

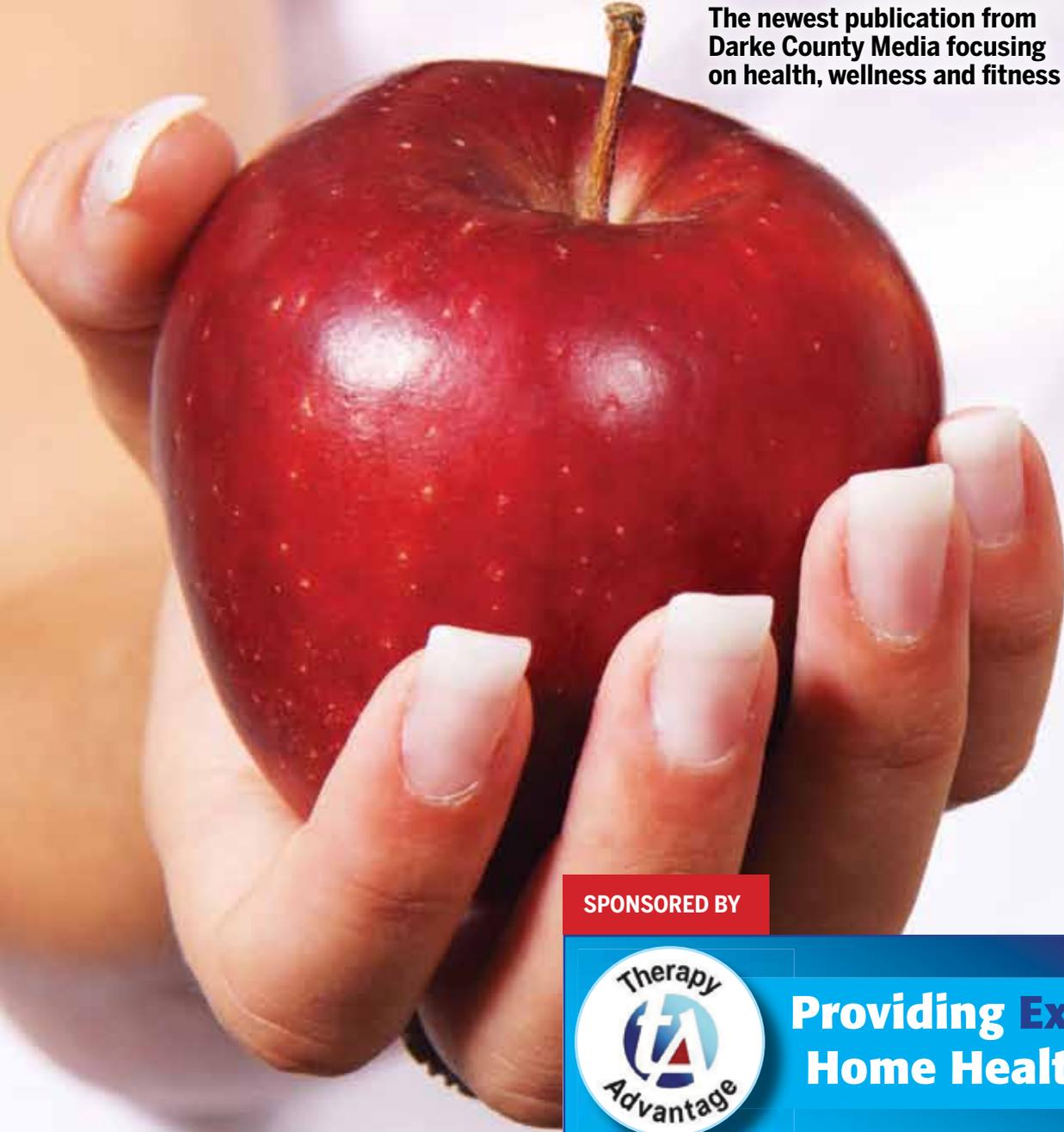
WINTER 2020

# PULSE

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## **I Will Remember You**

"I'm worried my grandbabies will forget me when I'm gone," she said, fighting back tears as she laid in her hospital bed.

When faced with the reality that our own death will come, what will we fear at the end? For so many at end-of-life, the fear of not being remembered by loved ones is at the forefront of their minds. In hospice care, this is observed all too frequently by the providers who support patients in their journey. Music therapy, however, is a powerful way to transform these worries into a beautiful legacy. Music therapists are board-certified healthcare professionals, who work directly with patients to help identify their needs and establish individualized goals. Through music therapy, patients receive personalized care in a meaningful and non-intrusive manner while physical, cognitive, emotional, spiritual, and social needs are being addressed.

