

Drake Center • Turning Point

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Drake Center

Specialized Medical & Rehabilitative Care

Cincinnati, Ohio

Turning Point

Drake Center
151 West Galbraith Road
Cincinnati, Ohio 45216
513.418.2500

For more than 150 years, Drake Center has been evolving to meet our community's changing needs. Today our reach is growing beyond Cincinnati to the entire Midwest, and in many ways, the entire rehabilitation community. Our programs and research are breaking new ground and earning national recognition. (See pages 4 and 5).

While we're proud of these achievements, the most important breakthroughs we make are in the lives of our patients. As we begin to feel the effects of the changing healthcare landscape on both a local and national level, we never lose sight of these patients, their remarkable recoveries, and inspiring stories.

One such inspiring story is that of Amber Gray, a young college student at the University of Tennessee, featured on our cover. This issue tells about Amber's remarkable recovery, our full range of services, and how we're often a positive turning point for our patients no matter which of our services they seek.



Karen Bankston, Ph.D., FACHE
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 lives possible.



***Reclaiming Health.
Restoring Hope.
Rebuilding Lives.***



Complications after routine rotator cuff surgery in July 2009 caused Amber Gray's stroke. Seven months later, she's back on the court rooting her team to victory.

Amber's remarkable recovery

For 19-year-old Amber Gray, the chance to play basketball for the University of Tennessee Lady Vols was a dream come true. The high school All-American from Lakota West High School in Mason, Ohio, appeared in 27 games as a freshman. Gray was looking forward to her second year on the team when a nagging rotator cuff injury led to elective surgery on July 2, 2009, in Knoxville. What followed was a most unlikely series of events. Post-surgery complications led to the discovery of an unrelated brain aneurysm that began to hemorrhage, causing a stroke.

Amber was flown via Air Care to University Hospital where renowned neurosurgeon Mario Zuccarello, M.D., of the University of Cincinnati (UC) Neuroscience Institute, performed a 12 ½-hour surgical procedure to clip the aneurysm.

She was admitted to Drake Center on July 23 where she made significant progress after receiving extensive physical, occupational and speech therapy to improve movement on her left side, build her strength, and improve walking and swallowing.

Amber was discharged from Drake two weeks earlier than expected. "She had a 'meteoric recovery,'" said Mark Goddard, M.D., Medical Director of Physical Medicine and Rehabilitation at Drake and Professor and Chair of the Physical Medicine and Rehabilitation Department at UC College of Medicine. "Her basketball training and her spirit played a big role in her recovery," he added.

Amber's mother, Tonya Carter, noted that the rotator cuff surgery may have saved her daughter's life because it led to the discovery of the aneurysm in the best possible surroundings. "Some people are born with aneurysms, and they don't find out until it's too late," she said.

We caught up with Amber (now 20) in late February after a 70-61 Lady Vols win over Louisiana State. "Everything's going really well," she reports. "I'm not practicing with the team yet, but I'm lifting and conditioning."

Amber's Mom agrees. "She's doing really, really well. I still cry every day thinking about her recovery because I'm so thankful. ...and I'm so proud of her and how much she's grown as a result of this." Drake's staff continues to support Amber as she transitions at UT. "They released her, but didn't let her go," her mother adds. "Knowing that we can call there for things to help Amber get her life back—as a parent that means the world!"

Treating the sickest of the sick: Drake is rehab and a whole lot more

While Drake Center has earned a reputation as the region's leader in rehabilitation, there's another, lesser known side of Drake that treats the sickest of the sick "medically complex" patients. Medically complex patients are those who arrive too seriously ill or catastrophically injured to be able to endure the physical demands of up to three hours of rehabilitation each day. They often have multi-system, multi-disease conditions that require a combination of treatments to get well enough to begin the aggressive therapies for which Drake is known. Their conditions include traumatic brain injury, spinal cord injury, stroke, or patients in need of advanced wound or pulmonary and ventilator care.

"Medically complex is 'recovery before rehab,'" says Joseph Segal, M.D., an attending physician on Drake's long-term acute care (LTAC) units. "It's the seamless transition from medically complex to rehab that sets Drake apart. It's literally a stepping stone to rehab," he adds.

To care for the sickest of the sick medically complex patients, Drake offers:

40 ventilator beds; hemodialysis; onsite advanced wound care team; medical psychologists and neuropsychologists; Rapid Response Team; weekly multi-disciplinary team care conference; and physicians who specialize in infectious disease, wound care, pulmonology, pain management, neurology, ENT, psychiatry and physical medicine and rehabilitation.

