

Western Pennsylvania

Guide to Good Health

Health News You and Your Family Can Use

FREE
WINTER 2021



INSIDE THIS ISSUE:

resources

**for Parents of
Children With
Special Needs
and Disabled Adults**

**COVID-19 and
Mental Health**

**New Heart Valve
Treatment
at St. Clair Hospital**

**The
COVID
Vaccine
is Here!**

Senior Guide

See pages 38-45

**Taking the Mystery Out
of Early Intervention**

DON'T MISS YOUR SHOT TO FIGHT THE FLU!

Get Your Vaccine Today

AlleghenyCounty.US/Influenza





ADVANCED

Orthopaedics & Rehabilitation
Specialized Care.

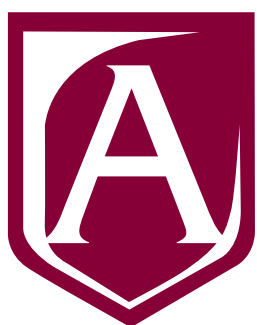


EXPERIENCED DOCTORS, EACH SPECIALIZED IN SPECIFIC ORTHOPAEDIC CARE & PROCEDURES.

ADVANCEDORTHOPAEDICS.NET • 724-225-8657

Advanced Orthopaedics and Rehabilitation complies with applicable Federal civil rights laws and does not discriminate on the bases of race, color, national origin, age, disability or sex.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-808-9008 ID 22593393
注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-888-808-9008 ID 22593393

Leader in Orthopaedic Care



ADVANCED Surgical Hospital

A PHYSICIAN OWNED HOSPITAL

Advanced Surgical Hospital has much to offer:

- Premier Destination for Orthopaedic and Spinal Surgery •
 - Conveniently located off of I-70 in Washington PA •
 - Private Inpatient Rooms •
- MRI, Arthrograms, Physical Therapy, Occupational Therapy – Hand Specialists •

A S H O S P I T A L . N E T

Advanced Surgical Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. (TTY: 711)
Advanced Surgical Hospital cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. (TTY: 711)
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-808-9008 ID 67115549 (TTY: 711)
Advanced Surgical Hospital 遵守適用的聯邦民權法律規定, 不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意:如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電1-888-808-9008 ID 67115549 (TTY: 711)

ENHANCED ACCESS. EXPERT UROLOGIC CARE.



David O. Hepps, M.D.

Shailen S. Sehgal, M.D.

Jay A. Lutins, M.D.

Kevin P. Bordeau, M.D.

Arthur D. Thomas, M.D.

Two of the region's best urologic practices have become one—and that directly benefits patients with enhanced coordination of services.

By expanding access to more comprehensive treatments, patients can now receive more advanced urologic services and greater access to board-certified urologists—a team of five highly-skilled physicians with multiple subspecialties.

More flexibility. Less time waiting. And an answer for every possible urologic problem or emergency.

Welcome to a more integrated model of urologic care.



St. Clair Medical Services
Urology



MAYO CLINIC
CARE NETWORK
Member

1145 BOWER HILL RD, SUITE 105 | PITTSBURGH, PA 15243 | 412.572.6194 | STCLAIR.ORG/UROLOGY

Don't Miss Your Shot to Fight the Flu!



By **Shelby Bell**

The flu effects millions of adults and children each year. Some people can get very sick and go to the hospital, and some may die. Thankfully, staying proactive and receiving a yearly flu shot is the best way to stay healthy and protect those around you. With both the coronavirus that causes COVID-19 and influenza viruses currently circulating, getting your flu vaccine this year is more important than ever. The Centers for Disease Control and Prevention (CDC) recommends everyone older than 6 months of age receive a yearly flu shot. Visit your Primary Care Physician, your local pharmacy, or the Allegheny County Health Department Immunization Clinic in downtown Pittsburgh to get your flu shot today.



For answers to frequently asked questions about the flu and the vaccine, visit AlleghenyCounty.us/Influenza or contact us at (412) 578-8062.

Western Pennsylvania Guide to Healthy Eats

Winter **SUPER FOODS**

By **Kate Safin, East End Food Co-op**

It's important to care for ourselves in the winter months when we are cooped up inside and facing the cold and flu season. Eating in season will help you stay healthy while also saving money by choosing locally-sourced food that is at peak freshness. These nutrient-dense foods are all wonderful choices for the winter: **squash, ginger, citrus, Brussels sprouts, cabbage, kale, pomegranate, broccoli, beets, avocados, sweet potatoes.** Many of these foods can be combined into delicious and easy winter superfood recipes!

Avocado & Sweet Potato Salad

Serves 4

- 2 medium sweet potatoes
- 2 avocados
- 2 Tbs olive oil
- 1 lime
- Cilantro
- Sea Salt
- 1. Peel and cube 2 medium sweet potatoes
- 2. Toss with 1 tbs olive oil and roast at 400 degrees for 25 minutes
- 3. Meanwhile, cut and de-seed the avocados; remove avocado flesh and cube
- 4. Toss avocado with 1 tbs of olive oil. Squeeze juice of lime over top. Sprinkle with cilantro and sea salt.
- 5. Remove sweet potatoes from oven and let cool slightly. Toss warm sweet potatoes into avocado mixture.
- 6. Enjoy warm or cold

Kale & Pomegranate Winter Salad

- 1 bunch of green kale
- 1 pomegranate, seeded
- ½ small red onion, sliced thin
- ½ cup pecans or walnuts
- 4 oz of feta cheese crumbles

- DRESSING:
- 2 Tbs Olive Oil
 - 3 Tbs Apple Cider Vinegar
 - 2 tsp honey

1. Clean and remove stems from kale. Tear kale into bite-sized pieces
2. Whisk together dressing ingredients
3. Toss kale in dressing. Add pomegranate seeds, onion, pecans, and feta cheese.
4. TIP: You can also add roasted sweet potatoes to this recipe!



We're here to keep you healthy and well fed.

CURBSIDE PICKUP AND LOCAL DELIVERY
AVAILABLE DAILY. ORDER GROCERIES ONLINE AT
WWW.EASTENDFOOD.COOP/SHOPONLINE

First hour of business reserved for senior and immune compromised shoppers.
Shoppers age 62+ receive a 5% discount Tuesdays and Thursdays.
7516 Meade Street • Pittsburgh, PA 15208
www.eastendfood.coop • 412.242.3598



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.



DON'T MISS YOUR SHOT!



To Protect Your Family

GET YOUR VACCINE TODAY



**WALK-IN FLU CLINIC
HELD THURSDAYS 4-7 pm**



425 1st Ave, 4th Floor Pittsburgh, PA 15219
Entrance on Cherry Way + 412-578-8062

For more information, visit AlleghenyCounty.US/Influenza



HEART & VASCULAR MEDICINE

MONROEVILLE VEIN AND LASER CENTER OF GREATER PITTSBURGH VASCULAR ASSOCIATES: State-of-the-Art Aesthetic Care and Exceptional Outcomes in a Safe, Medical Setting

By Nancy Kennedy

Are you dissatisfied with the condition of your skin? Do you have age spots, acne scars, rosacea, wrinkles or spider veins? Would you like to look better and feel better about yourself, yet you are a little nervous about having cosmetic procedures performed on your face?

Look no further than the Monroeville Vein and Laser Center. This is the place – the right place – to meet your needs and meet them in a professional medical environment where the staff is superbly qualified and the emphasis is on safety.

At Monroeville Vein and Laser Center, the physicians are board-certified cardiologists who have specialized in vascular care - the diagnosis and treatment of blood vessel conditions. Gennady Geskin, M.D., is an expert in vascular care, and Michael D. Mulock, M.D., is an interventional cardiologist.

Both have years of experience treating varicose veins, leg swelling, non-healing wounds and other conditions, using the most advanced medical technology. Their unique approach blends vein treatment expertise with aesthetic medicine.

“We meet your aesthetic goals with a medical approach,” says



“We believe that cosmetic and aesthetic treatment should go hand in hand with medical care. We perform the diagnostic testing as well as the treatment right here in the same office.”

Nicole Bruno, RN, ACNP

Nicole Bruno, RN, ACNP, a nurse practitioner with years of aesthetic treatment experience. “We believe that cosmetic and aesthetic treatment should go hand in hand with medical care. We perform the diagnostic testing as well as the treatment right here in the same office. We offer venous ultrasound, radiofrequency ablation, sclerotherapy and lasers. Our lasers are very effective for sunspots, rosacea, spider veins and varicose veins. We can rejuvenate your skin with fillers and Botox and it will look natural – you won’t need a facelift.”

Bruno says that these are medical procedures and for safety and the best possible outcome, should be performed by experienced and fully credentialed medical professionals. “You can have procedures done in a way that is safe and medically driven. Our treatment is extremely individualized – every face is unique and every person has individual goals. We also treat other areas of the body: the arms, back, underarms and legs. We offer men’s services too.”

Cosmetic lasers can treat the tiny
Continued on following page



Monroeville Vein & Laser Center

Botox & Fillers

Laser Hair Removal

Rosacea, Acne, & Anti- Aging Treatment

Spider & Varicose Vein Treatment

To book an appointment today, schedule online at monroevilleveinandlaser.com or call **412-373-9580**.

Located at 2550 Mosside Blvd, Suite 105, Monroeville, PA 15146.

**PRESENT THIS AD
FOR 20% OFF YOUR FIRST VISIT***

Gift cards are available!

*Expires 3/31/21. One coupon per person. Cannot be combined with other promotional offers.

CUSTOMIZED TREATMENTS. MEDICALLY-DRIVEN RESULTS. TRANSPARENT PRICING.



St. Clair Cardiologists Offer a New, Minimally Invasive Option for Treating Mitral Valve Regurgitation

By Nancy Kennedy

If you have a leaking mitral valve in your heart – a condition known as mitral regurgitation – you are not alone. It's one of the most common forms of structural heart disease, affecting one in ten Americans over the age of 75. But not every person is affected in the same way; some have a mild degree of leaking with no symptoms at all and are unaware that they even have the condition.

For others, mitral regurgitation produces symptoms that are both uncomfortable and disabling. Symptoms include shortness of breath, fatigue, swelling of the feet and lower extremities, dry cough and excessive urination.

Without treatment, mitral regurgitation is likely to become progressively worse and can ultimately lead to heart failure, which causes severe, life-limiting symptoms and eventually death.

“As the mitral valve leaks and blood flows back into the lungs, there is an increased load on the heart; the ventricle has to work harder to pump and it gradually dilates,” explains Andy C. Kiser, M.D., chief of cardiac surgery at St. Clair Hospital and an expert on valve disease. “An enlarged ventricle cannot function effectively and this leads to heart failure. We frequently see patients with mitral regurgitation in St. Clair’s Heart Failure Clinic.”

Treatment for mitral valve regurgitation, including the most advanced minimally invasive procedure known as transcatheter mitral valve repair, can be found at St. Clair Hospital. Expert cardiac spe-



“Procedures like the MitraClip implantation are changing lives and it’s exceptional to find this technology and this level of sophistication in a non-academic hospital.”

*-George Cater, MD,
cardiac imaging specialist*

cialists at St. Clair now offer this option to older adults with severely deteriorated mitral valves and heart failure. These patients are too clinically high risk for the traditional open heart surgical repair or replacement of the mitral valve. Instead, a small device called a MitraClip is implanted in the heart by way of a catheter-based delivery system to more completely close the mitral valve, restoring normal blood flow. The MitraClip joins the valve’s leaflets together and holds them in place. “The MitraClip can keep the patient out of heart failure,” says Dr. Kiser.

“Once it is in place, the valve is no longer leaking and the blood is



“The MitraClip can keep the patient out of heart failure. Once it is in place, the valve is no longer leaking and the blood is flowing in the right direction again.”

*-Andy C. Kiser, MD,
chief of cardiac surgery*

flowing in the right direction again. The heart failure becomes much more manageable.”

George Cater, M.D., is a board-certified cardiac imaging specialist and echocardiologist who joined St. Clair’s cardiology program in July 2020. Dr. Cater is an expert in the MitraClip procedure, a complex process that requires an entire multidisciplinary team of cardiology specialists: Jeffrey C. Liu, M.D., board-certified electrophysiologist, gains access to the mitral valve by making a tiny puncture, using a special needle, in a precise location. Ryan Zuzek, M.D., board-certified interventional cardiologist, and Dr. Kiser, at Dr. Cater’s direction, then

bring the catheter delivery system into the heart and direct it down over the valve, grasping the leaflets and bringing them together so that the edges are approximated. The procedure lasts several hours and most patients are discharged in two or three days.

“The MitraClip is one more way that we can help people with heart disease who are very sick,” says Dr. Cater. “When their hearts can no longer compensate for the leaking valve, and they are too frail for surgery, this is an option that can help some of our patients who are very sick, improving their heart failure and enhancing their quality of life. It’s exciting to see the patient get better. Many patients experience immediate relief of symptoms.”

Dr. Cater came to St. Clair for the opportunity to do advanced cardiac imaging. “I’m excited by how the heart program is growing here,” he says. “St. Clair is introducing new, improved technologies such as cardiac MRI, stress cardiac MRI and coronary artery scanning. In the new outpatient building, we’ll have excellent technology for diagnosing and treating heart disease for the community. We’ll be able to help a lot of people. Procedures like the MitraClip implantation are changing lives and it’s exceptional to find this technology and this level of sophistication in a non-academic hospital.”



To learn more about cardiac care at **St. Clair Hospital**, visit www.stclair.org/services/az-listing/cardiovascular-services/

State-of-the-Art Aesthetic Care and Exceptional Outcomes

Continued from previous page

red blood vessels and even varicosities that sometimes appear around the nose and lips. They can be used for hair removal and are also very effective for rosacea, a condition for which there are very few treatments. The lasers minimize scarring and improve skin texture.

“We have tremendous expertise and the highest standards of care. We give you the best skin care imaginable. This is ultimately about much more than treating a medical

condition – this is a very personal matter. Your self-esteem and confidence is connected to your appearance and everyone wants to look their best. Our services are customized, comprehensive, safe and effective and we provide every service under one roof, including follow-up. We genuinely care about our patients; we take time with them and give them personal care.”

The Laser Vein Center opened one year ago. It is part of Greater Pittsburgh Vascular Associates, a

medical practice that specializes in the care of blood vessel conditions. GPVA provides preventive care, patient education, state of the art diagnostic imaging and minimally invasive interventional treatment of blood vessel conditions including varicose veins, spider veins, venous insufficiency, peripheral arterial disease and others.

Feeling good about yourself is part of self-care, and self-care is an essential aspect of a healthy lifestyle. If you are feeling dissatis-

fied with the state of your skin, you can have state-of-the-art treatment from one of the region’s top cardiologists at Monroeville Vein and Laser Center.



To learn more or make an appointment, call **(412) 373-9580** or visit the website

www.monroevilleveinandlaser.com. The Monroeville Vein and Laser Center is open Monday through Friday.

UPMC Hillman Cancer Center Rated Exceptional by National Cancer Institute Receives Largest Research Grant Ever

by Kevin Brown

UPMC announced in December that the National Cancer Institute (NCI) renewed UPMC Hillman Cancer Center as an NCI-designated Comprehensive Cancer Center for another five years while rating it “exceptional” and providing a \$30 million research grant.

The “exceptional” score is the highest achievable rating and the research grant is the largest grant the Center has received to-date. According to UPMC, the grant will be used to advance the groundbreaking research that serves as the foundation for UPMC Hillman’s nationally-ranked patient care.

Of 71 NCI-designated cancer centers across the country, 51 are further designated as Comprehensive Cancer Centers, and are recognized for their leadership and resources, in addition to demonstrating an added depth and breadth of research, as well as substantial transdisciplinary research that bridges these scientific areas, according to the NCI.

In partnership with the University of Pittsburgh School of Medicine, UPMC Hillman Cancer Center is the only NCI-designated Comprehensive Cancer Center in western Pennsylvania. UPMC Hillman Cancer Center received its first NCI designation in 1990 and has been granted renewal every five years since, according to UPMC.

Robert Ferris, M.D., Ph.D., director of UPMC Hillman said that “The NCI renewal is an incredible accomplishment because it involves a rigorous year-long review of our programs and indicates that we’ve reached the highest achievements in laboratory and clinical cancer research, not just regionally but nationally and internationally. It is a great credit to our phenomenal scientists and oncologists across all disciplines for advancing their fields with practice-changing discoveries.”

UPMC Hillman and Pitt investigators have demonstrated significant advances in cancer research and clinical care over the past 30 years, including:

- discovering two of the seven known cancer-causing viruses;
- conducting research that has altered treatment paradigms and changed standard practice for a wide range of cancers, including melanoma, lung and breast cancers, thyroid, and head and neck cancers;
- discovering new cancer immunotherapy drug targets and cancer vaccines that are being tested in clinical trials, leading to new FDA approvals nationally.

“UPMC Hillman Cancer Center, together with the University of Pittsburgh, has made exceptional efforts to integrate cancer research and clinical care to drive next-generation therapies that have saved lives and improved the quality of



Dr. Robert Ferris



UPMC Hillman Cancer Center



Dr. Anantha Shekhar



Dr. Stanley M. Marks

life for patients around the world,” said Anantha Shekhar, M.D., Ph.D., senior vice chancellor for the health sciences and dean of Pitt’s School of Medicine.

For patients, an NCI-designated Comprehensive Care Center provides promising new therapies, clinical trials and a care program focused on excellence.

UPMC Hillman is one of the largest integrated cancer networks operating nearly 80 community cancer centers in Pennsylvania, Ohio, New York and Maryland, as well as centers in Ireland and Italy, and employing more than 2,000 physicians, researchers and staff. The network offers more than 500 clinical cancer trials.

“Our vision of creating cancer centers with expert physicians and staff who care for patients close to home has been a continual effort over many years,” said Stanley M.

PHOTOS CREDIT: UPMC HEALTH SYSTEM

Marks, M.D., chairman of UPMC Hillman Cancer Center. “We realized early on that we didn’t want our patients to travel while dealing with the burden of cancer treatment, and now those centers are able to offer the latest treatments and clinical trials, many of them developed by our own scientists, to patients throughout the network.”

For more information about **UPMC Hillman Cancer Center**, visit the website hillmanresearch.upmc.edu or call (412) 647-2811.

POLIO Forgotten But Not Gone

By Joe Randig

In 2014 the Pennsylvania Polio Survivors Network (PPSN) was formed, by a polio survivor. After years of frustrating misdiagnosis, Carol Ferguson realized that a resource for credible information was needed for the thousands of polio survivors who were facing the late effects of Polio (known as PPS). A small team of volunteers, including polio survivors, friends and licensed professionals, all of whom believed in our mission of service, was established.

