

senior **advantage** *from the*

valley health SYSTEM

SUMMER 2017

Keeping hold of your hand mobility

.....

CAROL EVANS TELLS HOW
TREATMENT AND THERAPY
HELPED HER

INSIDE:

Easing the move from
hospital to home

Calendar of events
and Senior Advantage
enrollment special!

Compliments of

The Valley  **Health System**[®]

Centennial Hills Hospital • Desert Springs Hospital • Henderson Hospital
Spring Valley Hospital • Summerlin Hospital • Valley Hospital





Our goal at The Valley Health System is to help our patients continue their healing journey, even after they leave the hospital. This may include returning for outpatient therapy, or benefiting from our collaboration with other health providers who have a specific area of expertise, such as home health or palliative care.

One of these collaborations is highlighted on the next page. We work with Evolution Health to identify patients who might benefit from additional health resources – beyond home health – once they are home from the hospital. I hope you find the article valuable, and share it with family and friends.

You'll also learn in our cover story about Las Vegas resident Carol Evans and her positive experience with occupational therapy on her hand after she had joint replacement on a knuckle. This article shares tips for improving flexibility, mobility and strength in our hands.

Thank you for taking the time to read this edition, and discovering more about The Valley Health System.

Karla J. Perez
Regional Vice President



Save the dates!

Be sure to mark your calendar for these upcoming programs and activities at The Valley Health System.

Wednesday, August 2, Centennial Hills Hospital

Teddy Bear Clinic – 10 a.m. to noon

Bring out the grandkids and their special stuffed animal and enjoy hands-on learning, healthy snacks and lots of fun!

Saturday, October 7, Boulevard Mall

Diabetes Fair – Noon to 3 p.m.

Tuesday, October 31, Henderson Hospital

Health Fair – 8 a.m. to 6 p.m.

Blood Drive – 8 a.m. to 4 p.m.

Trunk or Treat – 4 p.m. to 6 p.m.

For more upcoming events, see the calendar on page 7.

Help after a **HOSPITAL STAY**

It can be good to get back home after a hospital stay, but managing your care in those first days and weeks can be challenging. To help support successful recoveries and prevent readmission to the hospital, a Transition of Care program is in place for Medicare* patients who have received inpatient care through The Valley Health System for:

- **Acute myocardial infarction (AMI)**
- **Pneumonia**
- **Elective hip and knee replacements**
- **Congestive heart failure**
- **COPD**

The 30-day program is offered through a collaboration with Evolution Health, which provides post-acute services, including home visits and 24/7 phone support. Services are provided by nurse practitioners and physician assistants, and may include prescribing medication, addressing medical concerns and confirming appointments. The Transition of Care program does not take the place of home health, but is a way for patients to get extra support when they may need it most, says Melanie Sims, RN, COS-C, Executive Director of Evolution Health.

IS IT COVERED BY INSURANCE?

If patients choose to enroll in the Transition of Care program, Medicare* reimburses 80 percent, and the other 20 percent is billed to patients' secondary insurance; if patients do not have secondary insurance, they are responsible for the 20 percent, Sims explains. ■

*Please note: This program is for Medicare (not Medicare HMO) patients. If you have questions about your insurance coverage, please contact your insurance provider.

For more information about the Transition of Care program, call 702-382-3030.

How will you be contacted?

Patients who are candidates for this program are contacted by phone by a nurse, usually within the first hours of arriving home from the hospital. This is a good time to ask questions and discuss what kind of support you may need. If you decide to enroll in the program, a visit to your home by a nurse practitioner or physician assistant will be arranged, usually within 48 hours.



Are you losing your grip?

A practical look at improving hand flexibility, mobility and strength

Carol's new lease on her busy life

Carol Evans is busier than ever since she and her husband retired, so when arthritis pain in her right hand began holding her back from the things she wanted to do, she knew it was time to seek help.

"When I would drive, I had pain gripping the steering wheel," she says. Twisting round doorknobs and opening the refrigerator and dryer doors also gave her trouble. Sometimes the pain would awaken her at night.

