Peripheral Vascular Disease screening can save your life. – page 8
Summa Imaging goes digital – page 10
Guidance and hope – page 11

Caring for our elderly parents. – pages 5 to 7
It truly is a family matter.

So many families in this region know the daily struggle of caring for an aging parent, grandparent or other family member.

Resources are available to help. At the Summa Akron City Hospital Center for Senior Health, we offer a number of programs designed to address the myriad issues facing our senior population. A team of geriatricians (physicians specializing in the treatment of the problems associated with aging), nurses and social workers work closely with patients and their family members to provide care and attention.

The cover story for this issue of *Thrive* tells the story of one local family, the Incorvati’s and their relationship with Summa’s Center for Senior Health. Elvira “Vera” Incorvati’s physician, Dr. Maryjo Cleveland, along with other members of the Center, helped the family make important decisions about Vera’s care.

Summa’s Center for Senior Health offers a multidisciplinary team that provides a comprehensive and integrated approach to senior health issues. Vera’s story is one of many examples of how the staff works to make care decisions easier for patients and families.

If you would like to arrange an appointment for a family member to receive a comprehensive health evaluation by a team specially trained in the care of older adults, please call the Center at (330) 375-4100.

In good health,

Kyle R. Allen, D.O., AGSF
Medical Director, Post Acute & Senior Services
Chief, Division of Geriatric Medicine
Summa Health System
Free Bariatric Care Center Seminar

Join the Bariatric Care Center team for one of the monthly free public education seminars. Summa’s surgical weight loss program offers minimally invasive procedures via two fellowship-trained surgeons who have performed more than 700 weight loss surgeries. Individual patient evaluation, a standardized approach to surgery, postoperative care, long-term follow-up, support, compassion and personalized care are the hallmarks of our program at Summa. Visit www.summahealth.org/weightloss for a schedule of seminars which are located at Summa Akron City Hospital (55 Arch Street). Call Summa’s Bariatric Care Center today at (330) 375-6590 to make a reservation.

Save the Date for 9th Annual Sapphire Ball

The Summa Foundation is hosting its 9th annual Sapphire Ball on Saturday, Sept. 12. Funds raised will be used to support the Women’s Health Center. For more information or to purchase tickets, please call the Summa Foundation at (330) 375-3159.

Summa supports Making Strides Against Breast Cancer

Breast cancer is the most common type of cancer in American women, accounting for nearly 1 in every 3 cases. An estimated 41,000 women in the U.S. died from the disease last year.

Summa Health System is proud to support this year’s American Cancer Society Making Strides Against Breast Cancer walk. The event is scheduled Saturday, October 10, 2009 at Lock 3 Park. Proceeds from the event will be used for breast cancer research, education and awareness. If you are interested in participating in the event as a walker or would like to contribute to the cause, contact Dawn Canda, Program Manager, Breast & Imaging Center, (330) 375-3872.
Robinson Memorial Hospital, an affiliate of Summa Health System, opened the Robinson Health Center on State Route 14 in Streetsboro. The 75,000-square-foot, $21 million project introduces the Robinson Imaging Center at Streetsboro, which provides MRI, X-ray, ultrasound, mammography and bone densitometry. The new facility brings Robinson Memorial Hospital’s existing Streetsboro offices under one roof and introduces new services to the community. Local residents can potentially have many of their outpatient needs met in this central location.

The building includes the urgent care center Robinson Med Center One at Streetsboro, the Robinson Sleep Disorders Center at Streetsboro and the Robinson Rehab Center and Sports Clinic at Streetsboro. Robinson Memorial Hospital’s Streetsboro physician offices also are centralized. These include: Portage Pediatrics, Portage Orthopedics, Northeast Ohio OB/GYN, Portage Internal Medicine, Portage Rheumatology and Allergy, and Streetsboro Family Practice. Patients will also find the Summa Center for Sports Health at Streetsboro and offices of the Crystal Clinic, Inc., ENT Associates of NE OH, Inc., and Western Reserve Spine and Pain Institute. For more information, please visit robinsonmemorial.org.
Three Summa Professionals Recognized as Most Caring Physicians

Summa Akron City Hospital, Summa St. Thomas Hospital and Summa Western Reserve Hospital surveyed its patients, employees and physicians to recognize the Most Caring Physician as part of its “Doctors Day” activities on March 30, 2009.

