

HRH Sports Report

Spring/Summer 2008
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A PUBLICATION OF THE ADAPTED SPORTS PROGRAM AT FORUM HEALTH HILLSIDE REHABILITATION HOSPITAL

Gift Shop is Gracious in Donation

Construction of new facilities, increased programming, marketing, grants and fundraising efforts are some of the many factors contributing to the continued expansion of the Adapted Sports Program during the past eight years.

The generosity and support of the Hillside Gift Shop has also helped to enhance the program. Most recently, the Gift Shop donated money to purchase a Nintendo Wii and a digital camera.

Adapted Sports, as well as inpatient rehabilitation are using the Wii. The therapists use the game system to work with patients on deficit areas of cognition, problem solving, balance, coordination, upper and lower body strength and endurance.

The digital camera, used by the staff for various programs, has software compatible with our computer system and makes storing and retrieving photos easier.

We extend our deepest appreciation and thanks to the Gift Shop for these new and past donations that have contributed to our program's success today.



Building a "Field of Dreams" Presentations

Adapted Sports has taken the show on the road to promote the program. With presentations given locally, as well as state and national conferences, we have shared with others the accomplishments that can be made with the right vision, administrative support, dedicated staff, fundraising, grants, donations and, most importantly, participation from our patients and community.

The following shows presentations were made:

**Eastern Ohio Rehabilitation Association
at Hillside,**
presented by Linda Case

**American Therapeutic Recreation Association
National Conference in Milwaukee, Wisconsin**
presented by Linda Case and Rebecca LeBron

**Ohio Occupational Therapy Association
State Conference in Boardman, Ohio**
presented by Linda Case and Rebecca LeBron

**Therapeutic Recreation Mid-Eastern Symposium
Regional Conference in Ocean City, Maryland**
presented by Linda Case and Colleen Connolly



Mark Your Calendars!

**8th ANNUAL
GOLFF Challenge
at Tamer Win
June 28, 2008**

**4th ANNUAL
Hillside Rehabilitation Hospital
Team Challenge
August 16, 2008**

- Adapted Sports/PEP Information now on the Web

- Hillside Shooting Team Grows to 16 Strong

- Check out the Posters

- The PEP CLUB Corner

- Spring/Summer Sports Update

- Dart League

- Bowling League

- Employee Corner

- Ergys Bike Program Running for a Year

- Adapted Sport/PEP Spotlight

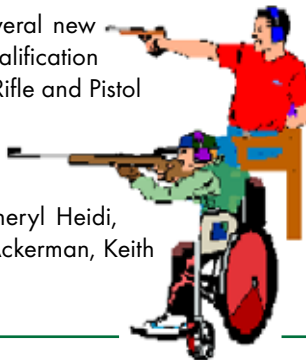
Adapted Sports/PEP Information now Posted on the Web

You can now find brochures, calendars, sport reports and special events at www.forumhealth.org. Click on Hillside and you can locate information under Programs and Services, Newsletters/Publications and Community Services.

Hillside Shooting Team Grows to 16 strong

This year the air rifle/pistol shooting program welcomed several new members, who have been completing the NRA Marksman Qualification Program, as well as training for the 5th Annual HRH 600 Air Rifle and Pistol Competition at the Vienna Fish and Game Club.

New Team Hillside members include: Rifle - Sue Clark, Jim Daniels, Brian Kovach, Arnette Fridely and Colleen Dale; and Pistol - Gordon Mathies. Seasoned team members include: Cheryl Heidi, Paul Seese, Dr. Brys, Danny Miller, Jon Rook, Linda Darby, Rick Ackerman, Keith Carney, Rich Jewel and Beth Shank.



Check out the Posters!

The next time you are in the hospital, walk down the hallway between the recreation room and cafeteria to see yourself in action on posters showcasing the Adapted Sports Program. The posters are designed to feature and promote the many different Adapted Sports programs and activities available. This is only the beginning; more posters and photos will be added in the weeks ahead. So keep smiling!

The PEP CLUB Corner

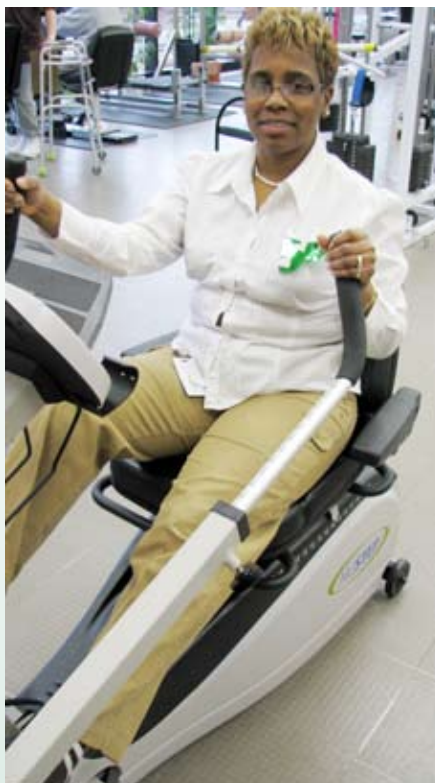
The PEP Club is going strong with 110 active participants and the recent addition of new equipment.

The new Total Gym, Nu Step and a Sci-fit not only provide more variety for workouts but also reduce waiting time.

Our PEP participants, as reliable as the postal service when it comes to the weather, attend the program rain, shine, snow or sleet. Why do they attend? Although they look forward to seeing the wonderful staff, more likely, PEP Club members ("Peppers") come to improve their physical capabilities and socialize with the friends they've made.

By attending regularly, many of our "Peppers" have improved their walking, balance and functioning at home, and many have also seen their blood pressure decrease. It's great to see improvements in our members' health, independence, and self-confidence.