The arthritis in Carol's hand was especially painful in one finger, and her hand surgeon said she could have the middle joint replaced. Having had two knees replaced years earlier, she was already familiar with joint replacement and underwent surgery in January. Carol then chose the Outpatient Therapy Center at Summerlin Hospital to help restore her functioning to an optimum level.

"The goal was to first get mobility back in the joint, and then to work on strength," explains Summerlin Hospital's Outpatient Therapy Services Manager and Occupational Therapist Lisa Patterson, OTR/L. Sessions included electrical stimulation, massage and teaching Carol about splinting options, icing and elevation to control swelling. Carol also worked on numerous exercises, including one with "theraputty" (similar to playdough), which builds strength by providing resistance when you manipulate it. "The grandkids thought it was wonderful," says Carol, whose grandchildren had fun making snakes with her therapy "clay."

Since beginning outpatient therapy, Carol now performs everyday tasks with minimal pain. "I've been very impressed with Summerlin Hospital," she says, remarking on the attentive, individualized care she received. The one-on-one support enabled her to make the most of her therapy sessions, she says, and return to the active life she loves. >

Carol performs the "prayer stretch," which strengthens and stretches the fingers, hands, wrists and forearms.

Help to keep your hands in play

With age, it's natural to lose some hand strength due to changes in the muscular, skeletal and nervous system, explains Ariana Korpela, OTR/L, Occupational Therapist at Spring Valley Hospital's Outpatient Therapy Center. Certain conditions, such as arthritis, can also contribute.

Lisa Patterson cautions that weakness in the hand can lead to weakness throughout the entire arm due to disuse; therefore, talk with your doctor if you have concerns. Pain, functional limitations and loss of independence are signs that you may benefit from outpatient therapy, which can help restore or compensate for deficiencies, and teach about assistive devices and ways to modify your tasks or environment. Therapists can also help patients who are recovering from a stroke or other medical conditions.

Things you can do

Taking protective measures – for instance by using larger, stronger joints when possible – can be beneficial, Korpela notes. For example, instead of carrying many small plastic grocery bags, which can put pressure on small hand joints, try using a larger bag and hold it from the bottom with two hands, to get support from the shoulders and elbows. Also, remember that being sedentary can lead to a reduction in overall strength, so try to stay active, Patterson says.


To maintain mobility and strength, Korpela suggests simple exercises such as: bending your wrist forward and away from you; making a fist and opening it wide; and squeezing a “stress” ball. These can be done in sets of 10 once or twice a day. Assistive devices like a non-skid grip to open jars can also help with everyday tasks, so you can hold onto the independence you enjoy. ■

HELPFUL TIP

If you're having trouble opening the tops of your medicine bottles, talk with your pharmacist about changing the lids to “easy caps.” Certified Pharmacy Technician Daniel Wyland, of CentRx Pharmacy at Desert Springs Hospital, says all you need to do is ask. “That’s why we’re here, to help patients be well and stay well,” he says.



Occupational Therapist Lisa Patterson spends one-on-one time with Carol at outpatient therapy.

For more information about our services, please contact one of our Outpatient Therapy Centers at the phone numbers below. 

CENTENNIAL HILLS HOSPITAL

702-835-9898

6900 N. Durango Drive,
Las Vegas

DESERT VIEW HOSPITAL

775-751-7505

360 S. Lola Lane, Pahrump

SPRING VALLEY HOSPITAL

702-853-3950

5380 S. Rainbow Boulevard,
Las Vegas (Medical Office
Building I)

SUMMERLIN HOSPITAL

702-233-7470

653 N. Town Center Drive,
Las Vegas (Summerlin
Medical Office Building)

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APPLICATION FORM

\$5 ENROLLMENT SPECIAL NOW THROUGH LABOR DAY!

Enroll today through September 4, 2017, and
SAVE 50%* on the lifetime membership fee.

Membership is open to all adults ages 55 and better. This is not an insurance plan of any type. Your information will be kept confidential. Questions? Call 702-853-3008.

