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WINTER 2019

Western Pennsylvania

Guide to Good Health

Special Focus:

Living With A Disability

Pre-Pregnancy Planning

Protect Your Heart
This Winter

Healthy Eating for Weight Loss

The Dangers of E-Cigarettes

How To Avoid Back Pain

Improving Employment
Outcomes for Youth
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“I’m so proud of you honey. I felt like you were drifting away, even getting forgetful. I feel so reconnected! I love you.”



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Publisher's Note

Making 2019 A Year to Remember

Maybe it is just a matter of semantics, but someone once told me they don't make New Year's Resolutions. Rather, they set goals for the upcoming 12 months.

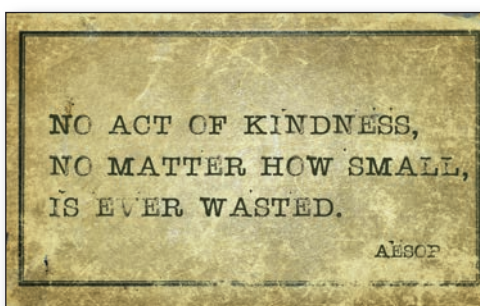
Well, whatever you prefer to call them, history tells us that most resolutions –or goals – evaporate before all of the holiday decorations are packed away. My theory on this is that most of us make too many commitments. Our enthusiasm is so great, that we really believe that we'll lose weight, pay off all our bills, learn a language and/or musical instrument, paint our house (inside and out), volunteer for at least three charities, begin a hobby AND take a class at the community college ... all within the next 365 days!

This year, I've decided to take a different approach. Believing that Less can be More, I'm committing to only one new effort this year, but it's a doozy:

I resolve to practice more Kindness, both to others and to myself.

I invite you to turn to Page 22, where Dr. Barry Kerzin, a Buddhist monk and personal physician to the Dalai Lama, more eloquently explains why this single commitment to change is so meaningful. But allow me to offer my own humble reflections.

To begin with, most of us are our own worst critics. Do nine things well and botch just one, and the latter is what dominates our thoughts. No matter what we achieve, we always believe we should



have done more or worse, that someone else (sibling, friend, neighbor, coworker) woulda or coulda done it better.

So this year, I'm going to become my own best cheerleader. Not by swimming in ego or braggadocio but, rather, simply once in awhile at least giving myself an A for effort. Treat yourself to a good book or movie. Or just find time for peaceful reflection, meditation or prayer.

I'm going to look outward as well as inward, offering acts of kindness whenever and to whomever I can. My actions need not be exaggerated or grandiose, since little miracles can come from small actions. Hold the door for someone, share a smile, say the magic words (please, thank you, good morning.)

Snow will be here and linger for awhile. So why not shovel a neighbor's walk or clean off his car? Offer a hand to someone crossing a slushy, slippery street.

Most of us will never change the world quickly and in a big way. That's okay. Maybe we can all commit to small but consistent efforts so that, together we will stir our community out of the cynicism, fear and anger in which we seem mired and find a path to that brighter tomorrow we all desire.

Happy New Year!

Nancy Carroll Lammie

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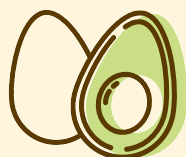
Preventing Diabetes Complications



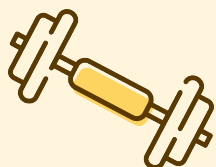
At Ohio Valley Hospital's **Diabetes Day**



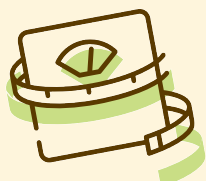
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Six Ways to *Stay Healthy* As You Age

By Daniel Casciato

One of the keys to successful aging is maintaining your physical and mental wellbeing.

Some common health ailments among seniors include hypertension, diabetes, osteoporosis, and heart disease as well as mental health issues such as depression. By making some lifestyle modifications, you may be able to prevent these health issues or at least allow you to better manage them.

Brittany Sphar, MD, Clinical Instructor for Washington Health System Family Medicine Canonsburg, offers six lifestyle changes to lead a healthy life as you age.

1. EAT A HEALTHY DIET

Everyone can benefit from eating more healthy. Be sure your diet includes plenty of veggies, fruits, whole grains, nuts, and low-fat dairy.

You should also avoid eating processed foods and sugar as much as possible since they tend to pack on the pounds, notes Dr. Sphar.

“Focus on whole foods and fresh foods,” she says. “We know it’s difficult for some people to do especially if they live alone and don’t have help preparing food. But if you’re eating three microwavable meals a day, try to replace one of those meals with a salad. That’s something you can reasonably make on your own.”

2. EXERCISE AS MUCH AS POSSIBLE

By becoming more active, it can help you stay fit so you can maintain your independence longer and allow you to perform regular daily activities of living. Regular exercise may also help prevent many common chronic conditions such as heart disease, diabetes, depression, and arthritis.

“Research has shown that exercise can be very beneficial among older adults,” says Dr. Sphar.

She recommends a weekly combination of aerobic exercise as well as weight training, balance and flexibility training such as tai chi or yoga. Check with your physician to make sure your choice of exercise is appropriate for you.

“The recommendations for aerobic exercise haven’t changed much over the years,” she says. “We still recommend moderate intensity five days per week for 30 minutes a day. The nice thing is that you don’t have to do it all at once. You can split it up throughout the day.”



Dr. Brittany Sphar and patient

3. STOP SMOKING

If you are a smoker, one of the most important lifestyle change to make right now is to stop smoking, notes Dr. Sphar. It’s never too late to quit.

Tobacco affects almost every organ in your body. Whether it’s cigarettes, cigars or chewing, these nicotine-laced products can lead to heart disease, cancer, lung and gum disease, and other health problems.

4. DRINK IN MODERATION

Excessive drinking or alcohol increases your risk of serious health problems. Dr. Sphar recommends only drinking in moderation. That means no more than one drink a day if you’re over the age of 65.

Examples of one drink include:

- Beer: 12 fluid ounces
- Wine: 5 fluid ounces
- Distilled spirits (80 proof): 1.5 fluid ounces

5. GET REGULAR CHECKUPS

Don’t skip out on your annual physical exams. Health issues and concerns can be addressed more easily if you see your physician on a regular basis. “Your physician might be able to catch a health ailment before it becomes too serious,” says Dr. Sphar.

6. MAINTAIN A HEALTHY SUPPORT SYSTEM

Loneliness is also detrimental to your health.

“Some seniors can’t leave their house so it gets pretty lonely and isolating,” says Dr. Sphar. “For caregivers, friends and family, if your loved one is homebound check up on them and spend time visiting with them.”

Since we can’t stay young forever, it’s important to develop a healthy support system and maintain relationships, she adds.

“Depression is common among older people. As our health starts to decline, some people become depressed,” she says. “Make sure you’re telling your loved ones when you are feeling down and depressed. Tell your doctors too because there are effective treatments even for elderly people who have depression.”



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How to Avoid Back Pain During Winter

By **Daniel Casciato**

Did you hurt your back this winter? You're not alone. It's common for people to get hurt during this time of year. One of the most frequent causes of back injuries during the winter comes from shoveling snow.

"People are not used to exerting themselves and try to do it for a long period of time because they want to get out there, shovel the snow and get back inside," says Jocelyn Idema, DO, of Washington, PA-based Advanced Orthopaedics and Rehabilitation.

Excessive shoveling can also be bad for your heart as well, she adds.

"People can have heart attacks if they overexert themselves," Dr. Idema says. "Likewise, you can put undue stress on your back if you overexert yourself. You're bent over, lifting something heavy, and you're twisting your body to throw the snow off to the side."

It's the perfect way to develop a muscle strain or get a herniated disc, if you're not careful.

So what can you do?

Dr. Idema recommends three things you should do if you have to shovel snow:

1. **Stretch to loosen up your muscles.**
2. **Take some ibuprofen before you start.**
3. **Go slow. Break up the work in small sections and rest after finishing each section.**

"For example, shovel the side of your house first, and then take a little break," says Dr. Idema. "Then you may want to do the front of the house and then rest. And maybe divide the driveway into two parts. Do one part first and rest, and then finish up the last section."

Another frequent cause of back injuries that Dr. Idema tends to see is due to ice. People will often slip and fall on their tailbone, or break their wrist or ankle.

"There's not a good way to avoid ice," says Dr. Idema. "But if it's snowy or icy out, try to stay inside. Wait for the ice to thaw before you go outside to get your mail or packages."



If you are injured this winter season, always use ice on your injury first—not heat. Ice will reduce any swelling.

-Dr. Jocelyn Idema

If you are injured this winter season, always use ice on your injury first—not heat. Ice will reduce any swelling. You can also but an over-the-counter brace that can help you temporarily until you can see your physician.

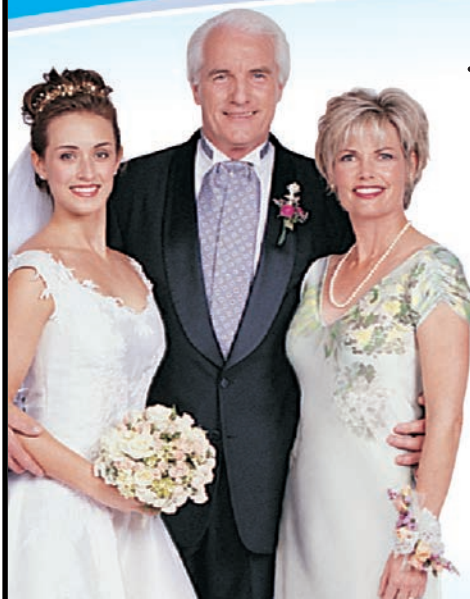
"Also, take an anti-inflammatory medication, if you are able to, three times per day," Dr. Idema adds.

Your lower back pain should resolve on its own if you get some rest, apply ice to the pain, and take some over-the-counter anti-inflammatory medication. But if your pain become more intense and if that pain is preventing you from performing normal daily activities, you may want to contact your physician for further evaluation. You should also see your physician if any abdominal pain accompanies your back pain or experiencing any neurological problems, such as weakness, numbness or tingling in your legs or arms.

Your physician could better diagnose and treat your back, and help you get you back on your feet, according to Dr. Idema.

"After three to four days, if you're not making significant progress, you need to call your primary care physician or a medical clinic," she says. They will take an x-ray and if necessary, they will refer you to someone like us."

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Guide to Healthy Eats

Six Supplements to Aid in Your New Year's Detox

By Jackson O'Connell-Barlow

Many folks make drastic changes to their diet and lifestyle to oblige New Year's resolutions after indulgent eating and drinking during the holidays, but that might be counterproductive in their progression towards deeper health. January and February, in much of the United States, are synonymous with inclement weather and stressful situations. Changing the goal from noticeable weight loss or muscle building to physiological adaptation and preparation might better serve us for the year ahead. I would suggest waiting for spring to do an ambitious cleansing, fasting, or weight-focused exercise. Better to spend cold winter months gently priming our body's systems.

Below are some tips and a few of my personal favorite supplements to assist in the pursuit of better health in the New Year.

- Support digestive health with probiotics, enzymes, and herbal remedies. This will encourage the evolution of your exclusive internal bacteria and ensure that the foods you eat are broken down, absorbed, and converted into energy. **My favorites: Digest Gold by Enzymedica, Dr. Ohirra's Probiotic formula, and Triphala** (A traditional Ayurvedic blend of three bitter Indian fruits that support the entire gastrointestinal tract, improving digestion, elimination, and assimilation of nutrients).



- Reduce inflammation and support cardiovascular health with **Serrapeptase**, a proteolytic (protein digesting) enzyme. When this enzyme is isolated and coated in the form of a tablet, it has been shown to act as an anti-inflammatory and a pain-blocker, much like aspirin or ibuprofen. Some preliminary research suggests Serrapeptase may even help inhibit plaque build-up in arteries.

- Omega-3 and -6 essential fatty acids (or EFAs) and monounsaturated omega-9 fatty acids, are all excellent sources of energy, fat-soluble vitamins, and other vital nutrients, and are essential components of all membranes of the trillions of cells in the body. From cognitive function to hormone production, these fats play a significant role in nutritionally restorative regimens. **My favorite: Udo's Oil 3-6-9 Blend**

- Winter can be quite stressful, both physically and mentally. Supporting adrenal health can help ease the effects of high cortisol levels, including quality of sleep and energy levels. **My favorite: Adrenal Health by Gaia Herbs**

Following these recommendations (which are just that, and not intended to replace professional medical advice) may help you prime your body for a more rigorous cleanse or fitness routine when the days are longer and the weather warmer.

> **Jackson O'Connell-Barlow** is East End Food Co-op Supplements Buyer. 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.

For more stories and recipes from East End Food Coop visit www.guidetogoodhealth.com

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Wilfred R. Cameron Wellness Center Focuses on Four Pillars of Health

The Wilfred R. Cameron Wellness Center provides staff and programming that empower individuals to achieve better health through an integrated wellness methodology known as EXOS' 4-Pillars of Human Performance. Our system is comprised by four pillars — **Mindset, Nutrition, Movement and Recovery** — built from decades of innovation, science and real-life experience. If these pillars can be defined for each of our members and clients, they will experience holistic benefits to their health and wellness.

Every new member's wellness journey at the Wilfred R. Cameron Wellness Center begins with a Mindset appointment. Mindset is about dedicating yourself to a goal and understanding what it requires to accomplish it. During this free, 60-minute appointment with an Exercise Physiologist, we gather medical history, lifestyle and fitness information and set SMART goals that identify the individual's areas for improvement. The Physiologist performing this appointment will be

the members point person for the next 90-days of membership, checking in through both phone calls and in-person meetings to ensure progress during this critical time.

