

Peterkin's Press

News for Employees of Sheltering Arms

June 1, 2005

Sheltering Arms Pioneers Rehab Device in Richmond

Under the direction of Lesley Winn, Occupational Therapy Clinical Coordinator, Sheltering Arms is changing the lives of patients, including many stroke survivors, who were previously unable to effectively use their once-contracted hands and arms. The method of treatment? A revolutionary new tool called the SaeboFlex Training Program, also referred to as the "SaeboFlex" or sometimes "Saebo" for short.

SaeboFlex helps patients to open their hands by means of a variable strength finger and thumb spring system. This spring assistance program holds the hand in an open position so patients can relearn to grasp with a controlled amount of force and then relax to release. According to the SaeboFlex web site (www.saebo.com) patients up to 20 years post neurological injury can benefit from this program!

One Sheltering Arms patient who has already reaped the benefits of the SaeboFlex is John Revis. The 51-year old father of two had a stroke on August 26, 2004. His hobbies, including

playing guitar, tinkering with the computer and working with his woodshop tools, all require the use of his hands and were impossible in the wake of his stroke. Since beginning therapy with the SaeboFlex on January 3 of this year, he is now able to pick up a



Lesley Winn and John Revis demonstrate John's progress with Saebo.

see Saebo on page 2

Tabatha Pritchett Named PA Star

By Richard Peay, Director of Patient Access

Though a little delayed, we are pleased to announce that Tabatha Pritchett at the Chester site is the February 2005 Patient Access Star. Tabatha is our first two time winner, having won the award in 2004 as well. She is being recognized for her ability to work independently, while providing exceptional service and support to her internal and external customers. She keeps her manager well informed of potential issues before they evolve, mitigating any impact on our patients. While doing all of this, Tabatha is extremely flexible and committed to the team. During periods of tight staffing she adjusts her schedule to provide assistance to the department. She is knowledgeable of Sheltering Arms policies and procedures and provides assistance to others willingly, ensuring their success as well. Congratulations, Tabatha!



Chris Stanko, Clinical Manager (left), congratulates Tabatha.

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Established in 1889

In This Issue:

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Happy Birthday!

Name, Date of Birth

Dunaway, Marilyn	6/4
O'Reilly, Mary Beth	6/6
Riggleman, Rhonda	6/6
Carroll, Darlene	6/8
Mahar, Meghan	6/8
DuPre, Beverly	6/9
Upshaw, Vanessa	6/9
Bach, Laura	6/10
Beckler, Richard	6/11
Gibson, Kevin	6/11
Harris, Robin	6/11
Godwin, Amy Kahler	6/13

Join the Celebration

By Sue Hayik

Help us celebrate Jen Napoli's last days at Sheltering Arms. Join us on Thursday, June 16 after work at Rio Grande restaurant at Stony Point Fashion Park. RSVP to Sue Hayik at 764-7633 by June 10. What happens at Rio Grande, stays at Rio Grande!

The "Catch of the Day" from MRMC

Submitted by Wanda Pearson, Marilyn Dunaway, Sandy Divens and Maria Wilson

"Go the extra mile. It's never crowded."

Classified

For sale:

- 1995 Ford Probe,
- Good tires and cold A/C
- Asking \$1,000 or best offer
- Call LaCrecia at 402-6007

Saebo

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tennis ball and play fetch with his dog.

It's not a quick process, however. The Occupational Therapy staff at Hospital Outpatient has been working diligently with John over the past five months to help him along the path to where he is today. Of course it helps that he has a positive attitude, a wonderful sense of humor and what he calls his "billion dollar family" too! Since beginning his therapy, John is also walking with the assistance of a cane and driving short distances.

"It's amazing what a stroke will knock out of you, and it's amazing how they brought it back," John remarks when asked how it feels to be using his hand again.

Lesley Winn will be holding free eligibility screenings (SaeboFlex is not appropriate for all conditions) for potential patients at the following Sheltering Arms locations to spread the word about this exciting new service:

June 3 (11:30-1:30)
Inpatient

June 10 (10:00-12:00)
St. Francis

The SaeboFlex, whose inventors designed the first device from fishing equipment, requires specific expertise in order to fit it properly to each patient's hand. Lesley is trained in this procedure and three additional Sheltering Arms occupational therapists will attend a training course in June. Once fitted properly, a licensed OT can lead the exercise and therapy program.

