Raising funds for a new adult day center

Convenient scheduling lands patient in top heart hospital

Small incisions, big gains for patients choosing robot-assisted surgery

Bridging the span between acute, palliative care

Healing smiles with stroke of a paintbrush

Charting a new course for babies

Health Education Center spring class schedule

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No Longer Playing Games with Weight Loss

Being the life of the party takes energy, and Tonya Thompson was tired of playing games with weight loss. So, with the support of her family, she chose robot-assisted bariatric surgery at Parma Hospital.

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# 1 Coronary Intervention Hospital in Ohio

Parma Hospital ranked first in the state - and among the top 5 percent in the nation - for hospitals providing interventional procedures for cardiac patients, according to the nation’s leading quality rankings organization.
Recognition starts with recognizing you

We all like to be recognized for doing something well. With recognition comes a validation of our efforts. That’s why I’m so proud of the recent recognition that Parma Hospital has received. As highlighted in this issue, HealthGrades has ranked Parma Hospital number one in Ohio for Coronary Intervention, along with placing us in the Top 10 percent in the Nation for Overall Cardiac Services.

Additionally, Parma Hospital has achieved accreditation from The Joint Commission. The Joint Commission’s Gold Seal of Approval for health care quality and safety speaks to our hospital’s commitment to providing the best care.

It’s not the awards that make me proud – having a celebration is easy. It’s the acknowledgment of the hard work and quality care that goes into receiving the award. It’s about the processes and goals that are put in place, and the behavior and efforts of the staff and physicians to exceed them. However, I’ll let you in on a secret - the hospital’s recognition starts first and foremost with us recognizing that the patient and family come first. That recognition allows deeper and more engaged relationships to develop which helps foster such high quality care. If you’ve been a patient here, I believe you recognize that. If you haven’t yet, should you need us, I’m confident that you will.

Terrence G. Deis
President & CEO

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Parma Hospital
HEALTH CARE FOUNDATION

Giving to fills the gaps for families who need peace of mind

Before her husband became ill, Marilyn Coleman thought she knew about Parma Hospital’s adult day programs. The couple had utilized the hospital throughout their lives, from the births of their children and treatment for cancer and heart disease to the tender care of hospice in her husband Joe’s final weeks.

But there is so much more to ElderCenter’s full range of adult day services than meets the eye. “After experiencing the care that they give, I can tell you the people who work there have so much love in their hearts and many of them deserve to wear golden crowns on their heads,” said the Seven Hills resident, whose husband suffered from dementia.

Marilyn lost the man she loved long before he passed away. Drained by providing constant care, she turned to the full-service ElderCenter, a medically supported adult day center based at the hospital’s Health Education Center. ElderCenter helps fill the gaps for families struggling to care for ailing or impaired loved ones while balancing other responsibilities. Joe spent his days interacting with new friends while Marilyn took care of other obligations.

“He was happy there,” Marilyn says. “He had volunteered for many years as one of the hospital’s trustees, and I think he believed he was attending board meetings. I had peace of mind knowing that he was safe and with the most caring people anyone could ever meet.”

ElderCenter enhances independence and quality of life for its participants. Ground will be broken this spring on renovation and expansion of this vital service. To learn how you can support the dignity and independence of people like the Coleman’s, go to: http://www.parmahospital.org/AboutPCGH/Foundation/Giving/ or call the Parma Hospital Foundation at 440-743-4280.
RIGHT PLACE, RIGHT TIME
Pain Center appointment turns into life saving heart attack care

The Pain Center’s accommodating nature saved Victor Pelletier’s life.

Early in December, the Strongsville man decided to accompany his wife to an appointment at the Pain Center’s offices, and doing so likely saved his life. Nancy Pelletier was already on the schedule later that month, but requested an earlier slot due to worsening pain.

“They’ve always been really good about working people in,” said Mrs. Pelletier. “It was quite a miracle.”

Victor Pelletier sat next to his wife, sweating profusely and looking ashen. Concerned, Dr. Jonathan Salewski and his nurses repeatedly asked him if he was okay.

Pelletier excused himself to use the restroom and promptly collapsed in the hallway.

“I knew right away he was having a heart attack,” said Dr. Salewski, who was first at his side and started the IV. “I was fearful he wasn’t going to make it.”

Parma EMS, which must transport patients to Parma Hospital even from satellite office buildings on the hospital campus, arrived in a few minutes and brought Pelletier to the Emergency Department, where he was declared a Code STEMI – in short, a heart attack headed for intervention in the Cardiac Catheterization Lab.

Recovering in the Heart Center following a catheterization and insertion of two stents by cardiologist Dr. Gerald Burma, Pelletier recalls the perspiration and racing heart that he thought was a panic attack.

Admittedly, he was more concerned about caring for his wife than heeding the recent advice of his primary care physician, Dr. Boris Gliner, to go to the hospital after an erratic EKG.

“I told him to go to the hospital, but he was worried about his wife,” said Dr. Gliner.

“I told him if, God forbid, something would happen to him, he wouldn’t be there for his wife anyway.”

