thrive
for every season of your life
MONUMENTAL Miracles
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Welcome to Thrive

We are ready when you need us.

No matter how a patient arrives at one of Summa’s Emergency Departments — by walking in, by ambulance or via Life Flight — each case deserves only the highest quality, compassionate care.

All Summa Health System hospitals — Akron City, St. Thomas, Cuyahoga Falls, Barberton, Wadsworth-Rittman and affiliate Robinson Memorial — have Emergency Departments. We want our patients to have ready access to the emergency care they need, when they need it.

As a Level I Trauma Center Akron City Hospital is fully equipped to treat our region’s most seriously ill and injured patients. In fact, Akron City Hospital was the first hospital in the Akron area to receive Level I Trauma verification from the American College of Surgeons. Summa’s trauma surgeons provide 24 hour coverage in specialties such as orthopaedics, neurosurgery and cardiac care. The goal of Summa’s Trauma Services is to offer continuity of care for our patients from the time they arrive until they are discharged.

We all know how stressful a trip to the Emergency Department can be. The medical professionals at Summa are dedicated to serving the needs of their patients, providing state-of-the-art healthcare 24 hours a day, seven days a week.

This issue of Thrive magazine contains stories of patients’ experiences at Summa’s Emergency Departments. There is also additional valuable information to help you navigate the emergency healthcare waters.

Emergency care has changed and evolved throughout the years. Summa Health System has always remained on the cutting edge of high quality, compassionate care. That’s our commitment to our patients and to the regions we serve.

In good health,

Michelle Blanda, MD, FACEP
Chair, Department of Emergency Medicine
Professor of Emergency Medicine
Summa Health System
Northeastern Ohio Universities College of Medicine
Summa presentations sports symposium

The Summa Center for Sports Health will hold the Fourth Annual Symposium in conjunction with Summa Health System Orthopaedics and Kent State University Athletic Training Education Program on Friday, February 27 and Saturday, February 28 in the Raymond C. Firestone Auditorium located at 55 Arch Street on the Akron City Hospital Campus. The symposium will concentrate on various topics related to sports health, including spine injuries in sport. Continental breakfast, lunch, snacks, free parking and symposium CD are all included. Cost is $150. Continuing education credit will be available for athletic trainers, physical therapists, occupational therapists and physicians. For more information or to register, call Summa Connections at (330) 379-9229.

Don’t miss the deadline for the Dr. Schneir Award nominations

Do you know someone whose is passionate about working with seniors to help improve their quality of life? If so, let us know. Summa Health System is looking for nominations for the 2009 Dr. Edward S. Schneir Award. The person you nominate must be someone who works to improve the health, quality of care and functional status of older adults and their caregivers through research, education or innovative clinical consultative services. The person may work in any field, but needs to have positively impacted the programs and services for seniors in our community. Please clip this form below and mail to the address listed or send an email with the necessary information to Marsha Morlan at morlanm@summa-health.org. Deadline for nominations is March 20, 2009.

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NOMINEE NAME/PHONE NUMBER

NAME OF NOMINATING PERSON/PHONE NUMBER

REASON FOR NOMINATION:

Mail form to:
The Summa Center for Senior Health
Attn: Marsha Morlan
PO Box 2090, Akron, OH 44309-2090

Don’t wait to reclaim your life

Being overweight or obese increases the risk of many diseases and health conditions. Summa Health System’s Bariatric Care Center offers a free monthly public education seminar about weight loss surgery. Summa’s surgical weight loss program offers two fellowship trained surgeons who have performed nearly 700 weight loss surgeries, careful patient evaluation, a standardized approach to surgery and postoperative care, long-term follow-up and support and the compassion and personalized care you deserve. Join us at one of our free monthly public education seminars. You can also visit us at www.summahealth.org/weightloss to register for the next seminar or to view a complete schedule of available seminar dates. Call Summa’s Bariatric Care Center today at (330) 375-6590 to reserve your seat.
Summa Health System has opened the Jean B. and Milton N. Cooper Cancer Center on the Akron City Hospital campus. The 77,000 square foot facility provides comprehensive and convenient care to patients by bringing all outpatient cancer services together under one roof.