The next pillar of human performance is Nutrition. At Wilfred R. Cameron Wellness center, members receive a free 30-minute nutrition coaching session with a registered dietitian. Nutrition coaching helps members recognize that nutrition, in tandem with exercise, serve as a dynamic duo in overall health and wellness. During this appointment, members are encouraged to bring a 24-hour food diary so the dietitian can quickly point out any deficiencies in their current nutritional plan and provide corresponding services to support any gaps that are uncovered. Services include food sensitivity testing (LEAP), cholesterol and A1c screenings, resting metabolic rate testing and regular coaching sessions. Nutrition is emphasized during personal training sessions, group exercise classes, and free and fee-based programming all year

long. We believe that nutrition is a critical component in helping everyBODY achieve their best self.

The third, and most recognized pillar of human performance is Movement. Any fitness journey begins with movement, but at Wilfred R. Cameron Wellness Center, we've taken movement one step further by incorporating "Pillar Preparation" into our programs and training sessions. After completing a functional movement screening to identify potential muscular imbalances, members will learn how to incorporate Barrel Rollers, Accurollers and Accuballs as tools for self-performed soft tissue stimulation and release. The mobility component targets specific problem areas and appropriate muscle groups with static and dynamic stretching. Lastly, the stability/activation component focuses on stabilizing musculature around the lumbar spine, pelvis and shoulders. Because preparation plays a key role in the Movement Pillar, it's emphasized on the fitness floor in the form of custom Pillar Prep posters that

guide members through their routine. Members also receive orientations on the strength and cardiovascular equipment on the fitness floor to ensure proper equipment use.

Recovery is the last of the 4-Pillars but is no less important. Recovery allows the mind and body to recharge and prepare for the next day's activities. It can take the form of general stretching or acupuncture, reflexology, massage and reiki in our full-service spa. Mind body classes like yoga, meditation, Pilates reformer and Pilates mat are also great recovery tools.

The Wilfred R. Cameron Wellness Center is using EXOS' 4-Pillars of Human Performance to enhance the mind, body and spirit of our members and staff. Representation can be found in our programs and on our walls and we are motivated to continue upgrading lives in our community.



For more information on the **Wilfred R. Cameron Wellness Center**, call **724.225.WELL** or visit wrcameronwellness.org.



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ARE YOU READY?

Emergency Preparedness

ARE YOU PREPARED TO WITHSTAND AN EMERGENCY, SUCH AS A PROLONGED POWER OUTAGE OR A NATURAL DISASTER? The CDC reports that most Americans do not have a plan or a kit prepared for such an event, but with the increased frequency of severe weather, and the loss of power that often accompanies it, preparation is essential. Every home should have a plan and a kit.

Basic emergency supplies:

- Food and water to last 72 hours (Water: 1 gallon per person per day)
- Pet food and supplies
- 7-10 day supply of prescriptions
- Copies of essential documents
- First aid supplies
- Flashlights, batteries, candles and matches
- Back-up power source if possible

SOURCE: WWW.CDC.GOV



Beating Bad Breath

We all have it at some point, but it can be controlled. Bad breath, or halitosis, is due to bacteria in the mouth and it can be prevented or managed with these tips:

- Stay well hydrated: a dry mouth breeds bacteria. Drink lots of water!
- Use sugar free mints or gum – sugar feeds bad bacteria
- Green tea is a natural antimicrobial – drink some every day
- Use a tongue scraper to keep your tongue clean
- Never skimp on oral hygiene: toothbrushing, flossing and mouthwash
- See your dentist regularly

SOURCE: *AMERICAN DENTAL ASSOCIATION*



Leading Causes of Death:

1. Heart Disease
2. Cancer
3. Accidents
4. Chronic Respiratory Diseases
5. Stroke

SOURCE: *CENTERS FOR DISEASE CONTROL AND PREVENTION, 2016*

Tips to Help Reduce Antibiotic Resistance

Bacteria that cause infections are increasingly developing resistance to antibiotics. Instead of being eradicated by the antibiotic, these bacteria fight back by growing and multiplying, potentially making the infected person even sicker. Antibiotic-resistant bacterial infections are hard to treat and are becoming a serious threat to public health in the U.S. and around the world.

The appropriate use of antibiotics, sometimes called antibiotic stewardship, is essential to maintaining the effectiveness of antibiotics and preventing the development of antibiotic-resistant infections. Many hospitals now have guidelines in place to achieve this, but the public plays an important role, too. St. Clair Hospital's Amanda Michael, D.O., says that everyone can help to reduce antibiotic resistance by following these steps:

- Only take antibiotics prescribed for you by your doctor;
- Take them exactly as directed and finish the entire course of treatment; don't stop when you feel better;
- Don't pressure your doctor to give you an antibiotic;
- Practice good hygiene: wash your hands appropriately with soap and water especially after using the bathroom, before eating and before preparing food;
- Wash fruits and vegetables thoroughly and keep kitchen work surfaces clean;
- Make sure that you and your family members receive vaccinations as recommended;
- If you miss a dose, call your doctor for guidance;
- If you have leftover antibiotics for some reason, do not hold on to them. Destroy them or return them to your pharmacy.



To contact Dr. Michael, call (412) 347-0057 or visit www.stclair.org

Not water.
Not safe.

The Dangers of E-Cigarettes for Youth & Young Adults

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

E-CIGARETTES AND YOUTH

E-cigarettes are very popular with youth, and their use is growing dramatically. Today, more high school students use e-cigarettes than regular cigarettes, and the use of e-cigarettes is higher among high school students than adults.¹

According to the National Youth Tobacco Survey, e-cigarettes have been the most commonly used tobacco product among youth since 2014.² FDA Commissioner, Dr. Scott Gottlieb, believes this issue to be so serious that he has declared e-cigarette usage among teenagers “an epidemic” and states that “the disturbing and accelerating trajectory of use we’re seeing in youth, and the resulting path to addiction, must end.”³

WHAT IS IN AN E-CIGARETTE?

E-cigarettes are devices that heat a liquid (usually containing propylene glycol, glycerin, water, nicotine, and flavorings) into an aerosol that the user inhales into their lungs. You may have heard other terms used when it comes to using e-cigarettes such as vaping or Juuling. What many kids and parents don’t realize is that this liquid is not water, and it is not safe. Not only is the nicotine in e-cigarettes highly addictive, the e-liquid (also called juice) also contains harmful ingredients such as:



- ultrafine particles that can be inhaled deep into the lungs
- flavorants such as diacetyl, a chemical linked to serious lung disease, and
- heavy metals, such as nickel, tin, and lead.

RISKS TO THE DEVELOPING BRAIN

Youth and young adults are uniquely at risk for long term, long lasting, effects of exposing their developing brains to nicotine. These risks include mood disorders, life-long addiction, and permanent lowering of impulse control. Nicotine also changes the way synapses are formed, which can harm the parts of the brain that control attention and learning.⁴



HOW TO TALK TO KIDS ABOUT E-CIGARETTES

You have the power to influence your children’s decision about whether to use e-cigarettes. Be clear that you don’t approve of them smoking or using e-cigarettes, and that you expect them to live tobacco-free.⁵

Here are some tips:

1. Know the facts
2. Be patient and ready to listen
3. Set a positive example by being tobacco free

If you’re currently using tobacco, quitting is the best thing you can do for your health, and the health of your family members. For free help, call 1-800-QUIT-NOW.



About Tobacco Free Allegheny

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Learn more at www.TobaccoFreeAllegheny.org.

TobaccoFreeAllegheny

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Weight Loss & Diet Plans

Healthy Eating for WEIGHT LOSS

By Kevin Brown

An estimated 45 million Americans go on diets every year. For many, the diet starts as a New Year resolution. Whether you fall into that category, or you just want to begin eating healthy to lose some weight, you might be wondering where to start. Susan Zikos, RD, LDN, CDE, the Diabetes Educator at Ohio Valley Hospital and a registered Dietitian, offers advice on how to eat healthy and lose weight.



Susan Zikos, RD, LDN, CDE, a registered dietitian and diabetes educator at Ohio Valley Hospital

JUST FOR STARTERS

Begin your weight loss journey with a visit to your primary care physician and a registered dietitian.

“Either can make these steps more understandable, help you set goals and suggest proper caloric intake,” Susan says. “They can also suggest substitutes for high fat and high carbohydrate foods, as well as recommend specific weight loss goals, timing and exercises to achieve the goals. Follow-up visits help to add more accountability.”

“In addition to eating a healthier diet, you need to add 30 to 90 minutes of moderate exercise to your day, including cardio and strengthening exercises. Try to increase your activity level each day,” Susan recommends.

“Use technology like the My Fitness Pal app on your smart phone to help track food intake and exercise activity,” Susan suggests. “An activity tracker such as a Fitbit or a digital pedometer also will help you track your exercise levels and progress. If you aren’t technology-oriented, just keep a record on paper.”

CHOOSING HEALTHY FOODS

“Healthy foods are fruits and vegetables, lean meats (not fried) and dairy, whole grains with higher fiber content and healthy fats,” Susan explains. “Healthy foods provide the body with the energy it needs for optimal functioning, without adding too many calories which will cause weight gain. There will not be too many fats, which have more than double the calories by weight than either protein or carbohydrates. They also will not have too many carbohydrate foods, which cause exaggerated insulin production and more hunger.

Susan recommends visiting www.ChooseMyPlate.gov from the U.S. Department of Agriculture, which offers healthy eating suggestions.

“By using the information from the Choose My Plate website, you can add healthier foods to your diet such as more fruits and vegetables, less starchy foods, more lean protein, as well as changing “white foods” like pasta, breads, and rice to whole grains,” she says.

“If you need help developing a diet plan - and most of us do - follow a plan that has already been set up,” she says. “Guidelines from the Mediterranean Diet, or the DASH Diet, will help set you straight on the types of foods that are good for your body. They generally steer you away from processed, fried and convenience foods to more natural foods like fruits and vegetables, lean meats and some whole grains,” she explains.

SPICING IT UP

If you are thinking that a “healthy foods diet” sounds a little bland, there are ways to spice it up.

“Spices, lemon juice, hot sauce, vinegar, garlic, onion, dill pickles and condiments add flavor to foods,” Susan says. “Trying new foods and vegetables encourages the taste buds to work better. Also, look at different cooking methods. Vegetables, for instance, taste better if they are still green and firm, not olive-green and soggy. They can be boiled, steamed, sautéed, grilled or even roasted and still be considered healthy (as long as you’re not tossing them in too much fat). The same goes for most meats. Notice that ‘breaded and fried’ is not included in this list. That particular

cooking method adds fat and carbs, and doubles the calories in the food. Sometimes, though, you can use an air fryer and get that crisp taste without adding extra fat,” she says.

DESSERTS AND SNACKS

As far as dessert and snacks, Susan says that they are a part of life, but they should be occasional. “Many successful dieters plan for snacks and desserts in their diets, so that they do not go over their caloric goals. If you do ‘slip’ and have too many calories in a day, don’t be discouraged, just continue on. Tomorrow is another day. Maybe a little less food or a few more minutes of exercise will put you back where you want to be,” she says.

SETTING GOALS

What about goals? Susan says that you have nothing to work for unless you set a goal. She recommends the SMART goal system:

Specific: “Rather than simply saying, ‘I’m going to eat better,’ specify how you will eat better: ‘I will eat a non-starchy vegetable twice a day.’”

Measurable: “Keep track when you have the vegetable at each meal, so you’ll be able to clearly know when you succeed.”

Attainable: “It doesn’t help if you say, ‘I will eat vegetables and nothing else this week,’ if you don’t think that you can do it. (And you shouldn’t!)”

Relevant: “Make sure that your goal will help you with your healthy eating journey. Eating more vegetables will help fill you up so that you are not as hungry. They will also give you more vitamins and fiber than extra bread or fries than you might otherwise have eaten.”

Time-bound: “This is your goal for this week. You can choose to pursue this goal again next week, or you can set a new goal. It’s easier to commit to a goal – and be successful – if you do it for a set amount of time.”

CHANGING YOUR LIFESTYLE

Finally, Susan says that the goal is to change your lifestyle to make it healthier.

“There should be a change in the mindset that allows us to eat healthier and with fewer calories forever. Weight loss will follow at a slower pace than with a cleanse, keto or other diet, but it will be sustainable over the long haul. Most diets fail because they are just that - diets, which will come to an end - with you going back to your old eating patterns and eventually regaining the weight.”

“In addition to eating a healthier diet, you need to add 30 to 90 minutes of moderate exercise to your day, including cardio and strengthening exercises.”

For more information about healthy eating and weight loss, or to seek Nutrition Counseling Services, call **Ohio Valley Hospital** at **(412) 777-6205**.





Protecting Your Heart in Winter Weather: Expert Advice from Jefferson Cardiology

By Nancy Kennedy

The cold and snowy weather of winter can be beautiful and invigorating, but people with heart conditions should take special precautions to stay healthy and safe. Learning to protect yourself and pace yourself are the keys to staying heart-healthy in winter, says Alan D. Bramowitz, M.D., a board-certified cardiologist with Jefferson Cardiology Association.

“Cold winter weather affects the heart in several important ways,” Dr. Bramowitz explains. “It places extra demands on the heart; it can raise the blood pressure and the heart rate; and it can cause the blood to clot more quickly. Anyone with a history of heart disease needs to be aware that there is always the potential for new problems. If you have heart disease but it is stable and you don’t have symptoms, you can be active in winter, but be careful.”

Some specific measures recommended by Dr. Bramowitz are:

- When you go outside, stay warm. Wear layers of clothing to trap air around you. This creates a layer of insulation that keeps you warmer.
- Cover up exposed skin: wear gloves and a hat.
- Avoid alcohol before going out in the cold; it can give you a false sense of warmth and also cause vasodilation - the expansion of blood vessels - that can drop your

blood pressure.

