The official health care provider of the Lake Erie Monsters

The Lake Erie Monsters have teamed up with the orthopedic specialists at Parma Community General Hospital for fast, expert care for their hockey players.
50th anniversary of caring for our community leads an exciting 2011

We begin an exciting year for Parma Community General Hospital as we prepare to celebrate our 50th anniversary. A lot has changed in healthcare over that time, but one thing that definitely remains constant is Parma Hospital carrying out our mission of caring for our community. It was our mission then, and it’s our mission now. In fact, we even have specific initiatives in place in 2011 to enhance the personalized care you come to expect from us.

In hospital industry terms it’s called the “patient experience,” but the term “patient” isn’t really what you should feel like at Parma Hospital. Parma Hospital is a proud member of your community, as are many of our employees. Therefore, when you come to a Parma Hospital facility for your health care needs, you are one of our own who is being cared for by your friends, neighbors or family – who just happen to have a lot of medical expertise.

Sure, other hospitals try to emulate that personal connection, but to genuinely deliver that type of relationship based care, you first have to be part of the community.

So in 2011, we’ll continue to want to know you even better to then treat you even better. Applying what we have learned so far, look for our new HealthiHer membership program along with our enhanced maternity care for all your women’s health needs. We are well known for our award winning orthopedic and joint replacement programs. You may not know that we also provide excellent sports medicine services and spine care, from pain management and therapy through neurosurgery, when required. And, as for your cardiac, emergency, and other general medical and surgical services, like a lifelong friend of 50 years, we’ll always be there.

Terrence G. Deis
President & CEO

The Lake Erie Monsters are pleased to announce that Parma Community General Hospital has signed on to be the official hospital of the team. Parma will partner with The Center of Orthopedic Surgery to form the Official Medical Team of the Lake Erie Monsters.

The Lake Erie Monsters chose Parma Community General Hospital as its official hospital for the 2010-11 season. Their care will be provided by the physicians of The Center of Orthopedic Surgery, which specializes in treatment for sports injuries.

“Our partnership creates an outstanding opportunity to foster strong relationships with area families because of the similar passion and commitment to the community that our organizations share,” said Parma Hospital President & CEO Terry Deis. “We are excited to be able to treat the team with Parma Hospital’s excellent, personalized care.”

Kerry Bubolz, president of the Lake Erie Monsters, echoed this excitement.

“The Monsters are excited to partner with Parma Hospital, who we know will provide top-notch care to our players,” said Bubolz. “We also share some of the same core values that Parma Hospital exhibits, such as integrity and community outreach.”

Parma Hospital Health Care Foundation
Fifty years and beyond

Last year was a successful year for the Parma Hospital Health Care Foundation. Generous donors helped the Foundation increase its fund raising by 25 percent. Their gifts will help the Foundation expand its support for community health within and beyond the Hospital’s walls.

The Foundation achieved many goals in 2010, including:

- The first formal donor appreciation event at the Cleveland Botanical Gardens
- A redesigned fund raising gala with a Casino Royale-style theme.
- The first Parma Hospital employee donor campaign
- A redesigned, physician-led fundraising campaign
- A campaign for facility improvements of Parma Hospital’s ElderCenter
- Developing greater donor opportunities for people who want to be a significant force in supporting high-quality, community care
- Continuing the campaign for facility improvements at the Hospital’s ElderCenter
- Rather than holding its annual Renaissance Ball, the Foundation will support Parma Hospital’s 50th anniversary gala on June 18. The Foundation is looking forward to supporting the hospital’s mission in the community over the next 50 years.

It is the policy of Parma Hospital to employ and treat persons without regard to race, creed, sex, national origin, age or handicap.

Parma Community General Hospital
7007 Powers Boulevard - Parma, OH 44129
440-743-3000 · www.parmahospital.org

Informed is published quarterly by the Marketing Department of Parma Community General Hospital to provide timely, educational information on health-related topics.

Terrence G. Deis President & CEO
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Physicians who render professional services to you in Parma Community General Hospital are independent practitioners and are not employees or agents of the hospital. Parma Community General Hospital is not responsible for the acts or omissions of the physicians that are not directed or controlled by Parma Community General Hospital.

In the spirit of community giving, we encourage you to support the organizations that are important to you.

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7007 Powers Boulevard · Parma, OH 44129
440-743-3000 · www.parmahospital.org

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Informed
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The level of care for newborns at Parma Community General Hospital has just been enhanced through access to University Hospitals Rainbow Babies & Children’s Hospital certified neonatal nurse practitioners, who care for newborns with transitional or serious medical issues in the special care nursery.

Enhanced care for at-risk newborns

Twenty-six hours of labor can leave a mother aching for some inspiration.

DeAnna Spisak faced 2½ hours of pushing at the end of a long labor to give birth to her first child, and only saw her doctor for the final minutes of her daughter’s grand entrance into the world. So, yearning for a more personalized approach to birth with her next pregnancy, she switched hospitals and providers.

