

Drake Center • Turning Point

SUMMER 2008



Firefighter Chris Gabbard returns to duty

*Read his and other first
responders' stories of
recovery at Drake*

9/11 Event:

Join Drake to honor first responders
Bring the family and show your support!

Planning for a fire emergency

*Your ability to escape
depends on it*

Discover Drake's community resources

Drake Center

Health Alliance™

Specialized Medical & Rehabilitative Care

Cincinnati, Ohio

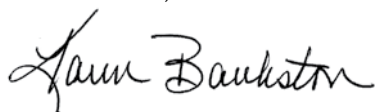
Turning Point

In this issue of *Turning Point*, Drake Center pays special tribute to our area's first responders—the firefighters, police officers and paramedics who regularly put their lives on the line to serve and protect others.

Over the years, Drake has developed a special closeness to first responders, since many of them are treated here after sustaining serious injuries on the job. People like Chris Gabbard, Sgt. Bryce Bezdek and Shawn Hayslette (page four), for whom Drake has been honored to serve as a turning point in their roads to recovery.

Next month, on the seventh anniversary of the terrorist attacks that took the lives of more than 400 firefighters, police officers and paramedics at the World Trade Center, Drake will honor first responders who have made the ultimate sacrifice and celebrate their brothers and sisters who continue to serve and protect us every day (event details, page 3).

I hope you and your family will join us in a show of support for these exceptional men and women, without whom many of our patients would not have had the opportunity to reclaim their health, restore their hope and rebuild their lives.



Karen Bankston

Senior Vice President, Drake Center



What is Drake Center?

Drake Center is a hospital that specializes in helping people recover from catastrophic illnesses or injuries. We are held to the same exacting standards as traditional hospitals, with one major difference—we specialize in helping people who need a longer recovery time. We also offer a full range of health care services to help patients through recovery, rehabilitation and beyond.

Drake Center provides the area's most complete range of rehabilitative care—from medically complex and rehabilitative long term acute care, to transitional skilled nursing, to outpatient services, wellness, assisted living and research—all on one campus. So whether we're helping a patient breathe, walk or live independently, or helping you with your wellness goals—our aim is to have people achieve their fullest, most active and independent life possible.



On the cover: Hamilton firefighter Chris Gabbard waves goodbye to Drake staff the day of his discharge. Fellow firefighters showed up to drive him home in Engine 5.

Join Drake on Sept. 11 to honor first responders

It's something you'll never forget—what you were doing that Tuesday morning, Sept. 11, 2001, when you heard the news. And you'll probably always remember the feelings of pride and inspiration as you watched the footage of the first responders who didn't think twice about risking their lives to save those inside the World Trade Center.

Similar heroic scenes play out in cities across the country every day: a firefighter walks boldly into a blinding maze of smoke and flames; a police officer chases down an armed robber; a paramedic climbs through debris from a collapsed building to administer aid to a trapped victim.

Cincinnati is home to thousands of these everyday heroes who have risked—or even lost—their lives serving others. Drake Center feels a special closeness to these first responders. Not only are many of them treated here after being seriously injured on the job, but they also play a vital role in the lives of our patients, many of whom would not have had a *chance* at recovery without the lifesaving efforts of first responders.

On this seventh anniversary of that tragic day in New York, Drake Center will memorialize first responders who have made the ultimate sacrifice, and honor and celebrate their brothers and sisters who continue to serve us, around the clock, each and every day.

“This event represents only a fraction of the gratitude we feel toward first responders. We want the entire community to join us to show their appreciation and to honor the lives lost in the line duty.”

—**Alan Jones**, Director of Human Resources and Public Safety, Drake Center; Police Officer, North College Hill Police Department

The evening will include a memorial service, concert and showcase of emergency service vehicles and equipment, such as Air Care helicopters, fire trucks, ambulances, smoke houses, S.W.A.T. gear and more.