• To avoid inhaling frigid air, wear a mask or a scarf around your mouth and nose to make the air warmer.

• Know the symptoms of heart attack: chest pressure; squeezing sensations; discomfort in the arms, back, jaw or shoulders; nausea; cold sweat; shortness of breath. If you experience any of these symptoms, stop your activity immediately and call 911.

• Know the symptoms of hypothermia: mental confusion, shivering, sleepiness, slow heart rate

• Be careful not to get overheated, which can also cause vasodilation and a drop in blood pressure.

• Simply walking in deep snow or snow drifts can be hard on the heart. Unless you absolutely have to go out, remain at home, turn the thermostat to 68 or whatever is most comfortable, and stay safe and warm indoors.

Dr. Bramowitz says that sometimes, older heart patients want to engage in the same winter activities they enjoyed at a younger age, such as hunting. “Be realistic about your limits,” he warns. “If you are a heart patient and you want to go hunting, do not go alone. Don’t climb hills and don’t attempt to drag a heavy animal by yourself. Avoid alcohol and heavy meals and make sure you have a cell phone with you.”

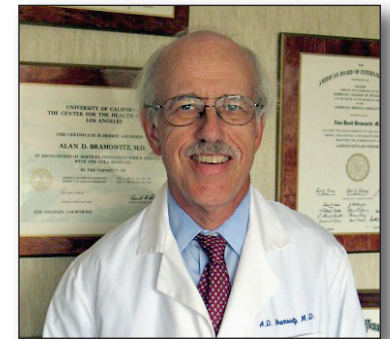
Snow shoveling demands extra precautions. “Persons who have

had cardiac procedures and have ongoing symptoms, and those with angina, weak heart muscle and heart failure, need to restrict themselves: they shouldn’t do any snow shoveling and they should limit their exposure to extreme cold and winds. If your heart disease is stable and you’re free of symptoms, and the amount of snow is small (meaning an inch), it’s probably fine to push the snow, without lifting heavy snow,” says Dr. Bramowitz. “Don’t eat a big meal before shoveling; that will divert blood flow to your gastrointestinal system, away from your heart and muscles. Pace yourself. Take breaks and listen to your body.”

The darkness and social isolation of a long winter can take an emotional toll, leading to loneliness and depression, and that can impact heart health. Dr. Bramowitz recommends opening your curtains to bring in the sunlight and keeping in touch with family and friends. “If you are feeling overwhelmed by negative feelings, reach out to others for help. Have someone you can call. Try to take good care of yourself: take your medications, eat well and get plenty of rest.”

In western Pennsylvania, winters are long, but they do come to an end. Taking care of your heart through the winter will help you be prepared to enjoy the wonders of spring and summer when they finally arrive!

Jefferson Cardiology Association



“Cold winter weather affects the heart in several important ways. It places extra demands on the heart; it can raise the blood pressure and the heart rate; and it can cause the blood to clot more quickly.”

Dr. Alan D. Bramowitz

is a community-based medical practice that offers individualized, high quality care of the heart and blood vessels, including prevention, state of the art diagnostics and advanced treatment, including medications and recommendations for lifestyle changes to support and improve heart health. There are four locations, in Jefferson Hills, Belle Vernon, Jeanette and Uniontown.

To contact **Jefferson Cardiology**, call (412) 469-1500 or visit www.jeffersoncardiology.com.

Top Ten Worst Foods for Your Heart:

- Fast food burgers
- Processed meats
- Deep fried anything
 - Sugar
 - Soft drinks
 - Sugary cereal
- Cookies and pastry
 - Margarine
- Pizza with meat
 - Diet soda

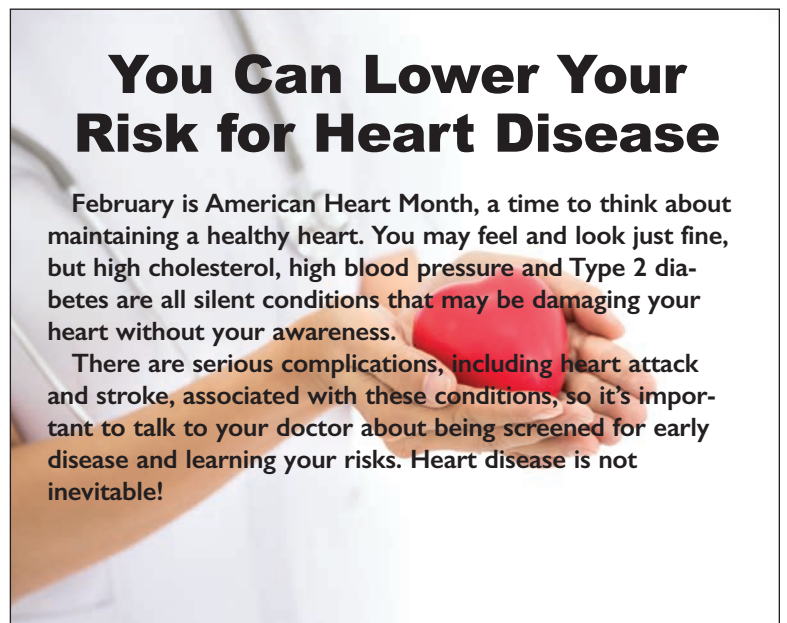


Source: *Cooking Light* magazine

You Can Lower Your Risk for Heart Disease

February is American Heart Month, a time to think about maintaining a healthy heart. You may feel and look just fine, but high cholesterol, high blood pressure and Type 2 diabetes are all silent conditions that may be damaging your heart without your awareness.

There are serious complications, including heart attack and stroke, associated with these conditions, so it’s important to talk to your doctor about being screened for early disease and learning your risks. Heart disease is not inevitable!





What You Should Do BEFORE Trying to Get Pregnant

By Daniel Casciato

Are you thinking of starting a family? Or even adding to it?

The rate of getting pregnant during each cycle is about 20 percent, according to obstetrician-gynecologist Marianne Wizda, M.D., from WHS Washington Health System OB/GYN Care.

“Most people will get pregnant within a year,” she says. “If you have difficulty getting pregnant during that time, you should see your gynecologist and get examined to see if there are specific reasons why you are not getting pregnant.”

There are some ways you can increase your chances of getting pregnant. Dr. Wizda recommends the following eight things you can do to take care of yourself so you can experience a healthy pregnancy.



Dr. Marianne Wizda

1. TAKE FOLIC ACID

About three months before trying to get pregnant, begin taking 0.4 milligrams of folic acid, recommends Dr. Wizda.

“That can be taken as part of a prenatal vitamin, multivitamin or straight folic acid,” she says. “Folic acid helps prevent neural-tube defects such as spina bifida.”

2. GET CAUGHT UP ON VACCINATIONS

One thing that your physician will check is if you are still immune to rubella, or German measles.

“That’s a live vaccine so if you need to be re-vaccinated, you’ll have to wait three months before trying to get pregnant,” says Dr. Wizda. “You don’t want to get rubella while you are pregnant.”

If you never had chicken pox, it’s important to get vaccinated as well.

“We also recommend flu shots for everyone, either before or during your pregnancy,” Dr. Wizda adds.

3. PAY ATTENTION TO IRREGULAR PERIODS

If you’re experiencing any irregular periods, talk to your gynecologist.

“You might not be ovulating on a regular basis and you could be wasting that time if you’re not releasing eggs,” says Dr. Wizda.

4. CONSIDER GENETIC TESTING

Any woman over the age of 35 years old should get a genetic test because of increased risk of chromosome problems such as Down Syndrome.

“It’s a good idea to have a discussion with your partner before pregnancy of how you feel about genetic testing and what kind of tests you would like to do,” says Dr. Wizda. “You’ll have to discuss what you would do with the results. This is a more of an ethical question.”

5. EAT HEALTHY

Make better choices in the types of food you plan to eat. Aim for about two cups of fruit and two cups of vegetables per day. Also, try to eat a variety of protein such as beans, nuts, poultry and meats.

6. ADJUST MEDICATIONS

The most common medical conditions Dr. Wizda sees are diabetes, high blood pressure, and seizure disorders.

“Make sure these conditions are under good control before you try to get pregnant,” says Dr. Wizda. “Oftentimes, it’s a matter of just making medication changes. Talk to your physician if you have any of these medical conditions.”

7. AVOID SMOKING, DRINKING AND DRUGS

Stop smoking, don’t do drugs and limit your alcohol intake if you want a healthy baby.

“We don’t know what a safe level of alcohol is so we actually don’t recommend any alcohol,” says Dr. Wizda.

8. LIMIT YOUR CAFFEINE INTAKE

Try to limit caffeinated beverages or food containing caffeine to one to two servings per day at the most.

“Most women who become pregnant experience nausea and lose their taste for things such as coffee anyway so it’s not usually an issue,” says Dr. Wizda.



For more information, visit whs.org/obgyn.

Ask The Experts

Expert / Thermography



Health Enhancing Thermography

By Bethany Narey, Certified Clinical Thermographer,
Health Enhancing Thermography

Q: What is Thermography?

A: Digital infrared thermal imaging, also known as thermography, is a non-invasive test of our bodies' physiology. In short - thermography studies how our body is functioning.

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Thermograms are used to evaluate and monitor thermal abnormalities present in a number of diseases and physical injuries. All Thermograms are interpreted by Medical Doctors (M.D.'s) and should be further evaluated by a medical professional who can then plan accordingly and layout a program to further diagnose and monitor your health.

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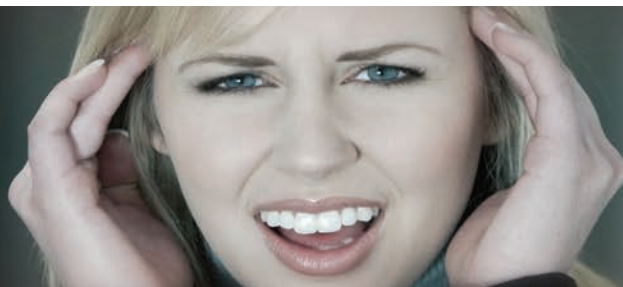
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MIGRAINE DIAGNOSIS and TREATMENT

BY KEVIN BROWN



Getting It Right

If you suffer from migraines, you understand the pain and unusual symptoms associated with this condition. You also might understand the misinformation and even misdiagnosis surrounding migraine.

Nathan L. Bennett, M.D., recently shed light on this debilitating condition. A Certified Headache Medicine Subspecialist, Dr. Bennett is founder and director of the Preferred Headache Center and is on staff at AHN Jefferson Hospital.

Migraine Misconceptions

“You won’t hear me use the term ‘migraine headache’ which a lot of people use,” says Dr. Bennett.

“Migraine is much more than a headache and, in fact, for a lot of people the headache itself isn’t even the most bothersome symptom,” he says.

“The fallacy is that you have to have a severe headache to be a migraine,” he explains. “There are four criteria: the headache is one-sided, throbbing, moderate to severe in intensity, and worse with activity. You only need to have two of these – not all of them. In addition, you need to have nausea and/or vomiting OR light and sound sensitivity. Many physicians think that it needs to be a severe headache or it’s not a migraine.”

According to Dr. Bennett, the most common misdiagnosis for migraine is sinus headache. “There is no such thing as sinus headache. Period,” he says emphatically. “There are studies that prove over 95 percent of people with either self-diagnosed or physician-diagnosed sinus headache meet the criteria for migraine. It is easy to understand why this happens. A lot of people have facial pain and pressure in the forehead or behind the eyes. A lot of time, the pain is worse with bending over like there is fluid building up in there. A runny or stuffy nose is a common migraine symptom and weather changes frequently trigger migraine,” he says.

Another misconception is that neck pain causes migraine. “Neck pain occurs in 75 percent of people with migraines which is why a lot of people think that they are getting their headaches from their neck when, in reality, the neck pain is being caused by the migraine,” he notes.

“Migraine is a complex biological condition for which the basis is a hypersensitive and hyperactive nervous system – that includes the peripheral and central nervous system – where the “off” switches don’t work well,” Dr. Bennett explains.

“That comes down to a malfunction of the neurons because they over-respond to environmental input. Everyone has different hypersensitivities and triggers – bright lights, different foods, smells, and activities. This is no longer considered a vascular disorder or a vascular headache that a lot of neurologists still hang onto. We got rid of that notion in the 1990’s,” he says.

Migraine Symptoms

Dr. Bennett also addresses the limited number of symptoms in the diagnostic criteria for migraine. “Only four different symptoms are listed: light and sound sensitivity, nausea and vomiting. Now, that’s very narrow and there are statistical reasons why it’s like that, but the reality is that is a very tiny list of the many symptoms that occur with migraine.”

Dr. Bennett says that, for example, sensitivity to smell occurs about 30 percent of the time in those with migraine. He adds that “autonomic symptoms including runny nose, stuffy nose, tearing, red eyes, swollen eyes, even flushing of the face occurs in over one-third of patients with migraine. Dizziness, vertigo, or feeling off-balance are common. Abdominal pain, depression and anxiety are common as are all kinds of visual disturbances such as blurred vision, double vision, and seeing squiggly lines or flashing lights.”

He also includes numbness and tingling of the hands or feet, weakness and facial drooping among migraine symptoms.

“There are a whole lot of symptoms that aren’t covered by the diagnostic criteria and people need to be aware of these,” he explains.

Migraine Phases

Many migraine sufferers recognize the four phases of migraine: prodrome, aura, attack and postdrome.

Dr. Bennett says that the prodrome phase can occur hours to days before the aura and attack phases.

“The prodrome symptoms can include irritability, depression, anxiety, yawning, food cravings, frequent urination, diarrhea, or stomach upset. Those are just a handful of the symptoms that can occur,” he says.