The $28 million cancer center houses physician and support staff offices, a conference center and several cancer-related services including infusion therapy, radiation therapy, diagnostic imaging, clinical research, rehabilitation services and educational and support services. Dedicated specialists also are located in the new center, including a physical therapist, financial counselor, social worker, psychological counselor and patient care coordinators.

Additionally, for patients and their families, wireless Internet is available throughout the building. A health-conscience café, Freshens® Energy Zone, will open soon in the lobby and serve menu items including fruit smoothies, soft-serve yogurt, high-performance snacks and protein bars, salads and sandwiches.
Heart Walk

More than 600 walkers represented Summa Health System at the 2008 Heart Walk on Saturday, September 20, 2008 at The University of Akron Stile Field House. The Summa team, comprised of staff from Akron City Hospital, Barberton Hospital, SummaCare and NEOCS raised more than $55,000 to support the efforts of the American Heart Association. In addition, Summa team members Rella Rotondo and Ann Wargo were on hand at the Summa booth to distribute heart healthy cereal and nutritional information. This year, Summa Health System was the premier sponsor of all of the American Heart Association events.

Taste of Hudson

Summa Health System once again co-sponsored the Taste of Hudson, showcasing the culinary delights of many Hudson area restaurants and caterers, music, fine arts, antique cars and more. Summa featured information about the Summa Wellness Institute, the Summa Health Center at Western Reserve and Summa’s Rehab and Sports Health services.

8th annual Sapphire Ball raised $300,000 for Cancer Center

The Summa Foundation hosted its eighth annual Sapphire Ball on Saturday, September 13 with 700 medical, civic and community members in attendance. Held on the Akron City Hospital campus, the black-tie event began with a private dedication of the Jean B. and Milton N. Cooper Cancer Center. A cocktail reception, gourmet dining, dancing and entertainment followed in elegant tents adjacent to the Ann and David Brennan Critical Care Center and Serenity Garden.

The event raised $300,000 to benefit the new Cooper Cancer Center, which brings all outpatient oncology services into one building to create a center for healing, comfort and hope for patients.

This year’s chair of the Sapphire Ball was Donna K. Loomis. Having served on Sapphire Ball committees in the past, Donna brought a wealth of creativity and enthusiasm to the event. Donna, who worked for Akron Public Schools for 35 years and retired in June 2004 as deputy superintendent, and her husband Allen, former Summa Foundation president, have been part of the Summa family for years.

Donna and Allen Loomis
Photo by Todd Biss, Media Arts Group, Inc.
It might have been a mere coincidence, but Gary Strefeler believes it was all the work of a higher power.

On Monday, March 10, 2008, Strefeler’s day was filled with a series of mere coincidences. It might have been a coincidence that his brother John, a dedicated professor at Mount Union College who rarely had time to visit, planned to stop by for lunch after a doctor’s appointment. And, maybe it was just a stroke of luck that John was present to call 9-1-1 after Strefeler knelt down to get something out of a lower drawer and was unable to catch his breath. It could have been simply happenstance that the New Franklin Emergency Medical Squad (EMS) would quickly arrive to transport him to Summa’s Akron City Hospital. Or simple chance that Ross R. Henschen, M.D. and Ugo E. Gallo, M.D. were in the Emergency Department (ED) to bring Strefeler back to life, not once but twice, when his heart stopped beating. They may have been coincidences, but Strefeler believes they were miracles.

It was the first ambulance ride Strefeler had ever taken. Although, he was critically ill, he was conscious and talking when the squad arrived at Akron City Hospital. “The last thing I remember seeing that day was the New Franklin EMS crew anxiously waiting in the emergency department corridor to be informed of my current condition and prognosis.” Strefeler recalled. “From there, my life was in the hands of the Akron City Hospital emergency department staff of physicians and nurses who seemed to perform efficiently and flawlessly.”

His heart rate was 150 and his blood pressure was 87. Drs. Henschen and Gallo and the ED staff worked quickly and immediately to stabilize his vital signs. Strefeler was sedated and it was decided to attempt a synchronized cardioversion which is a dose of electrical current distributed to the heart through two electrode pads in order to get an accelerated heart rate under control.

