

Healthy Living

SPRING 2018 NEWSLETTER

Securing the Future of High Quality Care, Close to Home *Union Hospital Becomes Part of Cleveland Clinic Network*

Union Hospital has made good on its commitment to provide high quality, convenient health care services to the Tuscarawas Valley by becoming Cleveland Clinic Union Hospital.

A formal announcement, noting that Union had become the 11th regional hospital to become a part of the world-respected Cleveland Clinic health system, was made April 2 during a meeting involving officials of both institutions and many of Union's 1,100 employees, who comprise Tuscarawas County's largest single workforce.

"Our strong community hospital is now part of one of the world's best healthcare systems and we look forward to securing and growing services in the future right here at Cleveland Clinic Union Hospital," said Bruce James, Union's president and chief executive officer, in announcing the new name.

"Our primary mission, to serve the residents of this area, has not changed," he added, noting that all current services, programs and locations managed by Union Hospital and its hospital-operated physician network, Union Physician Services, are continuing as the hospital begins the integration process.

Also unchanged are the responsibilities of the hospital's 1,100 employees, while all patient medical insurance plans that have been accepted at the hospital, including AultCare, continue.


In 2016, Union Hospital announced that it would seek a partner to help it continue to provide a high level of medical service to the region, in spite of operating costs that had outpaced revenues.

Last May, it was announced that a letter of intent had been signed for Union Hospital to become part of the Cleveland Clinic system. The work to finalize the agreement and the required state and federal regulatory reviews were recently completed.

Among the Cleveland Clinic officials attending the April 2 meeting was Dr. Tom Mihaljevic, CEO and President, who recognized Union Hospital's long history of providing high quality, convenient health care to the region, dating back to 1906.

"You have been doing this longer than the Cleveland Clinic, which goes back to only 1921," he noted.

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Dr. Edmund Sabanegh,
President, Cleveland Clinic
Main Campus and Regional
Hospitals.

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**Dr. Tom Mihaljevic, CEO and
President of Cleveland Clinic,**
speaks to hospital staff.



Securing the Future *continued*

Dr. Edmund Sabanegh, President, Cleveland Clinic Main Campus and Regional Hospitals, added: "We are excited to help Union Hospital provide the best care for patients of the Tuscarawas Valley in the same familiar community hospital setting."

"Integration of Union Hospital as part of the overall Cleveland Clinic family will be done at a thoughtful, balanced pace as we've done successfully with our other hospitals. We will develop our integration plans with the leaders from Union Hospital, who know their hospital and their community the best. We look forward to working together to keep 'patients first,' every day, everywhere."

James said the integration includes an examination of current processes and procedures, looking for ways to improve care and the delivery of care for patients. That includes a continuing effort to attract new physicians and providers, which will now have Cleveland Clinic support.

"Other changes that will signal the new name, such as signage inside and outside the hospital and other locations, will be completed over time," he said.

Union Hospital is at the southern end of the Cleveland Clinic system's service network that includes 10 other regional hospitals in Cuyahoga, Lorain, Medina and Summit counties.

Bruce James, Cleveland Clinic Union Hospital President and CEO

Previously, Union had established a successful patient treatment relationship with Cleveland Clinic, using a tele-medicine link to treat stroke patients at the Union Hospital Lauren Emergency Center.

► **About Cleveland Clinic Union Hospital**

Founded in 1906, Cleveland Clinic Union Hospital serves Tuscarawas and surrounding counties in Eastern Ohio with a staff of more than 1,100, and has more than 300 providers on its medical staff.

The 100-bed hospital has several off-campus satellite services available, as well as operating a hospital-owned physician network (Union Physician Services) with numerous offices and more than 30 providers.

► **About Cleveland Clinic**

Cleveland Clinic is a non-profit multispecialty academic medical center that integrates clinical and hospital care with research and education. Located in Cleveland, Ohio, it was founded in 1921 by four renowned physicians with a vision of providing outstanding patient care based upon the principles of cooperation, compassion and innovation.