“The next phase is the aura, which occurs in 20 and 30 percent of people with migraine. The aura symptoms are usually visual, but can be sensory or can include motor weakness. Auras last from five to 60 minutes.”

“The attack, or what some experts call the “headache” phase, comes next with associated symptoms as we previously discussed such as nausea, vomiting and more. Unfortunately, the definition of migraine is only based on the attack phase which doesn’t tell the whole story. And that’s why you can miss it. You’ve got to pay attention to every phase to figure it out and treat people correctly,” he says.

“Finally, there’s the postdrome phase or the migraine ‘hangover’ which can be really debilitating. There is extreme fatigue, brain fog, neck stiffness, depression, and anxiety. Some people can feel euphoric. These symptoms can last for hours or even days.”

GREAT ONLINE RESOURCES FOR MIGRAINE SUFFERERS:

American Migraine Foundation
www.americanmigrainefoundation.org
National Headache Foundation
www.headaches.org
MigraineDisease.com

Treating Migraine

As for treating migraine, Dr. Bennett explains that there are “rescue” medications which alleviate immediate symptoms as well as “preventive” medications which help to reduce the number of migraines.

“Everybody should have something for rescue. There is migraine-directed medication such as the triptans. There are seven of them including sumatriptan, rizatriptan, and zolmitriptan, just to name three. We also use anti-inflammatories, anti-nausea medications, and others,” he notes.

“It’s very important to stay away from narcotics and barbiturates in treating migraine. People with migraine have a very high risk of getting hyperalgesia, which means these medications will make their pain worse very quickly. They can also lead to medication overuse headaches on top of their already disabling condition. Unfortunately, butalbital-containing compounds like Fioricet are still the most widely prescribed medication for migraine and they shouldn’t be used at all or in very sparing situations,” he says.

“The newest preventive medications are the monoclonal antibodies. Brand names include Aimovig, Ajovy, and Emgality. These are the first medications designed specifically for migraine prevention. We are seeing the fastest response with the best tolerability ever compared to other preventive medications.”

“In 2010, BOTOX was approved for prevention of chronic migraine. It is also well tolerated and has very good response rates. BOTOX and the monoclonal antibodies can be used together. Our current knowledge of the pathophysiology of migraine shows that they may complement each other and certain people may need both of them,” he notes.



Dr. Nathan L. Bennett

For more information about migraine or to make an appointment with Dr. Bennett, call (412) 650-5623. More information about the Preferred Headache Center can be found at www.PreferredHeadacheCenter.com.

Safety and Ergonomics: Not Just for at Work

HEALTH TIP from ManorCare Health Services

Millions of dollars are spent annually by corporations to promote safe and efficient work environments, but what happens when you leave the workplace and head for home? Home-related accidents often result in injuries to the back and neck and sprain/strain injuries to shoulders and knees. These injuries are often preventable.



Tips to prevent injuries at home:

- “When in doubt, stick your butt out.” This instills proper alignment of the spine from a variety of lifting positions and enforces a safer position.
- “The best way to lift an object is to have someone else lift it for you!” You can also offer your assistance in a safe 2-person lift for heavy and awkward objects.
- Avoid storing heavy objects in low, out of reach areas, or overhead areas to avoid risk retrieving it.
- Maintain clear and uncluttered pathways in main traffic

areas and entrances.

- Take your time and avoid rushing to complete tasks. Most injuries are the result of being in a hurry.
- Poor nutrition, muscle weakness and poor posture also contribute to potential risk of injury. By repetitively straining soft tissue structures while lifting improperly you weaken the structures and become susceptible to injury.

Injury prevention in the home is a process, not just an isolated event. Having a safe home requires constant upkeep to ensure success.

Most injuries occur as a result of a lack of planning. Shortcuts to get the job done faster can often cause an otherwise preventable injury. Several household-related chores that can lead to injury over time are lifting large laundry baskets, taking out the garbage and routine child-care tasks, all of which place you in dangerous positions. Objects that are stored low and “out of the way,” or heavy objects stored overhead can also lead to potential disaster.



For more information, visit www.hcr-manorcare.com

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—Jennifer

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News Briefs... News Briefs... News Briefs... News

Dunlap Family Makes Largest Gift in St. Clair Hospital History



Ed and Anna Dunlap, longtime benefactors of St. Clair Hospital, have made the largest gift in Hospital history to support the construction of St. Clair's new outpatient center, the centerpiece of a \$150 million dollar expansion on its main campus. The 280,000-square-foot, six-story building will be called the Dunlap Family Outpatient Center when it opens in late 2020.

"The incredible generosity of individuals like Ed and his wife Anna helps fund this remaking of St. Clair's campus for generations to come," said James M. Collins, President and CEO, St. Clair Hospital. "We're deeply grateful for their 20-year history of magnanimous support."

Mr. Dunlap is the Founder and Chief Executive Officer of Washington County-based CentiMark Corporation, the leader in the commercial roofing and flooring industry in the U.S. and Canada. He and his wife are also the owners/operators of the iconic LeMont restaurant on Mt. Washington.

As Honorary Co-Chair of St. Clair's Groundbreaking Growth campaign, Mr. Dunlap has helped lead a capital campaign to raise funds for the construction of the new outpatient center and an accompanying central utility building.

"The new outpatient center is our most important contribution to the Hospital," Mr. Dunlap said. "It's going to streamline the way that St. Clair provides care for patients. And this fundraising effort will help lead St. Clair into the next generation of health care. It's important to my family and me because it's important to the health of this community. St. Clair benefits the community significantly. I think it's the best hospital in the region."

MVH Receives the 2019 Women's Choice Award® as One of America's Best Hospitals for Orthopedics

Monongahela Valley Hospital (MVH) has been named one of America's Best Hospitals for Orthopedics by the Women's Choice Award®. The award signifies that MVH is in the top 10 percent of 4,797 U.S. hospitals offering orthopedic services.

"Women have different orthopedic needs, particularly as they grow older and become more at risk for osteoporosis and fractures," said Delia Passi, founder and CEO of the Women's Choice Award. "They also have different health care preferences, which we use to evaluate the recipients of America's Best Hospitals for Orthopedics. We are the only award that recognizes a hospital's ability to meet women's distinctive needs."

HealthSouth Rehabilitation Hospitals in Pittsburgh to Unveil New Names and Brand



HealthSouth Harmarville Rehabilitation Hospital and HealthSouth Rehabilitation Hospital of Sewickley have unveiled their new names and brand as part of their Company's name change and rebranding initiative. As of Jan. 1, 2019, the inpatient rehabilitation hospitals is now known respectively as Encompass Health Rehabilitation Hospital of Harmarville and Encompass Health Rehabilitation Hospital of Sewickley. They will continue to provide the same high-quality, post-acute care for patients overcoming a variety of major illnesses and injuries.

"Our new Encompass Health brand reflects more than the change of our name. It reinforces our commitment to working together to continuously improve the care we provide our patients," said Mark Van Volkenburg, CEO of Encompass Health Harmarville. "With a focus on clinical collaboration and strengthening relationships, we will continue to play an important role in making a difference in the lives of our patients."

"Our team is excited for this rebrand, and the opportunities it provides us in highlighting the success of our hospital and the bright future ahead of us," said Leah Laffey, CEO of Encompass Health Sewickley. "I'm proud of our staff and everything this rebrand represents. Under the Encompass Health brand, we will continue to serve our community and help our patients on their journeys to independence."

Birmingham, Alabama-based HealthSouth Corporation launched its new name and brand on Jan. 1, 2018 and will be transitioning its 130 inpatient rehabilitation hospitals and 273 home health and hospice locations serving 36 states and Puerto Rico through 2019. All of the Company's post-acute care service locations in Pennsylvania migrated to the Encompass Health name and branding on Jan. 1 to follow suit with the Company's name change.

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Changing Lives with Multifocal Cataract Surgery at Scott & Christie Eyecare Associates

William C. Christie, MD is an ophthalmologist for Scott & Christie Eyecare Associates. Doctor Christie has been performing the multifocal lens implant cataract surgery for over twelve years. As the Director for the Clinical Research Institute, he oversees one of the largest clinical research sites in the United States, performing clinical studies for new multifocal technology.



Every single morning for the past 20 years or so, the first thing Cindy Debold would do before brushing her teeth or making the coffee was reach for her glasses. Yes, it was annoying, but it wasn't really surprising.

Everybody – including her optometrist – said it would happen.

It's just one of those things that comes with getting older they told her. Sure enough, Cindy recalls, "As soon as I turned 40, I needed reading glasses, but then my vision got worse kind of fast." It didn't take long before every visit to the eye doctor resulted in a new, stronger prescription.

Oh, and did we mention the cataracts?

That's another one of those things that's age related. In fact, the Academy of American Ophthalmology affirms that more than 24 million Americans will start to experience the cloudy or blurred vision, sensitivity to light and glare and the yellowing and fading of colors associated with cataracts by their 40th birthday.

With her sights set on the future, Cindy wanted to know what options were available to her.

Enter Scott & Christie Eyecare Associates. During a consultation with William Christie, M.D., the ophthalmologist explained that the standard cataract procedure, which uses mono-focal implants, improves distance vision but leaves most patients with the possibility of needing reading glasses for up-close tasks. Cindy, an avid mystery-book reader, wasn't liking the sounds of that.

But Doctor Christie wasn't finished. By contrast, he continued, multifocal cataract surgery (providing near, intermediate and distance vision), can often eliminate or reduce the dependency for the need for any type of corrective lenses after cataract surgery. However, there is an out-of-pocket cost for this procedure.

Cindy asked a lot of questions and Doctor Christie answered all of them. After talking it over with her husband, Cindy decided that the multifocal surgery offered her the kind of flexibility and lifestyle she wanted.

That was three years ago. Today, the 61-year-old retired corrections officer is still amazed at the results. "I have to admit that before the multifocal surgery I couldn't imagine being able to see without my glasses," she says.

Now, the only glasses she ever wears are sun glasses. "My vision doesn't change," Cindy affirms. "I'm able to see perfectly."

Cindy Debold



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Medical Profile

Mario Fatigati, M.D., Receives 2018 Clinical Practice Award From American College of Physicians

By Nancy Kennedy

To his patients, Mario J. Fatigati, M.D., F.A.C.P., C.M.D., is the personification of “the good doctor.” His patients are likely to name his extensive experience, his superb diagnostic skill, or his warm, caring, down-to-earth manner as his outstanding qualities. To his physician peers at St. Clair Hospital, he is a highly respected clinician and colleague; the esteem in which they hold him is reflected in the many professional leadership positions that he has held, including President of the St. Clair Medical Staff and recipient of the 2017 St. Clair Physician Recognition Award.

For more than three decades, thousands of people in the southwest communities of Greater Pittsburgh have had the good fortune to experience the exceptional medical care that Dr. Fatigati and his partners provide. The internal medicine practice that he founded in 1987, Fatigati-Nalin Associates, a division of St. Clair Medical Services, cares for 18,000 people and is one of the largest physician practices in the South Hills. As a geriatrician and Executive Medical Director for Allegheny County’s four Kane Community Living Centers for skilled nursing and rehab care, Dr. Fatigati oversees the care of as many as 1100 residents at any one time; he also serves as Director of Post-acute Care for St. Clair Hospital. In his multiple roles, he cares for people across many settings; his impact on the healthcare of the region is immense.

In recognition of this clinical excellence, and for his exceptional commitment to the practice of medicine, the Pennsylvania chapter of the American College of Physicians (PA-ACP) has honored Dr. Fatigati with the 2018 Clinical Practice Award. He received the award at the organization’s annual conference in Harrisburg in early December.

“We’re proud of St. Clair’s Dr. Mario Fatigati, recognized as the recipient of the prestigious American College of Physicians Clinical Practice Award for Western Pennsylvania,”



“Internal medicine is never boring; it has variety and challenges. We focus on the comprehensive care of adults and we treat both common and complex medical problems such as diabetes and heart disease.

We’ve been fortunate to attract doctors to the practice who are great partners.”

- Dr. Mario Fatigati

remarked John T. Sullivan, M.D., M.B.A., Senior Vice President and Chief Medical Officer for St. Clair. “Dr. Fatigati was selected for his abiding commitment to excellence in medical care among a highly competitive field of internal medicine physicians in the southwestern part of the state. The medical staff at St. Clair have benefitted from his leadership and vision, particularly as physician roles transition from a focus on individuals to broader populations.”

Dr. Fatigati is grateful for the recognition: “It’s wonderful to be given an honor such as this. For me, being a physician and doing what I do every day is an honor and a privilege. I grew up in Pittsburgh; it’s my home. To be able to practice medicine in my hometown and help the people I grew up with gives me great satisfaction. I’ve been involved at St. Clair Hospital for my entire career. I serve on the Board of Directors and as Director of Post-Acute Care.”

Dr. Fatigati earned his undergraduate degree from Allegheny College and completed his medical education at the University of Rome in Italy. Following an internship, residency and chief residency at St. Francis Medical Center in Pittsburgh, he started his practice in 1987 and was soon joined by his medical school roommate, Daniel Nalin, M.D. That practice now has nine physicians and six Certified Registered Nurse Practitioners. “I’m an internist and I find internal medicine fascinating,” Dr. Fatigati says. “I knew in medical school that I wasn’t meant to be a surgeon or pediatrician; I didn’t want a spe-

cialty because I thought I might get bored doing the same thing every day. Internal medicine is never boring; it has variety and challenges. We focus on the comprehensive care of adults and we treat both common and complex medical problems such as diabetes and heart disease. We’ve been fortunate to attract doctors to the practice who are great partners.”

Dr. Fatigati is board certified in internal medicine and geriatrics, and is accredited as a Certified Medical Director by the American Board of Post-Acute and Long Term Care Medicine. He is a Fellow of the American College of Physicians (ACP), the national professional organization for internal medicine physicians. He serves as a Clinical Instructor for the University of Pittsburgh School of Medicine.