She chose Mary Jo Alverson, a certified nurse midwife who would remain by her side throughout her labor. A former labor/delivery nurse who received advanced training to work as a midwife with her own patients, Alverson enjoys the expanded role of educator, coach and pseudo sister.

“Mary Jo was there several hours before the baby was born and made sure that my whole experience went smoothly and the way I wanted it to,” said the Strongsville woman, whose last three children — including a newborn who arrived just after Thanksgiving — were delivered at Parma Hospital by Alverson. “As soon as she walked into the room, I had the feeling that everything was going to be fine. She’s a great coach.”

Angel Kozelka gave birth to all six of her children through the supportive care of Genny McCaslin, the other certified nurse midwife who works in collaboration with Ayman Dahman, MD, a Board-certified OB-GYN. With her choice of health care provider paramount, the Cleveland woman followed McCaslin to Parma Hospital.

Kozelka never forgot how McCaslin helped her through her first difficult labor 11 years ago, massaging her back, changing her position and helping her husband to comfort her. Kozelka knew she’d found a special provider.

“There’s a lot more comfort with a midwife,” said Kozelka, whose sixth child, born just a year ago, weighed 9 lbs., 6 oz.

Both midwives provide obstetric and gynecological care for women of all ages. For patients who are expecting, they encourage them to establish a birth plan, indicating whether they want medication or a natural birth, whether they want to ambulate or prefer an epidural, and whether they intend to breastfeed.

Patients give birth to their babies in the beautiful, serene Small Wonders Maternity Center at Parma Hospital, where they can enjoy spacious labor

see Midwives page 7

Midwives coach, comfort women through pregnancy, birth and beyond

University Hospitals Rainbow Babies & Children’s Hospital

The level of care for newborns at Parma Community General Hospital has just been enhanced through access to University Hospitals Rainbow Babies & Children’s Hospital certified neonatal nurse practitioners, who care for newborns with transitional or serious medical issues in the special care nursery.

These specially trained and certified advanced practice nurses work under the oversight of a UH Rainbow Babies & Children’s neonatologist to accelerate the coordination of care for babies with special needs. When necessary, babies will be transported to a higher level of care at UH Rainbow’s Level III Neonatal Intensive Care Unit — currently ranked 44 in the nation by U.S. News & World Report.

Parma Hospital continues to have an obstetrician in the unit at all times to handle emergencies. The difference is that babies born with special needs will no longer need to be evaluated by a pediatrician before an advanced level of care can be initiated.

Tina Bowker, RN, manager of Parma Hospital’s Small Wonders Maternity Center, said this news should be reassuring to expectant mothers who deliver prematurely or who have newborns with unexpected special needs. Maternity staff are trained and educated by these neonatal nurse practitioners in post-delivery care of higher-risk babies.

“Our nurses will remain hands-on in the care of our newborns, but this oversight by neonatal specialists enriches their competencies,” said Bowker.

Diane Butler, MD, chairman of Parma Hospital’s Department of Pediatrics, notes that not all pediatricians are trained or experienced in neonatology. “At Parma Hospital, we do not intentionally deliver babies under 35 weeks, but occasionally that happens,” said Dr. Butler. “This is a first responder service that can be initiated by an obstetrician or a nurse who perceives that an infant in the nursery is critically ill. This coverage will increase the quality of health care we provide.”

Midwives Genny McCaslin and Mary Jo Alverson
SKATING TO A SOLID RECOVERY

Lake Erie Monsters partner with orthopedic surgeons at Parma Hospital

Joel Chouinard is no stranger to hard contact as a defenseman for the Lake Erie Monsters hockey team. But he knew something was seriously wrong following a shoulder hit in a game against the Hamilton Bulldogs in November.

Skating off the ice at Quicken Loans Arena, Chouinard was taken for an X-ray that revealed a broken collarbone. The next morning, orthopedic surgeon Jared Levin, MD, repaired his fractured clavicle at Parma Community General Hospital, the team’s new official health care providers.

“They took really good care of me,” said the 20-year-old player, who welcomed the personalized care hundreds of miles from his home in Quebec. “This was a pretty bad break. I could feel the bone popping out of my chest. But now I’m better, and I’m looking forward to being back.”

In a bad fracture like the one Chouinard experienced, an orthopedic surgeon can reposition the bones for proper alignment. Dr. Levin said surgery is recommended over slings, which previously had been the chosen method of treatment. In Chouinard’s case, he wore a sling for a week, began range-of-motion exercises two weeks after surgery and within three weeks was practicing again with his team but still avoiding contact.

“The trend now with bad fractures is to treat these injuries surgically, allowing the bones to heal in a better position,” said Dr. Levin. “For the high demand athletes, with high activity levels, we can get them back in the game sooner.”

Surgery actually puts athletes in a better position to return to sports more quickly, too. Brent Woodside, the team’s athletic trainer, says putting the arm in a sling would have meant up to three months off from practice and then a full month of reconditioning before a player could return.

“We’ve cut that down to two months, which puts him in the best position to succeed,” said Woodside. “Missing a significant amount of time where he could not develop his skills would have really set him back. He’s very eager to return to play. Hopefully he’ll get the call.”