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To join, complete this application and send it to the address below with a check or money order for \$5*, made payable to Senior Advantage.

Senior Advantage
Centennial Hills Hospital Outreach Office
6900 N. Durango Drive, Las Vegas, NV 89149

*Original enrollment fee \$10. Offer expires September 4, 2017.

LIVING WELL. FEELING WELL. STAYING WELL.

Senior Advantage offers free and discounted services to help enhance the health and well-being of adults ages 55 and older.

Members are entitled to:

- Health News/Senior Advantage magazines
- Special events, such as seminars, health fairs and members-only luncheons
- Discount club (in partnership with local businesses)
- Prescription discounts
- Wellness classes

Exclusive member benefits

The Valley Health System may waive your deductible for inpatient hospitalization if you are a member of Senior Advantage and are covered by Medicare Insurance Part A. Some restrictions may apply; please contact the Senior Advantage message line at **702-853-3008** if you have questions.

CONNECT WITH US!

Centennial Hills Hospital Medical Center
6900 N. Durango Dr., Las Vegas, NV 89149
www.centennialhillshospital.com

Desert Springs Hospital Medical Center
2075 E. Flamingo Road, Las Vegas, NV 89119
www.desertspringshospital.com

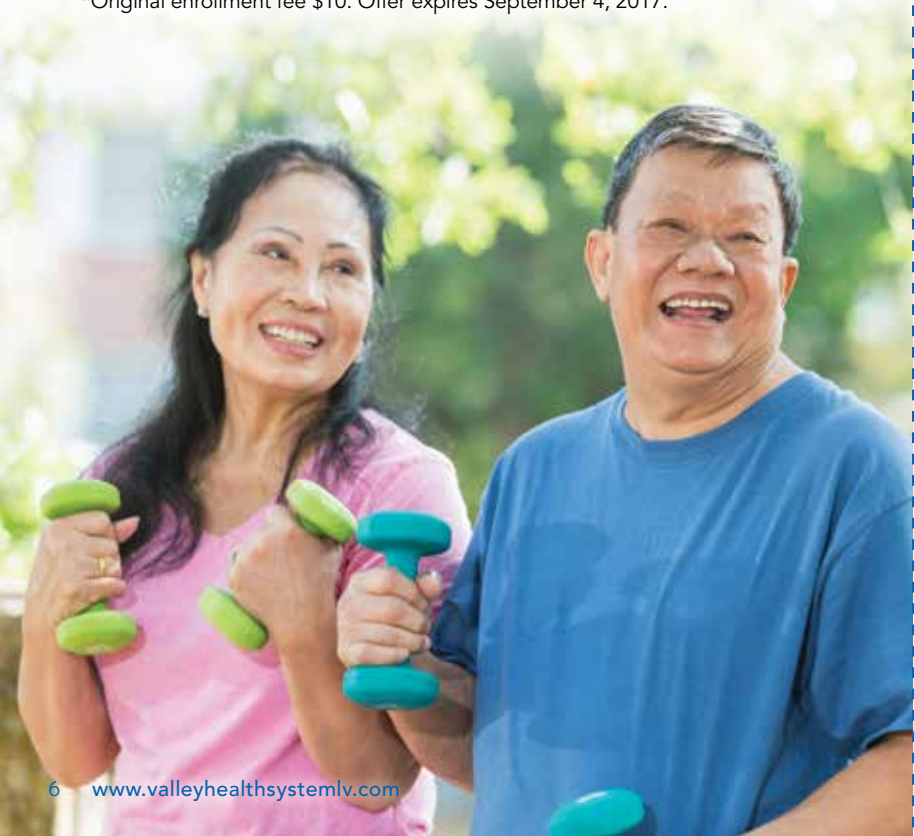
Henderson Hospital
1050 W. Galleria Dr., Henderson, NV 89011
www.hendersonhospital.com

Spring Valley Hospital Medical Center
5400 S. Rainbow Blvd., Las Vegas, NV 89118
www.springvalleyhospital.com

Summerlin Hospital Medical Center
657 N. Town Center Dr., Las Vegas, NV 89144
www.summerlinhospital.com

Valley Hospital Medical Center
620 Shadow Lane, Las Vegas, NV 89106
www.valleyhospital.net

Direct Doctors Plus®
Physician referral line • 702-388-4888





Reservations are required for all events. Please call our Direct Doctors Plus® referral line at 702-388-4888 or go to www.valleyhealthsystemlv.com/saevents to register.