His popularity and the expansion of his busy internal medicine practice to five locations are testament enough to his status within the community. Physician, scientist, teacher, counselor, mentor and leader, Dr. Fatigati loves every component of his work. “I always encourage young people who are considering a career in medicine. I have a lot of freedom to do what I do in my own way, with my own workstyle. You have to like people, medicine and science. For me, there is nothing negative about the practice of medicine and being a doctor. It’s a great profession.”



To learn more about **Fatigati Nalin Associates**, visit www.fatigatipcp.org.

St. Clair Hospital Appoints Dr. Andy C. Kiser as Chief of Cardiac Surgery

St. Clair Hospital has appointed noted heart surgeon and innovator Andy C. Kiser, M.D., FACS, FACC, FCCP, as its new Chief of Cardiac Surgery, marking the start of a new era in cardiac surgery at the Hospital.

Dr. Kiser joins St. Clair from the East Carolina Heart Institute, affiliated with the Brody School of Medicine at East Carolina University, where he served as Chief of Cardiac Surgery and the John Mark Williams Distinguished Professor in Cardiac Surgery. Prior to that, he served as Chief of Cardiac Surgery and the Byah Thomason-Sanford Doxey Distinguished Professor of Surgery at the University of North Carolina at Chapel Hill.

Dr. Kiser earned his medical degree from the University of North Carolina at Chapel Hill, where he also completed a residency in general surgery, as well as fellowships in cardiac and thoracic surgery. Dr. Kiser is a fellow of the American College of Surgeons, the American College of Cardiology, and the American College of Chest Physicians. He recently earned an MBA degree at the Kenan-Flagler Business School, also part of the University of North Carolina at Chapel Hill.



Medical Profile

Amanda Michael, D.O., Named Top Physician Under 40 by Pennsylvania Medical Society

By Nancy Kennedy

The Pennsylvania Medical Society has named Amanda Michael, D.O., as a Top Physician under 40. Dr. Michael is a board-certified infectious disease specialist and bacteriologist who practices with Pittsburgh Infectious Diseases, Ltd., and serves as Medical Director of the Antibiotic Stewardship Committee at St. Clair Hospital. She is one of 40 young Pennsylvania physicians chosen to be honored for their outstanding contributions to patient care and their communities. The Pennsylvania Medical Society accepted nominations from county medical societies throughout the state, as well as from individual members and patients.

"I was pleasantly surprised to learn that I had been chosen for this award," says Dr. Michael. "It's a huge honor to represent the under 40 age category of physicians in our state. There are so many dedicated colleagues who are caring for their communities and who are always looking to push themselves further toward excellence; to be a reflection on this large group is very humbling."

"Dr. Amanda Michael is a very talented and committed professional with specific expertise in infectious disease and is emblematic of the well-trained and highly qualified young physicians that we have been lucky to consistently recruit to St. Clair," says John T. Sullivan, M.D., M.B.A., Senior Vice President and Chief Medical Officer at St. Clair Hospital. "We recognize that the young members of our medical staff represent the future of care delivery in our institution and we invest a great deal of energy identifying and recruiting them."

In a statement released by the Pennsylvania Medical Society, Dr. Michael is cited for her excellent work in promoting the appropriate use of antibiotics. "Dr. Michael is an 'antimicrobial steward' who looks to promote coordinated interventions designed to improve and measure the appropriate use of antimicrobials at the hospitals she attends as well as in outpatient settings," the statement reads. "She has special interests in the treatment of HIV and hepatitis C and the administration of adult vaccines for vaccine-preventable diseases."



"One of the most important things to know about both HIV and hepatitis C is that often you feel well for a long time after you've been infected. We have been trying to get everyone between the ages of 13-65 years old screened at least once in their life for HIV, as recommended by the CDC..."

Dr. Amanda Michael

Dr. Michael describes the use of antibiotics as a balancing act. "We never take the administration of antibiotics lightly; there is a significant downside to getting antibiotics that you don't need. Overuse and misuse of antibiotics has resulted in antibiotic resistance, meaning that illnesses that were once easily treatable are now far more challenging."

The viruses HIV and hepatitis C are a major interest for Dr. Michael, and she advocates compellingly for screening and early treatment. "One of the most important things to know about both HIV and hepatitis C is that often you feel well for a long time after you've been infected. We have been trying to get everyone between the ages of 13-65 years old screened at least once in their life for HIV, as recommended by the CDC (or more

frequently if you're at higher risk). People on medication for HIV do extremely well in general and have long and healthy lives; the key is to recognize that you've been infected and to get started on medication as soon as possible. The medication is well tolerated.

"For hepatitis C, the CDC currently recommends screening for everyone born between the years 1945 and 1965, plus those who have had sexual partners with hepatitis C, or who have been exposed to blood infected with hepatitis C. I expect that this will be eventually expanded to include more age groups. Many people don't know that hepatitis C can be sexually and maternally transmitted. The treatment for hepatitis C at this point is also well-tolerated and very effective at curing the virus altogether. Treatment can decrease your likelihood of getting liver cancer from the hepatitis C virus.

"For both of these viruses, getting treatment early is so helpful. It's essential to ignore the old social judgements about them, which are thankfully beginning to dissipate: they are viruses, just like any other virus, and some people happen to have been exposed to them and some have not been exposed. We're all a part of public health, and public health serves us best when we all educate ourselves and take care of ourselves and our loved ones."

That includes getting recommended vaccinations. Dr. Michael encourages everyone to protect themselves from vaccine-preventable diseases by taking a pragmatic approach. "As we come in to flu season I encourage everyone to get their influenza vaccine. Any protection that you can achieve from the vaccine is helpful. Getting vaccinated is about protecting your own health, plus the health of your family, co-workers, and vulnerable members of your community," she says.

The Top Physician under 40 award program was initiated by the Pennsylvania Medical Society in 2016 to encourage young physicians to make a name for themselves, and to encourage them to remain in practice in Pennsylvania.

 To contact Dr. Michael, call (412) 347-0057 or visit the website www.stclair.org



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Spotlight

Buddhist Monk Dr. Barry Kerzin On How to Cultivate A Deeper Sense of Happiness

By Ron Cichowicz

LIKE A MODERN DAY JOHNNY APPLESEED, DR. BARRY KERZIN WALKS THE EARTH SPREADING SEEDS OF COMPASSION.

A frequent visitor to southwestern Pennsylvania since 2016 when he spoke at the annual conference of the Family Medicine Education Consortium, Dr. Barry Kerzin seeks to help others find inner peace in a world often seen as nothing less than chaotic.

An American-born Buddhist monk, Dr. Kerzin is the personal physician to the 14th Dalai Lama, the founder and president of the Altruism in Medicine Institute and author of "No Fear, No Death: The Transformative Power of Compassion."

"When we talk about inner peace or happiness, we have different levels," said Dr. Kerzin. "We enjoy a good movie. We love eating good food or drinking nice wine.

"That's one level of happiness. Sometimes we call that 'pleasure' when it is sensory-driven. But this tends to not be fully satisfying for a couple of reasons."

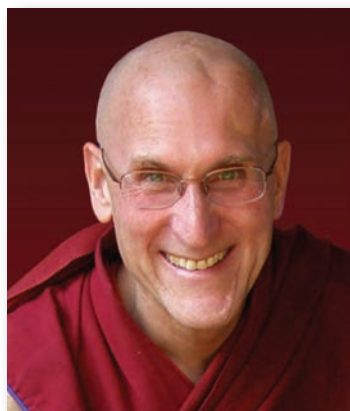
For one thing, Dr. Kerzin explained, these experiences never continue indefinitely: the wine runs out, the food is gone. Sometimes, what begins as pleasure turns into the opposite. Dr. Kerzin shared the example of someone who relaxes on a beach all day only to wake the next day with severe sunburn.

"So the pleasure of being at the beach turns into pain and suffering," he said.

Dr. Kerzin says there is another, deeper, level of happiness, related not to the senses, but to the mind. This level of happiness is steadier; it doesn't fluctuate as much, nor is it excitable. And the more one cultivates it, the longer it can last.

So how does one cultivate this level of happiness? Dr. Kerzin says the key is compassion.

"It's all about thinking of others and having genuine concern for their welfare," he said. "Because the



Dr. Barry Kerzin

more you do that, you move the spotlight from 'me, me, me' and focus it on others. When we can do something to help others, which is a big part of compassion, we feel good. And that feeling cultivates that deeper level of happiness."

The more a person develops such compassion, according to Dr. Kerzin, the more he or she develops a mental "place or refuge" where one can go to find inner peace.

"There's often a lot of chaos going on around us, maybe situations where everyone is upset or angry," Dr. Kerzin explained. "In these situations, you can go back into that place. you're not escaping, because you're still there and present with everyone, but you've got this calm, peaceful place inside."

Dr. Kerzin stresses that, whatever the situation, anxiety and worry never helps. He suggests that when feeling negative emotions, try not to follow it.

"We call that 'letting it be,'" he said. "Take three slow breaths and try to stay in the present moment.

It's incredibly refreshing."

Dr. Kerzin added that, whatever challenge faced, a person needs to remember that he or she is never alone.

"Let's say you are diagnosed with Stage 2 cancer and are feeling depressed," he said. "Some people might turn to alcohol or drugs or self-harm. But you need to remember you are not alone, that you're not the only one with cancer. So try asking yourself, 'How are they dealing with this?'"

Dr. Kerzin then suggests that the person consider what they might do to alleviate other people's suffering, such as calling to see how they are doing or direct them to resource information or support groups.

"Even if we can't really help someone else, just thinking about others can be therapeutic," he said. "Helping others also helps yourself."

Equally critical, Dr. Kerzin added, is that everyone needs to be gentle with themselves.

"We tend to beat ourselves up," he said. "We feel we're not smart enough, not handsome enough, not good enough at athletics. We need to cut ourselves a little slack, be gentle with ourselves. try to begin to recognize when you're being hard on yourself. You can even laugh at it sometimes: 'there i go again!' This helps start the process of letting it go.

"Remember, we don't have infinite time. If it's not important, it doesn't matter. But if it's something important to you, do it now because you may not get another chance."

"Remember, we don't have infinite time. If it's not important, it doesn't matter. But if it's something important to you, do it now because you may not get another chance."

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Dr. Thomas Tambouratzis is now offering evening hours

Dr. Thomas Tambouratzis is board certified in Internal Medicine and received his Bachelor's Degree in Political Science at Northwestern University, earned his medical degree at the University of Athens, Greece and completed his residency at the University of Illinois. Prior to joining the WPG, he worked in private practice in Chicago and also served as a Teaching Attending at Northwestern University, Evanston Hospital.

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LIVING WITH A DISABILITY

BVRS Moves Enable Service to More People BVRS Now Offers Primary Care Vision Services

By Lois Thomson

Changes are taking place at Blind and Vision Rehabilitation Services, and all of them are designed to benefit the local community. The most recent change is that the organization has hired a new, full-time doctor in its low vision rehabilitation program.

Erika Petach, president, said the reason for the addition is that BVRS is starting to offer primary care vision services. "We're not just serving the low vision population, but now anybody who needs an eye exam can come to us," she said. The new doctor is Cassandra Fox, and Petach said the organization is quite excited to have her on board.

"We had been searching for someone for at least a year, but we couldn't find the right candidate. We didn't think we would be able to find a doctor with low-vision experience, because it takes special training and not a lot of optometrists get it. But she had done considerable low-vision work and her résumé was great."

Hiring Dr. Fox followed BVRS' move to a new location. Originally in Homestead, the facility's current home is now on Locust Street in Uptown, near Mercy Hospital and Duquesne University. Petach explained the reason for the move was that it could be difficult for patients to get to Homestead. BVRS offers low vision rehabilitation, so the clientele is mostly seniors. Driving may not be an option,



Erika Petach

and public transportation often required taking multiple buses. "You have to make it as easy as possible for them to get to you, so it made sense to move our headquarters to a more central location, where bus transportation was much better."

Once in the new location, Petach said they looked to see what the need was, and realized that being in a low income area means many people may not have access to vision care. "We want to make sure that no one misses out on an annual eye exam. So we are doing everything we can to ensure those who don't have vision insurance or who can't afford devices or glasses have access to this vital service. We recognize that certain health issues such as hypertension or diabetes may not show symptoms, and therefore access to annual eye exams are critical to one's health."

Petach concluded that the decision to offer primary vision care was a big investment, "but we believe our mission is to help people with or without vision loss."



For more information, call (412) 368-4400 or visit www.bvrspittsburgh.org.

Blind and Vision Rehabilitation Services also serves children through its free vision screening program. The organization also offers annual eye exams for children ages 5 and older.

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Cover Story: At The Children's Institute, Parents Are Partners and Therapy is Individualized

By Nancy Kennedy

Kathy Pruett brings a wealth of capabilities to her position as a board-certified Pediatric Physical Therapy Clinical Specialist at The Children's Institute of Pittsburgh. She is a dedicated, highly trained, and thoroughly credentialed healthcare professional with years of experience. She has a master's in physical therapy from the University of Pittsburgh plus a second advanced degree in pediatric therapy from the University of Oklahoma. To stay at the cutting edge of her profession, she constantly advances her education, as new technologies, science and approaches to pediatric physical therapy and rehabilitation emerge. She is a member of an outstanding multidisciplinary team and a dynamic leader who mentors young professionals and models excellence in family-centered pediatric healthcare.