The American Hockey League’s Monsters are the top minor league affiliate of the NHL’s Colorado Avalanche throughout the season.

“You never like to have injuries on your team, but unfortunately they are inevitable, especially in a sport as physical as hockey,” said David Oliver, general manager of the Lake Erie Monsters. “So when they do happen, it’s reassuring to know that we don’t have to worry about where our injured players are going to go or who is going to treat them. It is reassuring to know that they are going to be seen by the doctors of Parma Community General Hospital, because we know they will receive the best possible care there.”

“We are very fortunate to have such a trusted relationship with Parma,” said Oliver. “All that speed pays off in the end,” said Woodside.

Chouinard was pleased, as he hadn’t had surgery since an appendectomy at age 8. When he returned to Parma Hospital weeks later to pick up another Monsters player who had surgery for a similar injury, the nurses recognized him and greeted him warmly.

As long as he’s back in the game, he’s content.

“I do what I love and I don’t want to do anything else,” said Chouinard. “It has been my dream since I was a little kid, and I’m achieving it right now.”

For a referral to one of the orthopedic specialists at Parma Hospital, call 440-743-4900.
Bob Hanak, a Parma Senior High School faculty member who teaches construction trades, could not point to a single injury or reason for an odd numbness in both hands. Hanak, 53, is proof that spinal arthritis can manifest itself in unusual ways. Sometimes the sign of a serious problem is merely a faint tingling or a lack of feeling altogether. For a man who works with his hands, it was enough to trigger concern.

Neurosurgeon spares local teacher future pains in the neck

Bob Hanak teaches construction trades at Parma Senior High School.

Hanak had cervical degenerative disc disease with cervical stenosis, in which the discs break down over time, either due to aging or strenuous activities involving pushing or pulling. His condition was diagnosed by an MRI, performed at WellPointe Pavilion, Parma Hospital’s outpatient center in Broadview Heights, and a consultation with neurosurgeon Steven Fulop, MD. “Everybody has their own unique situation,” Dr. Fulop said. “This disease can present in many forms. This is the neck form of a very common problem that happens in the lower back, but instead of affecting the back it affects arms and all the nerves below it.”

Symptoms may include:
- neck and arm pain
- neck and shoulder pain
- arm and hand pain
- weakness or numbness
- gait instability

An anterior cervical discectomy and fusion is performed with x-ray cameras and microscopes, requiring an incision less than two inches long in the neck. A bone graft helps fuse the discs.

Hanak stayed overnight at Parma Hospital and went home the next day. While four to six weeks off is generally recommended, Hanak was back in the classroom two weeks later.

His recovery continued with therapy sessions at Parma Hospital. In physical therapy, he practiced stretches to ensure range of motion above his head. Occupational therapy helped him regain dexterity and the ability to perform activities like writing on the classroom blackboard.

Game Plan: Brace for impact, rehab after surgery

A serious football injury in junior high school might have sidelined some athletes from sports for their entire high school career.

But Stephen Peterson, whose anterior cruciate ligament was torn during a tackle, found redemption through the orthopedic specialists at Parma Hospital.

Injuries to the ACL are common, however no one wants to be the one who faces an ACL reconstruction.

André Wolanin, MD, an orthopedic surgeon with Southwest Orthopaedics, finds a way to get his athletes back on the field or the court.

“Sports have been Stephen’s life, so this was a real blow,” said his mother, Dana Massimino of Parma Heights. They took their cues from Dr. Wolanin: take it easy, use a brace and wait for the boy’s growth plates to close. Operating too early could stunt growth of the femur.

They checked back every six months, and within a year, the boy’s bones had approached skeletal maturity. Dr. Wolanin performed an outpatient, arthroscopic ACL reconstruction with a hamstring graft.

Peterson, now 16 and a sophomore at Valley Forge High School, is playing junior varsity basketball. He played first base for the Patriots his freshman year also, wearing a brace to strengthen his stability.

“It took me awhile to play sports again,” said Peterson. “But I’ve had a good recovery. Now I don’t have to worry about it. It feels normal and strong.”

Dr. Wolanin advises young athletes to remember: 1) Cross-training and rest can help prevent recurrence of injury. 2) Wear a brace to stabilize the joint, if necessary. 3) Strengthen with physical therapy.

Massimino was reassured by the sports-specific physical therapy provided by athletic trainers at Parma Hospital’s Therapy Services, which is available at the main hospital and at three satellite locations.

“They were excellent,” said Massimino. “He worked really hard. I think he’s doing very well.”

Surgery for an ACL reconstruction at Parma Hospital allowed Valley Forge sophomore Stephen Peterson to return to playing sports.
Patient navigator steers cancer patients to resources

For a patient facing a diagnosis of cancer, managing the medical condition is only half the battle.

Ask Melissa Davis, who for nine years has been guiding patients to resources and programs that will help them understand and better cope with their disease. One of 16 patient navigators established by the American Cancer Society in Ohio, Davis covers Cuyahoga and Lorain counties. Best of all, she is now based at the Cancer Center at Parma Hospital.

