



Inside:

- Advantages of hospital-based skilled care
- Can seasonal allergies be serious?
- Breakfast fried rice recipe
- And more



Skilled Care Program Offered at Lodi Hospital

For patients who no longer require an acute hospital stay, but still need medical attention and supervision until they are ready to go home, skilled care may be the best solution.

Lodi Hospital's skilled care program is especially appropriate for patients who require rehabilitation or recuperation after an extended illness, serious injury or surgery. Our program acts as a stepping stone between an acute hospital stay and home.

With shorter hospital stays a reality in today's healthcare environment, we recognize that a patient's need for skilled rehabilitation and expert patient care are a critical part in the recovery process. Our skilled nursing and rehabilitation professionals are focused on helping you recover and gain independence. Making your transition back to home easier and more efficient is always our goal.

The hospital setting offers many distinct advantages to patients over a traditional nursing home setting:

- Our skilled care patients are integrated with our acute care patients, which means they receive the same level of service, care and attention.
- With full service clinical departments (radiology, respiratory, laboratory, etc.) onsite, any follow-up testing or treatment is available around the clock.
- Since patients in skilled care situations no longer require acute medical care, physicians in nursing homes routinely make rounds once every 30 days. Our hospital setting offers the advantage of having a physician in house at all times.
- There's immediate access to emergency care, if needed.

Our staff consists of professionals from nursing, rehab and other clinical fields who take a comprehensive team approach to your care. The staff's philosophy concentrates on helping patients reach their maximum potential for physician, mental, social and spiritual wellbeing.

While Lodi Hospital accepts the traditional Medicare plan, Medicare replacement plans and other private insurances that cover skilled care, be sure to check with your specific provider for coverage details.

For more information about skilled care services, please call Lodi Hospital's social services department at 330.948.5534 or patient care services at 330.948.5514.



Give back.

Support the vital patient care programs of Lodi Hospital through a donation to the Akron General Foundation. All donations raised locally stay local. Make a donation by phone at 330.344.6888 or online at www.akrongeneral.org/giving.



Hydrate!

When exercising, drink about a cup of water for every 15 minutes of exercise. However, if exercise or a sports game is longer than an hour, try coconut water. It provides carbohydrates and is packed with potassium that are necessary for fuel during extended exercise.



Control your portion sizes.

Make sure meats are no larger than your palm and your pastas are no larger than your fists. Using a smaller bowl or plate creates a mental illusion and will help control portion sizes.

Are Seasonal Allergies Serious or a Nuisance?

Think hay fever is mainly an inconvenience? Think again!

Allergies, especially seasonal, affect your quality of life and are among the most common health problems with more than 50 million people affected each year. Pollen is the most common cause of seasonal allergies.

Allergy sufferers can experience a reduced sense of smell, a blocked or drippy nose, sleeping difficulties and even chronic fatigue.

Talk to your doctor about the best course of action to combat your symptoms, which may include taking certain medications, like an antihistamine or a decongestant, or even getting an allergy shot.

If you don't have a primary care provider, Lodi Community Care Center is always accepting new patients.

MEET OUR PROVIDERS:



Alycia Findlay, MD



Simranjot Sahota, MD



Kimberly Sheets, DO



Charlene Nagel, CNP



Brittny Queden, NP



Kristin Trill, CNP

Regular visits with a primary care doctor is not only helpful in getting rid of those pesky spring allergies, but it can also be beneficial to your overall health and wellness. To make an appointment, call 330.948.5533.



For your good health

LODI HOSPITAL OFFERS PROGRAMS AND EVENTS THAT ARE FUN AND EDUCATIONAL TO HELP YOU STAY HEALTHY.

SUGAR SCHOOL

Want to know what to eat to help control your blood sugar and lose weight? Sugar School will teach you in just one night. Reservations are required.

When: Thursday, May 9

Time: 7-9 p.m.

Where: Lodi Hospital

Cost: \$20 per person, \$30 per couple

Call: 330.948.5546

QUIT SMOKING

Akron General is pleased to offer community residents a FREE smoking cessation class using the American Lung Association's Freedom from Smoking program. Taught by Tobacco Treatment Specialists.

When: Tuesdays, May 14-June 18; additional class on June 4

Time: 5:30-7 p.m.

Where: Lodi Hospital, Lower Level, Boardroom

Cost: Free

Call: 330.948.5532

FAMILY AND FRIENDS CPR

Learn the lifesaving skills of adult, child and infant CPR, as well as choking rescue. This is not a certification course. Please RSVP. Class size limited.

When: Thursday, June 6

Time: 5-7 p.m.

Where: Lodi Hospital, Lower Level, Boardroom

Cost: Free

Call: 330.948.5544

HEALTH SCREENINGS IN LODI AREA

Lodi Hospital offers monthly health screenings at locations throughout Medina and northern Wayne counties. Low-cost cholesterol screenings are available, as well as FREE blood pressure and glucose. For more information, visit www.akrongeneral.org/screenings.

When: First Tuesday of the month

Time: 8-11 a.m.

Where: Lodi Hospital, Main Lobby

Cost: \$15 (complete lipid profile)

Call: 330.948.5544

Breakfast Fried Rice with Scrambled Eggs

Yes, fried rice for breakfast!

Fried rice is actually a great way to fuel up in the morning. With brown rice, lots of fresh vegetables and only a small amount of fat, this recipe is a healthy version of the traditional recipe. It provides plenty of vitamin B6 and anti-inflammatory, immune strengthening garlic and onions.



INGREDIENTS

Fried rice

¼ cup vegetable oil

1 tablespoon chopped garlic

1 tablespoon peeled, chopped, fresh ginger

1 green onion, white and green parts, chopped

2 tablespoons diced red onion

2 tablespoons chopped fresh cilantro

1 or 2 leaves of baby bok choy, thinly sliced

¼ cup shredded red cabbage

5 sugar snap peas, cut into thin strips on the diagonal

2 cups cooked and cooled brown rice

4 tablespoons soy sauce

4 tablespoons mirin

Eggs and garnishes

2 large eggs, beaten

1 teaspoon sesame seeds

2 tablespoons toasted cashews, chopped

1 green onion, white and green parts, sliced thin on the diagonal

DIRECTIONS

1. Set a wok or large skillet over high heat until very hot.
2. Add the oil to the wok.
3. Add the garlic, ginger, chopped green onion, red onion, cilantro, bok choy, cabbage and snap peas. Cook, stirring, for 1 minute, or until the vegetables have softened and you can smell the ginger.
4. Add the rice and continue to cook, stirring, until everything is coated, 2-4 minutes.
5. Add the soy sauce and mirin and toss well.
6. Remove the wok from the heat.
7. Heat a non-stick skillet over medium heat.
8. Spray pan with non-stick cooking spray.
9. Pour in the beaten eggs, cook gently stirring for 1-2 minutes until scrambled.
10. Transfer fried rice to a serving bowl and top with the scrambled eggs.
11. Sprinkle with the sesame seeds, toasted cashews and the green onion and serve right away.

NUTRITION INFORMATION

Makes 4 servings.

Calories: 360 | Total fat: 20 g | Saturated fat: 3.5 g | Trans fat: 0 | Cholesterol: 95 mg
Sodium: 1200 mg | Total Carbohydrate: 33 g | Fiber: 3 g | Sugars: 7 g | Protein: 8 g

Source: Cleveland Clinic Health Essentials and The Alzheimer's Prevention Cookbook: 100 Recipes to Boost Brain Health (© 2012 Ten Speed Press)