, this book was written for you.



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Kerry Harling practices at the **UPMC Center for Integrative Medicine**. She can be reached at (717) 508-4011 or kerry@theholistichighway.com.



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- Numbness and Tingling or Pain in the Toes, Feet, Hands, Arms and Fingers
- Dependency on Medications

Peripheral Neuropathy occurs when nerves are damaged or destroyed and can't send messages to the muscles, skin and other parts of the body. Peripheral nerves go from the brain and spinal cord to the arms, hands, legs and feet. When damage to the nerves takes place, numbness and pain in these areas may occur. A specialized treatment protocol utilizing brand new technologies is available at the Neuropathy Treatment Centers of Pittsburgh. It includes the combination of very specific, non invasive, FDA approved and painless treatments that are designed to heal rather than just deal with the symptoms of peripheral neuropathy. This Doctor SUPERVISED, MONITORED and IN OFFICE program has a 90 percent satisfaction rate. With the experience of seeing over 3000 patients, they are able to tailor a specific and successful treatment plan for each individual to provide maximum results. With this new treatment, peripheral neuropathy sufferers finally have HOPE.

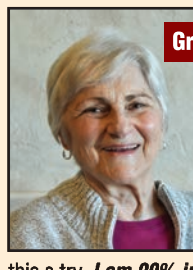
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Michael

At the end of April 2018 I was using a walker throughout the morning and night. I have completed the

program and **now I am able to walk the mall 2 - 2 1/2 miles EVERYDAY!**



Gretchen

My PCP prescribed all the meds for neuropathy that are on the market. That made me feel drunk and I had bad dreams. My feet felt like they were on fire and painful. I had pins and needles in my feet. This was uncomfortable and kept me awake at night. After many sleepless nights, I heard Dr. Richey on KDKA with Rob Pratte. When I heard Dr. Shawn I felt that I must try this treatment. Nothing else worked for me so I would give

this a try. **I am 90% improved since I did the program.** Kelly, Karen and Dr. Shawn added to the positive experience. I am very grateful for all their care and concern. I certainly will recommend Dr. Shawn's Program. It's all good.



Carla

I can walk without help and have no more leg pain. I was told that I should use a walker but I was not ready for that. **I am 95% improved and walking without pain.** I can't wait for

summer. I want to walk across the field to watch my grandson's soccer games.

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**If you are
experiencing any of the
symptoms of peripheral
neuropathy, don't wait until
they get worse.**

Robert Morris University and St. Clair Hospital Form Academic Service Partnership to Advance Nursing Education



By Nancy Kennedy

Robert Morris University has joined forces with St. Clair Hospital in a new partnership that promises to bring myriad benefits to both institutions. Nadine Englert, PhD, RN, associate dean and chief nurse administrator at the RMU School of Nursing, Education and Human Studies says that the new formal relationship is an academic service partnership, a collaboration between an educational institution and a healthcare organization.

One component of the new partnership is a “Dedicated Educational Unit” (DEU) program, a peer education model that is transforming the way that basic nursing students gain clinical skills by employing hospital staff nurses as clinical instructors. At St. Clair, the program will pair staff nurses with nursing students to give them clinical experience and a realistic view of hospital nursing. “The DEU concept departs from traditional nursing education in several important ways,” explains Dr. Englert. “Most importantly, the nursing student has a one-to-one clinical experience with a registered nurse. The DEU provides an immersion experience; students are deeply engaged in patient care. The staff nurses get an opportunity to share their expertise and to make a difference for a future nurse.”

RMU is one of many regional nursing schools that have been bringing groups of nursing students to the Hospital for clinical

rotations for years. This agreement takes that further and deeper. The students have the advantage of a prime clinical placement in one of the region’s most highly regarded hospitals, known nationally for its high quality of care. The staff nurse educators have prepared for this expansion of their role by undergoing special training at RMU. “St. Clair is a top notch clinical learning environment and we are fortunate to have the Hospital as a devoted clinical partner,” Dr. Englert says. “Nursing schools compete for clinical sites and this partnership will prove beneficial as that competition continues to grow with the burgeoning demand for nurses.”

Another element of the RMU-SCH partnership is an enhanced RN-to-BSN program, to help SCH nurses with associate degrees and nursing school diplomas earn a baccalaureate degree. This RN-to-BSN program is part of an effort to align the Hospital with the 2010 Institute of Medicine Report on the Future of Nursing, which recommended that 80% of nurses have a BSN degree by 2020. With the new partnership, RMU is offering onsite support at St. Clair for nurses in the program by placing a member of the RMU faculty at the Hospital once a week, to facilitate their academic success. The first faculty member to fulfill that role is none other than Dr. Englert herself, who offers technological support, help with scholarly writing and encourage-

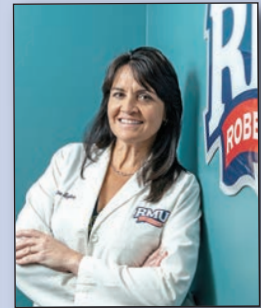
ment.

In the third component of the new partnership, St. Clair will serve as a site for research for RMU students in the Doctor of Nursing Practice program. At RMU, nurse practitioners are prepared at the doctoral level.

There are mutual benefits to the academic service partnership, Dr. Englert says. “This partnership capitalizes on the strengths of both institutions, and both institutions will gain advantages. RMU is getting a prime clinical placement; St. Clair is an amazing hospital, known for excellence in nursing. The registered nurses will have an opportunity to teach in the DEU program, and St. Clair will be in a position to recruit RMU nursing students to take a position at St. Clair after graduation.”

Diane L. Puccetti, RN, BSN, MS, chief nursing officer for St. Clair, echoes Dr. Englert’s enthusiasm. “It’s a joy and a pleasure to have this relationship with RMU. They have a wonderful nursing program with many assets, including a beautiful state-of-the-art simulation lab. Our nursing staff is very engaged in the new DEU program, and St. Clair nurses are signing on for the RN-to-BSN program as well. RMU and St. Clair are great partners and we are excited about all the possibilities as we move forward.”

> For more information about nursing education at **Robert Morris University**, visit www.rmu.edu.



“Nursing schools compete for clinical sites and this partnership will prove beneficial as that competition continues to grow with the burgeoning demand for nurses.”

-Dr. Nadine Englert

Coming this Fall! **PHYSICIAN DIRECTORY** - To be included in this directory, email goodhealthmag@aol.com

Patient Stories:

Hear the inspiring stories of real patients at Greater Pittsburgh Vascular Associates

By Nancy Kennedy

Ask Margie and Duane Barnhart about their experiences as patients at Greater Pittsburgh Vascular Associates, and prepare yourself for a double helping of heartfelt gratitude and deep admiration.

To this Adamsburg couple, there is simply no finer healthcare facility and no better healthcare providers than those at GPVA. Both Margie, 71, and Duane, 75, are patients of GPVA, and both have received life-changing care from cardiologist and vascular specialist Gennady Geskin, M.D., his physician associates and the GPVA team.

For Duane, Dr. Geskin is a personal hero. “Dr. Geskin saved my life,” he says. “I had an aortic aneurysm that was discovered by my PCP, Daniel Medic, MD. I was referred to another physician at a hospital in the city, and was scheduled to have open chest surgery to repair the aneurysm. This doctor warned me that because I weighed over 300 pounds, the surgery was risky. He told Margie that I might not make it off the table. We were both scared to death but thought we had no choice but to go ahead with it.”

Fortunately for Duane, his wife Margie is a gregarious woman, and when she went to GPVA for treatment for varicose veins, she chatted with Nicole Bruno, MSN, ACNP, about her husband’s condition and the anxiety she felt about the upcoming surgery. Nicole listened attentively and then told Margie, “We can help you and Duane. Bring your husband in here today and let us check him out.”

Nicole was as good as her word. A few hours later, Dr. Geskin examined Duane and felt that he was a good candidate for an alternative procedure that was far less likely to lead to complications. He scheduled the procedure to be performed at Jefferson Hospital and two days later, Duane underwent a minimally invasive procedure. It was a bit complicated, as the aneurysm involved the left renal artery, but Dr. Geskin was able to both fix the aneurysm and preserve the kidney, using endograft (stent) technology. The procedure went well and Duane was home in 72 hours.

That was four years ago. Today, Duane feels great; he has retired from his work in a glass factory and enjoys life with Margie and their dog Jax. Revitalized by his good outcome, he has managed to lose 100 pounds. Margie says the combination of her healthy cooking (she highly recommends the air fryer) plus Duane’s commitment to intermittent fasting has been the ticket to success. “If I hadn’t talked to Nikki that day about Duane, he would probably be dead,” she says. “Nikki was genuinely concerned and made room in the schedule so that he could be seen immediately. Duane wasn’t even their patient! But that’s the kind of people they are – they go out of their way to help their patients. I don’t think this would have happened anywhere else.”

Margie is also a patient of Dr. Geskin, who has treated her for varicose veins. “I had a lot of leg pain and swelling. Dr. Geskin is the only doctor who was able to help me with my legs. My legs are no longer painful and I wear compression socks to prevent swelling.”

Greater Pittsburgh Vascular Associates is a division of Jefferson Cardiology. GPVA provides comprehensive services and the most advanced care in state-of-the-art facilities equipped with the latest medical imaging and surgical technologies to diagnose and effectively treat problems with arteries and veins. According to Gennady Geskin, MD, “We treat patients with peripheral arterial disease, chronic venous insufficiency, varicose veins and deep vein thrombosis. We perform every venous and arterial procedure, including laser atherectomy and stenting as well as aneurysm repair.”

They both say that in all their experience with hospitals, doctors and the healthcare system, the best care they have ever received is that of Greater Pittsburgh Vascular Associates.



The Barnharts have had more than their fair share of medical problems. Duane has also had cancer and endured multiple surgeries; Margie had open heart surgery and a pacemaker insertion five years ago. They both say that in all their experience with hospitals, doctors and the healthcare system, the best care they have ever received is that of Greater Pittsburgh Vascular Associates. “Dr. Geskin is a wonderful man and the best doctor; Nikki and everyone at GPVA are the best people in the world,” Margie says. “They treated us like family. Everything about GPVA is wonderful. If you have any problems with your arteries, veins or your heart, you should make an appointment with GPVA.”



“We treat patients with peripheral arterial disease, chronic venous insufficiency, varicose veins and deep vein thrombosis.”

-Dr. Gennady Geskin

For more information, visit www.greaterpittsburghvascularassociates.com; to make an appointment call (412) 469-1500.

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BONE & JOINT HEALTH

Advanced Surgical Hospital Pre-Surgery Classes: Careful Preparation Can Improve Your Surgery Outcome



(l-r) Glenn Pfeffer, Jamie Johnson, Mandy Wasemann, Connie Beer, Jill Falbo and John Evans (center)



(l-r) Jessica McWreath, Erika Talaga, Dana Bowness, John Evans, Jen Buehl

By **Daniel Casciato**

HAVING JOINT REPLACEMENT SURGERY?

Many people throughout the region undergo knee or hip joint replacement to relieve pain and allow them to live more active lives.

However, sometimes it can be a bit confusing on what to expect before, during and after surgery. That's why physician-owned Advanced Surgical Hospital (ASH) offers pre-operative joint replacement classes to help you and your family learn about knee and hip replacement surgery and recovery.

The class is designed to inform you of what you can expect and put you at ease as you prepare for your procedure. Conducted by licensed physical therapists and registered nurses, the classes allow you to meet other patients who are also preparing for joint replacement surgery. You will also be able to meet some of your pre- and post-surgery care providers.

"It's an overview of what to expect in the weeks leading up to surgery and the months that fol-

low," says Tara Rush, MSW, LSW, Social Worker/Bundling Facilitator of ASH. "Our class is led by our exceptional team of inpatient nurses. They collaborate with social services and therapists, who work to answer any questions that patients or their 'surgical buddy' will have."

You'll learn what to do for a seamless recovery and positive outcome, explains Joyce Brubaker, RN, one of the instructors for the class.

She says that the class covers a range of topics such as:

- The night before surgery
- What to bring to the hospital
- The admission process
- Use of anesthesia
- Day of surgery
- Post-op expectations
- Infection prevention
- Fall prevention
- Wound care
- Pain management
- Physical therapy
- Discharge planning

Many patients are anxious in the days leading up to surgery, so these classes are intended to provide timely information that helps to ease that anxiety, says Rush. "Our philosophy is, if we provide education, support and answer their

questions proactively, we have a patient who is able to partner with our team and, together, work for exceptional outcomes after surgery."