Beyond all of that, Kathy has an exceptional perspective on the experiences of the children and families she serves: she is also the mother of a child with special needs. Her son Matthew, age 17, was diagnosed with autism at the age of six and he is doing well, attending Bethel Park High School as a senior. Kathy says that her life experience with her son informs her work, making her especially sensitive to the emotional aspects of parenting a special needs child and giving her a rare and valuable understanding of the realities that this entails. "When I was working as a P.T. before I was a mother, I sometimes had unrealistic expectations of parents," she recalls. "I would send them home with a home care plan that they could not possibly carry out. I would give them ten exercises to do, not understanding that I was overwhelming them. When I became a mother, and I understood what mothers actually do, I learned to be realistic. Now I adapt the home care plan to the real situation, modifying it to what can actually be accomplished. It's essential to adapt the plan to the family's daily routines, and to do



Aquatic therapy is fun and therapeutic in the pool at CI Squirrel Hill



A therapist performs CIMT therapy to strengthen weakened limbs.



Physical therapist Kathy Pruett at the 2012 Autism Walk

that, you have to know them and their individual needs and desires."

Kathy is a member of The Children's Institute's Autism Training Team, educating new staff on proven approaches to serving children with autism and their families. She says that although it is difficult for families to hear a diagnosis of autism, a diagnosis can be viewed as a password. "It's a password in the sense that it allows you to access services which can help. Kids with autism need individualized treatment, so you're trying to find a key, a password that will help you find a way to better understand your child. They see the world differently – we have to know this and appreciate it. I cannot force my child into my mold."

Individualization is a key component of The Children's Institute's approach to its patients, who range in age from newborns to age 21. "Therapy that is individualized to meet the unique needs of each child leads to better outcomes," she explains. "Our care is personalized. The parents are critical to this, because they know the child best. No one knows a child the way the parent does – they are the true experts and they make the best advocates."

According to Wendy Pardee, President and Chief Executive Officer at The Children's Institute, the organization's philosophy of "whole child" care is the key to the outstanding out-

comes it regularly achieves. "Our entire staff ascribes to this holistic approach. We partner with each family and learn from them about their unique child so that we can provide the best possible support and services to them. Kathy Pruett, through sharing her lived experience, offers tremendous insight that enables our team to be more responsive to the needs of parents."

The Children's Institute has five convenient locations offering outpatient therapy services in Squirrel Hill, Bridgeville, Wexford, Pleasant Hills and Irwin, all offering occupational therapy, speech language therapy, nutrition and more. Physical therapy services include strengthening and conditioning exercise; developing improved motor skills; assessing assistive equipment needs; improving recreational skills; neuromuscular education and many others. In addition, the physical therapy department offers chronic pain management, orthotics and casting, interactive metronome, sports clinics and other services.

Kathy Pruett, who works at the Bridgeville location, wants parents to know that they are regarded as full-fledged members of the treatment team at The Children's Institute. "All of the disciplines here work collaboratively, for your child. We hold full team meetings and we want you to be there, and to attend your child's therapy sessions. We keep you informed and we can utilize teleconferences and



A young patient enjoys her rehab session at Childrens Institute

telechats if needed."

Established in 1902, The Children's Institute of Pittsburgh is an independent, nonprofit, licensed organization whose mission is to heal, to teach, to empower, and to amaze. Its outpatient pediatric rehabilitation and therapy programs are nationally-recognized. The Day School is an approved private school serving nearly 200 students from more than 60 school districts. Through Project STAR, The Children's Institute offers a wide array of family-centered adoption, foster care, and child and family services.

Visit www.amazingkids.org or call (412) 420-2400 to learn more.

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Addressing a Parent's Worry About Child Development Delays



Do parents ever stop worrying about their children? For a parent with a toddler or infant faced with developmental delays, the worry and the stress is that much greater.

After many years of working with families in Early Intervention, Ann Logoyda, teli social worker is very aware and sensitive to the worries parents may have. "We all want our children to be safe, happy and healthy. When a problem is identified, a parent may feel helpless in their attempt to protect and care for their child," notes Ann. "Ultimately parents just want the best for their child!"

Areas of Concern for Parents

As a social worker, Ann has listened to many parent's concerns and understands that the worry is real. There are often two key areas of concern:

- Worrying about their child reaching developmental milestones - Parents are anxious to know that the steps they are taking will help their child improve. Their concerns about their child's future - getting better and overcoming the delays to enable them to do what other children are doing. Additionally, some parents face the fear there may be an underlying diagnosis posing greater health concerns.
- Worrying about getting the right care and managing their care - Families have very full lives and

keeping up with other siblings, working, and balancing their family responsibilities. Add to that, getting to and from appointments for their child's care and the potential for additional health care costs.

How Can Parents Manage Their Anxiety

What are some suggestions on how a parent can manage their anxiety?

- Take breaks in your day when things feel overwhelming such as listening to calming music, taking a walk or taking deep breaths.
- Model calmness through deep breaths, counting to ten, or leaving the room for a short period of time, to help manage your anxiety as well as your child's.
- Tap into your support system, a close friend, a parent, your spouse or a faith-based support group. Sometimes having someone to talk to is an important way to release some of the tension you may be feeling.

"These suggestions are grounded in one key philosophy: you can't take care of your child if you don't take care of yourself," notes Ann. "Managing and coping with these issues in a positive way can have a big impact on you as well as your child."



Ann Logoyda

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Improving Employment Outcomes for Youth with Disabilities

by Stacy M. Kyle, Director of Business Development and Partnerships, AHEDD

“Effective transition involves purposeful planning among varying entities. It entails recognizing the student’s current strengths, interests, preferences, and needs, and then identifying what services and supports he or she will need to achieve future success”

According to the PA State Data Center (17-18), there were 290,986 (16%) children identified in special education among the total enrollment of 1.7 million. With transition planning beginning as early as 14, the transition team must identify goals and supports to move youth toward post-secondary education, vocational training, employment, independent living, and/or community participation.

So ... how can we prepare youth for employment success after High School? Below is what AHEDD has learned and promotes as recommended best practices for success after High School.

In 2016 AHEDD surveyed 365 former participants who graduated from high school up to two (2) years prior and who had received the agency’s services prior to graduation. Of the 365 surveyed, 70 people (19%) responded. A high percentage of those responding (86%) were engaged in employment or post-secondary education.

Learn more about what planning should happen in high school - visit this online checklist at <https://www.pattan.net/publications/planning-for-the-future-checklist>.

Focus on work experiences while still in school - 87% of those responding to AHEDD’s survey had multiple experiences of volunteer internships and paid employment while still in school.

Establish involvement with the Office of Vocational Rehabilitation (OVR) before leaving high school - 77% of those who responded indicated engagement with OVR. For example, OVR’s Early Reach and Pre-Employment Transition Service programs are helping youth with disabilities to prepare for their future transition into work.

Utilize Work Incentive Counseling (WIC) - 53% of those who responded have already been receiving disability benefits from the Social Security Administration (SSA). WIC is a recognized best practice to support employment by providing insight and guidance as to how current and future employment impacts SSA and other government benefits. This service is essential for parents of transition aged youth who receive SSA benefits.

Collaborate with resources to assist with goal planning - 91% of those who responded indicated they had an employment goal after high school. “Effective transition involves purposeful planning among varying entities. It entails recognizing the student’s current strengths, interests, preferences, and needs, and then identifying what services and supports he or she will need to achieve future success” (PATTAN, Secondary Transition).

For more information, visit AHEDD’s website www.ahedd.org or call AHEDD at 866-902-4333 ext. 90191 or inforequest@ahedd.org.



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CHILDREN WITH SPECIAL NEEDS

New Story's West Region Expanding Transition Program

By Justin Gerwick

Many important topics are covered in a school building on a daily basis. Students learn about math, reading and writing, home economics and even receive counseling and therapy, to name a few. And while plenty of focus is still placed on those concepts, one program has received more focus and emphasis as of late, especially in New Story's West Region schools.

Transition programs, where students learn life and job skills designed to be applicable outside of and beyond school, are receiving more attention across the globe, and New Story's West Region has dedicated a lot of time, money and effort in growing its own transition program in order to properly prepare its students. Students aged 14 and older are eligible for the transition program, which puts students through various training sessions inside and outside of the classroom so that they can learn applicable life and job skills.

Each school is equipped with an apartment-like setting where stu-

dents can learn the day-to-day tasks of tending to a home space. Skills learned in this setting can include: making a bed, cleaning floors, cooking and washing dishes, loading and unloading laundry machines and setting and tearing down tables, among others.

Outside of the classroom, transition students are integrated into community life, where they can perform jobs at various businesses. This provides the students not only with an opportunity to help out in the community and to form relationships, but it also gives them the chance to earn hands-on training. New Story works with local businesses such as TJ Maxx, Goodwill and many nursing homes to provide working opportunities for its transition students. In these situations, students learn tasks such as setting up and tearing down cafeterias, racking clothes, and cleaning, among others.

New Story's West Region has had an active transition program at its Indiana, DuBois and Monroeville schools for the better part of the last decade. But an emphasis

on and expansion of the program has gone into effect this year, which has included the beginning of a transition program at New Story's Clearfield location and the forming of more relationships within communities. Expansion of the program has included field trips to and presentations from the OVR (Office of Vocational Rehab) and the Hiram G. Andrews Center.

The mission of New Story's transition program is: "To increase educational, career, and personal growth through a multi-tiered, personalized approach."

The program's goals include:

- Promoting in-class discussion and academic experiences outside the classroom, including involvement in co-curricular activities and community partnerships.
- Gaining knowledge about ourselves and the communities we live in by learning directly in those communities.
- Increasing confidence, self-worth and community involvement through a team-oriented, yet, individual-based program.



Areas of focus include:

- Employment and job training
- Independent living
- Community participation
- Post-secondary training and planning

> For more information on New Story's transition program or to find out if you or your business can become involved, contact Transition Coordinator Justin Maseto at (814) 371-5414 or jmaseto@newstory.com or you can reach out to Justin Gerwick at (724) 463-5390 x227 or jgerwick@salisburygmt.com.

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New Story's private licensed schools offer an academic learning environment and multiple therapeutic services to help students achieve success while dealing with emotional, educational and behavioral challenges. We serve students from 5 to 21 years of age.

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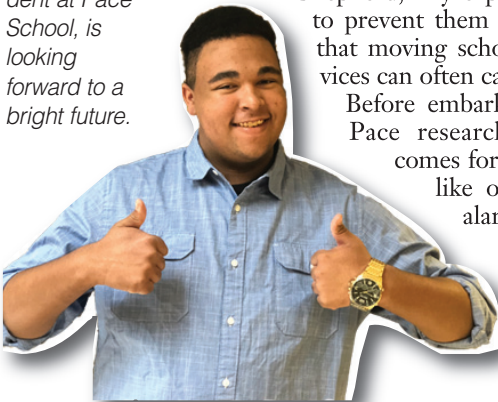
By Tricia Norris

“For many of our students, “fitting in” and accessing the world around them is challenging. Exclusion from meaningful experiences because of their daily struggles and challenges makes thinking about tomorrow and the long-term future difficult. They have difficulty imagining what a bright future might look like.”

- Karen Shepherd, CEO of Pace School.

At Pace School, we strive to help children envision their future. Since 1967, we have served students in grade K-8 with complex emotional behavior needs and Autism. The board of directors decided in 2015 to increase services by including students in high school and up to age 21. “Students services, relationships, and progress were being disrupted when

Cam, a student at Pace School, is looking forward to a bright future.



they changed school settings.” says Karen Shepherd, “By expanding services, we hoped to prevent them falling through the cracks that moving schools or entering adult services can often cause.”

Before embarking on this new journey, Pace researched post-secondary outcomes for special education students like ours, and the results were alarming. Students with disabilities represent 18-20% of all high school dropouts. They also have a post-secondary unemployment rate of 66%, and almost 30% of



working age adults with disabilities are living in poverty. These students are fighting against not only the statistics around their existing disabilities, but also the social and economic barriers that set them up for future failures and poor outcomes including poverty, violent neighborhoods, race and gender. “It became apparent that unless we reimagine the way students with significant disabilities and social barriers access education and mental health systems, they will continue to

experience poor post-secondary outcomes,” says Ms. Shepherd

In 2016, Pace began to develop a program focused on community based learning, hands-on learning and 21st century skills. It became essential that students participate in community-based activities allowing them to transfer into the real world the social, emotional, functional and academic skills they learn in the school building.

Students will graduate from Pace for the first time in its 52 year history in May of 2019. This amazing journey has been a culmination of efforts from leadership, administration, staff, families, and students. Students like Cameron Perkins.

Cameron has been at Pace since 1st grade. His mom made the difficult decision of placing him at Pace despite the 88 mile a day drive she would have to make to get him there. The addition of a high school program allowed Cam to stay with his trusted staff. Pace is proud that Cam just completed an internship through a partnership with Alcosan. One day a week Cam went to Alcosan and worked with his mentor, Bill Petrosky, on interceptor maintenance, job readiness skills, and self-confidence. This type of experience provided the opportunity for him to practice the skills he learned at Pace in a real world setting. Cam’s mom is thrilled with his progress and shares, “When I think of Cameron’s future, I am positive that he will be a successful member of society. I couldn’t have imagined that when I brought my 6 year old son to Pace 11 years ago.”

Pace is looking forward to continued growth of this exciting program and its expansion to serve even more young adults. At Pace, we believe kids CAN, and it has been so exciting to watch as these young adults realize their potential, their future, and that they indeed...CAN!

> Tricia Norris is Development Manager at Pace School. For more information, visit www.paceschool.org.

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Community HealthChoices Is Coming to Your Area

When it comes to your health care, your choice matters. Pennsylvania is launching Community HealthChoices (CHC) in your area on January 1, 2019.

If you are 21 years or older, receive Medical Assistance and have Medicare, are in a nursing facility, or receive services at home through an Office of Long-Term Living waiver, you may move to CHC.

If you are eligible for CHC, the way you receive your Medical Assistance (also called Medicaid) services will change. CHC WILL NOT CHANGE YOUR MEDICARE BENEFITS.