The first shock was unsuccessful. A second shock was administered and Strefeler’s heart rhythm went back to normal. His skin was bluish and discolored and his oxygen levels were greatly reduced in spite of the use of non-rebreather (oxy-
Dr. Gallo performed an endotracheal intubation, inserting a breathing tube into his trachea, to increase Strefeler’s oxygen levels. An echocardiogram (EKG) was ordered.

All signs pointed to a massive pulmonary embolism or a sudden blockage of the lungs. Strefeler was administered Retavase, a drug used to help break up blood clots. Strefeler then underwent two bouts of cardiopulmonary arrest, abrupt cessation of normal circulation of the blood due to failure of the heart. His blood pressure was eventually maintained when administered Atropine, a drug used to maintain proper heart function and Levophed which is used to control blood pressure.

The EKG showed a massive blockage in the right ventricle confirming pulmonary embolism as the diagnosis.

Pulmonary embolism is a highly lethal condition where there is a sudden blood clot in the lung. It is one of the most common unexpected causes of death in the United States. In fact, in most cases death is imminent within 30 minutes of the onset of symptoms. Strefeler was stabilized but remained in critical condition. He was transferred to Summa’s
In an emergency, call 9-1-1.

A trip to the emergency department can be stressful. Because we understand this, Summa is dedicated to serving the needs of our patients and taking care of your health problems by providing you with the 24-7, high-quality, state-of-the-art, supportive care and assistance you need in an emergent situation.

Summa’s Akron City Hospital was the first hospital in the Akron area to receive Level I Trauma verification, the highest trauma care verification available from the American College of Surgeons (ACS). Moreover, Summa’s Akron City, St. Thomas, Cuyahoga Falls General, Barberton and Wadsworth-Rittman Hospitals all offer highly skilled emergency department teams including emergency physicians enabling Summa to provide all the appropriate expertise and resources necessary for the highest quality care available.

Intensive Care Unit located in the Anne and David Brennan Critical Care Center where Pulmonologist, Paul Tsivitse, M.D., took over his care. Strefeler stayed there for the next four days.

“Dr. Tsivitse took time to explain what was going on with me.”

The Critical Care Center is a 120,000 square-foot facility rich with cutting-edge technology and 24-hour intensivist coverage. Each patient room is equipped with wireless workstations and computers at every bedside. Other services include voice-activated wireless communication technology that allows staff to press a button on their badge or lanyard to talk with staff and patients throughout the building. Patients in the center have the comfort of private rooms with an outside window.

“Many may not be aware of this, but we in Akron, Ohio are blessed with one of the best intensive care units in the world,” Strefeler said.

“I was treated with the importance typically thought reserved for a celebrity, royalty or even a world leader. The unit was quiet and sufficiently staffed with caring and talented individuals who make it their life to deal with life and death situations on a daily basis. I actually regretted having to leave the ICU when it was time to be moved to a semi-private room.”

Once Strefeler was out of danger, he was moved to Akron City Hospital’s Sixth Floor East where he spent the next six days.

““The patience of these people is astounding and goes well beyond what I would have expected in anyone’s capabilities.”

GARY STREFELER

“I believe that some of the nicest and most dedicated personnel in the hospital have to be the nurses and aids of Sixth Floor East. The patience of these people is astounding and goes well beyond what I would have expected in anyone’s capabilities.”

Strefeler believes there truly isn’t any way he can express his gratitude or repay those who helped him through this ordeal.

“They renewed for me, not just once, but twice, the greatest gift anyone can be given — life! How short a word that is and how easy it is to say, but I cannot emphasize enough how grateful I am for my life’s path having crossed each and every one of theirs,” Strefeler said. “I am sincerely thankful for the EMT and ED staff and, in particular Drs. Henschen and Gallo for what I label as a miracle of life...without them I would not be here today.”
Getting the right patient to the right place at the right time is critical to improving their chances of survival. In fact, the first sixty minutes after a critical injury occurs — often referred to as the “Golden Hour” — is said to have a direct impact on the patient’s outcome — the difference between life and death. Since trauma care begins at the scene of the injury and continues until the patient reaches an optimal outcome, the type and amount of treatment a victim receives is extremely important. The sooner the patient is transported from the scene of the injury to the trauma center, the better the outcome will be.