Two levels of long-term acute care:

1. Medical Long-Term Acute Care (LTAC)—For patients whose complex, high-level condition requires extended inpatient care.

2. Rehab LTAC—For medically stable patients who can tolerate up to three hours of rehab therapy a day.

Additional levels of care provided at Drake include transitional skilled nursing, various outpatient services, wellness, assisted living, and research.

Renowned Research



American Heart Association awards \$120,000 to study neurobotic arm brace with stroke survivors

Researcher Valerie Hill Hermann, O.T., a research occupational therapist at the University of Cincinnati's College of Allied Health Sciences, received a \$120,000 grant from the American Heart Association to study the best way for patients to relearn muscle control after a stroke with the MYOMO E100 robotic arm. Hermann will work with 30 stroke survivors at Drake Center who had strokes more than a year ago that caused arm paralysis. According to Hermann, one group of patients will receive traditional therapy, engaging in task-specific activities and re-learning basic movements of progressive difficulty. A second group will receive therapy with the MYOMO robotic arm, and a third group will receive both traditional and MYOMO therapies combined.

To learn more about these and other on-going research studies at Drake that increase recovery after stroke, go to DrakeCenter.com and search "Research Studies," or call 513-418-4450.

Drake is site for \$3.6 million grant to study mental rehearsal in stroke patients

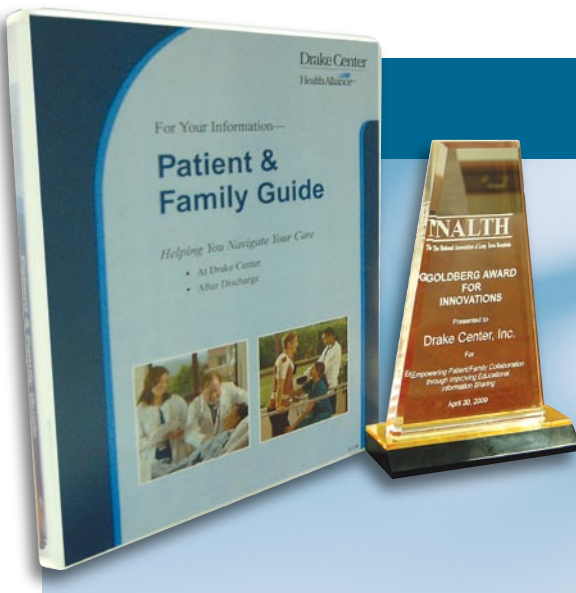
Drake Center is the research site for a five-year, \$3.6 million grant from the National Institutes of Health (NIH) that will enable University of Cincinnati researchers to explore how mental "rehearsal" of physical activities can improve motor skills in stroke patients. The multi-center study is being held in conjunction with the Cleveland Clinic, with UC as the lead center and Stephen Page, Ph.D., as the principal investigator. One hundred stroke patients will be recruited to participate in the groundbreaking research, with 50 patients participating over a five-year period at each of the two locations.



Award winning patient & family care

Drake Center receives the 2009 Goldberg Innovation Award

Drake Center received the 2009 Goldberg Innovation Award from the National Association of Long Term Hospitals (NALTH) for its program that empowers patient and family collaboration through improved education and information sharing. "Our mission as a long-term acute care hospital is not merely to get patients well enough to leave, but rather to transition patients and their families from the trauma of devastating medical events to be as self-sufficient as possible upon discharge," says Terry Dunn, Vice President of Operations.



Drake Center New Services



Got pain?

A pain relief program was recently launched at Drake with Reginald Kapteyn, D.O., joining the Drake staff as Medical Director of Pain Management. According to Dr. Kapteyn, it's the interdisciplinary, holistic approach to pain that sets Drake's new program apart from most others. "We set out to create a pain relief center that was

more than just a pharmacy. We work to identify and treat the sources of pain, and we evaluate contributing medical conditions and factors like coping mechanisms and sleep patterns. Less than 10 percent of pain medicine practices in the country have this type of holistic model," he said.