According to John Evans, DPT, Director of Rehabilitation at ASH, good candidates for joint replacement surgery are people with significant joint arthritis that is causing consistent pain and dysfunction.

"Sometimes injury that results in fractures means joint replacement is needed," he says. "But most often, these are people who have constant pain every day and cannot do what they want to do in their life because their pain is limiting their mobility."

Putting off surgery is not a good idea, Evans advises.

"In many cases arthritis is a progressive disease process. If you don't have the surgery, the arthritic changes will continue, your pain will get worse, and the disfunction will get worse," he says. "Some therapies such as injections, physical therapy, and others may help to keep patients active and their pain in check in the days leading up to surgery."

We recommend preparing your body for surgery with exercise as directed by your provider. This,

coupled with proper nutrition, will help with healing.

Since some people with knee and hip issues are overweight, Evans recommends eating plenty of fruits, vegetables, lean meats and fish.

"If you eat healthy it can help," he says.

In addition, prior to surgery, Evans recommends exercises for strength, flexibility and cardiac conditioning.

"The more you prepare for surgery, the better you will feel afterward and the smoother your recovery is likely to be," he says.

 For more information, visit ashospital.net.

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"In many cases arthritis is a progressive disease process. If you don't have the surgery, the arthritic changes will continue, your pain will get worse, and the disfunction will get worse."

-John Evans, DPT, Director of Rehabilitation at Advanced Surgical Hospital

For more information and advice regarding care for your bone and joints, visit www.guidetogoodhealth.com.

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Fibromyalgia Pain Relief with Endermologie



Clinically tested, the patented Cellu M6 is the first natural, non-invasive solution allowing professionals to effectively treat fibromyalgia pain.

By Daniel Casciato

Looking for relief from fibromyalgia, arthritis, achy-restless legs, or poor circulation? Through a process called Endermologie™, you can find that much needed muscular pain relief without the need for prescription medications.

Endermologie, delivered by the Cellu M6™, has been scientifically proven and is FDA cleared for muscular pain relief. Endermologie is an FDA-approved, non-surgical, non-invasive technique in which a Certified Endermologist uses a machine with two motorized rollers and regulated suction to create a symmetrical skin fold which allows deep tissue mobilization to occur and results in reduction of cellulite, increase in circulation, and loss of inches.

This process breaks down fat and increases circulation to get the toxins that are trapped in the connective

tive tissue (cellulite) out into the blood stream. You will need to drink lots of water to cleanse your body of these toxins. This will result in reducing cellulite, inch loss, and decrease in pain/achiness.

Different maneuvers are used to work various layers of your skin to stretch connective fibers under your skin in order to reduce water build-up and to increase collagen and elasticity of your skin. This results in tightening, and toning of skin and reduction of stretch marks.

In the Pittsburgh region, Weight No More Endermologie Center is one of the premier (highest grade equipment) LPG Certified Quality Centers in the surrounding Pennsylvania and Ohio areas with over 15 years of Endermologie experience, training, and success stories.

LPG, a leader worldwide in connective tissue techniques and technologies and developer of the Cellu

M6, has performed diagnostic studies with the Cellu M6 treatments and found that Endermologie to be an effective form of treatment for muscular pain in Fibromyalgia sufferers. This unique deep tissue action has also received the prestigious seal of approval from the National Fibromyalgia Association (NFA).

The device also helps improve blood circulation, relieve DOMS (Delayed Onset Muscle Soreness), muscle spasms, aches and pains.

"We are pleased to partner with such an impressive and renowned organization as the NFA," says Michel Van Welden, Chairman and CEO, LPG. "We believe this mutually rewarding alliance will greatly improve the lives of millions of fibromyalgia sufferers, providing them with a new, safe and highly effective natural pain relieving treatment. Such a strategic partnership underscores LPG's long-term commitment to future research and development for the fibromyalgia community. We're very proud that we can add the NFA to our distinguished roster of non-profit medical partners."

Although most often characterized by crippling and relentless muscle pain, fibromyalgia has great variance and lack of specificity – making it difficult to treat. According to Van Welden, no drug has been approved by the FDA to treat fibromyalgia. Clinically tested, the patented Cellu M6 is the first natural, non-invasive solution allowing professionals to effectively treat fibromyalgia pain.

Beyond its anti-cellulite action, Cellu M6 can also:

- Release fatty deposits

- Smooth fat deposits
- Resculpt your body
- Firm your skin
- Increase circulation 300%

Thanks to the Lipomassage™ technique, Cellu M6® is very efficient for women and men who want to eliminate stubborn fat resistant to physical exercise and dieting.

The LIPOMASSAGE technique, with Cellu M6, is efficient on:

- cellulite
- bra folds
- sagging arms
- thick arms
- flabby bellies
- big bellies
- thick waists
- saddlebags
- flat buttocks
- flabby buttocks
- fatty buttocks
- fatty thighs
- fatty knees

The treatments' effectiveness is scientifically proven.

Three key points to bear in mind in order to get the best results:

1. The Cellu M6 Endermologie technique is efficient and also requires a healthy lifestyle in order to get optimum results. Our advice is to keep a balanced diet, exercise, and drink water.

2. Keep a regular pace (2 sessions per week during the first month, then gradually space out sessions). Weight No More Endermologie Center recommends 10 to 20 sessions, but results vary based on body type and genetic disposition to cellulite producing hormones.

3. Finally, if you really want to get the very best results, you should go to a LPG Certified Quality Center, such as Weight No More Endermologie Center, which have the newest and best equipment available.

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➤ For more information, visit www.weightnomorepa.com.

Get a Handle on Bunion Pain



By Dr. James Marks

Not a day goes by that a patient tells me that they wake up most days hoping that today will be the day when their bunion (big toe joint) will not hurt. By the time they come into the office they have tried changing shoes, using orthotic devices or pads/splints, or taking over-the-counter medication. Unfortunately, these options don't always work for everyone.

So, what is a bunion and what are the symptoms?

A bunion known as "Hallux Valgus" is a localized area of enlargement or prominence "bump" of the inner portion of the joint at the base of the big toe. The enlargement represents a misalignment of the big toe joint that causes the big toe to turn inward toward the other toes thus pushing against the other toes, sometimes diving over or under them. This can result in damage to the toes, causing foot and joint pain, hammertoes, corns and calluses. If left untreated painful bunions may eventually cause difficulty in walking as well as the inability to wear certain shoes impacting your work and leisure activities. However, some people with bunions never develop symptoms. Shoes that crowd the toes can increase the risk of symptoms, but they do not cause bunions directly.

So, how do you know when you need bunion surgery?

In general, surgery for bunions is most often recommended when pain from the bunion prevents a patient from wearing normal shoes and performing their normal daily activities. Surgery is not indicated if you just think the bunion is ugly and it is keeping you from wearing attractive shoes.

Most patients who undergo bunion surgery experience a dramatic reduc-

YOU SHOULD CONSIDER THE FOLLOWING IF YOU ELECT PROCEEDING WITH BUNION SURGERY:

- Pain is present and it is limiting your ability to do the things you like, love or must do.
- You have tried and failed some of the above conservative options.
- You have realistic expectations about your bunion surgery results

tion of foot pain after surgery, along with a significant improvement in the alignment of their big toe. In fact, a survey by the American College of Foot and Ankle Surgeons found that 90% of patients reported significant pain relief and increased physical activity, 6-24 months following bunion surgery. Ninety percent also said they would recommend the surgery to others. However, patients who rush into surgery may have unrealistic expectations, and may be unsatisfied with their results.

Bunion surgery, just like any surgery, can have complications. The length, the kind of, and the severity of any complication will differ depending on the person, their age, their physical health, and the kind of bunion surgery performed. Because bunion surgery is usually an elective procedure, take the time to discuss your questions and alternatives with one of our foot & ankle surgeons. Patients, who are having bunion surgery for the right reasons, end up with a good to excellent outcome and would tell you that bunion surgery is worth it!

> Dr. James Marks is a foot and ankle specialist at **Washington Health Systems/Foot & Ankle Specialists**. If you are suffering from bunions or know of anyone who is presently suffering with bunion pain, talk with your primary care physician about a referral to **Washington Health Systems/Foot & Ankle Specialists** or schedule an appointment at one of our convenient locations by calling (724) 222-5635 or go to whs.org/footandankle. New patients are always welcome.

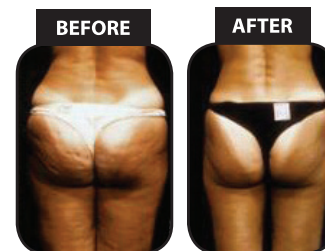
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Eye Health

Dr. Ryan McBee on DRY EYE DISEASE

ABOUT THE EXPERT: Dr. Ryan McBee, Optometrist, is a native of Lake Tahoe, Nevada and comes to AIO with a vast knowledge in all aspects of optometry. A graduate of the Pennsylvania College of Optometry, Dr. McBee graduated in the top five percent of his class obtaining honors in both the clinical and applied science.

His wide span of experience includes the managing and training of employees for ocular based studies that he conducted. He also possesses knowledge and experience in credentialing and billing in which he used to set up optometric practices in Nevada. Dr. McBee works closely at AIO treating patients with many ocular diseases



Ask an EXPERT

Q: How is it managed?

A: The goal is to treat any underlying systemic conditions causing dryness along with treating the eye itself. Treatment usually consists of OTC drops, prescription eye drops, eyelid therapy or a combination of multiple therapies.

Q: What are the usual manifestations?

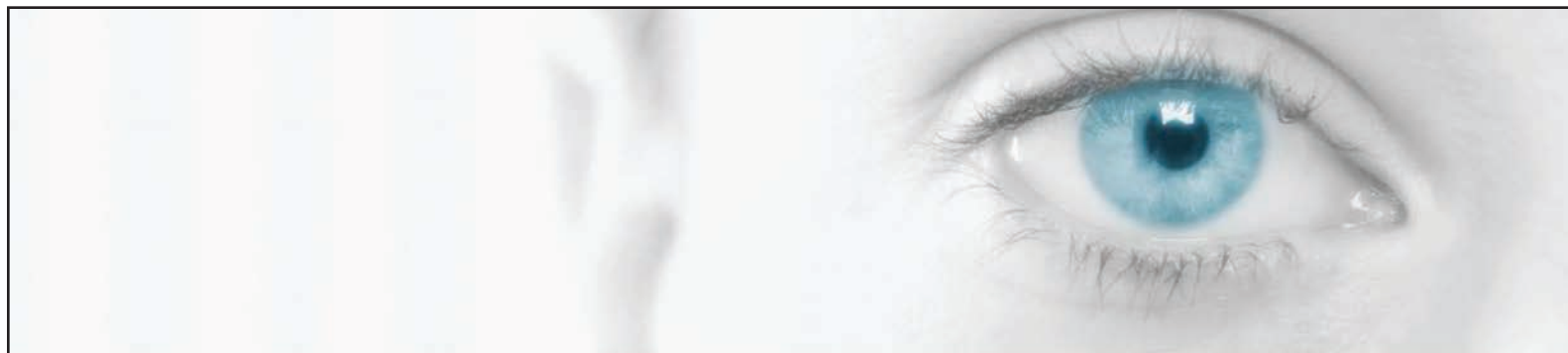
A: The most common symptom of dry eye is watering eyes. However, patient also experience burning, stinging, discomfort, heaviness, eye fatigue, decreased vision and even an increase in glare at night. When the eye is dry it sends a signal to the brain to produce more tears. However, the glands that are used to produce more tears tend to be salty and therefore evaporate much quicker on the ocular surface. Therefore, the eye will constantly water.

Q: What causes Dry Eye?

A: Dry eye is a lack of adequate tears and a loss of homeostasis due to inflammation on the ocular surface relating to eyelid margin disease. Tears are a complex mixture of water, fatty oils and mucus. This mixture helps make the surface of your eyes smooth and clear, and it helps protect your eyes from infection. For some people, the cause of dry eyes is decreased tear production. For others it's increased tear evaporation and an imbalance in the makeup of your tears.

Q: What is the examination like to determine whether someone is suffering from Dry Eyes?

A: The examination for dry eye to the patient might not look any different than their routine eye exam. However, a dry eye evaluation has specific testing geared towards this disease that will then help determine the proper treatment protocol.



Associates in Ophthalmology's

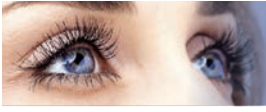
Dry Eye Center of Excellence



"Advancing the diagnosis and treatment of dry eye disease."

For more information on the AIO Dry Eye Center of Excellence, visit www.AIOvision.com or call 888.634.9800

Miguel A. Busquets, MD, FACS | Lisa M. Cibik, MD, FACS | Brian H. Jewart, MD | John P. Nairn, MD



Eye Health

Q: Are some people more prone to having Dry Eyes than others?

