

# focus on. caring

Oneida Healthcare Center Community Newsletter

Spring 2002



www.oneidahealthcare.org

## Don't Ever Give Up! OHC's Rehab Team Works with a Remarkable Patient

Focus on Caring is a quarterly publication of the Oneida Healthcare Center

When a person suffers a stroke or is the victim of an accident or other injury, rehabilitation therapy may be just what the doctor ordered.

In fact, physicians are including rehabilitation as a part of treatment and recovery more and more as the benefits of therapy continue to enhance the quality of life for their patients.

The Oneida Healthcare Center's Rehabilitation & Wellness Center at 221

Broad St. is a state-of-the-art facility that offers all of the therapy treatments that a patient could need to help regain strength and skills that were lost due to illness or injury.

The center offers physical therapy, occupational therapy, and speech therapy and has a therapeutic pool that allows patients to exercise with the aid of the water's buoyancy. And the dedicated and caring staff works to individualize the patient's treatment.

Since the center opened in 1999, countless people have been helped in their recovery by the services offered. The center's staff sees success stories everyday as people regain strength and abilities.

An extraordinary example of the rehab center's success is Keith Maniacek of Oneida, who continues to benefit from all of the services offered at the rehab center since being critically injured in a car accident in the fall of 2000.

In the accident Keith, who was 18 at the time, suffered a traumatic brain injury as

well as a spine injury and other broken bones. He was initially treated at Upstate Medical Center and Keith's father, Daniel Maniacek, said the first prognosis he heard about his son was "a lot of doom and gloom" but the family knew their son was a fighter, so they continued to hope and became strong advocates for their son's care.

Keith remained in a coma for four months. When he awoke he received his



Keith Maniacek is all smiles as he works out on the exercise bike.

initial therapy in Syracuse, but the family wanted him closer to their Oneida home. His mother, Mary, contacted Oneida Healthcare Center in hopes that Keith could be admitted to the Extended Care Facility while he continued to recover.

Admitting a teenager with traumatic injuries presented unique challenges to the staff of the ECF, but with the family's encouragement, the staff was convinced they could rise to that challenge. And they did.

The therapy Keith received at the ECF helped build his back muscles. He took his first steps with the assistance of the physical therapy staff who worked to help him regain his muscle strength and control. In occupational therapy, Keith worked on hand-eye coordination and cognitive skills as well as accomplishing everyday tasks such as dressing himself.

Keith also received speech therapy at the ECF and his speech therapist Rachael Fauvelle, said his verbal skills were limited

### INSIDE

2 ohc rehab

3 follies update

3 new imaging center

4 ohc foundation

Whatever  
you do,  
do it Well™

continued on page 2

*continued from page 1*

to one word, “yes.” She worked with him using hot and cold stimuli to reteach his tongue and pallet where to go to form words. Toward the end of his stay at the ECF, Keith was able to communicate with his family and the staff and was successfully completing cognitive skills such as following a calendar and marking off the days until his discharge.

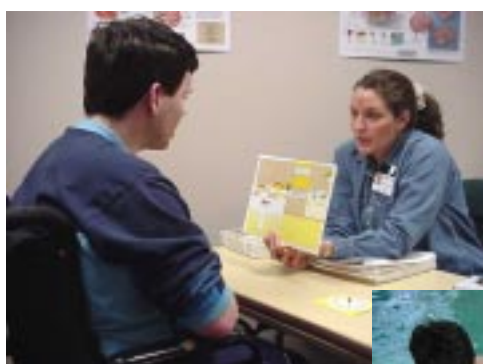
After a few months, Keith was ready to go home. He was discharged on June 29, and the following Monday he became an outpatient at OHC’s rehab center. Keith’s parents credit the staff at the ECF and the rehab center with communicating Keith’s abilities and needs so that his care continued without a hitch. “The ECF staff had briefed the therapists very well on Keith’s condition, so the transition was very smooth,” his mother, Mary Maniacek said.

The physical, occupational and speech therapists developed a team strategy where they used a creative, integrated approach as they continued to motivate the young man.

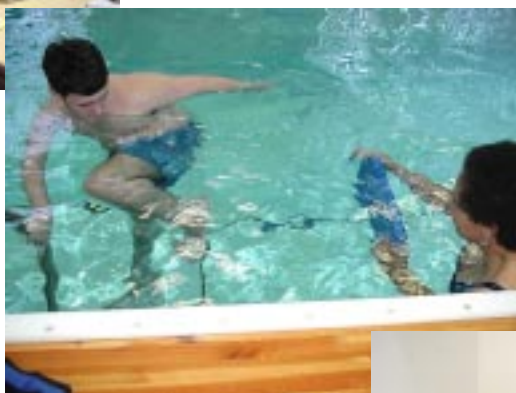
The staff learned all they could about Keith’s hobbies and interests

prior to the accident so that they could incorporate those things into his therapy. For example, instead of just exercising in the therapeutic pool, they would play baseball in the pool.