Pelletier’s son, Mark, was comforted that he was receiving the expert care of “amazing and personable” nurses in a unit managed by a former Normandy High School classmate.

“I think we’re lucky and blessed,” said Mark. “If (my mother) wasn’t at the hospital, he could have died. My sister was going to bring my mom to the appointment and go shopping with her. She probably would have come home and he would have been gone.”

Victor Pelletier received regular visits from Dr. Jonathan Salewski while he recovered in the Heart Center. Pelletier suffered a heart attack during one of his wife’s appointments at the Pain Center, which Dr. Salewski runs.

FIVE STARS AND #1
Top hospital in the state for coronary interventions

The Pelletiers were in the right place at the right time.

When Victor Pelletier collapsed from a heart attack recently while accompanying his wife to an appointment at Parma Hospital, he had no idea he was in the top hospital in the state for coronary interventional procedures, according to the leading independent quality rankings organization.

In addition to being #1 in Ohio, Parma Hospital placed among America’s 100 Best Hospitals for Coronary Intervention and among the Top 5 percent in the Nation for four consecutive years.

“Patients today have a wide array of options when it comes to choosing a healthcare provider,” said Kerry Hicks, HealthGrades chief executive officer. “At HealthGrades, we are proud to have led the way for empowering patient choice based on objective clinical outcomes and access to actionable quality measures. We commend Parma Community General Hospital for its superior quality and support the consumerism and transparency in the Cleveland area.”

HealthGrades methodologies and ratings are based entirely on clinical outcomes. Hospitals cannot opt in or out of HealthGrades’ ratings or apply to be rated. Every non-federal hospital in the nation is evaluated on the same risk-adjusted methodology and data set each year.
A fuller life following weight loss surgery

Tonya Thompson was riding to a halt just before Christmas.
That’s when the 49-year-old Bedford woman opted for robot-assisted weight loss surgery at Parma Hospital’s Bariatric Center, designated a Bariatric Surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgery (ASMBS) for a demonstrated track record of favorable outcomes. No longer will Thompson be subject to the ups and downs of fad diets and binge exercising. Bariatric surgery set her on a smooth course when the new year began.

High blood pressure, breathing problems, acid reflux and disruptive snoring — all health problems that developed as her weight increased were interfering with Thompson’s life. A year ago, her weight peaked at 277 pounds.

She started considering bariatric surgery, but family members like her husband who had never struggled with their weight discouraged her, certain that she could drop the pounds with a concerted effort. She had done it before, more than once, with some diet changes and exercise. But the weight always returned.

Then an episode of reflux woke her at night. She was gasping for air and feared she wouldn’t make it. She knew it was time for a major move toward better health.

“People think it’s the easy way out, but they haven’t a clue,” said the mother of three. “I got to the point where I needed to do something to help me. I was on a roller coaster.”

da Vinci difference

Fortunately for Thompson, bariatric surgery now has a robot-assisted option. When Dr. Chandra Hassan began the procedure of sleeve gastrectomy, he discovered a large hernia, a condition in which a significant portion of the stomach herniates into the chest through an opening in the diaphragm.

Robot-assisted surgery allows surgeons better range to operate than traditional laparoscopic surgery and offers 3D, high-definition vision. Dr. Hassan quickly and easily repaired the hernia before moving on to the bariatric procedure.

“The da Vinci allows us to do a fine job in a tight space,” Dr. Hassan said. “If you have unexpected findings, the robot gives you the edge to handle them without having to open up the patient to fix the problem.”

The sleeve gastrectomy is preferable to the gastric bypass for some patients because there is no alternation of the small intestinal anatomy, as in a bypass, or insertion of foreign objects, as with the adjustable gastric band.

“It’s a simple, straightforward procedure,” says Dr. Hassan. “Patients love it because weight loss and reduction of comorbidities are comparable to the gastric bypass.”

Thompson looked at it as one would a cosmetic procedure like a breast reduction — but for the stomach.

“When I heard about the sleeve, I felt more comfortable,” Thompson said. “I looked at it as just cutting the stomach and making it a smaller shape.”

The procedure only involves the stomach (which makes it restrictive) and not the intestine (which would make it malabsorptive). By removing more than 2/3 of the stomach and stapling the sleeve that remains, the patient’s appetite is reduced and a sense of fullness is reached sooner.

“Weight loss is better than

with the band and comparable to the gastric bypass,” says Christine Miceli-Hahn, PA-C and coordinator of the bariatric program. “And it’s not as invasive because you’re not rerouting intestines.”

Bariatric surgery improves or eliminates most obesity-related conditions:
• High blood pressure
• High cholesterol
• Type 2 diabetes
• Cardiovascular disease
• Obstructive sleep apnea

Moving forward

Tonya Thompson is used to being the life of the party in her family [pictured with her at top left] and circle of friends.

Robotic bariatric surgery has given her the best chance of ensuring that she will remain so for years to come.

“I’m happy now,” said Thompson, who now looks forward to turning 50. “My hope and sincere prayer is that I stay focused. Food is meant to be enjoyed, but I want to enjoy it in a healthy manner.

