ATTITUDE
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The Unstoppable
Jerry Weisz

To preserve his independence, this 83-year-old former Hudson attorney took a gamble—and won big!

Plus:
Healthy meal planning tips for seniors helps you save time—and money!
Welcome to Attitude!

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For more information about how Summa can help you lead a healthy and active lifestyle, visit our website at summahealth.org or call (800) 237-8662.

On the cover: Nothing is going to stop Jerry Weisz from enjoying life!
Not much stops 83-year-old Louis J. Weisz, a retired intellectual property attorney and former chemical engineer from Hudson…

Not the fatigue, freezing and tremors he has endured for years as a result of his Parkinson’s disease.

Not his worries about his wife’s health. Joanne Weisz is a breast cancer survivor and had open heart surgery in 2009.

Not the pain caused by a fall in the driveway of his home last year that ruptured a tendon in his left leg. “I was carrying two chairs over uneven concrete when I tripped and fell flat on my face,” Weisz said.

When Weisz fell, he ruptured the quadriceps tendon in his left leg.

When the quadriceps tendon ruptures, the patella loses its “anchor” to the thigh. Without an intact quadriceps tendon, a patient cannot straighten their knee. When the patient tries to stand up, the knee buckles and gives way because the leg is no longer able to hold the knee in a position of extension (straight).

That is what Weisz was experiencing when an orthopaedic surgeon first saw him just before Christmas in 2009.

Dr. Eric Miller is an orthopaedic trauma surgeon who specializes in performing complex, reconstructive surgical repairs.

He was recommended to Weisz’s family by a friend of one of Weisz’s daughters.

“It had been repaired once and that repair had failed. He could not straighten his knee on his own and was wearing a brace to hold his knee straight and was using a walker,” said Miller.

When his quadriceps tendon ruptured a second time, Weisz knew he had to make a tough decision.

His surgeon told him he had two options. He could choose to wear a brace on his leg that would “lock” his knee in place for walking – but would require “unlocking” whenever he wanted to sit down or do anything that required him to bend his knee.

Not an easy task for an 83-year-old man with Parkinson’s already dealing with mobility issues.

Or, Weisz could opt to undergo a complex, second surgery to repair the damaged quadriceps tendon in his leg.

If he chose surgery, the road to recovery would require extensive physical therapy to rebuild the strength and restore the range of motion in his left leg.

Miller was candid about the risks – and the surgery’s uncertain outcome – when he explained the options to Weisz and his family.

Miller estimated that the surgery had a 60-70 percent chance of success, Weisz remembers.
“With his Parkinson’s and the uncertain condition of the existing tendon tissue, it was difficult to predict the outcome with any high degree of accuracy,” said Miller. “It was a complex surgery.”

“First, we had to lengthen the tendon surgically, since it had retracted and shortened during the three months since his initial injury and when the first repair was performed. Then, since there is a lot of tension placed upon that repair, we had to weave a cadaver tendon around the repair — creating a ‘belt and suspenders effect’ — to provide extra support and to strengthen the repaired tendon,” Miller explained.

Many people Weisz’s age would have chosen to play it safe and “settle” for less than a full recovery.

Not Jerry Weisz.

He made the decision to try for a full recovery without hesitation.

“I just want a shot at having the most normal knee that I can possibly have,” he told his surgeon. “Let’s do it.”

For Weisz, it was an easy decision.

“I didn’t want to be a cripple for the rest of my life. I guess I’m just an optimistic person,” he said.

Weisz was willing to trust his surgeon — and take the gamble — in order to regain his mobility.

According to daughter Kate Friend, Weisz is a very determined man — and a brave one.

“We are all so proud of my Dad — he has dealt uncomplainingly and with dignity for years with first the Parkinson’s disease — and then with the fall that damaged his tendon and necessitated the two subsequent surgeries.”

Friend and her other siblings have nothing but praise for the care their father received following the surgery performed on New Year’s Eve 2009.

“[People don’t realize what a]…wonderful resource our entire community has available through Summa,” said Friend. “My sister, Christine and I visited my father frequently at [the hospital] after his surgery.

“The staff was tremendously kind and helpful, and cooperated effectively in administering Dad’s many medications — as well as allaying our fears and helping us to better understand the after-effects of surgical anesthesia,” she said.

The surgery went very well, according to Miller. He is pleased with Weisz’s recovery and was impressed with his determination to work hard at physical therapy sessions.

