

# The Mirror's **VALUABLE TIPS TO HELP YOU ACHIEVE A HEALTHIER LIFESTYLE** Guide To Good Health



A portable tent system serves as a hospital in cases of mass casualties.



ProMedica St. Luke's Hospital emergency service director Cheryl Herr (left) receives a wristband that is used to track patients during a disaster. Assisting with the wristband is Charlene Slusher, patient registration team member (left) and Deb Brown, patient registration manager.

## Portable Hospital Provides Temporary Care Facility In Cases Of Disaster

**BY NANCY GAGNET**  
MIRROR REPORTER

If a disaster hit, causing mass casualties, healthcare workers could utilize a portable hospital to care for those in need.

Designed to provide a safe temporary location, the portable system was recently set up in the parking lot of ProMedica St. Luke's Hospital.

A tent structure capable of housing 60 beds, the system served as drill exercise for those who would care for the sick and wounded.

"This kind of thing can be hard to visualize," said Greg Locher, regional hospital exercise and training coordinator with the

Northwest Ohio Hospital Council. "They are learning valuable lessons in how to register and track patients."

The structure is capable of being used regardless of the conditions outside, as generators help keep the interior cooled or heated.

"The tent can be configured different ways based on the site and bed capacity needed," said Jen Sorgenfrei, media relations manager with ProMedica St. Luke's Hospital. "This could provide space for care for a couple of days, until they could be moved to a permanent care facility."

In addition to the tent system, support vehicles



Support vehicles carry supplies for the portable hospital. The Northwest Ohio Hospital Council manages the system.

MIRROR PHOTO BY NANCY GAGNET

would stock needed supplies.

A recently developed app was also introduced during the training. Five years in the making, according to Locher, the app allows a patient's data to be collected through a bar-coded wristband. That information then allows healthcare workers to track the patient's whereabouts, so if loved ones come looking for them, they can identify their location much more easily, especially if they have been transported to another site.

The system costs approximately \$300,000 and is shared among hospitals in the region. This was its first time being set up at St. Luke's.



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# HEALTH CARE CALENDAR

## Providing Care With Confidence Classes Offered

Hospice of Northwest Ohio is offering a free, two-hour workshop to teach family caregivers the basics of caring for sick, frail or debilitated loved ones at home. This much-needed program is being offered twice a month at the Toledo Hospice Center, 800 S. Detroit Ave., and is open to anyone in the community.

Classes will be held on Tuesdays from 2:00 to 4:00 p.m. on August 25, September 8, October 6, November 17 and December 8 and on Saturdays from 10:00 a.m. to noon on August 15, September 19, October 17, November 21 and December 12.



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Through discussion and interactive demonstrations conducted in the Hospice of Northwest Ohio skills lab, family caregivers will learn tips to enhance the way they provide these care needs: bathing, oral care, positioning, back rubs, transfer techniques, making an occupied bed, ambulation, feeding, incontinence care, hand hygiene, skin care, nail care and foot care.

Workshops are open to anyone in the community. To allow active participation, class size is limited to six and pre-registration is required. Those interested should call Sandy Garrison at (419) 661-4001.

## Free Memory Screening Set In Swanton

Swanton Health Care and Retirement Center, 214 S. Munson Rd., Swanton, will host a free memory screening on Tuesday, August 18 from 2:00 to 4:00 p.m. by appointment only. To make a reservation, call Chris at (419) 825-1145. For more information, visit [www.nationalmemoryscreening.org](http://www.nationalmemoryscreening.org).

## Alzheimer's Association Support Group Announced

An Alzheimer's Association Support Group featuring Chris Creman will be held at Swanton Health Care and Retirement Center, 214 S. Munson Rd., Swanton on Tuesday, August 24 from 3:00 to 4:30 p.m. For reservations, call (419) 825-1145.

## Beginner Tai Chi Classes Planned In Maumee

The Taoist Tai Chi Society will offer beginner Tai Chi classes in September in Maumee.

The Taoist Tai Chi Society is a nonprofit, volunteer organization dedicated to improving health and well-being. Classes consist of slow movements that use gentle turns and stretches to improve balance, flexibility, circulation and strength.

Beginner Tai Chi classes of the Taoist Tai Chi Society will be offered at the Maumee center, 406 Illinois Ave., Maumee, on Tuesday, September 1 from 6:00 to 7:30 p.m. and on Saturday, September 12 from 9:00 to 10:30 a.m.

Other locations for September beginner classes will be held in Walbridge, West Toledo and Sylvania. For more information, call (419) 537-0131.

## Immunization Clinic Locations Announced

Shots 4 Tots offers walk-in immunization clinics for children birth through 18. All insurance plans are accepted at all locations.

Parents must bring child's shot record, insurance card and parent identification. The cost is \$10.00 per shot for

anyone without insurance. Clinics are available at:

- St. Luke's Hospital on the third Thursday of every month, from noon to 2:00 p.m. and 3:00 to 5:45 p.m.
- Western Lucas County Clinic, 330 Oak Terrace Blvd., Holland, on the first Thursday of every month from 8:30 to 11:30 a.m., third Friday of every month from 8:30 to 11:00 a.m. and 1:00 to 3:30 p.m., and on the fourth Monday of every month from 1:00 to 3:00 p.m.

For more times and locations, go to [www.lucascounty-health.com](http://www.lucascounty-health.com) or call (419) 213-4121.

## Adult Grief Group Meets At Perrysburg Hospice

Hospice of Northwest Ohio offers an ongoing, interactive grief support group for adults who are adjusting to the loss of any loved one. The group meets 6:00 to 7:30 p.m. on the first and third Tuesday of each month at the Perrysburg Center, 30000 E. River Rd., Perrysburg.

The group is free and open to any adult; however, pre-registration is required. Call (419) 661-4001 for more information or to register.