The program sees patients with a variety of muscular and skeletal conditions, including back pain, fibromyalgia, osteoarthritis, carpal tunnel, tendonitis, scoliosis, neuropathy, headaches, and spasticity. *For more information, call 418-2798.*

New retail pharmacy at Drake open to the public

Drake's new retail pharmacy offers prescriptions and many over-the-counter medications. Pharmacist Greg Clausing, R.Ph., will gladly assist you regarding your pharmacy needs. Prices are competitive with other retail pharmacies including many \$4/month offers. Easily accessible just inside the doors of the South Pavilion (rear of the building with convenient parking), the pharmacy is open Monday – Friday, 8:30 a.m. to 5 p.m. *Call the pharmacy for your next prescription at 418-2364.*

Reclast—once yearly osteoporosis medication now available at Drake

Reclast is a medication used to treat osteoporosis that is administered by infusion, thereby helping to avoid gastrointestinal issues common with some osteoporosis medications. Its once-yearly dosage makes it easier for patients to comply with prescribed treatment. *For more information or to schedule an appointment, call 418-2798.*



New hand therapy technology improves quality of life for patients with paralysis

The Bioness H200 is a soft, ergonomically designed prosthesis that can be used in the hospital and at home. It has electrodes that stimulate and

activate the hand—with the goal of ultimately retraining the brain. It can be programmed to stimulate opening, closing and grasping so patients can perform activities of daily living. "The Bioness helped me see that my hand could move," says stroke survivor, Don Bates, "and seeing that movement motivated me to work harder to make it move on its own." Don is shown here wearing the Bioness and working with Molly Clarkson, Inpatient Occupational Therapist.



Drake Rehab of West Chester moves to Medical Office Building at West Chester Medical Center

This new location is double the size of our current facility in a first floor suite surrounded by plenty of free parking with easy patient access. It offers exceptional rehabilitation services for which Drake Center is known including physical, occupational and speech therapy. Located at 7626 University Court, *appointments can be made by calling 513-298-7799.*

People



Drake nurse named National Researcher of the Year

Anne Blevins, Wound Care Clinical Coordinator, was named 2009 Outstanding Researcher in Wound Care by the National Alliance of Wound Care (NAWC). "Anne is a passionate nurse specialist and progressive researcher who has

helped shape our advanced wound care program," said Karen Bankston, Senior Vice President. Drake's wound care team is the only one of its kind in the country whose staff is wound care certified and dedicated entirely to wound care.



Mary Arnold-Long named Healthcare Hero finalist

Mary Arnold-Long, Clinical Nurse Ostomy Specialist, was selected a finalist in the *Cincinnati Business Courier's* annual Healthcare Heroes competition. Mary was the only non-physician in the Provider Category.

An excerpt from the nomination states: Mary addresses patients' physical and emotional needs with a calm and caring demeanor and "she sees every ostomy patient who comes to Drake." Mary's reach extends far beyond her beloved patients. She coordinates all Drake Center wound care research, teaches, lectures, and presents studies at wound care seminars around the country.



1st in Ohio, 15th in Nation

The Harbor at Bridgeway Pointe
Receives "Excellence in Dementia Care"

The Harbor's multi-sensory "Charles R. Ryder Memorial Garden"



The Alzheimer's Foundation of America (AFA) recently awarded the designation of "Excellence in Dementia Care" to Drake's assisted living community. Bridgeway Pointe's secured memory care unit, The Harbor, was the first in Ohio and only the 15th in the nation to earn this designation. AFA's comprehensive set of standards include: the environment, staff training, staff-client interaction, activities and community education.

Bridgeway Pointe offers a monthly Dementia Support Group and various levels of assisted living for adults of all ages, including baby boomers. For more information, visit BridgewayPointe.org or call 513-418-4370 for a personalized tour.

Peace of Mind

Throughout their 65-year marriage, Don and Ulys Martin have lived around the world. Their love is an inspiration to others: he still calls her his "bride." In 2007, when they decided they needed assisted living, their family researched the possibilities and chose Bridgeway Pointe.

Ulys requires secure surroundings and a higher level of specialized care. While living in The Harbor, Bridgeway Pointe's secured memory care unit, she enjoys life. Unlike many other facilities, most of Bridgeway's activities and outings are inclusive, open to all residents. Ulys has many

friends, attends community events – and always lights up when Don enters the room.

Don, who lives in a separate apartment at Bridgeway, is able to visit his wife throughout the day and night. This arrangement has been ideal for the Martins. Don is able to remain close to his wife and has peace of mind, knowing his "bride" is well cared for right down the hall.



Ulys and Don Martin on a resident bus outing to Rabbit Hash, Kentucky.



The Tree of Life began as the vision of Betty and Don Wunderlich whose son, David, was a patient at Drake Center from 1980-2000. Betty's dream was to raise funds for patient care by selling leaves to honor David and others like him.

Drake Center Tree of Life

Tells Story of Loved Ones & Raises Funds for Patient Care

If you've ever walked into the West Pavilion lobby at the Drake Center, you can't help but notice the unique and artistic Tree of Life. Its meandering branches, with leaves of pastel gold, green, and lavender, cover the walls of the lobby and welcome visitors.