There was a tie for Most Caring Physician at Summa Akron City and St. Thomas Hospitals with Gwendolyn Hughes, M.D., a critical care physician and Michael Rich M.D., receiving the most votes. At Summa Western Reserve Hospital, Mark Smilek, D.O., chair of the department of anesthesia and medical staff president, received the most votes and was honored as the hospital’s Most Caring Physician.

Each physician received a plaque and lunch for their office from Summa Health System.

Congratulations to Dr. Hughes, Dr. Rich and Dr. Smilek.

Traci Kalpac named 2009 Edward S. Schneir Award winner

Traci Kalpac, LISW-S, is the 2009 recipient of the Edward S. Schneir Award for Excellence in Geriatric Care. Kalpac worked for Summa Health System for 20 years in a variety of positions, most recently with the SummaCare Physician House Calls program providing patients with geriatric assessments, access to community services, family therapy and psychotherapy. She also works with the Summa Surgical Services department to help renal transplant patients access services and obtain their medications; as well as Summa’s Center for Senior Health; and Summa’s inpatient Social Work department.

“Traci’s breadth of experience in the area of caring for older adults combined with her knowledge and compassionate nature enabled her to be successful in the field,” said Kyle Allen, D.O., Medical Director of Summa’s Post Acute and Senior Services and Chief of the Geriatric Medicine Division. “We are so proud and pleased that she has been chosen for this award.”

Kalpac holds bachelor’s degrees in sociology, social work and corrections as well as an associate’s degree in criminal justice, a certificate in gerontology, mediation training and a masters of Social Work all from the University of Akron. She resides in Stow with her husband and three children.

Summa’s Senior Health Services created The Edward S. Schneir Award for Excellence in Geriatric Care in May 2007 to honor Dr. Schneir’s interest and dedication in advancing the profession of geriatric medicine. Awards are given annually to an individual or group whose work in geriatric care is the essence of Summa’s Division of Geriatric Medicine which is “to improve the health, quality of care and functional status of older adults and their caregivers through research, education and innovative clinical consultative services.”
For adult children of aging parents, it can be difficult to know when memory loss and other symptoms are a normal part of growing older or when it is time to seek help.

Elvira “Vera” Incorvati’s three sons faced that dilemma when they noticed their mother became forgetful and began losing things.

“We were very concerned because Mom was showing signs of dementia,” said Lou Incorvati. “Her primary care physician recommended we schedule an appointment at the Summa Center for Senior Health.”

The Center for Senior Health at Summa Akron City Hospital specializes in coordinating every aspect of an older adult’s care in order to preserve independence and help seniors and their family manage with the medical, emotional and social problems commonly associated with aging.

During their first appointment in February 2006, the Incorvati family met with members of the Center’s staff, including a nurse, social worker and Dr. Maryjo Cleveland, medical director of the Summa Center for Senior Health. Mrs. Incorvati underwent an extensive evaluation that included a detailed medical history, a physical examination, lab work and other testing to determine the extent of her memory loss.

“When Mrs. Incorvati first came to us, her memory problem was rather mild. We started her on medication to slow the progression of her dementia. As the years passed, we eventually added Namenda® to continue to manage her dementia,” Dr. Cleveland said.

“At the time, Mom was 88 years old and still living on her own,” said Dave Incorvati. “Dr. Cleveland recommended Mom take a driving test, and unfortunately, it became apparent that she should not drive anymore. Dr. Cleveland was a huge help because she broke the news to Mom.”