In occupational therapy, Keith worked to regain his ability to accomplish daily



*Speech Therapist Rachael Fauvelle works with Keith on cognitive skills.*



*Keith performs leg thrusts in the therapeutic pool*

tasks. “When he first started his outpatient therapy, he needed help with hand-eye coordination skills and needed to improve his ability to navigate within his own surroundings”, said occupational therapist Lisa Hanifin-Harris. She said ensuring Keith’s safety was an initial priority as he worked to regain his balance, coordination and strength.

Keith has made remarkable progress that has amazed his therapists and his family. When he began he could only walk a few feet,

said his physical therapist, Cheryl Simmons, now Keith rarely uses his wheelchair and is now walking with forearm crutches and requires less assistance from therapists. He is now able to swim underwater the entire length of the therapeutic pool. Every day, Keith improves in some aspect of his rehabilitation process.

His family is awed by the progress Keith has made at the OHC Rehabilitation Center & Wellness Center. “The team effort at Oneida Healthcare Center is phenomenal,” his father, Dan said. “The staff works so well together and they keep us informed of his progress every step of the way.”

His mother Mary concurs. She said

she is so grateful that the people at OHC were willing to try to help her son. “It was important to us and to Keith to be back in Oneida, back home.

They made that possible.”

As for Keith, he said he enjoys all aspects of his therapy and he continues to be motivated to “get his life back and be independent.”

He offers this advice to those in need of therapy: “Don’t ever give up. They can help you.”



*Occupational Therapist Lisa Hanifin-Harris helped Keith become more independent at home.*

## OHC Rehabilitation and Wellness Center

Oneida Healthcare Center’s Rehabilitation & Wellness Center on Broad Street provides a complete line of rehabilitation services to help our patients in their recovery.

Licensed and certified therapists staff the center. Many of our staff have received their master’s degrees and are certified in a number of rehabilitation specialties.

The Physical Therapy Department offers treatment for acute cervical injuries, joint replacement, sports-related injuries, orthopedic rehabilitation, osteoarthritis, osteoporosis, neurological treatment, return to work and women’s health services.

Occupational Therapy services include treatment for strokes and spinal chord injuries, neurological disorders,

hand therapy, developmental disabilities, and training in use of splints, adaptive equipment, wheelchairs and prosthetic devices.

The Speech Therapy Department specializes in treatment for stroke, Parkinson’s disease, Alzheimer’s disease, traumatic brain injury, Multiple Sclerosis and other neurologic disorders.

Oneida Healthcare Center participates in Medicare, Medicaid and Workers Compensation as well as most HMO’s and insurance plans.

For an appointment or to learn more about the rehabilitation services offered by Oneida Healthcare Center, please call 363-8711.

## First Off-Site Imaging Center Opens

For the first time in the hospital's history, Oneida Healthcare Center has begun providing off-site imaging services.

In-office Screening Mammograms and DEXA® Bone Density Scanning are available to patients of Women's Health Associates (WHA) at OHC's Rehabilitation & Wellness Center on Broad Street.

"They (WHA) wanted a more convenient alternative for their patients," said Paul Scopac, C.O.O. "So, the time has come for us to start moving some of these services away from the hospital," he said.

OHC's imaging rooms are located within Women's Health

Associates' new office suite. That OB/GYN practice recently moved from their former location on Main Street in downtown Oneida to the second floor of the rehab and wellness center that the hospital built in 1999.

OHC's rehabilitation services occupy the entire first floor. WHA joins Faxton-St. Luke's Dialysis and Sitrin Dental

Services on the second floor. "Women's Health Associates is a great addition to the services offered at 221 Broad Street," said Richard Smith, C.E.O. "OB/GYN fits nicely into the vision we had for the building when we designed it," he said. Smith said that the building is now 100% occupied.

Of course, patients who choose OHC's mammography services get the added benefits of having their mammogram put through the area's only R<sup>2</sup> ImageChecker® and read by Oneida Healthcare Radiology Associates. "We've spent the past eighteen months assembling a truly outstanding complement of state of the art

technology and superbly qualified radiologists whose expertise is unmatched in this area. Our goal is to make these resources easily accessible to the community and we're proud to work with Women's Health Associates in that effort. We also are looking at other opportunities to expand services in our coverage area," Scopac concluded.