“I want to look better, I want to feel better and I want to feel confident.”

Robotic surgery with the da Vinci Si may be your best option if the following apply to you:
• I would like to avoid a large incision and scar.
• It is important that I am able to return to my normal activities (e.g., driving) as soon as possible after surgery.
• I would like to limit my hospital stay to just one night, if possible.
• I would like to minimize my blood loss and need for blood transfusion(s) during surgery.
• I would like to limit the amount/duration of pain medications I take after surgery.
• I would like to minimize my risk of infection after the surgery.
Kelly Grey is back in the saddle again.

Within days of having a robot-assisted hysterectomy at Parma Hospital, the Sheffield Village horse enthusiast had returned to caring for and riding her horses. A patient of Dr. Paul Hudock’s since 2001, the former City of Parma housing counselor maintained her regular appointments with her gynecologist even after moving to Lorain County. She trusted his judgment when he advised a minimally invasive hysterectomy as her best option for treating uterine fibroids, or benign tumors in the lining of the uterus that cause irregular bleeding between periods.

Learning she was a candidate for surgery with the da Vinci Si, a robot that assists surgeons at Parma Hospital for a minimally invasive approach, made her even happier.

“After he thoroughly described not only the surgery but the potential for a quick recovery, I didn’t even hesitate to say yes,” said Grey, who appreciates Dr. Hudock’s honest, attentive manner and friendly staff. “I was definitely more comfortable facing the surgery knowing it was going to mean less pain and less down time.”

Grey went home feeling great, after a single, restful night’s stay in a comfortable, private room at Parma Hospital. She never even filled her prescription for pain medication. She didn’t need it.

Within five days, she was hauling water buckets and food for the horses she keeps on her in-law’s farm in Sheffield Village. A week later, she was back to riding again.

“I had a wonderful experience, even pre-operatively,” said Grey. “It was very relaxing, recovering from the surgery. It was amazing.”

An estimated one-third of all U.S. women have a hysterectomy by age 60. Abdominal hysterectomy is usually performed with open surgery, which requires a large incision and a typical recovery of six weeks, as well as a greater risk of complications. A minimally invasive da Vinci hysterectomy utilizes state-of-the-art technology. The da Vinci robot enables the surgeon to perform delicate, complex operations with superior vision, precision, dexterity and control. Benefits include:

- Less pain
- Fewer complications
- Less blood loss
- Shorter hospital stay

“With robot-assisted, minimally invasive surgery, we can get patients back to their routines much quicker,” Dr. Hudock said. “Their quality of life post-operatively is much better than with an open procedure.”

Less than a week after a minimally invasive hysterectomy, Kelly Grey of Sheffield Village had returned to caring for her horses, Luna and Lola, and the following week she was riding again. “It was incredible to be able to get out and about that soon after surgery,” said Grey, 44.
Art awakens patients’ potential

Artist Michael Henne beholds the wonder of each new artist he unveils.

On a recent afternoon in Parma Hospital’s geriatric psychiatric unit, an appreciative staff witnessed the magic, too. Patients who had been listless or agitated were transformed as they put paint to canvas and explored Art Without Boundaries.

The Northeast Ohio project utilizes everyday pleasures such as painting, singing and storytelling to stimulate the nervous system and spur new ways of learning. The organization has improved quality of life for people of all ages with conditions ranging from Alzheimer’s disease to autism.

The Behavioral Center for Older Adults treats patients 55 and older who are facing serious emotional difficulties. Its comprehensive program stabilizes and treats patients, managing chronic medical conditions while providing counseling, dietary consultation, education and therapies.

“Art therapy brings out the creativity in our residents,” said Diane Levi of the Behavioral Center. “It’s calming for them, and we are so pleased to be able to provide this outlet.”

Henne found the Behavioral Center patients a very responsive group. Seeing they can still produce results and create a work on canvas is inspiring to both patients and their loved ones. He recalls a previous patient at a residential facility who was found in the hallway at 1 a.m., gazing up at the work he had created. “Look at that,” he declared. “I did that.”

Spending just half an hour directing clients as they put paint to canvas can be like witnessing a miracle, both for family members who can no longer reach them or the staff who have only known them in crisis.

“I really do encourage them to be witnesses to what I do,” Henne said. “Many times, they’re overwhelmed. It’s precious for family members to see the loved ones they know. It’s all about making connections. The arts are very beneficial therapeutically to the brain.

“I’m their training wheels, but they do the pedaling.”

The sensory stimulation of Art Without Boundaries was brought to Parma Hospital’s Behavioral Center through its partnership with The Heights Care & Rehabilitation Center in Broadview Heights. The long-term care facility, which has a secure memory care unit, has artwork on display created by residents. Photo calendars are compiled from the artwork, with proceeds going to the Alzheimer’s Association.

“You can see their faces light up when they’re done with their masterpieces,” said Liz Pencak, director of Marketing & Admissions for Parma Hospital’s Behavioral Center. “It provides relief of suffering and a framework for clear discussion about your goals, eliminating unnecessary tests and non-beneficial treatment from treatment plans. It emphasizes your personal choice.