Summa Health System’s Level I Trauma Center at Akron City Hospital meets this critical community need. Trauma surgeons and specialists are available 24 hours a day, seven days a week to handle any trauma emergency. Through prompt evaluation, life-threatening injuries are identified and treated immediately under the direction of a trauma surgeon.

But for a trauma system to work, it takes a coordinated effort of all the components of the trauma team, including surgical services, trauma surgeons, intensive care, emergency physicians, neurosurgeons, trauma nurses, rehabilitation and others. Each component plays an important role in the delivery of care.

The trauma team provides patient care with the help of other healthcare professionals as needed. Physicians in specialties such as orthopaedics, plastic surgery and intensive care provide comprehensive care for any trauma-related injury together with the trauma team.

The life-sustaining care implemented by EMS, police and fire officials in the field and at referring hospitals in the region is also a vital link in the continuum of quality trauma care.

“Since 2001, Ohio has had a state trauma system; this is an inclusive system that includes verified trauma centers and non-trauma centers,” said Berni Martin, Program Manager, Trauma Services. “Community hospitals are an important part of our trauma system. The early recognition and triage of critical trauma patients to trauma centers saves lives and improves outcomes.”

Last year, Akron City Hospital received notification from the Committee on Trauma (COT) of the American College of Surgeons that it had been re-verified as a Level I Trauma Center through 2010. The hospital is one of only 11 nationally verified Level I adult trauma centers in the state and the first to be verified in Akron.

A Level I Trauma Center is a comprehensive regional resource that acts as the tertiary care facility central to the trauma system. It is capable of providing total care for every aspect of injury — from prevention through rehabilitation. Achieving formal verification confirms that severely injured adults brought to Summa’s Akron City Hospital receive care that meets the highest national standards developed for trauma centers.

“Injury is the leading cause of death and disability for people between the ages of 35 and 44. The actual number of people who die from injuries peaks in the age group 15-64 years of age and those trauma victims age 85 or greater have a much higher mortality rate,” added Martin. “This is why Akron City Hospital’s Level I Trauma Center is a benefit to our region. We are here to make a difference by saving lives. Hopefully, by doing what we do, we will eventually see these statistics decline.”
Where are Summa Health System’s Emergency Departments?

BRANT RUSSELL: All Summa hospitals — Akron City, St. Thomas, Cuyahoga Falls, Barberton, Wadsworth-Rittman and affiliate Robinson Memorial — have Emergency Departments. As a system, our goal is to ensure that patients have quick access to the care they need where they need it with direct access to local community hospitals as well as a Level 1 Trauma Center at Akron City Hospital. As a Level 1 Trauma Center, Akron City provides the entire spectrum of care to address the needs of all injured patients from prevention through rehabilitation.

Are there any future plans for Summa’s Emergency Departments?

BRANT RUSSELL: Akron City Hospital will expand its Emergency Department (ED) to include enhancements such as increased capacity and services, a spacious separate ambulance entrance for expedited squad traffic, more workspaces for doctors and nurses, and larger rooms for patients and their families. We’ll break ground later this winter with expected completion in the summer of 2010.

What new patient care initiatives have been implemented?

BRANT RUSSELL: With a focus on quickly identifying and meeting patient needs, we continue to build upon the excellent patient care we provide every day. We’ve implemented a process to meet the needs of all our patients from medical emergencies like stroke or heart attack to less urgent needs such as a sprained ankle or ear ache that can be quickly treated and released. For many, the ED is the front door to the hospital, so service excellence is a top priority. To help our patients feel as much at ease as possible, greeters and patient care advocates are available in the waiting rooms to answer questions, explain the process and provide support throughout their stay.

How does technology play a part in patient care?

BRANT RUSSELL: We recently installed electronic tracking boards to monitor patient status, generate volume statistics and create operational reporting. The boards are integrated with our computerized physician order entry system, which can locate where the patient is in the system and shows updates such as a patient’s lab results. Our Emergency Department team uses this technology to review processes, identify areas of improvement and establish benchmarks. Our goal is to create an environment for our patients that is safe, caring, convenient and comfortable.

Are there any other initiatives underway?