If you are eligible, you will have already received an informational packet. That packet has the information you will need to choose a CHC health plan for your Medical Assistance services by December 21, 2018. You can change plans any time if you find the plan you selected, or were enrolled in, does not fit your needs.

Learn about your health plan options. Discuss CHC and your health plan options with family and important people in your life. Discuss CHC with your providers; ask which CHC plans they will work with. If you are in a nursing home or have a service coordinator, you can talk to them about CHC.

> To select your plan, call 1-844-824-3655 or (TTY 1-833-254-0690), visit www.enrollchc.com.

Active Learners Happen to the World: Supporting Active Learning for Children with Visual Impairment

By **Beth Ramella, M.Ed.,
TVI/COMS**

Have you ever heard the saying “You should happen to the world. Don’t let the world happen to you”? Dr. Lilli Nielsen, a Danish psychologist, coined the term “active learning” for children who are blind or visually impaired. Children, all children, learn through play. Sighted children learn by participating in activities in their home and learning environments. They observe other children and they imitate them. They move their bodies and explore environments by watching those around them. They watch and imitate interactions of other children and adults.

A child who is blind or visually impaired does not naturally have these opportunities and does not develop these same skills without intervention. Given proper support, they can learn to actively play and participate with friends in their

environment. They can learn to problem solve and learn at higher levels. They can travel independently. Aside from driving a car, an active learner who is visually impaired, can do all the same things as a sighted learner.

Developing an environment for creating an active learner begins by observing the child to determine their interests and abilities. Assessment and observation help to determine what the child knows and what areas he/she needs to experience and learn. Practicing and providing instruction with those skills that are determined need areas is important to learning.

Play, observation and assessment help the instructor or parent to determine the knowledge the child already has and to build on that knowledge. Taking the time to explore, play and interact with toys or common objects is important step in the natural learning process. Rather than guide the activity, allow

your child to explore the materials.

If you are reading a story to a young child, consider adding props to act out parts or to reinforce directional concepts. Throughout the story, stop to ask the child questions about the characters. If your goal is to pick up, count and sort small blocks into a metal bowl, give your child the bowl and watch how they explore it. Does it become a hat or a drum? If you model locating a block, picking it up and listening for the metallic ding as it drops into the bowl, can he/she imitate your actions?

If not, note where the breakdown occurs. Does your child know where the blocks are kept or the where to find the metal bowl? These, too, are important in the exploration of your surroundings. Creating environments and having high expectations is essential in the success of a child with visual impairments.



➤ For more information about visual impairments, contact Beth Ramella, **Western Pennsylvania School for Blind Children**, at ramellab@wpsbc.org or (412) 621-0100 x379.



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'I Learned to Live a Different Way'

By Lois Thomson



Matt Taylor knows from experience the importance of having peer support at the time of a traumatic injury. In 2011, he acquired a spinal cord injury, leaving him paralyzed from the chest down, and with limited movement in his hands and triceps. At the time of the accident, he

said the doctors told him to "find a good nursing home." He was 23.

"They didn't tell me anything about in-home care, or about receiving services other than in a nursing home. I find this to be a common response within hospital settings."

What Taylor learned, however, is that more options are available. One of these options is Transitional Paths to Independent Living (TRPIL), an organization that promotes independent living and advocates for the civil rights of people with disabilities. TRPIL provided Taylor with supports that enable him to live independently, like hiring a family member to assist with things he can't physically do himself.

Interestingly, Taylor also received considerable help from a wheelchair rugby team. "I was sent to HealthSouth Rehabilitation after the accident, and that is where the team practices. One Sunday one of the players came to my room and said, 'You should check out rugby.'" Taylor was hesitant because he had been told he wouldn't be able to do anything like that – but



Transitional Paths to Independent Living (TRPIL) was previously known as Tri-County Patriots for Independent Living (TRIPIL), providing services in Washington, Fayette, and Greene Counties. However, the program became so successful that it has expanded its work throughout Southwestern Pennsylvania, including the city of Pittsburgh. It offers a wide range of services that assist people with disabilities in leading independent and productive lives. Last year, TRPIL served 1,680 people in Southwestern Pennsylvania.

when he saw guys who had the same disabilities as he did having a good time, playing a sport he thought he would like to play, he said, "It was eye-opening to see what was still possible after acquiring the disability that I did."

He said all but two of the rugby players have spinal cord injuries, "So there's nothing I'm going through that they haven't seen. The things they've taught me are definitely a big factor in my independence and well-being. I learned to live a different way . . . and I've probably done more after my accident than I did before."

Two of Taylor's teammates worked at TRPIL, and he was able to get a job with the organization. He's held a few positions there, and today is its membership director. He also visits various rehabilitation facilities where he educates staff and patients about in-home care, "because I have a feeling they're being told the same thing I was. I want them to know about options other than nursing home care, such as in-home attendant services, and about activities available like sports, peer support groups, independent living center services, or driving a car again."

Taylor points out that each disability requires different support. "I can't do peer support for someone with cerebral palsy or muscular dystrophy because I don't know everything that comes along with those disabilities. The biggest thing is to get around people who have the same disabilities and see what's possible, especially with acquired disabilities. It's about learning a whole new lifestyle – with the help of a lot of people."

> For more information, call (724) 223-5115 or visit www.trpil.com.

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Sources of Hearing Loss

Hearing loss most often has a slow and subtle onset. If you find yourself turning up the TV volume or asking people to repeat themselves, you may have a hearing loss. Ask your doctor to test your hearing or refer you to an audiologist if you are concerned. Frequent exposure to loud noises can contribute to hearing loss. These include:

- sporting events
- rock concerts
- power tools like leaf blowers
- sirens
- firearms
- loud restaurants and bars
- smartphone music on high volume

Bringing Mental Illness Out of the Shadows

By Jennifer Petrie Signore

According to the National Alliance on Mental Illness, one in five adults in America experience mental illness. In a given year worldwide, depression is the leading cause of disabling illness in adults. Collectively, mental illness can contribute to a cascade of events leading to lost wages, broken families, incarceration, homelessness, and suicide. However, the stigma surrounding mental illness causes most to avoid seeking help or treatment, to withdraw from family and friends, and to ultimately suffer in silence.

Reaching out to say, “Are you ok?” or “Is there anything I can do to help?” is a small thing that can make a real difference for an individual in crisis. Many of us don’t take this first step for a number of reasons: perhaps we don’t recognize the crisis, we don’t want to overstep a boundary, or we might be afraid to ask because we simply don’t know what type of help we could possibly offer or advise. Empathy and supportive questioning is used regularly in crisis intervention, and according to Arc Human Services’ Director of Integrated Clinical Services, Grishma Solanki, the first step—the question—is both the most difficult and the most important. “Any one of us could be struggling,” says Solanki, “and having a friend, family member, or colleague offer support just by asking that simple question can make all the difference.”

Arc Human Services provides mental health programming in three southwestern PA counties where individuals will find the compassion, structure, and support needed to regain a sense of empowerment. In many cases, they have lost their families, their jobs, their homes, and their life direction because the symptoms of mental illness interfered with their activities of daily living. Through programs like Community Residential Rehabilitation (group housing), Supportive Housing (supported independent living), individuals with mental health challenges acquire the skills to manage symptoms and reclaim their independence. There are a number of additional services available for individuals with mental health challenges, and Arc Human Services provides collaborative support throughout the journey to produce positive, life-changing outcomes.



Individuals enjoying the 2018 Fall Ball, one of many community activities provided through Arc Human Services' Laughalot program.

> For more information on **Arc Human Services' Mental Health Program** and other resources and services in Southwestern PA, contact Grishma Solanki, Director of Integrated Clinical Services for Arc Human Services at solankig@archumanservices.org or (724) 745-3010 x 118.



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Good Advice... ON LIVING WITH A DISABILITY

Compiled by Nancy Kennedy



Living well with a disability of any kind can mean many things: having social support; acquiring the medical services and equipment you require; developing strong relationships with physicians, therapists and other professionals, and finding the right resources in your community to help you live with the highest quality of life possible. Throughout the Pittsburgh region, there are numerous excellent organizations, services and professionals who provide their expertise, care and support to persons of all ages with disabilities of every type. In this story, they generously share some of their best advice with our readers.

GOAL SETTING:

Scott Blakely, director of operations, HealthSouth Sewickley

“We believe in patient centered goal setting. Patients usually have set very high goals, and we break them down into smaller ones, which are more achievable. Reviewing goals with the patient as they progress is very important in rehab. Our approach is highly individualized, according to the person’s unique needs, challenges and goals.”

ADVOCACY:

Derrilyn McCrerey, director of advocacy, The Arc of Washington County

“Advocacy - for oneself, for others and for system change - is essential to living well with a disability and is a key aspect of our program. The Arc of Washington County is an affiliated chapter of The Arc of Pennsylvania and The Arc of the United States, and we advocate for the rights and full participation of all children and adults with intellectual and developmental disabilities. Advocacy means getting out there and helping families and individuals navigate the systems and connect with resources in the community. People of all abilities should have the opportunity to participate fully in their communities, and that means working, socializing, enjoying recreational opportunities and volunteering. We teach self-advocacy skills to individuals, empowering them to use their own voices to speak up for themselves and to be fully involved in the decision-making for their own lives. Self-advocacy teaches participants self-awareness, problem solving, self-determination and other skills that build confidence.”

NEGOTIATING CHANGES:

Samantha Baillie, M.A. therapist and leader of the Autism Team at Every Child

“Change is tough for everyone, including kids with autism, even when it is well planned. Whatever the change is - a new house, a new baby, a new school, new teachers - it can produce stress. Many kids will feel anxious as they anticipate changes. At Every Child we help families identify and implement strategies to reduce stress, helping the whole family to navigate changes and adjust. For example, if the return to school is the source of stress, we suggest that parents ask the school to let them bring the child to the school ahead of time to get acquainted - or reacquainted - with the environment, and perhaps meet the teachers and other staff. We also use pictures and stories to help children adjust to changes.”

TEAMWORK:

Susan Griffith, M.Ed., Regional education director for New Story

“At New Story, our staff is highly trained to respond to behaviors and help the children manage their behavior. In addition to teachers, the New Story staff includes speech therapists, occupational therapists, licensed counselors and paraprofessionals. Parents play a critical role and are an integral part of the team. The diverse composition of the team enables us to address the needs of the whole child. We believe that teamwork brings out the best of everyone; each member contributes their special expertise and together we provide services of the highest quality that enable the child to write a ‘new story.’”

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Senior Guide



See Why Seniors and Caregivers Trust Senior LIFE

By Faith Sobel

All of the care you need at our LIFE Health and Wellness Center. And in your home.

Seniors today want to live at home—not in a nursing home. In the past, the only options many seniors had were to take care of themselves or go to a nursing home. Now there is a better choice. For those who need some help and supportive services to live at home, Senior LIFE can help make that happen. And there is NO COST for services for eligible seniors receiving Medical Assistance. Through the LIFE Program, members receive all medical, social, and personal support services needed for them to remain in their own homes and avoid placement in a Skilled Nursing Facility.

Your Local Senior LIFE Health and Wellness Center

The local LIFE Health and Wellness Center is more than just a senior center. It's staffed by local doctors and nurses and other healthcare professionals from your community and features a medical clinic, exam rooms, therapy and rehab center, recreational room, and personal care



facilities. It's a warm and inviting place where LIFE members can socialize, enjoy hot meals, see the doctor, receive therapy services, obtain personal care, speak to their social worker, and so much more.

A one-stop shop for all senior health and support services.

Members of the LIFE Program receive all medical and support services through Senior LIFE. That means Senior LIFE is a one-stop shop for all senior health and supportive services. No more driving to and from different doctors' offices and trying to keep track of where you need to take your loved one for an appointment.

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- Occupational therapy
- Physical therapy
- Speech/language therapy
- Social Services and more

Members may also receive in-home services as part of their individualized care plans. These are coordinated through a member's social worker at the LIFE Health and Wellness Center.

See for yourself why more seniors are selecting **Senior LIFE**. Call **1-877-998-LIFE(5433)** today to schedule your free lunch and tour. For more information, visit www.SeniorLIFEPA.com. Complimentary transportation provided.

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All of the care you need at our LIFE Health and Wellness Center. And in your home.

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Navigating the Many Options of Medicare

By Deborah Inskipt

Medicare is a health insurance program that is federally facilitated for people of 65 or older, and certain younger people with disabilities or End-Stage Renal Disease. It can be used as sole health insurance coverage or as a backup coverage to an existing insurance plan. There are four different parts of Medicare called Part A, B, C and D.

- **Part A** is used to help pay hospital bills. There is typically no premium for Part A coverage if you or your spouse (depending on marital status and length of the marriage) paid Medicare taxes for a certain amount of time.

- **Part B** is used to help pay for doctor visits and other medically necessary services, including preventative services, partial hospitalizations, durable medical equipment and more.

- **Part C** (also known as Medicare Advantage) covers doctor and hos-

pital visits and most cover prescription drugs. It includes all the benefits of A and B, except for hospice care (covered by Original Medicare). There are many Medicare Advantage plans available.

- **Part D** is a private plan that helps people who have Part A pay for their prescription drugs.

- **Medicare Supplement** insurance can be used to help pay for any expenses that Original Medicare doesn't cover, such as deductibles, copays and coinsurance. There are 10 standard supplement plans, but the most popular one is Medicare Plan F, because it provides the most coverage.

With so many options available, enlisting a Licensed Insurance Agent to help you navigate them and make the best decisions for yourself and your spouse can be incredibly beneficial.

> Deborah Inskipt at HealthMarkets Agency in Robinson Township, Pennsylvania, helps people navigate the many options of Medicare! To contact Deborah, send email to dinskipt@healthmarkets.com or call (724) 777-4152.