Cleveland Clinic has pioneered many medical breakthroughs, including coronary artery bypass surgery and the first face transplant in the United States. U.S. News & World Report consistently names Cleveland Clinic as one of the nation's best hospitals in its annual "America's Best Hospitals" survey.

Among Cleveland Clinic's 52,000 employees are more than 3,600 full-time salaried physicians and researchers and 14,000 nurses, representing 140 medical specialties and subspecialties.

Cleveland Clinic's health system includes a 165-acre main campus near downtown Cleveland, 11 regional hospitals, more than 150 northern Ohio outpatient locations – including 18 full-service family health centers and three health and wellness centers – and locations in Weston, Fla.; Las Vegas, Nev.; Toronto, Canada; Abu Dhabi, UAE; and London, England

In 2017, there were 7.6 million outpatient visits, 229,000 hospital admissions and 207,000 surgical cases throughout Cleveland Clinic's health system. Patients came for treatment from every state and 185 countries. Visit us at clevelandclinic.org. Follow us at twitter.com/ClevelandClinic. News and resources are available at newsroom.clevelandclinic.org.



K. Kelly Hancock, Cleveland Clinic Executive Chief Nursing Officer, welcomes hospital staff to the Cleveland Clinic Family.

Healthy Living

A Patient's First Step Back Into Everyday Life

When Roger Metzger of Dover underwent a cardiac procedure in December, he already was thinking about rebuilding his strength and getting back to his regular schedule.

And he knew that the Cleveland Clinic Union Hospital Cardiopulmonary Rehabilitation Center would play a key part in his recovery process.

"I went through rehabilitation several years ago and the staff was outstanding – they worked with me and helped me restore my strength and confidence," said Metzger, who is sports editor at The Times-Reporter and is accustomed to maintaining a busy schedule throughout much of the year. "So I already knew I was in good hands, and I really like the new location."

The Cardiopulmonary Rehabilitation Center relocated into the hospital last fall, on the lower level at the

rear of the main building, to the right of the "Ambulance Only" sign at the Lauren Emergency Center. The Center features plenty of parking and a secure, accessible entrance.

The program is for patients who have recovered from heart attack, bypass surgery, angioplasty, valve repair, congestive heart failure, cardiomyopathy, or those with a history of chest pain, heart disease and high risk.



"I like that my rehab plan was created individually for me and that the staff talked with me every time I was here to ensure we were achieving success," Metzger said. "As I returned to work and other activities, I was confident and refreshed, thanks to the rehab I went through."

Patients enter the program with a physician's referral, and attend exercise and education sessions several days a week for up to 12 weeks.

Rehab plans are based on needs, abilities and goals, as patients learn to exercise safely on treadmills, cycles and rowers. A specially trained rehab specialist closely monitors each patient's blood pressure and heart rate during exercise sessions.

To learn more about the Cardiopulmonary Rehabilitation Center at Cleveland Clinic Union Hospital, talk to your physician or call (330) 343-3540.



Rhonda Karl, Coordinator of the Cardiopulmonary Rehab Center, works with patient Roger Metzger.

Union Hospital Auxiliary Presents Another Outstanding Donation

The Union Hospital Auxiliary has done it again.

Members of the Auxiliary presented a check for \$220,000 to the hospital during the Auxiliary's annual luncheon. Since its inception, the all-volunteer Auxiliary makes an annual donation to support Cleveland Clinic Union Hospital, raising more than \$4.2 million total.



"This Auxiliary made history in 2017 when it reached \$4 million in donations and then didn't rest one bit, because we turned right around and started working just as hard again for this year's donation," said Susan Mosher, president of the Auxiliary.

Fund-raising events conducted by the Auxiliary over the course of the past year generate the amount donated annually to the hospital.

This year's donation has been designated for patient care equipment and improvements to the hospital's facilities.

The Auxiliary conducts numerous fund-raising events annually, including the Chocolate Love A'fair, Tea in the Garden, Hanging Basket Sale, Rummage Sale, Warther's Christmas Tree Festival, Poinsettia Sale and Vera Bradley Bingo, along with other projects. The Auxiliary also operates the Corner Shop gift shop located just inside the hospital's main entrance.