Q. What is the Integrative Care Program?
A. The Integrative Care Program is a program designed to support the best quality of life for you and your family. It provides a continuum between active therapy and preparation for end-of-life care. For those faced with a life-threatening or serious debilitating illness, it provides relief of suffering and a framework for clear discussion about your goals, eliminating unnecessary tests and non-beneficial treatment from treatment plans. It emphasizes your personal choice.

Q. What services does this program provide?
A. This program offers support for decision-making and assistance in matching treatments to your goals and that of your family. It provides:

• practical aid for you and your care givers;
• mobilization of community resources to ensure a secure and safe living environment;
• an assessment of your symptoms and recommendations for treatment;
• a collaborative and seamless model of care across a range of care settings, such as the hospital, home, nursing home, and, where appropriate, hospice.

Q. Who provides these services?
A. Depending on your particular needs, providers include physicians, nurses, social workers, nutritionists, psychologists, clergy and others. Specialists may provide rehabilitation or complementary treatments such as acupuncture, massage therapy, guided imaging, reiki, and hospice.

Q. Does this mean my doctor is giving up on me?
A. No. The activities and interventions of the Integrative Care Program are intended to supplement the treatment you are receiving from your doctor. They do not replace it. Rather, they are intended to provide you with a better understanding of your condition and allow you a more active role in deciding what you want done, as well as what else can make that treatment more effective.

Q. How do I access this program?
A. There are several ways. You can ask your doctor for a referral, or you may receive one from your doctor. The program is conducted with the knowledge and approval of your doctor.

Michael Henne of Art Without Boundaries works with a patient in the Behavioral Center for Older Adults.
35 MILLION AND COUNTING
New fetal monitors, comprehensive record for babies

The latest fetal monitors and computer documentation system are being used for babies born in the Small Wonders Maternity Center.

Staff nurses are now utilizing GE’s Centricity Perinatal, a reliable and cutting-edge documentation system through which 35 million babies have been born worldwide, as well as GE Corometrics, the newest version of maternal-fetal monitors.

The new system seamlessly integrates documentation for both baby and mother, so no time is spent collecting and transcribing information from each chart.

Rather than nurses documenting in multiple charts for the baby and for the mother in labor and post-partum, the nurse can chart in one screen and it automatically populates in all relevant locations. Every temperature, blood pressure and pulse checked, as well as progress with contractions and the baby’s heart rate taken using the fetal monitor goes directly into the patient’s chart, both systems now work collaboratively together.

“We now have an easy to use, comprehensive record that follows the patient from the first time they come to the labor and delivery unit until they are discharged home with their baby,” said Lori Felton RNC-OB, of Small Wonders.

Staff have adapted quickly, due to the system’s ease of use. The most significant difference for patients: less time charting and more time focused on their needs. “It’s amazing that 35 million babies from across the world were born and documented using this system,” Felton said.

“We rolled out the new monitors on the same day we started using the new documentation system, and it all went extremely well. It is an exciting time for patients to deliver at Parma Hospital.”

Dustin and Deidre DiFranco’s son, Jake, pictured here with Heather Owen, RN, was one of the first babies born at Parma Hospital after installation of new fetal monitors and computer software.

NEW MEMBERS OF THE MEDICAL STAFF

Join us in welcoming the newest members of our Medical Staff.

Iqbal Ahmed, MD
GASTROENTEROLOGY
850 Columbia Road
Westlake, OH 44145
440-808-1212

Michelle Beskid, DO
EMERGENCY MEDICINE
Parma Community General Hospital
7007 Powers Boulevard
Parma, OH 44129

Debra Calabrese, PA-C
GASTROENTEROLOGY
850 Columbia Road
Westlake, OH 44145
440-808-1212

Morgan Koepke, MD
INTERNAL MEDICINE
7575 Northcliff, #400
Brooklyn, OH 44144
216-749-8276

Mary Kortan, PA-C
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850 Columbia Road
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440-808-1212

Amitkumar Patel, MD
NEPHROLOGY
8523 Ridge Road
North Royalton, OH 44133
440-237-7112

Scott Schulte, CRNA
ANESTHESIOLOGY
Parma Community General Hospital
7007 Powers Boulevard
Parma, OH 44129

Chirag Shah, MD
ANESTHESIOLOGY
Parma Community General Hospital
7007 Powers Boulevard
Parma, OH 44129

Michael Springer, MD
GASTROENTEROLOGY
850 Columbia Road
Westlake, OH 44145
440-808-1212

LOOKING FOR A PHYSICIAN?
Call 440-743-4900 for a referral to one of the more than 500 members of Parma Hospital’s Medical Staff.
Spring class schedule
March - May 2012
7300 State Road • Parma, OH 44134 • 440-7-HEALTH (743-2584)

REGISTRATION BEGINS FEBRUARY 9, 2012
OFFICE HOURS: Monday - Thursday: 8:00 a.m. - 4:30 p.m. • Friday 8:00 a.m. - noon

REGISTER ONLINE: www.parmahospital.org/programsandclasses

FREE! Joint Replacement Education Session
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 FREE Mon., Feb. 6, 20, Mar. 5, 19, Apr. 1, 15, May 13 9 a.m.-noon or 1-4 p.m.