Lesley will also present a seminar for the community on Sunday, June 26 from 2:00-4:00 p.m. at the Science Museum of Virginia. The seminar will include an educational discussion and additional free eligibility screenings.

Please spread the word to your potential Saebo patients! Sheltering Arms, the only local provider of SaeboFlex fitting/therapy in the Richmond area (for the moment), is proud to be leading the charge in stroke rehabilitation.



SA Clinicians Take the Challenge

By Shawne Soper, Director of Contract Services

Congratulations to nine Sheltering Arms therapy staff members for successfully challenging in the Career Development Program (CDP) during the May Open Session. Challengers presented portfolios of recent work and accomplishments and outlines detailing their intended continued professional development and value added for the organization in the coming year. In addition, the Board reviewed updates from the nine staff members that challenged the ladder in the Fall/Winter.

Clinicians eligible to challenge must have two years of clinical experience and meet baseline levels of clinical and organizational expectation. The challenge process is voluntary and fluid, allowing movement into and out of the program in yearly cycles. The program provides the options of challenging as a "Clin III" or "Clin IV," with different tracts available within the levels.

Please join us in celebrating the success of these colleagues.

May 2005 Challengers

Karin Augustin, MA, SLP - CCC

Karin is a graduate of the University of North Carolina at Greensboro, and she received her Certificate of Clinical Competence in 2003. She joined SA in that same year and works on the Inpatient Rehab team. Karin challenged as a Clin III Clinical Specialist. She is a certified provider of VitalStim and has worked to help educate others by serving as a preceptor and clinical instructor. Her plans include continuing to enhance her clinical skills with a goal of sharing her knowledge with her colleagues and students.

Anne Chan, PT, MSPT

Anne, a 2002 graduate of the MCV physical therapy program, works in acute care on the St. Mary's Rehab team, and she challenged as a Clin III Clinical Specialist. Anne specializes in

see CDP on page 3

June SA Anniversaries!

Name, Years of Service

Riggleman, Shirley	23
Jones, Kathy	20
Hurt, Velma	16
Kushto, Jennifer	17
Goldnetz, Judith	14
Banks, Cilfford	13
Jewell, Dianne	12
Alleyne, Lois	10
Briggs, Sue	10
Christopher, Ann	10
Deaton, Janet	10
DuVal, Stephen	10
Flowers, Gloria	10
Johnson, Kimberly	10
Joyner, Amy	10
Nelms, Lynda	10
Randolph, Carolyn	10
Stanko, Chris	10
Vazquez, Carmelo	10
Carson, Michael	9
Bridgeforth, Lelia	8
Olivieri, Thomas	8
McAuliffe, Kristen	7
Townsend, Alice	7
Karim, Ana	6
Stockslager, Gregory	6
Wilks, Matthew	6
Tuell, Stacy	5
Witherell, Judith	5
Bennett, Carissa	4
Wegner, Heidi	4
Chan, Anne	3
Darden, Danielle	3
Gallagher, Amanda	3
Johnson, Vicki	3
Quinley, Veronica	3
Wallace, Becky	3
Barnette, Kristie	2
Beckler, Jonathan	2
Gilreath, Bryan	2
Kiger, Mary	2
Longest, Theresa	2
Mollard, Phoebe	2
Morak, Sharon	2
Roberts, Scott	2
Scherer, Richard	2
Winefordner, Scott	2
Baylor, Jessica	1
Bell, Isaac	1
Davis, Maureen	1
Forrer, Brent	1
Griffin, Shalimar	1
Harcum, Carletta	1
Hour, Sarah	1
Jones, Charlene	1
Jones, Heather	1
Kovach, Ann Marie	1
McCoy, Lori	1
Phillips, Katina	1
Spruell, Amy	1
Wyatt, Maketah	1

CDP

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neuro, and she has had the opportunity to hone those skills working in the critical care areas at SMH. Anne is pursuing her transitional Doctor of Physical Therapy degree from VCU and continues to be very actively involved with the VPTA. She has ambitious plans including continuing to provide therapy services in Haiti via her mission work.

Bev DuPre, PT, MSPT

Bev joined the SA team prior to attending PT school at Old Dominion University. After graduation in 1997, she returned to join the Contract Services Department and is currently a member MRMHC acute care team. Bev challenged as a Clin III Management Apprentice. Her skills are varied with her primary clinical interest and expertise lying in the area of Cardio-pulmonary care. Prior to attending PT school, Bev had experience in the business world with a background in accounting, allowing her to assist in the management responsibilities of the team. Bev's goals are to enhance her clinical skills and abilities while continuing to develop her management skills.