Our network was launched with this mission statement:

“To be in Service Providing Information to all Polio Survivors, Post-Polio Support Groups, Survivor’s Families and Caregivers.” Through the generosity of Richard Bruno, PhD, Dr. William DeMayo, MD, Daniel Wilson,

PhD and other professionals, our website features an extensive collection of articles on PPS, polio history, and survivor rehabilitation.

Our professional contributors regularly answer survivor’s questions, write informative articles, and share their knowledge.

We serve ALL polio survivors regardless of where they are from and charge no dues. We are funded solely by donations.

Some highlights on our accomplishments:

- Our newsletter is published monthly.
- Regular updates to our website include a large collection of information from our medical professionals; survivors’ personal stories; physicians’ guides and much more.
- We have published an Anesthesia Warning/PPS Symptom Card that links to articles regarding what can be the very significant

effects anesthesia can have on polio survivors.

- We have sponsored two conferences and a worldwide webcast (content is available at our website).

- We participate with the Pennsylvania Immunization Coalition, attending, exhibiting and speaking at conferences.

- Team Survivor supports Rotary International’s efforts to eradicate polio. Survivors and their families have become part of the solution.

- We produced “Polio Truths”, a video that explains the reality that the effects of polio never goes away.

- In an effort to be a resource for credible information about ALL childhood vaccines, we have collaborated with Rotarians, to create a Vaccine Information Card that is distributed for no charge to physicians and hospitals.

- Our work was featured in the September, 2020 issue of Rotary



Magazine and at a press conference hosted by PA Health Secretary, Dr. Rachel Levine.

It is the positive response to our work from polio survivors all over the U.S. and abroad that has been inspiring. The four survivors on our team see the effects of polio as something that we “have” but not something that will continue to define us. We are survivors of a vaccine preventable disease who have come together to serve others by providing information so they too can thrive.

Website: www.papolionetwork.org
Email: papolionetwork@gmail.com
Phone: (724) 283-5814



There is only one NCI-designated Comprehensive Cancer Center in western PA.

Only one hospital in western Pennsylvania is ranked among the best in the country for cancer care by *U.S. News & World Report*. It's UPMC Presbyterian Shadyside, and UPMC Hillman Cancer Center is the cancer program that delivers this care throughout our network of more than 70 locations. Only one center in western Pennsylvania is a National Cancer Institute-designated Comprehensive Cancer Center, recognized not only for cutting-edge cancer care, but also significant research efforts that contribute to new and better therapies. It's UPMC Hillman Cancer Center. If you have cancer, the choice is clear. Visit UPMCHillman.com/OnlyOne to learn more.



UPMC | **HILLMAN
CANCER CENTER**



COVID-19 and Mental Health

By Kevin Brown

Since the COVID-19 pandemic started more than a year ago, millions of people around the world have been affected by the virus. While the physical effects of COVID-19 are well-known, the impact on mental health has been less well documented. The stress caused by the pandemic along with isolation, job loss and reduced wages has greatly affected peoples' mental health.

Richard O. Ajayi, M.D., inpatient psychiatrist and medical director of the Washington Health System (WHS) Center for Mental Health and Wellbeing – Outpatient Services, agrees that there has been “some uptick” in the number of people seeking help for mental health problems related to the pandemic. Those with existing mental health issues have been particularly affected.

“Just like someone with hypertension or diabetes is more vulnera-

ble to having worsening of high blood pressure or blood sugar when they're under stress, someone who has a pre-existing mental health condition such as depression or anxiety is definitely more vulnerable to any kind of stressors related to the pandemic,” he says.

As expected, people are most affected by anxiety and depression. “People who have anxiety will be number one, you know, everyone is kind of afraid, kind of apprehensive of the unknown, the fluidity and the rapidly changing dynamics of COVID-19,” Dr. Ajayi explains. “So, anxiety is number one and depression is number two.”

Dr. Ajayi notes that people who have anxiety can't sleep because they are worrying about the pandemic along with the potential impact of reduced wages or job loss. Those affected by depression become more withdrawn and reclusive because of the COVID-19 restrictions. He says that some people in these situations have a tendency to overeat or overindulge in drugs or alcohol so more people are being affected by addiction.

Children can be particularly affected by anxiety and depression during the pandemic. Home schooling, the loss of social activities, isolation and other stresses that may be affecting their family members such as job loss, can add up to a lot of stress.

“With kids you want to look for more externalizing behavior, acting out behavior, more withdrawn, devoting more time to electronics and to social media,” Dr. Ajayi says. “Parents should encourage their kids to talk about their anxieties, their emotions, and to let them know that it's okay to have some anxiety. If it is getting to the point that it is becoming overwhelming and is affecting functioning, then parents should consult their family doctor or their employee assistance program (EAP) if one is available to seek professional help.”

Seniors can be affected as well since they tend to be more isolated, especially with the COVID-19 restrictions, and are more likely to have pre-existing physical and cognitive limitations. “It's important to constantly reach out to them and, of course, you have to do this in a way that's safe because they are more vulnerable to COVID-19. You have to find a way to keep them connected. They might not be able to use technology like FaceTime, so someone can show it to them. Just be creative with them,” he explains.

Treatment doesn't necessarily have to be medications, according to Dr. Ajayi. “For most people, treatment might just be expanding your support network to find peo-



“I think a lot of people just don't know how to avail themselves of the opportunities in terms of getting treatment. But there's really a lot of resources that are available to us.”

-Dr. Richard O. Ajayi

ple you can talk to, that you can commiserate with, bounce ideas off. I think it is important to check-in with people, those you consider to be your support system or social network. It could be just phone calls, video conferencing, or FaceTime,” he says.

As far as seeing a professional, Dr. Ajayi recommends that, if anxiety or depression is affecting daily functioning, you need to see a professional whether it is a primary care physician, therapist or psychiatrist. He also advises that, if you are working and have access to an EAP through your employer, you can get free counseling sessions. Your family doctor should be the next step. Beyond that, if you have health insurance, you can go to your insurance website, or you can call the number on the back of your insurance card and they can help you see mental health professionals.

“I think a lot of people just don't know how to avail themselves of the opportunities in terms of getting treatment. But there's really a lot of resources that are available to us,” he notes.

Washington Health System offers outpatient mental health services through its Center for Mental Health and Wellbeing – Outpatient Services as well as inpatient psychiatric care. For children, mental health services are available through the WHS Children's Therapy Center. Addiction services are provided through Greenbrier Treatment Center.

➤ For more information about these services, visit www.whs.org, or call WHS at (724) 225-7000.

TRY THE ALL NEW Pak My Meds Program



There's a Better Way to manage your prescriptions!

- ✔ No Reminders
- ✔ No Lists
- ✔ No Weekly Pillboxes



Get a **FULL 30-DAY SUPPLY** via store pick-up... or have it delivered to your door!

Curtis Pharmacy

Washington • 575 Henderson Avenue • 724-209-1582
Clayville • 305 Main Street • 724-245-3520

CurtisPharmacy.com

LETTER TO THE COMMUNITY

Help Reduce the Spread of Covid-19



The people in this region are phenomenal. Throughout this pandemic, we have witnessed an outpouring of community support in the form of much appreciated personal protective equipment, meals for our employees, monetary donations and handmade masks and cards. We can never express our appreciation enough for these acts of kindness. They mean more to our team members than words can convey.

However, we need your help again. The COVID-19 virus is spreading through our region much faster than it did last spring. In fact, COVID cases are at their highest level ever here and setting new records daily. Epidemiologists and public-health researchers cite several factors for the rise. First, with COVID spreading to more rural communities, vulnerable populations that hadn't experienced the virus significantly before are not taking proactive approaches to curbing its spread. Also, some people have become frustrated by social distancing and restrictions on gatherings and may have adopted complacent attitudes and are willing to take more risks than they did earlier this year.

There are many ways to reduce the likelihood of contracting the virus. You can help prevent the spread of the virus and protect the most vulnerable members of our community now.

Your role is very important and also very easy—simply stated avoid the three Cs. Stay out of closed spaces with poor ventilation. Do not go to crowded places with many people nearby. Avoid close-contact settings such as close-range conversations. The Centers for Disease Control and Prevention warn that the risk of COVID-19 clusters is particularly high when the three Cs—crowded places, close-contact settings and close-range conversations overlap.

In addition, please be mindful of the other ways to reduce the spread. Wash your hands with soap and water for at least 20 seconds, and if you do not have access to them, carry an alcohol-based hand sanitizer with you. Clean items used by multiple people with disinfectant. Wear a mask to protect those around you every time you go out around people—no matter where you go. And, finally one of the most important actions is to stay home if you are sick or have symptoms.

The health and safety of our communities remains our top priority. If everyone does their part, we can reduce the spread of the virus, keep businesses and schools open along with looking forward to the upcoming healthy holiday season.

Sincerely,

*Louis J. Panza, President and CEO, Monongahela Valley Hospital
Brook Ward, President and CEO, Washington Health System
Barry Nicolai, Executive Director, Centerville Clinics*

SIGN UP TODAY TO RECEIVE YOUR FREE MONTHLY ENEWSLETTER.

Email to goodhealthmag@aol.com your email address and we will send you our monthly newsletter.

CORONAVIRUS

The COVID-19 Vaccine is Here!



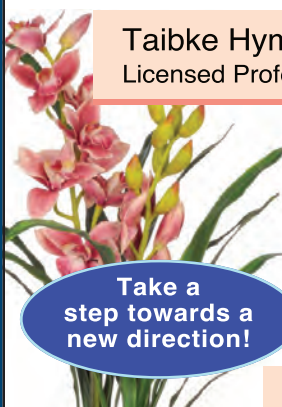
For long-term care providers who have been on the frontlines of the COVID-19 fight, it's gratifying to be recognized among America's highest priority for the vaccine. Long-term care employees have made it their personal responsibility, both at work and at home, to take the necessary precautions in order to safely care for America's most vulnerable population and the many members of our Greatest Generation.

The COVID-19 vaccine will be a welcome new tool in the fight against COVID-19 in long-term care communities. Based on what's known about vaccines for other diseases, experts believe that getting a COVID-19 vaccine may help keep individuals from getting seriously ill even if they do get COVID-19. This virus can have serious, life-threatening complications, and there is no way to know how it will affect each person. What's more concerning is how people who are experiencing no symptoms could be silent carriers, spreading the disease to friends, family, and others unknowingly.

Wearing masks and social distancing help reduce one's chance of being exposed to the virus or spreading it to others, but these measures are not enough. The COVID-19 vaccine will work to help an individual's immune system be ready to fight the virus if the person is exposed. For example, both the Pfizer and Moderna vaccines work similarly. Each requires two-doses given approximately 28 days apart. Both vaccines appear to be incredibly safe and effective—with a 95% efficacy after taking the 2nd dose. These COVID-19 mRNA vaccines give instructions for a person's cells to make a harmless piece of what is called the "spike protein." The spike protein is found on the surface of the virus that causes COVID-19. Keep in mind, these mRNA vaccines will not give someone COVID-19 since they do not use the live virus that causes COVID-19.

> According to the CDC, getting vaccinated yourself may also protect people around you. For more vaccine information, visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>. Learn more about the multi-pronged efforts to protect against the virus in long-term care communities at www.SrCare.org/coronavirus-update.

Off The Couch Therapy



Taibke Hyman
Licensed Professional Counselor

SPECIALTIES

- ▶ Depression
- ▶ Anxiety
- ▶ Womens issues
- ▶ EMDR

Making the decision to call a therapist can change your life. Therapy offers the unique opportunity to explore yourself in a focused and deliberate way.

Take a step towards a new direction!

412-397-7705
thymanlpc@gmail.com

www.offthecouchtherapypgh.com

CORONAVIRUS

UPMC: On the Frontline of COVID-19 Battle

By Kevin Brown

UPMC officials announced their progress on several fronts in the COVID-19 battle at a news media briefing on Jan. 12. Participating in the briefing were Tami Minnier, chief quality officer at UPMC, David A. Nace, M.D., M.P.H., chief medical officer at UPMC Senior Communities, and Donald Yealy, M.D., UPMC senior medical director and chair of the Department of Emergency Medicine at UPMC and the University of Pittsburgh.

According to Tami Minnier, UPMC had administered over 41,000 doses of the COVID-19 vaccine to their frontline healthcare workers as of the morning of the briefing. "This represents well over half of our clinical facing staff. We are now vaccinating thousands of employees every day. We expect to have the frontline staff who want the vaccine inoculated by the end of January and have already begun administering the second dose to the earliest recipients," she said. Ms. Minnier noted that 9,000 employees had already received the second dose of the vaccine.

Ms. Minnier also described UPMC's efforts in helping non-UPMC frontline healthcare workers receive the vaccine.

"In addition to vaccinating our own staff and many nursing home residents, our teams have worked around the clock since the New Year's holiday weekend and we have built a system to share vaccines with our non-UPMC frontline health care workers in our communities," she said, noting that 2,300 non-UPMC workers have been vaccinated.

"We have very aggressive, region-by-region plans launching this week to share vaccines with additional EMS, police, fire and other key frontline personnel. We're prioritizing non-UPMC health care workers who serve under-resourced communities," she explained.

"When a job needs doing, we roll up our sleeves and get it done. In this case, literally by rolling up our sleeves," she added.

Dr. Nace reported on UPMC's progress in administering the vaccine to employees and residents of UPMC's senior communities. "As of Monday, we've administered just over 1,300 vaccines to roughly 830 of our healthcare workers, and about 475 of our long-term care residents. That's about half of our skilled nursing facility residents. So far, we provided vaccines to 17 out of the 27 skilled nursing personal care and assisted living facilities through our long-term care pharmacy," he said.

He also noted a high acceptance rate of the vaccine among workers and residents. "Similar to the exceptionally high acceptance rates that we've seen in our hospital population, about 75 to 80 percent of our nursing home staff and residents who have been offered the vaccine and have been eligible have replied to [receive] the vaccination."



"Similar to the exceptionally high acceptance rates that we've seen in our hospital population, about 75 to 80 percent of our nursing home staff and residents who have been offered the vaccine and have been eligible have replied to [receive] the vaccination."

-Dr. David A. Nace

In addition to the vaccine, UPMC is also offering therapies to help prevent complications of COVID-19 in high-risk people who contract the virus.

"Vaccines are not the only tool in our arsenal," said Dr. Yealy. "We've been highly effective in making monoclonal antibodies available to the right patients at the right time, and that's before they are sick enough to need hospital care. These medications are IV infusions. They're used in non-hospitalized people who are vulnerable to the complications of COVID-19 illness and infection. If given early in their illness, this medication can help keep these people out of the hospital," he said.

Dr. Yealy also discussed the progress UPMC is making in treating hospitalized COVID-19 patients.

"Overall, COVID-19 outcomes are improved, likely because of standardization around evidence-based care, including the use of steroids and other medications that help change the immune response, pioneered here through the novel UPMC REMAP adaptive platform trials that we've discussed before," he said.

"The proportion of patients seen in our emergency departments who are admitted for hospital care fell by 25 percent compared to the spring, and the percentage of COVID patients who were started on a breathing machine also dropped by 10 percent. The death rate for people who were never placed on a breathing machine for COVID-19 illness is 9 percent. That's in sharp contrast to the 65 percent death rate in the hospital for those who require a breathing machine. These observations are not only consistent across all of our UPMC sites, but with other sites around the country," he noted.

"I don't share these numbers to downplay anything. COVID-19 poses very serious risks for many people, especially the elderly, and those with underlying conditions. Any of our frontline nurses, doctors, and other clinicians will tell you this disease is deadly," he said.



For more information about UPMC and COVID-19, visit the UPMC website at www.upmc.com, or call 1-800-533-UPMC.



"Vaccines are not the only tool in our arsenal. We've been highly effective in making monoclonal antibodies available to the right patients at the right time, and that's before they are sick enough to need hospital care."

-Dr. Donald Yealy



"We have very aggressive, region-by-region plans launching this week to share vaccines with additional EMS, police, fire and other key frontline personnel. We're prioritizing non-UPMC health care workers who serve under-resourced communities."

-Tami Minnier



REMEMBER to sign up for your FREE subscription

Guide to Good Health

To receive your own copy direct mail, complete the following and mail to **Western Pennsylvania Guide To Good Health** 2574 Oldfield Avenue, Pittsburgh, PA 15102

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Where you picked up copy: _____

Your age: 18-25 26-40 41-55 56-70 71 & over Topics of Interest: _____

New Partnership Brings State-of-the-Art Urology Care to the South Hills

Introducing



Urologic surgeons Dr. Shailen Sehgal, Dr. Kevin P. Bordeau, Dr. Arthur D. Thomas, Dr. Jay A. Lutins, and Dr. David O. Hepps

By Nancy Kennedy

The Center for Urologic Care has joined St. Clair Medical Services, teaming with the practice of Kevin P. Bordeau, M.D. The new partnership has created the region's largest, most progressive urology practice, offering state-of-the-art, patient-centered care for the treatment of a wide variety of urologic conditions. According to Jay A. Lutins, M.D., who served as senior partner at the Center for Urologic Care, he and his partners - David O. Hepps, M.D.; Shailen Sehgal, M.D.; and Arthur D. Thomas, M.D. - are pleased to work with Dr. Bordeau to offer the highest quality medical and surgical approaches to a broad range of urologic problems in men and women.

"We're delighted to team with Dr. Bordeau," says Dr. Lutins "Kevin is an exceptionally skilled urologic surgeon and a great colleague. We're excited about the substantial benefits that our practice will bring to patients. As a group, my colleagues and I anticipate that we will be able to provide improved services, greater flexibility, decreased wait times for appointments and exams, and more comprehensive services. We will treat every possible urologic problem or emergency - the entire gamut - and do so in a timely fashion."

Dr. Bordeau had been in practice with Arnold Sholder, M.D., who retired last year. "The Center for Urologic Care physicians are a great group, committed to excellence in urologic care. The joining of our practices will be good for us, our patients, the Hospital and the community," says Dr. Bordeau. "We will be able to provide all aspects of urology services at St. Clair Hospital, including a greater capacity to expand our services in urologic oncology. Our patients can feel confident that we can meet their needs. We will be a one-stop shop with all five of us, and we will offer the very best in urologic care. We have an efficient system that will

expedite your access to care."

Urologic surgeons treat a broad range of conditions, including benign prostatic hypertrophy, bladder cancer, prostate cancer, erectile dysfunction, infertility, kidney stones, kidney cancer, prostatitis, urinary incontinence, urinary tract infections, and overactive bladder. They perform minimally invasive procedures, robotic-assisted procedures and major, complex reconstructive surgeries. Many urologic conditions can be successfully treated in the office, with medication or minor surgical procedures.