BRANT RUSSELL: In addition to providing the best care for our patients, we are constantly preparing for the unexpected. Part of our responsibility to the community is to continue developing and refining our processes for large and small disasters from inclement weather to endemic disease. Through strong leadership, education, coordination of services and a lot of practice, Summa is able to be a leader, provider and help to recover the community during times of need.
According to the National Center for Health Statistics, emergency department visits increased 20 percent from 1995 to 2005. During the same time frame, the number of hospital emergency departments decreased from 4,176 to 3,795, resulting in instances of overcrowding and ambulance diversions. A number of these visits were for issues that could be treated in a primary care setting. Visits for non-urgent issues such as routine medication refills, work excuses and care for chronic conditions create a backlog of patients in a system that is already at capacity.

So, when is it necessary to go to the emergency department? The following information will help you make an informed decision as to whether or not you need a visit to the emergency department.

Primary Care, or Physician Office visits should be the primary source of care for colds, flu symptoms, allergies, chronic health conditions and wellness visits. Your physician will also provide follow up care for visits to an emergency room and medical history for patients who require hospital care. If you do not have a primary care physician, visit Summa Health System’s online physician directory at www.summahealth.org.

Outpatient or After Hours Clinics should be used for minor injuries and illnesses that are not life threatening, including those you would refer to a family physician during his or her regular office hours. They can perform limited diagnostics and lab work, but generally do not have the capacity for lengthy evaluations of complex health issues. Examples include ear infections, sprains, urinary tract infections, fever, physicals, and pre-employment exams.

Minor Emergency Departments are similar to urgent care centers, except they are often an extension of a main emergency department. They handle cases that require simple evaluation, such as X-ray or sutures and treatment usually takes less than one hour.

Emergency Departments treat more serious or complex medical conditions. A person who experiences symptoms such as chest pain, high fever, shortness of breath, abdominal pain, weakness, seizures or uncontrollable bleeding should go to an emergency department to be evaluated as soon as possible.

A Trauma Center acts as the tertiary care facility central to the trauma system. It is capable of providing total care for every aspect of injury — from prevention through rehabilitation. Typical cases referred to a trauma center include, but are not limited to gun shot wounds, head or spinal injury, limb paralysis, falls from greater than 15 feet, motorized vehicle or bicycle injury and pelvic fractures.

It is important to note that if you or someone you know has a life-threatening injury or medical condition, you should call 9-1-1 immediately. Do not attempt to drive yourself or someone else who has a serious medical condition to the hospital.

“Many patients, especially those with increasing age, can tell something is wrong yet many times choose to stay at home. This is especially true in heart and stroke conditions,” said Michelle Blanda, M.D.; Chair, Emergency Services. “If a patient feels there is something wrong, it is best to be evaluated in an emergency department setting and determine what is (or what is not) going on.”
No one plans a trip to the Emergency Department (ED). Nor does anyone particularly want to pay a visit to one. But when it becomes a necessity, Summa Health System does everything it can to help quell any anxiety or stress.

Upon arrival to the Akron City Hospital ED, patients are welcomed by a Greeter and escorted back to the triage nurse station. A Family Coordinator sitting at the front desk will keep family members and loved ones updated on the patient’s status, take them back for a visit and offer words of comfort and support.

Once admitted, the patient will likely be seen by Summa’s Patient Care Advocate, Lisa Oakley, RN. “I try to get to each patient’s room to make sure they have everything they need, from blankets to water or medication,” she said. “We have the best physicians, nurses and medical staff taking care of our patients and it is my job to make sure they have a pleasant experience from an emotional and patient satisfaction perspective.”

As Oakley works to meet all the needs of her patients, she also provides valuable patient feedback to the ED staff about what is working and areas for improvement. “I love interacting with patients and their families — making sure they get all the care they need and seeing them satisfied. I also love proving to the staff here that they’re doing a great job.”

Similarly, at St. Thomas Hospital, once a patient is admitted, they will receive a visit from Rosetta Tucker, Patient Care Coordinator. Tucker has been at St. Thomas for 22 years with 17 of those years in her current role. “I try to check on every patient and always ask them if they’ve eaten today. If they are hungry, I’ll get them hot food from the cafeteria, or if it’s late, we keep bag lunches in the refrigerator. Anything they need.”

With an obvious passion for her job, Tucker found that what patients want most is a caring person to listen to their concerns and help them along the way. “I really enjoy what I do and it’s a good feeling when you’re able to help people,” continued Tucker. “All you have to do is care — just talk to them and listen to what they have to say.”