Amanda Gallagher, PT, MSPT

Amanda is a graduate of the MCV physical therapy program and has been with SA working in the Chester clinic since 2002. Amanda challenged as a Clin III Clinical Educator. Her accomplishments include taking students, assisting with marketing of the clinic, and public speaking. Amanda became a Certified Clinical Instructor this year, and she plans to take additional students, with the goal of not only sharing her clinical knowledge and her enthusiasm about the profession but also to help recruit staff to SA.

Al Godwin, MS, OTR/L

Al, a graduate of Temple University, has been an occupational therapist with SA since December of 2003, serving patients at both St. Mary's Hospital (SMH) and Richmond Community Hospital (RCH). Although Al challenged the ladder as a Management Apprentice, he also brings a level of clinical expertise with both splinting and neonatal care to the organization. Al has been instrumental in the development of the therapy service provided in the Neonatal Intensive Care Unit at SMH. In addition, he has assisted in the expansion of the outpatient OT business at RCH. Al's goal is to continue to develop his management skill set and to participate in program development opportunities for the Contract Services Department.

Lindsey Rensch, MS, SLP-CCC

Lindsey received her Certificate of Clinical Competence in 2001 after graduating from James Madison University in 2000. She has been with SA since 2003, working in both Hospital Outpatient and at St. Mary's. Lindsey challenged as a Clin III Clinical Specialist. Her areas of expertise are in voice and swallowing. She is a certified provider of VitalStim and serves as the resource for the SLP team on issues related to voice disorders. Her goal is to continue to develop her clinical skills with a focus on dysphagia training for the pediatric population.

Lisa Vozar, MS, OTR/L

Lisa, a graduate of the University of Wisconsin, has been an occupational therapist since 2002 and joined SA in 2003. She floats among all of the Sheltering Arms sites. Lisa challenged as a Clin III Clinical Educator and enjoys teaching both students and her colleagues. She has used her clinical expertise to assist in development of the low vision screening tool and in revision of patient education materials. Lisa plans to continue to enhance her own clinical knowledge and ability. In turn she has planned opportunities to educate others, including additional OT students.

Brent Forrer, PT, MSPT

Brent, a physical therapist, graduated from Texas Women's University and has ten years of clinical experience. Brent joined SA this year and works at Bon Air, splitting his time between the pool and land therapy. Brent challenged as a Clin IV Senior Specialist. His areas of expertise lie in both aquatic therapy and manual therapy. Brent enjoys sharing his skill with others and working to develop new programs. He plans to continue to develop clinically and to pursue opportunities to expand the services that Sheltering Arms provides.

Judy Witherell, PTA

Judy, a graduate of the Physical Therapist Assistant program of John Tyler Community College, has been with SA since May of 2000 and works on the St. Mary's Rehab team. Judy challenged as a Clin IV Senior Specialist. She specializes in lymphedema care and recently passed her certification exam, becoming a Certified Lymphedema Therapist. Judy has been instrumental in the development of a Richmond Area Lymphedema Support Group and plans to continue to serve as a community leader in this way. Judy also has a desire to continue to advance her expertise in lymphedema management through continuing education pursuits.

Employee Assistance *continued from right*

Why Children Misbehave:

1. Low self esteem/Poor social skills
2. Lack of positive role models
3. Frustration or anger
4. Feel neglected, needy
5. Insecurity
6. Inadequate parental involvement/interest
7. Expectations that don't match child's abilities
8. School pressures
9. Reaction to family changes, like divorce, remarriage, illness
10. To get attention, negative may be seen as better than none

Tips for Positive Discipline:

- Say "no" when necessary
- Avoid spanking and yelling
- Be loving and supportive
- Encourage open communication, sharing feelings
- Know your child's friends and their families
- Teach and show appropriate ways to handle anger and frustration
- Praise and reward good behavior

The above information has been adapted from "Positive Parental Discipline," The Bureau of At-Risk Youth

Remember that Sheltering Arms employees have access to Sentara's Employee Assistance Program (EAP). If you would like to speak with a counselor about this, call Sentara EAP at 757-363-6777 or 1-800-899-8174 for confidential, no-cost counseling.