Additionally, Dr. Cleveland recommended Mrs. Incorvati return every six months for follow-up appointments.
“Mom’s health was up and down during the next two and a half years and she was still living in her home,” said Dave Incorvati. “We began to sense that maybe Mom would be better off living in an assisted living facility. Dr. Cleveland suggested we take action before something happened that would put Mom in any danger.”

“Again, Dr. Cleveland was willing to break the news to Mom once we had all of the arrangements made,” Lou added. “Mom wasn’t thrilled about the change, but she accepted it.”

“We are really, really grateful we went to the Center for Senior Health and Dr. Cleveland. I couldn’t think of anyone else I’d recommend.”

LOU INCORVATI

The Center for Senior Health’s staff of geriatricians, nurses and social workers offers guidance managing many common problems facing older adults, including:

- Confusion and memory loss
- Declining ability to carry out usual activities, such as bathing, dressing and taking care of their hygiene
- Medication problems
- Chronic and disabling illness
- Unsteadiness and falling
- Depression
- Decisions about living arrangements, future care planning
- Decisions about driving
“It was helpful for the sons to all be on the ‘same page,’ so they could best work as a team. Throughout the process, we developed mutual trust and respect,” said Dr. Cleveland. “Because we had this rapport, it made it easier for them to support the decisions we made along the way.”

“Dr. Cleveland became Mom’s doctor, and she’s been so caring,” said Dan Incorvati. “After Mom settled into her new home, Dr. Cleveland stopped by to make sure she was doing well.”

The Incorvati family’s experience with an aging parent is quite common.

“When you sense something is not right with your loved one, that’s the time to schedule an appointment with your doctor,” said Dr. Cleveland. “The symptoms may be gradual such as behavioral changes, memory loss or perhaps they’re not maintaining their personal hygiene.”

“What impressed me the most about the Incorvatis was how involved her sons were in their mother’s care,” she adds. “They noticed some changes and took action, and all three sons were at every appointment, which is unique and very special.”

“We are really, really grateful that we went to the Center for Senior Health and Dr. Cleveland,” Lou said. “I couldn’t think of anyone else I’d recommend.”

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Forgetfulness is common at any age, but there are signs that memory loss may be an indication of something more serious:

- Memory changes that disrupt daily life
- Challenges in solving problems
- Difficulty completing familiar tasks
- Confusion
- Trouble understanding images or spatial relationships
- New problems with speaking or writing
- Misplacing things or losing the ability to retrace steps
- Poor judgment
- Withdrawal from work or social activities
- Changes in mood or personality

*Source: Alzheimer’s Association*

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“For the luck of the draw, Dr. Cleveland became Mom’s doctor, and she’s been so caring. After Mom settled into her new home, Dr. Cleveland stopped by to make sure she was doing well.”

DAN INCORVATI

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For more information about the Center for Senior Health at Summa Akron City Hospital, please call (330) 375-4100.
Peripheral Vascular Disease screening can save your life

Vascular disease often shows no symptoms or those who have it don’t recognize the symptoms when they occur. The challenge is in discovering the disease early. Screening is now available through Summa Akron City Hospital’s Noninvasive Vascular Lab.

Is peripheral vascular screening right for me or a member of my family?

Start by taking this brief assessment:

**YES  No**

- I am 50 years old or older.
- I have a family history of heart, vascular disease or stroke.
- I have high cholesterol or I am taking medication for high cholesterol.
- I have high blood pressure or I am taking medication for high blood pressure.
- I am diabetic.
- I have had a stroke.
- I currently am (or was) a smoker.

If you answered “yes” to one or more of the statements above, consider a Peripheral Vascular Disease (PVD) screening.