Calendar of events

Seminars begin at 11:30 a.m. and include lunch unless otherwise noted

Centennial Hills Hospital

Thursday, July 6
What to Expect When Visiting Our ER

Thursday, August 24
Deciding Tomorrow Today

Thursday, September 21
Stroke Review and Prevention

AARP Smart Driver™ Course*
Tuesday, August 8
9 a.m. to 1 p.m.**

Desert Springs Hospital

Tuesday, July 18
Heartburn 101

Wednesday, August 30
What You Should Know About Pain – 11 a.m.

Foot Health – Noon

Note: There are two different seminars on August 30. Please RSVP separately for these events.

AARP Smart Driver™ Course*
Tuesdays, July 11, August 8, September 12
1 to 5 p.m.**

Desert View Hospital

Birthday Celebration
First Wednesdays, July 5, August 2, September 6, 11:30 a.m.
Location: Pahrump Senior Center
Sponsored by Desert View Hospital

AARP Smart Driver™ Course*
Mondays, July 10, August 14, September 11
Noon to 4 p.m.**

Henderson Hospital

Wednesday, July 19
Hands Only CPR

Wednesday, August 16
Lumbar and Cervical Spinal Stenosis

Wednesday, September 6
Colon Cancer

AARP Smart Driver™ Course*
Friday, September 15
9 a.m. to 1 p.m.**

Spring Valley Hospital

Thursday, July 27
Medication Therapy Management

Thursday, August 10
Understanding Hernias and Gallbladder Diseases

Tuesday, September 19
What It Takes to Save a Limb

AARP Smart Driver™ Course*
Monday, September 11
9 a.m. to 1 p.m.**

Summerlin Hospital

Monday, July 24
Let's Move! Functional Fitness for Active Adults

Monday, August 28
What Happens in a Cardiac Cath Lab and Stroke Updates

Monday, September 25
That GUT Feeling (Overview of stomach illnesses)

AARP Smart Driver™ Course*
Fridays, July 21, August 18, September 15
12:45 to 5 p.m.**

Valley Hospital

Tuesday, July 18
Nutrition Myth Busters

Monday, August 14
Overuse of Antibiotics

Balance Screenings
Friday, September 22, 11 a.m.**
4th Floor Rehab Unit

AARP Smart Driver™ Course*
Wednesday, September 20
9 a.m. to 1 p.m.**

Senior Advantage End of Summer PARTY!

Friday, September 1
Centennial Hills Hospital
Celebrate the end of summer with us at our Senior Picnic and Play Day, featuring an indoor picnic, presentation and activities. RSVP is required by calling 702-388-4888.

Remember to show your Senior Advantage card for admission to all hospital seminars. Call 702-853-3008 if you need a replacement card.

For information on other Valley Health System community events, visit www.valleyhealthsystemlv.com/events.



*AARP class fees: \$15 for AARP members, \$20 for non-members.
**Lunch not included.

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Leonard Freehof

CEO/Managing Director, Spring Valley Hospital

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CEO/Managing Director, Spring Mountain Treatment Center/

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Robert S. Freymuller

CEO/Managing Director, Summerlin Hospital

Elaine Glaser

CEO/Managing Director, Valley Hospital

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The Valley Health System

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Call 702-388-4888 for personal help in English and Spanish,
Monday through Friday from 5 a.m. to 5 p.m. PDT, except for holidays.

After hours, visit www.valleyhealthsystemlv.com/find-a-doctor
and complete a referral form. **We'll respond within 24 hours on business days.**