FREE! Weight Loss Solutions
Learn the latest options for people struggling with weight loss issues from a Parma Hospital bariatric surgeon. Held in the Parma Hospital Auditorium. Tue., Mar. 20, Apr. 17, May 15 7 p.m.

FREE! Prostate Cancer Screening & Treatment
Prostate cancer is the second leading cause of death in men. Carson Wong, MD, FRCC, FACSC is a nationally recognized expert in endourologic, minimally invasive and robotic surgery for treatment of urologic cancer, stone disease, upper urinary tract reconstruction and laser surgery for benign prostate enlargement. Be informed about all prostate cancer treatment options. Free PSA blood test for all men who attend. Visit parmahospital.org, or call 440-743-4900 for more dates. Tue., Mar. 13 6:30 p.m. Ramada, 20 W. Mill St., Akron

FREE! For HealthiHer members only! Functional and Anti-Aging Medicine
Many factors can accelerate aging, such as heavy metal toxicity and vitamin and hormone deficiencies. Cynthia Taylor, DO, physical medicine and rehabilitation, will discuss food allergies, risk factors for heart disease and advances in anti-aging medicine. Dress to participate in demonstration of Mind/Body Wellness classes like yoga and Zumba. Held at the Health Education Center. Tue., Feb. 21 6 p.m.

FREE SCREENINGS
Registration required. Call 440-743-4900. Held at the Health Education Center unless noted.

Blood Pressure Screening
Mon., Apr. 2, 16, May 7, 21 2-4 p.m.

Colorectal Cancer Screening
New and updated information on colon cancer and procedures for detection. Test kits provided. Must register. Mon., Mar. 26 7 p.m.

Speech and Language Screening
(Ages 2-6) Held in Medical Arts Center I, Suite 309. Appointment required. Call 440-743-4581. Wed., May 16 9 a.m.-noon or 1-4 p.m. Thu., May 17 9 a.m.-noon or 1-4 p.m.

Screenings with a Fee
Must Register: 440-743-4900

Bone Density Screening for Women
Testing is done on the bare heel. Wed., Mar. 21 or May 16 9-11 a.m. Thu., Apr. 12 6-8 p.m.

Cholesterol Screening
For total cholesterol, HDL, LDL, triglycerides and blood sugar. 12-hour fast recommended. $25 Wed., Mar. 14, 28, Apr. 11, 25, May 9, 23 9-10:30 a.m.

Pneumococcal Vaccine Clinics
For all Medicare Part B recipients. If you belong to a Medicare HMO or Senior HMO, see your doctor or a fee will be charged. Fri., Mar. 2, Apr. 6, May 11 10 a.m.

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For all Medicare Part B recipients. If you belong to a Medicare HMO or Senior HMO, see your doctor or a fee will be charged. Fri., Mar. 2, Apr. 6, May 11 10 a.m.

NEW! Nutrition and Cooking for Type 2 Diabetes Prevention and Treatment
(Ages 13+) New understanding of nutritional causes of diabetes gives us the power to prevent it or turn it around. Learn how low-fat, plant-based nutrition is ideal for diabetes. No weighing or measuring of portions – going hungry is not necessary! Each class includes nutrition instruction, cooking demo and tasting, handouts/recipes and more! Food fee is included in class cost. Taught by Rebecca Dingel, Food for Life Nutrition and Cooking instructor. 4 sessions $69 Mon., Apr. 30 6:15-7:45 p.m.

NEW! Chakra Cleansing
Experiential workshop to work with and cleanse the energy body. Featuring deeper work on the first four chakras. Dress comfortably, bring water and/or beverage, light snack if needed, beach towel or blanket, small pillow and an open mind. 1 session $30 Fri., Mar. 23 6:30-9 p.m.

NEW! Deepen Your Meditation Practice
For those who are beginners at meditating. Practice in a group. Includes question and answer period. Dress comfortably. Bring what you need if you sit on the floor. Mats and chairs provided. 1 session $20 Fri., Mar. 30 6:30-8 p.m.

NEW! Nutrition and Cooking for Type 2 Diabetes Prevention and Treatment
(Ages 13+) New understanding of nutritional causes of diabetes gives us the power to prevent it or turn it around. Learn how low-fat, plant-based nutrition is ideal for diabetes. No weighing or measuring of portions – going hungry is not necessary! Each class includes nutrition instruction, cooking demo and tasting, handouts/recipes and more! Food fee is included in class cost. Taught by Rebecca Dingel, Food for Life Nutrition and Cooking instructor. 4 sessions $69 Mon., Apr. 30 6:15-7:45 p.m.

Heartsaver First Aid
An American Heart Association first aid class that covers various medical and environmental emergencies. Receive a certification card upon successful completion. 1 session $45 Tue., Mar. 13 6-9 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 will be taught. Instructor is a licensed masootherapist and nationally certified therapeutic bodyworker. Handouts included. Enter to win a 10-minute chair massage after class. 1 session $15 Sat., Apr. 14 11:15 a.m.-12:15 p.m.

