

Healthwise Connection

Your link to a healthier life™

| Euclid, Hillcrest, Huron, South Pointe Hospitals

| Spring 2008

An Invaluable Impact

East Side hospitals seek
volunteers who enjoy
helping others – PAGE 4

Find out what's new at your
Cleveland Clinic hospital – PAGE 2

Osteoporosis in the family? Reduce
your risk in four steps – PAGE 8

Here's a look at what's happening at Euclid, Hillcrest, Huron and South Pointe hospitals

Huron Hospital

President Wins Physician Executive Award

A. Gus Kious, M.D., President of Huron Hospital, has been named Physician Executive of the Year by the Medical Group Management Association and American College of Medical Practice Executives for "outstanding leadership and achievement of exceptional group performance through personal example and collaborative team management."

Fred M. DeGrandis, President and Chief Executive Officer of Cleveland Clinic Regional Hospitals, praised Dr. Kious for his leadership. "Dr. Kious has brought his considerable healthcare management experience to bear and established high standards at Huron Hospital," he says.

Dr. Kious was named president of Huron Hospital in 2004.

Euclid Hospital

Geriatric Inpatient Unit Opens

Euclid Hospital has opened a 15-bed Geriatric Inpatient Psychiatric Unit under the medical direction of Upma Dhingra, M.D., a board-certified geriatric psychiatrist. The unit specializes in the care and treatment of older adults undergoing mental, emotional and medical difficulties.

Patients will receive therapeutic programming seven days a week, including individual and group therapy and physical and occupational therapy to promote wellness.

South Pointe Hospital

Electronic Medical Records Begin

South Pointe Hospital has implemented a new electronic medical record (EMR) system. Patient charts will gradually transition into digital, online records that are accessible to clinicians at all Cleveland Clinic hospitals.

The EMR has many benefits that address patient safety and treatment efficiencies for physicians, nurses and clinicians.

Hillcrest Hospital

Celebrating 40 Years of Service

Hillcrest Hospital is preparing to celebrate its 40th anniversary in 2008, and it is stronger than ever. It has again been ranked among the nation's 100 top hospitals. This designation demonstrates that the hospital is providing top-notch care to patients every day.

However, Hillcrest is not resting on that recognition—it is spending \$163 million to upgrade the campus so that it can continue to deliver medical excellence.

Quite a Privilege

The many benefits of your
Healthwise Connection membership



Healthwise Connection gives you access to discounts on many medical and nonmedical services.

Medical

- Health screenings, wellness programs and other special events at all Cleveland Clinic hospitals
- Discounts on prescription drugs
- Discounts of 10 to 50 percent on dental care*
- Discounts of 10 to 50 percent on eyewear*
- A 10 percent discount on home medical equipment, such as walkers and wheelchairs, at Discount Drug Mart
- Free installation of a Lifeline medical alert system
- Discounts on hearing aids from select Cleveland Clinic hospitals and Family Health Centers, and West Side Hearing and Speech Services

*Enrollment fees apply

Cleveland Clinic Healthwise Connection hospitals include our main Cleveland campus and our network of conveniently located community hospitals: Euclid, Fairview, Hillcrest, Huron, Lakewood, Lutheran, Marymount and South Pointe hospitals, and Cleveland Clinic affiliate Ashtabula County Medical Center.

The information contained in *Healthwise Connection* is for educational purposes only and should not be relied upon as medical advice. It is not designed to replace the independent judgment of a physician about the appropriateness or risks of a procedure for a given patient.

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Photographers: Don Gerda, Tom Merce, Steve Travarca

Nonmedical

- Free physician referral
- A 50 percent discount on up to 10 hours of Home Instead Senior Care's nonmedical home-care service
- Preferred guest room rates at any InterContinental Hotel property on Cleveland Clinic's main campus
- \$4 dinner special from 4 to 6 p.m. weekdays at most Cleveland Clinic hospitals
- Parking discounts at some Cleveland Clinic hospitals
- A 10 percent discount on select purchases at participating Cleveland Clinic hospital gift shops
- Free transportation assistance for Hillcrest, Huron, Lutheran and South Pointe hospital patients
- No-cost assistance with medical bills and insurance forms at Cleveland Clinic's main campus, Fairview, Lakewood and Lutheran hospitals, and Ashtabula County Medical Center
- Summer discounts from Cleveland Orchestra including free parking passes. Visit www.clevelandorchestra.com or call 216.231.1111 or 800.686.1141 (promotional code 4615)
- Discounts at Severance Hall, Playhouse Square and more!