A: There are definitely age and gender predilections with women over the age of 50 more adversely affected. However, a majority of the oral medication people take these days have a side effect of causing dry eye and as computers/cell phones become more widely used the incidence of dry eye has also increased. A recent study out of dry eye clinic in California found that children between the ages of 4-18 were already showing some signs of dry eye and eyelid margin disease due to increased cell phone and computer use. I think we are going to see a lot more people at a younger age with dry eye disease and eyelid margin disease in the practice within the next few years.

Q: What are the typical treatments used to help people suffering from Dry Eyes?

A: Treatment usually consists of a combination of drops and eyelid therapy. As we learn more about dry eye we are finding that the eyelids play a more important role than we originally thought. I find myself treating lid margin disease (i.e. blepharitis and meibomian gland dysfunction) where I would have treated with only drops in the past. If the dryness cannot be managed effectively with OTC therapy then patients have the option of two prescription drops, which are Restasis and Xiidra.

Lid margin disease is typically treated with some form of heat along with a cleaning product. If the disease progresses or if it cannot be managed simply, then antibiotics are generally prescribed both orally and/or topically. Certain patient will need further treatment including eyelid debridement and expression through devices like the BlephX and iLux respectively.

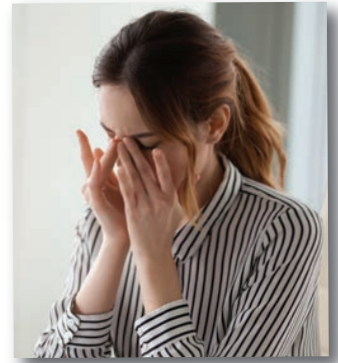
Q: Do you have any recommendations for people to help them avoid Dry Eye issues?

A: Unfortunately, no, since there are so many variables that can affect patients with dry eye disease. The best thing to do is to seek help if any symptoms or changes are noted.

Q: Is there anything else you would like to add about Dry Eye?

A: I think the hardest thing about treating patients with dry eye and eyelid margin disease is that nothing is instantaneous. Patients need to understand that treatment can often take months for symptoms relief and that a majority of therapy is chronic. The good news is that the disease is treatable and that there are many more things to come in the next few years for dry eye therapy. For the past ten plus years we only had one eye drop option for patients. Soon we will have multiple drops options as well as a variety of eyelid treatments to offer patients who have been suffering for so long.

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For more information, contact **Associates in Ophthalmology** at **888-634-9800** or visit **AIOvision.com**.



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—Jennifer

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SUMMERTIME TIPS TO KEEP YOUR KIDS AND FAMILY SAFE

Summer is a great time to have fun with the family, go on vacation and simply relax, but a great summer vacation can quickly go from fun in the sun to being stuck inside if you are not being careful. Here are some handy tips to help keep your family safe this summer!

SUN PROTECTION AND HYDRATION

Make sure you are applying sunscreen. You should apply sunscreen 30 minute prior to planned activities and should reapply a minimum of every 2 hours. The Centers for Disease Control and Prevention recommend using a sunscreen of at least 15 SPF with UVA and UVB (broad spectrum) protection. Covering up with sunglasses, a hat and light clothing will help to protect from harmful rays as well as seeking shade. It is very important when spending time in the sun to stay hydrated. Warm humid weather can lead to high levels of sweat loss which can cause dehydration. Remind your children to take water breaks every 15-20 minutes to remain hydrated.



WATER SAFETY

Swimming pools are very popular during the summer. They provide cool relief on a hot day, but swimming can also be very dangerous. Accidental drownings is one of the leading causes of death in young children. It is important for children to follow all posted directions while at

pools. Children should never swim alone and only swim in supervised/ lifeguarded area. It is a great idea to have the children take swim lessons and learn life-saving skills.

Here at the Wilfred R. Cameron Wellness Center we teach your children summer safety, provide fun kids programs and provide onsite swim lessons. This summer we are offering kids programs for all ages 6 months through teens. You can also stop by Spa Harmony to pick out essential oils or to treat yourself to a service after being out in the sun.



BUG PROTECTION

Insects are not only an annoyance, but also can be carrying harmful diseases. Essential oils like Lemongrass or Tea Tree Oil have both antifungals and antiseptic agents which are a more natural alternative to bug sprays. Add a few drops to a spray bottle of water and spray across your body to keep bugs away.



For more information on summer programs for children and onsite swim lessons at the Wilfred R. Cameron Wellness Center, contact the Aquatics and Sports & Recreation Manager, Katie Stache at (724) 250-6281 or cstache@whs.org.



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Baby Containers, Friend or Foe?

by Debra Lawson, PT, DPT

Recently, a good friend of mine invited me to her baby shower. I went to a local store to buy a gift. There are two things you need to know about me. First, I had my babies almost thirty years ago. Second, I am a Pediatric Physical Therapist and more than one third of the children that I treat are infants. As I walked through the baby section, I was overwhelmed by the number of baby containers: strollers, car seats, bouncers, swings, bumbos, rockers, etc. There were hundreds of them. They never had all of these gadgets when I had my children. While these products are designed to keep our babies safe, they also keep them from moving and exploring their environment. Used properly they are our best friend; used improperly they are our worst enemy. Imagine if you spent more than 17 hours a day either asleep, or confined.

Did you know that newborn babies sleep 12 to 17 hours a day? In 1992, the American Academy of Pediatrics recommended that babies be placed on their backs to decrease the risk of Sudden Infant Death Syndrome (SIDS). It worked, since then there has been a 50% decrease in SIDS. However, there has been a significant increase in Torticollis, which is a head tilt. Sleeping on the back can cause flat spots on the back of the baby's head, called Plagiocephaly and/or Brachycephaly.

Cranial orthosis, also called helmet therapy, has become a \$1 billion dollar industry in the U.S. today. 1 in 5 babies will be recommended for helmet therapy. This occurs because the skull cannot grow wherever there is prolonged pressure. Once a flat spot develops, the head falls to that position at rest. Without helmet therapy, after the age of 18 month the normal infant cranial sutures fuse, and the flat spot on the back of the head will remain.

To make matters worse, 95% of infants under the age of 5 months spend an average of 5.7 hours per day in a container. There are times when it is appropriate to transport your child in a car seat or stroller. There are other times, when it is more beneficial for you to hold your child in your arms. Containers confine an infant, decreasing sensory experiences and preventing your baby from moving all parts of the body.

Being placed in a container for prolonged periods can cause:

- Flat spots on the back of the head
- Facial asymmetry
- Torticollis
- Decreased strength and coordination
- Difficulty seeing, hearing, thinking, and talking
- Attention deficit hyperactivity disorder
- Increased weight and obesity

There is a new term used to describe developmental delays from spend-




ing too much time in a container. It is called Container Baby Syndrome (CBS). 1 in 7 babies are affected by CBS. Once symptoms are recognized by the Pediatrician, infants are referred to Physical Therapy to ensure successful treatment. The Physical Therapist will evaluate each infant and prescribe an individualized Plan of Care to increase the child's strength, coordination, and symmetrical gross motor skills.

The good news is that with early referral and proper intervention, 98% of these babies will achieve age appropriate gross motor skills and have excellent outcomes.


What can you do to improve your child's development?

- Carry your child in your arms whenever possible
- Try to increase supervised tummy time to a total of 80 minutes per day
- Limit the time in containers as much as you can
- Allow your infant to play freely in a playpen
- If you have any concerns about your child's development, discuss it with your pediatrician

> Debra Lawson, PT, DPT, Doctor of Physical Therapy, is coordinator of Physical Therapy at **Washington Health Systems Children's Therapy Center**. If you have additional questions or would like to make an appointment with WHS Children's Therapy Center call **(724) 942-6100**. Locations in Washington and McMurray, Pa.



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Toddlers and Routines- How to Get Started!

By Karen Bowman, BA/BS, Developmental Specialist at teli

Routines are important for toddlers, as they establish a flow to the day and set expectations for when to eat, play, have quiet time and sleep. It helps to create lifelong habits early in their lives and enables parents to organize a family's activities.

A child is ready for a routine when they can accept direction and transition calmly from one activity to another. By one to two years of age a child will be capable of appropriately transitioning through a routine for wake up and bedtimes, mealtimes, and playtimes without tantrums.

Why is a routine important to a child?

- **Builds confidence** – Knowing what to expect helps build confidence and comfort in toddlers.
- **Reduces bedtime battles** - Consistent nighttime schedules help children transition from play time to bath time and bedtime more easily because they know what is coming and can grasp the process.
- **Fewer meltdowns** – Scheduled down times before meals and regular snack times can reduce the potential for a tired or hungry child.
- **More control over the day** – For both toddlers and parents, the ability to plan ahead and move through the day smoothly is an important benefit.
- **Kids learn from repetition** – A predictable schedule, with flexibility, helps a child learn the expectations for the family's day.

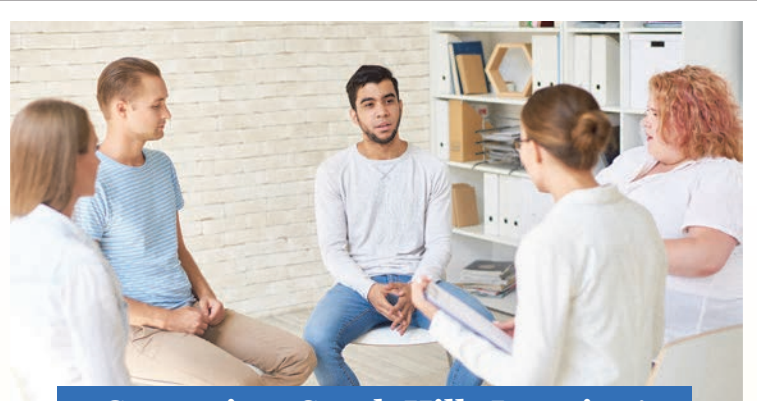


What are some suggestions for establishing a routine with my child?

Each family is different with unique timelines and challenges. Karen provides the following suggestions for activities to work into your schedule planning and that will begin to transition your child and your family into a purposeful routine.

- An easy and slow wake up is nice for parents and children alike. Assure enough time for your child to wake without rushing about the house.
 - Eat meals together. Allow your child to participate in age appropriate tasks (put out napkins, clear own plate, get sippy cup from cabinet, etc.).
 - As you help your child dress and groom, offer choices of clothing and encourage him/her to participate (put arms/legs out, pull up pants or socks).
 - Share books and play (filling/emptying activities, puzzles, simple pretend play)
 - As lunchtime approaches, music and books are nice ways to wind down.
 - Repeat wake up routine from above, after a nap, followed by a snack.
 - Get outside as weather permits. The outdoors can provide inexpensive, stimulating fun for all (ball play, pop bubbles, walks)
 - Assure some time for your child to play and encourage him/her to clean up toys, before bath/grooming.
 - Keep bath time and bed time routines predictable. Share a quiet story and favorite lullabies before bed.
- A predictable schedule will help your toddler feel safe and secure while teaching about boundaries, while supporting your child's natural ability to explore and learn from their environment.

> If you would like more information about your child meeting his/her developmental milestones, visit the teli website at www.telipa.org or call (412) 922-8322.



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Everyone has their own unique thermal pattern. Changes to these patterns can indicate early stage abnormalities that accompany breast pathology, whether it is cancer, fibrocystic disease, an infection or a vascular disease. This is why it is important to keep a close eye on subtle changes to the temperatures and patterns that are unique to us.

Thermograms (the medical image that is produced) can aid your doctor in planning accordingly and developing a program to further diagnose and/or monitor your health. Thermography screenings are a great preventative screening tool to add to your health plan. Not only are they radiation-free, compression-free, and have no adverse effects, the test is something you can schedule on your own. You can then provide the results to your physician.

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health or to receive a screening before you are eligible for standard diagnostic testing, thermography is an option to explore.

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- ▶ Monthly breast self-examination
- ▶ Personal awareness for changes in the breasts
- ▶ Readiness to discuss quickly any changes in breast health with a doctor

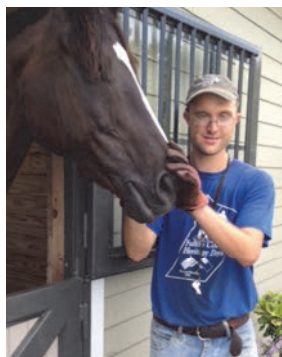
These guidelines should be considered along with your background and medical history.



