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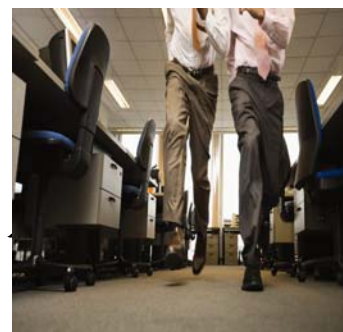
## ***New Technology Comes to Ludlow: VitalStim; Bioness and Walkaid***

This has been a very exciting time for HealthSouth Ludlow; the staff has spent time training and learning about new technologies to add these “tools” to their bag of “tricks”. Technology is changing rapidly in rehabilitative services and the team at HS Ludlow are really on the cutting edge when using these devices to improve patient services.

In April of 2007, PT Manager Nicholas C. Rizas attended a course of the Walkaide and became certified to assess, fit and treat patients with neurological challenges in walking. Nick actually brought a former patient in to show the benefits of this electronic stimulator to

correct gait deviations that were related to a neurological impairment.

The second piece of technology that was worked on was the Vital Stim device. Both Eddie Lee SLP and Robin Davis SLP Manager attended the training and Certification Program. Vital Stim assists with retraining patients with swallowing deficits. The device uses electronic stimulation to elicit a strong swallow reflect. Many patients with swallowing problems miss the enjoyment of “sitting down to a good meal...” Hopefully with improvements in technology and hard work...dinnertime will take on a whole new meaning



*New technologies to get you back to work, play and living....*

again.

Bioness L300 training and implementation took place for Stephanie Grigley and Maureen Crowley in August of this year. Both therapists feel the device will augment their therapeutic intervention to get people...and running or at least walking...

## ***10th Annual Patient Reunion: Rewards beyond words***



10 years ago Respiratory Therapy Manager Jackie Stacey had requests from former patients to “stay connected”. Hence the annual patient reunion.

The event is held annually during National Rehabilitation Week and always has been welcomed by both staff and former patients.

Former patients came strolling in with canes, walkers or navigating without any assistive device. The common denominator were the smiles on the faces of all, both former patients and staff.

A total of 95 guests were served appetizers and desserts by the HealthSouth Dietary crew.

One patient was overheard summing up her reasons for being there: “ they saved my life”..

Ed Moran, Director of Therapy Services spoke of the rewards his clinical staff receive by working with patients and “getting them home”.

## *OT Month is a hit with Staff & Patients!*



**Occupational Therapy Department**

### **Occupational Therapy Month at HealthSouth**

#### **Ludlow**

April was Occupational Therapy Month and the OT department in Ludlow celebrated the occasion with creativity and teamwork to once again design a month filled with fun and educational opportunities.

The OT Team always consider patients' needs as their primary concern and scheduled a clothing drive for our patients' use during their rehabilitation stay. To provide staff first-hand awareness of the challenges of dealing with a disability the Department held a Disability Ice Cream Social for employees. Participants were challenged to create sundaes with various disabilities ranging from low vision to an immobi-

lized shoulder to work with.

Occupational Therapy Group also held the following activities for staff:

Nintendo Wii Bowling Tournament

The 3<sup>rd</sup> Annual Egg Toss (raw eggs, of course)

The month-long schedule of activities culminated in a Potluck Luncheon for Staff to

## *Physical therapist Stephanie Grigely comes home from marathon in Kona*



Stephanie Grigely with medal from Marathon in Kona

Stephanie Grigely PT is a member of the HealthSouth Therapy Department. She is also a granddaughter who lived through the devastating impact of her Grandmother's stroke.

Stephanie made a commitment to her Grandmother and her patients when she signed up for the Stop Stroke Campaign for the American Heart

Association. The campaign raises public awareness about stroke and its impact via a marathon run / walk in Kona, Hawaii.

Stephanie, along with her good friend Monica, trained extensively for the half marathon. "It was awesome" said Stephanie "I would definitely do it again". Stephanie and

Monica raised a total of \$5200 and a total of over \$35,000 for the Boston area runners.

Commitment was never an issue, once her mind was set on her goal...failure was not an option.. Stephanie accomplished her fund raising and training goals...and completed the race.

That's the kind of commitment and focus that helps Stephanie's patients today.

Ludlow salutes Stephanie!