St. Thomas Hospital’s Patient Care Coordinator Rosetta Tucker visits a patient to ask if there is anything she needs. Photo by Larry Lawrence.
Winter has arrived, and its colder weather and shorter days bring the urge to curl up on the couch in oversized clothes and eat comfort foods! For many people, winter is the most difficult time of year to keep from gaining weight, due to the combination of holiday eating and lack of exercise.

Summa Health System Registered Dietitian Rella Rotondo believes you can still enjoy comfort foods without consuming too many calories. “Comfort foods can be healthy as long as you choose the right ingredients,” she says.

The American Dietetic Association (ADA) recommends increasing the amount of vegetables in soups, stews or casseroles for added nutrients. Dried navy beans, kidney beans and black beans increase volume and thickness. Heavier vegetables like potatoes, turnips and carrots further increase thickness and add nutrients.

The ADA also encourages trimming the fat from meat before adding to the pot and leaving off chicken skin to further reduce fat. “Your stew or soup can be even leaner by first browning the meat and then draining off the grease,” Rella advised. “When soups are chilled, fat rises to the top of the pot; skim off this unwanted fat, reheat and serve a delicious, lower fat soup.”

If you usually gain weight in the winter, here are a few tips that may help control that gain:

- Try to stay on an eating schedule; research indicates skipping meals leads to weight gain.
- Try to include a serving of fresh fruit with each meal.
- Try to increase vegetables in your diet. Most people do not get enough vegetables.
- Limit high calorie coffees and cocoas.
- Limit portion size on rice, noodles, pasta and potatoes and resist the urge to eat extra bread with meals.
- If you are still hungry after your dinner meal, have an extra serving of vegetables or salad. These are low calorie, high volume foods that are filling and satisfying.
- And as always, limit added fats such as margarine, butter, sour cream and salad dressings. These fats can still be enjoyed but in limited amounts.

Rella noted that the recipe for Twenty Minute Chicken Creole which follows is a great comfort food dish that is easy to prepare. “It is the perfect recipe for the family on the go, and a great example of a low-fat entrée that is nourishing and delicious. The cornbread recipe that accompanies it is a lower fat version of a traditional corn bread.”

Eating well to beat the winter weight gain blues

**Twenty Minute Chicken Creole**
(makes 4 servings, serving size 1 1/2 cups) from the National Cancer Institute

**Ingredients:**
- Nonstick cooking spray, as needed
- 4 medium chicken breast halves, skinned, boned and cut into 1-inch strips
- 1 can (14 oz) tomatoes, cut up (1 large)
- 1 cup low sodium chili sauce
- 1 cup green peppers, chopped
- 1/4 cup celery, chopped
- 1 clove minced garlic
- 1 Tbsp fresh basil or 1 tsp dried
- 1 tsp fresh parsley or 1 tsp dried
- 1/4 tsp crushed red pepper
- 1/4 tsp salt

Spray the deep skillet with nonstick spray coating. Preheat pan over high heat. Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink. Reduce heat. Add tomatoes and their juice, low sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper and salt. Bring to boiling; reduce heat and simmer, covered, for ten minutes. Serve over hot cooked rice or whole wheat pasta.

**Recipe Analysis:**
- 255 calories
- 3 g total fat
- 100 mg cholesterol
- Less than 1 g saturated fat

Rella says: “You can substitute 1 lb. boneless, skinless chicken breast, cut into 1-inch strips for the chicken breast halves, and to cut back on sodium, try low sodium canned tomatoes.”

**Good for You Cornbread**
(makes 10 servings)

**Ingredients:**
- 1 cup cornmeal
- 1 cup flour
- 1/4 cup white sugar
- 1 tsp baking powder
- 1 cup buttermilk, 1% fat
- 1 egg, whole
- 1/4 cup margarine, regular; tub
- 1 tsp vegetable oil (to grease baking pan)

Preheat oven to 350º F. Mix together cornmeal, flour, sugar and baking powder. In another bowl, combine buttermilk and egg. Beat lightly. Slowly add buttermilk and egg mixture to the dry ingredients. Add margarine and mix by hand or with a mixer for one minute. Bake for 20 to 25 minutes in an 8 by 8-inch greased baking dish. Cool. Cut into ten squares.