(2015). Early Detection Guidelines. Retrieved from http://www.thermologyonline.org/Breast/breast_thermography_detection.htm



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“The mission of the WPHO is ‘to strengthen the local provider community by creating and maximizing opportunities to improve the delivery of quality, cost-effective health care,’” says John D. Six, MD, Co-medical Director of the WPHO. “Your WPHO physician and WHS work hand in hand to improve your health and simplify the complexities of health care.”

THE BENEFITS OF COORDINATION

The WPHO is the largest organization of its kind in southwestern Pennsylvania and boasts a roster of roughly 275 physicians. Behind the scenes, the WPHO works quietly performing a variety of necessary tasks, such as promoting clinical integration.

If you are admitted to the Emergency Department, for example, your WPHO-affiliated primary care physician receives an alert in real time. A second alert goes out as soon as you’re discharged, and your physician receives information about the care you received and your post-discharge instructions. This better enables your provider to perform follow-up care and answer any questions you may have.

Additionally, the WPHO collaborates with local insurers to develop products and programs that keep medical costs low.

“The WPHO’s emphasis on clinical integration helps improve the value of care,” says Lauren O’Brien, MD, Co-medical Director of the WPHO. “When people see an affiliated physician, they benefit from high-quality care.”

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Dean Watzman, MD

Radiation Oncology

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Michael Dougherty, MD

Radiology

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Giovanna Aracri, DO
Kevin Birnie, MD
William Castro, MD
William Conroy, MD
Joseph Di Pietro, MD
William Downer, MD
Michelle Kirshen, MD
David Leukhardt, MD
Dina Novitskaya, MD
Wilson Pyle, MD
Timothy Zelenak, MD

Thoracic Surgery

WHS Pulmonology, Thoracic
Surgery & CCM
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Mathew A. Van Deusen, MD

Sleep Medicine

Sukhdev S. Grover and Associates
(724) 627-2766
Amit Goulatia, MD
Sukhdev S. Grover, MD

WHS Center for Recovery &
Wellness
(724) 627-2756 Wayn.
(724) 579-1075 Wash.
Richard O. Ajayi, MD

Urology

Tricounty Urology Associates
(724) 222-8871
Damon Hoffmann, DO
Mukul Balaji Patil, MD
Sunil S. Savarirayan, MD

Timothy P. Weyrich, MD
(724) 942-3963
Timothy Weyrich, MD

Vascular Surgery

UPMC Heart & Vascular
(412) 802-3333
Raymond Eid, MD
Natalie Sridharan, MD

Wound Care

Washington Health System
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(724) 627-1600
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Nicholas J. Lowery, DPM
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Nutritional Services
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REHABILITATION

O'Hara Police Chief Credits Return to the Force Due to Care He Received At HealthSouth

Jim Farringer has been the police chief for O'Hara Township for more than 12 years now. He also has experience as an EMT and volunteer fireman.

In February 2014, he had a stroke during work. He spent 12 days in the hospital.

"I was scared," he said. "Will I ever get back to my job again? Will I ever ride a motorcycle again or play with the kids? It really had me worried."

After he was released from the acute care hospital, he transferred to Encompass Health Rehabilitation Hospital of Harmarville (formerly known as HealthSouth), one of two Encompass Health hospitals in the Pittsburgh area. HealthSouth's second hospital is in Sewickley.

The American Heart Association (AHA) recommends inpatient rehabilitation care, such as Encompass Health, for stroke patients like Farringer. The AHA's recently issued guidelines on adult stroke rehabilitation call for intensive,

multidisciplinary treatment. Study findings are in favor of inpatient rehabilitation hospitals and suggest that stroke survivors who qualify for inpatient rehabilitation hospital services should receive this care in preference to skilled nursing facility-based care. Farringer's recovery at Encompass Health stands as a living testimony to the AHA's guidelines and the power of inpatient rehabilitation hospital care for stroke patients.

"I spent 28 days in rehabilitation. They wheeled me in on a stretcher and I walked out of there with a walker," he said. "My right leg was absolutely dead. They just kept encouraging me and eventually I was able to move it on my own. They actually got me up on a treadmill and got me walking and eventually they had me walking."

Both Encompass Health Rehabilitation Hospitals in Pittsburgh are certified by the Joint Commission for Stroke Rehabilitation.

The stroke rehabilitation pro-

gram at each hospital underwent an extensive, unannounced, on-site evaluation by a team of Joint Commission reviewers and were evaluated against the Joint Commission standards of quality. To earn the certification, a hospital must successfully demonstrate compliance with national standards and effectively use evidence-based clinical practice guidelines to manage and optimize care for patients recovering from stroke.

After discharge, Farringer underwent a series of tests to regain his position on the police force and today he is back to active duty. Perhaps the sweetest part of his recovery has been his return to his motorcycle.

"I have a 2006 Harley Davidson Ultra Classic," Farringer said. "I have a motorcycle trip planned after retirement. I want to do the four corners of the lower 48 states. It's just the sense of freedom you have whenever you're on a bike. After a busy day at work, I get on the bike and forget about the day's events."



Jim Farringer

It's so relaxing."

Farringer is thankful for the team that treated him at Encompass Health and his ability to both return to work and his bike. He added that he has a few words of advice to future patients of HealthSouth.

"Work with these people, give it 110% and they will put you back on your feet," he said.

To learn more about Encompass Health Rehabilitation Hospitals of Harmarville and Sewickley, visit www.encompasshealth.com/harmavillerehab or www.encompasshealth.com/sewickleyrehab.

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HealthSouth Harmarville Rehabilitation Hospital and HealthSouth Rehabilitation Hospital of Sewickley have been committed to a higher level of rehabilitative care for our patients and their families. Under our new names, Encompass Health Rehabilitation Hospital of Harmarville and Encompass Health Rehabilitation Hospital of Sewickley, we will continue to provide the same inpatient rehabilitative care you have come to expect, connecting patients to superior outcomes and a better way of life.



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Employment Helps A Veteran Find Renewed Confidence and Independence

Charles is a veteran of the U.S. Marine Corps who sought out employment support from AHEDD back in September of 2017. He has a condition which causes him to feel “sea-sick” all the time and quick movements could cause him to be dizzy and lose his balance. In addition, he has PTSD which presents symptoms of anxiety.

Charles feared he may never be successful in finding employment. He shared that his biggest barriers to obtaining employment had included his difficulty with quick movements, uncertainty about how to explain the gap in his employment, his self-doubt and increased stress surrounding unsuccessful applications, and his failed attempts to find jobs that were best matched to his abilities.

Since Charles received Social Security Disability Insurance (SSDI) due to his disability, he qualified for funding under SSA’s Ticket To Work program. This funding from SSA allows AHEDD and other ENs to provide longer term supports that ensure an individual’s success.



“From the very first day I met my Employment Specialist (Debra Sinkovich), she made me feel everything but disabled and that anything was possible. She explained that having a disability was not about what I can’t do, but what it is that I can do.”

AHEDD has been an approved Employment Network (EN) for SSA since 2001 and fully embraces the goals of the Ticket Program to offer beneficiaries with disabilities the following:

- Expanded choices when seeking service and supports to enter, re-enter and/or maintain employment;
- Increased financial independence and self-sufficiency; and
- Reduced or eliminated reliance on disability benefits.

After signing his goal plan with AHEDD, Charles quickly found that he was able to do more than he initially thought. Within a few weeks of beginning services with AHEDD, Charles landed a part time job as a Food Service Supervisor within a Prison and was eager and ready to find a full-time job within two months.

In April of 2018, Charles secured a full-time job at Tredegar Film Products as a Plastic Extrusion Operator and began earning about \$9 more per hour. This change in job increased his gross monthly earnings from \$433.00 to \$2,944.44.

As of May 2019, Charles is still working for Tredegar at an even higher hourly rate and is no longer receiving SSDI benefits. His co-workers have found him to be a hard working individual who does more than asked. He is always willing to assist. His supervisors have found him easy to work with, quick learning and very dependable. He reports that even his previous supervisor was sorry to see him leave and is interested in still having him work a few shifts.

Charles can perform all the essential functions of his position. The majority of support provided by AHEDD involved encouragement, preparing for the interview, leveraging an employer relationship in the

community, and understanding how work was going to impact his SSDI benefits.

Charles comments to us say it best. He said, “After nine years of being on SSDI, I finally felt more in control of my disability and wanted to get back to the workforce. I looked online for agencies that help people with disabilities obtain employment and found the agency AHEDD. I had nothing to lose and everything to gain, so I made an appointment and boy was I surprised.

From the very first day I met my Employment Specialist (Debra Sinkovich), she made me feel everything but disabled and that anything was possible. She explained that having a disability was not about what I can’t do, but what it is that I can do. She was very understanding and supportive of my situation. She was also very knowledgeable and helped me look for positions that were within my capabilities. She also helped me with all the paperwork pertaining to the Ticket to Work Program and my responsibility to report my earnings.

This experience has changed my life. I got back the quality of life and self-worth I so desperately needed. I’ve been back in the workforce for over four months and couldn’t be happier. I’ve made new friends, laugh a lot more and am proud of the accomplishments I have achieved. Thank you AHEDD for helping me to get my life back!!”

Founded in 1977, AHEDD is a private, non-profit organization which serves the community as a catalyst in the employment and development of people with disabilities. Our vision is to be the premiere agent for creating innovative pathways to employment and greater independence for people with disabilities. Based in Camp Hill, PA, AHEDD has a network of field offices which delivers its employment services to youth and adults across much of Pennsylvania.



Connect with us for additional information at www.ahedd.org, 866-902-4333, inforequest@ahedd.org, <http://twitter.com/AHEDDATWORK>, or www.facebook.com/AHEDDATWORK/.

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LIVING WITH A DISABILITY

Employment: Good for People, Good for Business

For many people, employment is more than a way to cover living expenses. A career is a source of identity, fellowship, confidence, personal worth, and growth. Employment is a critical need for people with intellectual and developmental disabilities (ID/DD) who often face discrimination in the workplace. These individuals bring myriad abilities and talents as well as being loyal members of the workforce. In fact, nearly two-thirds of adults with ID have been at their current job for three years or more.

Even with these positive contributions, the numbers can be disheartening. In 2018, the U.S. Bureau of Labor Statistics reported that only 19.1 percent of citizens with a disability are employed. The Center for Social Development and Education at the University of Massachusetts Boston found that only 44% of adults with ID are in the labor force (compared to 83% of adults without disabilities). This means the unemployment rate for adults with ID is more than twice that of the general population.

To address this disparity, Pennsylvania stepped up as one of the first states to adopt "Employment First" policies that prioritize employment in integrated settings for individuals with disabilities. To encourage these efforts, businesses hiring employees with a disability are eligible for various tax incentives. These include the Work Opportunity Credit, which grants an employer a tax credit of 25%-40% of wages paid in the first year. Another incentive is the Barrier Removal Tax Deduction, which encourages businesses to remove architectural and transportation barriers with support up to \$15,000 per year. And finally, the Disabled Access Credit provides a tax credit to employers for yearly expenditures occurred to employ an individual with a disability, especially to supply



If your workplace is interested in the benefits of employing individuals with disabilities or you would like to learn more about the **Arc Human Services Employment Program**, please contact the Director of Employment Services, Brent Troyan, at troyan.brent@archumanservices.org or (724) 222-6960 x 219.

technology or adaptive equipment to complete daily work activities.

Very few individuals with disabilities are completely unable to work. The reality is that most have significant abilities that, when given the chance, will enhance any workplace environment.

Arc Human Services works directly with individuals and employers through their Employment Program, which provides opportunities for integrated competitive employment to build skills, enhance workplaces, and transform lives.



To learn more about **Arc Human Services'** various programs for individuals with disabilities, visit www.ArcHumanServices.org.



Serving people of all ages with intellectual and developmental disabilities and mental health challenges in a manner that allows them to fulfill their ambitions, protect their rights, and foster meaningful relationships at home, at work, and in their communities.



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www.archumanservices.org

Medical Profile

Non-Profit Dialysis Clinic, Inc., Delivers Kidney Care to Western PA for 36 Years

Kidney disease is the 9th leading cause of death in the United States and approximately 28,000 Pennsylvanians are living with kidney failure. In Western Pennsylvania, DCI opened its first dialysis unit in 1982 and has since added 25 more dialysis facilities and a REACH Kidney Care division to offer a variety of methods to care for individuals living with kidney disease.

For people just learning that they have kidney disease, DCI offers the REACH Kidney Care program. REACH is a program that encourages individuals to work with a care coordinator and a dietitian in hopes of delaying the need for dialysis or finding a treatment option for impending kidney failure, including kidney transplant.

