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COVER PHOTO: Occupational therapist Cindy Jones and patient Bailey Shankster play games as a way to develop skills and produce functional movement.

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## Everyday skills developed in OT

Occupational therapy (OT) is a fascinating field that helps people with everyday tasks — also called occupations — that many people take for granted. This can include patients who are recovering from an injury relearning how to do tasks around their homes, children with developmental delays catching up to their peers and any number of others who benefit from specialized assistance to lead their lives as independently and productively as possible.

OT with kids is particularly fascinating, as therapists use what looks like fun and games to engage children while developing important skills that may not come naturally.

### PERSONALIZED PROGRAMS TEACH INDEPENDENCE

Kids who participate in OT come in for various reasons, but a majority of young patients have some sort of developmental delay. “Most of the time, it’s just a general delay where things aren’t happening on the usual timeline. Developmental milestones aren’t being met at the typical points,” says Cindy Jones, an occupational therapist with Community Hospitals and Wellness Centers (CHWC) for over 20 years.

Jones explains that parents or teachers are typically the first to notice a developmental delay as kids begin picking up toys, using writing and eating utensils or dressing themselves. “Some kids just can’t get the hang of it,” Jones says, “and everyone learns differently. Some are good at watching and mimicking, while others need more involved instruction, or maybe we need to try different utensils and adaptive equipment.”

Jones emphasizes the individuality of each patient’s OT experience. Some of her patients focus on developing basic work skills, like filing and doing inventory. Other patients are more focused on social interactions so they become more comfortable doing something like ordering food at a restaurant.



Patient Bailey Shankster enjoys the fun OT activities that develop skills and produce functional movements.



Learn more about the OT program at CHWC by visiting [chwchospital.org/occupational-therapy](http://chwchospital.org/occupational-therapy).

### MORE THAN FUN AND GAMES

The rehab and therapy pediatric area at Bryan Hospital features a climbing wall, a platform for young patients to jump off onto a large pillow and other fun, colorful games that give the impression that kids actually have fun during their OT sessions.

Jones says that a lot of her pediatric OT patients know what movements they want to do, but can’t figure out how to make their bodies actually do them. This could be due to coordination or balance issues, or sometimes they just don’t know how to make their arms and legs work correctly.

“Some of the fun things we do are a little bit of a reward,” Jones confirms. “But really, we’re focusing on gross motor and sensory issues. By climbing and jumping, we’re working on all of the senses, including the senses in our muscles and joints — proprioceptive feedback — and that gets mixed together in the brain. OTs guide and adjust these activities so the child can develop their skills to produce a functional movement or activity. That’s pretty complicated stuff, just getting to some of the most basic skills we tend to take for granted.”

# EXERCISE HEALS

## CARDIAC REHAB PROGRAM WORKS WITH MANY DIAGNOSES

**R**ecovering from heart disease, peripheral arterial disease or pulmonary disease often involves significant life changes and a lot of questions about what happens next. When can I go back to work? Who will help me get around? Will I still be able to do the things I love to do?

Kathy Coolman is the Cardiac Rehabilitation Program Director at Community Hospitals and Wellness Centers (CHWC) who actually piloted the program at CHWC in 1991. Coolman has a bachelor's degree in health and wellness, a graduate degree in

clinical exercise-physiology, and is certified through the American College of Sports Medicine. Her work involves helping people gradually increase their physical activity as they gain more stamina.

### CARDIAC AND SO MUCH MORE

The Cardiac Rehabilitation Program is a closely supervised progressive exercise program for patients recovering from heart disease, peripheral arterial disease or pulmonary disease. The program requires a doctor's referral, and most insurance companies cover 36 sessions, three times per week for 12 weeks. Many people, Coolman notes, continue their supervised fitness program beyond those 12 weeks and can go on indefinitely. "About half of our patients right now are actually paying out-of-pocket. It's only \$8 a visit, so it's really affordable and can help people maintain a good level of exercise," she says.

Although named for its cardiac patient population, Coolman, and assistant director Trevor Blaylock, also see patients with pulmonary (lung) diseases. For all of the diagnoses, Coolman says, "We start off real slow on the bike and treadmill, usually right after a patient has been discharged from the hospital, then we work to get them stronger and stronger. We want them to recover from the initial illness, then as time goes on we switch our focus to preventing further problems down the road."

The program takes patients with cardiac diagnoses, such as heart attack, heart failure, bypass surgery, chest pain, stents, valve surgery and other heart procedures. Pulmonary diagnoses include chronic obstructive pulmonary disease (COPD), emphysema, bronchitis and, in some cases, asthma.

