

HEALTHSOUTH Deaconess Rehabilitation Hospital, your choice for a higher level of care.

THE FOCUS

FINDING TIME FOR EXERCISE

The importance of exercise is widely known, however, in today's busy world, it can be difficult to find the time to exercise and still complete all the other activities in your life. There is always a reason why exercise can be put off, but there are more important reasons why exercise should be incorporated into activities. Exercise can reduce the risk of heart disease, diabetes, high blood pressure and osteoporosis. The following are tips to increase the amount of exercise you get:

- Take the stairs instead of the elevator. Walking up stairs works the leg muscles and increases the heart rate.
- Take a 10 minute walk during your lunch break, when you get up in the morning or when you get home from work. Find a friend or family member to walk with you and increase your quality time with those people that are important to you. This will also help to increase your motivation.
- Do housework at a brisk pace. Not only will this burn calories, you will have the job done faster.
- Go outside and do yard work – this is a great time of year to be outside after a long winter.

Another tip is to put exercise on your calendar or to do list, then check it off when you are done. Always consult your doctor before beginning an exercise program. Don't get discouraged, it takes time to see change but the overall benefits make it worth the effort!

CLINICAL SPOTLIGHT



Michele Butts came to Evansville in 1998 from Hammond, IN. She graduated from University of Evansville in 2003 with a Master's in Physical Therapy and has been

at HealthSouth ever since. Michele has worked with a variety of patients since starting at HealthSouth, including individuals with cardiac, respiratory, spinal cord injury, orthopedic, and stroke diagnoses. She was promoted to Senior Physical Therapist in 2006.

Michele heads up the planning committee for the hospital's 5K Hero's Race, now in its 3rd year. She is trained on Auto-Ambulator and Bioness L300. She is certified Compassion in Action facilitator.

She has been married for almost 5 years to Clint, and loves spending time with her 14 month old, Owen. She's expecting her second son in June.

HEALTHSOUTH DEACONESS – ONE OF THE TOP INPATIENT REHABILITATION HOSPITALS

HealthSouth Deaconess is pleased to announce it ranked in the top ten percent of 827 inpatient rehabilitation hospitals in the United States. This has been determined by Uniform Data Systems for Medical Rehabilitation (UDSMR). The goal of UDSMR is to recognize high-performing hospitals for the delivery of quality patient care that is effective, efficient, timely and patient-centered. This is the first year UDSMR has issued these awards.

UDSMR has developed a program evaluation model that is a case mix and severity-adjusted tool. This tool provides a composite performance score and percentile ranking drawn from nearly three-quarters of all inpatient rehabilitation hospitals in the county.

HealthSouth Deaconess is proud to be one of the top 83 inpatient rehabilitation hospitals in the country. The team at HealthSouth is committed to providing a higher level of rehabilitative care to patients who are recovering from stroke and other neurological disorders, brain injury and spinal cord injury, amputations, orthopedic, cardiac and pulmonary conditions. For more information or to make a referral, please contact HealthSouth at 812-476-9983.

INTERESTING FACTS

A bean has more DNA per cell than a human cell.

A "jiffy" is actually a proper time unit for 1/100th of a second.

Putting a dryer sheet in your back pocket will keep bees away.

After the decaffeinating process, processing companies no longer throw the caffeine away; they sell it to the pharmaceutical companies.

CLINICAL SPOTLIGHT



Joette Hodgen began working in healthcare after graduation from high school. Her first position was a Nurse Aide in newborn nursery at St. Mary's Hospital. Joette graduated from USI

in 1991 with an associate degree in nursing. In 1992 she joined HealthSouth as a nurse on the respiratory unit. She later transferred into the case management department. She is currently a member of the Fall Prevention/Safety, Patient Satisfaction & Community Awareness committees and has served as program leader for the brain injury team.

Joette relished in "15 minutes of fame" when she sang the National Anthem in a "A League Of Their Own". She has been married 32 years and has two daughters, one grandson as well as a grand dog and grand cat. Joette spends her free time with family and friends. She admits to being a television buff and prefers vacations somewhere warm and sunny.

THE FOCUS

RECIPES

ASIAN TURKEY BURGERS

RECIPE INGREDIENTS:

- 1 1/2 pounds lean ground turkey
- 1 small onion, very finely chopped
- 1 large egg, lightly beaten
- 1 cup panko (Japanese-style bread crumbs)
- 1/4 cup freshly chopped cilantro
- 2 tablespoons freshly chopped parsley
- 2 tablespoons sesame oil
- 1 tablespoon sesame seeds
- 2 teaspoons red chili paste
- 1 green onion, chopped
- 1 1/4 teaspoon coarse salt
- 1/4 teaspoon freshly ground black pepper

1. Mix together the turkey, onion, egg, panko, parsley, cilantro, sesame oil, sesame seeds, chili paste, and green onion in a large bowl until well combined. Add the salt and pepper, or more to taste.
2. Divide the mixture into 6 equal portions and shape them into patties, gently pressing the center of each to create a slight indentation. This will prevent the patty from bulging in the center, so that you end up with a flat, evenly cooked burger. Refrigerate the patties until the grill is ready.
3. Prepare a charcoal fire or a gas grill to medium-hot. Wipe the rack with canola oil and lay the burgers on it indentation-side up. Let them cook, without pressing down on them, until the bottoms are well seared, about 5 to 7 minutes. Flip the burgers and continue grilling until they are completely cooked through (the juices will run clear), another 5 to 7 minutes.

4TH QTR REHAB STATISTICS

Average length of stay (LOS)	14 days
Average admission functional score	58
Average functional improvement	30
Discharge to community	75%
Nosocomial Infection rate	4.06

EVENTS & ACTIVITIES

FUNDRAISING REPORT

During the first quarter of 2008, HealthSouth Deaconess raised \$3188.25 to benefit Habitat for Humanity of Evansville New Haven Subdivision. Please mark your calendar for two upcoming events to continue support for Habitat. The Hero's 5K Run is May 17, 2008 and the Hero's Classic Golf Scramble scheduled for September 15, 2008 at Oak Meadow Golf Course. For additional information or to support these events, please contact HealthSouth at 812-476-9983.

UPCOMING EVENTS:

- May Stroke Month
- May Speech Therapy Month
- May Arthritis Month
- 05/11/08 Mother's Day
- 05/16/08 Breakfast with Blair at HealthSouth
- 05/17/08 Hero's Race
- 05/22/08 HealthSouth's 19th Anniversary
- 06/03/08 B/P Screening, Independence Square
- 06/05/08 B/P Screening, Washington Square
- 06/15/08 Father's Day
- 07/01/08 B/P Screening, Independence Square
- 07/03/08 B/P Screening, Washington Square
- 07/04/08 4th of July
- 07/05/08 HealthSouth Night at the Otters
- 07/07/08 Amputees Across America

4TH QTR STROKE STATISTICS

Average LOS	17 days
Average admission FIM	48
Average FIM gain	25
% discharged to community	68%

HEALTHSOUTH
Deaconess
Rehabilitation Hospital
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