

# SPOTon

Speech Physical Occupational Therapy newsletter | August 2015



## WE'RE **NATIONALLY KNOWN**, BUT **LOCALLY FOCUSED**

RehabCare is the leading provider of rehabilitation services, including physical, occupational and speech-language therapies, to over 2,000 hospitals and long-term care facilities in 47 states. The SPOTon newsletter is our way of informing, recognizing and celebrating the students who form the future Rehab Therapist community.



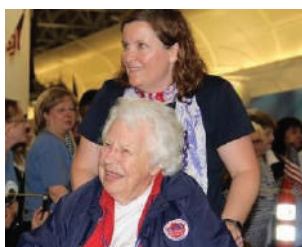
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RehabCare

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## GIVING BACK TO OUR VETERANS



For over three decades, RehabCare has provided distinguished care to the senior population throughout the United States. Our philosophy and mission are simple – to restore and improve the quality of life for those we aid. However, we recognize the need to help those who are not assisted enough, including our country's veterans. These men and women put their lives on the line to protect the freedoms that we all enjoy every day and deserve the same dedication in return. Our outpatient clinic in Kirkwood, Missouri, enables us to give back and improve the quality of life for those who have served our country.

According to Jacque Cornell, PT and Program Director of the clinic, "The clinic gives us an opportunity for the gold standard and the ability to provide patients a continuum of care, from post-rehab to wellness." Among the clinic's very dedicated staff is Kimi Peterson, Wellness Coordinator. Kimi treats about 30

veterans every week, establishing an individualized wellness plan for each. She believes that the reason her patients prefer RehabCare's clinic over what others may offer is the "personal relationship and atmosphere" that we provide.

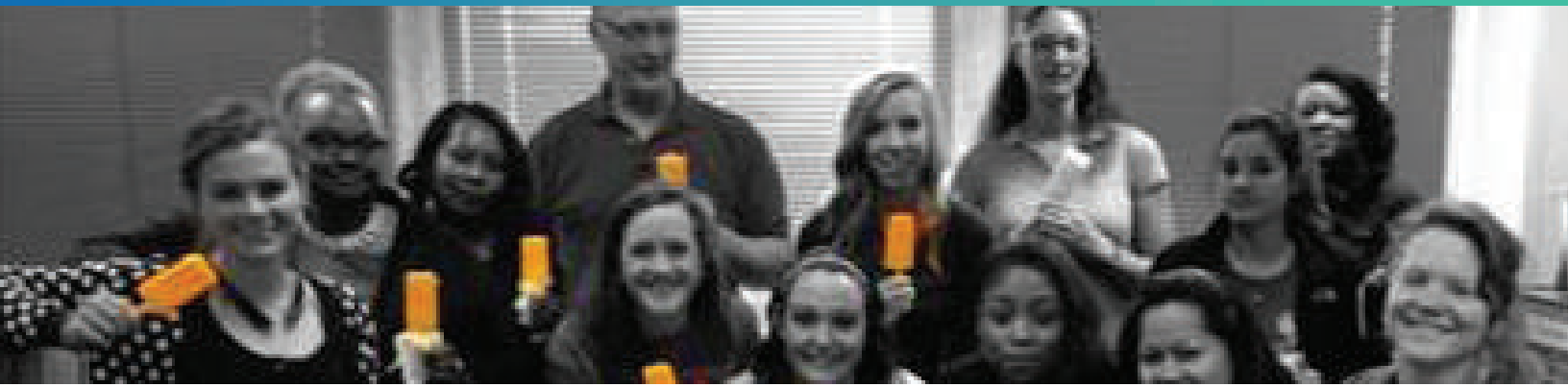
Through our relationship with DASA, the **Disabled Athlete Sports Association** based in St. Peters, MO, the RehabCare Outpatient clinic provides personal adaptive fitness training for all ages and abilities. The staff are continuously re-energized and amazed at the progress that the participants accomplish. DASA encourages everyone to "Discover the Ability Within" and RehabCare is proud to be a part of that mission.

At the end of the day, this clinic does more than treat patients. "It supports our mission statement to "restore function and renew life," says Jacque.





## CELEBRATING NATIONAL ORANGE POPSICLE WEEK



Every year, hundreds of thousands of individuals experience the life-changing effects of a stroke. And about 10% of the approximately 800,000 strokes that happen in the U.S. every year strike adults younger than 45 years old. That's what happened to one of our own, Amy of Aberdeen Village in Olathe, Kansas, when she was only 24 years old.

After countless of hours of therapy, Amy has recovered and has started an organization called National Orange Popsicle Week to help clinicians, patients, families and team members to become familiar with stroke symptoms. The name of the organization stems from when Amy was being treated in the hospital. When she could first speak again after her stroke, all she wanted was an orange popsicle. "We use the orange popsicle as a goofy way to talk about something *seriously serious*."

Every year, National Orange Popsicle Week occurs in the month of May and has various activities to raise awareness of young stroke survivors and the importance of ongoing research in the field of stroke.

This year, RehabCare took part in National Orange Popsicle Week by giving away orange popsicles and informing our employees of the first signs of a stroke. The American Heart

Association has an excellent and simple mnemonic device in "F.A.S.T."

- F** Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- A** Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- S** Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?
- T** Time to Call 9-1-1 – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Thank you to everyone who participated in this wonderful event and to Amy for her dedication to raising awareness of such an important issue. Visit [National Orange Popsicle Week](#) on Facebook for more information.