“He’s pretty spry for an 83-year-old,” Miller said. “He’s doing extremely well.”

Friend credits the surgery that Miller performed with allowing Weisz to regain almost the same level of mobility he had enjoyed before his fall.

“Dad continues to do therapy several times a week. Sometimes he uses a walker and, more recently, a cane, to get around. But much of his mobility difficulties now are really more about the Parkinson’s — and not his surgery — as his leg was solidly repaired by the second surgery Dr. Miller performed,” Friend said.

Weisz was well enough to attend his granddaughter’s swearing-in ceremony conducted by an Ohio Common Pleas Court judge at the Weisz’s former home in Hudson. The newest attorney in the family, Emily Honsa, is following in her grandfather’s footsteps as both are graduates of Cleveland State University’s law school. The photo accompanying this article was taken on that special day.

“The surgery has made all the difference for Dad,” Kate Friend said. “We are very grateful to Dr. Miller — [who is] an excellent surgeon and a wonderful and compassionate human being. We were so very lucky to be referred to him.”

In May 2009, the Crystal Clinic Orthopaedic Center (CCOC) began operations as a “hospital within a hospital” located at the Summa St. Thomas Hospital campus. It is a physician – hospital joint venture between Summa Health System and the Crystal Clinic. Dr. Eric Miller is an orthopaedic surgeon at the Crystal Clinic Orthopaedic Center.
How do you typically spend your volunteer hours?

Mathieson: “Escorting is a big one — either escorting patients from the front desk to a specific room or helping them in a wheelchair. Departments sometimes need things taken from one place in the hospital to another. We get the call and go. We’re like couriers — we go all over the hospital.”

How does that help the hospital, staff or patients?

Mathieson: “I suppose you could say we help keep things going, but the most important thing is showing that you care — being cheerful with the patients.”

How did you learn about this opportunity to volunteer?

Mathieson: “I’ll be honest (laughs)… I can’t actually remember how I found this place. I’ve had family members here in the hospital [at Summa Western Reserve] and I have a friend who works at [Summa] St. Thomas Hospital. But… (laughs) I don’t really recall.”

What do you enjoy most about volunteering?

Mathieson: “The general atmosphere. I work with an absolutely super bunch of people — class A. I hope I do some good for the patients because they certainly do a great deal of good for me. And I like the people I work with very much indeed.”

Would you encourage others to volunteer at Summa Western Reserve or another Summa location?

Mathieson: “Yes, as long as they’re the sort of people who know how important it is to be caring. It’s also nice because there are so many different ways to contribute. If you prefer not to walk around all the time, you can help with the telephone in reception. There’s always plenty to do.”
Can you explain the difference between acute and chronic pain? And are they treated differently?

**Dr. Lababidi:** Acute pain is pain that occurs as a result of a recent injury, such as a bone fracture — or the pain that occurs after surgery. Acute pain is pain lasting one to three months; sub-acute pain is three to six months post trauma; and chronic pain is pain lasting six months or more. Acute pain is treated based on the type of injury sustained and treatments can range from ice to narcotics. Chronic pain is managed with multiple classes of medications and other treatment methods such as physical therapy and biofeedback mechanisms to help control the symptoms.

Are there some medical conditions that can cause chronic pain?

**Dr. Lababidi:** Yes. For example, back pain, headaches, joint pain, fibromyalgia, nerve pain and cancer are all conditions that can cause pain that becomes chronic. The pain associated with these conditions is more likely to become chronic due to the complexity of the conditions themselves and the fact that the underlying condition causing the pain has no complete cure.

Why is treating pain early (before it becomes chronic) so important?

**Dr. Lababidi:** As an episode of acute pain lingers, the nervous system undergoes “remodeling” at the spinal cord level. This remodeling leads to a perception of pain whether a pain stimulus is present or not. In chronic pain patients, despite the healing of the injury, the brain continues to receive messages produced at the spinal cord level as if the original injury persists. This remodeling can be prevented by promptly treating episodes of acute pain successfully.

When and how should a patient talk to their doctor about pain?

**Dr. Lababidi:** A patient should talk to their doctor about their pain when it begins to affect their quality of life and they have exhausted the use of over-the-counter (OTC) medications at the recommended dosages — or if the pain has persisted longer than six to eight weeks. A patient should be specific, descriptive and honest about all aspects of their pain. A patient should make no assumptions about what the physician may or may not know regarding their condition.
When should a patient seek a referral to a pain management specialist?