NEW! Stroke Awareness
May is Stroke Awareness Month. Come learn the signs, symptoms, treatment and prevention of stroke. Presented by Noreen Chase, RN, Stroke Education Coordinator at Parma Hospital. 1 session FREE Thu., May 24 6:30-7:30 p.m.

NEW! Train the Caregiver Workshop
During this 2-hour workshop, the first 30 minutes will be focused on caring for the caregiver and the importance of taking good care of yourself so you can better care for your loved one. During the remainder of the program, you will learn techniques to help you and your loved one manage “Pavinson’s –specific” activities of everyday living and to help you put together an individualized home exercise program. All levels of Parkinson’s disease will be covered to help you tailor a program to your loved one’s needs. Those with PD may also attend with their caregiver if they can participate in at least one hour of continual physical activity without difficulty. The “Delay the Disease” techniques designed by David Zid will be taught by Jackie Russell, RN, who has collaborated with David to create this successful program. Registration is limited to 40 people. Workshop is
COMPLEMENTARY THERAPIES

Naturopaths specialize in educating you about your lifestyle choices and approach to achieve and maintain your health. Naturopathic Doctors (NDs) train includes anatomy and physiology, biochemistry, heratology, nutrition and iridology. Naturopaths are not involved in the practice of medicine, nor use or prescribe pharmaceutical drugs or perform surgery.

NEW! Genetic Nutrition Counseling
Your family’s medical history does not have to be your medical history. New research shows you can change the way your genes are expressed, reducing risk of heart disease, cancer, dementia and other diseases previously thought to be “inherited.” Taught by Jane Simple, Doctor of Naturopathic Medicine.
1 session $15
Tue., Mar. 20 7-8:30 p.m.

NEW! Herbal Remedies for Seasonal First Aid
1 session $15
Sat., May 12 10-11:30 a.m.

Intro to Reflexology
Learn about the fascinating practice and the basic techniques to use on yourself, friends and family. Taught by Pat Cassidy, Doctor of Naturopathic Medicine.
1 session $20
Thu., Mar. 22 6:30-8:30 p.m.

Lupus
Learn natural remedies to decrease inflammation, relieve symptoms and improve vitality. Taught by Janet O’Donnell, a certified naturopath.
1 session $15
Wed., Apr. 11 7-8:30 p.m.

NEW! Thought Field Therapy
Learn the acupressure points that can be activated by simply tapping them with your fingertips while thinking about a specific problem. It has been proven to be extremely successful in treating fears, phobias and anxiety. Taught by Pat Cassidy, Doctor of Naturopathic Medicine.
1 session $20
Thu., Apr. 26 6:30-8:30 p.m.

CPR Classes are Non-Refundable

Adult /Infant /Child CPR and AED
Covers CPR, AED and foreign-body airway obstruction. For those expected to respond to emergencies in a workplace or just wanting to learn. Manual and certification card included.
1 session $45
Tue., Apr. 3 6-9:30 p.m.

Basic Life Support for Health Care Providers
For those needing a credential card documenting successful CPR course completion. Covers adult and pediatric CPR, two-rescuer CPR, foreign-body airway obstruction and AED.
1 session $40
Sat., Mar. 10, Apr. 14, May 12 9 a.m.-2 p.m.

Basic Life Support for Health Care Providers RENEWAL
For those who currently have a BLS Healthcare Provider card and need recertification.
1 session $45
Tue., Mar. 13, Apr. 17, May 15 5-9 p.m.

EMS DEPARTMENT
- Paramedic Training
- BTLS - EMT - Basic
- ACLS - PALS
Instructor courses in CPR, ACLS, PALS and BTLS also available. EMT Basic training classes; Mondays, Wednesdays and Fridays.
Evening classes begin April 22 5:30-9:30 p.m.
Daytime classes begin April 2 9 a.m.-1 p.m.
440-743-4970 to register.


INFORMED

VOLLEYBALL PLAYERS
We reserve the right to make the final decision to enroll or withdraw a participant from a program depending on the participant’s ability. At the discretion of the supervisor a participant not maintaining a level of play required may be asked to continue at a different level.

Coed Volleyball
14 sessions Walk-ins only $4 per night. USVBA rules apply
Advanced skill level
Thu., Mar. 1 8-9:30 p.m.
Intermediate skill level
Mon., Feb. 27 8-9:30 p.m.

Come Dance with Me!
Dance session for people with Parkinson’s disease. Caregiver or partner is welcome. Dance partners will be provided if needed. Enjoy good music and friendship while benefiting from movement and dance. No registration required.
1 session Walk-in Fri., Mar. 23, May 25 2-3 p.m.
Sat., Mar. 10, Apr. 14, May 12 11 a.m.-noon

Fitness class Walk-in Policy
Walk-ins are welcome for $7 unless otherwise noted, to be paid to instructor or office the day of class. Call 440-745-2582 to ensure class is not full.