Additionally, the program now sees people with peripheral arterial disease (PAD), a painful disease that affects people's legs. PAD limits people's ability to do daily tasks, as it often restricts them from walking more than a few hundred feet due to pain and cramping in the calves. "What we've found is that the more they walk, the less the pain happens," says Coolman. "There's enough physical adaption that occurs that they build up a tolerance and can walk farther and farther with less and less pain. They just have to keep at it."



Patient Stan Short gets his heart pumping on the stationary bike with encouragement and supervision from Kathy Coolman, Cardiac Rehabilitation Program Director.

 **TO LEARN MORE** about the Cardiac Rehabilitation Program at CHWC, visit [chwchospital.org/cardiac-rehab](http://chwchospital.org/cardiac-rehab).

*Cardiac Rehab*

Welcome

# CHWC welcomes Dr. Hassouneh TO WOMEN'S HEALTH CLINIC



Women in the area now have even more access to expert OB/GYN care, thanks to the experience and skill of Dr. Samar Hassouneh joining our Women's Health Clinic at Bryan Hospital. Before joining us in Bryan, Dr. Hassouneh spent the past seven years working at the University of Michigan's subspecialty clinic, Center for Vulvar Diseases.

"It's a really needed subspecialty in gynecology without a lot of opportunity for training. The University of Michigan has one of very few centers in the U.S. that's focused on vulvar diseases," Dr. Hassouneh says. During her time there, she developed her surgical and medical skills as she treated women with vulvar pain, skin diseases, painful intercourse, vulvar surgeries and more. "These skills enable me to provide services for women who have likely struggled for a long time and have seen several doctors before coming to see us. That's my passion."

#### DISCOVERING HER PASSION

Dr. Hassouneh was 17 when she moved to the United States from Amman, the capital





Dr. Samar Hassouneh, OB/GYN

## DR. SAMAR HASSOUNEH, OB/GYN

### Credentials

- » Joined the Women's Health Clinic at Bryan Hospital in April 2018
- » Board certified in OB/GYN in 2013
- » Completed residency in Obstetrics & Gynecology at University of Michigan in 2011
- » Earned Doctor of Medicine at Harvard Medical School in 2007
- » Graduated University of Washington with Bachelor of Science in neurobiology, minor in political science in 2003
- » Interests and specialties include adolescent health and contraceptive counseling, behavior modifications and menstrual disorders; vulvar diseases; surgical and medical management of VIN, condyloma, vulvar dermatoses, vaginitis, vulvodynia, vulvar cysts or masses.

city of Jordan, to attend the University of Washington in Seattle for her undergraduate degree. It was there that she studied neurobiology and political science, then moved cross-country to attend Harvard Medical School in Boston. While completing her clinical rotation during medical school, Dr. Hassouneh discovered that OB/GYN is her passion. "I love the patients, the population, the continuity of care. I also enjoy going from a clinical environment to procedure environment and back again, taking care of women throughout many stages and situations throughout their lives," she says.

### MOVING TO BRYAN

In April 2018, Dr. Hassouneh and her family made the move from Ann Arbor to Bryan and she began practicing at the Women's Health Clinic at Bryan Hospital. A number of factors went into deciding to make the move, she notes. "The decision to move here was really about us spending more time together as a family. In the last year or so — shortly after returning to work after my second child — I started feeling like a small cog in a big machine at the University of Michigan. I don't know why it clicked at that point; maybe having two kids and feeling like I couldn't keep up. I'm sure a

lot of moms can relate to that. You come home and are racing to get dinner on the table and the kids bathed and ready for bed ... there was just no real time to be together. It was a lot," she confides.

Dr. Hassouneh adds that her husband, Moe Shahin, now works just down the hall from her.

Five years ago, Shahin, who is also from Jordan, took a two-week trip to Ann Arbor to visit friends. "You know how it is," says Dr. Hassouneh with a smile. "Friends encourage you to meet. We were both hesitant because he was only in town for two weeks. But we finally agreed and we really hit it off. Five years and two kids later, here we are."

Upon moving to the U.S., Shahin earned his master's degree in public health, which led him to become an infection preventionist at Community Hospitals and Wellness Centers when the family moved to Bryan.

"Coming to Bryan has allowed us to see each other more, spend more time together," Dr. Hassouneh says. "We are able to be part of a community we really like and feel a connection with."

## TO MAKE AN APPOINTMENT with

Dr. Hassouneh or Dr. Bazzi at the Women's Health Clinic at Bryan Hospital, call **419-633-0755**. To learn more about both doctors and the specific services they offer, visit [chwchospital.org/OBGYN](http://chwchospital.org/OBGYN).

