

Health Connection

THE MAGAZINE OF WESTERN ARIZONA
REGIONAL MEDICAL CENTER

**Pet therapy
heals patients**

**Building for
a healthy future**
WARMC expanding
therapy services

The virtual kitchen!
Our online show makes
Health eCooking easy

**Be wise—
immunize!**



WESTERN ARIZONA
REGIONAL MEDICAL CENTER

www.warmc.com

Dear neighbors,



Barry Schneider
Chief Executive Officer

Happy New Year! As we look back on 2008, we have many blessings to count and owe a lot of gratitude to those who support Western Arizona Regional Medical Center (WARMC), including our medical staff, patients, Senior Circle and Healthy

Woman programs and auxiliary.

For the past 25 years, it's been one of our primary objectives to provide needed services to our community, and 2009 will be no different. This year, we plan to:

- construct a second catheterization lab
- expand our operating room and pre- and post-op treatment center
- add digital mammography at the Hancock Imaging Center
- open a Wound Care Treatment Center
- recruit additional physicians in internal medicine, family practice, orthopedics and vascular care

We understand improving your family's healthcare is a top concern, and it's also our primary focus. We're here for you 365 days a year.

Thank you for your continued support of WARMC.

Sincerely,

BARRY SCHNEIDER
Chief Executive Officer
Western Arizona Regional Medical Center

WARMC expands therapy services

Patients now have a one-stop shop for all their physical, occupational and speech therapy needs. Kinga Miranda, occupational therapist, and Karen Zeyouma, speech and language therapist, recently joined the therapy services department at Western Arizona Regional Medical Center (WARMC).



Kinga Miranda, occupational therapist, works on a patient's tennis elbow.

KINGA MIRANDA

Miranda, who holds a bachelor's degree in occupational therapy, likes being able to see inpatients and outpatients because it allows her to follow a patient throughout recovery. Most of her patients are stroke victims who need to regain use of their upper extremities. She specializes in hand and arm therapy. "Having all three services in one location is a wonderful benefit to the community," says Miranda.



Karen Zeyouma, speech and language therapist, works with a patient during a speech therapy lesson.

KAREN ZEYOUMA

Zeyouma received her master's degree in speech and language pathology after being a pre-school teacher and working with children who have speech problems. Her patients range from adults who have suffered brain trauma from a stroke to children who have yet to develop motor skills. Zeyouma also works with patients who have swallowing issues. "I'm excited to be a part of the WARMC team and look forward to helping more patients," she says.

Physical, occupational and speech therapies are provided on an inpatient and outpatient basis.

! Bounce back!

For more information about therapy services, ask your physician or call (928) 763-0252.

Pets helping patients

WARMC dog therapy program offers heartwarming relief

It's not every day that you see a dog walking the halls of a hospital, but at Western Arizona Regional Medical Center (WARMC) it's a weekly occurrence. Erika and her owner Debbie Taliani come twice a week to visit with patients through the hospital's new dog therapy program.

REAL JOY TO PATIENTS

"We've seen some really big changes in patients since Erika has been coming to visit," says Heidi Greenman, assistant intensive care unit director. "Patients are smiling and sitting up; and it brings some joy to their family members as well."

Erika is an 11-year-old American Eskimo dog and has been a certified therapy dog with the Delta Society for the past six years. Before coming to WARMC, Erika brought smiles to many children at the Mattel Children's Hospital at University of California, Los Angeles.

After recently moving from California to Bullhead City, Taliani was excited to learn that WARMC was a certified Delta Society therapy hospital. "We really like coming and visiting with the patients," Taliani says. "It makes our day."

RIGOROUS TRAINING

Not only did Erika have to go through rigorous training to become a therapy dog—from getting her paws run over

Certified therapy dog Erika comes twice a week to visit patients through WARMC's new dog therapy program.



by a wheelchair and her tail pulled to being around loud noises—she also has to be groomed before every hospital visit. Taliani and Erika are re-tested every year.

"Erika and Debbie have been a great addition to the WARMC family," says Barry Schneider, chief executive officer at WARMC. "We're excited to offer dog therapy to our patients and are even happier with the wonderful comments we're hearing from patients, family and staff."

! Do you want to learn more?

For more information about Erika's schedule or the dog therapy program, call Sarah Morga at (928) 763-0222.

Eat better with *Health eCooking*

Western Arizona Regional Medical Center (WARMC) makes it easy to cook healthier foods that are low-calorie, low-fat and full of flavor. Instead of simply telling our community to eat better, we're showing everyone how to make their favorite dishes healthier in a new Web series called *The Health eCooking Show*. WARMC has dozens of *Health eCooking* recipes and cooking videos available online at www.warmc.com; just click on the *Health eCooking* logo.

CONVENIENCE IS KEY

"Cooking shows are popular on TV, but they're even better on the Web because you can slow the program down, back it up, even print the ingredient list," says Sarah Morga, marketing director at WARMC. *Health eCooking* is part of WARMC's free Healthy Woman membership program, but everyone can use it, especially people who want to eat better, lose weight or find foods that help them manage conditions like diabetes and heart disease.

Find out
what's cooking
at
www.warmc.com



New recipe ideas and a cooking video every month



! Log on for good health!

Start cooking and eating to your good health. Visit www.warmc.com and click on the *Health eCooking* logo to find delicious, healthy recipes today. Check back often!

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