Baby Sitting for ages 3 and up is available: Monday from 6-8 p.m. for Circuit Workout, Fitness Fusion and ZUMBA. Thursday from 1-2 p.m. for ZUMBA. A certified teacher will provide activities and/ or playtime for the children. $14 for 1 child for the entire session, $7 for additional children. Space is limited. Register for babysitting at the same time as class, at least 1 week before your class begins. You must be registered in a class to use the babysitting service.

START DATES LISTED

Cardio Dance
A high- and low-impact cardio workout for all ages/ability levels. A great way to burn a lot of calories with simple movements while learning new dance styles. No dance experience necessary.
NEW! **Cardio Strength Training**

**Ages 16+**

For all fitness levels. Combines energizing cardio workouts with segments of strength training. A variety of equipment will be used.

7 sessions $35

Tue., Feb. 28 and/or Apr. 24

9-10 a.m.

Wed., Mar. 1 and/or Apr. 26

9-10 a.m.

**NEW! Zumba®**

A Latin-inspired dance “fitness party” that is easy to follow and highly effective. All ages and fitness levels welcome.

7 sessions $35

Mon. and Feb. 27 and/or Apr. 23

7:10-8:10 p.m.

Thu., Mar. 1 and/or Apr. 26

1:20-2:20 p.m.

**NEW! Circuit Workout**

**Ages 16+**

A high-energy class to rev up your metabolism and transform your body. Various exercises for each muscle group to obtain optimal muscle condition.

7 sessions $35

Mon., Feb. 27 and/or Apr. 23

7-8 p.m.

**FITNESS + MIND/BODY FITNESS CLASSES**

**NEW DISCOUNT!**

Sign-Up For 3 Or More Fitness/Mind Body Fitness Classes and Receive 10% Off Your Total (This Offer Cannot Be Combined With Other Discounts).

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? “Try a Class Pass.” One pass per customer.

**EXERCISE MAKE-UPS:** Miss an exercise class? Attend another exercise class of the same nature during that same enrollment period. Make-ups do not extend into next enrollment, nor will proration or credit be given.

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**TRy A CLASS PASS:**

6-7 p.m.

Mon., Feb. 27 and/or Apr. 23

Use of a variety of equipment.

7:15-8:15 p.m.

Wed., Feb. 29 and/or Apr. 25

6-7 p.m.

Mon., Feb. 27 and/or Apr. 23

7 sessions $35

Mon. and Feb. 27 and/or Apr. 23

7-8 p.m.

Mon., Wed., Fri., Feb. 27 and/or

Apr. 23

10-11 a.m.

**Yoga Fusion**

A low-impact, challenging class to improve balance, stability, muscle tone, flexibility and well-being. A base of yoga-inspired movements with benefits from many schools of fitness. Warm-up, muscle toning, balance exercises, core strengthening and deep stretch.

7 sessions $35

Mon., Feb. 27 and/or Apr. 23

7:30-8:15 p.m.

**NEW!**

**Fit ’n Healthy**

Complete low-impact workout improves cardiac endurance and flexibility.

7 sessions $35

Tue., Feb. 28 and/or Apr. 24

9-10 a.m.

Thu., Mar. 1 and/or Apr. 26

9-10 a.m.

**Fit ’n’ 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. 27 and/or

Apr. 23

6:30-7:30 p.m.

Tue., Feb. 28 and/or Apr. 17

**Mind/Body Fitness**

**Start Dates Listed**

**Yoga**

Dress comfortably, bring a small blanket/towel and a water bottle to classes. Yoga mats provided for 16 and older unless noted.

**Morning Yoga - Salutations**


6 sessions $60

Tue., Feb. 28 and/or Apr. 17

9-10 a.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.

8 sessions $63

Wed., Mar. 14 and/or May 9

7-8:30 p.m.

**Tweens & Teens Yoga**

(Ages 10-15)

Enjoy fun, healthy yoga with your friends. Learn yoga postures, breathing and relaxation techniques to use in your daily life. Help manage stress, improve concentration and promote a feeling of well being and calm. Sign up with friends and start a lifelong healthy yoga practice.

6 sessions $36

Tue., Feb. 28

6:30-7:30 p.m.

**Yoga for Grief Relief**

See PERSONAL WELLNESS

**All Aboard - The "Learning Express"**

(Ages 2¼-4)

Adult participation.

Get on board the imaginary “learning train.” Explore exciting topics related to our world through songs, stories, crafts and age-appropriate learning activities. Build social skills and fine motor skills, featuring classroom routine and the concept of a teacher.

6 sessions $42

Tue., Feb. 28 and/or Apr. 17

10-11 a.m.

**Caveman to Picasso**

(Ages 3-5)

Create works of art using techniques developed by famed artists throughout history.

6 sessions $42

Wed., Feb. 29 and/or Apr. 18

11 a.m.-noon

**START DATES LISTED INFANT**

**VILLAGE: Cock-a-Doodle-Moo!**

(Ages birth-18 months)

Adult participation. For lap babies, crawlers and walkers. Incorporates the most current research on early childhood development and provides families a special place for learning. Connect with other parents and babies through music and movement.