“I am available to anyone who has a cancer issue,” said Davis, who can help patients and their family members find resources for financial assistance, medication needs, home health care, insurance questions, transportation and understanding their diagnosis.

There are so many lives she has touched, helping patients shoulder their burden. When a 54-year-old man with lung cancer needed transportation to radiation treatments, she found numerous local resources and even coordinated with a local church to deliver a bed so he could remain comfortably in his home. For a 50-year-old woman with breast cancer, Davis found a national co-pay assistance program and a local home maintenance and repair program. She also directed her to Reach to Recovery, an ACS program specifically for those facing breast cancer.

The American Cancer Society has more patient navigators in Ohio than in any other state. Each patient navigator aims to handle at least 600 unique patient calls per year. While covering two of the most populous counties in the state, she strives to return calls in 48 hours or less.

“The patient navigator will only enhance the personalized care that Parma Hospital provides,” said Alisa Mazzarella, manager of the Cancer Center at Parma Hospital.

American Cancer Society Patient Navigator Melissa Davis can be reached at 888-227-6446, ext. 8052.

THE PERSONALIZED CARE OF THE CANCER CENTER

Other resources available through the Parma Hospital Cancer Center:
- Individual and family counseling with Cancer Center’s oncology social worker
- Resource library
- Breast cancer educational services
- Breast cancer survivors’ group
- Kindred Spirits network for breast cancer patients
- ACS “Look Good...Feel Better” program

When to see a geriatrician

Mary Gorjanc, MD

What is a geriatrician?

A geriatrician is a physician specializing in the care of the elderly, particularly those over 65. They are family practitioners or internal medicine physicians who have usually received at least one additional year of training in the field.

Who should see a geriatrician?

While most elderly people have a family practitioner or an internist as their primary care physician, those frail elderly with multiple medical and social problems may benefit from seeing a geriatrician. The geriatrician can function as a consultant to the patient’s primary care physician, for instance diagnosing cognitive difficulties and/or suggesting a treatment or management plan. The geriatrician may also act as a primary care physician, especially for those elderly patients with a complicated set of problems.

What are the benefits of seeing a geriatrician?

Geriatricians are trained to look at the patient in a holistic and comprehensive manner. This involves not only diagnosing the ailment, but also determining the patient’s day-to-day level of functioning, and helping develop a plan to address these concerns. They also work closely with and support the patient’s family who are integral in their care. Geriatricians often work with a team of health professionals such as nurses, social workers, and physical therapists to better address the multi-faceted problems often seen in the elderly.

Mary Gorjanc, MD, is Board-certified in internal medicine and specially trained in geriatrics. Her office is at 6900 Pearl Road, Middleburg Heights. To make an appointment, call 440-292-1000.

Teacher from page 5

He’s pleased he found a neurosurgeon locally, who is personable, skilled and whose “door is always open.” While he was told full recovery could take up to six months due to the bone graft and slow growth of damaged nerves, he is now feeling “good as gold.”

“If they wouldn’t have found this when they did, there could have been permanent nerve damage that could have led to me being partially or totally paralyzed over time,” said Hanak.

“I feel way ahead of the game. Thanks to Dr. Fulop, I feel so good that I must constantly remind myself not to overdo it while I recover.”
Dolores Kever insisted on going to the hospital that would give her the best chance of recovering from a massive heart attack.

So the emergency team at a Sagamore Hills medical center put her on a helicopter and sent her to Parma Hospital, known across the region for superior success with heart attack response.

“I didn’t want to go where they’d tell me there was a problem, but they couldn’t fix it,” said the Macedonia woman, who can’t shake the memory of feeling like a truck had been parked on her chest.

“Before I knew it, I was at Parma Hospital. I’m glad they brought me here.”

Kever’s heart attack was compounded by multiple health problems, including congestive heart failure and pericarditis.

The heart attack was stopped in minutes by balloon angioplasty, performed by Jaikirshan Khatri, MD, a cardiologist at Parma Hospital. Kever was stabilized and admitted to the Heart Center. Within 48 hours, Jamie Cohen, MD, another cardiologist with Cardiovascular Medicine Associates, performed a second angioplasty to open two other vessels that were almost completely blocked.

“The longer the heart muscle is not getting enough blood supply, the greater the injury,” said Dr. Cohen. “The first angioplasty is key to the patient’s survival. The second intervention was a key element in her improvement.”

“She’s really done well, all things considered. She was pretty sick. After the second intervention things seemed to stabilize pretty quickly.”

The two cardiac interventions were effectively equivalent to coronary bypass surgery, said Dr. Cohen. The difference with this less invasive procedure, including a radial approach that involves putting the catheter through the wrist instead of the groin, is a stronger chance of solid recovery.

“With her age and her kidney disease, the risks of surgery are extremely high,” Dr. Cohen said. “With angioplasty and stenting, we can safely, with very little morbidity and shorter recovery, achieve perhaps better results.”

Kever had a pleasant weeklong recovery in the Heart Center, where she was already planning lifestyle adjustments.