Screening helps detect the most common forms of peripheral vascular disease early and can prevent:

- Strokes
- Heart Attacks
- Pain in the legs and/or loss of legs
- Ruptured Aneurysms

The screening package includes three tests for:

- **Peripheral Arterial Disease (PAD)** – a blood pressure cuff and ultrasound device are used to measure blood circulation in the legs to determine if leg arteries are blocked by plaque.
- **Abdominal Aortic Aneurysm (AAA)** – ultrasound test of the abdominal aorta (a major blood vessel between your heart and legs) to look for weaknesses in the vessel’s walls.
- **Stroke/Carotid Artery** – ultrasound tests look for narrowing or blockage of the carotid arteries (arteries between the heart and head) caused by plaque.

What should I expect during the screening?

The screening is non-invasive and painless. It takes approximately 30 minutes to complete and does not require you to undress for the testing. The screenings are administered by Summa’s credentialed vascular sonographers and the lab is accredited by the Intersocietal Commission for Accreditation of Vascular Laboratories.

How much does the test cost?

The screening costs $99.00 and is not covered by insurance; however, consider this screening a part of your annual physical.

What should I do when I receive the test results?

After the screening is complete, a physician will review the results with you. A final report, along with recommendations will be sent to you and if you request, a copy is sent to your primary care physician as well. Your doctor will receive the results in approximately one week. If your primary care physician determines you are at high risk for vascular disease based on the screening results, she or he may refer you for more comprehensive, diagnostic tests.

What else should I know?

More than 10 million Americans have some form of PVD. With peripheral arterial disease, individuals either have no symptoms or experience vague symptoms (such as leg pain that occurs when walking or exercising and disappears when the activity stops).

Other symptoms include numbness and tingling or coldness in the lower legs and feet. Many people assume the pain is simply related to aging, when instead it is an indication of vascular disease.

Individuals with an abdominal aortic aneurysm seem symptom-free as well, although some report a pulsing in the stomach or severe pain in the back of the abdomen.

AAA can be fatal; however, with early detection, 95-99 percent of cases can be successfully treated with surgery.

If you would like more information on Summa’s Cardiovascular Institute, visit [www.summahhealth.org](http://www.summahhealth.org).

Where are the tests conducted?

Screenings are conducted in Summa Akron City Hospital’s Noninvasive Vascular Lab, 95 Arch Street, Suite 370, Akron, OH 44309. Call (330) 996-8881 to make an appointment.
What are some issues facing seniors today?

The current economic climate raises particular challenges for seniors, who tend to live on fixed incomes. Many have seen further reductions in savings and income due to the market down-turns as well as increased competition for jobs that could supplement their income. Additionally, older adults often are burdened by pharmaceutical expenses which can lead to difficult decisions about medication usage for patients and physicians. Seniors are advised to consult with their physician before changing or discontinuing any of their medications. Resources are available to provide reduced cost or free medications to qualifying individuals. Additionally, seniors may find themselves managing their own health concerns as well as those of spouses or other relatives. Caregiving can be both stressful and rewarding. It is important for caregivers to attend to their daily health needs, including their emotional and spiritual well-being.

What mental health diseases might affect the senior population?

Most seniors continue to age with sound mental health. As in the general population, there are a significant percentage of older adults that experience specific mental disorders not considered a typical part of aging. If left untreated, conditions such as depression, anxiety, late-life schizophrenia, drug misuse and abuse, or suicidal thoughts can severely impair their lives. Additionally, dementia due to Alzheimer’s disease and other conditions greatly impacts those with the illness as well as their families. Assistance is available through the Center for Senior Health at Summa Akron City Hospital and community resources such as the Alzheimer’s Association and the Area Agency on Aging.

How do I know if my parent needs help? What symptoms should we look for?

Watch for changes in behavior that impact your parent’s self-care activities such as meal preparation, eating, financial management, bathing, and laundry care. Good places to look are your parent’s refrigerator, cupboards, trash cans and clothes hampers. Changes in self-care habits, attention and memory (e.g., frequently forgetting where they placed their keys), speech (e.g., difficulty finding the right word), appetite (more or less), energy level (increase or decrease), mood (e.g., more irritable) and personality (e.g., increased swearing) can signal a variety of concerns that warrant evaluation by a health care provider.