Hands on with age-appropriate musical instruments and other manipulatives, with speech and motor development activities and much more! Cost includes At Home Materials. Must pay $10 late fee if you register after Feb. 26. 8 sessions $106

Tues., Mar. 6

11:15 a.m.-noon

**TODDLER/Preschool**

**Sharing Our Shapes**

(Age 2)

Adult participation.

Children will create, explore and learn about shapes through art, music and interactive play.

6 sessions $42

Fri., Mar. 2

9:45-10:45 a.m.

& 11 a.m.-noon

**Learning Our Colors**

(Age 2)

Adult participation.

Children will create, explore and learn about colors through art, music and interactive play.

6 sessions $42

Fri., Apr. 20

9:45-10:45 a.m.

& 11 a.m.-noon

**NEW! Nature 101**

(Ages 3½-5)

A hands-on approach to discovering the natural world waiting outside. Each week will focus on different theme through stories, art and activities.

Dress for a mess! 6 sessions $42

Thu., Apr. 19

11 a.m.-noon

**Preschool Dance**

(Ages 3-5)

A delightful introduction to ballet helps develop body awareness and enhance creativity.

7 sessions $48

Tue., Feb. 28 and/or Apr. 24

10:30-11:15 a.m., 5:20-6:05 p.m.

Thu., Mar. 1 and/or Apr. 26

5:45-6:30 p.m.

**Princess Tea Party**

(Ages 3+)

Adult participation.

Come listen to princess stories while having “tea!” Children are encouraged to wear their princess outfit. Make a small craft. Bring your camera! Sure to be a delight for you and your child.

1 session $15

Sat., May 12

11 a.m.-noon

**NEW! Ocean Life Explorers**

(Ages 3½-5)

Dive into the ocean and discover all that awaits! We will explore a new animal each week through stories, art and interactive play.

Dress for a mess! 6 sessions $42

Wed., Feb. 29 and/or Apr. 18

11 a.m.-noon
NEW! Old MacDonald’s Farm  
(Age 3½-5) Find out what is going on at the farm. A new topic will be presented each week through art, stories and interactive play. E-I-E-I-0!  
6 sessions $42  
Thu., Apr. 19 9:45-10:45 a.m.

Toddler-Preschool Gym  
Adult development. Social skills, muscle coordination and self-confidence with the use of gym-like equipment. Activities include finger plays, games and stories with music and songs.  
6 sessions $28  
Ages 1½ - 2½  
Tue., Feb. 28 and/or Apr. 17 9:20-10:05 a.m.  
Ages 2-4  
Tue., Feb. 28 and/or Apr. 17 10:10-10:55 a.m.  
Ages 2-4  
Thu., Mar. 1 and/or Apr. 19 6:15-7 p.m.

Creative Dance  
(Ages 5-8) Introduction to dance will develop body awareness and enhance creativity. Ballet, jazz and other types of dance explored.  
7 sessions $48  
Tue., Feb. 28 and/or Apr. 24 6:15-7 p.m.

Home Schoolers – It’s Time for Art!  
(Ages 9-13) Taught by a P-12 licensed art educator, this class includes art history, multicultural art, and various studio projects. Students will acquire skills in drawing, sculpture/clay construction and painting. All projects meet the Ohio State Standards for Fine Art Education. Each session features new projects in different mediums.  
7 sessions $48  
Wed., Feb. 29 and/or Apr. 25 6:30-7:30 p.m.

Creative Dance (Ages 5-8)  
Introduction to dance will develop body awareness and enhance creativity. Ballet, jazz and other types of dance explored.  
7 sessions $48  
Thu., Mar. 1 and/or Apr. 26 6:35-7:20 p.m.

Time for Art! (Ages 5-9)  
Time to get creative. Enjoy a class filled with imagination and creativity. Featuring new art mediums introduced every week. Class will be offered throughout the year.  
7 sessions $48  
Wed., Feb. 29 and/or Apr. 25 6:30-7:30 p.m.

Tweens & Teens Yoga  
See PERSONAL WELLNESS

Spring class schedule 2012  
REGISTRATION BEGINS FEBRUARY 9, 2012

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 ____________________________

ID #: ____________________________  SIGNATURE ____________________________

CLASS NAME PARTICIPANT START DATE START TIME FEE

1  
2  
3

PAYMENT: ☐cash ☐check ☐credit card (circle one): VISA MasterCard Discover  
Card no. ____________________________  Expiration / Signature ____________________________

Termination and reimbursement of a participant is subject to the sole discretion of Parma Community General Hospital.

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 canceled 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 five business days before the start of the class. Cancellations received less than five days BUT 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.

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.

SUNROCKS 2010  
May 1  
staff member ____________________________  Phone ____________________________

REMEMBER  
1. Maternity Center Tours  
440-743-4030

In case you haven’t noticed...
we put our heart into heart care

#1 in Ohio for Coronary Intervention
And proud supporter of Go Red For Women.

Parma Community General Hospital
To us, it’s all vital.
440-743-3000 | parmahospital.org/heart