Urologic conditions and diseases can have a profound impact on quality of life. Even when these conditions are not life-threatening, they can be life-altering: overactive bladder, stress incontinence, erectile dysfunction and other conditions can interfere with everyday life, limiting one's ability to function with comfort and freedom. "Most people will need the care of a urologic surgeon at some point. Urologic health is important and is a very personal matter," Dr. Lutins says. "Incontinence makes people suffer and feel diminished. They may become socially isolated and depressed. No one should accept incontinence as an inevitable aspect of aging. We treat all patients over the age of 18 and we can restore your quality of life."

Prostate cancer is the most common cancer in American men, affecting one in nine men. According to Dr. Bordeau, most men who have it will not die of it. "Prostate cancer is a slow growing cancer that can be monitored with regular screening and examinations to make certain that the cancer has not spread or become more aggressive. We are making advances in treatment that allow the patient to maintain an excellent quality of life. No one should fear the consequences of finding prostate cancer - you can be safely treated and live a healthy life."

> To make an appointment with **St. Clair Medical Services Urology**, call **(412) 572 6194**.

How Well Do You Know Autism? Answers from page 21

1. TRUE.
2. TRUE.
3. FALSE. Autism is four times more common in boys.
4. TRUE. The American Academy of Pediatrics recommends that all children be screened for autism between 18 and 24 months of age.
5. FALSE. The onset of autism is typically between one and three years of age. However, autism can be diagnosed later, even in adults. Some children with an ASD show hints of future prob-

lems within the first few months of life. In others, symptoms might not show up until 24 months or later. Some children with an ASD seem to develop normally until around 18 to 24 months of age and then they stop gaining new skills, or they lose the skills they once had.

6. TRUE, according to the U.S. Centers for Disease Control and Prevention

7. TRUE.

8. FALSE. This is a misconception that stems from the fact that some children with autism pre-

fer to be alone, and some have sensory issues and may find physical affection to be overwhelming.

9. FALSE. Autistic savants, who have extraordinary talents, are very rare. But it is not uncommon for those with ASD to have special interests to which they are intensely devoted.

10. FALSE. Although there is no treatment or medication that can cure autism, there are many treatments, medications and services that can improve symptoms and help the person to function and fulfill their potential.



At Valley Brook Dental, Dr. Gurecka Can Restore Your Beautiful Smile



By Nancy Kennedy

At Valley Brook Dental, LLC, Joseph Gurecka, D.D.S., can help you find something precious that you may have thought was lost to you forever: your beautiful smile.

Dr. Gurecka has been placing dental implants at Valley Brook Dental, LLC for the last 15 years. He is passionate about how dental implants can help patients connect with something that they lost: a confident smile, the ability to chew, or missing teeth. To accomplish this in the facial esthetic zone requires a degree of expertise that only comes from experience. Dr. Gurecka utilizes some of the most advanced techniques for dental implant placement and bone regeneration to achieve lasting results while simplifying the procedure and increasing the reliability of the treatment. Sometimes a patient with a broken tooth or a fractured root can have the tooth removed and the implant placed at the same time, even with a temporary crown to fill the space in their smile.

By using the most advanced dental implant systems on the market, Dr. Gurecka provides new opportunities for patients who, because of poor bone levels, were not candidates for dental implants. His office also uses Platelet Rich Plasma (PRP), or Platelet Rich Fibrin (PRF). This technique uses a by-product of your blood which contain growth factors and stem cells, to initiate and accelerate the healing process. PRF/PRP have been used for years by Orthopedic surgeons to accelerate the body's own healing process. Dr. Gurecka applies the same PRF technique for bone and gingival grafting to improve healing and success rates.

The office uses optical digital scanning and Cone Beam Vertical Tomography to render accurate 3D images of the implant sites and to fabricate surgical guides that help in precise implant placement. Our advanced

imaging and digital impressions allow for the crafting of restorations that fit comfortably and look natural. Dental implants support several prosthetics including Crowns, Bridges, and Hybrid Dentures (All on 4). For patients with missing, broken, or decayed teeth, the All on 4 approach refers to a combined surgical prosthodontic procedure which replaces teeth with a fixed, full arch prosthesis supported by 4-6 implants often on the same day. The final life-like prosthesis can be acrylic or zirconia which is very strong, durable, and esthetic.

To keep up with this rapidly changing field Dr. Gurecka recently completed a 9 month Implant program at Augusta University in Georgia, home to the Georgia Dental School. There he was trained by some of the leaders in Dental Implant Education and completed almost 400 hours of continuing education through the American Association of Implant Dentists (AAID). Last year he passed the written AAID Fellowship Exam and an oral examination; in September he was inducted as an Associate Fellow in the AAID.

Dr. Gurecka lives in Upper St. Clair with his wife Helen and daughter Diana, who attends Seton LaSalle High School where she plays Lacrosse. Helen works at PNC Financial Corporation at their downtown offices. Dr. G can often be seen on the Montour Bike Trail or out fishing with his big yellow lab "Murphy" who loves to greet everyone.

Dental implants can be life-changing. Your smile, self-esteem or confidence can be restored to you through the expertise and artistry of Dr. Joseph Gurecka and the staff at Valley Brook Dental.



For more information, call (724) 942-8982 or visit valleybrookdental.com.

Valley Brook Dental Affordable Dental Implant Solutions valleybrookdental.com

Joseph L. Gurecka, DMD
180 Gallery Drive
McMurray, PA 15317
724-942-8982

New Year / New smile

Missing or Broken Teeth?

We offer implant options for crowns, bridges and dentures

Dr. Gurecka's work



BEFORE

AFTER



Using the latest in Dental
Implant Technology

ALL-ON-4 | TEETH IN A DAY

What sets Dr. Gurecka apart from the rest? We offer:

- All treatments done in office (no need for referrals)
- State-of-the art equipment
- CT & Digital scanning
- AAID credentialed dentist



Mention this ad for **\$500 off** /case of
All-On-4 Dental Implants

Children With Special Needs

Children's Therapy Center Offers Advice on How Parents Can Help Kids Navigate the Pandemic

By Nancy Kennedy

The coronavirus pandemic is having a profound impact on the health and well-being of people of all ages, including children, but parents can mitigate that impact through interventions that help the kids to cope and thrive. According to Jamie Streiff, DPT, a pediatric physical therapist at the Children's Therapy Center (CTC) of Washington Health System, children can suffer physical and emotional effects from the pandemic even if they never actually contract the virus itself.

"Families are experiencing lots of chaos as they juggle all the changes, and the children are affected by this," Streiff explains. "Work schedules, school schedules and plans change from week to week and that has created a sense of uncertainty for children. They may be feeling a lot of emotions, including emotions that are new to them. A lot of kids feel fear and anxiety, and they sense the anxiety of the adults around them as parents deal with financial concerns and the stress of trying to keep the family safe. The kids miss their friends and their normal, everyday routines – seeing their teachers, the school bus, activities and school meals. These difficulties can cause problems such as sleep disturbance, behavioral changes, anxiety or depression in children."

As a pediatric physical therapist, Streiff is especially concerned about how the pandemic restrictions have led to decreased physical activity for many children and that this could have long term impact. "Being at home, having online classes, means a change in activity level for children. They're less mobile, less active, and spending less time outdoors. They may be spending excessive time using devices and this can lead to neck and back pain. We are definitely seeing an increase in the number of children with these problems and with a loss of muscle strength. Some children are gaining weight. For the ones who are medically fragile, their abilities and strength may be compromised."

Streiff says that exercise and staying active are the keys to coping with and countering the effects of the pandemic. "Exercise reduces anxiety and is essential for good health, at any age. For kids, exercise should take place throughout the day."

Streiff has excellent recommendations for parents and families who want to keep their kids active and healthy.

- **To get them more active:** schedule planned breaks and have activities, such as yoga, games, dance and play lined up for those breaks; find a way to get them up jumping and moving – use what you have and be creative. There are many great ideas on YouTube.

- **For home schooled kids, create a nice school environment at home.** Make it pleasant and appealing so that they want to spend time there. Set it up for good body mechanics with a good desk chair; don't let them sit hunched over. Make sure the monitor is at the right height – this helps get the kids into school mode.



- **Do things as a family** – go for walks, play outside, bundle up, get fresh air. Play in the snow. Get everyone together. Keep social connections with grandparents, friends via phone + video

- **Create routines and stick to them.** Consistency makes life more predictable, and reduces anxiety and the feeling of chaos.

- **If your child is receiving therapy it's essential not to lose ground because of the pandemic.** Early Intervention and Intermediate services are virtual now, so parents need to make sure the kids keep working on their exercises. Stay in touch with your child's therapists and let them know of any concerns or regression. CTC is currently providing in-person therapy.

Overall, Streiff believes that children are coping well. "They do their best and take it day by day. Many kids are handling masks better than their parents thought they would; they see it as a fun new accessory." There are many excellent resources on YouTube and Pinterest for parents, teachers, and therapists who are looking for activities for children. Jamie Streiff recommends a site called Pink Oatmeal (www.pinkoatmeal.com) for creative ideas.

It is important to note that CTC is currently providing in-person therapy. If your child needs hands-on therapy, contact CTC for more information.

The Children's Therapy Center of Washington Health System is a comprehensive pediatric rehabilitation and social/behavioral treatment center offering a broad range of outpatient services for children from birth to age 18.

With a team of specialists in pediatric physical therapy, speech and language therapy, occupational therapy and behavioral therapy, the CTC helps each child overcome obstacles and reach his or her full physical, cognitive, social and emotional potential. The CTC has two locations, in McMurray at Waterdam Plaza and in Washington.



For more information or to make an appointment, visit www.whs.org/ctc or call (724) 942-6100.

CHILDREN WITH SPECIAL NEEDS

The REACT Research Lab: Enhancing Quality of Life for Persons with Autism Spectrum Disorder

By Nancy Kennedy

When Carla Mazefsky was a student at The College of William and Mary, she happened to see a poster advertising a part-time job, helping to care for a nine-year old boy with autism. As a junior majoring in psychology, with plans to attend graduate school, she found this opportunity intriguing, but even more appealing was the photograph of an adorable boy with big blue eyes, accompanied by the words “Do You Want to Help Make a Miracle?”

She did, and so she took the job, and fortuitously found her life’s work. Decades later, Carla Mazefsky, Ph.D., is an Associate Professor of Psychiatry and Psychology at the University of Pittsburgh and the director of the REACT (Regulation of Emotion in ASD Adults, Children and Teens) Research Program, Center for Excellence in Autism Research,

at the University of Pittsburgh School of Medicine. She is a licensed psychologist, a leader in autism research and an expert in the clinical care of persons with autism spectrum disorder (ASD). At the REACT Lab, Dr. Mazefsky and her team focus on emotion regulation and associated emotional and behavioral concerns in ASD, and conduct research on the underlying mechanisms that contribute to emotional regulation as well as the development of new assessment and treatment approaches.

Emotional regulation refers to the ability to control and manage one’s own emotional reactions. Persons with this capacity are able to mitigate feelings of anger or anxiety, cope with frustration, reduce the intensity of emotions such as fear or sadness, and remain calm in emotional situations. “Persons with ASD tend to have difficulty with emotional regulation, especially



with controlling aggression and frustration, and this often leads to difficulty in interacting with others,” Dr. Mazefsky explains. “When emotion regulation is impaired, it gets in the way of school performance, social interactions, and it increases parent stress. By improving understanding of how and why

emotion regulation is impaired in ASD, how to measure it in a way that is sensitive to change, and how to improve it, we believe we have the potential to substantially improve overall outcomes and well-being for those with ASD.”

The REACT team includes
Continued on following page

Regulation of Emotion in ASD Adults, Children and Teens

Research Program



Researchers at the University of Pittsburgh **REACT** Program are conducting multiple studies for individuals with Autism Spectrum Disorder (ASD) of all ages. Most studies offer on-line participation options.

- ◆ **EASE** - Trial comparing an emotion regulation intervention to supportive therapy for ages 12-21 years
- ◆ **EASE-ID** - Trial of an emotion regulation intervention for ages 12-25 with ASD and intellectual disability-Enrollment closing soon!
- ◆ **AFS** - Study to develop a measure of adult outcomes in ASD and other developmental disabilities
- ◆ **EXPAND** - Assessment study to create a measure of autism symptoms for parents of children ages 3-11
- ◆ **EDI-YC** - Assessment study to create a measure of emotion regulation for parents of children ages 2-5

For more information on our research studies, please visit our website at www.REACT.pitt.edu

or contact us at 1-866-647-3436 or autismrecruiter@upmc.edu

CHILDREN WITH SPECIAL NEEDS

Continued from previous page

psychologists and social workers, and Dr. Mazefsky works with trainees from a variety of schools: post-doctoral fellows, medical students, residents in psychiatry and others. "Our mission is to improve the lives of persons with autism and other developmental disorders," she says. "We focus on improving treatment options and measuring outcomes for mental health and emotional problems. There can be a lot of behavioral disturbances and challenges that are tough for families, especially in regard to emotional dysregulation and the transition to adulthood. Explosive behavior, irritability, meltdowns, social withdrawal or shutting down, and feelings of sadness and depression are not adequately addressed by current approaches. The need for interventions to support emotional regulation and well-being is urgent but the available options are limited. At

REACT, we have adopted a broader approach that targets the underlying process that we believe contributes to all of these issues – emotion regulation."

The REACT Lab provides a variety of services, all within the context of research. Dr. Mazefsky and the staff generously share their knowledge and experience and are a resource to ASD researchers and clinicians throughout the world. They conduct educational outreach both locally and nationally and their expertise is in demand. "We have developed a lot of materials that we share widely, and we publish quite a bit in scientific and clinical journals," Dr. Mazefsky says. "We help people to modify their practices. The questionnaire we developed is used all over the world for free."

The REACT lab currently has seven ongoing research studies and is recruiting participants from the community for all of them. "We



"We are looking for families to partner with us in this research. We have a lot of studies that need recruitment across the lifespan (From three years old to adulthood). Several of the studies involve all-online participation."

-Dr. Carla Mazefsky

are looking for families to partner with us in this research. We have a lot of studies that need recruitment across the lifespan (From three years old to adulthood). Several of the studies involve all-online participation.

You can usually participate online, through interviews and questionnaires that provide us with valuable feedback. We pay for your participation, you may get free treatment, plus you get a great sense of satisfaction for contribut-

ing to research that leads to progress in helping persons with ASD and other developmental disorders. The needs of families are varied, as some children are significantly affected while others may be college-bound – but all of the families are struggling, and we are doing our best to help them. We need families to help us achieve our goal, of enhancing quality of life for persons with ASD by working to better understand and improve emotional regulation."

If you would like to help make miracles for individuals with ASD by participating in research studies, or for more information, contact **(412) 246-5485, 1-866-647-3436**, or autismrecruiter@pitt.edu.
To contact Carla Mazefsky, Ph.D., email mazefskyca@upmc.edu.

Early Intervention Services in Allegheny County



Having a new child opens your world up to new routines, challenges, joys, and unfortunately, worries. These worries may come in the form of wondering if your child is rolling over as quickly as your neighbor's son to wondering if your little one has as many words as your coworker's daughter. It can become overwhelming.

Let us help calm those concerns! Our Early Intervention Services use standardized assessments to determine if your little one is achieving their milestones similar to those of their peers with concrete data. If there is an identified delay in any area of their development, we can develop a plan with you that specifically addresses your little one's needs. Our services are individualized to your family and based on what you want your little one to work on!

The Alliance for Infants and Toddlers understands that a child's caregivers are the most important teachers in their little one's life. Our Service Coordinators will be with you every step of the way to ensure you are comfortable with services and cheering you on. All of our services are based on Home-Based Coaching. Sessions typically focus on what you are already doing every day and finding small opportunities to teach new skills or work on existing ones.



Call us today to see how we can calm those unwelcome worries and highlight all the great things you are doing for your little one! Our phone number is **(412) 885-6000** or you can fill out the contact form on our website, www.afit.org.



IF YOU HAVE CONCERNS ABOUT YOUR CHILD, WE CAN HELP

Providing Early Intervention Service Coordination for children from birth to three years with developmental concerns.



412-885-6000 | www.afit.org



for Parents of Children with Special Needs

by Nancy Kennedy

Western Pennsylvania is fortunate to have many excellent organizations dedicated to the care, support and education of children with special needs. These organizations help children and their families by providing resources, a broad spectrum of services and numerous supports. They provide these services to children who have special medical needs, as well as to those with developmental delay, intellectual disability, behavioral problems, and mental health diagnoses. This guide presents detailed information about several of the region's outstanding organizations.



THE ALLIANCE FOR INFANTS AND TODDLERS, INC.

SUSAN LEVI, EXECUTIVE DIRECTOR
WWW.AFIT.ORG

What is the most utilized service that your organization provides?

The majority of children enrolled in our Early Intervention Services utilize our Individualized service plans. These children have been evaluated using standardized assessments and a delay or qualifying diagnosis has been identified. The family and Early Intervention team then create a plan specific to the needs of the family and child to help support the child's development.

Are there any services that you offer, that people may be unaware of?

We have an Infant Mental Health Specialist available to any parent or caregiver experiencing Post-Partum Depression or Anxiety. This specialist is available to meet with families at no cost and can also screen their child to determine any areas of delay and refer caregivers to community agencies if there are additional needs. Our Infant Mental Health Specialist is also a certified Child Life Specialist and can help prepare a child for medical procedures, illness support, bereavement support, and more.

What would you say is the most significant obstacle that families face in getting the services their child needs?

During the COVID 19 pandemic, one of the most significant obstacles that our families have been facing is difficulty accessing technology and maintaining engagement over virtual platforms. The birth to three populations of our little ones may have difficulty maintaining focus and engaging with their therapists and service coordinators over Zoom or FaceTime. However, our Home-Based Coaching Model allows for the caregivers to learn new skills and techniques to transfer over to their everyday routines. We continue to try to connect families with County resources to access technology and

have created tools to help support this new exchange over virtual platforms.

What makes your organization unique?

Our families make our organization unique! We provide services to families throughout Allegheny County with varying ethnic backgrounds, incomes, and family structure. The services we provide these families is individualized and specific to their routines, activities, and what they would like their little ones to be learning. No two children are exactly alike so our services must be unique and diverse as well to address their needs. We work with the family to find the times that work best and may provide a child's services in their child care agency as well.

What resource have you found that you would like to share with others?

Our organization has created different tools to help families navigate Early Intervention Services on virtual platforms that we hope are helpful. These videos can be found on our website, social media pages, and YouTube. Families can also find other helpful tips on our social media for how to incorporate learning opportunities into their everyday routines and activities.

How has COVID impacted the services you provide? How has it impacted the families you serve?

COVID has impacted our services by removing the face-to-face interactions we so greatly value. Our service moved to virtual platforms in March as a way to keep our families and staff safe. We now offer tele-intervention services that allow us to complete initial visits, evaluations, therapy sessions, and progress monitoring with our families. This has been a difficult transition for all involved and we understand the complexities our families are facing having their little ones attend therapy on a screen. We have also seen a decrease in referrals as many families have had fewer Pediatrician visits where they may have discussed their child's developmental milestones over the past year. The resilience and flexibility of our families and providers amaze us as we navigate these new times.