“There’s going to be some changes,” said Kever. “I’ll have no one to blame but myself. They brought me this far.”

Midwives from page 3

and delivery suites and private post-partum rooms. A house physician is available on the unit 24 hours a day.

Dr. Dahman notes that uncomplicated pregnancies can be managed by the midwives, while a physician cares for patients with more complicated pregnancies and those requiring a Cesarean section. At OB-GYN Associates, patients thrive in the family-friendly environment, where patients are not required to see every provider in the group, instead remaining with the midwife or physician they initially chose.

“We come in when the patients are in active labor and we stay with them until they’re tucked in and nursing,” said Alverson. “It’s a more personal, girlfriend type of relationship. We’re facilitating them to have the birth experience that they want.”

Added McCaslin: “We are not doctors nor are we assistant doctors, although we have many of the same duties at physicians. We are midwives, empowering women to deliver full-term, healthy babies.”

For a referral to a midwife or OB/GYN at Parma Hospital, call the referral line at 440-743-4900.
For all Medicare Part B recipients.

For total cholesterol, HDL, LDL, 
Wed., May 4  9 a.m.-noon
Must register. $20 for Women

Wed., Mar. 9 6-8 p.m.
or 1-4 p.m.

Podiatrist Salvatore Sidoti, DPM.
Foot Screening
Mon., Mar. 28 7 p.m.

Skin Cancer/Melanoma Screening
Plastic Surgeon Robert Gerding, MD. Appointment required.
Thu., Apr. 7  9 a.m.-noon

Blood Pressure Screening
Wed., WALK-IN  1-2 p.m.
FREE SCREENINGS

Colorectal Cancer Screening
New and updated information on colon cancer and detection procedures. Test kits provided. Must register.
Mon., Mar. 28  7 p.m.

Screenings

Diet: Healthy or a fee will be charged. Must register.
Fri., Mar. 4, Apr. 1, May 6 10 a.m.
FREE SCREENING:

Personal Wellness Screenings

For any patient scheduled for total joint replacement surgery and/or anyone who would like more information prior to scheduling surgery. Held in the Parma Hospital Auditorium. Must register. Call 440-743-4024.
1 session
Mon., Mar. 7, 21, Apr. 4, 18, May 2, 16  2-4 p.m.
Sat., Mar. 12, Apr. 9, May 14  10-11 a.m.

Weight Loss Solutions
Bariatric Surgeon Craig Eyman, DO, offers the latest options for people struggling with weight loss issues. Held in the Parma Hospital Auditorium.
Thurs., Apr. 15, Apr. 19, Apr. 17  7 p.m.

The Many Faces of Depression
Presented by Psychiatrist David Fox, MD, medical director, Behavioral Center for Older Adults. May is National Mental Health Awareness Month. Depression is more common than most realize. Learn the types of depression, the importance of an early diagnosis and how to recognize the major forms. Confidential depression screening available.
1 session
Tues., May 3  6:30 p.m.
AARP Driver Safety Program
Bring valid driver’s license and check first day of class, payable to AARP. NO CASH.
AARP members: $12
Non-members: $14
1 session
Tues., Mar. 1  9 a.m.-1 p.m.
NEW! Basic American Sign Language
The fourth most used language in the U.S. Explore the deaf culture; learn the manual alphabet, numbers and more.
6 sessions $60
Thu., Mar. 17  6-7 p.m.
NEW! Chakras - No More Mystery
Learn about the body’s energy system and explore health and life from a different perspective.
1 session $20
Wed., Apr. 6  8-8 p.m.
Cooking With Your Health in Mind
NEW RECIPES
Demo format focuses on making healthier alternatives to your favorite foods and performing recipe makeovers. Sample recipes prepared, and take home written recipes. 1 hour and 20 minutes.
$3 food fee each day of class.
Taught by Karen Skoczynski, RN from Karen’s Creative Cuisine.
1 session $20
Homemade Mozzarella & Ricotta Cheese
Tues., Mar. 15  7 p.m.
Homemade Pierogi & Quick Pierogi Casserole
Wed., Apr. 13  7 p.m.
Cooking with Soy:
Soy Cheesecake & Soy Crumbles
Thurs., May 26  7 p.m.
Diabetic Management:
Making Good Health the Priority
For newly diagnosed diabetes or those needing an update. Learn the physiology of the disease and treatment modalities, meal planning with demo, exercises and working with healthcare professionals. Expect a little bit of homework and a lot of fun. Individual consultations available. May qualify for insurance reimbursement; paperwork provided.
3 session $55 includes a guest
Tues., Apr. 12, 19 & 26  10 a.m.-noon
Tues., May 3, 10 & 17  7-9 p.m.