The Tree of Life is more than a beautiful wall graphic, however. If you look a little closer, you'll see that some leaves on the tree are inscribed with names or short messages.

Sponsored by the Drake Center Auxiliary, the tree is a living memorial to Drake patients, their families, and employees.

The Tree of Life began as the vision of Betty and Don Wunderlich. Their son, David, was a patient at Drake Center from 1980 to 2000. Betty was Auxiliary President in 1994. It was then that she launched her dream to raise funds for the benefit of Drake Center patients by selling leaves on the tree.

Add Your Leaf to the Tree of Life!

Every leaf added to the tree helps Drake continue its quality patient care. To add your \$130 personalized leaf, visit our website at DrakeCenter.com, Search: "Tree of Life" or call the Volunteer Services Dept. at 513-418-2522.

Drake Center Community Resources

Drake Center's Warm Water Therapy and Exercise *Can Benefit You.*

Special Features:

- State-of-the-art, easily accessible facilities and pool with movable floor
- Wide variety of specialized programs
- Affordable community programs with no membership requirement
- Experienced, friendly, professional staff
- Complete safety and emergency systems

Warm-water therapy and exercise provide joint protection during exercise. They also increase circulation and respiration; strength and endurance; muscle tone; mobility and range of motion; balance, coordination, and head and trunk control; and spatial and sensory awareness. In addition, they reduce pain and stress, promote relaxation, provide psychological benefits and improve body image.

Persons with these conditions may benefit:

- Arthritis/fibromyalgia
- Chronic pain
- Orthopedic conditions
- Neurological disorders
- Back injury
- Spinal cord injury
- Brain injury
- Stroke
- Others



For more information:

To make an appointment for individualized outpatient aquatic therapy (with doctor's prescription), please call:

513-418-2798

To register for community aquatic exercise, please call:

Aquatic Center Office: 513-418-2727



Need an MRI?

Consider Drake Center:

- Appointments often available same or next day (with insurance authorization).
- Central and convenient location just off I-75 or Cross County Highway.
- Free valet parking from 8:30 a.m. – 4:30 p.m. Monday - Friday.
- Specializing in MRI services for patients with disabilities.
- Staff and radiology team are board certified and licensed by the state of Ohio.
- University Hospital radiologists interpret all imaging procedures.

To schedule an MRI, call 513-418-2798.

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513-418-2500



Drake Center is a not-for-profit, long-term acute care hospital, providing both medically complex and rehabilitative care, as well as skilled nursing, assisted living and various outpatient and wellness services.

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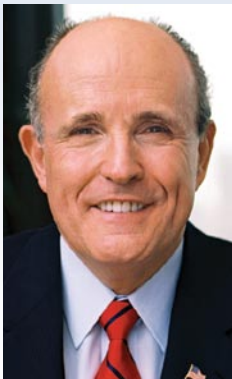
Learn the leadership lessons from 9-11 and honor First Responders An Evening With Former New York City Mayor Rudy Giuliani

May 13, 2010 | 6 p.m. | Millennium Hotel | Cincinnati, Ohio

Cost: \$100/person | \$1,000/Table of 10

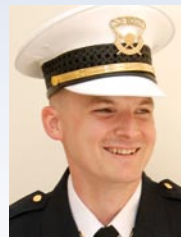
(Consider honoring our area's First Responders by sponsoring a table or seats for them to attend--call 513-418-5970 for complete details.)

Principled Leadership



Just when New Yorkers were beginning to enjoy the city's revitalization under Rudy Giuliani's leadership, came the unimaginable on 9-11. Giuliani swiftly marshaled his remarkable leadership skills to pull his city, and perhaps the entire nation, through the crisis. Join us for this riveting presentation when Mr. Giuliani shares:

- His principles of leadership, based on his best-selling book, *Leadership*.
- How First Responders—police, firefighters and EMS—embody the principles of leadership to keep our nation safe.
- How individuals and business leaders can practice principled leadership to achieve personal excellence and to inspire excellence in workplace teams.



Featuring honorary co-chairmen, Bryce Bezdek, Chris Gabbard and Brandon Gehring, all First Responders who were injured in the line of duty. Drake Center had the privilege of working with each of them to reclaim their health and rebuild their lives.

For reservations and sponsorships, call 513-418-5970.



All proceeds benefit patient services and research at Drake Center, the region's leader in specialized medical and rehabilitative care.