At the Women's Health Clinic, Dr. Hassouneh and Dr. Bazzi see patients of all ages for the spectrum of OB/GYN care, including:

- » Annual well-woman exams
- » Contraception and family planning
- » Gynecological problems
- » Surgical procedures
- » Infertility counseling
- » Preconception, pregnancy, labor and delivery, and postpartum care

# Archbold Medical Center A GEM IN FULTON COUNTY

**B**uilt in 1998, Westfield Medical Center (named for its location in the “field west of town”) has since evolved into Archbold Medical Center, and provides local access to first-rate physicians and a variety of services. Parkview Physicians Group and urgent care are available at Archbold Medical Center, along with Community Hospitals and Wellness Centers (CHWC) laboratory; radiology; outpatient surgery; medical specialty clinics; and physical, occupational and speech therapy.

## A LOW-STRESS SURGERY OPTION

A number of outpatient surgical services are available at Archbold Medical Center. These procedures are expertly coordinated by a group of surgical nurses who handle admission, procedures, recovery and discharge, making it a low-stress option for people facing common outpatient surgeries for skin lesions or cataracts, colonoscopies, hernia repair and gallbladder removal. ENT, urology, orthopedic, and podiatry procedures are also offered at Archbold Medical Center.

“People come here because the physicians we work with have a good reputation, and also, patients really love it here,” says Mandy Knauer, Surgery Manager and Surgical Services RN at Archbold Medical Center. “We are calm and quiet, and our staff works great together and everyone is willing to jump in whenever someone else needs help.”

Doctors performing surgeries at Archbold Medical Center include CHWC ENT physician Dr. Nosanov; eye surgeon Dr. Tolchin from TLC Eyecare in Toledo; urologist Dr. Emmert from Genito-Urinary Surgeons in Toledo; and Parkview Physicians Group’s general surgeons Dr. Adams and Dr. Tintinu, colorectal surgeon Dr. Parikh, podiatrist Dr. Dorsten and orthopedic surgeon Dr. Shah.



Cindy Ames checks in with surgery patient Bradley Faler.

## OTHER SERVICES CHWC PROVIDES AT ARCHBOLD MEDICAL CENTER

Laboratory  
419-445-4415, ext. 3500  
[chwchospital.org/lab](http://chwchospital.org/lab)

Physical, Occupational and  
Speech Therapy  
419-446-3099  
[chwchospital.org/rehabilitation-therapy](http://chwchospital.org/rehabilitation-therapy)

Imaging & Radiology  
419-446-3205  
[chwchospital.org/imaging-radiology](http://chwchospital.org/imaging-radiology)

ENT, Sinus & Allergy Clinic  
419-446-3047  
[chwchospital.org/ENT](http://chwchospital.org/ENT)

Cardiology Clinic  
419-446-3011  
[chwchospital.org/cardiology-clinic](http://chwchospital.org/cardiology-clinic)

Pain Management Clinic  
419-633-7343  
[chwchospital.org/pain](http://chwchospital.org/pain)

# Area mom vows to 'Never Let Go'

There were over 64,000 drug overdose deaths in the U.S. in 2016, and 42,000 of those people overdosed on opioids. Misuse and addiction to opioids — which include prescription pain killers, heroin and the highly potent and deadly drug fentanyl — has become a public health crisis.

Eight years ago, when Mary Juarez was dealing with the overdose death of her son Marjoe Gineman, very few people talked about drug addiction or believed it was a local issue. Juarez recounts her excruciating experience of helping Marjoe during 15 years of addiction before his death at age 31.

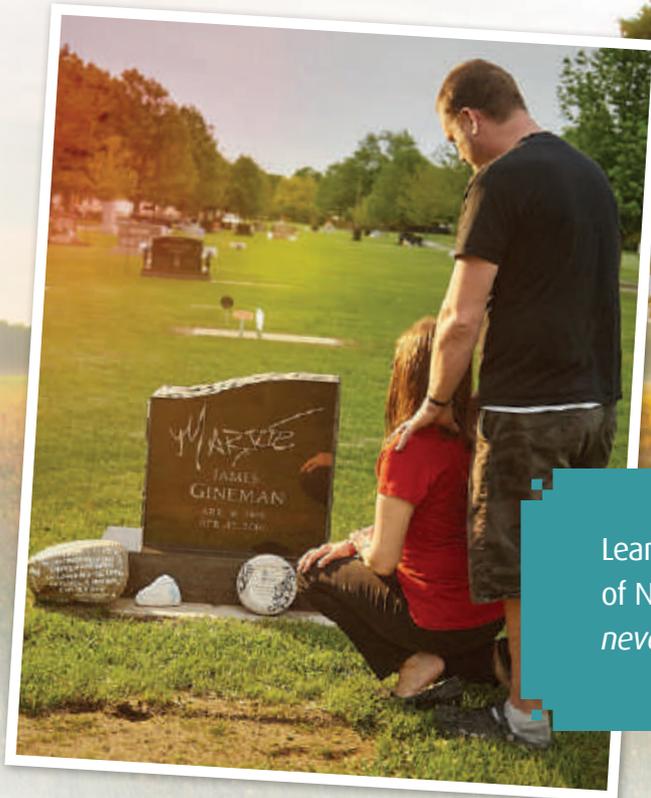
“He had spent eight months in rehab and was doing great. When he graduated rehab, he was focused on making it work this time,” Juarez recalls. Three months later, however, Marjoe’s family threw him a small birthday party and Juarez recognized old patterns in her son’s behavior that set off alarms in her head. It was just a day and a half after Marjoe’s 31<sup>st</sup> birthday when he was found unresponsive and later pronounced dead at Montpelier Hospital. A toxicology report would later confirm he had overdosed on prescription pills.