Dr. Lababidi: Ideally, a patient should be seen by a pain management specialist soon after they have been started on narcotic medications by their primary care physician or internist. Pain management is reserved for patients with chronic pain that does not respond to more conservative therapies.

What happens during a patient’s initial visit to the Pain Management Center?

Dr. Lababidi: The focus of the visit is on the patient’s pain and devising a comprehensive treatment plan to reduce the frequency and intensity of their pain. Questions typically center on the nature of the initial injury, what therapies were attempted and what results were received from them. Pain management specialists are concerned about a patient’s ability to function and their quality of life – so we ask a lot of questions. It’s basically detective work that we’re doing while trying to determine what is going on with each patient. The patient is interviewed, a physical and neurological exam is performed and all materials that the patient brings with them are reviewed. Tests may be ordered to determine the cause of the pain, including an MRI, X-ray or CT study. The proper diagnosis is critical to a successful treatment plan. Once a treatment plan is agreed upon, it is discussed in detail with the patient. Treatment goals are discussed and agreed upon by both the physician and the patient. The patient may be referred to other specialists, such as a physical therapist, psychologist, chiropractor and neurologist. This is all part of the collaborative, team-based approach to treatment used at the Pain Management Center.

What types of non-drug therapies are useful in treating chronic pain?

Dr. Lababidi: Types of non-drug therapies include: physical therapy, psychological counseling, acupuncture, chiropractic care, cognitive behavioral interventions such as relaxation therapy and gaining voluntary control over usually involuntary processes through the use of biofeedback, neuromodulation (the electrical stimulation of a peripheral nerve, the spinal cord or the brain for relief of pain) and hypnosis.

Are there any special concerns when treating older adults?

Dr. Lababidi: Yes, older adults’ bodies do process drugs differently than younger people’s bodies do, for a variety of reasons. So we start out with small dosages of medicine at first and then increase them very gradually. Our goal is to have the patient taking the smallest dosage possible needed to control their pain. We may also use a combination of drug and non-drug therapies to provide effective relief, yet minimize the amount of medications needed to control their pain.
Summa awarded Citation of Honor by AHA

In recognition of its research, achievements in medical education and work with long-term care facilities, Summa Health System’s Palliative Care and Hospice Services was awarded a Citation of Honor by the American Hospital Association (AHA) July 12, 2010, as part of AHA’s annual Circle of Life awards program. Summa was one of five Citation of Honor winners selected from groups located across the United States that provide palliative and end-of-life care to patients and their families. The Circle of Life Award honors innovative programs in palliative and end-of-life care that:

- Strive to equitably provide effective, patient-centered, timely, safe and efficient palliative and end-of-life care
- Develop innovative ways to provide compassionate and effective palliative care and hospice services to patients.
- Educate physicians about how involving palliative care and hospice services earlier in a patient’s treatment plan can benefit both patients and their families.
- Support hospitals’ and health organizations’ efforts to improve palliative and end-of-life care

Palliative Care Clinic relocates to 75 Arch St.

There are two important changes that patients and caregivers need to be aware of before their next visit to Summa Health System’s Palliative Care Clinic and Outpatient Lab at Summa Akron City Hospital.

The Palliative Care Clinic is moving – just across the street – from its present location on the 3rd floor of the East Building to a new location in the 75 Arch Street Building in Suite G2 at the Summa Akron City Hospital campus.

The phone number is not changing – patients and caregivers can still reach the Palliative Care Clinic at: (330) 375-3039.

This move effectively integrates the senior services available at Summa Health System.

If you have any questions about the move, please call (330) 375-3039 for more information.

Just another reminder that the Outpatient Lab at Summa Akron City Hospital has moved from its former 55 Arch Street location to its new home at 95 Arch Street on the first floor. Patient parking is available in the 95 Arch Street lot, which also offers a valet parking option.

Thank you for responding

“Thanks to all our readers who took time to respond to our readership survey contained in the last edition of Attitude. You provided us with very helpful feedback and comments. Please look for a summary of the survey in the next issue of Attitude. Thank you again for helping us create a magazine you find valuable.”
“Healthy meal planning can be a challenge for anyone, but for seniors living alone or dealing with health issues, it can be a real chore,” said Cindy Carrell, a registered dietitian at Summa Health System. “It may be physically impossible for someone with arthritis or other condition to stand at a counter or stove for long periods in order to prepare a complicated dish.”

But with careful planning, according to Carrell, you can still serve tasty, nutritious meals that make it look like you’ve spent hours in the kitchen.