**Recipe Analysis:**
- 178 calories
- 6 g fat
- 1 g saturated fat
- 22 mg cholesterol
- 94 mg sodium
Are you a senior who likes to travel? When you are out of town, does your insurance provide coverage if you become ill or injured? Many of us don’t think about our health insurance coverage when we’re packing our bags for a trip. To be on the safe side, however, it is a good idea to understand what your plan will cover should you need urgent or emergency care.

“If you travel regularly or are out of town frequently, a Point of Service or ‘POS’ plan may best suit your needs,” said Jim Loveless, Director of Medicare at SummaCare. “POS plans give you the freedom to visit any hospital or doctor who accepts Medicare when you’re traveling.” SummaCare Secure offers Medicare Advantage POS plans that include medical and prescription drug coverage (Part D) all in one. With a POS plan, members use a Primary Care Physician (PCP) to coordinate all of their care — but also enjoy the freedom to choose other hospitals or providers that accept Medicare from outside of their plan’s network (POS plan members may pay more if they select out of network providers).

SummaCare Secure plans also offer worldwide coverage for emergency or urgent care services. This means that you can travel with peace of mind because you will be covered if you need emergency care or services/treatments that just can’t wait until you return home. Before travel, be sure to check your current plan to determine the coverage available when you are out of town. If your plan does not fit your needs, explore your options during the upcoming Annual Election Period (AEP) for Medicare. This is the time each year (between November 15 and December 31) when you may be able to select and enroll in a new Medicare plan.

For more information about SummaCare Secure, call 330-996-8440 or toll free at 888-464-8440 (TTY 800-750-0750) between 8 a.m. and 8 p.m., Monday through Friday. You may also visit www.medicare.summacare.com to compare plan options and learn more.

Whether your lifestyle includes travel or not — it is always a good idea to make sure you are getting the most for your Medicare dollar.
Caregiver Support Group
Are you helping care for an aging, ill or disabled adult family member or friend on a regular basis? Bring your lunch and join Summa Health System’s Senior Health Services caregiver support group where you can share your own experiences and learn from others. Beverages provided. For more information, call (330) 379-5017.

Akron City Hospital Campus
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 is a supervised exercise program targeted to those individuals and supporting members (spouse, family, friend) who have 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.

Fit and Fabulous! ($45 for 8 weeks)
Exercise in any form 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. Guidance on how to incorporate these activities into daily life is provided by a world class trainer and accomplished athlete.

Akron City Hospital Campus, 95 Arch St., Health Education Center in Suite 175, Akron
Tuesday, January 20, Noon
Tuesday, March 17, Noon

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.

Akron City Hospital Campus, 95 Arch St., Health Education Center in Suite 175, Akron
Monday, January 6, 7 p.m.
Monday, March 23, 7 p.m.

Tai Chi: Meditation in Motion ($50 for 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.

Akron City Hospital Campus
41 Arch St., School of Nursing Gym, Akron
Tuesday, January 6, 5:30 p.m.
Tuesday, February 17, 5:30 p.m.

Summa Health Center at Green
3838 Massillon Rd.
Tuesday, January 6, 7:30 p.m.
Tuesday, February 17, 7:30 p.m.

B.U.F.F. — Be Ultimately Fit Forever ($45 for 8 weeks)
Losing weight and getting fit will ultimately improve your quality of life. This class will appeal to all ability levels and currently includes Summa seniors and employees who use their lunch hour to get fit! 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.

Akron City Hospital Campus, 95 Arch St., Health Education Center in Suite 175, Akron
Tuesday, January 20, Noon
Tuesday, March 17, Noon

For additional class dates and event information, please visit our event/program calendar at http://www.summahealth.org.
A Summa radiologist discovered Cyndi Palazzo’s breast cancer five years ago. “We found a surgeon at Summa who expedited everything,” said Cyndi. “He found a plastic surgeon, and I had reconstructive surgery at the same time. Having all the doctors centrally located there is wonderful. I am cancer-free and I contribute it to all my great Summa doctors.” Summa’s new Cancer Center houses advanced diagnostics, treatment, support and research under one roof. To learn more, visit www.summahealth.org/cancer.