Call or Click for More

For more information about benefits, please call toll-free 800.775.4HWC (4492) or visit www.clevelandclinic.org/hwc.

“They really get a sense of purpose and being part of their community from volunteering.”

—Gerry Schalk, Volunteer Coordinator, Hillcrest Hospital



Give and Receive

Invaluable volunteers help their East Side hospitals—and themselves

Volunteers are crucial to Cleveland Clinic’s East Side hospitals. They



Gerry Schalk,
Volunteer Coordinator, Hillcrest Hospital

work in gift shops, family waiting rooms, patient transport, the mail-room, pastoral care and many other areas. In return, they get recognition and camaraderie—

and even a free meal. However, Hillcrest Hospital Volunteer Coordinator Gerry Schalk notices that many seem to get something else as well.

“Many of them look so much younger than they are,” she says. “They really get a sense of purpose and being part of their community from volunteering.”

Schalk’s program of about 350 volunteers comprises mostly older adults but also includes a junior volunteer component all year, not just in the summer. “But we always need more people,” she adds.

‘They Are Our Treasure’

Huron Hospital Volunteer Coordinator Jeanette Velez says her network of nearly 130 volunteers is an extraordinary group of

dedicated people. “They form a unique bond and really keep track of one another,” she says. “That’s particularly nice for some of the older ones who may not have their children nearby to help them out.”

The hospital provides transportation for volunteers who need it in its urban East Cleveland location. “They are our treasure,” she says. “We try to include them in our appreciation events even after they have to stop working as they get older.”

Velez also praises knitting groups at Menorah Park Center for Senior Living and the South



From top: Evelyn Goodson, South Pointe Hospital; Ron Abbott, Euclid Hospital; and Ann Sullivan, Huron Hospital, are among the invaluable volunteers in Cleveland Clinic's East Side hospitals.



Adele Neshkin, a 40-year volunteer at Huron Hospital, comforts a baby in the nursery.

Euclid Community Center that knit blankets, hats and mittens for every baby born at Huron Hospital. "We always need more knitters," she adds.

At South Pointe Hospital, approximately 165 volunteers greet patients, make appointment reminder calls, escort patients and help in the medical library, among other duties. "We could particularly use people with computer skills, but anyone who is reliable and can fill a four-hour shift each week is welcome," says Volunteer Coordinator Anna Henretta.

'They Are Essential'

The Euclid Hospital volunteer corps has about 160 people, and Coordinator Joyce Heuer says that although many work in the traditional roles, such as the information desk, many also work in physical and occupational therapy, pet therapy and recreational therapy.

"They are essential to helping us fulfill our mission to be the best orthopaedic/rehabilitation hospital possible," she says. "We couldn't do it without them."

Want to Volunteer?

Learn more about volunteering at Cleveland Clinic's East Side community hospitals by calling the volunteer coordinators:

- Euclid Hospital, Joyce Heuer, 216.692.8880
- Hillcrest Hospital, Gerry Schalk, 440.312.4631
- Huron Hospital, Jeanette Velez, 216.761.7775
- South Pointe Hospital, Anna Henretta, 216.491.6242

Table for Two

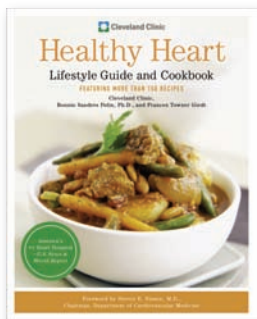
Advice for making the most of smaller meals

Now that the kids are gone, cooking for two seems wasteful if you won't eat everything. Here are some ideas for making healthy meals that won't end up lost as leftovers in the back of your refrigerator:

Make as much as you'll eat. Cut recipes in half or look for ones designed for two people. In recipes that call for lots of vegetables, sauté the leftover veggies for a side dish for tomorrow's dinner.

Divvy it up. Make or package recipes in individual portions that can be frozen for later. For instance, make meatloaf in smaller bread pans or even muffin tins.

Share the love. Invite friends for dinner or deliver leftovers to a neighbor or meal program.



Buy the Book

To purchase the *Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook*, please call 800.733.3000 or visit www.randomhouse.com.