Dimensions of Wellness:
(Ages 14+)
Learn practical wellness strategies to help you achieve more balance in a fun, interactive workshop. Move through 12 dimensions of wellness, exploring body, mind and spirit. Learn new “tools” to enhance your sense of well-being. Includes material fee. Taught by Buddy Ann Ross, RN, Traditional naturopath, certified wellness coach.
1 session $37
Sat., Apr. 9  10 a.m.-12:30 p.m.
Thu., May 12  6:30-9 p.m.
NEW! End the Confusion
A panel of “Life Care Coaches” will explain the difference between Medicare vs. Medicaid, Staying at home vs. nursing home, probate vs. no probate, house rich vs. cash poor, planning vs. no planning, veterans paying for benefits vs. free benefits. There will be time for questions.
1 session $10
Wed., Apr. 27  10-11 a.m.
Thu., Apr. 28  6-7 p.m.
Food for Life - Four part Cooking Series
Sponsored by The Cancer Project, a nonprofit organization. Program will empower cancer survivors, their friends and family members, and anyone interested in health, with practical cooking and life skills and tips that turn every meal into a delicious dose of healthy nutrition! Includes a live cooking demonstration of three quick, delicious dishes that can be easily recreated at home. Sample food prepared during class. Proceeds will go to The Cancer Project’s continuing nutrition research and education. Can register for 1 or more sessions individually for a cost of $20 each.
Thurs., May 5, 12, 19, 26  6:15-7:45 p.m.
May 5: Introduction to How Foods Fight Cancer
May 12: Fueling Up on Low-Fat, High-Fiber Foods
May 19: Discovering Dairy and Meat Alternatives
May 26: Cancer-Fighting Compounds and Healthy Weight

NEW! Get Facts & Get Fit
Begins with a 45-minute discussion about exercise and healthful eating followed by exercise class for all fitness levels. Learn how to get better results out of your exercise – creating better overall health, increasing energy levels, improving body composition and more. Equipment, mats and weights are provided. Dress comfortably and bring a water bottle.
1 session $20
Sat., Apr. 9  11 a.m.-1 p.m.

NEW! Meditation: Introduction/Practice
Reduce stress in the body by learning techniques to help yourself meditate on your own. Learn, practice and share.
2 sessions $25
Wed., Mar. 2 & 9  6:30-8 p.m.

Reiki Level I Training
Reiki is the gentle laying on of hands to direct healing energy to self and others. Learn the history and theory and then experience practical hands-on techniques performing Reiki on yourself and others. Participants will function as a Level I Reiki practitioner after attending all segments of this course. Taught by Buddy Ann Ross, RN, traditional naturopath, certified wellness coach, Reiki master.
4 sessions $100
Thurs., May 12, 19, 26, 33  6:30-8:30 p.m.

Self-Help Massage Techniques
Learn practical techniques to reduce physical symptoms and ailments like headaches, neck aches, shoulder tightness, breathing difficulty, constipation, low back pain, leg cramps, and more. Also, techniques for managing stress and muscle tightness. Instructor is a licensed massage therapist and nationally certified therapeutic bodywork handout. Handouts include.
1 session $15
Sat., May 14  10-11 a.m.

Spanish for Beginners
For those with very little or no knowledge of Spanish. Have fun – with focus on the pace of

Register early to avoid disappointment if your class is full or is cancelled because too few have signed up.

Register online: www.parahospital.org/programsandclasses

www.parahospital.org
FITNESS + MIND/BODY FITNESS CLASSES

INSTRUCTORS: Instructors are subject to change without notice. Each instructor has a unique teaching style.

“TRY A CLASS PASS”: Not sure if you are going to like a class? Ask us about the “Try a Class Pass.” One pass per customer.

EXERCISE MAKE-UPS: If you miss a session, make it up by attending another exercise class of the same nature during that same enrollment period. Make-ups do not extend into the next enrollment, nor will proration or credit be given.

Power Up Pilates
9-10 a.m.
Improve cardio endurance and muscle condition.

7 sessions $35
Mon., Feb. 28 and/or Apr. 25 6-7 p.m.
Wed., Mar. 2 and/or Apr. 27 7:30-8:30 p.m.

Fitness Fusion
(Ages 16+)
High impact cardio, strength training, Pilates and yoga give you an anti-aging effect, burn fat and build muscle with a variety of equipment.

7 sessions $35
Mon., Feb. 28 and/or Apr. 25 6-7 p.m.
Wed., Mar. 2 and/or Apr. 27 6-7 p.m.

Fit ‘n Healthy
Complete low-impact workout improves cardio endurance and flexibility.

7 sessions $35
Tue., Mar. 1 and/or Apr. 26 9-10 a.m.
Thu., Mar. 3 and/or Apr. 28 9-10 a.m.

Power Up Pilates
(Ages 16+)
Incorporates strengthening exercises that are easy on joints and effective for elongating and toning all body muscles.

7 sessions $35
Thu., Mar. 3 and/or Apr. 28 7:30-8:30 p.m.

Senior Shape-up
(Ages 55+)
Focus on strength, stretching and stamina. No floor exercises. Chairs provided.

You may sign up for 1, 2 or 3 days a week. Price will reflect number of days you sign up for.

Walk-ins $4
21 sessions/7 weeks $72
Mon., Wed., Fri., Feb. 28 and/or Apr. 25 10-11 a.m.

The Mixx
A combination of strength, flexibility and relaxation while keeping your metabolism in check by lengthening and toning body.

