

MEMBER UPDATE

May/June 2006

Are you a Caregiver? Coping with the Challenges

Many people need assistance from others as they age. The caregiving role can be as simple as helping someone pay their bills or get to a doctor's appointment... or as complex as assisting with everything from meals, personal care, household chores and shopping – or even providing constant supervision day and night. Finding time to take care of another person's needs, as well as your own, can be very demanding, both physically and emotionally. As a caregiver, it's normal to need help and advice and to feel unprepared for the caregiving role. So, how do you cope with these challenges?

The most important thing a caregiver can do is to find a way to get respite – a break – from the demands. Caregivers need to give themselves permission to take some time out for themselves on

a regular basis, so they can relax and come back refreshed. Respite care can be arranged through various community resources and may include home health aide visits or an adult day care facility.



Tips for Caregivers

- Take time out for yourself – not just for errands and housework – but for exercise, a hobby, a social activity or anything that helps you become relaxed and refreshed.
- Know your community services and take advantage of them.
- Join a support group early or gather a group of friends together regularly.

- Be kind to yourself. Remember you are experiencing normal reactions to abnormal circumstances.
- Educate yourself about your loved one's condition. Information is empowering.
- Watch out for signs of depression, and don't delay in getting professional help when you need it.
- When people offer to help, accept the offer and suggest specific things that they can do.
- Trust your instincts. Most of the time they will lead you in the right direction.
- Forgive yourself for not being perfect.
- Discuss long-term care planning including living will, Durable Powers of Attorney for Finance and Health Care.
- Be good to yourself. Love, honor and value yourself. You're doing a very hard job and deserve some quality time, just for you.

Meet McConnell's Massage Therapists

We are very proud of our highly skilled massage therapists. Each therapist is licensed by the Ohio State Medical Board and they are Allied Health Practitioners within the OhioHealth system. They use a variety of techniques to provide relief from pain, sore or aching muscles or just a relaxing experience.

Choose one of our talented therapists to provide you with your next massage.

Beth Ann Bergamesca-Craddick is trained in Swedish, therapeutic and trigger point massage. Her specialties include therapeutic deep tissue massage, and Sports Massage and Stretching.

Kari Gunderson adapts Swedish massage from light to heavy pressure for different clients. Her specialties and areas of advanced training are trigger point therapy, myofascial release, and patient education in self-treatment for those with chronic headaches or back pain, myofascial pain syndrome or fibromyalgia.

Barb Jones utilizes a variety of massage techniques such as deep tissue Swedish massage and intense acupressure therapy. She favors the use of foot and scalp reflexology and the practice of holding gentle, prolonged stretches. She often focuses a great deal of attention to the client's posture and work related injuries.

Schelley Pierce is trained in Swedish, geriatric, and prenatal massage. She gives light to deep pressure massage.

Amy Weisberger prefers to give strong pressure in Swedish massage and trigger point therapy. She specializes in Active Release Technique, for repetitive motion conditions related to work, sports or hobbies.

Welcome to our newest therapist – Martha Ryan. Martha adapts her massage to the needs of each client. Using her training in Swedish and therapeutic massage, trigger point therapy and myofascial release, gentle stretching and joint movement, her goal is to help each person achieve deep relaxation, pain relief and a sense of well being.

Please call 566-5356 if you wish to schedule an appointment.

Watch for a Spring Special in May offering massage packages.



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Massage Therapy at McConnell Center

Taking care of yourself is very important and massage can be a part of this. Whatever your reasons for wanting a massage, our therapists are happy to see you. We surveyed some of their clients to find out why they come to McConnell for massage.

“Coming in once a week is the main thing that’s kept me going during this difficult time. I know that every week for a couple of days I’m going to get a good night’s sleep and my head and shoulders won’t ache.”

“After two medical procedures, this is the first time in three months I’ve gone anywhere. A massage is the first treat I scheduled for myself.”

“I’m grateful to learn more from you about managing my muscle pain myself by working on trigger points

every day. My headaches are much better!”