HealthMarkets Insurance Agency is licensed as an insurance agency in all 50 states, including the District of Columbia. Service and product availability vary by state. No cost or obligation to enroll. Medicare has neither reviewed nor endorsed this information.

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At Community LIFE, a staff of wise and gentle healthcare professionals care for seniors in a setting where healthcare is defined and delivered differently, with the emphasis on “care.” It is a setting that provides for all their healthcare along with day care, home care, care coordination and practical services such as transportation. Philosophically, Community LIFE departs from conventional medical care by prioritizing individualized, coordinated medical care. This approach improves quality of life by matching care to a participant’s goals.

We provide care that makes sense for the individual, with consideration for quality of life and independence. Our doctor:patient ratios allow time for providers to get to know patients as people, and to get to know their values. We have the opportunity to develop long term relationships that help them make informed decisions about their healthcare.

In addition to providing excellent access to primary care, Community LIFE has a full multidisciplinary care team consisting of home care nurses, social workers, occupational and physical therapists, activities therapists, dietitians, day center supervisors, and the aides and drivers who are the front line. The team provides necessary medical care relative to the participant’s disease, but also emotional and physical support, as the person ages. This specially trained staff gets to know each patient well, understands their values and hopes, and advocates for them, in every circumstance.

“Our focus is on getting you the care you really need – well-chosen care that is essential to your quality of life, functioning and independence. Our program includes very practical services such as transportation, wellness services and other forms of infrastructure which are usually lacking in traditional care. At Community LIFE, we make it easy for people to get this kind of care.”

“Aging is not a medical problem,

At Community LIFE, we help ease their burden of having to navigate a complex medical system by providing practical services like transportation arrangements or coordination of appointments.

it’s a part of life,” Dr. Char, Community LIFE Medical Director, says. “We need to build a healthcare system that will help seniors with serious illness age with dignity while preserving their independence. Many seniors find hospitalization and nursing home stays undesirable and want to be at home. This is Community LIFE’s mission.”

“At Community LIFE, we help ease their burden of having to navigate a complex medical system by providing practical services like transportation arrangements or coordination of appointments. As health declines further, even simple things become more challenging, like getting groceries, getting dressed and preparing meals. This is where Community LIFE differs; we have a built-in infrastructure to provide these services and meet those needs.”

Ultimately, says Dr. Char, Community LIFE brings the person back to being themselves – not a diagnosis or a set of symptoms, not a ‘patient’ but a participant in their own care and decision making, empowered and at ease. “With this kind of care, the person will have less pain and anxiety and they simply feel better,” Dr. Char says. The feedback from our participants and families is amazing. They can hardly believe the difference it makes – the person becomes happier and more content.”

> For more information about **Community LIFE**, call us at **1-866-419-1693 TTY 711**, or visit info@commlife.org.

Senior Guide

Canes can be useful for anyone experiencing joint instability or balance problems with walking. Canes can prevent falls and reduce the weight load on the lower joints, for those with arthritis. These common assistive devices come in many styles and with a variety of options.

It's important that the cane fits your body: the top of the cane handle should come to the level of the crease in your wrist, when you wear walking shoes and stand up straight. Most canes are adjustable, so you can raise or lower it to the right height. Some canes, called quad canes, have four points on the ground rather than one, for increased stabilizing power. These are usually a choice for those with neurological problems. But be careful not to trip over the larger base.

When you buy a cane, check it for weight limits. If you are obese, you may need a bariatric cane. A cane that cannot bear your weight is not safe to use.

Options include canes with attached seats, canes with lights to illuminate the path ahead, and canes that fold up in your purse or glove compartment. Be sure to get one with a padded handle for comfort.

Source: Arthritis Foundation

Choosing the Right Cane



USC

Community & Recreation Center Offers Programs for Older Adults

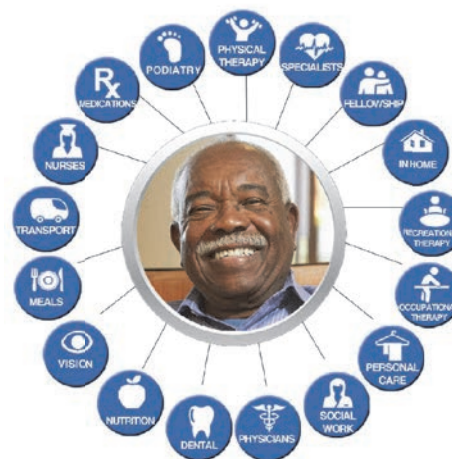
If you are interested in meeting people your age The Community & Recreation Center at Boyce Mayview Park invite you to participate in a variety of programs offered through the C&RC and USC Recreation department. There are many activities to choose from, such as exercise classes, weekly luncheons, walking, yoga, cards and games, arts and crafts, and much more.

For more information, contact Lynn Walcoff at (412) 221-1099 ext. 655.

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Round-the-Clock Hospice Care Keeps Patients and Families at Home - And Out of the Hospital

By **Evalisa McClure**

Family members who provide hospice care to a loved one at home can experience emotions and encounters that range from immensely satisfying to intensely scary.

When a hospice patient takes a turn for the worse at home—struggles to breathe, experiences sudden pain, loses consciousness, becomes agitated, or battles chronic nausea, vomiting or diarrhea—VITAS Healthcare offers an additional level of care that brings a nurse or aide directly to the bedside, when medically necessary, for temporary shifts of care up to 24 hours a day until symptoms resolve.

It's called Intensive Comfort Care® (ICC), one of the four levels of hospice care mandated by the Medicare hospice benefit. ICC makes it possible for appropriate patients to receive around-the-clock hospice care at home, where ICC teams manage symptoms, relieve pain and keep hospice patients out of hospitals and emergency rooms.

ICC supports hospice's focus on quality of life

ICC is rooted in VITAS' commitment to honor hospice patients' wishes to remain at home, surrounded by familiar places and their families. This level of care also extends to patients who have complex conditions or challenging diagnoses.

Sometimes, ICC patients have been diagnosed with more than one dis-



VITAS Healthcare offers an additional level of care called Intensive Comfort Care® that brings a nurse or aide directly to the bedside, when medically necessary, for temporary shifts of care up to 24 hours a day until symptoms resolve.

ease (e.g., heart disease and diabetes; chronic lung disease and end-stage kidney disease). These high-acuity patients often require special levels of care that other hospice programs are not equipped or able to provide.

Hospice care begins after curative treatments stop or are no longer effective. But some modalities can support quality of life for hospice patients with complex needs, even if they do not treat the underlying terminal disease. For example, intravenous hydration or antibiotics can help manage the pain of an underlying disease, while respiratory/ventilation support can ease breathing discomfort or anxiety in patients with advanced lung disease.

For complex patients, ICC and complex modalities keep care focused on the hospice philosophy: compassionate care that supports quality of life at the end of

life. The good news is that ICC can be provided wherever the patient calls home: private residence, nursing home or assisted living facility.




> Evalisa McClure is General Manager of **VITAS Healthcare in Pittsburgh**. For more information about end-of-life care options or employment and volunteer opportunities in hospice, call VITAS Healthcare at **866-759-6695** or visit **VITAS.com**.



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Senior Guide

Ready to Prepare the Next Generation of Team Members? YEP!

The population of the Pittsburgh area is the second oldest in the United States and the fastest growing segment of our demographic is the 85+ age group. The year 2030 marks the year ALL baby boomers will be aged 65+ and oldest boomers turn 85. The facts are clear: Our region will need more entry-level workers in the aging services field.

Entry-level healthcare jobs, which include personal care assistants, nurse's aides and home health aides, already are in high demand and will continue to be. So, how do we get our youth thinking about a career in long-term care?

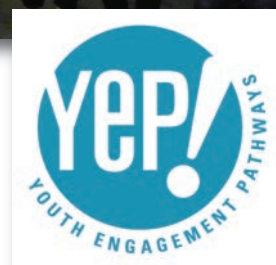
"One way for Presbyterian SeniorCare Network to stay ahead of the curve and to start cultivating our future workforce is to connect with teens now in a meaningful way. That's where the idea of the Youth Engagement Pathways, or the YEP! Program was born," says Tanya Ulrich, vice-president of human resources at Presbyterian SeniorCare Network.

She continues, "We are hoping that by providing insightful intergenerational experiences, we may spark an interest in a career in long-term care. The program helps teens develop and hone particular skillsets, such as communication and problem-solving. These skills will make them an asset in the workforce."

The YEP! Program launched in June 2018 and 24 youth, ages 13-16, were part of the inaugural class.

To be eligible for the YEP! Program, the teens submitted an application and were interviewed by a YEP! Coordinator; the teens also attended orientation. After orientation, the youth volunteers chose what department they wanted to volunteer in based on their interests. A majority of the YEP! volunteers provided support services in rehabilitation and lifestyle engagement. They helped with posting rehab schedules, transporting residents to and from appointments, participating in programming such as trivia, cookouts and outings, led programming that involved art as well as music, and more.

To ensure the volunteers were comfortable with their assignments,



check-ins were conducted with each volunteer at two weeks, between four and six weeks and at the end of the program. The continuous feedback helped the program coordinators learn that the teens wanted more exposure to the nursing aspect of our business. As the program prepares for its second year, there will be more opportunities to shadow our nursing teams.

The YEP! Program concluded in August, and while the volunteers went back to school, some are still volunteering in the evening and on the weekends – what an enriching program for the youth and seniors alike!

> To apply to be a volunteer in the YEP! Program, please visit www.SrCare.org/yep.

SENIOR RESOURCES

Use this guide as a handy reference for long term use!



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www.chfmanor.org
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**Housing Authority
of the City of Pittsburgh**
www.hacp.org

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412-388-8050
www.lifeppittsburgh.org

SeniorLIFE
1-877-998-LIFE (5433) •
www.SeniorLifePA.com
Locations in Washington, Greene and Uniontown

Presbyterian SeniorCare
877-851-1440 • www.SrCare.org
Oakmont: 1-877-740-2179
Washington: 724-566-5132
Care Communities offering Personal Care, Rehab and Skilled Nursing; Continuing Care Retirement Communities; Home and Community Based Services, and Supportive and Affordable Housing.

Community Life
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www.commlife.org

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Senior Living

Western Pennsylvania Guide to Senior Living Options

AGING IN PLACE: Remaining in one's home, with adaptations and supports to ensure safety and comfort.

ASSISTED LIVING: A care alternative that typically consists of small apartments with kitchenettes and private baths; services include meals served in a dining room, activities, and assistance with activities of daily living as needed

CONTINUING CARE RETIREMENT COMMUNITY: An option that combines many of the senior living options, CCRC are a flexible living option in which residents generally start out living independently, but may later transfer to a higher level of care as their needs for medical or functional support change

INDEPENDENT LIVING: Living in an apartment within a community for adults age 55+, with no support services such as meals; usually there are activities and other amenities offered.

MEMORY CARE: Licensed assisted living or personal care settings that specialize in care of those with Alzheimer's and other forms of dementia.

PERSONAL CARE: A supportive option for those who are mostly independent but need assistance with activities of daily living such as bathing and dressing; residents have rooms and meals and medications are provided as well as social activities

SENIOR HOUSING: Affordable apartments for seniors age 62 or older.

SKILLED NURSING CARE: 24-hour skilled nursing and medical care, along with needed rehab and other therapies, for those who need continuous care, medication and monitoring



*Caster D. Binion
Executive Director*

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1050 Creedmoor Avenue
Pittsburgh, PA 15226
412.344.1540



Alexis Manor
10100 Old Perry Hwy
Wexford, PA 15090
724.935.7411



Germaine Harbor
100 Germaine Drive
Bethel Park, PA 15102
412.833.9818



John Paul Plaza
1005 Herron Avenue
Pittsburgh, PA 15219
412.683.5850



Leo Meyer Manor
1015 Church Avenue
McKees Rocks, PA 15136
412.331.8000



Gilbert Straub Plaza
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S. Greensburg, PA 15601
724.832.2280



Clairvaux Commons
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Indiana, PA 15701
724.349.2920



St. Augustine Plaza
230 Thirty-Sixth Street
Pittsburgh, PA 15201
412.683.6155



St. Joseph Terrace
45 Plum Street
Weedville, PA 15868
814.787.8772



Sto-Rox Plaza
731 Chartiers Avenue
McKees Rocks, PA 15136
412.331.4112



Fox Township Manor
108 Irishtown Road
Kersey, PA 15846
814.885.6855



St. Ambrose Manor
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Pittsburgh, PA 15212
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1000 Andrew Street
Munhall, PA 15120
412-462-3200

Retirement Residence of PLUM

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New Kensington, PA 15068
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Ross Hill Retirement Residence

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South Hills Retirement Residence

125 Ruth Street
Pittsburgh, PA 15211
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Duquesne, PA 15110
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The Oaks Retirement Residence

2967 Jacks Run Road
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412-675-0412

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Moon, PA 15108
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DIRECTORY

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www.ahedd.org

Arc Human Services, Inc
www.aadvantageinc.org

Transitional Paths to Independent Living
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www.trpil.com

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Early Intervention for children and adolescents

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The Children's Institute
412-420-2362
amazingkids.org

Watson Institute
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thewatsoninstitute.org

WHS Children's Therapy Center
whsdocs.org

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412-942-7800 • www.stclair.org
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Fox Chapel Plaza • 412.782.0400
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WHS The Washington Hospital
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NUTRITION COUNSELING

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stclair.org

WHS Orthopedics and Sport Medicine
724-206-0610 • whsdocs.org

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St. Clair Medical Services
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Washington Physician Hospital Organization Provider Network
whs.org (See pages 24-25)

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www.advancedorthopaedics.net

Encompass Health
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www.encompasshealth.com
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medbridgerehab.com

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