What programs/services does Summa offer for patients and caregivers?

The Center for Senior Health at Akron City Hospital offers a comprehensive, multidisciplinary assessment, intervention and caregiver education to address the medical, behavioral health and social service needs of older adults in this region. The multidisciplinary team includes geriatricians, nurses, social workers, psychologists and a geriatric psychiatrist. Summa’s New Horizons Adult Day Care provides a daytime alternative to nursing home and home care services at two locations. Summa also offers a Fall Prevention and Balance Program, home care, and palliative and hospice care.
Summa Imaging goes digital

Patients shouldn’t notice a difference in the process of having a mammogram, but the technology has advanced.

Screen-film, known as analog mammography, has been the gold standard in the detection of breast cancer for the past 35 years. Current studies show digital mammography is more effective, especially for women under 50 or those of any age who have very dense breast tissue.

Summa Health System now offers digital mammography at all Summa locations.

“Digital mammography has been available at several Summa locations since 2003,” said Jeanette Doria, Director of Imaging Services. “However, now we have expanded to all locations within Summa Health System.”

Digital mammography uses traditional X-ray generators and tubes to produce an X-ray beam, but the system is equipped with a digital receptor and a computer instead of a film cassette. This X-ray beam is then converted into digital information which can be stored electronically, transmitted, displayed, analyzed and manipulated in a number of ways. Digital mammography performs the same functions as screen-film; however it eliminates processing of film, minimizes retakes and improves image quality.

With digital mammography, the magnification, orientation, brightness and contrast of the image may be altered after the exam is completed to help the radiologist more clearly see certain areas.

“Breast compression and radiation are necessary to create clear images of the breast,” said Doria. However, the digital technology significantly reduces the chance for error, thereby eliminating the need to repeat a mammogram.”

For more information about Summa’s Imaging Services, visit www.summahealth.org.

It’s time to schedule your mammogram

Mammograms are used as a screening tool to detect early breast cancer in women experiencing no symptoms and to detect and diagnose breast disease in women experiencing symptoms not limited to lumps, swelling, pain or tenderness.

Current guidelines from the U.S. Department of Health and Human Services (HHS), the American Cancer Society (ACS), the American Medical Association (AMA) and the American College of Radiology (ACR) recommend screening mammography every year for women beginning at age 40. Research shows that annual mammograms lead to early detection of breast cancers, when they are most curable and the time breast-conservation therapies are most beneficial.

The National Cancer Institute (NCI) adds that women who had breast cancer, and those who are at increased risk due to a genetic history of breast cancer, should seek expert medical advice about whether they should begin screening before age 40 and ask about the frequency of screening.

To schedule a mammogram at one of the following locations, call (330) 375-7575

- Breast and Imaging Center, 95 Arch Street, Akron
- Summa Health Center at Cuyahoga Falls, 1860 State Rd., Cuyahoga Falls
- Summa Health Center at Green, 3838 Massillon Rd., Uniontown

To schedule a mammogram at Summa Barberton Hospital Parkview Center, call (330) 615-3200

To schedule a mammogram at Summa Wadsworth-Rittman Hospital, call (330) 331-1111

To schedule a mammogram at Summa affiliate Robinson Memorial Hospital, call (330) 297-2335

- Summa Health Center at White Pond, One Park West Blvd., Akron
- Summa Health Center at Western Reserve, 5655 Hudson Rd., Hudson
Mike Ingersol knew it was time for a tune-up when he decided to visit the Diabetes Care and Education Center of Robinson Memorial Hospital, an affiliate of Summa Health System. The 52-year-old Ravenna resident is retired from truck driving and has managed Type II diabetes daily for four years. His condition meant his body was not properly using insulin, the hormone that converts sugar into energy.