Dr. Joseph Ruane, Medical Director of the Spine Sport & Joint Center stated, *“Massage therapy has become an integral part of many of our patient’s care plan. An increasing number of research studies show massage can reduce heart rate, lower blood pressure, increase blood circulation and lymph flow, relax muscles, improve range of motion, and increase endorphin response in painful conditions. It can also stimulate weak, interactive muscles to help people recover faster from illness or injury.”*

For more information on Massage Therapy at McConnell Center and the many benefits it can provide, please visit our website, www.OhioHealth.com/McConnellCenter.

Culinary Creations

From the McConnell Kitchen

Grilled Spring Salad

Serves 4

For the grill:

1 small onion, 1/2” thick slices
2 red bell peppers, cleaned & seeded
1 lb. fresh, medium-sized asparagus, washed
2 large sweet potatoes, peeled
1 1/4lb. boneless, skinless chicken breasts
1/2 teaspoon salt
1/2 teaspoon black pepper
1 Tablespoon garlic powder
1 Tablespoon onion powder
cooking spray

For the dressing:

Zest of 2 lemons
3 lemons, juiced
1/4 teaspoon dry mustard
1 Tablespoon extra virgin olive oil
1/4 cup fresh chopped basil or cilantro leaves
1 clove garlic, minced (optional)

Place onion slices on a large baking sheet lined with foil.

Cut seeded red bell peppers into 1/2” -3/4” thick “rings”. Place with onion.

Dry asparagus, and remove the wooden end of stem. Add to other vegetables.

Wrap peeled & pierced sweet potatoes with a paper towel, and microwave on high for 5 minutes. Remove and try to cut 1/2” thick, round slices. If very tough, microwave for 3 more minutes. (The potato still needs to be firm for grilling, but par-cooked for quick cooking on the grill.) Place with other vegetables.

On a separate foil lined baking sheet or tray, place the rinsed and dried chicken breasts “skin” side up.

Season with salt, pepper, etc.

Grill the vegetables (use cooking spray on the vegetables) on the hot part of the grill to make grill marks, then remove to a cooler section of the grill to finish cooking.

Repeat the above process for the chicken breasts. Use cooking spray on each side of the chicken to prevent sticking.

As the vegetables become tender,

remove from the grill and place on the same tray w/ foil removed.

When chicken is 160°F, remove from grill and put on tray w/ veggies.

As the chicken ‘rests’, cut the vegetables in half, then gently mix together in large bowl.

Whisk together the dressing ingredients in a small bowl, then pour over the vegetables.

Cut the chicken into 1” chunks. Add to vegetables. Gently mix to coat with dressing. Serve.

Nutritional Information:

Per Serving:

Calories	360
Total Fat	8g
Saturated Fat	1g
Cholesterol	60mg
Sodium	370mg
Protein	29g
Vitamin C	212mg
Carbohydrates	44g
Dietary Fiber	9g
Sugars	13g
Potassium	1114mg
Phosphorus	269mg
Vitamin A	2573 RE



McConnell Heart Health Center

MEMBER UPDATE

Upcoming Events:

Please call (614) 4-HEALTH to register for the classes below or, log on to www.ohiohealth.com/mcconnellcenter

Heart-Healthy Cooking Demo

Be sure to register due to limited space

Wednesday, May 17th

Classrooms A & B

6:00 pm – 7:30 pm

Glucosomine, Celebrex, Steroids, Oh My!

Where are we now?

Nick Turkas, MS from the Arthritis Foundation and Dr. Joseph Ruane, the featured speaker, will be leading this forum on the current treatment of arthritis.

Classrooms A & B

Tuesday, May 30th

5:30 pm – 7:30 pm

Doctor Is In Series

Saving Lives: Understanding Depression and Preventing Suicide

Join Lea Blackburn, LISW, ACSW, Director of Gerlach Center for Senior Health for her informative presentation on this very important topic.

Classrooms A & B

Tuesday, June 27th

6:00 pm – 7:30 pm

Look What's Coming! CSI McConnell

It's not a new TV show joining CSI Miami and the other popular Crime Scene Investigation shows on CBS, rather a membership management system called CSI Software. We're implementing it at McConnell in the near future to offer convenience and benefits to our members. Log on to www.ohiohealth.com/mcconnellcenter to learn more about it, and watch for more news in Member Update!