For individuals with kidney failure, DCI offers in-center hemodialysis, home hemodialysis, and peritoneal dialysis in 26 area outpatient dialysis facilities. DCI has also partnered with 17 hospitals to provide inpatient dialysis services.

DCI's commitment to people with kidney disease extends beyond the clinical setting. DCI operates the Western PA Kidney Kamp at Ligonier Camp and Conference Center in Ligonier, PA. This week-long summer camp for children ages 8 - 16 years old is held in late July to early August. On-site peritoneal dialysis is provided and children needing hemodialysis are transported to a nearby DCI facility during the



week for treatment. This camp allows for kids in different stages of kidney disease to develop friendships with each other.

DCI has also contributed over \$316,000,000 to support research and community education initiatives nationwide.

DCI, the nation's largest non-profit dialysis provider, is recognized for delivering quality care. Since 2003, an independent government report (USRDS) has found DCI to have the lowest mortality and hospitalization rates among nationwide dialysis providers. DCI is committed to being the quality leader in the kidney community, saving lives, reducing hospitalizations, and empowering each patient to live the best possible life.



> Learn more about DCI at www.dciinc.org.
Learn more about REACH Kidney Care at www.REACHKidneyCare.org.



Dealing with incontinence can be difficult at any age, but helping a child with a disability learn to manage incontinence can be especially challenging.

We participate with the following:

- PA Medicaid • Ohio Medicaid
- UPMC Community Health Choices
- Geisinger Family Health Plan
- UnitedHealthcare Community Plan
- Gateway Health Plan
- UPMC for You
- Aetna Better Health
- Amerihealth Community Health Choices
- PA Health and Wellness Community Health Choices

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How to Live Well with Chronic Kidney Disease

Good Advice from the Dialysis Clinic, Inc. For more information, visit www.dciinc.org.

While There is No Cure for Chronic Kidney Disease (CKD), there are many things you can do to keep your kidneys and your body healthy. You are in control of your body and can make a difference.

The Leading Causes of Chronic Kidney Disease are diabetes and high blood pressure. If you treat diabetes and high blood pressure carefully, you can protect your kidneys.

Diabetes

You can protect your kidneys by controlling your blood sugar. If you have diabetes:

- Keep your blood sugars and hemoglobin A1c or fructosamine within the goal set by your doctors.
- Check your blood sugars regularly and take your medicines as prescribed.
- Follow a diabetes-approved eating plan.
- Keep your blood pressure below 130/80 unless your doctor tells you otherwise.
- Achieve or stay at a healthy weight.
- If you are overweight, start a program to lose weight.

HIGH BLOOD PRESSURE

High blood pressure (BP) damages the kidneys, and kidney disease causes high blood pressure. Talk with your doctor about your goal.

Buy a home BP monitor: you can get a good one for \$50. Bring it to the doctor to compare the measurements. Check your BP regularly and write it down to bring to appointments.

Take your BP medicine as prescribed. Your BP may need more than one drug, and you may need more medicine if your kidney function changes.

Unless you are very skinny, lose weight. Losing weight often decreases the need for blood pressure medicines.

LIMIT SALT INTAKE

Salt raises blood pressure, and can make you thirsty and cause swelling. High salt diets raise the risk of stroke, heart attack, heart failure, kidney failure and death. Don't use a salt shaker at the table or in the kitchen. Beware of the salt in processed foods. Use our guide for decreasing salt intake to help.

GOOD NUTRITION AND EXERCISE

Your kidneys need a healthy place to work.

Low sodium and low cholesterol diets keep your whole body working better.

Your kidney diet may change over time.

You may need to limit your protein intake, as it creates waste that is hard to filter through your kidneys.

There are other foods that you may need to decrease or avoid as kidney function changes.

A dietitian will help you learn what you need to know to eat right.

Exercise at least 30 minutes a day. Always talk to your doctor before.

DON'T SMOKE!

Smoking damages your kidneys and also

- causes cancer
- raises your blood pressure
- increases your risk of heart attack or stroke
- hardens your arteries
- makes kidney transplant and surgery for dialysis difficult

If you smoke, there are programs to help you quit.

MEDICINES

• If you take your medicines as prescribed, you are less likely to be hospitalized and less likely to harm your kidneys. Some medicines can actually harm your kidneys.

• Bring ALL the medicines you take at home to every CKD appointment. This should include over-the-counter, herbal and dietary supplements, ointments, creams, drops, inhalers, and pills.

In between visits, let your nephrologist and CKD Educator know:

- If you start or stop any medications.
- If any doctor or hospital changes a dose, or starts or stops a medication.
- If you cannot afford your medications or are unable to pick them up.
- If your medications cause side effects
- People with CKD should avoid aspirin and NSAIDs (ibuprofen, Advil™, Aleve™, etc): as they can harm your kidneys. Acetaminophen (Tylenol™) is a better choice for pain relief when you have kidney disease.
- Avoid decongestants, like Sudafed™, as they raise blood pressure.
- Talk to a nurse, physician or pharmacist before buying over-the-counter medicines, especially cold medicines and pain relievers. Make sure they know you have kidney disease.

LOCAL NEWS

MVH Bariatric Program Receives National Accreditation

Do you want to hear staggering statistics? In the nearly four years since Monongahela Valley Hospital (MVH) introduced its Weight Control and Wellness Program, approximately 40 of the 111 people who had bariatric surgery lost a combined total of 3,605.7 pounds. In addition, six months after their surgeries, 94 percent of the people no longer needed their diabetes medication; and, after one year, 100 percent of the people, who returned for their one-year follow-up appointments, were off of these medications.

This spring, MVH's Weight Control and Wellness Program was accredited as a Comprehensive Bariatric Center by the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS). The two organizations combined their respective national bariatric surgery accreditation programs into a single unified program to achieve one national accreditation standard for bariatric surgery centers, the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®). In order to receive this accreditation, MVH's bariatric surgical program underwent a rigorous review process to prove that the Hospital could maintain certain physical resources, human resources and standards of practice. All accredited centers report their outcomes to the MBSAQIP database.

Medical Profile

By Daniel Casciato

Through its medical neighborhood, Heritage Valley Robinson Township allows patients an opportunity to address their healthcare needs in one convenient location. This medical neighborhood is also conveniently located near the Heritage Valley Multispecialty Group West Allegheny Healthcare physician office in Imperial.

“The population continues to grow in both Robinson and West Allegheny and we are seeing a greater need for access to healthcare in those areas,” says Dawn Martin, Regional Director of Physician Practices for Heritage Valley Health System. “In fact, we expanded and moved the Robinson Medical Neighborhood in October 2018 to a larger footprint that now includes a ConvenientCare walk-in clinic.”

While many healthcare-related services are easily accessible at one location in medical neighborhoods, coordination of care is with established physician practices and services also housed in the same neighborhood.

“Our medical neighborhoods provide patients with a one-stop shop where we provide care through a primary care physician along with easy access to ancillary services such as ConvenientCare walk-in clinics, lab draw services, and diagnostic imaging,” says Martin. “Many patients appreciate this model and the ability to access all these services at one time.” Heritage Valley Health System currently has 7 medical neighborhoods located in Robinson, Sewickley, Moon Township, Ellwood City, Center Township, Chippewa and Calcutta, Ohio.

So for example, Martin explains that a patient can go see his or her primary care physician, located in the medical neighborhood, and then go next door to get blood work done or diagnostic imaging.

“It’s more convenient for the patient instead of taking another day off to get additional services or go to another location to get something else done,” she adds. “Our medical neighborhoods are something that distinguishes Heritage Valley from other health

providers.”

Both of the Heritage Valley Multispecialty Group physician offices located in Robinson and Imperial have board-certified family practice physicians so they see a spectrum of patients, from newborn to elderly. They offer preventative healthcare, physical examinations, annual wellness visits, pediatric visits, eldercare, women’s health care, acute/sick visits and blood pressure monitoring, to name a few.

In addition, as part of Heritage Valley’s integrated delivery network of healthcare, patients are always assured that the high quality services available to them will all be connected through Heritage Valley’s electronic health record system.

Through its ConvenientCare clinics at both locations, Heritage Valley also provides appointment-free “Get well” services as well as “Stay well” services.

With everyone’s busy lives, finding the time to seek treatment can be difficult for many people, notes Tammy Ronstadt, Director of Provider Practice Operations for Heritage Valley Health System. As a result, the ConvenientCare location in Robinson operates seven days a week, Monday through Saturday, from 8am-8pm and Sundays from 8am-4pm to try and accommodate the patient’s busy schedule.

“Through our unique mobile app, we offer the patient the ability to see in real time how many patients are currently at our ConvenientCare clinics,” Ronstadt says.

ConvenientCare treats patients from the age of 18 months and beyond. Walk-in services are offered to treat illness and injuries ranging from cold and cough, influenza, rashes, infections and minor office procedures such as lacerations and x-rays to rule out fractures. It provides the opportunity for patient-centered care in a comfortable and convenient environment. ConvenientCare also offers physicals and wellness immunizations to ensure the health and wellbeing of all members of the community.

“We offer the convenience of

HERITAGE VALLEY’S ROBINSON AND WEST ALLEGHENY LOCATIONS: High Quality, Convenient Care



Heritage Valley Multispecialty Group West Allegheny Healthcare physician office in Imperial.

West Allegheny Healthcare includes 2 full-time providers (as of July, 2019). Providers are: Todd A. McCaslin, MD; Cheng V. Lee, MD; and Sarah Turner, PA-C. This office currently sees an average of 625-675 patients per month.



The Robinson neighborhood includes 4 full-time providers as of August, 2019. Providers are: Melissa Rau, MD; Melissa Kashlan, MD; Denise Wegrzynowicz, DO; and Bradley Heiple, DO. This offices sees an average of 750-800 patients per month.

walk-in, immediate health care to accommodate the busy lives of the members of our community,” says Ronstadt. “Our “Get well” services can range from cough, colds, or the flu to ankle sprains. And our “Stay Well” services offer physicals and vaccines focusing on prevention and wellness of our clients.”

The ConvenientCare clinics are backed by one of the region’s leading healthcare providers—Heritage Valley Health system.

“We offer the advantage of being connected with our patient’s primary care physicians and other services through our electronic medical records,” says Ronstadt. “Physicians can easily access records and information regarding

their patient’s visits to the ConvenientCare clinic and in turn our ConvenientCare providers have the same access to the electronic medical records so as to provide quality care to our patients.”

One of the biggest misconceptions of the ConvenientCare is that we offer the same services found in the Emergency Department, cautions Ronstadt. “While we can treat minor injuries and illness, we urge people who are having life threatening symptoms such as chest pain or stroke like symptoms to seek emergent care by calling 911.”



For more information, visit www.heritagevalley.org.

“Our medical neighborhoods provide patients with a one-stop shop where we provide care through a primary care physician along with easy access to ancillary services such as ConvenientCare walk-in clinics, lab draw services, and diagnostic imaging.”

—Dawn Martin, Regional Director of Physician Practices for Heritage Valley Health System

Medical Profile

By Vanessa Orr

Progressive Dental Solutions, located in McMurray, PA, has been in business for almost 40 years, but lately, returning patients have been seeing a new face. Ryan Zelder, DDS, recently joined the practice, which offers general dental services as well as implant placement and restoration, root canal treatment, laser frenectomy and more.

A graduate of West Virginia University's undergraduate program and dental school, Dr. Zelder is pleased to be returning to his roots. "I'm originally from South Park, so it makes me happy to come back home to take care of patients in my hometown," he said.

Dr. Zelder became interested in dentistry while working in the clinical laboratory. He realized he enjoyed caring directly for patients and seeing how his work could



Dr. Ryan Zelder

change lives.

"Dentistry is the perfect mix of art and science, and I like working with my hands," he explained. "I also like that what we do is customized for each patient, so you can see how your work makes a difference."

After dental school, Dr. Zelder took part in a general practice residency, where he worked with hospital-based patients providing extractions and oral surgery procedures. When he found out about an opening at Progressive Dental Solutions from a former classmate who had worked there before moving to Colorado, he thought it would be a perfect fit.

"I'm very quick to develop relationships with patients and to make them feel comfortable, and Progressive Dental has the same qualities," he explained.

Edward Minaya, director of operations, agreed. "We treat every patient like family," he said. "Some of our staff have been here more

than 20 years, and patients have been coming here for so long that it feels like home."

Minaya adds that with Dr. Zelder joining the staff, patients will also continue to feel comfortable if they have any questions or concerns.

"Dr. Zelder is very friendly and very patient-focused. People love him," he said. "He takes the time to sit down with each patient and explains things in detail. He provides a lot of information—he doesn't just say, 'You need a crown,' but explains why you need a crown. That adds to the patient's level of comfort."