The Auxiliary welcomes new members and ideas for fund-raising events and programs. For more information, contact any Auxiliary member or call Holly Hillyer in the Community Relations Department at Cleveland Clinic Union Hospital at (330) 364-0884 or via e-mail at hollyh@unionhospital.org. Details about the Auxiliary also are available on the hospital's website at www.unionhospital.org, and on the Union Hospital Auxiliary page on Facebook.

A Home Run for Our Community

The 11th Annual Union Hospital Run for Home Community Fitness Festival again attracted a large number of participants over the two days of events in early April.

Nearly 1,000 people, eager to get back outside and get moving after a long winter, took part in the various competitions held April 7-8 in New Philadelphia and Dover.

"For the runners, the weather conditions were fine and nearly ideal for many," said Matt Ritzert, event director. "It's the coldest for our volunteers and all of the observers.

"It's been another great weekend and we had a great turnout on both days."

The events include a half-marathon road race, three-person team relay, five-mile walk, 10K race, one-mile fun run and kids' run. A health and fitness expo held in the Tuscora Park pavilion also attracted several hundred participants.

The winner of the half marathon was Matt Engstrom, whose winning time came in at one hour, 17 minutes and 15 seconds. Engstrom finished ahead of second-place finisher Ryan Harrison of Orrville by nearly two minutes.

The top women's performer was Andrea White of Ashland with a time of 1:33:16, which was good for 11th overall; Teresa Ferguson of Akron was second.



Other event winners were the "3 Cool Monkeys" of Strasburg in the three-person team relay, finishing ahead of the team "Changing Lanes" of Mineral City.

The five-mile walk winner was Katherine Ervin of Zanesville; second place was Klaus Beinkampen of New Philadelphia.

The 10K race winner was Andrew Cerniglia of Holmesville; second-place finisher was Justin Zelek of Adena.

First place in the one-mile fun run went to 13-year-old Tyler Jenkins.

The entire weekend of events benefit Habitat for Humanity East Central Ohio. The first 10 events raised \$194,000 for Habitat projects in Tuscarawas County.

The Run for Home Road Runners Club, which organizes the event, is dedicated to providing an outstanding racing experience for distance runners, encouraging physical fitness by offering a variety of running and walking events, and generating funds for Habitat for Humanity East Central Ohio.

Cleveland Clinic Union Hospital has been the primary corporate sponsor for the event since its inception.

Mobile Meals

Did you know that Mobile Meals has been serving nutritious meals for 44 years out of Cleveland Clinic Union Hospital? We deliver to Dover, New Philadelphia, Strasburg, Sugarcreek and Bolivar. Two meals a day (a hot meal and a soup and sandwich meal plus fruit and dessert) are delivered at lunchtime, Monday through Friday to those unable to cook for themselves because of health, injury or restricted diet. Meals are planned by trained dietitians at Cleveland Clinic Union Hospital. If you or someone you know could benefit from this service please call Kim Harmon, administrator for Mobile Meals, at (330) 364-0870 for more information or visit the Mobile Meals website at www.mobile-meals.com.

Welcome New Providers



Barbara Lohmeyer, DO
Family Practice, Physician
UPS Family Health Center North



Jamie Butler, CNP
Family Practice, Nurse Practitioner
UPS Family Health Center North



Carri Meiler, PA
Family Practice, Physician Assistant
UPS Family Health Center North



Candy Yoder, CNP
Family Practice, Nurse Practitioner
Alpine Family Medicine



Janna Leeper, LISW
Social Worker
Alpine Family Medicine
UPS Family Health Center North

Looking for a Doctor? Call the Physician Referral Line at (330) 602-0778.

Calendar of Events

Spring 2018

HEALTH SCREENINGS

Healthy You Heart Screening

Screening for good (HDL), bad (LDL), total cholesterol and triglycerides is \$9. Free blood sugar and blood pressure checks. 12-hr. fast recommended. Registration required.