When a hospice patient acknowledges a fear of being forgotten, music therapists are able to offer them a variety of legacy building options. This may include interventions such as heartbeat/voice recordings and legacy songwriting. Through these interventions, patients can openly express their thoughts/emotions while feeling supported and empowered within their circumstance. Those who were once afraid often feel a sense of peace after their project is complete. Families and friends cherish these legacy projects even more, because their loved one's voice, heartbeat, and/or favorite song is forever available to them after they pass away.

"I can't believe my littlest grandson is going to remember what my voice sounds like," she cried. "Music therapy is amazing." Yes, it certainly is.

State of the Heart Care is your local hospice and bereavement provider. State of the Heart Care serves patients in Ohio and Indiana. For more information please see our website at [www.stateoftheheartcare.org](http://www.stateoftheheartcare.org) or call 1-800-417-7535 to speak to someone about our services.

Submitted by Carrie Whatley Music Therapist, MT, BC  
Carrie is a Board-Certified Music Therapist at State of the Heart Care.

**1-800-417-7535 • [stateoftheheartcare.org](http://stateoftheheartcare.org)**

# New Visions offers a path to independence

COLDWATER – A family-owned business located in Coldwater, Ohio is driven to provide mobility and accessibility products that enable people to go where they want, when they want, how they want. The products and services they offer give people the path to independence to remain in their home, enjoy their families and be engaged in their communities.

This article will highlight just one of the numerous possibilities New Visions offers to overcome mobility challenges - the stair lift. Whether due to an injury or illness, age or ability, getting up and down a staircase can become tax-

ing.

New Visions introduced a product highly recommended for individuals facing challenges with stair mobility, the Harmar Pinnacle stairlift. Since this incredible innovation is at the top of the market in quality and performance, accompanied with the availability of expert installation through a local provider, it is a win-win solution.

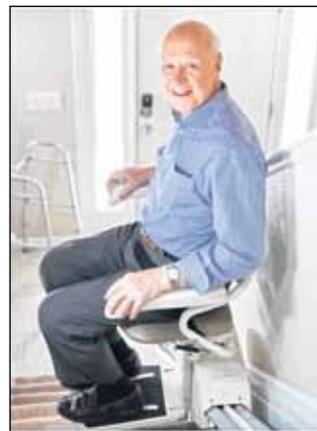
The Helical worm gear with six points of contact with an energy efficient low friction design means a smooth and stable ride.

The Pinnacle folding rail option is another exclusive to Harmar and deploys automatically to keep walk-

ways clear, eliminating the need to stop and push a button or leave the seat.

All Pinnacles come with two remotes to operate your chair without sitting on it, or a second user can call the chair if required. Even with all the amazing features and benefits of a Pinnacle stair lift, the cost still falls right in line with the pricing of other models that do not offer the exceptional design, quality, engineering and service that a Harmar does.

Don't let your staircase become an obstacle to your quality of life, contact New Visions today to arrange a no-cost home evaluation with one of our experts at



Courtesy photo

**Harmar's Pinnacle rail is best in class and sits just 3.5" - 5.5" high. The most compact stair lift on the market, with a folded width of 10.5", mounting as close as 0.5" from the wall and allowing for others to easily pass by.**

419-678-4979 or visit [www.newvisionsmedical.com](http://www.newvisionsmedical.com)

# Legislation protects safety net providers

COLUMBUS – State Representatives Susan Manchester (R-Waynesfield) and Randi Clites (D-Ravenna), in conjunction with Senator Bob Hackett (R-London), recently introduced bipartisan legislation to protect safety net providers in the 340B program from discriminatory contracting by Pharmacy Benefit Managers (PBMs). House Bill 482 prohibits imposing additional fees or reducing reimbursements to Ohio 340B providers just because of their 340B status. It also prevents health insurance plans from carving out 340B providers.

Under the federal 340B Drug

See SAFETY | 6

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### Advanced Technology. Remarkable Care.

This highly advanced robotic technology is changing the way joint replacement surgeries are performed by providing patients with a personalized surgical experience based on their specific diagnosis and anatomy. It gives board certified orthopedic surgeons, Dr. Chad Weber, Dr. Chad Reed and Dr. Safet Hatic an additional tool, which allows for more accurate bone removal and implant placement, resulting in improved patient outcomes and joint function.