## HONOR FLIGHT: AN OPPORTUNITY OF A LIFETIME



At RehabCare and Kindred Rehabilitation Services, we have a dedicated group of therapists who provide the highest level of quality care to our patients. However, Leigh Tracy, COTA, at St. Camillus Home Health in Wauwatosa, Wisconsin, goes above and beyond her line of duty.

Leigh was given the opportunity to work with Honor Flight, a nonprofit that flies veterans to Washington, D.C., to visit memorials – especially senior veterans. She was paired with Marion, a 90-year-old World War II veteran, retired Occupational Therapist (Mount Mary class of 1950) and resident at St. Camillus.

"Marion was quite nervous about the trip. I'm sure anyone who has been in an electric wheelchair, has advanced macular degeneration and is 90 years old would be nervous. But she was comforted that I was her guardian. I knew exactly how she transferred and how to meet all her needs on her trip."

Once they had arrived in beautiful Washington, D.C., they were individually greeted by Senator Bob Dole at the World War II

Memorial. "We made our way down to the Korean War Memorial and were back on the buses to the Marine Corps and Air Force memorials. Arlington was our last stop. It was beautiful and very emotional. Marion loved every second of it."

Leigh would like to thank Amy Tezak, Program Director at St. Camillus. "She was behind me all the way and was my biggest supporter. I could not have been as successful without her. There was one point in the day when Marion said, 'Amy should be very proud of you.' I was touched. It was one of the best experiences of my life."

The appreciation is mutual. According to Amy, "Leigh goes above and beyond every day for the clients that she serves. I'm the primary evaluating OTR for our Home Care clients, and Leigh carries out the treatments. She consistently seeks out and researches new treatment ideas in order to help her clients improve to their fullest potential."

It's clear that Leigh truly defines what RehabCare and Kindred Rehabilitation Services is all about.





## RehabCare FINDS THE RHYTHM IN THE MUSIC CITY



The American Occupational Therapy Association's **AOTA Annual Conference** is one of the biggest and most exciting annual events for the Student Programs team of RehabCare/Kindred Rehabilitation Services. The conference draws thousands of occupational therapists, occupational therapy assistants and students from across the country and allows attendees to listen to guest lectures, network across the industry and discover new research and treatment methods.

The conference is held in a different location every year, and this year it took place in the Music City of America – Nashville, Tennessee! With over 7,900 attendees, it broke a new record as the conference reached its 95th anniversary. Many believe that the amazing location was a big factor.

This year, RehabCare/Kindred Rehabilitation Services was proud to be a Gold Sponsor. Additionally, we hosted an seminar where Jeanna Conder, Senior Director of Clinical Services presented "The Challenges of Evaluation and Treatment of Mental Illness in Post Acute Care" to a standing room only audience. The packed presentation received a phenomenal response.

Our booth was just as successful, connecting with students, informing them about what we do and sharing the various

opportunities we offer. This was Student Programs Manager Annie Belger's first year in attendance. "When the doors first opened on Thursday night, the amount of people that flooded in was overwhelming! The energy was high and there was so much excitement in the air."

This was the eighth attendance for Lauren Brody-Terrill. The Student Programs Manager informed us that, "We had a lot of great involvement and representation in this year's conference. All in all, this year was one of the best AOTA conferences I have attended. The AOTA does a wonderful job with the organization of the conference and we appreciate the opportunities they provide to us."

We would like to thank Barb Wallace, Senior Director of University Relations; Lauren Brody-Terrill, Student Programs Manager; Annie Belger, Student Programs Manager; Holly Crisp, Recruitment Specialist; and our fantastic team of operations and clinical specialists: Allen Johnson, Erik Painter, Angie Sylvan, Esther Elfrink, Staci Freudiger, Kathy Adkins, Leta Kant and Jeanna Conder. Thank you to Alex Gilles (Kindred Hospital – Indianapolis) and Aubrey Slocomb (Greenbriar in New Hampshire) who shared their unique perspective on moving from student intern to practicing therapist. You all contributed to the success of this event!





## A LEADER IN CLINICAL EDUCATION

Center in black vest: Ann Hamrick



RehabCare and Kindred Rehabilitation Services hosts hundreds of students every year – from colleges across the country – and places them in one of our many facilities. However, the success we experience would not have been possible without the dedication of our clinical instructors and their desire to educate the healthcare professionals of tomorrow.

One of our exceptional clinical instructors is Ann Hamrick, PTA. Ann had been working PRN for RehabCare for seven years before coming onboard full time in April of this year at our location in Wood-Lawn Heights in Batesville, AR. Since joining, “Ann has already taken on three students, and she is a wonderful therapist and mentor,” says Luke Williams, PT, DPT, Program Director of the Wood-Lawn Heights facility.

Ann remembers when she was in school completing her clinical experiences and she had to drive far to even get to a facility that would accept students. “By being able to provide clinical experience to students near Wood-Lawn, we will offer a better learning experience and bring convenience to their lives. Being a clinical

instructor is very rewarding – it’s a way to give back to our profession and provide wisdom to our young professionals,” said Ann.

For anyone who is considering becoming a clinical instructor, it may seem a bit daunting taking in a student for the first time. Ann admits that she was nervous to take her first student. “But the Student Programs team provided valuable resources to me on how to create an effective learning environment and the tools to understand student billing.”

Luke Williams, her Program Director, says, “I’m so glad she agreed to start working with students because it has been a great learning experience for all of us. Every one of them has brought something new to the table that has made an impact on the way we treat patients.”

In the end, we hope that students walk away with an experience that will last their lifetime and we’re glad to see that happening. “The RehabCare team at Wood-Lawn went above and beyond my goals and expectations,” said one of Ann’s students.