“I thought I could learn about this on my own — big mistake,” Ingersol said. “I was having trouble with my highs and lows. So I decided to seek professional help.”

Ingersol attended three sessions and with the help of the medical professionals, was able to change his life. They taught him how to live better with diabetes. Patients in the program meet in small groups with a certified diabetes educator and learn how to use insulin, plan meals and avoid complications associated with diabetes.

“I get excited when I see a patient like Mike who is enthusiastic about managing his diabetes,” said Certified Diabetes Educator, Ed Eichler, R.N., C.N.S. “He has that ‘grab the bull by the horns’ attitude. I want to see him in good control of his sugar levels and happy with his method of management.”

After visiting the center, one of the options Ingersol liked was an insulin pump that would allow him more flexibility with meals. Ingersol presented the pump idea to his family doctor, John Sassano, D.O., of Falls Family Practice, Inc. in Cuyahoga Falls. Sassano agreed it would be good for him. Ingersol is expected to start using the pump this summer.

“I am very excited about it,” Ingersol said. “I’ll probably use less insulin, and it will be much better for me. I also won’t be tied to the clock.”

Ingersol said Robinson Memorial Hospital’s program changed his outlook on managing diabetes.

“It really answered my questions,” Ingersol said. “I realized that I could handle this and have a good life.”

Research shows a patient’s risk of complications is lower when he or she completes a diabetes self-management program. Robinson Memorial Hospital’s Diabetes Care and Education Center is certified by the American Diabetes Association and all clinicians are certified by the National Certification Board for Diabetes Educators. For more information, please call (330) 677-1552.
Spicing up a summer salad

One of the best things about summer is the endless possibilities when it comes to preparing a salad! Salads are a great healthy choice any time of the year, especially in the summer when fresh fruits, vegetables and greens are easily available.

“Don’t be afraid to mix your fruit and vegetable groups! Combining fruits and vegetables in a salad results in interesting and refreshing flavors,” said Summa registered dietitian Rella Rotondo, R.D., L.D. “Try different types of lettuce, tomatoes, zucchini, mandarin oranges or strawberries. Even raisins can make an ordinary salad extraordinary. Remember to avoid high-fat ingredients such as croutons, bacon bits and high caloric salad dressings.”

Rotondo developed the following recipe, which is “perfect for easy summer entertaining or for a quick, nutritious light dinner. Enjoy!”

Summer salad with chicken and fruit

Makes two servings. Each serving (without the dressing) provides: 410 calories, 13.7 grams of fat, 6.8 grams of saturated fat, 128 mg cholesterol, 362 mg sodium

Ingredients:
- Two 4 oz. boneless, skinless chicken breasts
- Six cups salad greens (Boston Bibb or greens of choice)
- 1 cup strawberries, cleaned and sliced in half
- ½ cup mandarin oranges, drained
- 4 oz. part skim milk mozzarella cheese, shredded

Directions: Season chicken breasts with salt, pepper, onion powder and garlic powder. Add a small amount of olive oil to a non-stick skillet. Sear the chicken on each side and place in the oven for 20 minutes at 350 degrees. This preparation helps seal in the juices, and the chicken will not be dry if you prepare it in this manner. If you need to follow a low sodium diet, eliminate the salt when seasoning and use one of the many salt-free herb blends that are available.

Once the chicken is cooked, slice it and place it on a bed of salad greens. Top it with the mandarin oranges, fresh strawberries and the shredded mozzarella. Serve with your favorite salad dressing.

Fueling the body and mind

Freshens® Energy Zone, a health-conscious café located in the lobby of the Jean and Milton Cooper Cancer Center, is now open to the public.

The Freshens® café is a unique concept, which offers beverages and foods to “fuel the body and mind.” It features a variety of menu items, including fruit smoothies, soft-serve yogurt, high-performance snacks and protein bars, salads and sandwiches, all of which are nutritious and great tasting.