7 sessions $35
Tue., Mar. 1 and/or Apr. 26 5:30-6:15 p.m.
Thu., Mar. 3 and/or Apr. 28 6-7 p.m.

NEW! Teen Fitness
(Ages 12-15)
A variety of high-energy workouts and sculpting moves to today’s top 40 hits, weight training, mat work, abs and stretching included.

7 sessions $35
Thu., Mar. 3 and/or Apr. 28 8:30-9:15 p.m.

Total Body Workout
A high-energy, low-impact cardio workout followed by simple upper-body weight training, floor exercises, ab work and stretching.

7 sessions $35
Tue., Mar. 1 and/or Apr. 19 6:30-7:30 p.m.
Thu., Mar. 3 and/or Apr. 28 6:30-7:30 p.m.

1 session $5
Sat., Mar. 12 and/or Apr. 9 and/or May 14 9:45-10:45 a.m.

NEW! Workout with a Trainer
With a personal trainer, you will learn how to exercise correctly and with efficiency. A fit test will start your workout and a discussion on nutrition will be included.

3 sessions $27
Thu., May 26 7:10-8:10 p.m.

Yoga Fusion

Includes warm-up, muscle toning, balance exercises, core strengthening and deep stretch.

7 sessions $35
Mon., Feb. 28 and/or Apr. 25 2:30-3:15 p.m.

A system of exercises and breathing.

Beginners
6 sessions $58
Mon., Feb. 28 and/or Apr. 18 7-8:30 p.m.
Wed., Mar. 2 and/or Apr. 20 7-8:30 p.m.

Intermediate
6 sessions $58
Thu., Mar. 3 and/or Apr. 21 7-8:30 p.m.

Chair Yoga
For people with physical limitations or who don’t think they can keep up in a yoga class. Focus on body awareness, breath and relaxation.

6 sessions $42
Tue. 1 and/or Apr. 19 6:30-7:30 p.m.

Family Yoga
(Ages 8-adult)
For parents and children/teens who want to spend time together doing fun and healthy yoga. Featuring gentle movement, breathing and relaxation. Learn easy techniques to improve focus, flexibility, and manage stress daily. Fee includes 1 adult/1 child. Additional family members are $28 each.

6 sessions $70
Tue., Mar. 1 and/or Apr. 19 6-7 p.m.

Morning Yoga - Salutations
Builds upper-body strength, alignment and balance.

Faster-paced class benefits the cardiovascular system.
Walk-ins welcome - $12
6 sessions $60
Tue., Feb. 22 and/or Apr. 5 and/or May 17 9-10:15 a.m.

Tai Chi Chuan
Ancient Chinese martial arts therapy alleviates stress and promotes health, relaxation, and endurance. Increase circulation and loosen muscles and joints for flexibility and well-being.

10 sessions $63
Tue. Mar. 15 and/or May 24 7-9 p.m.

Continuing students

Prerequisite: beginners’ class.
10 sessions $63
Mon., Mar. 14 7-9 p.m.

9 sessions $61
Mon., May 23 7-9 p.m.

Tai Chi Chuan - Push Hands
Fundamental practice of Tai Chi Chuan self-defense applications and the pushing of hands. Prerequisite: Tai Chi Chuan or martial arts.

6 sessions $60
Wed., Mar. 14 and/or Apr. 27 7-8:30 p.m.

YOUTH

All youth instructors are certified instructors/teachers. Material fees included in price. Prerequisites must remain in the building during 1-hour daytime classes and all evening classes. No adult participation unless noted.

START DATES LISTED

INFANT
Baby’s First Massage
See PARENTING category.

Come Aboard the Potty Train
(Ages 9 mos.-3 years)
Adult participation. Potty play class using signs, songs and story telling to motivate little ones.

1 session $12
Thu., Apr. 28 6-7 p.m.

With Susan Joseph
NEW! Village
(Ages birth -18 months)
Adult participation. Introduce your child to a musical world filled with singing, signing, imitating sounds, rhythm, sound identification, instrument exploration and creative movement. Bring a blanket for floor activities. Continue to improve your child’s confidence, self-control and communication skills with At Home Materials (included). Must pay $10 late fee if you register after Feb. 18.

8 sessions $109
Thu., Mar. 1 11:15 a.m.-noon

TOYLAND/ PRESCHOOL
Classes have new themes each session throughout the year.

All Aboard - The “Learning Express”
Adult participation. Explore exciting topics related to our world through songs, stories, crafts and age-appropriate learning activities. Build social skills and fine motor skills, become familiar with a classroom routine and the concept of a teacher.

6 sessions $42
Mon., Feb. 28 11:30 a.m.-12:30 p.m.

NEW! Jr. Naturalists
(Ages 3½-5)
Explore nature through mini hikes, stories, crafts and activities. Small classes of the week will be presented outdoors on facility property. Weather permitting. No parent participation required although helpful for outdoor walks.

6 sessions $42
Mon., Apr. 11 11:30 a.m.-12:30 p.m.