First responders and their families are encouraged to attend, as are all members of the community wishing to show their support and gratitude. For more information or to R.S.V.P., call **513-418-HOPE**.

An event for the whole family!

Bring blankets and lawn chairs for the concert.



Show your gratitude at this first-of-its-kind event

Thursday, Sept. 11

Drake Center Campus
151 W. Galbraith Road

4-6 p.m.

Equipment showcase
and demonstrations

6-6:30 p.m.

March to the flag

6:30-7 p.m.

Memorial ceremony

7-8 p.m.

Ohio Military
Band concert

Free event

Free parking

Concessions available
for purchase

RSVP requested:

513-418-HOPE

First responders share their stories of recovery at Drake

In this special tribute issue of Turning Point, Drake Center is pleased to honor the many first responders who, in time of emergency, put their lives on the line for the sake of others. Drake Center has a special closeness to first responders—many of them work here, and many of them are treated and recover here after they incur serious injuries while on the job.

Read on for stories of three exceptional first responders whose lives were changed—in an instant. But with drive, determination and help from Drake Center, they are reclaiming their health, restoring their hope and rebuilding their lives.

Chris Gabbard

Age: 32

Hometown: Hamilton, Ohio

Occupation: Firefighter, City of Hamilton

On April 17, 2007, while conducting a water rescue drill in the Great Miami River with his fire unit, Chris Gabbard was thrown overboard when his boat capsized. For the next 26 minutes, he was trapped under water, churning in the boil of the raging river.

“As I was being pulled out of the water, some of the guys said they started giving me mouth-to-mouth,” says Chris, who remembers nothing about the accident. His heart stopped three times on the way to the hospital. Each time he was brought back to life.

Chris was taken to Fort Hamilton Hospital, where he was stabilized, then was airlifted to University Hospital for treatment. He was admitted to Drake Center May 2, 2007, with significant respiratory and neurologic deficits.

“He was in a vegetative state and unresponsive,” said his wife, Michelle.

He was placed in the care of Mark Goddard, M.D., director for physical medicine and rehabilitation, who, upon initial assessment, saw no apparent response when he asked Chris to move his thumb. But about two minutes into the examination, Goddard noticed that Chris was, in fact, responding by moving his thumb. He also had significant rigidity in his arms and legs. Goddard prescribed Sinemet, a drug typically used for Parkinson’s patients, to help reactivate Chris’ brain.

Goddard also prescribed several other therapies: physical therapy to help with rigidity and improve walking; occupational therapy to assist with arm/hand coordination; and speech therapy to help with his cognitive and communications skills. Within two weeks, Chris began feeding himself and even standing. Within a month, he was walking, dressing and performing basic activities.

On June 2, 2007, Chris had recovered enough to walk out of Drake and climb aboard Engine 5 for his first ride home in six weeks. He continued outpatient therapy at Drake for nine months and in May 2008 returned to his full-time job. He has even successfully performed the water rescue drill that caused his accident.

About his miraculous recovery, Chris says: “God is good, you know. He has a purpose for me. Through Him is how Dr. Goddard and the rest of the doctors and therapists at Drake helped me get to where I am now.”



Gabbard (front, center), with the firefighters who saved him, at the dam of the Great Miami River, where he was trapped under water for 26 minutes.



Gabbard and his family on Easter 2008, just weeks before he returned to his full-time job after finishing outpatient therapy at Drake. He even successfully completed the water rescue drill that caused his accident.

Bryce Bezdek

Age: 31
Hometown: Cincinnati, Ohio
Occupation: Sergeant, Cincinnati Police Department

On Nov. 24, 2007, Cincinnati Police Sergeant Bryce Bezdek was seriously injured during a dramatic police chase while laying stop sticks on I-75 when an SUV rammed a pickup truck and slammed into Bryce, throwing him 35 feet into a concrete pole. He was airlifted to University Hospital, where it was determined he suffered skull fractures, severe traumatic brain injury, and fractures to his cervical and thoracic spine.