Get Involved, Support Political Advocacy!

By Ginger McDonough, Manager of Volunteer Services

If you work here for one, two or all of the following reasons then please read this article;

- 1) You need your job
- 2) You want to help people
- 3) You support the Sheltering Arms mission and the work we do

The 75% Rule alone has put tremendous pressure on us as a rehabilitation hospital to change the way we do business. Is the rule fair? Is there anything we can do about it? Well, we can't make the government write fair rules, however there are things we can all do to help make the implementation of the rules more reasonable. Jack Carroll and Cheryl Roznowski

have taken a leading role in getting involved and spend countless hours, miles and shoe leather in advocating for fairness through our political representation and the groups that support the medical community. VHHA supports this medical community, with the 75% Rule being one of many topics on the table right now, and advocates through their political action committee (HOSPAC). HOSPAC is a crucial component, along with direct lobbying and membership advocacy, in making the views of the hospital community known through the state election process; in other words they support the representatives that support us! It is important to understand that HOSPAC is not



affiliated with any political party. The gain from involvement is for the benefit of your patients, your job, and the work done by health-care providers like Sheltering Arms.

Groups like VHHA, through HOSPAC, that support our medical community and advocate for fairness cannot continue to make changes that will keep us doing the good work we do without your help. The burden of support belongs on all of us assuming an interest in our patients, our jobs and the well-being of our medical community.

How can you help?

- Get educated! Check out <http://www.vhha.com/>
 - Get involved! Write letters and/or call your representative! It's easy, free, and it's the right thing to do!
- Find your representative through the

web site below.

<http://capwiz.com/vhha/state/main/?state=VA>
-Support political advocacy! Read about HOSPAC and you will likely find that your donation will be money well spent. Donations go to the right place for the right reasons. <http://www.vhha.com/index.cfm?fuseaction=Page.viewPage&pageID=173>

If you have any questions about any of this information or cannot access the Internet, please let me know and I will gladly make sure you receive printed information. You can make a difference!

Employee Assistance Program Offers Tips

By Amanda Worley, Human Resources Compensation and Benefits Specialist

Helping children develop self-control, character and socially acceptable behavior is a parent's most important, yet difficult, task. Effective parental discipline builds responsible children with sound self-esteem and positive values.

Three Ways Parents Can Encourage Better Behavior:

1. Be a positive role model. Reflect the behavior you want in your own actions. For example, if you are always late, don't expect your child to value promptness.

2. State your expectations for good behavior. Let your child know exactly what is acceptable and unacceptable. Set realistic limits and don't be afraid to say "no."

3. Be consistent. Reward good behavior with praise, hugs and privileges. Handle misbehavior with reasonable punishments, and let your child know why he/she is being punished. Suggest positive substitutes for behavior and always reinforce your love - even when your child disappoints you.

see Employee Assistance on sidebar

Welcome New Sheltering Arms Employees

Here are the latest additions to the Sheltering Arms team. Next time you see these new team members be sure to introduce yourself and make them feel right at home.



Nikisha Crews
Patient
Accounts Clerk
Bon Air

Favorite Movie: The Color Purple
Last Movie Seen: Taxi
Currently in CD
Player: Fantasia
TV Show
Reluctantly Watched: CSI
Favorite Restaurant: Cheesecake Bistro
Ideal Vacation: Cruise to the Bahamas
Hobbies: Singing, crafts, cooking
Have Met: Michael Jackson



Carol Aliff
RN
Inpatient

Favorite Movie: Fiddler on the Roof and Sound of Music
Last Movie Seen: Phantom of the Opera
Currently in CD
Player: Track by Northland Baptist Bible College (where my kids attend)
Last Book Read: Runaway Jury by John Grisham
Favorite Restaurant: Mexico
Ideal Vacation: Nagshead with the family
Pets: 2 cats
Can't Live Without: My husband



Keisha Williams
Rehab Tech
St. Mary's

Favorite Movie: Forrest Gump
Last Movie Seen: Amityville
Currently in CD
Player: 112
Last Book Read: God Still Don't Like Ugly
TV Show Reluctantly Watched: America's Next Top Model
Favorite Restaurant: T.G.I. Fridays
Hobbies: Piano
Can't Live Without: My cell phone
Pet Peeve: When people don't put things back where they belong
Role Model: My grandparents
Interesting Fact: I love selling Mary Kay cosmetics.