Warm Cannellini Bean Salad with Salmon and Citrus Vinaigrette

INGREDIENTS, SALAD

- 1 15-oz. can cannellini beans, rinsed and drained
- Olive oil cooking spray
- 1 12-oz. wild salmon fillet
- 1 medium red onion, thinly sliced
- 1 garlic clove, minced
- ½ English cucumber, thinly sliced
- 1 red bell pepper, seeded and chopped
- 2 Tbsp. chopped fresh mint
- 4 Bibb or Boston lettuce leaf cups

INGREDIENTS, VINAIGRETTE

- ¼ c. fresh orange juice
- 1 tsp. grated orange zest
- 1 Tbsp. white wine vinegar
- 2 Tbsp. extra-virgin olive oil
- ¾ tsp. kosher salt, optional
- Freshly ground pepper

PREPARATION

1. Place the beans in a salad bowl. Set aside.
2. Heat a ridged grill pan or a barbecue grill. Coat the grill or pan with cooking spray. Grill the salmon. Cook for 10 to 15 minutes, turning once, until cooked through; use a sharp knife to check for doneness. When done, cool 5 minutes and divide into four sections.
3. Coat a nonstick skillet with cooking spray. Sauté the onion until translucent. Add the garlic and continue to sauté for 1 minute more. Stir into the reserved beans. Add cucumber, bell pepper and mint. Toss the salad.
4. In a small bowl, whisk together the orange juice, zest, vinegar, oil, salt (if using) and pepper; toss with the salad. Place the lettuce cups on four plates. Top with salad and place the salmon alongside. Serve immediately.

NUTRITION FACTS (per serving; makes 4 servings)

Calories	320	Fiber	6 g
Fat	14 g	Protein	23 g
Saturated fat	2.5 g	Carbohydrates	23 g
Cholesterol	45 mg	Potassium	620 mg
Sodium	260 mg		

Source: *Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook*
© 2007, published by Broadway Books



Healthwise Connection Word Scramble

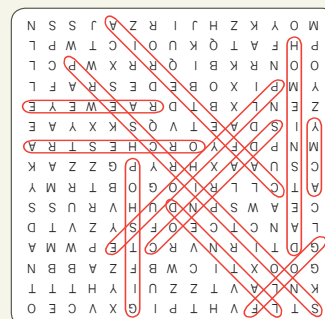
Can you find the words and phrases related to member benefits?

S T L F V H T P I G X V C E O
 K N L A V T Z Z U I Y H T T T
 G O O X T I C W B F Z A B B N
 G D T I R N V R C T E P W M A
 L A N C T C E O F S Y Z V T D
 C E A W S P N D U H V R U S S
 A T C L L R I O G O B T R M Y
 C S U A A X H R Y P G Z Z A K
 M N P D F Y O R C H E S T R A
 Y I S D A E T V Q S K X Y A E
 Z E N L X B T D R A E W E Y E
 Y M P I X O B E D E S R A F L
 O O N R K B I Q R R X W P C L
 P H F A T Q K U O I C T W P L
 M O Y K Z H J I R Z A J S S N

- CAFETERIA
- CONRADS
- DENTAL
- EYEWEAR
- GIFTSHOP
- GOLF
- HOMEINSTEAD
- ORCHESTRA
- PLAYHOUSE
- PRESCRIPTIONS
- YMCA



Solution



Ask a Doctor

Expert answers to your health questions



Edward Kocharian, M.D., Internist, South Pointe and Hillcrest hospitals

My mother has osteoporosis. What are my chances of getting it, and how can I prevent it?

You are wise to think about prevention because a family history of osteoporosis puts you at greater risk of developing the disease. Other risk factors include being small and thin, having a sedentary lifestyle and being a Caucasian or Asian woman.

When an individual has osteoporosis, his or her bone mineral density is reduced. This makes bones brittle, but may result in no obvious symptoms. Often people do not know they have the disease until a fall or bump fractures a bone.

The good news is that you can make lifestyle changes to prevent osteoporosis and lessen your risk of fractures.

- Get enough calcium and vitamin D. Good sources are low-fat dairy products, broccoli and calcium-fortified cereals and juices. Vitamin D is found in fortified dairy products, egg yolks and saltwater fish.
- Exercise regularly. Weight-bearing activities, such as walking and weight-lifting, help build strong bones.
- Quit smoking and only drink in moderation.
- Have regular checkups. This includes being tested for osteoporosis with a special X-ray that measures the density of your bones. Ask your doctor how often you should have a bone density test.

To schedule an appointment with Edward Kocharian, M.D., please call Medline at 440.312.4533 or toll-free 800.621.0004.



The Cleveland Clinic Foundation

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