THE EARLY LEARNING INSTITUTE (TELI)

REBECCA DILETTUSO, EXECUTIVE DIRECTOR

WWW.TELIPA.ORG



What is the most utilized service that your organization provides?

TELI provides Early Intervention services – therapies and services for children ages 0 to 3 with developmental delays. This may include physical therapy, speech therapy, nutrition, hearing and vision services and occupational therapy. Early Intervention is important – your child's development cannot wait. The first three years are the foundation of brain development and lifelong learning.

What would you say is the most significant obstacle that families face in getting the services their child needs?

Understanding what Early Intervention is: that it is free, it can occur at home, daycare or at grandma's home; that it can occur when it is convenient for the parent and child, and that it is the single most important service that a child (birth to 3 years) can receive to make sure they are on track and ready for school. And finally, that most children never need services again after early intervention is concluded.

What makes your organization unique?

We have been in business for over 60 years working with children, helping them to reach their true potential. Our staff members are seasoned clinicians some of whom have been with teli for over 30 years and have helped countless families and children.

What resource have you found that you would like to share with others?

Our website is www.telipa.org. In addition, we are on Facebook (www.facebook.com/TELIPA) and Linked In.

How has COVID impacted the services you provide? How has it impacted the families you serve?

We've been providing services through virtual, contactless sessions between the family and therapist, using various forms of technology. Like everything else related to COVID, we are experiencing the fatigue of being on the computer and trying to manage work and kids in school remotely. This effort wears on the families that we serve, as well as on the staff.

ARC HUMAN SERVICES

HOLLY CALLENDER, LCSW, EXECUTIVE DIRECTOR

WWW.ARCHUMANSERVICES.ORG

What is the most utilized service that your organization provides?

Arc Human Services provides Residential Services for adults with Intellectual and Mental Health diagnoses. These homes are staffed based on the needs of the individuals that reside in each home. Additionally, Arc Human Services provides In-Home, Companion, and Respite Supports under Home and Community Habilitation to children and adults with an intellectual disability.

Are there any services that you offer, that people may be unaware of?

Arc Human Services has a Clinical Department that offers Behavioral Support Services for adults with intellectual disabilities and training to outside entities. In addition, in conjunction with local school districts, Arc Human Services operates a Student Transition Program for students 16-21 years old. This program provides a transition experience with specific goals in mind. Students work toward the areas of community/competitive employment and independent living skills. Last but certainly not least, Camp-Laugh-A-Lot is an all-inclusive camp that is typically offered during the summer and winter breaks for ages 5 and up. It is an inclusive camp for children and adults, which specializes in individuals with intellectual and developmental disabilities and mental illness.

What would you say is the most significant obstacle that families face in getting the services their child needs?

Families are faced with trying to learn what services are available and how to access the available resources. Ongoing advocacy efforts and community outreach through school districts, health care facilities, local and state entities and community providers have increased over the years but ongoing efforts are needed.

What makes your organization unique?

Arc Human Services takes an eclectic, person-centered approach by wrapping services around the individual and family to provide services based on their specific needs. We strive to provide meaning and relevancy to each person we support and recognize the importance of trauma



informed care. Our support staff are trained in trauma informed care and have the ongoing support of the Clinical Department to meet the individual needs of each person supported by Arc Human Services.

What is "trauma informed care?"

When we are "trauma informed" we recognize that individuals seeking service have experienced trauma at some point in their lives as a result of their disability as well as their life circumstances. This may be trauma from events - hospitalizations or medical interventions, not being able to be cared for by family, bullying by peers - or from systemic issues such as lack of access to care, poverty, discrimination or racism. By treating everyone in a manner that is respectful and seeking to understand, we ensure that we do not participate in further traumatization. This is important especially when we support individuals who may not be able to express or share their trauma experiences.

What resource have you found that you would like to share with others?

The Arc of Pennsylvania, the Office of Developmental Programs, Washington County Behavioral Health and Developmental Services, PA Department of Human Services, and the Substance Abuse and Mental Health Services Administration are sources of information for families. Additionally, the Office of Child Development and Early Learning (OCDEL) provides valuable resources for families.

How has COVID impacted the services you provide? How has it impacted the families you serve?

Arc Human Services is a community based provider, so the activities and educational opportunities have been modified to meet the challenges we are all facing at this time. The Student Transition, In-Home, and Community Participation Programs are offering virtual supports and the use of technology has increased across all services. All social aspects have been impacted; however, the support staff have gotten amazingly creative in order to promote socialization and holiday festivities.

resources

CHILDREN'S THERAPY CENTER, WASHINGTON HEALTH SYSTEM

STEVE DATOVECH, DIRECTOR
WWW.WHS.ORG/CTC

What is the most utilized service that your organization provides?

WHS Children's Therapy Center is a comprehensive outpatient pediatric therapy program. We have the pleasure of providing essential rehabilitation services, Occupational/Physical/Speech Language therapy and Social/Behavioral therapies for children ages birth to 18, and have done so for more than 20 years. The most utilized service that we provide is our individualized therapy sessions. In partnership with parents and caregivers, we work together to understand a child's needs, personality, and learning style, and use that knowledge to help the child reach his or her fullest potential. Out of all of the services that we provide, Speech Language therapy services are typically the most sought after and utilized. Speech is something that every parent is acutely aware of and is part of Pediatrician well child visits that incorporate developmental screenings. Early childhood speech delays are more prevalent and easier to recognize for parents than a delay related to Occupational or Physical therapy.

Are there any services that you offer, that people may be unaware of?

When we are fully operational during non-COVID times, we offer group based programs that are billed through insurance. However, we do have a few self-pay programs that are open to any child in the community, such as a Summer Reading program and a Handwriting Camp. Another service we have is the availability to provide aquatic therapy at WHS Wilfred R. Cameron Wellness Center. We are the only pediatric rehabilitation center south of Pittsburgh that has this modality. We are also proud to partner with the United Way in providing community based information and resources to the families we serve. Outside of therapy services, we also provide a lot of fun activities and events outside of normal business hours in order to promote a community based environment at our centers. For example, annually we have a Sensory Friendly Touch a Truck event in our parking lot in the Fall, a Halloween party and a Spring party for the families to enjoy with us and each other. Children's Therapy Center staff develop, organize and volunteer their time for these programs and events. Each one of us truly LOVES being part of children's lives and their development; each child and their family become part of our CTC family.

What would you say is the most significant obstacle that families face in getting the services their child needs?

Navigating the healthcare, community and educational systems and ensuring everyone is on the same page can be overwhelming for families. One of the main challenges that families have expressed to us is obtaining a consistent day, time and therapist(s) for the multiple services their child needs that also meets the constraints of their personal, work and other family member's schedules. Fortunately, families are devoted to helping their children succeed in life. It is amazing to see the support systems they develop to overcome these scheduling obstacles to ensure their child gets the services they need.

What makes your organization unique?

There are many facets of Children's Therapy Center that make it unique. One of the attributes that sets us apart, that navigating this Pandemic is highlighting, is how fortunate we are to be the only outpatient pediatric rehabilitation therapy provider in Washington County that is owned and operated as part of a larger healthcare system. Being part of Washington Health System provides us with stability, education, service line collaboration opportunities and other resources that benefit the children and families we serve and our staff as well. Being part of WHS requires us to adhere to hospital level accreditation standards of care for quality, safety and value in a patient/family centered environment for the services we provide. Clear cleaning standards, a robust supply chain system, vaccinations and continuous access to our infection control specialists are just a few of the many resources we have drawn upon during COVID-19 and these unchartered times. They have allowed us to remain open for in-person services in a safe and efficient manner.

What resource have you found that you would like to share with others - a website, organization, book, etc?

To find out more information about our therapy center along with the services and programs we offer, please visit our website at <https://whs.org/care-treatment/childrens-care/childrens-therapy-center/>.

How has COVID impacted the services you provide? How has it impacted the families you serve?

COVID-19 restrictions have influenced our service provision in many ways. For example, our group based services and aquatic therapy services have been put on hold. These will return as restrictions on social distancing and occupancy caps are lifted, but unfortunately no one can predict when that may be. Some children that we provided therapy for pre-COVID-19 discontinued therapy services due to the pandemic or the service limitations that we had to impose. We think of those children often and hope that the disruption of services does not further negatively impact their development in the coming year(s). We had significant limitations that prevented us from offering virtual services. This may have been a blessing in disguise though as we have consistently had new referrals from families that were only receiving virtual therapy that recognized its limitations and now receive one-on-one therapy services with us. Children's development occurs through play and sensory experiences (touch, movement etc.). As one parent stated "a computer screen can only take my son so far" in therapy. Families and staff have been diligent in respecting the operational changes we have put in place to ensure a safe environment for in-person one-on-one therapy. Some of those changes have included staggering therapy start times, completely closing our waiting rooms, utilizing COVID-19 screenings and limiting accompaniment of a child to one adult. It has been impressive to watch everyone adapt so quickly and I think families, mine included, have really learned to appreciate the extra time we have had with our children over the past year as well.

teli Believing in the Possibilities of Every Child.

EARLY INTERVENTION
For Children Birth to Three Years

CONTACT US:
412-922-8322
WWW.TELIPA.ORG

ACHIEVA FAMILY TRUST

PATTY YERINA, COORDINATOR, EDUCATION AND OUTREACH
WWW.ACHIEVAFAMILYTRUST.ORG

What is the most utilized service that your organization provides?

Achieva Family Trust (AFT) provides trust administration for Special Needs Trusts for persons with disabilities. In addition, AFT provides no-cost Future Planning Services for families who are trying to plan for the future of their children.

What makes your organization unique?

As a result of the work we do, caregivers, providers and attorneys have greater awareness that Achieva Family Trust is a “one stop shop”, where they can go for comprehensive information regarding the futures planning process, including government benefits, support services for persons with disabilities, and the use of various legal options such as special needs trusts and ABLE Accounts to protect the benefits of the person with a disability. Our consultation services are provided free of charge and are truly a valuable service to the community at large.

What resource have you found that you would like to share with others - a website, organization, or book?

We partner with many other organizations including among others, Autism Connection, National Alliance for Mental Illness (NAMI), PA Health Law Project, and Achieva’s Advocacy Department, and these relationships allow us to help those we serve find answers to many of their questions.

Are there any services that you offer, that people may be unaware of?

AFT offers a variety of resources for families for Future Planning, including a Monthly Newsletter, “Trust Matters”, a Speaker Series of topics related to disability that are of interest to caregivers and professionals, a Future Planning Guide, referrals to legal professionals to assist with Future Planning, and no-cost consultations for families involved in Future Planning for their loved one. People are often unaware that the services and consultations that we offer are free and open to the public.

What would you say is the most significant obstacle that families face in getting the services their child needs?

In regards to Future Planning for a child/family member, it is generally the lack of information about where to go for help and what are the things to consider when developing a plan. Also, the prospect of planning can be very daunting for families.

How has COVID impacted the services you provide? How has it impacted the families you serve?

The Family Trust views its role serving as corporate trustee for special needs trusts for people with disabilities as essential. Therefore, at this time, we continue to operate and are trying to do so with as much normalcy as possible to meet the vital needs of our trust beneficiaries while at the same time following the recommendations of our public health officials. Our programs and educational opportunities have been modified to meet the challenges we are all facing at this time. Our monthly speaker programs are all held remotely, and due to increased attendance at our programs, we have added more programs to our schedule. We also have continued to give remote presentations to various groups across Pennsylvania.

How Well Do You Know Autism? Test Yourself

Autism spectrum disorders (ASDs) are a group of developmental disabilities that can cause significant social, communication and behavioral challenges. People with ASDs handle information in their brain differently than other people. ASDs are “spectrum disorders,” meaning that ASDs affect each person in different ways. People with ASDs share some similar symptoms, such as problems with social interaction and emotional regulation. But there are differences in when the symptoms start, how severe they are, and the exact nature of the symptoms.

TEST YOURSELF:

How well do you understand autism spectrum disorders? Mark the following statements as true or false.

1. Autism is a brain disorder.
2. Autism occurs in all races, genders, ethnicities and social levels.
3. Autism occurs in boys and girls in equal numbers.
4. All children should be screened for autism.
5. The onset of autism is typically in the first year of life.
6. Autism occurs in one of every 68 children in the U.S.
7. Autism is more common in first-born children.
8. Children with autism are adverse to affection.
9. All children with autism have special talents and are often “savants.”
10. Autism is neither treatable nor curable.

See page 13 for the answers.



Protecting Futures. Enhancing Lives.

WE SPECIALIZE IN:

- Special Needs Trust Management
- Future Planning Services & Referrals
- Social Service Expertise

achieva
Family Trust

412.995.5000 x565 www.achievafamilytrust.org

Special Needs Require Special Planning



What Should I Consider in a Future Plan for My Family Member?

When planning for the future, families have to consider, among other things, Last Will and Testament, Power of Attorney, Guardianship, Government Benefits, Future Living Situation, Special Needs Trust and ABLA Accounts. Meeting with an attorney who is knowledgeable in Special Needs Planning and aware of state disability laws is an important step in planning for the future. Future planning also includes saving money and protecting assets for a loved one with a disability without compromising their vital government benefits, such as Medicaid and Supplemental Security Income (SSI). This can be done through the different types of Special Needs Trusts and/or an ABLA Account.

Special Needs Trusts can be used to supplement government supports and services, without impacting eligibility for government benefits. The decision regarding when to establish a trust is based on several factors, but some of the most common reasons for establishing a trust are: when family members are developing their estate plans, when family members want to begin saving for future security, or when an individual with a disability has too many assets to remain eligible for certain government supports.

The ABLA (Achieving a Better Life Experience) Act created a new option for some people with disabilities and their families to save for future disability related expenses, much like the current Section 529 Education Savings Plans.

Where Can I Go For Help in Developing a Future Plan?

Achieva Family Trust provides trust administration services for Special Needs Trusts, as well as a variety of resources for families for future planning, including Speaker Programs and a monthly newsletter. Achieva Family Trust also offers no-cost consultations for future planning for individuals, families and professionals.

For additional information, contact **ACHIEVA Family Trust** at achievafamilytrust.org or at 1-888-272-7299 or (412) 995-5000 ext. 565.

Parents of children with intellectual, physical, mental, or emotional disabilities dedicate countless hours to caring for their special needs, and face significant challenges in planning for their futures.

What Happens When I Am No Longer Able to Care for My Child/Family Member?

Concerns about the future are very real. Where will your child live and who will care for him/her after you and your spouse are no longer alive? Thinking about the future can be challenging and emotional. Fortunately, help is available from local, state, and federal programs that can provide significant vital services such as in-home and residential services, as well as employment and companion services. However, in many cases family caregivers provide the majority of support for their loved ones, and supplement their quality of life, above and beyond what the government programs provide. Part of future planning is creating a guide for the family member with a disability that will help him/her lead as good a life as possible. It should reflect the wishes of the person with the disability, as well as other important people in his/her life.

Taking the Mystery Out of Early Intervention

As an Early Intervention provider, teli often receives requests and calls from parents with these exact questions about Early Intervention. They are concerned about their child and possible developmental delays and they are calling for information because their health care provider has suggested Early Intervention. We know it is a bit scary for parents, but we are here to help and calm your fears and most importantly help your child achieve their developmental goals.

Early Intervention is a routine based system of coordinated services including Physical, Speech and/or Occupational therapies as well as nutrition, vision, hearing and developmental services that promote a child's age-appropriate growth and development, supporting families during the critical years between birth and three years of age.

Initially an assessment of your child will take place by an independent evaluator to determine if services are recommended. Dependent on your child's needs, one or more therapies or services will be coordinated and provided in your home or at another convenient setting such as daycare or grandma's house. These therapies may include:

- Physical therapy if there are concerns in the areas of gross or fine motor skills or movement
- Speech therapy if sound and or language formation is of concern.
- Occupational therapy to help with feeding as well as sensory issues.
- Development instruction to help with behavioral concerns
- Social Service to support the family
- Hearing, Vision and Nutrition Services to address associated issues

teli professionals have extensive experience in helping children through the use of various activities that may look like "playing" with your child. In fact, they are! A child's work is play. Therapists work with you and your child to provide activities and suggestions that you can repeat between therapy sessions to help your child address development challenges. The frequency and length of therapy session will vary based on the needs of your child.



The length of time a child receives Early Intervention Service is very individualized. Dependent on the nature and degree of the child's developmental delay, one or more therapies may be required over time. As your child progresses, your therapist will have a better sense of the length of time your child might need in Early Intervention based on their experience with similar children. Our experience at teli indicates that with encouragement and practice, each child can reach their true potential.

For more information on **Early Intervention and teli services**, give us a call at (412) 922-8322 or check out our website at www.telipa.org.



W WASHINGTON HEALTH SYSTEM
Pulmonology and Thoracic Surgery

Providing comprehensive care for a wide range of respiratory disorders, including: asthma, chronic bronchitis, emphysema, black lung, pulmonary fibrosis, pulmonary hypertension, and lung cancer.

To schedule, please call (724) 222-2577.

**Accepting new patients
in all office locations**

Washington | Waynesburg | McMurray | California

whs.org/pulmonology



WASHINGTON HEALTH SYSTEM
Children's Therapy Center

Speech | OT | PT | Psych Services

(724) 942-6100
whs.org

1000 Waterdam Plaza Drive
Ste.120, McMurray, PA 15317

289 North Avenue
Washington, PA 15301



Our Primary Care Physicians

WPHO, a partnership of 275 local primary care and specialist physicians and the Washington Health System, was founded in 1994 to assure access and availability of high quality healthcare within our community for your benefit and convenience. Look for these local physicians and healthcare services in your health plan's provider network. That way, you can receive the quality care you need at a location close to home.