"I really enjoy taking my time with patients because I want to make sure that they know what's going on," said Zelder. "Having the right information is better for their health. Even if it puts me a little behind, I feel that my patients deserve my time."

Progressive Dental Solutions also has their patients in mind when it comes to the equipment they use. Digital X-rays use 80 percent less radiation while providing signifi-

cantly greater diagnostic detail, and intra-oral cameras make it easy for patients to see their oral exams with 75 times the magnification on a computer screen. Cone beam computed tomography (CBCT) provides panoramic images of teeth and jaws as well as 3D images of the temporomandibular joints, sinuses and airways for better and more detailed diagnoses and patient education. This technology is also used to help guide proper placement of implants into the jawbone.

"A lot of offices have started sending their patients to us for cone beam computed tomography, because it is less expensive here than having the same procedure done in a hospital," said Minaya.

Progressive Dental Solutions is located at 3055 Washington Road, Ste. 303 in McMurray. The office is open until 8 p.m. on Mondays and will start adding Saturday service a couple of times a month later this year. For more information, call (724) 942-5630 or visit the website www.ProgressiveDentalSolutions.com



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Guide to Healthy Eats

Summer Wellness Tips

By Kate Safin

After being cooped up indoors all winter it is natural to want to get outside and soak up the summer sun. Whether you are simply enjoying your own backyard, getting some gardening done, or out on a beach vacation, there are a few things to keep in mind to ensure you are keeping yourself and your loved ones safe and healthy while taking in the great outdoors.

Be Sun Safe

Protect yourself from the damaging effects of UVA and UVB rays by avoiding midday sun, taking plenty of breaks in the shade, wearing a hat and sunglasses, and slathering on some sunscreen. The ideal sunscreens are lotions or creams free of parabens with an SPF no higher than 50. The Environmental Working Group has plenty of sunscreen and sun safety resources available at www.ewg.org.

Keep Bugs at Bay

Mosquitoes and ticks can carry harmful diseases. Using bug sprays, burning citronella candles, and embracing the power of essential oils can help you keep these nuisance critters away. Rose geranium, rosemary, and lemongrass essential oils reportedly help prevent ticks, and eucalyptus and thyme can help repel mosquitos. To apply essential oils to skin, add a few drops to a carrier oil (like coconut, jojoba or olive oil) or an unscented lotion and slather it on for an easy way to add bug protection to your daily wellness routine.

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How to Make Summer Fruit Water Infusions:

1. Rinse all produce and slice it thin. Keep rinds on citrus fruits; remove from melons.
2. Muddle herbs to extract flavor from their leaves.
3. Add ingredients to a glass pitcher or mason jar.
4. Cover with filtered water and gently stir.
5. Let sit 4 hours or overnight.

Popular combinations:

cantaloupe + cucumber + mint
strawberry + rosemary
strawberry + watermelon + lime
peach + mint
watermelon + basil
blueberry + orange

Create delicious fruit and herb infused waters to inspire you to stay hydrated on hot summer days. These subtly sweet concoctions are free of the refined sugars found in juice, soda, and even bottled teas. Berries, melons, and stone fruits are plentiful in the summer (you can probably even find them at the farmer's market). Mint, basil, and rosemary add dynamic flavors and pair well with a variety of fruits. Cucumbers are also a great addition to infused waters; they are renowned for their hydrating abilities and their flavor is very subtle. Select organic produce when possible; you don't want to contaminate your drink with pesticides!

> East End Food Co-op is the last natural foods co-op left in Pittsburgh from those original, back-to-nature stores. The Co-op offers all of the products of a full-service grocery store, but with a natural and local touch. For more information, visit www.eastendfood.coop.

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Blackberry Meadows Farm on **ORGANIC FARMING**

ABOUT THE EXPERTS:

JEN MONTGOMERY - With 19 years of organic farming experience, as well as being a licensed Organic farm inspector, Jen and Greg took on the challenge of Blackberry Meadows Farm in 2007. She's worked on farms in West Virginia, Maryland, Pennsylvania, and as far away as Scotland and New Zealand. After all of her worldly farm travels, she took time out to earn her Masters in Sustainable Systems from Slippery Rock University, where she studied the science and theory behind the various styles of Sustainable Agriculture. Along with being a mom, she helps to make this farm enjoyable and productive.



GREG BOULOS - Greg is the on-farm handyman, janitor and pig farmer. He also earned a Masters in Sustainable Systems from Slippery Rock University and put to use his knowledge of systems and ecological design to catalyze green projects around the farm and Pittsburgh region. He's got the 'black thumb' from fixing equipment and moving rocks. Besides heavy lifting, he works to develop the 'systems' which provide fertility and efficiency to the farm operation. He spends his "time off" being a dad!

Blackberry Meadows Farm is a Certified Organic fruit and vegetable CSA farm which also produces pork, beef, and poultry. Can you tell us a little about it?

We're turning into more of a community center than a farm. Sure, we have this nagging habit of growing food 24/7, but beyond that, we open our farm for community members to visit and participate in the production of their food. Our real gift is bringing community members together over the harvest. Whether through education, meals, or just prepping a week's worth of vegetables together, we prioritize making local organic food options a focal point of a real live social network.

What role does organic food play in the management of one's overall health?

Organic food eliminates toxic pesticides, herbicides, coatings, colorings and other chemicals and poisons that have been approved for use in human food in tiny amounts. Those small amounts add up, and they are prevalent in all non-organic food. If you never eat organic, then chances are these toxins are building up in larger and larger amounts which could overwhelm anyone's immune system. Organic food is produced without these additives, and don't put the same strain on the body's systems

How did you get interested in organic agriculture?

GREG: Digestive problems. I had GERD and it took extensive dietary changes to turn my digestion around. The winning stroke was a 3 month raw organic vegan diet when I was 25 years old. My wife, Jen, was a farmer when we met, and we bought a farm together. Now I'm chest deep in producing more nutritious food every year.

JEN: As an undergrad majoring in environmental studies in the 90's, I became interested in the environmental and economic roll that Agriculture plays in our society; from the health benefits to eating more natural and less processed foods; to the improvements to our ecosystems, to the economic impact of a local food system. Organic agriculture can contribute in so many facets of our complex world. I felt that it was something I could really get into and something I could do to leave this world in a little better shape than I found it.

What does an organic farmer actually do?

GREG: I dig holes and fix things. Jen plants and does administration. Every day, we both work from 6am until 10pm on some aspect of the farm, from moving temporary fencing for livestock to planning out the next vegetable rotation. We order seeds and plan our year in the winter, fire up the hoopouses and prep all the fields in the spring. Summer is cultivating and harvest. Fall is a time to clean up and put the farm to bed.

Blackberry Meadows is a little different in how we approach both our production and distribution. Beyond just achieving organic certifications, we also employ Biodynamic, permacultural, natural building, LEAN and countless other management systems. We choose the most effective strategy at accomplishing the task while saving time and resources. and we strive to distribute our food face to face with our customers. We want to get to know their needs and adapt our production to serve the folks who are seeking better food for themselves and their families.

Why are rock minerals used for your soil?

Can you talk to us about the importance of that?

Rocks are the source of minerals. We are after a diversity of elements, not just the ones found in chemical fertilizers. While we know from writers like Steve Solomon that a balance of micro nutrients is vital to high-brix (nutritionally dense) crops, little is known about the need for trace elements, like molybdenum, which plays a role in the metabolism of other nutrients. Rocks, especially sedimentary and igneous rocks, contain a vast diversity of elements, that we feel comfortable knowing that we are giving our plants a wide range of building blocks to create the vitamins and minerals we need to thrive. We pair the rock minerals with ecological improvents to help soil biology thrive. That includes bacteria and fungi that serve the plants by collecting and trading those minerals to the plants via the roots, in exchange for sugars.

If someone is interested in organic farming, what steps should they take?

Start growing food and eating what you grow. Then find some local farmers to be your mentors. Don't settle for one! We are all different. Organizations like the Pennsylvania Association for Sustainable Agriculture have numerous events which connect folks to organic local farms here in Southwestern Pennsylvania. If growing food isn't an option right away, buy from local farmers that grow what they sell. You'll be amazed at the diversity of produce out there! It's not just corn and tomatoes! Eat the whole rainbow for the best health.



Senior Guide

The Senior LIFE Program - Making Senior Care at Home Easier and More Affordable

Caring for an aging loved one can be a stressful and frustrating, as well as emotionally and financially draining. Caregivers take on multiple roles – caring for mom and dad, their family, and maintaining their day-to-day lives, sometimes including full-time careers. Adding to the stress of caregiving for older loved ones can also include managing medications, getting to medical appointments, and negotiating with doctors. It can be a lot for caregivers and their families, but with the Senior LIFE Program, your loved ones can get the care they need while remaining in the comfort of home.



Senior LIFE (Living Independence for the Elderly) is state and federally funded Medicare and Medicaid Program that provides long-term care for seniors so that they can remain living at home and out of a nursing facility.

Senior LIFE is a team-based model of care based on the idea of effectively and efficiently treating seniors with multiple chronic conditions outside of the hospital setting. When possible, the program looks to collaborate with caregivers to provide the care seniors need while living at home.

Senior LIFE has dedicated staff of medical professionals including doctors, nurses, homecare coordinators, social workers, physical and speech therapists, transportation and more.

This dedicated staff, also known as the interdisciplinary team, is able to provide Senior LIFE members with an impressive list of medical care and homecare services, including: physicians and specialists, nursing care, physical, occupational and speech therapies, personal and home care, medica-

tions, meals and nutritional counseling, eye, dental and foot care, durable medical equipment and other medically necessary services.

The LIFE Health and Wellness Center is another critical component of the Senior LIFE Program that distinguishes it from other healthcare program. At the LIFE Health and Wellness Center, members can see their doctors and nurses, and participate in rehabilitation programs. They also eat lunch together and participate in social activities like BINGO, reading groups, arts and crafts, exercise, and music. The average participant visits the LIFE Health and Wellness Center two to three days a week.

What is even more impressive is that there are no cost for services for those who qualify, no co-pays, and no deductibles.

The ideal Senior LIFE member is someone 55 or older who needs a little additional support to live independently in his or her home. Senior LIFE aims to be a “one stop shop” model of care. Most care is delivered during the day, but care is available 24 hours a day, 365 days a year.

> TO ENROLL IN SENIOR LIFE, seniors must be 55 years or older, live in the service area, qualify for a nursing home level of care, and be able to live safely in the community. Applying is free, and there is no obligation to enroll. To learn more about the LIFE Program, or to see if it's the right fit for you and your loved ones, please visit us online at www.seniorlifepa.com.

Home is where your heart is.

Senior LIFE is a Medicare and Medicaid Program that provides all of the healthcare and medical services seniors need to remain in their home and not a nursing facility. Call to learn how your existing benefits can provide access to care in your home and how you can get both **medical and prescription drug coverage for \$0 per month!**

Get your **FREE \$15 Grocery gift card** (no obligation) for meeting with a Senior LIFE Benefit Specialist and learn what services you may be eligible for at **NO COST!**



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Eye Health

GLAUCOMA: Early Diagnosis is Key

by Andrew Christie

Early diagnosis and a regimented treatment plan can greatly reduce a patient's risk of developing vision loss

A variety of methods can be used to treat and manage glaucoma.

If you're like most adults over 40, you probably notice your eyesight isn't quite what it used to be. While adjusting to reading glasses can be frustrating, a slight decline in vision as you age is completely natural and (often) treatable. However, vision changes at any stage of life—including your

"Golden Years"—can sometimes signal a much more serious underlying medical condition. Some serious eye conditions, such as glaucoma, may show no symptoms at all in their early stages. For this reason, the National Eye Institute recommends all adults have their eyes examined at least once per year.

What is Glaucoma?

Glaucoma is a disease that occurs when "intra-ocular" (inside the eye) pressure builds up and damages the optic nerve. Since nerve cells cannot grow back once they die, continued damage to the optic nerve eventually leads to irreversible vision loss--and eventual blindness. Most people with glaucoma do not experience any symptoms until the disease has reached an advanced state (i.e. noticeable loss of peripheral vision). While vision lost due to glaucoma cannot be restored, most individuals with the disease can reduce or avert vision loss with an early diagnosis and treatment.

Who is at risk for Glaucoma?

Glaucoma is the second-leading cause of blindness worldwide, and the third-leading cause of blindness in the United States.

More than 2.7 million adults over the age of 40 currently live with the disease in the United States, most of whom successfully manage the chronic condition through various treatment methods.