“Bulk cooking or cooking food in batches makes meal planning and preparation faster and easier, while still providing a healthy alternative to processed or fast foods,” Carrell said. “It just takes a little planning.”
Want to shave hours off the time you spend in the kitchen — plus whittle a few dollars off your food budget? Then try some of Cindy’s meal-planning tips:

Buy items in bulk when they are on sale or shop at wholesale clubs. Split the item (and the cost) with a friend. Repackage family-size perishable items into smaller portions and freeze what you won’t use right away.

- Soups, stews and casseroles can be made ahead of time and stored in the freezer for later use. Some foods, however, don’t freeze well: avoid freezing items that contain sour cream, mayonnaise, cream cheese or yogurt.

- Choose a variety of colorful fruits and vegetables. Select whole fruits rather than juices.

- Select lean proteins (chicken, fish, turkey, lean pork/beef and eggs) to help build and maintain bones, muscles and skin. Eating beans and lentils also provides inexpensive sources of protein and fiber.

- Eat whole grains (100% whole wheat bread, brown rice, whole wheat pasta or whole grain/oat cereals).

- Choose low-fat or fat-free milk and other dairy products.

- Enjoy small amounts of healthy nuts such as walnuts, almonds or Brazil nuts, but limit the amount to one palm full per day.

- Limit sugar and salt. Note: Sodium guidelines have changed. The USDA now recommends that adults consume no more than 1500 mg of sodium per day. This is less than a teaspoon of salt. You can reduce salt use by cooking with salt-free seasoning blends, garlic, onions and vinegars to boost flavor without adding additional sodium to your diet.

- Consume plenty of fluids each day (water, unsweetened tea, low-fat milk) to prevent dehydration and constipation, both of which can be problematic in older adults.

Simple Batch Cooking Ideas
(Choose option A, B, or C):

A. Place four to six chicken breasts in a shallow baking dish, add chicken stock, cover with foil and bake at 350 degrees F. for 40 minutes.

B. Place four to six chicken breasts in a slow cooker, add chicken stock and cook on low heat setting for eight to ten hours or on high heat setting for four hours.

C. Purchase a whole rotisserie chicken at the grocery store and remove the meat from the bones.

The same principle can be used with a beef roast, a whole chicken, a pork roast or pork chops. The batch-cooked meat can then be used to form a week’s worth of quick and easy-to-assemble meals in minutes!

A variety of recipe ideas for serving chicken breasts are on page 10.
White Chicken Chili

*From the kitchen of Barb Ross-Shannon, Rockford, IL*

**Sauté:**

- ½ Tablespoon olive oil
- 1 medium onion chopped
- 2-3 cloves of garlic

**Add:**

- 2 cups cooked cubed chicken
- 1 can Northern white or Cannelloni beans
- 1 cup chicken broth
- ½ cup salsa

Heat thoroughly. Serve with grated cheese or salsa or sour cream or onion.

Freezes well!

Chicken Vegetable Soup

*From the kitchen of Suzanne Williams in Fort Myers, FL*

- 3 cans (14 ½ oz. each) low sodium chicken broth
- ½ cup long grain rice
- 2 cans (15 oz) Veg-All
- 2 cans (14 oz) diced tomatoes (with or without spices)
- 2 cans (5 oz) Chunk White Chicken or 1 to 2 cups left-over chicken, cut up in bite-sized pieces
- 1 teaspoon dried parsley flakes

Other canned vegetables of your choosing (or left-over in the fridge)

In a 3-qt. saucepan combine broth and rice. Heat to boiling over medium-high heat. Cover and cook over low heat for 15 minutes or until rice is tender. Add vegetables, chicken and parsley. Heat the soup through, stirring occasionally. Soup can be frozen in smaller containers and reheated later.

Cindy’s Chicken Salad (Serves 4)

- 2 cooked chicken breasts-cut up
- 2 Tbsp chopped celery
- 1 Tbsp chopped onion
- ½ cup reduced fat or fat-free mayonnaise
- ½ cup reduced fat or fat-free sour cream
- Pepper to taste

Place above items in medium bowl. Mix together and chill for about an hour. Serve on a bed of romaine lettuce or with whole wheat dinner rolls.