### Mako Robotic-Arm Assisted Surgical Technology benefits include:

- Less pain and scarring
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- Reduced risk of complications

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Orthopedic Surgeon  
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To learn more or to make an appointment, call (800) 824-9861 or visit [WayneHealthCare.org/robotics](http://WayneHealthCare.org/robotics)



# REHABILITATION FOR JOINT REPLACEMENT

## Wayne HealthCare Outpatient Rehabilitation Center

1111 Sweitzer Street, Suite A, Greenville, OH 45331

### We're Helping Patients Recover Faster and, More Importantly, Close to Home

At Wayne HealthCare Outpatient Rehabilitation, we're committed to getting you back to your life as effectively and conveniently as possible.

Physical therapy is a helpful and important component of your overall recovery after joint replacement surgery. Our therapists will work closely with your health care providers to develop a plan of care tailored to meet your specific needs. Our friendly and professional staff will help motivate you to achieve your optimal functional level.

Our goal is to help you move forward with your life after joint replacement surgery.



Wayne HealthCare provides a wide range of rehabilitation services, including:

#### Physical Therapy

- Balance and Coordination Training
- Fall Prevention Program
- Hip, Knee, Foot & Ankle Rehabilitation
- Lymphedema
- Manual Therapy
- Neck, Back & Shoulder Rehabilitation
- Neuromuscular Conditions
- Orthopedics (upper & lower extremities)
- Stroke Recovery
- Strengthening Exercises
- Sports Injuries
- Total Joint Rehabilitation
- Vestibular Rehabilitation
- Work Injury Rehabilitation

#### Occupational Therapy

- Activities of Daily Living
- Adaptation of Tools and Devices
- Arthritis of the Hand
- Custom Upper Extremity Splinting
- Exercise Programs
- Hand Therapy
- Joint Protection/Ergonomic Strategies
- Neuromuscular Reeducation

- Repetitive Strain Rehabilitation
- Soft Tissue & Joint Mobilization
- Therapeutic Exercise
- Thermal & Electrical Modalities

#### Speech Therapy

- Speech and Language Disorders
- Swallowing Disorders
- Cognitive Training

#### Wayne HealthSports

Provides Athletic Trainers to Ansonia, Greenville, Tri-Village, Franklin Monroe, Mississinawa Valley, and Versailles Schools.

#### Dry Needling

Stimulates the muscle and provides relief of muscular pain and stiffness to improve flexibility.

#### Aquatic Therapy

Utilizes the natural buoyancy of water to reduce stress on the body and help patients exercise easier with less pain.

For more information about rehabilitation services, call (937) 547-5714 or visit [WayneHealthCare.org](http://WayneHealthCare.org)

# SOHC employees to serve on committees

GREENVILLE – State of the Heart Care is proud to announce two of their employees have recently been chosen as NHCPO committee members.

Barb Bell, director of Business Development, was chosen to be a member of MyNHCPO's Development/PR/Marketing Steering Committee. This committee is heavily involved in the marketing world of NHCPO with tasks like developing community chat sessions, responding to comments and questions on NHCPO's discussion group page, creating and updating resource material, attending meetings at national conferences while assisting with MyNHCPO activities, and promoting MyNHCPO.

Bell shared that she wanted to apply because she felt it would broaden her knowledge of Hospice and would be a good opportunity for State of the Heart Care as they move into the future of healthcare changes. She also thought it would be a great networking opportunity because you can gain new ideas and best practices from other professionals on the committee. The committee meets monthly, and Bell will be a member for the next three years.

Kelley Hall, nurse practitioner, was recently chosen to be a member of NHCPO's Palliative Care Advisory Council. Members of this council will provide NHCPO (National Hospice and Palliative



Barb Bell and Kelley Hall have been chosen to serve on NHCPO committees.

Courtesy photo

Care Organization) with their own experiences and knowledge on palliative care while giving valuable insight on current issues in the healthcare world.

According to NHCPO, the council will support provider members as they expand and continue their efforts in providing palliative care, assist with the development of resources and tools related to palliative care delivery, and offer recommendations for palliative care education. When asked why she

felt it was important to apply for this council, Hall said she wanted to be a voice for the smaller rural palliative care providers. The council meets monthly, with their first meeting at the end of January. Hall will be a member of the council for the next two years.

For more information on the palliative care services State of the Heart Care offers, please feel free to contact a team member at 800-417-7535.

## Safety

From page 3

Pricing Program, certain safety net providers access prescription drugs at reduced prices and are mandated to pass that savings to their patients, helping low-income, uninsured and underinsured patients access care they would not receive otherwise. However, PBMs in Ohio and other states are targeting 340B providers with discriminatory contracts that absorb all or part of the 340B savings by reducing reimbursements or adding fees.