Atlasburg

Dan G. Alexander, M.D. (I)
(724) 947-5535
Dan Alexander, MD

Avella

Avella Family Practice, LLC (F)
(724) 587-3472
Sean Porbin, MD

Bentleyville

Centerville Clinics, Inc. (F)
(724) 239-2390
Danielle M Zachar, DO
Kevin Zacour, DO

Burgettstown

Cornerstone Care (F)
(724) 947-2255
Jihad S. Irani, MD
Julie Orlosky, DO

Hickory/Burgettstown Family Practice PPCP (F)
(724) 356-2273
Michael Falcione, MD
Bruce Maskarinec, DO
Bruce Sharpnack, MD

California

Washington Health System Family Medicine-California (F)
(724) 938-7466
Ereny Eskarous, MD
Jennifer L. Mungari, MD

Canonsburg

Washington Health System Family Medicine-Canonsburg (F)
(724) 745-4100
W. Paul Slomiany, MD
Monica Speicher, MD
Michael Zanic, MD

Rebecca L. Plute, M.D., P.C. (F)
(724) 746-7030
Rebecca L. Plute, MD

Carmichaels

Centerville Clinics, Inc. (F)
(724) 966-5081
Josefina Paderes, MD

Cecil

Washington Health System Family Medicine-Cecil (F)
(724) 873-7414
Sarah Duncan, MD
Caitlin Matthis, DO
Lauren O' Brien, MD
Bridget Peterson, MD
Mylaina Sherwood, MD

Claysville

Claysville Family Practice (F)
(724) 663-7731
Frederick Landenwitsch, MD
Elizabeth Oshnock, DO
Mark A. Mamros, MD
Kristen Romesburg, DO
Brian Szklinski, MD
Sarah White, DO
Kailey Yancey, MD

Eighty-Four

WHS Family Medicine - Eighty Four (F)
(724) 228-2488
Kevin Boehme, MD

Fredericktown

Centerville Clinics, Inc. (F)
(724) 632-6801
Alvaro Changco, MD
Yong Cho, MD

Greensboro

Cornerstone Care (F)
(724) 943-3308
Nathan B. Duer, MD
Martha Nofztger, MD
Amber Warren, DO

Hickory

Hickory/Burgettstown Family Practice PPCP (F)
(724) 356-2273
Michael Falcione, MD
Bruce Maskarinec, DO
Bruce Sharpnack, MD

McMurray

Complete Family Care (F)
(724) 260-0830
Frederick Landenwitsch, MD
Elizabeth Oshnock, DO
Mark A. Mamros, MD
Kristen Romesburg, DO
Brian Szklinski, MD
Sarah White, DO
Kailey Yancey, MD

Lamb Medical (F)

(724) 969-5262
Mary Lamb, MD

Washington Health System

Waterdam Pediatrics (P)
(724) 942-6499
Gary Smith, MD

Washington Health System

Primary Care-Lakeside (F)
(724) 969-1001
Matthew Diulio, DO
Lisa A Goss, MD
Robert Koschik II, MD
Ellen Phillippi, DO
Katherine M. Tadolini, MD

Waterdam Family Practice (F)

(724) 942-4372
Kurt King, MD

Mount Morris

Cornerstone Care (F)
(724) 324-9001
Jihad S. Irani, MD
Amber Renee Warren, DO

Republic

Centerville Clinics, Inc. (F)
(724) 246-9434
Aaron Lenhart, DO

Rogersville

Cornerstone Care (F)
(724) 499-5188
Martha Roe Nofztger, MD

Washington

AHN Washington Internal Medicine (I)
(724) 222-9300
Harry Silvis, MD

Centerville Clinics, Inc. (F)

(724) 223-1067
Shweta Arora, MD
Kyle Duff, MD
Daniel Holt, MD
Tara Lemaire, MD
Jennifer Muhly, MD

Cornerstone Care-Pediatric

Associates of Washington (P)
(724) 228-7400
Edward Foley, MD

Internal Medicine and Geriatrics of Washington (I)
(724) 222-4464
Richard Hahn, MD
William Kottner, MD

PPCP Tylerdale (F)

(724) 222-7240
Sean Kelly, DO
William Sharpnack, DO

The Health Center for Integrative Medicine (F)

(724) 906-4798
Janine Rihmland, MD

Washington Health System

Family Medicine-Neighbor Health (F)
(724) 223-3100
Anna-Binney McCague, MD (I,P)
Jeffrey Minter, MD
Kimberle Vore, MD

Washington Health System

Family Medicine-North Main (F)
(724) 225-9970
Sara Casile, DO
Dennis Davis, MD
Christa Malinak, MD

Washington Health System

Internal Medicine (I)
(724) 229-7570
Richard Hart, MD
Thomas Tambouratzis, MD

Washington Health System

Washington Pediatrics (P)
(724) 250-6001
Michael Faust, MD
Tera Faust, DO
Benjamin W. Kleifgen, MD
Tina Lengauer, DO
Molly Philbin, DO
Richelle Sommerfield, MD

Waynesburg

Cornerstone Care-Central Greene Pediatrics (P)
(724) 627-9696
Daniel Alan Church, MD

Jeffrey Smith, DO (F)

(724) 852-2050
Jeffrey Smith, DO

Washington Health System

Family Medicine-Waynesburg (F)
(724) 627-8080
Lindsey Beabout, DO
Sherry Zimmerman, MD

HOSPITAL ORGANIZATION PROVIDER NETWORK

Our Specialist Physicians

We have offices conveniently located in the community.

Allergy and Immunology

Kumar R. Patel, MD LLC.
(724) 224-5440
Kumar Patel, MD

Allergy & Asthma Care
(724) 483-2060
Nikhil Davé, MD

Anesthesiology

Keystone Anesthesia
Consultants, Ltd.
(724) 222-7167
Lee Bischof, DO
Gray Goncz, DO
James Massucci, MD
David Odasso, MD

Cardiac Electrophysiology

Regional Cardiac Arrhythmia, Inc.
(724) 222-0436
Maninder Bedi, MD
Christopher Kolibash, MD
Glen Miske, DO

Cardiology

Washington Health System
Cardiovascular Care
(724) 225-6500
Michael Pecora, MD
James Richardson, MD
Douglas S. Schulman, MD
Sun Scolieri, MD
Brian Staub, MD
Benjamin Susco, MD
Rekhi Varghese, MD
Jose Venero, MD

Cardiovascular Surgery

WHS Cardiovascular
(412) 647-2845
Claudio Lima, MD

Dermatology

Vujevich Dermatology Associates
(724) 228-7006
Elizabeth Froelich, MD
Anthony J. Little, MD
Christie Regula, MD
Justin Vujevich, MD
Marion Vujevich, MD

Emergency Medicine

EmCare
(724) 223-3085
Richard Aprea, MD
Amarjith Mally, MD
Pascal Phares, MD
Thomas Pirosko, DO

Endocrinology

Allegheny Endocrinology
Associates
(724) 206-9734
Murray Gordon, MD
Hemlata Moturi, MD

Gastroenterology

Southwest Gastroenterology
Associates
(724) 941-3020
Philip Joson, MD
Richard Kenney, DO
Richard Panicco, DO
Jennifer Totten, MD

General Surgery

Angott Surgical Associates
(724) 222-9500
Brent Angott, DO
Wayne Myers, DO

WHS General Surgery
(724) 229-2222
Julie Ann Corcoran, DO

Washington & Waynesburg Inpatient Services

EmCare Northeast Region
(724) 579-1654
Christian Bolea, MD
Andrew K. Etzel, DO
Rabih Hassan, MD
Jason Misenhelder, MD
Rebecca Pepper, DO
Alycia Ann Petraglia, DO
Shashank Ponugoti, MD
Khalil Qaderdan, MD
Andria Smith, MD
Patricia Southerly, DO
Hany Samir Tadres, MD
Eric Troup, DO
John Tso, DO

Infectious Diseases

Washington Health System
Infectious Disease
(724) 206-9149
Atif Saeed, MD

Interventional Radiology

Interventional Radiology
Specialists, Inc.
(724) 223-3059
Carl DiGiorgio, DO
Jeffrey Hilger, MD
Philip Wildenhain, MD

Medical Oncology

Oncology Hematology Association
(724) 223-3816
Patrick Kane, MD
Nitin Kapoor, DO
Gurprataap Sandhu, MD

Nephrology

Kidney Care Center
(724) 229-8834
Joseph DeJonckheere, MD
Jessie Ganjoo, MD
Amit Nahata, MD

Partners in Nephrology &
Endocrinology
(724) 228-1303
Shirley J. Dopson, DO
Christopher Alen Gisler, MD

Teredesai, McCann
and Associates, PC
(724) 228-2611
Elias Bahta, MD
Ameet Karambelkar, MD
Suiwen He, MD
James McCann, DO
Nirav Patel, MD
Matthew Pesacreta, MD
Joshua C. Sysak, DO
Allen Wolfert, MD
Qizhi Xie, MD

Neurological Surgery

Allegheny General Hospital
Department of Neurosurgery
(724) 228-1414
Jonathan Pace, MD
E. Richard Prostko, MD
Nestor Tomycz, MD
Donald Whiting, MD

Neurology

Adult Neurology Center, PC
(724) 229-6195
Kent Berkey, MD
Bruce Cotugno, MD

Obstetrics/Gynecology

Washington Health System
OB/GYN Care
(724) 225-3640
Alana Kay Butcher, MD
Nicole Marie Garcher, DO
William Mitsos, MD
Malay Sheth, MD
Kathryn Simons, MD
Monica Smith, DO
Marianne Wizda, MD
Carly Werner Zuwiala, MD

Occupational Medicine

Washington Health System
Occupational Medicine
(724) 223-3528
Scott Leslie, MD

Ophthalmology

Crossroads Eye Care Associates
(724) 941-1466
Thomas D'Orazio, MD

Southwestern Pennsylvania
Eye Center
(724) 228-2982
E. Ronald Salvitti, MD
Jennifer Salvitti Davis, MD
Sean Pieramici, MD

Washington Eye Center, Inc.
(724) 222-3937
Paul Caimano, DO

Oral/Maxillofacial Surgery

Western PA Oral & Maxillofacial Surgery
(724) 223-0579
Brandon Humberger, DMD
Steven Krakora, MD, DMD

Orthopedic Surgery

Advanced Orthopaedics &
Rehabilitation, LLC
(724) 225-8657
Armando Avolio, Jr., MD
Gregory Christiansen, MD
John Gibbons, MD
Patrick McCulloch, MD
Vincent Ripepi, DO
Michael Scheel, MD
Joseph Stracci, DO
David Welker, MD
Justin Zenner, DO

Anthony C. Canterna, MD, LLC
(724) 222-5940
Anthony C. Canterna, MD

Steel City Spine & Orthopedic
Center LLC
(412) 206-6770
Jocelyn R. Idema, DO

UPMC-Orthopaedic Specialists, Inc.
(877) 471-0935
Mark Baratz, MD
Christopher C. Schmidt, MD

Washington Health System
Orthopedics and Sports Medicine
(724) 206-0610
Mark Lesh, MD
Jeffrey Matheny, MD
Edward Poon, MD
David Stapor, MD

Otolaryngology

Eugene F. Paluso, MD, Ltd.
(724) 228-0782
Eugene Paluso, MD

Washington Ear, Nose & Throat, LLC
(724) 225-8995
Howard Goldberg, MD
Marcus Magister, MD
Edward Stafford, MD

Pain Management

Keystone Pain Consultants &
Interventional Spine Specialists PC
(724) 969-0191
Richard Plowey, MD

Palliative Medicine

Washington Health System
Hospice and Palliative Medicine
(724) 223-3100
SarahScott Dietz, MD
Jeffrey F. Minteer, MD
Desiree Yetter, DO

(Our Specialist Physicians cont.)

Pathology

Pathology Associates of Washington
(724) 223-3137
Aaron Berg, MD
Lawrence Lee, MD
Nathaniel Sherwood, DO
Songtao Wang, MD

Physical Medicine

Anthony N. Ricci, MD, PC
(724) 678-0282
Anthony Ricci, MD

Associates in Physical
Medicine & Rehabilitation
(724) 223-9270
Michael Platto, MD

Debra J. Panucci, MD, LLC
(724) 745-3908
Debra Panucci, MD

JW Medical Rehabilitation, LLC
(724) 743-5960
Julia W. Wilcox, MD

Plastic Surgery

Amelia Paré, MD
(724) 941-8838
Amelia Paré, MD

Podiatry

Canonsburg Podiatry Associates
(724) 746-1870
Kathryn Weldy, DPM

Cynthia B. Hatfield, DPM
(724) 222-8883
Cynthia Hatfield, DPM

Grossman Podiatry Center
(724) 222-5230
Adam Grossman, DPM

Washington Health System
Foot and Ankle Specialists
(724) 222-5635
Nicholas Lowery, DPM
James Marks, DPM
Alissa Renee Parker, DPM

Psychiatry

WHS Center for Mental Health
and Wellbeing
(724) 627-2756 Wayn.
(724) 579-1075 Wash.
Richard O. Ajayi, MD
Bryan Lockmer, DO

**Pulmonary & Critical Care
Medicine**

WHS Pulmonology, Thoracic
Surgery & CCM
(724) 222-2577
Mohamad Al-Abed, MD
Nadine Dandachi, MD
Ziad Ismael, MD
David Lazarus, MD
Patricio A. Sanchez-Cueva, MD
Abhishek Sharma, MD
Mark Sperry, MD

Radiation Oncology

Washington Health System
Radiation Oncology in Partnership
with UPMC Cancer Center
(724) 223-3788
Michael Dougherty, MD

Radiology

Greater Washington Radiologists, Inc.
(724) 223-3300
Giovanna Aracri, DO
Kevin Birnie, MD
William Castro, MD
William Conroy, MD
Joseph Di Pietro, MD
William Downer, MD
Michelle Kirshen, MD
David Leukhardt, MD
Dina Novitskaya, MD
Wilson Pyle, MD

Thoracic Surgery

WHS Pulmonology, Thoracic
Surgery & CCM
(724) 222-2577
Mathew A. Van Deusen, MD

Sleep Medicine

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

WHS Center for Recovery &
Wellness

(724) 627-2756 Wayn.
(724) 579-1075 Wash.
Richard O. Ajayi, MD

Urology

WHS Urology
(724) 229-2424
Damon Hoffmann, DO
Damian Garcher, MD

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

Vascular Surgery

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

Wound Care

Washington Health System
Wound Center
(724) 223-6903
(724) 627-1600
Dennis P. Brown, MD
Nicholas J. Lowery, DPM
James A. Marks, DPM
Alissa R. Parker, DPM



Offers comprehensive services at convenient locations in Washington & Greene Counties

Washington

Washington Hospital
Inpatient and outpatient services
including:

- Cancer Care
- Emergency Care
- Hospice and Palliative
Medicine
- Heart, Lung and Vascular
Services
- Orthopedics and
Neurosciences
- Surgical Services
- Women's Health Services

Wilfred R. Cameron
Wellness Center

- Health & Fitness Center
- Corporate Wellness Services
- Spa Harmony
- Live Well Yoga & Pilates

Medical Plaza - Wellness Way

- Outpatient Rehabilitation
- Physical Therapy
- Occupational Therapy
- Hand Clinic
- Speech Therapy

- Nutritional Services
- Wound and Skin Healing

Outpatient Center - Neighbor
Health

- Diabetes Education
- Family Medicine Center
- Laboratory
- Occupational Medicine
- Radiology

Outpatient Center - Meadows
Landing

- Women's Center
- Lab Services
- Tri-State Surgery Center

Greenbriar Treatment Center

- Inpatient Drug and Alcohol
Rehab Services

Donnell House

- Hospice Care
- Palliative Medicine

Strabane Trails of Washington

- Senior Independent Living

Strabane Woods of Washington

- Senior Assisted Living

Canonsburg

Family Medicine Center -
Canonsburg And Laboratory
Services

Cecil

Outpatient Center - Cecil
Family Medicine Center
Diagnostic Center

Peters Township

Medical Plaza - Peters Township
Children's Therapy Center
Diagnostic Center

Waynesburg

Medical Plaza - Greene County
Laboratory
Radiology EKGs

Greene Hospital

Inpatient and outpatient services
including:

- Cardiovascular Services
- Diagnostics
- Emergency Care

Greene Plaza

WHS Center for Mental
Health and Wellbeing

Learning to Sit, Stand and Walk Again After COVID-19

By Laura McAlister

It started with a pounding headache, but within a matter of days it developed into much more.

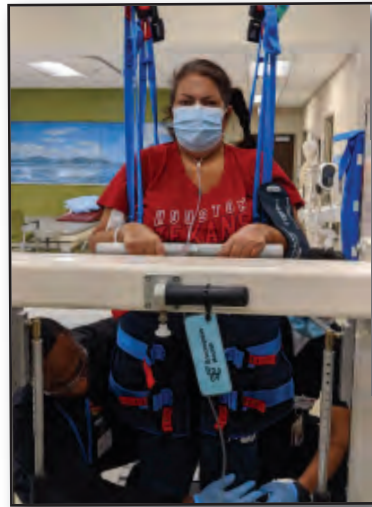
Veronica Brown was diagnosed with COVID-19 on July 4th. Three days later she was having trouble breathing and was admitted to the hospital. A week later, she was in the ICU. The 52-year-old doesn't remember anything that happened the next month while she was on a ventilator.

Brown woke on Aug. 20, barely aware of where she was and what she'd been through. She was weak and unable to do anything for herself.

"Questions ran through my mind," Brown recalled. "Am I ever going to be normal again? Can I take care of my son?"

Starting rehabilitation

Brown was transferred to Encompass Health Rehabilitation Hospital to recover and regain her strength. She was unsure of what therapy would look like at the time. "I remember how hard it was for me to do anything, to even sit up," she said. Her limited mobility



Veronica's therapist works with her on the AutoAmbulator, using the robotics on the machine to help her walk again.

prompted Dr. Yang, her physical medicine and rehabilitation doctor, to have her sent back to the hospital for neurological testing, which included an MRI, spinal tap and CT scan of the spine.

The testing revealed a new, post-COVID-19 diagnosis for Brown—she had Guillain-Barre syndrome,

an inflammatory disorder of the nerves that may cause temporary paralysis and is often triggered by a viral infection.

With the new diagnosis, Brown headed back to Encompass Health to continue her therapy. Her goals were simple, yet seemed insurmountable at the time.

"I was pretty much paralyzed when I got here," she said. "My main goal was for me to just be able to stand and walk again. Everyone had faith in me, and we built our trust with each other."

Learning to walk again

Using a standing frame, therapists helped Brown relearn to stand for longer periods of time. Eventually she was able to stand for 20 minutes at a time. Once she reached that goal, her therapists challenged her to work on walking. They used the AutoAmbulator, a sophisticated treadmill developed by Encompass Health that uses robotics to help patients learn to walk again.

Brown also worked on a NuStep, a recumbent cross trainer, to strengthen both her upper and lower body.

When not working in the gym with her therapy team, Brown continued her rehabilitation in her room, building her strength and endurance using a hospital bed trapeze bar to practice getting up and down.

Eventually, Brown reached that simple goal of walking again.

She was at Encompass Health for 42 days. Thanks to her care team, Brown said she was able to recover and get back to the life she feared she might have lost to COVID-19.

"The staff at Encompass Health is exceptional," she said. "Being away from family and friends is hard. The staff is respectful, professional and understanding of my situation. The positivity that is spread and the coordination between different disciplines between nursing, physicians, therapy and case management is remarkable."

To learn more about **Encompass Health Rehabilitation Hospital of Sewickley**, visit the website encompasshealth.com/sewickleyrehab. To learn more about Encompass Health Rehabilitation Hospital of Harmarville, visit encompasshealth.com/harmarvillerehab.