NEW! Princess Tea Party
(Ages 2 and up)
Adult participation. Come listen to princess stories while having “tea.” Children are encouraged to wear their princess outfit. A small craft will be made. Bring your camera!

1 session $15
Sat., May 14 11 a.m.-noon

Preschool Dance
(Ages 3-5)
Will return June 2011.

Shapes, Colors, Numbers
(Ages 2-3)
Adult participation. Children will create, explore and learn about shapes, colors and numbers through art, music and interactive play.

6 sessions $42
Thu., Mar. 3 and/or Apr. 14 11 a.m.-noon

Toddler-Preschool Gym
Adult participation. Develop social skills, muscle coordination and self-confidence through the use of gym-like equipment. Activities include finger plays, games and stories with music and songs.

6 sessions $28
Ages 1½-2
Tue., Mar. 15 and/or May 3 9:20-10:05 a.m.

Ages 2-4
Tue., Mar. 15 and/or May 3 10:10-11:55 a.m.

Ages 2½-4
Tue., Mar. 1 and/or Apr. 12 6:30-7:30 p.m.

Young Einstein
(Ages 3-5)
Preschool science targets basic, easy scientific concepts with experiments, art projects and games using everyday materials.

Dress for a mess!
6 sessions $42
Mon., Feb. 28 and/or Apr. 11 10-11 a.m.

PRESCHOOL/ PRE-K
Call 440-743-2582 to check for openings.

Preschool Prep!
(Ages 3)
Develop social skills and become familiar with classroom routine and the concept of a teacher. Art, music, and stories used to introduce/reinforce let-
Spring class schedule 2011

REGISTRATION BEGINS FEBRUARY 9, 2011

MAIL: Mail registration form to: Parma Community General Hospital, Community Services, 7300 State Rd., Parma, OH 44134. Check is payable to Parma Community General Hospital. FAX: Fax registration form to 440-743-4535. Payment by credit card only.

DROP BOX: Use when office is closed. Payment by check or credit card only and due upon registration. Cash accepted in person.

PHONE: Call 440-743-4900. Payment by credit card only.

ONLINE: www.parmahospital.org/programsandclasses

CLASS REGISTRATION FORM No class confirmations will be made. You will be notified if a class is full or cancelled.

Participant 1:
If child, name of responsible party
*Age required for YOUTH classes, Date of Birth:
Address
City State Zip
Phone (home) (work/cell)
Email

Participant 2:
If child, name of responsible party
*Age required for YOUTH classes, Date of Birth:
Address
City State Zip
Phone (home) (work/cell)
Email

CLASS NAME PARTICIPANT START DATE START TIME FEE

1
2
3

TOTAL ENCLOSED:

PAYMENT: □ cash □ check □ credit card (circle one): VISA MasterCard Discover
Card no. ___________ Expiration ___ / ___ Signature

NON-ENDORSEMENT POLICY: Parma Hospital and its Health Education Center enter into agreement with persons having special expertise or talent which they are willing to share with others. However, Parma Hospital and its Health Education Center do not necessarily endorse the opinions of such persons. Contact the Health Education Center with any questions and concerns.

WEATHER-RELATED CANCELLATIONS: Classes held on weekday mornings and afternoons will be cancelled if Parma City Schools are closed. Weekday evening cancellations will be made by 3:30 p.m. and aired over radio and television stations. Saturday classes will automatically be cancelled due to severe weather conditions. Call 440-743-2582 to verify cancellations. Due to weather related cancellations; some classes may not be able to be rescheduled - no refunds will be issued.

REFUND/REGISTRATION POLICY
1. Class times & course instructors are subject to change. We reserve the right to cancel class if too few are enrolled.
2. If class is cancelled by the Health Education Center full refunds are issued.
3. If a student wishes to withdraw from a course, a refund – less a $5 processing fee per class will be made if a verbal or written request is received less than five days before the start of the class. Cancellations received less than five days before the first day of class will be credited by gift certificate, less a $5 processing fee.
4. No refunds will be given on or after the first class. NO EXCEPTIONS. Decisions to maintain classes are based on the enrollment. Students assume risk of change in personal affairs or health.
5. Material/lab fee is non-refundable if a student withdraws from a class five business days or less from start of class.
6. Refunds are not available for one-session programs or for not attending class.
7. Any refund in the amount of $10 or less will be given as a gift certificate, less a $5 processing fee.
8. In cases of weather related cancellations, classes may not be able to be rescheduled or refunded.
9. Children are not permitted to attend adult classes. Only children registered for class may be in the classroom.

SPRING 2011

INFORMED

11
WHAT'S IN YOUR HEART IS AS IMPORTANT TO US AS WHAT'S GOING ON WITH YOUR HEART.

The heart care at Parma Hospital has gained national attention for the speed at which we treat heart attacks and the quality and comprehensiveness of our entire heart program – from open heart surgery to cardiac rehab.
But what truly sets us apart is our belief that knowing you better is essential to treating you better. For 50 years we've been part of this community and the lives of its people. In that spirit, Parma Hospital is proud to Go Red for the Women of our community in the prevention of heart disease.