“Our legislation protects providers like Community Health Centers who rely on their 340B savings to provide access to affordable and comprehensive care,” Rep. Manchester said. “We cannot allow PBMs to continue discriminating against them just because of their status as a 340B provider.”

Establishments use the 340B reimbursements on services that support their mission of providing access to care for the underserved. The ability to reinvest savings to support or expand primary care services increases patients' access to the care they need, when they need it and in the appropriate, most cost-effective setting.

“We cannot let PBMs or insurance companies divert money meant to help underserved patients access health services,” said Rep. Clites. “Many 340B providers use the program to fund services like dental, substance abuse treatment, or extended weekend hours. It is unacceptable to target the programs that the poorest Ohioans rely on.”



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# Healthy Living Series begins

GREENVILLE – Wayne HealthCare invites all to participate in the “Healthy Living Series” a program that can help you make healthy changes that will last.

The Healthy Living Series curriculum is a nationally recognized prevention program and is approved by the Center for Disease Control. Trained instructors will be with you every step of the way, providing support and sharing knowledge with you on your journey toward healthy living.

Lessons, handouts, and additional resources included in this program will help you learn what a healthy lifestyle looks like, how to make small changes that lead to healthier choices, and how to sustain these small changes to see long term success.

This year-long program focuses on making long-term lifestyle changes that will last. A year may seem like a long commitment; however, it takes time to learn new habits, develop new skills and build confidence. The first half of the program will focus on learning to make healthier food choices (without giving up your favorite foods); adding physical activity into your daily routine; dealing with stress; and coping with changes that make it hard to stay healthy. The second half of the program will focus on continued support and guidance to help you continue to make healthy lifestyle changes. This program meets once a week and will be transitioned to once a month. The program begins March 18 and will be

## GOALS

**The goals of the Healthy Living Series are to:**

- 1) lose 5-7 percent of your starting weight through lifestyle changes, and
- 2) gradually increase physical activity to a minimum of 150 minutes per week. The intent of the program is to assist participants with making lifestyle changes to improve health and overall wellness. As a result of making healthy lifestyle changes many participants do lose weight, as well as reduce their risk for diabetes, cardiovascular disease, and other conditions.

held on Wednesday’s from 2-3 p.m. at Wayne HealthCare.

The goals of the Healthy Living Series are to: 1) lose 5-7 percent of your starting weight through lifestyle changes, and 2) gradually increase physical activity to a minimum of 150 minutes per week. The intent of the program is to assist participants with making lifestyle changes to improve health and overall wellness. As a result of making healthy lifestyle changes many participants do lose weight, as well as reduce their risk for diabetes, cardiovascular disease, and other conditions.

Call 937-569-6750 for more information regarding the program. Wayne HealthCare will be offering an informational session which will be held on Feb. 26 and March 3 at 2 p.m.

**Q: What do you do when you’re sick...  
...and medicines fail?**

**A: Think OUTSIDE the box!**

Let’s face it, our medical system does a pretty good job much of the time. But still there are many times when traditional medical care fails to cure us, or even substantially improve our illnesses. That’s when you need some help, and that’s specifically why we invented...

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Our treatments are highly effective because they are designed to address the underlying root cause of your illness. Although not generally taught in most U.S. medical schools, our advanced therapies are utilized by innovative physicians around the world. Our cutting-edge therapies can also greatly enhance your current doctor’s traditional treatment.

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- Chronic Infections (Viral, Bacterial, Fungal)
- Autoimmune issues including Rheumatoid, Lupus, Psoriasis, Multiple Sclerosis, and others
- Gastrointestinal issues including IBS, Colitis, Crohn’s, Leak Gut, and others
- Metabolic issues including Diabetes, Chronic Fatigue, Fibromyalgia, Cancer, and others
- Macular Degeneration and other visual conditions
- Neurological issues including Parkinson’s, Dementias, and more.
- Degenerated discs
- Arthritic joints, including lower backs, necks, knees, shoulders, hips, and more.

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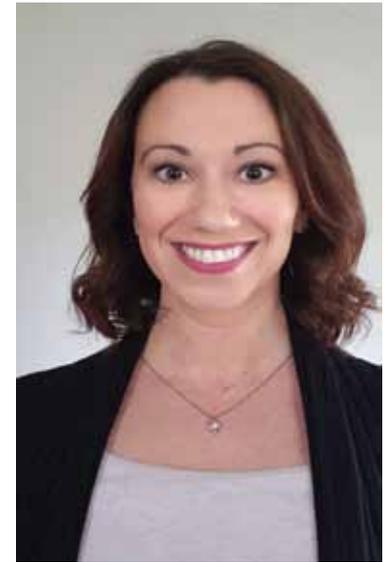




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