For more information or have questions about the PEP Club, call Karen Crogan at 330-841-3364.



SPRING/SUMMER SPORTS UPDATE

First time participants, please call ahead of scheduled times. Times are subject to change.

Air Rifle/Pistol

Call for appointment

Archery

Thursday, 1 p.m. - 2 p.m. at Hillside

Biking at Hillside

Call for appointment

Bocce at Hillside

10 a.m. - 11 a.m., Mondays

Bowling - at Echo Lanes

11 a.m. - Noon, Wednesdays

2 p.m. - 3 p.m., Thursdays

Golf

Tuesday & Thursday,

10 a.m. - 12:30 p.m. at Tamer Win

Wednesday, 1:30 p.m. - 2:30 p.m.
at Vienna Short Holes,

Thursday, 8 a.m. - 9 a.m.
(call for location)

PEP Club at HRH

Monday through Thursday, by
appointment only

Tennis

Call for appointment

MEMBERSHIP LEVELS

Bronze-Adapted Sports Only -
\$10.00 per month

Silver-PEP Only - \$25.00 per month

Gold-Adapted Sports and PEP -
\$30.00 per month





Dart League

With ten members, the employee dart league has entered its 5th year. Each Tuesday and Thursday during lunchtime, league members enjoy a quick 15-minute dart game of 301.

The game starts with each participant receiving a total of 301. Each player throws three darts at the board. The numbers hit are totaled and then subtracted from 301. The first person to reach zero or with the lowest score at the end of the 15-minute game becomes the winner.

Previous champs have been Karen Crogan, Kelly Taylor and Betty Burley (last year's defending champ) and the teams of Filomena Bario and Betty Burley, and Beth Reese and Karen Crogan.

Come by on Tuesday and Thursday to check it out. And, remember to sign up for next year.



Bowling League

Hillside Employee Leagues added another sport to the list. December 4th marked the start of the bowling league for HRH employees. Seven courageous bowlers participated in this year's bi-monthly league at Echo Lanes in Warren. At season's end, Diane Sharnek came in first with the best overall average, followed by Linda Case with a very close second.

The bowling league proved to be successful, allowing employees to become closer outside the walls of HRH during the long winter months. Hope to see some new faces at the lanes next year.

Employee Corner

WALKING PROGRAM

Hillside Rehabilitation Hospital is on track to become a "Fit Friendly" facility through the American Heart Association and is applying for gold recognition by the organization.

To receive the AHA's gold recognition, the facility must complete at least nine criteria in categories of physical, culture and nutrition. The programs and services must be in place and operating at least one month prior to submission for the recognition. The application must be received by July 30, 2008.

Our Employee Walking Program officially kicked off with two different walks held on February 14 in celebration of American Heart Month and Valentine's Day. Although 34 employees participated in the initial event, 55 employees are now registered for the program.

Each participant sets his/her own goal, walking as many miles or hours as desired. They can walk during a break, at lunch as well as before or after work. Two walking courses inside the hospital (one with stairs) and one outside course can be used.

In support of the program, employees will also begin to see newsletters, healthy food choices marked in the cafeteria and literature for healthy living.

This is just a start, but the feedback and comments are very positive. It is very exciting to arrive at work and see employees already working to get in their miles. Congratulations for everyone taking the challenge to Start and Get Fit!



ERGYS Bike Program Running for a Year Now!

Many of you may have heard about the Ergys bike and perhaps wondered about its use.

The Ergys is designed to provide people with little or no voluntary leg movement (i.e. spinal cord injuries, stroke victims, etc.) the ability to actively pedal a stationary bike. This is assisted by electric stimulation to the leg muscles to produce movement.

Participants ride the Ergys bike twice a week for 60 minutes per session. Increased muscle mass, strength and endurance, relaxation of muscle spasms, improved circulation and an increased range of motion are among the benefits gained from using the bike.

The bike is currently part of the PEP program. Five different riders all boast about their experience on the bike. If you are interested in learning more about the Ergys bike, contact Kelly Thomas at 330-841-3847.

Adapted Sport/PEP Spotlight

Several years ago Mark Shaffer, a daily 18-hole golfer, faced the harsh reality that he may never golf again. Telling that to a man who lives across the street from a golf course where his wife works, and who is a Vice President of a golf league, was comparable to telling Tiger Woods to walk away from the sport.

Mark thought his days of hitting the links were long gone after suffering a stroke that affected his right side in October 2005. Luck was definitely on Mark's side when he came to Hillside for inpatient therapy. During his stay, he tried golfing and air rifle, but he would not pursue the activities once it was not part of therapy.

In April 2007, Mark returned to Hillside as a PEP Club member and began riding the Ergys bike. With persistent urging from his therapist, he finally agreed to try golfing. After several buckets of balls, along with some coercion from a fellow one-handed golfer, he decided to try golfing with his left arm. Mark became hooked again!

Since then Mark has joined the Adapted Sports Program and has golfed faithfully ever since, even hitting the links with his wife again.

From overcoming his stroke to learning to golf one-handed, Mark has come out on top. Keep an eye out for this astonishing member of the Adapted Sports Program.



Mark Shaffer

Adapted Sports Mission Statement

To offer the opportunity for physically challenged individuals to participate in sporting activities by providing an accessible environment, quality instruction and mentorship. Through participation and competition, maximal potential and empowerment of wellness can be achieved.

NON-PROFIT ORG.
US POSTAGE
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YOUNGSTOWN, OH

Hillside Rehabilitation Hospital
Adapted Sports Program
8747 Squires Ln. N.E.
Warren, Ohio 44484

HEALTH
Forum