April 26 – 9:00 a.m.-11:00 a.m.
Garaway Senior Center

May 2 – 7:30 a.m.-11:00 a.m.
New Phila Buehler's

May 16 – 7:30 a.m.-11:00 a.m.
UPS Family Health
Center North

June 5 – 8:00 a.m.-11:00 a.m.
East Ohio Orthopaedics

June 6 – 7:30 a.m.-11:00 a.m.
New Phila Buehler's

June 20 – 7:30 a.m.-11:00 a.m.
UPS Family Health
Center North

Hemoglobin A1C Diabetic Screening

Management of blood sugar is the key in reducing the health complications related to diabetes.

A fingerstick, non-fasting screening test to assess blood sugar management over the past 2 to 3 months. Cost is \$5. Registration required.

April 24 – 9:00 a.m.-Noon
Swiss Village Bulk Foods Inc.

May 14 – 10:00 a.m.-Noon
Bolivar Library

May 22 – 8:00 a.m.-Noon
East Ohio Orthopaedics

June 13 – 9:00 a.m.-11:00 a.m.
Tusc. County Senior Center

SPECIAL EVENTS

Diabetes Self-Management Program

Developed by Stanford University and sponsored by the U.S. Administration on Aging, this small group workshop helps patients learn to deal with symptoms of diabetes, establish healthy eating patterns, develop regular exercise habits, and understand proper use of medication. Participants gain confidence and new skills to better manage their diabetes. The program is for people with Diabetes or Pre-diabetes, as well as those who care for them. The 6-week program is from May 17 to June 21 in the Rosenberry Conference Room at Union Hospital. Light refreshments will be provided. Each participant who completes the course receives a copy of the book, *Living a Healthy Life with Chronic Conditions*, provided by a grant from the Moomaw Foundation. The program is FREE, but registration is required.

May 17 – 9:30 a.m.-Noon – Union Hospital Rosenberry Room

Family and Friends CPR

Learn and practice CPR so that you are prepared to respond to an emergency. This class covers the basics of CPR in a relaxed environment. Class size is limited. Cost is \$5. NOTE: THIS IS NOT A CLASS FOR CERTIFICATION and you must be 12 years or older! Registration is required.

June 12 – 6:00 p.m.-9:00 p.m. – Union Hospital Auditorium

HOW TO REGISTER

These events require registration. Call (330) 308-3599 or register online at www.UnionHospital.org/Events



Access the Patient Portal with our New Mobile App



Now available
through our new
Mobile App
Meditech MHealth

The Cleveland Clinic Union Hospital Patient Portal – the free, secure online interactive tool for reviewing your health information – is now available through a free mobile app, compatible with iOS 10+ or Android 5+ on both smartphones and tablets.

The Patient Portal provides access to much of your Medical Record information including hospital test results, medications, allergies, visit history and more. And with authorized consent, parents and care-givers can access records of minors and others for whom they provide care.



To set up a secure and confidential Cleveland Clinic Union Hospital Patient Portal account on your mobile

device, simply search "Mhealth" or "Meditech Mhealth" at the Google Play or Apple App Store. Once you install the app, simply sign in with your Patient Portal Logon ID and Password to access your information.

To create a Patient Portal account, you can enroll in person at the hospital's Health Information Management Office (Medical Records) located on the ground floor, Monday through Friday from 7 a.m. to 5 p.m. You also can call Kristie at (330) 343-3311, Ext. 2425, during regular business hours.

You will be asked for your e-mail address and other identifying information. Once your ID is confirmed, you will receive an e-mail message with instructions to set up your Portal account. For more information or to sign up online, visit unionhospital.org/patients-and-visitors/patient-portal/



Cleveland Clinic

Union Hospital

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Dover, Ohio 44622

Healthy Living is published two times a year
by the Department of Community Relations

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Welcome to Cleveland Clinic Union Hospital




*Union Hospital
Board President
Bob Horn.*

*Cleveland Clinic
and Union Hospital
officials attending the
April 2 announcement.*



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about our free health screenings, community events and more.