“Nobody should ever have to go through this,” Juarez says through tears. “It’s been eight years and it never gets easier.”

## A NEW CALLING

Now well-known figures in northwest Ohio, Juarez and her husband, Victor, have become anti-drug advocates who have shared their story hundreds of times at schools, rehab facilities, juvenile detention centers and many other community events. She also attends the drug court program at the Williams County Courthouse every two weeks to support those in recovery.

Juarez discovered her new calling six months after Marjoe’s death, when she agreed to speak at St. Mary School in Edgerton about drug addiction for Red Ribbon Week. “I was in front of those fourth-, fifth- and sixth-graders, and I just knew; I went home and told my husband, ‘this is what I’m supposed to be doing,’” she says.



Learn more about the work and mission of Never Let Go Ministries by visiting [neverletgoministries.com](http://neverletgoministries.com).

*Never Let Go*

It was scary, she adds, since drug addiction was such a taboo topic. “People would say to me, ‘you don’t want to get out there and talk about drugs, you’re going to ruffle some feathers.’ I felt like ... people are dying. Yeah, we need to start talking about it.”

Their work to provide support and awareness has gotten much bigger than they could have imagined; they now operate Never Let Go Ministries, a 501(c)(3) nonprofit organization. The organization’s mission is to create drug-free communities by educating and bringing awareness, especially to our youth, of the deadly effects of alcohol and drug use, while also supporting family members and those in recovery.

## SPEAKING THE TRUTH

Juarez believes that sharing their story is a powerful way to raise awareness and understanding about addiction. She says

that Marjoe was a normal child, and she can actually point to a time in his life when he was dealing with grief and started using alcohol and drugs to numb his pain. He was only 14 years old, and Juarez calls the years that followed ‘the dark years.’

“It was alarming to see how suddenly and completely he changed. I want to remember him as a child, not an addict. That’s hard to do because when someone’s on the road of addiction, they lose who they once were,” she says, recalling Marjoe as funny, sweet yet strong-willed, a talented artist and writer.

To anyone who has a loved one struggling with addiction, Juarez urges communication and compassion. “It’s hard to know the right thing to do, but I think the best you can do is reach out and say, ‘I’m here for you, and I care about you.’”

PROTECT YOUR SKIN

# Be smart about SUN SAFETY



Community Hospitals and Wellness Centers  
BRYAN | MONTPELIER | ARCHBOLD

433 W. High St.  
Bryan, OH 43506-1690



Nearly **5 million** people are treated for skin cancer every year.



**Anyone** can get skin cancer, no matter their skin tone.



An estimated **1 in 5** Americans will develop skin cancer in their lifetime.



UV rays can get through cloudy days and even when you're riding in a car or sitting by a sunny window.



Exposure to ultraviolet (UV) rays is the most common cause of skin cancer. Make sun protection part of your daily routine so you don't get burned!

CHWC maintenance employee Keith Trubey made sure to apply sunscreen before working outside on a hot, sunny day.

## SUN PROTECTION TIPS

The best advice is to limit your time in the sun, but if that's not an option, follow these tips to help prevent you from getting scorched.



Plan your outdoor activities to avoid the peak hours of 10 a.m. to 4 p.m.



Wear a wide-brimmed hat, sunglasses and protective clothing when in the sun.



Choose a broad-spectrum sunscreen with an SPF of 30 or higher.



Apply sunscreen liberally about 30 minutes before going into the sun.



Reapply sunscreen every two hours or after swimming or strenuous activity.



Make sure children are protected before they spend time outside.



Keep babies younger than 6 months in the shade, wearing sun-protective clothing and hats.



Be careful to avoid sun exposure when taking certain medications that make you sensitive to the sun.

## GET YOUR SKIN CHECKED

If you notice any suspicious spots on your skin, get it checked out right away. Ask your doctor if you should have a skin cancer screening.

Sources: American Academy of Dermatology, American Cancer Society, Centers for Disease Control and Prevention

*Sun Safety*