Chosen for the Cooper Cancer Center because of the healthy options it offers, the beverages and food at Freshens® provide a natural energy boost to both patients and visitors.

Freshens® Energy Zone is open Monday to Friday, from 9 a.m. until 3 p.m. For more information about the Jean and Milton Cooper Cancer Center or Freshens®, please visit www.summahealth.org.
Do you snore and disturb your spouse or family? Are you sleepy during the day? Do you struggle to stay awake at work or while driving? Are you constantly tired? If you answer “yes” to any of these questions, then a visit to a Summa Sleep Medicine Center may be in order.

According to the World Sleep Foundation, nearly half of all Americans have difficulty sleeping. While feeling “unrested” may be a daily norm, left untreated, sleep disorders can lead to serious consequences. They can disrupt your daytime effectiveness, affect the quality of your relationships, increase your risk of injury or make you prone to a serious medical condition such as high blood pressure, heart disease or stroke.

Summa’s Sleep Medicine Services help treat patients with sleep disorders, especially obstructive sleep apnea (OSA), the most commonly diagnosed sleep disorder. OSA occurs when a person repeatedly stops breathing during sleep. Sleep patterns are disrupted, resulting in the common complaint of excessive daytime sleepiness. Most OSA patients also snore loudly, which is not normal.

“The quality of your sleep impacts your overall health in a variety of ways, both physically and emotionally. People who are successfully treated for their sleep disorders are amazed at how much better they feel. Those failing to treat severe sleep problems can have serious consequences,” says Ben Graef, D.O.

Continuous Positive Airway Pressure (CPAP), the most common treatment for OSA, restores easy breathing, reduces or eliminates snoring and allows patients to get a good night’s rest. Nasal CPAP delivers air into the airway through a specially designed nasal mask or pillow. The gentle flow of air creates enough pressure when the patient inhales to keep the airway open. CPAP is considered the most effective non-surgical treatment for the alleviation of snoring and OSA and has an efficiency rate close to 100 percent when performed correctly. Personalized CPAP treatment may be scheduled one to two weeks after initial testing, or in the case of patients with severe symptoms, the same night as the study.

When a patient first arrives at the sleep lab, he/she is led to a private room, where a sleep technologist explains the procedure and how the equipment works. The patient is connected to electrodes that measure brain and muscle activity, airflow, breathing effort, heart rate, oxygen saturation and snoring. The patient may read or watch TV until his or her normal bedtime. Sleeping hours are the same as at home. All this information is recorded for the entire night. Later, the results are scored, interpreted and then sent to the primary care physician or sleep medicine specialist who will determine what treatment the patient needs.

Summa’s Sleep Medicine Services offer treatments for a variety of disorders such as sleep apnea, insomnia, excessive daytime sleepiness, parasomnias, narcolepsy and snoring. For more information about sleep medicine or about Summa’s Sleep Medicine Services, visit www.summahealth.org or call Summa Connections (800) 237-8662 for a free brochure.
CHECK OUT THESE UPCOMING SUMMA PROGRAMS!

Unless otherwise specified, call the Summa Wellness Institute, (330) 342-4400 to register.

Caregiver Support Group
Are you helping care for an aging, ill or disabled adult family member or friend? Join Summa Health System’s Senior Health Services caregiver support group, where you can share your experiences and learn from others. Bring your own lunch. Beverages provided. For more information, call (330) 379-5905.

Summa Akron City Hospital
Joan H. Michelson Women’s Resource Center
95 Arch Street, Suite 175, Akron
Every 2nd Wednesday of the month
Noon to 1 p.m.

Phase IV Cardiac Rehabilitation Exercise
This supervised exercise program is targeted to those individuals and supporting members (spouse, family, friend) who suffered a cardiac event and have completed a Phase II program. This program is hosted at the Natatorium Rehabilitation and Wellness Center. A signed release by your physician is required. Cost is $175 for 3 months or $425 for a year. A couple’s discount is available. To learn more or to join, please call (330) 926-0384.