Calories 192; Saturated fat 3g; Protein 14g; Sodium 343mg

Chicken Divan for One

- ½ package frozen broccoli
- 2 pieces of chicken (may be breasts, thighs or any combination)
- ½ cup cream of chicken soup
- 1 tablespoon Parmesan cheese

Preheat the oven to 350 degrees F. Cook broccoli in boiling salted water. Drain. Grease an 8-inch pie pan. Arrange broccoli over bottom of pan. Top with chicken pieces. Pour soup over chicken. Sprinkle with cheese. If you want to be a bit more daring, add ¼ t. cayenne pepper and/or curry powder to soup. If chicken is raw, bake about 30 minutes; if chicken is pre-cooked, bake about 10 minutes or until lightly browned and bubbling hot.

Visit [www.leftoverchicken.com](http://www.leftoverchicken.com) to learn more about how to use leftover chicken in creative and healthy recipes. Most of the recipes shown above were reprinted from this site. Enjoy!
UPCOMING SUMMA PROGRAMS

For additional class dates and event information, please visit our event/program calendar at summahealth.org.

**Diabetes Education for Adults**
The Summa Center for Diabetes Care offers educational sessions to help you learn to live with diabetes.

Participants receive an initial assessment interview with a nurse and a dietitian to determine each patient’s needs. After the assessment, participants attend either individual or group sessions.

During these sessions, a multi-disciplinary team of nurses, dietitians and behavioral specialists provide an overview of the disease and its maintenance through discussions about medications, exercise, nutrition, hygiene and the prevention of complications. Each participant then attends a follow-up appointment with the center’s nurses and dietitians. A physician’s referral is required for this program.

Location: Summa St. Thomas Hospital on the sixth floor. For more information, please call (330) 379-5680.

**Respiratory Forum**
Join us on October 6 and November 3 at 4:00 p.m. in the Cardiopulmonary Gym on the ground floor of Summa Barberton Hospital for a monthly educational program open to anyone who has a respiratory disease (COPD, asthma or emphysema) and their families and/or friends. The programs and parking are free. Call (800) 237-8662 to register.

**Gentle Fitness**
Take advantage of an affordable fitness program held every Wednesday in September, October, November and December, from noon to 1:00 p.m. in the Therapy Services department at Summa Wadsworth-Rittman Hospital. Designed for those who want to tone their bodies in a gentle and non-stressful way. Participants should check with their physician before beginning this program. Please wear loose, comfortable clothing during the class. Cost is $2 per person per class payable at each class session. Call (800) 828-1789, ext. 1680, to sign up.

**Healthy Heart Lecture Series**
Mark your calendars to attend a free series of lectures that explain how to maintain a healthy heart. Join us September 21, October 19 and November 16 in Conference Rooms D and E, Ground Floor at Summa Barberton Hospital. All sessions begin at 6:00 p.m. Family and friends are welcome to attend. Please call (800) 237-8662 to register to reserve your seat.

**Tai Chi: Meditation in Motion (6 weeks)**
Tai Chi is a soft-style martial art for people of all ages and fitness levels. It helps improve balance, coordination, concentration and flexibility. Learning to move and breathe slowly through a series of specific, fluid movements improves physical fitness and strengthens the mind. The essential fitness components of strength training, aerobic conditioning and stretching are all incorporated in the art of Tai Chi. Please call (330) 342-4400 to register or get more information.

**Summa’s Falling Waters Spa Massage Therapy**
A professional massage can relieve tension, depression, insomnia and stress. All Summa’s therapists are highly-trained, licensed professionals who specialize in many areas of massage therapy. Summa offers massage therapy at convenient locations on the Summa Akron City Hospital campus in the Health Education Center, 95 Arch Street, Suite 175 and inside the Summa Wellness Institute in Hudson. Gift cards are available for purchase from the cashier’s windows at Summa Akron City Hospital and Summa St. Thomas Hospital and at the Health Education Center. A massage can be purchased or scheduled by Falling Waters Spa at (330) 655-8008.

**Summa Akron City Hospital Campus**
41 Arch St., School of Nursing Gym – Akron
Tuesday, October 5, 5:30 p.m.
Tuesday, November 16, 5:30 pm
Cost: $50

**Summa Health Center at Green**
3838 Massillon Rd.
Tuesday, October 5, 7:30 p.m.
Tuesday, November 16, 7:30 p.m.
Cost: $50

**Summa Wellness Institute at Western Reserve**
5625 Hudson Drive, Hudson
Wednesday, October 6, 6:00 p.m.
Wednesday, November 17, 6:00 p.m.
Cost: Free to members, $50 for non-members