When a loved one's return to independence depends on you, **DEPEND ON US.**

Love is a powerful healer. We witness its benefits day after day as we partner with devoted caregivers to help restore independence to overcome the effects of a stroke or life-changing illness or injury.

If you or someone you love has lost independence, depend on us for rehabilitation. We start by providing information you need to feel comfortable with our approach to advanced therapy and care. Then we create custom routines of recovery to address unique needs. Depend on us.

Learn more at ehc.rehab/gh20

 **Encompass Health**
Rehabilitation Hospitals

Encompass Health Rehabilitation Hospital of Harmarville
320 Guys Run Road • Pittsburgh, PA 15238 • 877.937.7342

Encompass Health Rehabilitation Hospital of Sewickley
351 Camp Meeting Road • Sewickley, PA 15143 • 412.749.2396



©2020 Encompass Health Corporation:1665943

Living Well With A Disability



Aetna in Pennsylvania: Bob O'Connor and Denise King on PACE (Pharmaceutical Assistance Contract for the Elderly)

ABOUT THE EXPERTS: Bob O'Connor is the vice president of Medicare for Aetna in Pennsylvania. Denise King is the director of Medicare for Aetna in Pennsylvania.

What is PACE?

PACE stands for Pharmaceutical Assistance Contract for the Elderly. PACE is a program, funded by the Pennsylvania lottery, that provides residents of the Commonwealth of Pennsylvania, age 65 or older, some of the care and services they need that are not covered by Medicare and Medicaid. For example, PACE may help pay a portion of your prescription drug plan cost, except for the monthly co-payments of \$6 for generic drugs and \$9 for brand name drugs. It's designed for people with limited resources whose incomes are not low enough to qualify for Medicaid.

Are there any requirements for PACE?

You have to be a Pennsylvania resident for a minimum of 90 days. There are also income guidelines. Currently, the annual income limit is \$14,500 for a single person and \$17,700 for a married couple.

Is there a difference between PACE and PACENET?

PACENET has similar benefits, but has co-payments of \$8 for generics and \$15 for brand name drugs. In addition, the income limits are slightly higher than those for PACE. The total income for a single person is between \$14,500 and \$27,500; and total combined income for a married couple ranges from \$17,700 to \$35,500. Income guidelines for PACE and PACENET change annually, so it's important to review them each year.

What is D-SNP?

D-SNP stands for Dual Eligible Special Needs Plan. D-SNP is a Medicare Advantage Plan designed for people who are eligible for both Medicare and Medicaid. Unlike PACE and PACENET, a D-SNP is not only for seniors. You have to qualify for both Medicare (65 and older or under 65 with certain disabilities) and Medicaid (receive assistance with Medicare premiums or eligible for full Medicaid benefits and assistance

Ask an **EXPERT**



"We offer a Benefits Checkup — a single site that a trusted agent can walk you through and help you determine if you qualify for any programs."

-Bob O'Connor, Executive Director of Medicare for Aetna in Pennsylvania

with Medicare costs). So someone who is 40 years old and living with certain disabilities can qualify for a D-SNP. A D-SNP will help you maximize your Medicare and Medicaid benefits. Keep in mind, if you are dual eligible and are on other programs, you may be overpaying on your co-pays and missing out on some additional benefits. It's always good to examine what you are eligible for so you can maximize your benefits.

What is LIS?

LIS is also referred to as Part D Low Income Subsidy or Extra Help. This federal program is for people who have resource and income limits. It helps people with Medicare pay for prescription drugs. If your monthly income is under \$1,595 for an individual or under \$2,155 for couples, and your assets are below specified limits, you may be eligible for LIS. To apply, you can fill out an "Application for Extra Help with Medicare Prescription Drug Plan Costs" form with your local Social Security office.

Do you have any final takeaways for our readers?

Financial situations change over time. Maybe your spouse passed away, your income level decreased, or you had to sell your assets. There are several programs available for help, but understanding your options can be confusing at times. We offer a Benefits Checkup — a single site that a trusted agent can walk you through and help you determine if you qualify for any programs.



For more information, visit www.aetnamedicare.com and <https://aetna.benefitscheckup.org/welcome-aetna/>



Get your extras now

Have both Medicare and Medicaid? You could get a Medicare plan with extra benefits at low or no extra cost to you.

Call a licensed agent to see if you qualify:
1-833-258-3138 (TTY: 711)



Call to see if you qualify or to schedule an in-home visit:

1-833-258-3138 (TTY: 711)

8 AM to 8 PM, 7 days a week.
A licensed agent will answer your call.



Get a \$10 Visa Reward Card when you call to learn more.* There's no obligation to enroll.

Learn more at [AetnaMedicare.com/extrabenefits](https://www.aetnamedicare.com/extrabenefits)

You could get extra benefits that go beyond Original Medicare, including:



More dental coverage



Meals after hospital stay



Transportation

We're here to help you get all your extras. It's part of our total approach to your health and wellness.



Aetna Medicare is an HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. Other pharmacies, physicians and providers are available in our network. Participating physicians, hospitals and other health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2019 Tivity Health, Inc. All rights reserved. Aetna Resources For LivingSM is the brand name used for products and services offered through the Aetna group of subsidiary companies.

*All persons eligible for Medicare may receive a \$10 Visa Reward Card with no enrollment obligation. Non-Aetna Medicare Advantage members must attend a sales meeting, schedule an appointment, or request an information kit to receive the offer. Current Aetna Medicare Advantage members must call the number in the advertisement and participate in the member survey to receive the offer. Not to exceed more than one \$10 Visa Reward Card per person. Offer valid while supplies last.

The OmniCard Visa Reward Card is issued by MetaBank®, Member FDIC, pursuant to a license from Visa U.S.A. Inc. No cash access or recurring payments. Card can be used everywhere Visa debit cards are accepted. Terms, conditions and expirations apply. This optional Offer is not a MetaBank nor a Visa product or service; and neither MetaBank nor Visa endorse this Offer.

©2020 Aetna Inc.
1A.12.318.1

Y0001_4045_19302_M Accepted 12/2019

LIVING WELL WITH A DISABILITY

Offering Hope and Unlocking Potential Amidst a Pandemic

By Ned Ochester

Throughout the COVID-19 pandemic, we have all seen tremendous losses in our communities. From the loss of loved ones, essential supports and livelihoods, many are hurting – with the field of disability supports being among the hardest hit. At Mainstay Life Services, it has been our commitment to face these challenges head-on, with a focus on evolving with the needs of the community.

Much like we're seeing throughout the rest of the country, those in our care are struggling with unemployment. The power of purpose lives in all of us – and fulfilling a meaningful role in the community can significantly combat depression and anxiety.

Through Mainstay's Employment Services, we offer individualized career-exploration, as well as a committed Employment Specialist to help guide them through the process and provide ongoing coaching to ensure continued success while on the job.

As one would expect, with so



"Since living with Karrie and her family, Maryann has flourished and gained confidence. The support and love of a warm and welcoming home has had a huge impact on both Maryann and Karrie's lives forever."

many of us spending significantly more time at home, there has been a growing need for Mainstay's Home and Community Support services. For those who choose to remain in their own home or with family, these services provide regular, all-inclusive care to maximize the development of each person, as



"Most people would have no idea how difficult it can be, but the rewards, oh the rewards, are the most powerful thing I have ever experienced my whole life through."

- Paul Hunter, Mainstay Life Sharing Caregiver

well as assist with any specific needs such as social activities, shopping, transportation and financial planning. An alternative to traditional community living arrangements, Mainstay's Life Sharing Program involves working with families or singles interested in opening up their hearts and homes to a person

with a developmental disability. The opportunity provides people with a place they can call home, while encouraging increased growth and development, self-esteem improvement, and most importantly provides the love of an extended family. Life Sharing also provides the family with a sense of purpose and joy that comes along with caring for another person.

All supports provided by Mainstay are tailored to meet the needs of each person and all levels of developmental disabilities so they can lead meaningful and successful lives, while helping them to learn new skills, develop friendships, and give back to their communities, despite the challenging circumstances in which we are all living.

 To learn more about **Mainstay Life Services** and the programs and services they offer, visit mainstaylifeservices.org or contact Ned Ochester, Director of Community Services, at nochester@mainstaylifeservices.org or (412) 477-7785.

Enriching Lives. Unlocking Potential.

At Mainstay, we provide life-long, high-quality support services, ensuring that people with developmental disabilities lead fulfilling lives and realize their vision of a desirable future.

We continue to adapt our services to fit the evolving needs of those we support in our communities.

- Supported Living
- Home and Community Supports
- Life Sharing
- Behavioral Supports
- Employment Services
- Prader-Willi Syndrome Supports
- Residential Supports
- Community Participation Support

Visit us online to learn more!
mainstaylifeservices.org





“I’m where I belong.”

Barb, UPMC *for Life* Complete Care Member

Eligible for both Medicare and Medicaid?

Here’s the plan that gives you more health care coverage at no additional cost.

- \$0 monthly plan premium
- \$1,400 yearly allowance for health care products
- 50 one-way trips to the doctor’s office, health care facilities, and pharmacies
- Prescription drug coverage
- \$5,000 yearly allowance for dental services
- \$200 yearly healthy food allowance for those with diabetes

UPMC HEALTH PLAN

**Find out if you qualify for
UPMC *for Life* Complete Care (HMO SNP) today.**

Call toll-free: 1-855-337-5295 | TTY: 711

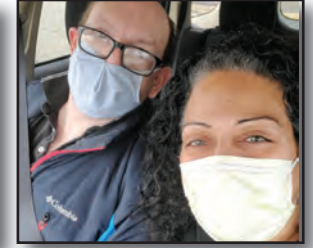
Monday through Friday 8 a.m. to 8 p.m. and Saturday 9 a.m. to 3 p.m.

UPMCHHealthPlan.com/snp

UPMC *for Life* has a contract with Medicare to provide HMO, HMO SNP, and PPO plans. The HMO SNP plans have a contract with the PA State Medical Assistance program. Enrollment in UPMC *for Life* depends on contract renewal.

H4279_211551_M

LIVING WELL WITH A DISABILITY



Our Direct Support Staff are True Heroes

By Ed Picchiarini

We, at Arc Human Services, hope that everyone had a wonderful and joyous holiday season, even if the COVID pandemic changed the way we celebrated, and how much time we spent with friends and family.

In our effort to support people with disabilities in their homes, at their jobs, and in their community, we are always committed to assuring their health and safety each day. We are able to provide these important services only because of the work of our caring, committed Direct Support Staff. They are nurturers, cooks, medical assistants, drivers, homemakers, counselors, friends, house cleaners, decorators, game enthusiasts, and for our staff, it's all in a day's work.

For the past 10 months of COVID-19, these HEROES, not only support the individuals that we serve, but also take care of their own children, spouses, parents and other family members that need them. Their children are home from school—or homeschooling, they are assisting elderly parents by preparing meals and making sure that they receive medical care, while distancing themselves to keep everyone safe.

Just as nurses, doctors, police, and first responders, our Direct Support Staff are truly essential workers, we cannot imagine the tragedies that would befall people with disabilities, if our staff were not able to continue to provide the ESSENTIAL support that people need.

Now that we are embedded in the depth of winter, with short, cold days and less sun, we encourage everyone, as we take care of others, to always remember to take the time to care for yourself.

The CDC suggests "Healthy ways to cope with stress"

- Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services).
- Take care of your body.
- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.

- Avoid excessive alcohol and drug use.

- Connect with others. Talk with people you trust about your concerns and how you are feeling.

- Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

There are not enough words to adequately express our gratitude to "the people who serve" the people we serve. Except to say, with the deepest sincerity, from the bottom of our hearts, THANK YOU!

 Ed Picchiarini is Chief Executive Officer at Arc Human Services.



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



We are proud to serve *your* community!

Community Homes • Vocational Training • Camp Laughalot • Student Transition Behavior and Individualized Supports • Advocacy • Community Employment Mental Health Supportive Housing • Community Participation Supports

Learn more about how you can support Arc Human Services or join our dynamic and dedicated team (up to \$1,500 sign-on bonus available!)

www.ArcHumanServices.org

Eagle Medical Equipment: Enhancing Independence for a Better Quality of Life

Having the proper medical supplies in your home can ensure an individual's well-being, independence and stress-free daily living. Eagle Medical Equipment in Robinson Twp., McKees Rocks, has been providing a vast array of medical equipment to homes for over 11 years. From wheelchairs and walking assistance devices to back braces and bath safety items, supplies are delivered to the patient's home ready for use.

"We are trained on how to use the equipment so that we can set it up in your home when it is delivered and show you how to use it," said Shaista Hasan, owner.

And delivery and set-up according to the doctor's prescription are free, she added.

Other services include diabetic shoe fittings.

Eagle Medical Equipment also supplies many Pittsburgh area nursing homes and other private rehabilitation facilities with equipment, such as lift chairs, bed rails and bed alarms.

Most equipment is covered by Medicare, Medicaid, Highmark, UPMC and Gateway and most private insurances.



WHAT IS DURABLE MEDICAL EQUIPMENT?

Restricted mobility and normal function can occur with several different illnesses and injuries, greatly limiting a patient's quality of life. Durable medical equipment (DME) helps patients suffering from these afflictions live more independently with less reliance on a family member or caregiver.

Most homes are not equipped with even the simplest types of DME, like a ramp that connects two levels of a home. These items could open up a whole new world to someone who is wheel chair bound, for instance. Other types of durable medical equipment include hospital beds, breathing apparatus or prosthetics. The equipment provides additional permanent or temporary support and care to patients outside the hospital setting.

Durable medical equipment can be purchased by a healthcare supplier, like Eagle Medical Equipment. Some specialized equipment, such as a nebulizers, catheters and diabetic supplies or wound care products, must be prescribed by a health care professional.

Not Your Grandmother's Diabetic Shoes

One common side effect of diabetes is the loss of feeling in the extremities. This makes it more difficult to notice cuts and blisters on the foot that can lead to infections. It's important that when recommended by a physician, diabetics wear shoes that relieve pressure, support joints, and absorb shock to prevent pain and injury.



But diabetics need not limit their footwear to the stodgy, unstylish shoes of years past. Eagle Medical Equipment is a supplier of over 50 styles of diabetic footwear for men and women for dress, casual, athletics and work.

Generally, diabetics require shoes that are slightly wider and deeper than mainstream brands to ensure there is no squeezing or extra movement from the fit. There also needs to be room for custom made insoles, or orthotics. Some women's styles can even have a tapered, narrower look.

"When people come in they can't even believe these are diabetic shoes," said Shaista Hasan, owner of Eagle Medical Equipment, adding that she orders a variety of styles from Dr. Comfort, Aetrex, Anodyne, and more.

"We will go into the person's home and take impressions of the foot," said Hasan. Ms. Hasan said that the cost of one pair of shoes and three pairs of orthotics per year are covered by most insurances.

Eagle Medical Equipment is located at 5944 Steubenville Pike, (Robinson Twp), McKees Rocks, PA 15136. For more information, call (724) 218-1051.

ARE YOU DIABETIC?

Do you know that insurance covers one pair of shoes a year?

Diabetic Shoes covered by insurance - Highmark, Gateway, UPMC & Medicare

Little to no cost, plus FREE DELIVERY!

FREE Glucose Meter with order of supplies

Dr. Comfort Diabetic Shoes



5944 Steubenville Pike (Robinson Twp)
McKees Rocks, PA 15136
Phone (724) 218-1051
Fax (724) 218-1165
www.eaglemede.com

PRODUCTS AND SERVICES



- Aqua Relief Systems
- Back Braces
- Bath Safety
- Beds & Accessories
- Canes & Crutches
- Commodes
- Diabetic Shoes
- Electrotherapy
- Patient Room Home Care
- Patient Room Institutional
- Personal Care
- Pressure Prevention
- Respiratory
- Rollators
- Walkers
- Wheelchairs
- Wound Care Products

We accept Medicare, Medicaid, Highmark, Gateway, UPMC, and most private insurances.

resources

for Adults with Special Needs or a Disability



ACCESS PRODUCTS

Independent Mobility
412-449-0013
Access Ramps, Stair Glides,
Residential and Commercial
Platform Lifts and Elevators

ADULT DAY PROGRAMS

PACC (Pa Connecting Community)
412-621-6151

ADVOCACY

Achieva
412 995-5000

ARC Human Services
724-222-6960
www.aadvantageinc.org

PEAL Center
(parent education and advocacy)
412-281-4404

EARLY INTERVENTION

**The Alliance for Infants
and Toddlers, Inc.**
412-885-6000
www.afit.org

The Early Learning Institute (TELI)
412-922-8322
www.telipa.org

EMPLOYMENT/JOB TRAINING

AHEDD (job placement)
412-381-3313

Achieva/ARC Bidwell Training Center
412-322-1773

Blind and Vision Rehab
412-368-4400

Goodwill Job Training
412-632-1706

Life's Work
412-471-2600

EMPLOYMENT/JOB TRAINING

Mainstay Life Services
412-344-3640
www.mainstaylifeservices.org

PACC
412-621-6151

**Project Freedom
(technology skills training)**
412-246-4434

**Education – College Bound
ACCLAIM – Watson Institute**
412-914-8800

**AHEADD –Achievement in Higher
Education with Autism & Devel
Disability**
412-856-7223

FUTURE PLANNING SERVICES

Achieva Family Trust
412-995-5000 x565
www.achievafamilytrust.org

INDEPENDENT LIVING

ACTION Housing
412-281-2102

**Disability Options Network (Center
for Independent Living)**
1-866-652-5121

**CLASS – Community Living &
Support Services**
412-683-7100

**Transitional Paths to Independent
Living**
724-223-5115

Emmaus Community
412-381-2277

PACC
412-621-6151

Visit us at guidetogoodhealth.com
for additional resources and
information for disabled community.



Here for
you

**WE DON'T TAKE
SHORTCUTS ON CARE.
YOU SHOULDN'T
SHORTCUT YOUR RECOVERY.**

Our team will be happy to discuss what
we are doing to help ensure:

- Quality Care
- Infection Control Protocols
- Safety
- Cleanliness
- Communication

PATIENT HEALTH AND WELL-BEING IS OUR TOP PRIORITY.