*Dr's. Mebri Lynn Del Pino and James Pfeiff are glad to have OHC's mammography service available on site for the convenience of their patients.*

## Follies 10 Kicks-Off for 2002!

General Co-Chairs Maria Skinner and Amanda Larson announce that plans are under way for Follies 10 in 2002. Backed by this year's theme "The heartbeat of the community" the Co-Chairs, along with over a dozen

committees, kicked-off their first general Follies meeting on March 19<sup>th</sup>. Already into action, Publicity chairs, Beth

Ayers and Elyse Tetley hit the local papers with news that the Follies are stirring! Meanwhile, Advertising Chairs, Betsy Skinner and Marty Mallery are gearing up to visit local businesses in May followed by Sue Miller and Jim Devine who will kickoff the Patrons campaign in June.

Reflecting back, Co-Chair Maria Skinner reminds us that this is a special time. Friends, neighbors and local businesses come together to join in this great endeavor we have all come to know as The Follies. Through combined efforts of the OHC Auxiliary and the community we are able to support the OHC so that in return it can better serve us.

Follies 9 in '99, headed up by Co-Chairs Betsy Skinner and Tanna Abel, successfully raised \$60,000 to help purchase a therapeutic pool for the new physical rehabilitation facility. Since the first production of the Follies in 1979, the Oneida Healthcare Center Auxiliary with the help of the community has raised approximately \$300,000. This year Follies 10 in 2002 puts fund-raising to the test for a Fetal Monitoring System to be used in the Obstetrics ward of the Oneida Healthcare Center. Follies 2002, The heartbeat of the community, will present its musical variety show, featuring local talent, on October 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> at Oneida High School.



## Sweet Joins Hospital Foundation

Judith E. Sweet of Oneida has assumed the position of Director of Development for the Oneida Healthcare Foundation. In making the announcement, Foundation President, James J. Devine, Jr., said that Sweet's background in banking and investments will be "invaluable to the foundation's mission of enhancing the healthcare services and facilities at OHC."

As a Certified Financial Planner and Certified Fund Specialist, Judy is especially qualified to plan and coordinate the foundation's development strategies and is busy settling into the part-time position. "My first priority is to meet and thank each individual and business member of the foundation's "Orchard Hill Club" annual giving program. With their generosity and support, they have recognized the importance of maintaining a state-of-the-art community healthcare facility, which contributes significantly to the outstanding quality of life that we enjoy in Oneida," she said.

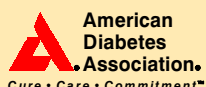


*l to r: Judy Sweet, Foundation Development Director; John Haskell, Foundation Vice President; Thomas Dixon, Foundation Board Member; Richard Smith, Oneida Healthcare Chief Executive Officer*

Last year, the foundation purchased a new DEXA® bone density scanner and assisted with the acquisition of the R<sup>2</sup> ImageChecker® computer-aided mammography system. OHC was the first Central New York hospital to install the state-of-the-art tool for early breast cancer detection.

Judy said that she's excited about her new position. "I'm truly honored to be associated with such a fine organization and I look forward to working with area residents and businesses in helping to assure a bright future of superior healthcare to our community," she concluded.

The Oneida Healthcare Foundation office is located next to the hospital in the Orchard Hill building at 301 Genesee Street in Oneida. The telephone number is 361-4602 and the e-mail address is [jsweet@oneidahealthcare.org](mailto:jsweet@oneidahealthcare.org).



\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

### OHC's Education Program Receives Prestigious Recognition

The Diabetes Self-Management Education Program at Oneida Healthcare Center has been awarded Education Recognition\* by the American Diabetes Association.

The ADA Education Recognition Program is a voluntary process based on the National Standards for Diabetes Self-Management Education. Originally developed under the auspices of the National Diabetes Advisory Board, and revised and endorsed by the diabetes community, the standards established parameters against which components of diabetes education programs can be evaluated. ADA recognized programs demonstrate quality through a rigorous and detailed peer review process. Each program provides a complete education experience based on the needs of the patient and the recommendations of the patient's primary care provider. ADA Education Recognition provides the mechanism for ensuring the ongoing provision of high quality services.

**Oneida Healthcare Center**  
321 Genesee Street  
Oneida, NY 13421  
(315) 363-6000

Non-profit Org.  
U.S. Postage  
**PAID**  
Utica, NY  
Permit No. 566