Anyone can develop glaucoma. However, the demographics most at risk for developing the disease include the following:

- Everyone 60 and older
- Those who have a family history of glaucoma
- African Americans and Hispanic Americans over age 40

While all adults and children should schedule eye exams at least once per year, individuals at higher risk for glaucoma should remain especially vigilant in monitoring their eye health.

What are the Symptoms of Glaucoma?

In its early stages, most glaucoma causes no pain and no change to vision. However, as the disease reaches an advanced stage, patients might experience blurred or hazy vision, seeing "halos" around bright lights, severe eye pain, and sudden sight loss. Loss of peripheral vision (or the development of "tunnel vision") may signal the onset of permanent vision loss due to glaucoma. Left untreated, the "tunnel" will grow increasingly narrow until the patient becomes totally blind.

How is Glaucoma Treated?

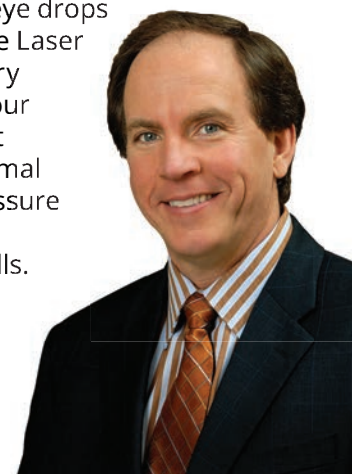
Glaucoma is a "chronic" disease and must be monitored closely for the rest of a patient's life. The standard model of care for monitoring glaucoma is one eye doctor visit every 3 months (4 visits total per year). During these visits, the eye doctor may adjust the type or amount of treatment depending on the individual patient's needs.

A variety of methods can be used to treat and manage glaucoma. Medicines, in the form of eyedrops, are the most common early treatment for glaucoma. When taken regularly, these eyedrops can lower pressure in the eye.

If you have glaucoma (and don't like eyedrops), you may want to consider laser surgery.

At Scott & Christie Eyecare Associates, we offer an alternative to the expensive monthly cost and the inconvenient dosing regimen of eye drops for glaucoma treatment. Selective Laser Trabeculoplasty (SLT) laser surgery can greatly lessen or eliminate your dependence on eyedrops to treat glaucoma. SLT is a cool, non-thermal laser treatment that reduces pressure inside the eye without the risk of destroying or scarring healthy cells.

The surgery is performed at our very own ambulatory surgery center in Cranberry by our surgeon, William C. Christie, MD, who has performed over 1,000 glaucoma surgeries.



William C. Christie, M.D.



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Helping Those Who Forget ... Remember

Technology Use Sparks Memories, Helps Realize Smiles

Midge watches cows being milked on a dairy farm.

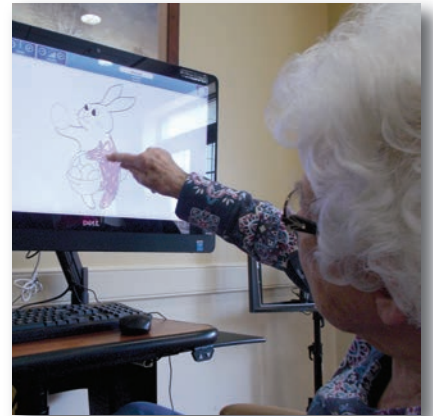
Donna paints watercolor masterpieces with just one touch.

Frank belts out tunes on the karaoke machine.

All call the Woodside Neighborhood, a dementia-specific personal care community at the Presbyterian SeniorCare Network Washington campus, home. Each has a different interest that sparks special moments in their lives – many of these moments they do not recall on a daily basis.

With the help of It's Never Too Late (iN2L), an interactive computer system that engages residents regardless of their cognitive level, the Woodside team is able to rekindle passions like painting, and bring back lost memories of the days on the farm.

"iN2L doesn't just impact one of our residents, it impacts all of them," says Susan Lawrence, lifestyle engagement coordinator at Presbyterian SeniorCare Network. She reminisces, "I remember one of our residents who was a 'War Bride' from England. She moved to the U.S. and never got to go back home. We received this information from her family and pulled up the Earth view of the town on iN2L. She couldn't remember the name of her hometown, but when she saw the local Post Office, she leaned in to get closer to the



Donna, a resident in the Woodside Neighborhood, enjoys "painting" on the iN2L

screen. We watched her eyes light up in a moment of recognition and she began sharing stories about her father and her time 'at home.' Talk about an impactful moment of remembrance – and all because of the iN2L."

iN2L provides an element of engagement that you can't get from anywhere else.

"We have fun with the iN2L. But what's most important is that we engage. They remember; even if it is just for one moment," says Susan.



To learn more about the living, care and service options at Presbyterian SeniorCare Network, visit www.SrCare.org.

Protecting Your Hearing in Warmer Weather

Helpful Tips

Did you know that the warmer months bring increased risks of noise-induced hearing loss?

Think about it: fireworks, outdoor concerts, parades with marching bands, lawn equipment and other sources of loud noise can expose you to unhealthy levels of decibels. To protect your hearing, try these tips:

- When operating noisy machinery, take a break every 60 minutes
- Use earplugs or headphones
- Keep your distance – sit at least 500 feet away from the stage at a concert
- Pay attention to the volume on your devices and set at halfway or less

Do you need help staying in your home?

Community LIFE offers a complete package of healthcare and supportive services designed to keep you healthy and at home.

Services include but are not limited to:

- In-home support designed to keep you at home
- Transportation to and from the Community LIFE Health and Wellness Centers, as well as medical appointments at other locations
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- Community LIFE Health and Wellness Centers with a variety of specialists to oversee your healthcare needs



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the moments that
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our journeys in life.

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Willow Brook Geropsychiatric Unit: Specialized Care for Seniors

By Kevin Brown

It is estimated that 20 percent of people age 55 years and older experience some type of mental health concern, according to the Centers for Disease Control (CDC). Further, according to the CDC, men age 85 years or older have quadruple the rate of suicide compared to other age groups.

These surprising statistics certainly point to a need for attention to the mental health of older adults. Ohio Valley Hospital (OVH), now part of Heritage Valley Health System, has addressed this need with the Willow Brook Geropsychiatric Unit, a 21-bed, short-term, acute inpatient psychiatric unit for adults age 55 and older.

“We’ve always nurtured a commitment to providing the community with a personalized approach to high quality health care,” says Lisa Dalena, RN, BSN, community relations coordinator for Willow Brook. “We saw a need to provide specialized care to this vulnerable population.”

Willow Brook opened in June 2011 and just celebrated its eighth anniversary. One of the few geriatric psychiatric units in Allegheny County, Lisa says that they get many referrals from surrounding counties due to the uniqueness and success of the program.

Being able to focus on the specific needs of older adults in one unit has its benefits. “Older adults have unique issues that differ from younger adults,” Lisa says. “Age brings on many challenges with decreased mental and physical capabilities along with the loss of loved ones and reduced independence,” Lisa says. “It can mean significant changes in the lives of seniors and sometimes specialized care is needed and that’s where we can help.”

Patients stay an average of 15 days in Willow Brook, depending on their mental health needs and response to treatment along with other medical conditions. Services provided to patients on the Willow Brook unit include assessment and diagnosis, medication management, primary therapy, group and occupational therapy, rehabilitation support, group activities, case management, dietary consultation, and discharge planning.

Patients admitted to Willow Brook are assigned a medical doctor to follow along with their medical needs. They also have access to specialists such as neurologists, cardiologists, and gastroenterologists, among others. “We have a multidisciplinary team that offers comprehensive services specifically geared toward older adults,” Lisa explains. “Being located within the hospital allows us to offer integrated services which may include dialysis, occupational and physical therapy, consultations and continued collaboration with a multitude of specialists.”

Early identification and treatment of mental health issues is imperative. “We offer 24-hour assessment and referral services, as well as direct admissions from other hospitals,” Lisa notes.

Symptoms of mental health issues that are treated in the Willow Brook unit include delusions, psychoses, social withdrawal, anxiety and stress-related issues, acute and chronic depressive illness, and sudden or unexplained behavioral changes related to dementia.

Depression, a type of mood disorder, is the most prevalent mental health problem among older adults, according to the CDC. Warning signs of depression include, among others, changes in sleep patterns, frequent

WARNING SIGNS OF DEPRESSION

- changes in sleep patterns
- frequent mood swings such as agitation, crying, anxiety and anger
- thoughts of suicide, sadness, and social isolation.



SYMPTOMS OF MENTAL HEALTH ISSUES

- delusions • psychoses • social withdrawal • anxiety and stress-related issues • acute and chronic depressive illness
- sudden or unexplained behavioral changes related to dementia

mood swings such as agitation, crying, anxiety and anger, thoughts of suicide, sadness, and social isolation.

If you are a family member or a caregiver for an older adult and notice any of these symptoms of depression or other mental health issues, you should contact the Willow Brook unit at (412) 777-6420.

“We do take calls 24/7 and patients can come to our emergency room for evaluation,” Lisa notes. “They will receive a thorough medical evaluation in our emergency room to be medically cleared first before a psychiatric nurse assesses the patient. That is so very important with older adults because there may be something else that is contributing to a change in mental status, mood or behavior that may be medically-based.”

After hospitalization, the Willow Brook staff ensures that patients receive the follow-up care they need. “We’ll send discharge summaries out to the primary care doctors with the patients’ permission because we realize that, working with the patient’s medical team goes hand-in-hand with keeping them at their highest level of independence and wellness after they’ve been discharged from the hospital,” Lisa says.

Patients may receive follow-up care at the OVH Outpatient Psychiatry Center which is located near the hospital. Resources available to patients at the outpatient center include Willow Brook’s medical director, Dr. Maher O. Ayyash, along with a doctor of nursing practice and licensed clinical social worker.

Willow Brook’s care for the community extends beyond the walls of the hospital. “Unit staff routinely interacts with the community to highlight the importance of taking care of your mental health as well as your physical health,” Lisa explains. “We are active in the Focus on Renewal Mental Health Partnership and are annual sponsors of the NAMI Walk (National Alliance of Mental Illness).”

“The hospital’s ongoing efforts to incorporate mental health promotion into chronic disease prevention are visible in our collaboration with our medical team, school of nursing, diabetes education program, work with local EMS and presentations to senior-related groups,” she says.

“We have a great team here, from the unit staff and leadership, to social workers, dietitians and other ancillary staff – we couldn’t do this without the whole team,” Lisa says.



“We saw a need to provide specialized care to this vulnerable population.”

-Lisa Dalena

➤ For more information about the Willow Brook Geropsychiatric Unit, call (412) 777-6420, or visit the OVH website at www.ohiovalleyhospital.org/services/willow-brook-geropsychiatric-unit.

If you are a family member or a caregiver for an older adult and notice any of these symptoms of depression or other mental health issues, you should contact the Willow Brook Unit at (412) 777-6420.

SENIOR RESOURCES

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STROKE ALERT:

Warning Signs of a Stroke

THESE ARE EMERGENCY SYMPTOMS:

- Weakness or numbness on one side of the body
- Sudden confusion or trouble understanding
- Trouble talking
- Dizziness, loss of balance or trouble walking
- Trouble seeing out of one or both eyes
- Double vision
- Severe headache

If you have these symptoms, call 911 right away. Getting help immediately can reduce the risk of complications and damage to your heart and

Confused about your Healthcare?



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LIFE Pittsburgh is an all inclusive program for individuals 55+ who want to stay in their home, but need supportive services. Our coordinated plan of care includes medical, social and daily living support. At LIFE Pittsburgh, older adults are treated with the respect and dignity they deserve. LIFE Pittsburgh goes beyond simply "treating medical problems" to actually improving the quality of life for most of our Participants.

Senior Living



Beware of Scams that Target Seniors

By Nancy Kennedy

Anyone can be a victim of a scam, but older adults are increasingly targeted. Scammers often believe that seniors have substantial amounts of money, and seniors tend to be trusting and courteous with strangers. Internet scams are especially common, as many Internet scammers see seniors as “easy prey” who are not proficient with technology, and therefore more easily fooled. This vulnerability to fraud means that seniors need to educate themselves about the common types of scams, and practice self-protective behaviors that will keep them and their savings accounts safe.