Bezdek was seriously injured on I-75, when he was struck by a pickup truck while laying stop sticks. He regained his health at Drake, and continues his recovery with outpatient therapy.

Bryce was transferred to Drake Center on Dec. 7, 2007, and placed in the care of Mark Goddard, M.D., who prescribed a number of therapies, including the medication Ritalin to help with concentration and memory. Bryce received speech therapy (to help upgrade his swallowing), physical therapy, occupational therapy, rehabilitation nursing and recreational therapy. Bryce also was visited and evaluated by trauma doctors from University Hospital, as part of a partnership with Drake to ensure continuity of care for trauma patients.

Bryce, the father of two, has received strong support from his wife, Toni, and doctors credit the collaboration of Bryce, Toni, and the staff at Drake as the key to his tremendous progress. He was able to be discharged on Jan. 11, 2008. Bryce continues aggressive outpatient therapies at Drake, and anticipates the day when he can pursue job options—including those with the Cincinnati Police Department.



Throughout his recovery, Bezdek received strong support from his wife, Toni. Doctors credit the collaboration of patient, family and staff at Drake as key to his recovery.

Shawn Hayslette

Age: 26
Hometown: Falmouth, Kentucky
Occupation: Armored Transport Messenger,
Volunteer Firefighter, Iraqi Veteran

Shawn Hayslette was critically injured in a car crash on his way to work in February 2008. He suffered severe traumatic brain injury, a broken arm, collar bone and ribs, and an eye injury.

After being treated at University Hospital, Shawn arrived at Drake Center completely unresponsive on March 7, 2008, and was placed in the care of Mark Goddard, M.D., who recalls his first conversation with Shawn's wife, Beekee:

"She was distraught by his condition, but I reassured her that Shawn should have a good response to our rehabilitation interventions," said Goddard. He prescribed Ritalin, which led to significant improvement in his brain activity. By his third day at Drake, Shawn was following simple commands.



The Hayslettes relax in Drake's courtyard between outpatient therapy sessions. They return twice a week, and Shawn continues to show dramatic improvements.

Because of the types of injuries Shawn suffered, another key to his recovery was pain management. The Drake rehab team determined he needed pain management to make him more comfortable and able to participate in Drake's full continuum of aggressive treatment: physical, occupational and speech therapy, rehabilitation nursing and psychology.

With the support of his wife, family and the staff at Drake, Shawn has made impressive progress and was discharged on April 11, 2008. He continues outpatient therapies and also pushes himself to work on a number of therapies at home, with every intention of returning as soon as possible to his job—and his work as a volunteer firefighter.



After two tours of duty in Iraq, Hayslette was glad to be safely home. But in a February 2008 car accident he sustained critical injuries. Drake was there to help him reclaim his health.

To learn more about the many services offered at Drake Center, please call 513-418-2607.

Planning for a fire emergency

If your home started burning, would you *really* know what to do?

Fires happen more than often than you might think. According to City of Cincinnati District Fire Chief Fred Prather, the Cincinnati Fire Department had nearly 12,000 fire responses last year. That's an average of more than 30 fires a day in the city of Cincinnati alone.

"Many people not only underestimate their risk for fire but also misjudge their ability to handle such an emergency," said Prather. According to a 2004 Harris Interactive survey conducted for the National Fire Protection Association, one-third of American households estimated they would have at least six minutes before a fire in their home would become life-threatening. The time available is often less. Fire can spread rapidly through your home, leaving you as little as two minutes to escape safely once the alarm sounds. Prather says your ability to get out depends on advanced planning.



Cincinnati District Fire Chief Fred Prather



The first step in preparing for a fire emergency is sitting down with your family and agreeing on an escape plan:

- Draw a floor plan for each floor and make sure that everyone knows at least two exits—doors and windows—from every room.
- Walk through your plan, checking to make sure the escape routes are clear and doors and windows can be opened easily.
- Decide on an outside meeting place a safe distance from your home where everyone will meet after they escape.