## *HealthSouth Bids Farewell to CEO Dave Richer*



**CEO DAVE RICHER**

Dave Richer has held the position of CEO in Ludlow for the past 10 years, His departure to move to Fairlawn Rehabilitation Hospital in Worcester is one that is bittersweet. He has seen many changes over the past 10 years and has seen the hospital grow in size and reputation. Richer is enthusiastic

about the opportunity to manage a larger hospital but aware of the benefits of the Ludlow site.

"There is a real sense of community in Ludlow"; having worked with the Local Chamber has been a very rewarding experience".

Richer was feted by a hospital

wide celebration celebrating his leadership and using a "Sports Team" theme as Dave is an avid Patriots, Red Sox fan.

Richer will be noted for his ability to pull teams together to provide the highest level of patient care and outstanding clinical outcomes.

### *The Green Team at HealthSouth... "it's not easy being green"...*

HealthSouth has organized a core group of employees who have been designated "the Green Team" to focus on recycling areas in which the hospital can contribute to being more "earth friendly" We're making great strides toward better recycling habits and recognize that we can continue to educate our staff to re-use, recycle and reduce in an effort to leave a positive imprint on the planet

Our waste fryer oil is donated to a local organic farm. The oil

is being used for biofuel to run the farm's tractors.

We are recycling all of our printer cartridges, used batteries and lightbulbs.

Our confidential papers as well as addressographs, computer tapes, and cd's go into the shredding bins.



HealthSouth "Green Team"

We recycle soda cans & bottles to fund our Recreational Therapy Activities.

**Our combined efforts have saved 72 mature trees in 2007. Our goal is to save 100 in 2008!**

### *National Rehab Week: Iron Chef Competition: A new Winner Rises...*

National Rehab Week celebrations began with an Iron Chef Cook-off on Monday, September 22nd. Chef Paul Richard had dominated the event since its beginning two years ago. Event Organizer, Maggie Shanler commented on the growth of the competition and the spirit of the hospital as participants and judges looked

forward to the day. The goal was to take one of the 3 "secret ingredients" that were to be used in either an entree, main course or dessert. Judges included Dr Lois Albury, Controller Victoria Healy and PA Rich Conroy. It was challenging for the judges to even taste all of the food items, but somehow they were up to the

task and named Nancy Valego "IRON CHEF" with her Maple Chicken selection. Nancy used 2 of the secret ingredients to create her dish and it was delicious. Entrée winner was:

Becky Hicks took the prize for her Blueberry Cheesecake Dessert.



Paul Richard is finally unseated as Iron Chef and Nancy Valego takes on the Title: "IRON CHEF 2008"...

## *Employee and Clinician of the year 2008*

### Annual Employee Recognition

HealthSouth Rehabilitation Hospital of Western Massachusetts held their annual employee picnic in the park on August 22nd 2008. The event was highlighted by honoring both the Employee of the Year 2008: Darryl Sinclair, Director of Food Services and Linda Coffey PT, Outpatient Staff Therapist

as Clinician of the Year 2008. CEO Dave Richer presented the awards to both Linda and Darryl and spoke highly of both the winners.

Both award recipients personify the qualities of leadership and going the "extra mile" to make HealthSouth the "best in the West!" Congratulations.



Employee of the Year 2008 Darryl Sinclair receives his award



Clinician of Year Linda Coffey PT receives award

## HealthSouth Rehabilitation Hospital of Western Massachusetts



### **New Belchertown Clinic 131 North Main Street, Belchertown MA**

#### **Belchertown moves into the new clinic**

May 15th 2008 Belchertown Outpatient opened for business in their long awaited new clinic.

The 3800 sq./ft. clinic occupies most of the bottom floor of the new building.

The staff really like the open layout, windows and areas for patients. The feedback from patients is that the clinic is "awesome".



*Belchertown staff pose for picture in the new lobby. Back row l-r Carol Gowren, Donna Fountain, Deserie Scheinost and Josie Levreault.*

*Seated l-r Marie Budness Site Director :*

*Deb Hadley*

## *HealthSouth Goes Wireless....and our patients love it!*

WAYPORT has introduced High Speed Internet Access to the Ludlow Campus. Services are free and available to patients and families. Services are accessible in the cafeteria, patient lounge and patient rooms. Stay connected while you or your loved ones are working on their rehabilitation.



The benefits some of our patients have already enjoyed:

One proud Grandmother got to see a web-cam view of her new grandchild via her son's laptop. It gave her the extra incentive to work her hardest to get home and see her newest family addition.

Another patient got to keep connected with her family out of area by e-mail communication.

A busy business owner got to stay on top of his business via laptop use between therapy.

Another patient was able to visit web sites to learn more about her disease and connected with other patients who were in her situation.