There are many variations of scams, but some of the more common ones directed at seniors are based on healthcare needs and

Medicare. A scammer may call or email the senior and inform them that they have qualified for free medical equipment such as a back brace. In order to receive their free brace, they are told to provide their Medicare ID number – which is essentially your Social Security number. Once they have that, the scammers can wreak havoc on your finances, even stealing your identity. Prescription drug prices are a common concern for seniors, and many scams exploit this – they may offer their victim a reduced cost for their medications, as a ploy to obtain personal information. A recent telephone scam in Western Pennsylvania involved callers who claimed to be from Social Security, but Carol A. Brackett, LSW, Prevention Division Chief at the Allegheny County Department of

Human Services Area Agency on Aging, says that the Social Security Administration as well as the Internal Revenue Service communicate with citizens by mail. “Never give personal information over the phone,” she advises, “especially when you did not make the call. If someone is making you uncomfortable, simply hang up.”

Some scammers will come to the person’s home, claiming to be a representative of a utility or security system company. They may try to enter the home, or ask to use the powder room. They may try to sell you a new electricity provider plan or something of that nature. Technical support scams are also very common and very dangerous. These scams send a false notice about a virus or computer problem and tell you that you must respond



immediately by clicking on a link; or, they claim to be “tech support” calling to help you. Other scams take advantage of relationships. The “grandchild emergency” scam is one in which a young person calls and claims to be the senior’s grandchild, who has suddenly run into a crisis such as being stranded in a foreign country, and needs to have large amounts of money wired to them. Unfortunately, scammers can be smart and creative in their efforts to defraud vulnerable people.

Continued on following page



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How to Protect Yourself From a Scam

The best way to protect yourself, Carol Brackett says, is to follow these guidelines:

- Never provide personal information, account numbers or your Social Security number to anyone over the phone
- Do not answer the door if you don't know who is knocking; teach your family and friends to call you before coming over
- Do not accept offers of "free" medical equipment
- If a utility company representative comes to your home, ask for ID and look for their marked vehicle; if you are still not confident, call the utility company for confirmation
- Never accept any "free" gifts, whether its equipment or a cruise that you've supposedly won
- If you have an older adult in your home, consider having a video doorbell system installed to improve your home security

Generally speaking, if something seems too good to be true, it probably is. Trust your intuition, and don't take chances. If you believe that you have been a victim of a scam, notify the police – scamming is a serious crime and can have severe consequences. Americans lose \$36 billion every year to these fraudulent schemes, and it is often difficult to find and prosecute the perpetrators.

Pennsylvanians should report scams to the Office of the Attorney General at (800) 441-2555, email us at scams@attorneygeneral.gov or file a consumer complaint online. Reporting scams can also be done through the Office of the Inspector General at (800) 269-0271.

> **Allegheny County Senior Centers** often have programs about protecting yourself from scammers and identity thieves. To contact Carol Brackett, call (412) 350-4241.

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Hospice Care Comes to You

VITAS® Healthcare cares for patients at home, wherever they call home

By **Evalisa McClure**

When a patient with an advanced illness is ready to start the conversation about hospice, some concerns inevitably arise: Where will I receive care? Can I stay on my current medications? Will all of my needs be met?

VITAS® Healthcare has over 40 years of experience providing hospice care that focuses on improving quality of life, and we've found that most patients fare best where they're already most at ease: in their home.



Expert Care for the Patient—and Their Family

After a patient has been admitted to VITAS, an interdisciplinary hospice team steps in—nurse, hospice aide, social worker, physician, chaplain, bereavement specialist and volunteers. The team provides clinical, spiritual and psychosocial care to the patient and their family wherever they call home.

The team will teach the designated family caregiver(s) how to manage symptoms and handle other routine tasks. Individual members of the team will coordinate and schedule regular visits. Ultimately, the patient and family are the core of the team, and their input is factored into an evolving care plan.

Our team supports the patient's family during the most difficult moments of their loved one's last days of life. After a patient dies, VITAS continues to provide bereavement support to the family for a minimum of 13 months. For patients with advanced illness, hospice helps make the best of those final months, weeks and days. VITAS patients enjoy being home among loved ones, free of medical expenses, and in the care of a team dedicated to their comfort and dignity.

Choosing Home Over Hospital

Studies show that more than 70% of people would prefer to die at home, so it's easy to see why that's where most hospice happens.

Aside from the simple comfort of familiar faces and surroundings, many patients already will have spent days or weeks in the hospital by the time they're referred to hospice, and the experience can be tiring. Plus, hospitals are under increasing pressure to reduce both patient readmissions for the same symptoms and in-hospital deaths.

Receiving hospice care at home doesn't mean "giving up" or compromising on quality of care. As part of the Medicare Part A hospice benefit, VITAS patients are entitled to whatever their terminal diagnosis requires. This includes medications, home medical equipment, supplies, supportive services and clinical care from a team of experts.



Evalisa McClure is general manager of **VITAS Healthcare in Pittsburgh**. For more information about end-of-life care options, call **VITAS Healthcare** at **(866) 759-6695** or visit **VITAS.com**.






Your Patients Want to Go Home.

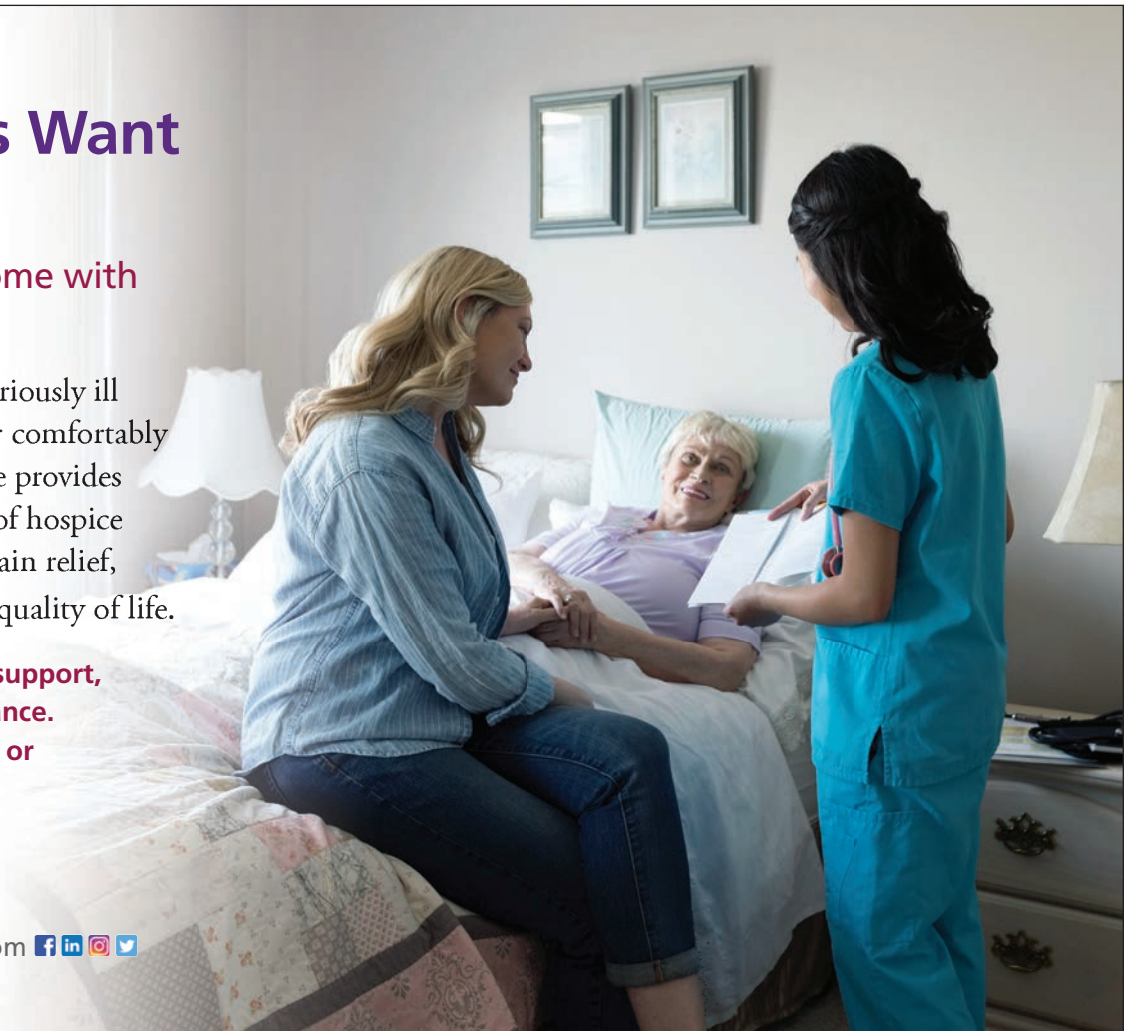
Send Your Patients Home with Hospice Care.

Near the end of life, most seriously ill patients want to be cared for comfortably at home. VITAS® Healthcare provides patients with a caring team of hospice professionals who focus on pain relief, symptom management and quality of life.

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DIRECTORY

In order to choose a health professional who is right for you, you need information. The following guide is a good place to start.



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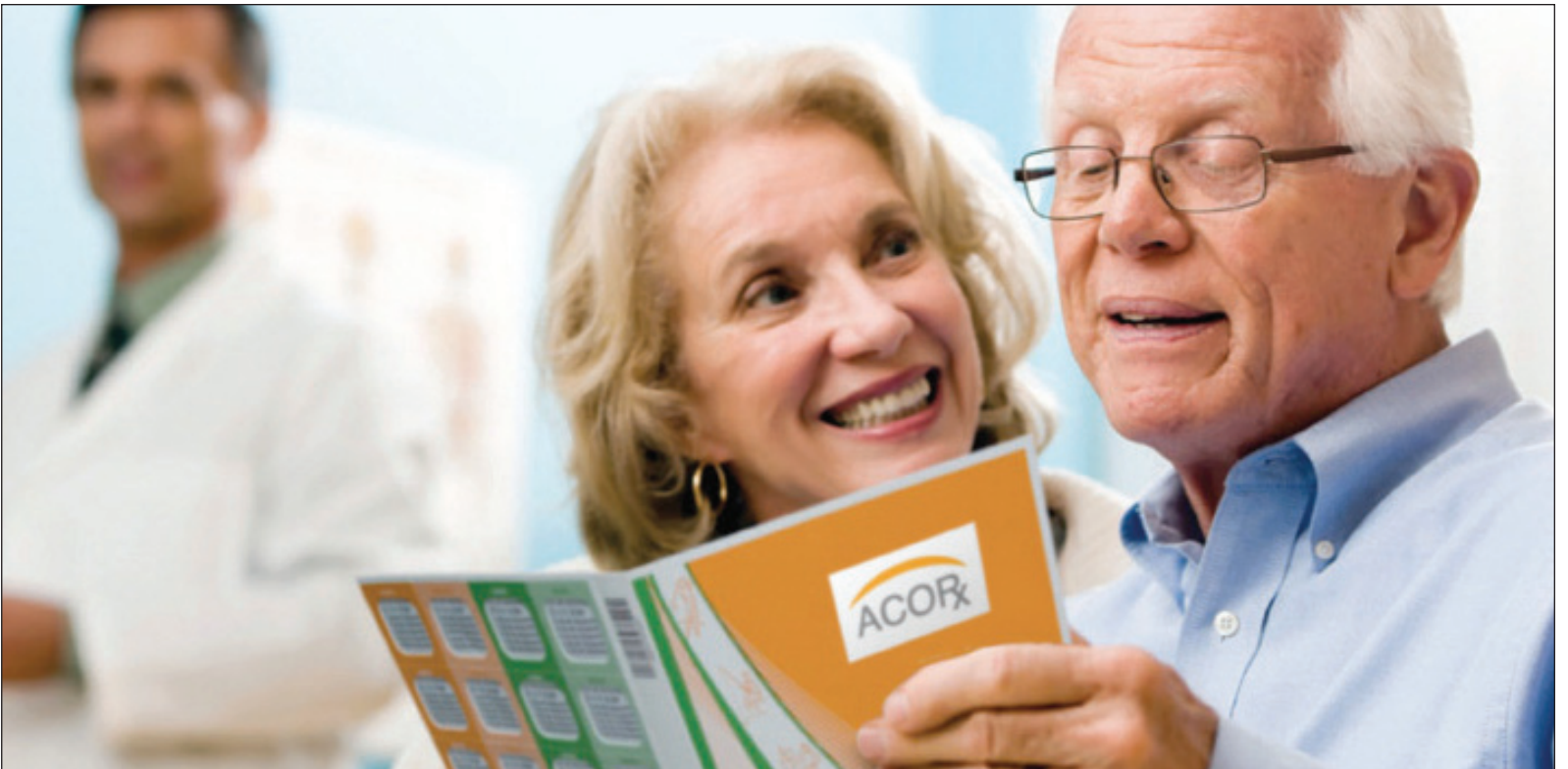
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