

Legacy

Bridge Palliative Care Offering Skills2Care® Program *For Caregivers of those with Alzheimer's Disease or Dementia*

Dr. Lindsey Buddelmeyer, assistant professor of occupational therapy at The University of Findlay, knows first-hand what it's like to care for a loved one suffering from Alzheimer's Disease. She assisted in the care of her grandmother and realized there had to be a better way to serve patients diagnosed with Alzheimer's Disease or dementia and their caregivers.

Through extensive research for her doctoral studies, Dr. Buddelmeyer was trained in Skills2Care®. Skills2Care® was developed by Thomas Jefferson University in Philadelphia and has proven results in slowing down the decline of those with Alzheimer's Disease or dementia and reducing challenging behaviors that impact quality of life for both the patient and the caregiver. Skills2Care® is designed to allow caregivers to be part of a team that will help them keep their loved one at home as long as possible.

Bridge Palliative Care, in partnership with Dr. Buddelmeyer and a grant from the Findlay-Hancock Community Foundation, began offering the Skills2Care® program for newly-diagnosed dementia and

Alzheimer's patients in October 2015. The goal was to serve approximately 30 patients and families through this specialized intervention programming, measure caregiver burden and identify specific care challenges, as well as measure the caregiver's level of confidence in managing daily care challenges. Changing the physician diagnosis protocol by ordering Skills2Care® services when a patient is initially diagnosed with Alzheimer's Disease or dementia was another program goal.

Eighteen months into Skills2Care® implementation the program finds itself not only with positive results from data assessments but also an extensive waiting list for services. To meet the increasing need, Bridge Palliative Care is hiring two additional occupational therapists and training them in Skills2Care®.

While dealing with Alzheimer's Disease, Dr. Buddelmeyer's grandmother faced care challenges such as medication management and compliance, not wanting to take a shower, agitation, a noticeable change in personality, lack of engagement in leisure, not eating or drinking and incontinence.

Dr. Buddelmeyer states, "I would have given anything to have had a specialized care program under a palliative care model like what we are giving to our patients and families. This is not only a specialized caregiver education program, but also an example of what an inter-professional care team looks like. I am referring my patients and family to our team physician (Dr. Jacobus), one of our nurse practitioners, physical therapy, speech therapy, social work or spiritual care."

If you care for a loved one with Alzheimer's Disease or dementia, the Skills2Care® program provided by Bridge Palliative Care can assist you. Through hands-on education and training offered by a certified occupational therapist, a unique care plan is developed addressing the needs of each individual. This allows caregivers the opportunity to keep their loved one at home as long as possible. Skills2Care® services can be billed to Medicare and secondary insurances. For more information call 419.423.5351.

Skills2Care® offered by Bridge provides the following benefits to caregivers and patients:

- Education and support
- Home modification for safer surroundings
- New communication strategies
- Stress management techniques
- Community contacts and support systems
- Cognitive screening
- Assistance in supporting activities of daily living



Dr. Buddelmeyer
and her
grandmother,
Carol Horvath

Changes at the Health Foundation

Blanchard Valley Health Foundation (BVHF) associate Marie Swaisgood has been named the Chief Development Officer of BVHF replacing Linda DeArment who was named BVHS Director of Physician Services and Recruitment. We would like to thank Linda for her many years of dedicated service and wish her well in her new position.



Marie has served as a BVHF Development Officer since 2013 and has been involved with nonprofits since 2002. She lives in Van Buren with her husband, Jeff, and their children Gage and Josalyn. In her new role, she will oversee all fundraising activities as well as BVHS volunteer services.

Marie's Fun Facts:

- Ran a marathon in December 2016
- Participated in anniversary skydiving
- Getting goats this month

Development Officer Marty Rothey's role has also changed. Marty is now the Leadership and Deferred Giving Officer focusing on planned gifts and bequests.

BVHF has two Development Associate positions that are open. Job descriptions and applications have been posted at: bvhealthsystem.org/careers/joining-the-bvhs-team

Welcome New Legacy Society Members!

The Blanchard Valley Health Foundation would like to express sincere thanks to those who have joined the Legacy Society or increased their level of giving since the last quarterly newsletter:

Legacy

Jeff & Leisa Stratton
*James & Elnora Stratton

Beyond MedSpa Opens in Findlay

Blanchard Valley Health System has opened the "Beyond MedSpa" located at 2113 Tiffin Avenue, Suite A, Findlay. Beyond MedSpa offers an extensive selection of cosmetic treatments and spa services including:

- Hair removal
- Clinical skin care
- Photofacials – utilizing laser pulsed light energy
- Fractional laser skin resurfacing
- Botox and dermal fillers
- HydraFacial® - liquid-infused exfoliation
- Chemical peels
- Laser skin rejuvenation
- CoolSculpting® - non-invasive fat reduction treatment
- Ultherapy® - skin tightening
- FemiLift™ - laser vaginal rejuvenation



Beyond MedSpa will be operated under the medical direction of Dr. Lorie Thomas, gynecologist with the Blanchard Valley Women & Children's Center. Dr. Thomas brings more than 20 years of experience to her role as medical director and lead clinician.

A second location of the Beyond MedSpa will open with the completion of the Women's Center of Bluffton Hospital, scheduled for spring 2017.

Services provided at Beyond MedSpa do not require a physician referral and are not covered by insurance. Schedule a consultation today by calling 419.429.7600.

What to get Mom on Mother's Day?

"The hand that rocks the cradle rules the world."

-William Ross Wallace



Representation of butterfly wall piece.

What is the one thing that is unforgettable about your mother? Does it make you smile inside or laugh out loud? Either way, it's a precious memory for you alone to cherish.

With Mother's Day approaching, the Blanchard Valley Health Foundation is creating an opportunity for you to recognize, celebrate and honor that special woman or women in your life; your mother, wife, grandmother, sister, daughter or any woman you admire as a "Founding Mother."

Located outside the Bluffton Hospital Maternity area will be a Founding Mothers Dedication Wall. This beautiful donor wall features a tree with roots and branches covered in butterflies, each engraved with the first and last names of the honored

individual. Donors will also receive a hand-crafted butterfly charm, designed by local artist Kat Luginbuhl, suitable for gifting that special person.

The goal of the Dedication Wall is to support The Women's Center of Bluffton Hospital by featuring butterflies. Each butterfly can be purchased with a \$1,200 gift which can be payable monthly in twelve \$100 installments. The deadline to reserve a butterfly and charm is April 26 to secure availability prior to Mother's Day on May 14 and a special listing in the Bluffton News.

Please call 419.429.6414 TODAY to reserve your butterfly, charm, and support The Women's Center of Bluffton Hospital!



Butterfly charm designed by Kat Luginbuhl



Women's Center at Bluffton Hospital Updates:

- \$1,131,687 of \$1,500,00 goal (75%) raised to date
- Project is on schedule and on budget
- Radiology and laboratory services have been moved to their new areas and are operational
- Obstetrics Department: Infant abduction security system, "Hugs and Kisses," is operational
- Bluffton Hospital Beyond MedSpa is slated to open in April 2017
- Bluffton Hospital robotic surgery will be online mid-summer



Proceeds to benefit
Bridge Hospice, The
Women's Center of
Bluffton Hospital and
the Julie Cole Junior
Golf Fund.

For more information
about sponsorship
opportunities or
volunteering, contact
the Health Foundation
at 419.423.5457.



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If you do not wish to receive future materials from Blanchard Valley Health Foundation, please notify us in writing and forward your intentions to be removed from our mailing and contact lists to: 1900 South Main St., Findlay, OH 45840.

Thank you.