## Hospice Of Northwest Ohio Conducts Grief Group

Hospice of Northwest Ohio provides free ongoing grief support for those who have experienced the death of a spouse or partner during the mid-life years. The group is held from 6:30 to 8:00 p.m. on the first and third Wednesday of each month at the Toledo Hospice Center, 800 S. Detroit Ave., Toledo.

Conducted by hospice bereavement counselors, the group helps adults learn ways to adapt to this unexpected life change, set realistic expectations and gain support and understanding in their grief.

Preregistration is required. For more information or to register, call (419) 661-4001.

## Heartland Rehab Offers SilverSneakers Programs

Heartland Rehabilitation Services at Arrowhead Park, 518 The Boulevard, Maumee, is a SilverSneakers location and offers the following SilverSneakers classes: Classic Classes on Tuesdays and Thursdays from 11:00 a.m. to noon, and SilverSneakers Yoga on Tuesdays from 2:30 to 3:30 p.m. and on Saturdays from 9:00 to 10:00 a.m. The gym is available during business hours. There is no cost for SilverSneakers members and low cost for nonmembers. Call for information at (419) 897-9822.



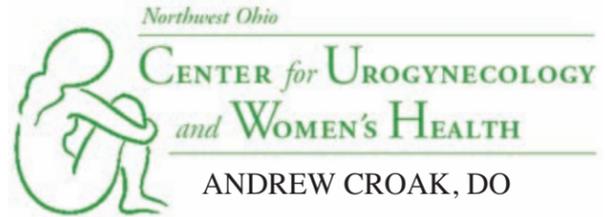
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For more information, plan to attend an **Educational Seminar in the St. Luke's Hospital Auditorium**  
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### Volunteers Transform Table For Hospice Staff

A gifted group of ladies recently volunteered their time and talents to transform a drab lunchroom table at Hospice of Northwest Ohio's Perrysburg Center into a work of art. Led by volunteer coordinator and artist Marie Archer of Whitehouse, these ladies spent approximately 75 hours hand-painting vines, flowers and several whimsical creatures, including a dragonfly, snail, ladybug and frog, on the old wooden table. The artists shown here with the table are (from left) Veronica Jackson, Grand Rapids; Peggy LaForest, Waterville; Archer; Sandy Chipka, Waterville; Carol Goodridge, Bowling Green; Patty O'Toole, chief operating officer at Hospice of Northwest Ohio and Nancy Bigelow, Whitehouse.

PHOTO COURTESY OF HOSPICE OF NORTHWEST OHIO

### Hospice Of NW Ohio Selected For Medicare Pilot Program

Hospice of Northwest Ohio is among 140 hospices nationwide selected to participate in the Medicare Care Choices Model. This innovative new program will allow eligible Medicare and dually eligible Medicaid/Medicare beneficiaries to obtain end-of-life supportive care from designated hospices while also receiving curative treatment.

Since current Medicare rules prohibit payments for both types of care at the same time, the Medicare Care Choices Model will help determine if it is beneficial as well as cost effective for patients to have access to hospice care while still fighting their diseases.

Said Judy Seibenick, executive director of Hospice of Northwest Ohio, "There always has been a perception that Medicare patients wait too long to receive hospice care because they don't want to forgo curative care. This model enables them to receive palliative care and other types of support that will help them alleviate the symptoms of their disease or the side effects of treatment.

"This, in turn, will help prevent trips to the emergency room and readmissions to the hospital. Most important, it will assure better quality of life for patients whether or not they choose to use the traditional Medicare Hospice benefit," she said.

#### Reimbursement/Eligibility

The hospices that have been selected for this program will be reimbursed \$200 to \$400 a month by Medicare to help manage the care of enrolled patients. Patients eligible for the program include those who have a terminal diagnosis due to cancer, congestive heart failure, chronic obstructive pulmonary disease or HIV/AIDS, and who have not elected to use the Medicare or Medicaid hospice benefit in the last 30 days.

Hospice of Northwest Ohio is the only Toledo-based agency that has been selected for this program. "As the community's hospice, we are pleased and proud to participate in this important study," Seibenick said.

"Nationally, only about 45 percent of Medicare recipients

avail themselves of hospice care before they die. We feel the Medicare Care Choices Model will help improve access to the best possible end-of-life care," she said.

#### HHS Program Goals

According to Health and Human Services Secretary Sylvia M. Burwell, an estimated 150,000 Medicare beneficiaries will benefit from this new option and the flexibility it offers during the five-year model project.

"It is part of a larger effort at HHS to transform our healthcare system to deliver better care, spend our dollars in a smarter way and put patients in the center of their care," Burwell said.

It is estimated that the model will result in cost savings or will be budget-neutral.

For more information about the Medicare Choices Program, visit [www.innovation.cms.gov/initiatives/Medicare-Care-Choices/](http://www.innovation.cms.gov/initiatives/Medicare-Care-Choices/).

For more information about Hospice of Northwest Ohio, visit [www.hospicenwo.org](http://www.hospicenwo.org).

### Kingston In Sylvania Earns Perfect State Survey Score

Kingston Care Center of Sylvania recently received a perfect state survey score by realizing zero deficiencies, leading its administrators to say the facility is succeeding in its mission to provide the best possible clinical and therapeutic care to patients who are transitioning from surgery or

injury, as well as maintaining excellence in customer satisfaction.

"We certainly couldn't be prouder of our staff and all their hard work. They continue to exceed our expectations as well as state and federal mandated requirements for our rehabilitation facility," said

administrator Erin Rothfuss. "The fact that we achieved a perfect score while maintaining full patient occupancy for the last several months, as well as keeping up with the ever-increasing clinical demands on the skilled nursing industry, is quite an accomplishment," she said.

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