Prather says to make sure you're out safely before calling 911—don't place the call from inside the burning structure.

And NEVER go back inside a burning building—once you get out, stay out and wait for firefighters to arrive.

Finally, practice your escape plan at least twice a year. Make sure your drills include:

- Sounding a family alarm, whether it's yelling "fire," pounding on walls, blowing a whistle or ringing a bell.
- Staying low to the ground when escaping.
- Feeling all doors before opening them. If a door is hot, get out another way.



Are your smoke alarms in working condition?

A working smoke alarm can save your life. That's why it's crucial that you regularly test and maintain your alarms. Take the time to test your alarms monthly and change the batteries at least twice a year or whenever an alarm "chirps" to signal low battery power. Never borrow a smoke detector's battery for another use—a disabled detector can't save your life. Vacuum the dust from inside the alarm at least once every year and replace smoke alarms every 10 years or according to the manufacturer's specifications.

FREE smoke alarm

Time for a new alarm? Visit any Cincinnati fire station to pick up a free smoke alarm and batteries, courtesy of the American Red Cross.

Only 23 percent of Americans have developed and rehearsed a home escape plan.

Source: Harris Interactive survey, Fall 2004

Drake Center Community Resources

Aquatic & wellness exercise programs

We offer individual classes and eight-week group exercise programs, including classes in our warm-water aquatic pool. To sign up for a free trial class or to learn more, call **513-418-2727**.

Available classes include:

- Adult learn-to-swim
- Low-impact water exercise
- Deep-water exercise
- Water walking
- Arthritis class
- Stroke class
- Community open pool
- Tai Chi
- Pilates
- Strength and stretch



The Conference Center at Drake

Many people probably don't think of a health care facility when they're looking for a place to host their next corporate or casual affair, but the Conference Center at Drake offers the complete package in a convenient location with competitive pricing. Our full-service conference and meeting facility is available to businesses, organizations and individuals year round.

The Conference Center at Drake has welcomed a broad range of groups throughout the Cincinnati community for business meetings, training sessions, corporate retreats, banquets, awards dinners, birthday and anniversary celebrations and more.

"We really appreciate the personal care and attention to detail provided at our recent conference," said Laurie Brinkman, program manager for the Cincinnati USA Regional Chamber of Commerce. "The facilities are great. ... We will definitely be back!"

For more information on the Conference Center at Drake or to request a price quote or reservation, visit www.DrakeCenter.com/conference or call Cynthia Walker, conference center coordinator, at **513-418-2544**.

Updated in 2007, our conference center features:

- Full-service, on-site catering
- Customizable room setups
- State-of-the-art AV equipment
- On-site AV coordinator
- Free, convenient parking
- Fully handicapped-accessible facilities
- Central location, easily accessible from major highways and bus lines
- Beautiful, secure campus.

Exceptional assisted living... as unique as you

Connected to the Drake Center campus, the community of Bridgeway Pointe offers adults of all ages the full spectrum of accommodations—from independent and assisted living, to respite and transitional care, to a specialty area for residents needing Alzheimer's or dementia care.

Not only will you be close to home, but you'll also feel at home and at ease knowing our professional staff will be there as much as you need them.

The choices are up to you. Our staff is dedicated to making your living experience uniquely yours; so count on us to support you in ways that enable you to continue doing the things you enjoy, whether that's making friends, practicing your faith, sharing your green thumb, swimming in our warm-water aquatic pool or just relaxing with a good book.

Stop by for a visit and you'll see why our residents say they would recommend Bridgeway Pointe to a friend. For more information or to schedule a private tour, call Kathy at **513-418-5936** or visit www.bridgewaypointe.org.

Bridgeway Pointe



For exceptional care, we offer:

- connection to some of the region's finest physicians, therapists and services at Drake Center
- programs and activities for optimal health and well-being
- trained and experienced dementia-care professionals.

Drake Center

Health Alliance™

Specialized Medical & Rehabilitative Care

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