



# Medina Hospital Advocate

A Publication of the Medina Hospital Foundation

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## Philanthropy Improves Cardiac Services

Just a few years ago, space for cardiac rehabilitation at Medina Hospital was limited and space for a congestive heart failure clinic was nonexistent.

Philanthropy is changing all that. Rehab space has since doubled in size, and the congestive heart failure unit continues to grow.



Michael L.  
Amalfitano, DO

According to Michael L. Amalfitano, DO, Director of Cardiovascular Services, Cardiac Rehab and the Congestive Heart Failure Clinic, the overall quality and quantity of care provided by these units has been tremendously facilitated by philanthropic support from the Medina Hospital Foundation.

### The Cardiac Rehabilitation Unit

New exercise equipment has been added to the rehab unit, and new exam and conference rooms will be added to the congestive heart failure space, which is run by a full-time cardiac nurse practitioner.

“Our new workout equipment includes exercise bikes, stair-climbers, free weights and more,” Dr. Amalfitano says. “Looking ahead, we’re working to add

staff and new programs and to pursue a special certification by 2017.

“There are a lot of great things going on here, which wouldn’t be possible without our motivated, dedicated staff and the resources of the Medina Hospital Foundation.”

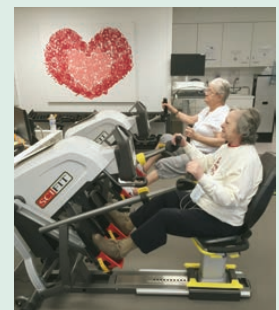
The improvements are well-timed, since the number of patients served by the rehab unit has doubled — growing from 100 people making 2,700 visits in 2012 to a projected 200 people making more than 5,000 visits per year in 2016. Those figures, Dr. Amalfitano says, make Medina Hospital’s cardiac rehab unit the third largest cardiac rehab program within Cleveland Clinic’s system.

### The Congestive Heart Failure Clinic

Of particular importance within the Cardiac Unit is the Congestive Heart Failure Clinic.

“The most common diagnoses for patients admitted to the hospital in our country is congestive heart failure,” a condition in which the heart’s function as a pump is inadequate to meet the body’s needs, Dr. Amalfitano says.

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## Equipment Purchased With Gifts

Our new aerobic exercise machines strengthen the heart for cardiac rehabilitation patients and build aerobic capacity for patients with chronic obstructive pulmonary disease (COPD).

According to Nicholas Massacci, Exercise Physiologist, the SciFit Recumbent Stepper and Cybex Arc Trainer provide full body exercise while relieving joint pressure for

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## Cuddle Cot Placement

Kelly and Josh Poole recently delivered a Cuddle Cot to the Family Birthing Center in memory of their son, Braeden Christopher.

The refrigerated mat allows babies to remain in the hospital room, giving grieving parents precious time with them after birth. It was hoped that the cot would never be needed, but unfortunately less than one week after the placement, a family suffered a loss. They appreciated the time the cot provided to them.

Kelly and Josh plan to raise funds to provide cots to more Cleveland Clinic hospitals.

## Gifts in Honor/Memory

Chuck Musgrave  
*In Memory of  
Cynthia Musgrave*

## Philanthropy

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“In many cases, 30 days after patients are discharged, they’re back again. That is why, through our clinic, we offer special attention to this population. We recommend lifestyle changes, monitor their condition, including fluid level assessment, and do everything in our power to keep people healthy and to avoid recurrences.”

### The Benefits of Exercise

The importance of exercise to a recovering heart patient cannot be overemphasized, Dr. Amalfitano says.

“It is well understood that after the heart has been damaged, such as with a heart attack, the individual is more at risk for future problems. Often, lifestyle changes — including the need for exercise — are in order. That’s why exercise is such a fundamental part of cardiac rehabilitation programs.

“The better the body becomes, through exercise, the less hard the heart has to work. Exercise, it appears, helps everything,” he says.

A recent study, Dr. Amalfitano says, adds further validation to the beneficial effects of exercise for cardiac patients.

“While many studies have already shown that exercise decreases future risk, a recent study shows this remarkable finding: A patient who does cardiac rehabilitation after a major event such as heart surgery has 30 to 40 percent less likelihood of dying of a heart attack within the next 12 months, as opposed to someone who does not do the recommended rehabilitation work.

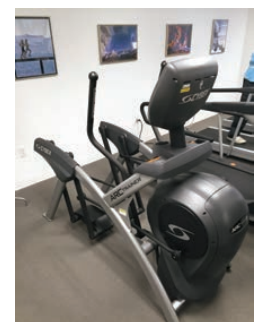
“That’s good news,” he says, “and an enormous incentive for affected individuals to develop an ongoing exercise program.”