To learn more about our short-term rehab
services following a hospital stay,
contact us at manorcare.org

412.498.9375

Heartland  | ManorCare 

PROMEDICA SKILLED NURSING & REHABILITATION CARE

Resources for Adults with Special Needs or a Disability

IN-HOME & COMMUNITY SUPPORT

Live-in Disability Solutions
412-704-5162
www.liveindisabilitysolutions.org

Mainstay Life Services
412-344-3640
www.mainstaylifeservices.org

TRANSPORTATION

Travel Training - Allegheny Intermediate Unit 3
412-394-5700

ACCESS shared ride service
412-562-5353
(MATP) - 888-547-6287

WHEELCHAIR ACCESSIBLE VEHICLES

Wheelchair Getaways (van rental)
800-642-2042

Mobility Works
412-824-8091

Port Authority of Allegheny County
412-442-2000

Drivers Education - special needs
866-672-9466

RECREATION AND SOCIALIZATION

Dis+Abilities Connection -
Networking events for adults
with disabilities
724-219-3290

Camp Laughalot
724-222-6960 x225

**Wilfred R. Cameron Wellness Center
Summer Camp**
Woodlands
724-935-5470

ACHIEVA
412-995-5000

The 24-Hour Friendship Line
800-971-0016
www.ioaging.org

TRANSITION TO ADULT HEALTH CARE

**Children's Hospital Advisory Network
for Guidance and Empowerment**
412-647-2345

**PA Department of Health Transition
Health Care Checklist**
724-830-2701

SPECIAL NEEDS DENTISTRY

Pitt School of Dental Medicine
412-648-3039

Accessible Dentists
724-775-0448

East Liberty Family Health Center
412-661-2802

**GENERAL RESOURCES:
ADA Phone Line - 800-514-0301**

**Allegheny County Family Resource
Guide - 412-350-7079**

**Allegheny County Department of
Human Services Office of Intellectual
Disability (OID)**
Every person registered for OID
services receives Supports
Coordination - 412-236-2750

Connections Pittsburgh -
www.connectionspittsburgh.com

Educational Rights Network -
https://onepa.org/edrights/

PA Health Law Project
www.php.org

**UPMC Disability Resource Center-
Forbes Tower - 412-605-1483**

**PA Statewide Information and Referral
Resources for Persons with
Disabilities PA 211 or**
1-888-553-5778 or 211

**Pennsylvania Link to Aging and
Disability Resources -**
1-800-753-8827

**Southwestern Pennsylvania
Partnership for Aging -**
www.swpa-aaa.org

Area Agencies on Aging
Allegheny County -
412-350-4234 -
www.alleghenycounty.us/dhs/
olderadults.aspx

Washington County -
724-489-8080 -
www.swpa-aaa.org

To be included in this Directory,
call (412) 877-5321 or email
goodhealthmag@aol.com.



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

We participate with the following:

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

Let our professional staff help guide you every step of the way.



TRI-MEDICAL

ESTABLISHED 1993

Incontinence Solutions that Give you Peace of Mind

We offer quality products delivered directly to your home.

We Provide:

- Diapers and Pull-ups (sizes child through adult)
- Bladder Control Pads
- Reusable Underpads
- Disposable Underpads
- Intermittent Catheters



TRI-MEDICAL

800.541.0734

www.trimedonline.com

Office Hours... Monday - Friday
8:00 am - 4:30 pm



Tri-Medical has received the DME Exemplary Provider™ Accreditation from The Compliance Team™ every year since 2007 for achieving quality standards and excellence in healthcare.

New Medical Imaging Tool



Thermography is a radiation-free, painless medical imaging tool that requires no contact with the body.

THERMOGRAPHY APPLICATIONS: • Breast Screenings
• Dermatology • Stroke • Nerve Disease • Vascular Disease
• Circulation Disorders • Treatment Monitoring • Back Injuries
• Physical Injuries • Dental Health • Unexplained Pain



HE@T

Health Enhancing Thermography

1900 Sleepy Hollow Road • South Park, PA 15129

855-254-4328 (HEAT) www.heat-images.com

What Is Your Body Telling You?

By *Bethany Narey, CCT*

Do you ever wonder what your body is trying to tell you? Whether you have medical concerns or just want to be proactive about your health, your body is always trying to tell you something. But what is it? Thermography offers a unique look at how your body is functioning with no adverse effects. Thermography is a pain-free medical imaging tool that can be used to help diagnose many diseases and dysfunctions. However, sports medicine and women's breast health are two main areas where thermography is best utilized.

As with anything, sports can open up a doorway for injuries throughout the season. Digital infrared thermal imaging, also known as thermography, plays a huge role in sports medicine. Because thermography is risk-free, portable and, radiation-free, it is an ideal tool for assessing injury and helping aid clinical decisions.

Thermography is able to 'see things' outside of other diagnostic tools. Meaning, instead of looking for a break or a structure like other medical imaging tools, thermography looks for cellular and vascular dysfunction through temperature patterns.

This is ideal for injuries, such as ankle injuries, stress fractures, myofascial pain syndromes, spinal pain syndromes, shoulder injuries, foot pain syndromes, and vascular disorders, just to name a few that

are not visible through other standard tools. Thermography offers an invaluable window into the sympathetic response to pain and injury.

Often younger children struggle with telling you where their pain is coming from leaving it difficult for parents and medical professionals to know where and how to treat the patient.

Because thermography is the only medical imaging tool that can visualize pain through temperature dysfunction, it is ideal for children who have difficulty accurately expressing their pain and discomfort.

Aside from sports injuries, there has been a large emphasis on women between the ages of 25-39 who are being diagnosed with invasive breast disease.

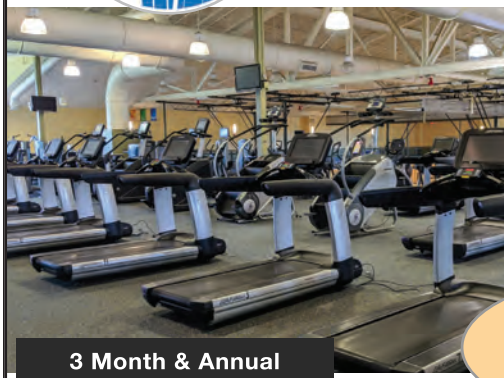
Experts are struggling to conclude why these numbers are slowly rising but women are struggling with where to go from here. Mammograms are still not recommended for women under the age of 40 and in some cases women under the age of 50.

This is for various reasons but mainly, radiation exposure and dense breast tissue. Thermography is ideal for women under the age of 40 because it offers a safe option in your breast health screening. Researchers have concluded that with the utilization of self-breast examination, mammography, and thermography, one has a 98% detection rate. Find out what your body is trying to tell you through thermography.



THE COMMUNITY & RECREATION CENTER

AT BOYCE MAYVIEW PARK



- ◆ 2 Floors of Fitness Equipment
- ◆ Group Exercise Classes
- ◆ 1/8 Mile Indoor Track
- ◆ Indoor & Outdoor Aquatics
- ◆ Youth Programs
- ◆ Family Activities

3 Month & Annual Memberships Available

**Stay Active.
Stay Healthy.**



Member Safety is our Top Priority.

- Enhanced cleaning standards
- Safely spaced cardio and weight training equipment
- Increased hand sanitizing stations
- Limited capacity

1551 Mayview Road • Upper St. Clair, Pennsylvania 15241

412-221-1099 • www.twpusc.org/crc/crc-home



We invite you to visit **Health Enhancing Thermography** at our South Park location. Call Health Enhancing Thermography at (855) 254-4328 or visit us online at www.heat-images.com.



- Fresh Brewed Coffee
- Latte • Mocha • Cappuccino
- Chai Tea • Loose Leaf Tea
- Frappes • Smoothies
- Breakfast Sandwiches
 - Pastries • Biscotti
- Chicken Salad • Pepperoni Rolls

Ruthfred Shopping Center • 3400 South Park Road • Bethel Park
412-833-JAVA • www.judysjava.com

Order Coffee Beans Online at judysjavadelivery.com
FREE DELIVERY!



**WE ARE CURRENTLY ACCEPTING NEW PATIENTS
DURING THE COVID-19 PANDEMIC.**



Organizing Your Medications. Keeping You Healthy.



Need medication delivery for you or a loved one?

Start working with **ACORx** NOW so the next time an emergency happens, you are already a member of our **CONCIERGE PHARMACY PROGRAM**.

For only your regular copay, you get these extra services:

- Free Medication Reviews
- Free MED-SYNC so you get all your meds at the same time
- Free Delivery
- Free MAPS (**M**edication **A**dherence **P**ackaging)

Non compliance to medications can lead to Emergency Room visits, hospital stays or WORSE.



**Serving patients
throughout the
Allegheny County
area.**

Call or inquire on the website:
412-857-2922 - ext 915
www.acorxpharmacy.com



Senior Guide

- Senior Living Options • Senior Resources • Home Care
- Hospice • Services that Support Independent Living

Hospice Care Comes to You

VITAS cares for patients at home, wherever they call home



By **Evalisa McClure**

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

Will all of my needs be met?

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

Choosing Home Over Hospital

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

Aside from the simple comfort of familiar faces and surroundings, many patients already will have spent days or weeks in the hospital by

the time they're referred to hospice, and the experience can be tiring. Plus, hospitals are under increasing pressure to reduce both patient readmissions for the same symptoms and in-hospital deaths.

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

Expert Care

for the Patient - and Their Family

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

The team will teach the designated family

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

Our team supports the patient's family during the most difficult moments of their loved one's last days of life. After a patient dies, VITAS continues to provide bereavement support to the family for a minimum of 13 months.

For patients with advanced illness, hospice helps make the best of those final months, weeks and days. VITAS patients enjoy being home among loved ones, free of medical expenses, and in the care of a team dedicated to their comfort and dignity.



Evalisa McClure is general manager for **VITAS Healthcare** in Pittsburgh.

For more information about end-of-life care services, call the nation's leading provider at **(866) 759-6695** or visit **VITAS.com**.

VITAS Provides Compassionate Hospice Care in Person and via Telehealth

Throughout the COVID-19 pandemic, VITAS® Healthcare hospice teams rely on safe, in-person visits and telehealth platforms (when appropriate) to ensure personalized care for our Western Pennsylvania patients and their families.

- For in-person visits, our teams abide by CDC guidelines and protocols to provide safe care in the patient's preferred setting: home, nursing home, assisted living community
- When in-person visits are not possible, physicians, nurses, social workers, and chaplains check in by phone, FaceTime, Zoom, MS Teams, and other digital platforms to oversee hospice care, ensure comfort, and provide peace of mind

Whenever you need us, VITAS is available 24/7/365.

VITAS[®]
Healthcare 800.723.3233
VITAS.com



Senior Guide

Staying Well at Home with Community LIFE

The Program of All-Inclusive Care for the Elderly (PACE) is a model of care focused on maintaining the ability of the most vulnerable citizens to live in the community. To qualify for PACE a person must be 55 or older and be certified by the state as needing nursing home level of care. The typical participant is 80 years



old, has eight chronic medical conditions, and has limitations in three activities of daily living (meaning they need help with things like dressing, bathing, or feeding). Most are enrolled in both Medicare and Medicaid. Despite the high care needs, 95% of PACE participants can continue living in their home setting rather than a nursing home.

For twenty years, Community LIFE (CLIFE) has helped older adults live independently. Prior to the pandemic, participants could be picked up at home and transported to our centers where they could enjoy the benefits of day center services for socialization, activities, and dining, physical therapy to maintain strength and function, and a medical clinic where providers worked as part of an interdisciplinary team to evaluate and treat any acute and chronic conditions.

Like everything else, CLIFE has been affected by COVID-19. However, our mission to maintain the well-being and dignity of seniors by preserving independence in the home has not changed. CLIFE has adapted by bringing our services into the community. All disciplines are using telehealth for assessment and monitoring of participants. We are providing more home care and providing more physical and occupational therapy in participants' homes. We have

created a mobile physical therapy van that can be driven directly to participants' homes. Our physicians and nurse practitioners are doing home visits in addition to telehealth. Meals, groceries, and supplies are delivered.

One of the unseen consequences of COVID-19 has been the isolation and loneliness of our most vulnerable citizens. CLIFE has responded by repurposing vans that were used to bring participants to and from the centers to now take participants on drives.

Our recreational and music therapists are providing activities remotely. Clergy preside over group worship services via video conferencing. Finally, CLIFE has a robust team of behavioral health experts who routinely touch base with participants and provide remote or in-home therapy to those most in need.

COVID-19 has been challenging for all of us. The success of CLIFE in maintaining our participants in their homes despite a pandemic highlights the strengths of comprehensive, fully integrated care model that addresses physical, social, and psychological determinants of health.



For more information, call (866) 419-1693 or email info@commlife.org or visit www.commlife.org.

Women's Choice Award® Designates Monongahela Valley Hospital as One of America's Best Hospitals for Bariatric Surgery

For the second consecutive year, the Women's Choice Award® has recognized Monongahela Valley Hospital as One of America's Best Hospitals for Bariatric Surgery. MVH is one of 202 award recipients representing the hospitals that have met the highest standards for bariatric surgery across the U.S. The 2021 award signifies that MVH is in the top 3% of the 4,542 U.S. hospitals reviewed.



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

Services include but are not limited to:

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



Conveniently located in:

BEDFORD LOGANS FERRY
EAST END MCKEESPORT
HOMESTEAD TARENTUM

For a FREE tour and lunch, call 1-866-419-1693 TTY 711

www.commlife.org

Senior Guide

HEALTH TIPS FOR SENIORS, FROM LOCAL EXPERTS!

DO YOU NEED A GERIATRICIAN?



UPMC Senior Care Assessment Centers

A geriatrician is a physician who specializes in the care of older adults, either as a consultant or by serving as a PCP. They perform geriatric assessments to identify health problems, including mental health and memory problems, chronic conditions, sleep, balance problems and bladder control issues. An assessment includes an evaluation of cognition (thinking), memory, depression screening, gait (walking) and balance, medication review and the need for assistance or long term care. Once the problems have been identified, treatment strategies and a plan of care are developed and monitored.

To learn more, visit www.upmc.com/Services/behavioral-health/Pages/geriatrics.aspx

A DOUBLE WHAMMY: WINTER'S ISOLATION + THE COVID PANDEMIC

The 24-Hour Friendship Line: 800-971-0016



It's easy to feel lonely and isolated during the winter months, and the restrictions created by the COVID pandemic have made this even more of a challenge. Reach out to others in whatever ways you can, and consider calling the Friendship Line, a 24-hour, national crisis phone line specifically for older adults age 60 and over, and for adults with disabilities. It was started by the Institute on Aging, based in San Francisco, to address the problem of isolation and loneliness that many older adults experience, especially in the winter months. Older adults who are feeling sad, anxious, depressed or suicidal can call and talk to trained counselors. The Friendship Line offers a "warmline" for emotional support and connection, plus grief support, crisis intervention and suicide prevention.

To learn more, visit www.ioaging.org
Be aware of the symptoms of depression: oversleeping, change in appetite, lethargy and irritability, feelings of hopelessness and changes in hygiene and personal care. Physical symptoms of chronic conditions may worsen in winter. If you see signs of depression in an older adult, it's important to talk about it with the person and to seek help from their PCP.



Beautiful Senior Apartments Near You!

"More than just a place to live!"

Carson Retirement Residence

2850 East Carson Street
Pittsburgh, PA 15203
412-481-0700

Carnegie Retirement Residence

200 Railroad Ave.
Carnegie, PA 15106
412-276-0102

Munhall Retirement Residence

1000 Andrew Street
Munhall, PA 15120
412-462-3200

Retirement Residence of PLUM

620 Repp Road
New Kensington, PA 15068
724-339-2925

Ross Hill Retirement Residence

7500 Ross Park Drive
Pittsburgh, PA 15237
412-847-0161

South Hills Retirement Residence

125 Ruth Street
Pittsburgh, PA 15211
412-481-8100

Summit Retirement Residence

125 South Sixth Street
Duquesne, PA 15110
412-466-7755

The Oaks Retirement Residence

2967 Jacks Run Road
White Oak, PA 15131
412-675-0412

Woodcrest Retirement Residence

1502 Woodcrest Ave.
Moon, PA 15108
412-264-0918

Morningside Crossing

1808 Jancey Street
Pittsburgh, PA 15206
412-441-1140

Retirement Residence of Glassport

220 Erie Ave.
Glassport, PA 15045
412-896-2109



Congregate Management Services

CMS Housing

www.cmshousing.com

TDD (800) 545-1833





Preserving Independence with Exceptional Care

For Our Clients:

- Bathing, dressing, grooming, toileting
- Grocery shopping
- Light exercise
- Light housekeeping
- Meal preparation
- Accompany to medical appointments
- Changing Linens/Laundry
- Community Integration
- Respite
- Companion Services
- Assistance while families are out of town
- Holiday Helpers
- Additional services by request or per service plan

For Our Caregivers:

- Competitive Wages
- Medical/Dental/Life Benefits
- Paid Time Off (PTO)
- Holiday pay at time & a half
- Paid travel time between clients
- Paid training
- Personal Protective Equipment
- Discounts on scrubs & protective footwear
- Reward & Recognition program
- Flexible schedules



24/7 On-Call
Support Services



Music & Memory
Program

FREE

In-Home Services Assessment

Accepting:

Medicaid, Private Pay, and most insurance plans



www.jevsathome.org



6315 Forbes Avenue, Suite B-26, Pittsburgh, PA 15217 | 412.742.4033

Senior Guide

HEALTH TIPS FOR SENIORS, FROM LOCAL EXPERTS!

Compiled by Nancy Kennedy

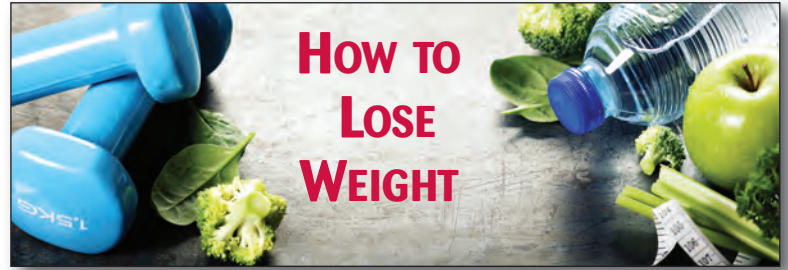
LET THERE BE LIGHT!

**John Porta,
Community LIFE
Bedford**



**"Light affects mood;
light is energizing."**

At Community Life Bedford, an all-inclusive day program for older adults, Activities Coordinator John Porta understands that winter is tough for participants, and every day he and the entire staff work hard to counteract that. One advantage at the Bedford center is the environment: it's brightly lit, spacious and open. Many research studies have confirmed that this type of environment can have a strongly positive impact on the people within it. "Light affects mood; light is energizing. In winter, we definitely see more people who are 'down' and some whose chronic pain seems to worsen in winter." One solution, he says, is light – open the curtains, turn on the lights, and don't sit in the darkness. Also, try to increase your movement and activity, which can reduce pain and elevate mood. "Having fun, laughing with others, moving your body and music– these things distract us from pain, anxiety and sadness."