Brandi Burrows
Exercise
Specialist
Spine and Sport

Favorite Movie: A League of Their Own
Currently in CD
Player: Kenny Chesney
Last Book Read: The Last Best League
TV Show Reluctantly Watched: Medical Investigator
Favorite Restaurant: Olive Garden
Ideal Vacation: Beach/Island
Pets: Dog, Roxy
Hobbies: Softball, running, antiques, beach
Can't Live Without: Baseball
Pet Peeve: Procrastination
Role Model: Sue Stanley-Green at Florida Southern College



Jane Farr
RN
Inpatient

Favorite Movie: My Fair Lady
Last Movie Seen: The Patriot
Last Book Read: The Firm
Currently in CD
Player: Johnny Mathis
TV Show Reluctantly Watched: Bass fishing
Favorite Restaurant: Restaurant Renate
Ideal Vacation: Boating on the bay
Pets: Dog
Hobbies: Boating
Can't Live Without: Chocolate
Pet peeve: Gossip
Have Met: Ava Gardner, Jackie Kennedy Onassis, Ted Kennedy, Arlene Dahl, Barbara Bush

Welcome New Sheltering Arms Employees

Here are the latest additions to the Sheltering Arms team. Next time you see these new team members be sure to introduce yourself and make them feel right at home.



Matthew Meadows
Rehab Tech
St. Francis

Favorite Movie: 50 First Dates
Last Movie Seen: Midnight in the Garden of Good and Evil
Last Book Read: Sick Puppy by Carl Hassen
Currently in CD Player: Kanye West
TV Show Reluctantly Watched: News
Favorite Restaurant: Rosabella's
Ideal Vacation: Hawaii
Hobbies: Working on cars
Pet Peeve: Bad drivers
Role Model: Kanye West
Have Met: Hermie Sadler



Chrissie Conner
Rehab Tech
PRN

Last Movie Seen: The Incredibles
Currently in CD Player: Caedmon's Call
Last Book Read: Blue Like Jazz
Ideal Vacation: Anything with a little bit of danger
Favorite Restaurant: Little John's
Hobbies: Rock climbing
Can't Live Without: Ben and Jerry's Chocolate Fudge Brownie ice cream
Pet Peeve: When people use "your" instead of "you're"
Have Met: Rudy (from the movie Rudy)
Interesting Fact: I grew up in a log cabin on a farm.



Laura Beechel
Rehab Tech II

Favorite Movie: Goonies
Last Movie Seen: Sideways
Currently in CD Player: A New Found Glory
Last Book Read: The Five People You Meet in Heaven
TV Show Reluctantly Watched: Newlyweds
Ideal Vacation: Skiing in Austria
Favorite Restaurant: Pomegranate
Pets: 4 cats, 1 dog
Hobbies: Fishing
Can't Live Without: Starbucks
Role Model: My mother
Have Met: Derek Jeter
Interesting Fact: I spent a month in Thailand.



Sarah Moore
Rehab Tech II
PRN

Last Movie Seen: The Interpreter
Currently in CD Player: A mix CD with a little bit of everything
Last Book Read: Text books for school
TV Show Reluctantly Watched: Fear Factor
Favorite Restaurant: Melting Pot
Ideal Vacation: Tahiti
Pets: A fish
Hobbies: Running, dancing
Can't Live Without: Chocolate, Caffeine
Pet Peeve: Driving in traffic
Role Model: My mom
Interesting Fact: I love to travel.



Diana Watkins
Rehab Tech
PRN

Last Movie Seen: Million Dollar Baby
Last Book Read: Sense and Sensibility by Jane Austen
Currently in CD Player: The newest Dave Matthews Band CD
TV Show Reluctantly Watched: The Apprentice
Favorite Restaurant: Panera
Pets: Beagle named Maddie
Hobbies: I'm a huge NASCAR fan.
Can't Live Without: Morning coffee
Role Model: My grandma
Have Met: Dave Matthews
Interesting Fact: I just went to my first NASCAR race in Richmond.

Back to the Future! 1960's

Sorry for the delay, but read on for the Back to the Future information for the month of May. The month of May features our Employee Health, Medical Psychology, Nursing, Physical Activity/Sports and Speech Language Pathology staff, as well as the history of the 1960's.