*Philanthropic support may be used to enlarge existing space within the Cardiac Unit and to purchase additional equipment. To make a gift, call Randy Fuerst, Executive Director, Medina Hospital Foundation, at 330.721.5940.*

## Equipment

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patients who can’t use a treadmill or bicycle. The seat of the SciFit can be removed, allowing patients in wheelchairs access to the upper body portion of the machine. Jared Neumyer, Exercise Physiologist, notes the Arc Trainer is similar to an elliptical and is popular with younger patients who may have used similar equipment at the gym. You’re also able to change the resistance and angle of incline with the Arc Trainer to simulate climbing stairs. And yes, it has cup holders!



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## BASH Wish List

The Oct. 22 BASH at Weymouth Country Club offers area businesses and individuals a chance to support our hospital and reach potential customers. If you'd like to donate one of these items or services, please contact Linda Kern at 330.721.5941 or kern@ccf.org.

Sporting/event tickets	BOSE radio
Theater tickets	Resort passes/hotel stays
Brewery package	Camera (digital/video)
Landscaping service	Bicycle
Champagne baskets	Outdoor patio accessories
Cruises	Bed & Breakfast stays
Casino package	Patio furniture
Limo service	Dinner gift certificates
Hot tub	Gas grill
Wine package	Vacation/cruise/condo
Airline fare	Cooler
Dinner certificates	Luggage
Artwork	Electronics
Island getaways	



## BASH Supports Life Support Team

Proceeds from the Oct. 22 BASH will purchase mechanical chest compression devices for Life Support Team ambulances. If you've taken a CPR course, you know that doing chest compressions is difficult and tiring under the best conditions. Now imagine trying to do them in the back of a moving ambulance. The devices provide quality compressions over an extended period of time and aren't affected by a vehicle's movement.

To learn more about the BASH or to become a sponsor, please call the Foundation office at 330.721.5940.

### GIFT PLANNING IDEA

## Your Home is a Gift

Real estate values have steadily increased recently, which is good news after the sharp decline that occurred a few years ago. If your home's value has increased and you'd like to support Medina Hospital, you might consider a *retained life estate*.

A retained life estate is a gift plan that allows you to give your home (or farm or vacation home) to Medina Hospital now, while retaining the right to use it for the rest of your life. You would deed the property to Cleveland Clinic Medina Hospital and receive an immediate income tax deduction. Your life would continue as before, with you enjoying your home while remaining responsible for all routine expenses – maintenance fees, insurance, property taxes, repairs, etc.

This gift option would relieve your family of the burden of inheriting your home and arranging for the sale, would remove the residence from your taxable estate, and, ultimately, would provide support to Medina Hospital and our patients.

### Benefits:

- You qualify for an immediate federal income-tax charitable deduction and avoid any potential capital-gain tax. Deductions for gifts of long-term appreciated property, such as a home, will be limited to 30 percent of your adjusted gross income. If necessary, you may take unused deductions over the next five years.
- You retain the right to use your home, farm or vacation property for the rest of your life.
- Your estate may benefit from reduced probate costs and estate taxes.
- You will have peace of mind knowing that your gift will support future patients of Medina Hospital.

If the idea of using your property as a charitable gift interests you, but a retained life estate is not feasible other options are available. If you have questions or would like to learn more about how your property can be used to benefit Medina Hospital and its patients, please contact Randy Fuerst at 330.721.5940 or fuerstr@ccf.org.

**Medina Hospital Foundation**

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medinahospitalfoundation.org

Medina Hospital Foundation realizes that individuals would like to learn more about its particular programs, services or developments. However, if you do not wish to receive information relating to your philanthropic objectives at this time, please call the Medina Hospital Foundation at 330.721.5941 or send an email to kern@ccf.org.



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Key to the outing's success were our foursome sponsors. Thank you!

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**Golf Outing a Great Success**



Jeff Williams, Adam Vigneault, Jay Vigneault and Mike Hargrove in front of the Bill Doraty Kia Hole-in-One car

The 22nd annual Jack Vigneault Golf Outing was a great success, raising more than \$24,000 for the Foundation's Hospital Program Fund. The fund supports unique patient programs at Cleveland Clinic Medina Hospital. Recently it was used to provide Emergency Department patients with travel vouchers. It also was used to purchase dolls for a study with dementia patients. Research indicates that patients may have reduced anxiety if they have a "baby" to care for while in the hospital.