HOW TO LOSE WEIGHT

**Thomas Tambouratzis, MD
Internal and Geriatric Medicine,
Washington Health System**



"There are a number of things you can do to lose weight including exercising more and improving your diet. A large portion of our diet contains gluten, a protein found in wheat, rye, barley and oats. When possible, choose whole grain over whole wheat to help lower your risk for many diseases. Read Michael Pollen's *The Omnivore's Dilemma* and *In Defense of Food*. Also, check out *Wheat Belly* by Dr. William Davis and *Grain Brain* written by Dr. David Perlmutter. These books talk about how a lot of our wheat supply has been genetically modified and has more gluten in it. Watch your flour and sugar intake as well. Reducing sugar from your diet has tremendous benefits.

Call 724-229-7570 to make an appointment with Dr. Tambouratzis



We'll Treat You Like Family



Home Health Services Include:

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

Call Us First - We Can Help!

412-279-7800

www.gallagherhhs.com



Find Courage & Comfort in our Care



Gallagher Hospice provides our patients and families with physical, emotional, and spiritual support.

We continually strive to determine your need or desire for:

Nursing visits, Symptom and pain management, Provision of medical equipment & supplies, Hospice aide, Emotional support, Spiritual resources, Bereavement counseling and Volunteer services

412-279-4255

www.gallagherhospice.com



**Gallagher
Home Care Services**

- Personal Care - Bathing - Grooming
- Companions - Escort to Appointments
- Medication Management - Homemaking
- Private Duty Nursing or Home Health Aides
- Insurances Accepted
- Private Pay - Long Term Care
- Worker's Compensation

Care can be Provided in Hours, Visits or Shifts

412-279-2257

Senior Guide

HEALTH TIPS FOR SENIORS, FROM LOCAL EXPERTS!

EXERCISE, EAT HEALTHY AND GET A PUPPY

**Michael
Nathanson, MD**
Jefferson
Cardiology
Associates



A major risk factor for heart disease is a sedentary lifestyle. Those who get no regular exercise are at risk for heart disease, but fortunately changing this does not require a major alteration. It only takes a modest amount of exercise to have a significant effect: the AHA recommends a 20-30 minute walk, five times a week. Most people are capable of that. Those who make modest changes actually gain the greatest benefit. Women need to be aware that heart disease is a greater risk to them than cancer. Most heart disease is preventable, as it is mostly due to risk factors that can be modified. You have a lot of control over your heart health. The same is not true for most other diseases. There are many ways to improve your heart health; one that I recommend, in addition to exercise and healthy eating, is getting a puppy. Pet ownership is associated with reduction of risk. To contact Jefferson Cardiology Associates, call (412) 469-1500 or visit www.jeffersoncardiology.com.



GET YOUR VACCINES! DO IT FOR YOURSELF; DO IT FOR YOUR LOVED ONES TOO.

**Amanda
Michael, D.O.**
St. Clair
Hospital



Dr. Michael, an infectious disease specialist at St. Clair Hospital, says that vaccinations are an important form of self-care as well as a way of caring for family, co-workers and community. For those who have chronic conditions, such as diabetes or heart disease, vaccinations are especially important, as these conditions, even when well-managed, make one more vulnerable to complications. Vaccines are safe, effective and available. Talk to your PCP about your vaccination history. Current CDC recommendations are that adults receive an annual flu vaccine. In addition, all adults should get Td/Tdap (tetanus-diphtheria, tetanus-diphtheria-pertussis) if they are unvaccinated or if their vaccine history is unknown; Td boosters are recommended every ten years and sometimes in the event of a wound. Beyond those, individual needs are determined by age, lifestyle, existing health conditions, previous vaccination history and travel habits. Every year, the CDC updates their recommendations at www.cdc.gov.



CHRISTIAN HOUSING, INC.



"A Place You Are Happy To
Call Home"

3898 Old William Penn Highway
Pittsburgh, PA 15235

(412) 646-5193

www.christian-housing.org



We invite you to join us and experience the enriched joy of Senior Living.

For over 40 years, Christian Housing has provided safe, comfortable, community living for senior adults, age 62 and older. Located throughout the Pittsburgh area, our 13 facilities offer a variety of community and support services that meet the well-being and financial needs of our residents.



Alverno Apartments
98 Hawthorne Road
Pittsburgh, PA 15209
412.821.7080



Beechview Manor
1926 Pauline Street
Pittsburgh, PA 15216
412.571.2999



Creedmoor Court
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
620 Reamer Avenue
S. Greensburg, PA 15601
724.832.2280



Clairvaux Commons
100 Clairvaux Drive
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
1235 Yetta Avenue
Pittsburgh, PA 15212
412.322.2111



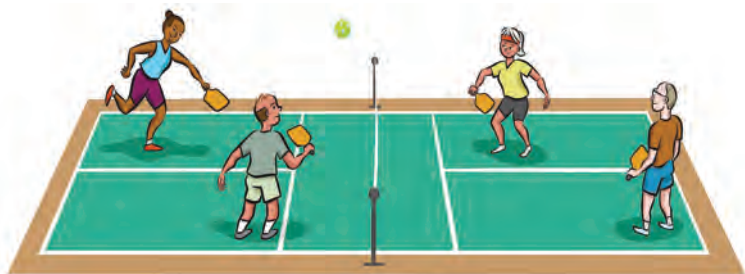
Experience
All the
Comforts of
Home!

Visit our website at www.christian-housing.org or call (412) 646-5193

Senior Guide

HEALTH TIPS FOR SENIORS, FROM LOCAL EXPERTS!

PICKLEBALL – A SPORT PERFECT FOR PITTSBURGH?



Melissa Mattucci Lindberg
Community and Recreation Center,
Upper St. Clair

Pickleball is a relatively new sport that is growing quickly in popularity among all ages, according to Melissa Mattucci Lindberg, M.S., Marketing /Membership Services Supervisor for the C&RC. It's becoming popular among boomer and senior populations because it can be very leisurely, but it can be very intense, too. Pickleball is a combination of tennis, badminton, ping pong and racquet ball, played indoors in a basketball court. Pickleball is played with a paddle, like an oversize ping pong paddle and a ball with holes in it, similar to a whiffle ball. It's like playing badminton or tennis where you hit the ball back and forth over a net. The C&RC offers three different options for pickleball play. For more information, visit www.twpusc.crc

BRIGHTWOOD PLAZA

Apartments



1 Bedroom..... \$1,060
 1 Bedroom with Den..... \$1,100
 2 Bedrooms, 2 Baths..... \$1,200

All utilities included!

- Huge floor plans with sunken living rooms and large bay windows
- Controlled access buildings with intercom
- Easy access showers available in two bedroom units
- Convenient to bus, trolley, and 3,000 acre county park

Brightwood Plaza Apartments

4940 Brightwood Road, Bethel Park, PA 15102
 Office (412) 831-9454 • Fax (412) 831-5733
 Email: brightwoodplaza@verizon.net



CALLING ALL VOLUNTEERS!



Jim Guffey, South Hills Interfaith Movement

CheckMates, a program of AgeWell Pittsburgh, connects seniors with a friendly weekly phone call from a volunteer. The beauty of CheckMates is that the friendship goes both ways. Both caller and call recipient enjoy the conversations with each other. The phone can also be a literal lifeline when you sense trouble, like a recent fall or mention of a utility shutoff notice. To be the recipient of a weekly call, you need to be age 60 or over and a resident of Allegheny County. More than 200 calls per week are made to seniors in Allegheny County, from JCC locations and at South Hills Interfaith Movement, thanks to support from United Way of Southwestern Pennsylvania's Open Your Heart to a Senior Program and Jefferson Regional Foundation. CheckMates can use more volunteers – give us a call!

For more information, visit www.shimcares.org

“GIVE YOUR EYES A BIRTHDAY GIFT”

Derek O'Donnell, MD
Scott Christie EyeCare

With each new birthday, vision screenings become an increasingly important part of taking care of your eyes. But Doctor O'Donnell offers this friendly advice as well: stop smoking and start eating right. Embrace a diet rich in vitamins C and E, nutrients lutein and zeaxanthin and omega-3 fatty acids, to benefit your entire body, especially your eyes.

According to the CDC, smoking increases the likelihood of developing dry eye and certain types of macular degeneration. Conversely, eating leafy green vegetables, carrots and sweet potatoes, strawberries and oranges and salmon and other cold-water fish can help reduce those odds. Also on the must-do list: wearing 100-percent UV protective sunglasses when outdoors and safety glasses when playing sports or working on home repair and gardening projects. People in their 50s and 60s are active and working, and we want to make sure they're able to continue that healthy lifestyle for as long as possible. And that means taking good care of your eyes.

Scott & Christie Eyecare Associates Cranberry 412-782-0400 | Fox Chapel 724-772-5420



“Embrace a diet rich in vitamins C and E, nutrients lutein and zeaxanthin and omega-3 fatty acids, to benefit your entire body, especially your eyes.”



**PERSONAL CARE,
ASSISTED LIVING, REHAB,
SKILLED NURSING
AND DEMENTIA CARE
COMMUNITIES**

OAKMONT CAMPUS
1.877.740.2179

WASHINGTON CAMPUS
724.566.5132

**SUPPORTIVE AND
AFFORDABLE HOUSING**
SENIORCARE NETWORK
412.435.8969

DEMENTIA CARE SUPPORT
DEMENTIA360
412.435.8950

**LIFEPLAN/CONTINUING
CARE RETIREMENT
COMMUNITIES**
ENCORE ON THE LAKE
(Opening Fall 2021)
412.643.4646

LONGWOOD AT OAKMONT
412.826.5800

HOME HEALTH
PRESBYTERIAN
SENIORCARE
HOME HEALTH
412.826.4055

**PLANNING FOR
LONG-TERM CARE**
ENVISAGE
412.826.6110

Connected by Heart

From the **LOVE** emanating from our family video calls, our hearts have never been more sure that keeping our *Greatest Generation* safe and cared for is what we're meant to do. Connections like these are just some of the ways that our continuum of care and services are *making aging easier*® for you.

SrCare.org

Explore careers at [CareersAtSrCare.org](https://careersatsrcare.org)



DIRECTORY

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



AESTHETIC & VEIN SERVICES

Monroeville Vein & Laser Center
412-373-9580
monroevilleveinandlaser.com

AUTISM

University of Pittsburgh REACT Program
1-866-647-3436
REACT.pit.edu

CANCER CARE

UPMC Hillman Cancer Center
UPMCHillman.com/OnlyOne

CAREER OPPORTUNITIES

JCVS Care at Home
412-742-4033 • jevsathome.org

CHILDREN, SPECIAL NEEDS, EARLY INTERVENTION

The Alliance for Infants and Toddlers
412-885-6000 • www.aftit.org

teli

412-922-8322 • www.telipa.org
Early Intervention for children and adolescents

WHS Children's Therapy Center

whsdocs.org

COUNSELING/MENTAL HEALTH **Off The Couch Therapy**

Taibke Hyman
Licensed Professional Counselor
412-397-7705
www.offthecouchtherapyppgh.com
Specialties include depression, anxiety, women's issues, EMDR.

CUSTOM-MADE SHOES

Best-Made Shoes
412-621-9363
www.bestmadeshoes.com

DENTAL IMPLANTS

Valley Brook Dental
Joseph L. Gurecka, DMD
724-942-8982
valleybrookdental.com

DISABILITIES

Arc Human Services, Inc
www.aadvantageinc.org

Achieva Family Trust

412-995-5000 x565
www.achievafamilytrust.org

Mainstay Life Services

412-344-3640
www.mainstaylifeservices.org
A nonprofit organization providing an array of supports to people with developmental disabilities, and their families.

ESSENTIAL OILS

doTERRA Essential Oils
Brenda Confer • 724-448-2733
my.doterra.com/brendaconfer11

FLU VACCINATION

Allegheny County Health Department
412-578-8062
AlleghenyCounty.US/Influenza

HEALTH, WELLNESS AND FITNESS CENTERS

The Community & Recreation Center at Boyce Mayview Park
412-221-1099
www.twpusc.org/crc/crc-home

HEALTHY EATING

East End Food Coop
412-242-3598
www.eastendfood.coop
Local, organic, fair trade, non-GMO
Gluten-free, vegetarian • Vitamins & Supplements • Smoothies and more!

HOSPITALS

Advanced Surgical Hospital
724-884-0710 • www.ashospital.net
A Physician Owned Hospital
Orthopedic Surgery Hospital
5x Winner Guardian of Excellence,
Patient Satisfaction (Press Ganey)
Awarded Outstanding Patient
Experience 6 Consecutive Years
(Healthgrades). Onsite MRI and
PT/OT Services

HOSPITALS

St. Clair Hospital
412-942-4000 • www.stclair.org

WHS The Washington Hospital

724-225-7000 • www.whs.org

IMAGING

Health Enhancing Thermography
1-855-254-4328 (HEAT)
www.heat-images.com

St. Clair Hospital Diagnostic Imaging Services

www.stclair.org
Diagnostic imaging services at the I; St. Clair Outpatient Center – Bethel Park and the St. Clair Outpatient Center - Peters Township; and the MRI Center on Broughton Road.

INCONTINENCE

Tri-Medical
800-541-0734
www.trimedonline.com

MASTECTOMY & WIG BOUTIQUE

K & J's Complete Woman
Monroeville: (412) 646-4661
McMurray: (412) 835-5093
www.kjcompletewoman.com
Breast Forms, Bras, Wigs
A Woman's Specialty Boutique
Our selection and experience will help you achieve a look that's right for you.

MEDICAL EQUIPMENT

Eagle Medical Equipment
724-218-1051
eaglemedicalequipmentpa.com

MEDICATION MANAGEMENT PHARMACY

ACORx Pharmacy
412-857-2922
www.acorxpharmacy.com

Curtis Pharmacy

Washington 724-245-3520
Claysville 724-245-3520
www.curtispharmacy.com

NATURAL HEALTHCARE

Panther Functional Medicine & Chiropractic
Murrysville and Greensburg
724-387-1014
www.pittsburghhealthpro.com

ORTHOPEDICS

Advanced Orthopaedics & Rehabilitation
1-800-828-CAST (2278)
www.advancedorthopaedics.net

St. Clair Hospital Center for Orthopedics

412-942-4000
stclair.org

WHS Orthopedics and Sport Medicine

724-206-0610
whsdocs.org

PEDIATRICS

WHS Washington Pediatrics
724-250-6001 www.whs.org

PHARMACY

Curtis Pharmacy
Washington 724-245-3520
Claysville 724-245-3520
www.curtispharmacy.com

PHARMACY

Wilson's Pharmacy
412-621-64771
www.wilsonpharmacy.org

PHYSICIANS

St. Clair Medical Services
www.stclair.org

Washington Physician Hospital Organization Provider Network

whs.org (See pages 23-26)

REHABILITATION

Advanced Orthopaedics & Rehabilitation
1-800-828-CAST (2278)
www.advancedorthopaedics.net

Encompass Health

Harmarville - Sewickley
www.encompasshealth.com
877-937-7342

ProMedica / Heartland and ManorCare

412-498-9375
manorcare.org

REHABILITATION

WHS Physical Medicine and Sports Rehabilitation
724-229-2700
whsdocs.org

To be included in this Directory, call (412) 877-5321 or email goodhealthmag@aol.com. Visit us at guidetogoodhealth.com for additional healthcare resources and information.



Introducing the C&RC Virtual Studio at the Community & Recreation Center at Boyce Mayview Park:

Live Workouts From Wherever You Are

How to Participate:

1. Check out the class listings at <http://www.twpusc.org/crc/crc-home>.
2. Select a class by clicking on the title.
3. No need to click Enroll Now. Simply click the Google Meet link when the class is scheduled to begin. If using a phone or tablet, download the Google Meet app for best results.

For more information, you can also reach the C&RC at (412) 221-1099.

SENIOR RESOURCES

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



HOME CARE / HOSPICE

Gallagher Home Care Services and Gallagher Home Health Services

412-279-7800
www.Gallagherhhs.com
Medical or non-medical services.

JEVS

412-742-4033 • www.jevsathome.org

LIFE Pittsburgh - Living Independence For The Elderly

All inclusive Health Plan providing medical care, adult day, and home care at no cost to qualified older adults who wish to remain independent in their own homes.
412-388-8050 • www.LIFEPittsburgh.org

Presbyterian SeniorCare at Home

Oakmont: 412-828-6686
Washington: 724-884-1300
www.SrCareatHome.org

SeniorCare at Home, an affiliate of Presbyterian SeniorCare

412-828-6686 or 724-884-1300
www.SrCareHome.org

VITAS Healthcare

800-723-3233 • VITAS.com

MEDICARE/MEDICAID

Aetna Medicare Solutions

1-855-327-6686 (TTY: 711)
AetnaMedicare.com

UPMC Health Plan

UPMC for Life
844-692-9141
upmchealthplan.com/medicare

SENIOR LIVING OPTIONS

Brightwood Plaza Apartments

4940 Brightwood Rd, Bethel Park
412-831-9454
brightwoodplaza@verizon.net

Christian Housing

412-646-5193
www.christian-housing.org
See ad inside this issue.

CMS Housing

800-545-1833
www.cmshousing.com
See ad inside this issue.

SENIOR SERVICES

Community Life

1-866-419-1693 - www.commlife.org

LIFE Pittsburgh

412-388-8050

SENIOR SERVICES

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.

SKILLED NURSING & REHABILITATION

ProMedica / Heartland and ManorCare

412-498-9375
manorcare.org

Guide to Good Health

www.guidetogoodhealth.com

PUBLISHER

Nancy Carroll Lammie

ACCOUNT EXECUTIVE
Brenda Metal Confer

DESIGN & LAYOUT
JMC Graphics
(412) 877-5321

EDITORIAL MANAGER
Judy Gramm

CONTRIBUTING WRITERS
Kevin Brown
Ron Cichowicz
Daniel Casciato
Vanessa Orr
Nancy Kennedy
Lois Thomson

WEB SITE DESIGNER
Keith Trageser
keith.trageser@gmail.com

PRINTER

Gazette Printers

HOW TO REACH US:
ADVERTISE / SUBSCRIBE
goodhealthmag@aol.com
(412) 877-5321
2574 Oldfield Ave,
Pittsburgh, PA 15102



The Guide To Good Health is published quarterly (4 issues per year) by JMC Publications. The contents of this publication may not be reproduced in whole or in part. All rights reserved. 2021

Confused about your Healthcare?

Let us help.



www.lifepittsburgh.org 412-388-8050 TTY:711

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



SAFER KINDER FASTER

DON'T DELAY EMERGENCY CARE

Emergencies happen even in uncertain times. Don't risk your health by putting off needed medical care, especially when you have access to the region's only hospital to be awarded an 'A' grade for patient safety for more than 8 consecutive years. Our emergency room utilizes the latest protocols to get you well — and keep you safe — so that the healing starts the second you arrive, all at a hospital that's a national leader in patient satisfaction. So don't wait. Get the care you need now. Safer, kinder, faster.



St. Clair Hospital