History of Employee Health

The beginnings of employee health can be traced back to 1700 with the publishing of the first book on occupational diseases entitled "The Diseases of Workmen." However, not until the industrial revolution in the late 1800's did we see an increased awareness of safety and employee health. The culmination came in 1970 with the formation of the Occupational Safety and Health Act.

History of Medical Psychology

The specialty field of Medical Psychology is not new but, rather, represents the out-growth of a centuries-old understanding that psychological factors and physiologic factors are intertwined. Medical Psychologists work closely with physicians and related professionals to evaluate and understand those complex interactions. They then apply that knowledge to provide treatment services aimed at alleviating symptoms or - in the case of chronic conditions such as persistent pain - teaching the patient self-management strategies.

History of Nursing

Florence Nightingale's greatest achievement was to raise nursing to the level of a respectable profession for women. In March 1854, during the war, Sidney Herbert, the Minister at War, appointed her to oversee the introduction of female nurses into the military hospitals in Turkey. The 'Lady-in-Chief', as Florence was called, gained the respect of the British soldiers and the introduction of nurses to the military hospitals was an outstanding success. In 1860 Ms. Nightingale's best known work, Notes on Nursing, was published. Notes on Nursing has been translated into eleven foreign languages and is still in print today.

History of Physical Activity/Sports

The science of strength and conditioning did not arise overnight, but is the culminating point of thousands of years of trial-and-error methods of training. The earliest reference to formal strength training is in 3600 BC, when emper-

ors made their subjects exercise daily. The modern science of strength and conditioning includes such occupations as exercise physiologists, athletic trainers, biomechanists, orthopedic surgeons and physical therapists. The most relevant theory in modern science is the overload principle. Simply stated, the body must work harder than it is used to in order to achieve increased results or performance.

History of Speech Language Pathology

Two well-known professionals who engaged in prolonged speech therapy practices were Alexander Melville Bell and his son, Alexander Graham Bell. In the 1800s, both developed new ways of understanding, analyzing and transmitting speech. The American Speech-Language Hearing Association was organized in 1925 by physicians, scholars and public school administrators. These pioneers set out to design diagnostic tools, concepts and normative data for creating a more scientific base for research and practice in the Speech Language Pathology field.

What Happened at SA?

The decision to move the hospital to the new site of Palmyra Avenue was announced to the public by Robert Carter, president of the men's board in November 1961. On July 17, 1963, ground-breaking for the new hospital was led by

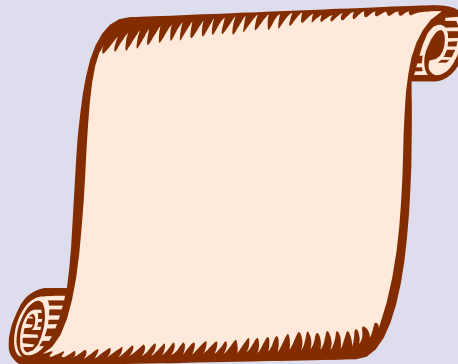
Arthur S. Brinkley, Jr. In November of that same year, the cornerstone was sealed and several cherished mementos went into stone: the silver cross and motto of the King's Daughters, histories of the hospital and the Florence Nightingale Circle, a Donation Day brochure, a copy of prayers said at the groundbreaking, and a list of organizations working for the Hospital. The Hospital's outward appearance was quite different from the stately Grant House on Clay Street, but inside its heart continued to beat with the same willingness to help people in need.

Inventions in the 1950's

-Audio cassette, astroturf, ATM, artificial heart, handheld calculator, computer mouse, soft contact lens

Foods invented in the decade:

Buffalo wings, LIFE Cereal, Gatorade, NutraSweet



Peterkin's Press

Use this form to submit your own content to the employee newsletter

Name _____

Write text here: (attach any photos) _____

Position _____

SA Location _____

Telephone Number _____

Today, I am submitting:

- General News Item
- Awards and Honors
- Personal Event (wedding, birth, etc.)
- Mini-Profile
- Fish Pond News
- Question for Q & A
- Classified Ad
- Photograph
- Other _____

Suggestion(s) for the Employee Newsletter: _____

Please forward this form to Kate Confer, Marketing Dept., Physical Medicine Center or fax to her at 342-4310.

You may also email your submission (preferred) to kconfer@shelteringarms.com by using the Microsoft Word format of the submission form, found in the Peterkin's Press section of public folders.