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 its convenient locations at Summa Akron City Hospital in the Health Education Center, 95 Arch Street, Suite 175 and inside the Summa Wellness Institute, Hudson. Gift cards are available for purchase from the cashier’s windows at Summa Akron City Hospital, St. Thomas Hospital and the Health Education Center. A massage can be purchased or scheduled by calling Falling Waters Spa at (330) 655-8008.

Fit and Fabulous! ($45 for 8 weeks)
Exercise can help reduce the risk of disease and keep your heart healthy. The program includes strength training, aerobic conditioning and stretching with the use of free weights, resistance bands, balls and steps to promote good posture and a healthy heart. Summa’s experienced instructors encourage participants of all ages and ability levels to develop strength and fitness.

Summa Akron City Hospital
95 Arch Street, Health Education Center in Suite 175, Akron
Monday, September 21, 4:30 or 6 p.m.
Monday, November 16, 4:30 or 6 p.m.

Yoga ($50 for 8 weeks)
Learn how to connect the mind with the body to relax and get fit through a sequence of yoga poses and deep breathing. The instructor guides the class through rhythmic movements that improve strength and flexibility while clearing the mind and preparing the body for deep relaxation.

Summa Akron City Hospital
95 Arch Street, Health Education Center in Suite 175, Akron
Monday, September 21, 7 p.m.
Monday, November 16, 7 p.m.

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 will improve physical fitness and strengthen the mind. The essential fitness components of strength training, aerobic conditioning and stretching are incorporated in the art and promote good posture and good health.

Summa Akron City Hospital
41 Arch Street, School of Nursing Gym, Akron
Tuesday, August 4, 5:30 p.m.
Tuesday, September 15, 5:30 p.m.
Cost $50

Summa Health Center at Green 3838 Massillon Road
Tuesday, August 4, 7:30 p.m.
Tuesday, September 15, 7:30 p.m.
Cost $50

Summa Wellness Institute at Western Reserve 5625 Hudson Drive
Hudson
Wednesday, August 5, 6 p.m.
Wednesday, September 16, 6 p.m.
Cost $25 for members, $60 for non-members

B.U.F.F. — Be Ultimately Fit Forever ($45 for 8 weeks)
Losing weight and getting fit ultimately improves your quality of life. This class is appropriate for all ability levels. The program includes strength training, aerobic conditioning and stretching with the use of free weights, resistance bands, balls and steps. Guidance on how to incorporate these activities into daily life is provided by a world class trainer and accomplished athlete.

Summa Akron City Hospital, 95 Arch Street, Health Education Center in Suite 175, Akron
Tuesday, September 1, Noon
Tuesday, October 27, Noon

Personalized Exercise Assessment & Knowledge (PEAK) Program
Do you have a fitness or weight loss goal but are struggling to get there? If so, this is the program for you! PEAK is an individualized exercise program that consists of a complete physical fitness assessment, a personalized exercise program, and instruction on proper exercise techniques. Located at the Natatorium Rehabilitation and Wellness Center, this tailored program is designed and monitored by an exercise physiologist. Three follow-up assessments throughout the year will assess your progress and ultimately get you to your goal! Cost is $225 for a 1-year membership or $125 for a physical fitness assessment only. Call (330) 926-0384 to schedule your assessment today!

For additional class dates and event information, please visit our event/program calendar at www.summahhealth.org.
As Sylvia Trecaso’s dementia progressed, her neurologist recommended New Horizons Adult Day Services. “It’s very homey and bright,” said her son Paul. “She plays bingo, word games, physical activities, crafts. They give her the attention she needs to keep her brain working.” They also give Paul a break. “I go to the mall, catch a movie and know she’s in good hands.”

Because it’s located in Summa Western Reserve Hospital, New Horizons offers immediate access to emergency care, physical therapy, radiology, labs and physicians. To learn more about Summa’s New Horizons, call (330) 971-7142.