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SUMMER 2016



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Chef Jansen Romero and Server
Celina Felton, Burntwood Tavern,
with Dr. Gary Pinta, head of the
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ALL HEALTHCARE IS LOCAL

The November 2016 elections will end what seems to be the longest political season of all time. Regardless of your affiliation or persuasion, there have been countless surprises with the candidates and the issues, and an equally numbing amount of media coverage of the drama. It's overwhelming for most of us to process, and nearly impossible to escape.



While much of the rhetoric – both direct from the politicians' mouths and via advertising – has been negative, the positive side is that more Americans are aware and involved in the process than ever before.

And though distracting, this 24/7 attention to races big and small does bring to light a familiar phrase – All Politics is Local – a saying which I believe can be equally applied to healthcare.

That famous quip helps those seeking office to remember they should never take their own "neighborhood" for granted. Believing that you've already won over those you currently serve is a fatal mistake – both in politics and even more so in delivering healthcare.

I know we can never work hard enough in our own backyard. Staying tuned in to the needs of patients that call this community home, and making decisions based on those needs is not only important, but the reason this hospital was founded. We pride ourselves in treating everyone like family and providing only the best in a way that can only happen in a small, local organization committed to the people it touches every day.

Dutifully understanding this approach is one of the reasons for Western Reserve Hospital's success. Never forgetting that *All Healthcare is Local* is why we will continue to be here for you.

Dr. Robert Kent, President and CEO
Western Reserve Hospital

BRIEFS



Improved Patient Comfort with New Operating Room Table

Western Reserve Hospital is the first facility in Ohio, and one of only five in the U.S., to offer the Maquet Magnus Operating Room Table, a state-of-the-art operating bed that allows for incredible stability and safety to patients. The new bed allows for optimum comfort, positioning and support for both patients and surgical teams.

Regenerative Pain Medicine for Faster Healing

The Western Reserve Hospital Center for Pain Medicine is the only location in Northeast Ohio offering Platelet-Rich Plasma (PRP), a new, minimally invasive treatment that helps patients quickly recover from pain and injuries using their own natural healing process. The PRP treatment involves drawing a patient's blood, concentrating the platelets using a specialized centrifuge and injecting it directly into the location of the pain to promote quick, natural healing.

Leading the Fight Against Drug Overdose

New Choice Pharmacy at Western Reserve Hospital has helped in the fight against drug abuse by being the first in Northeast Ohio to dispense Narcan, an anti-narcotic, over the counter without a prescription, giving the community easy access to a vital tool in combatting overdose.



Western Reserve Hospital Earns Gold Plus Award for Heart Failure Care

Western Reserve Hospital recently received the American Heart Association's Get With The Guidelines[®] – Heart Failure Gold Plus Quality Achievement Award for outstanding heart failure care. This award demonstrates the hospital's commitment to providing exceptional, high quality care for this major health concern.

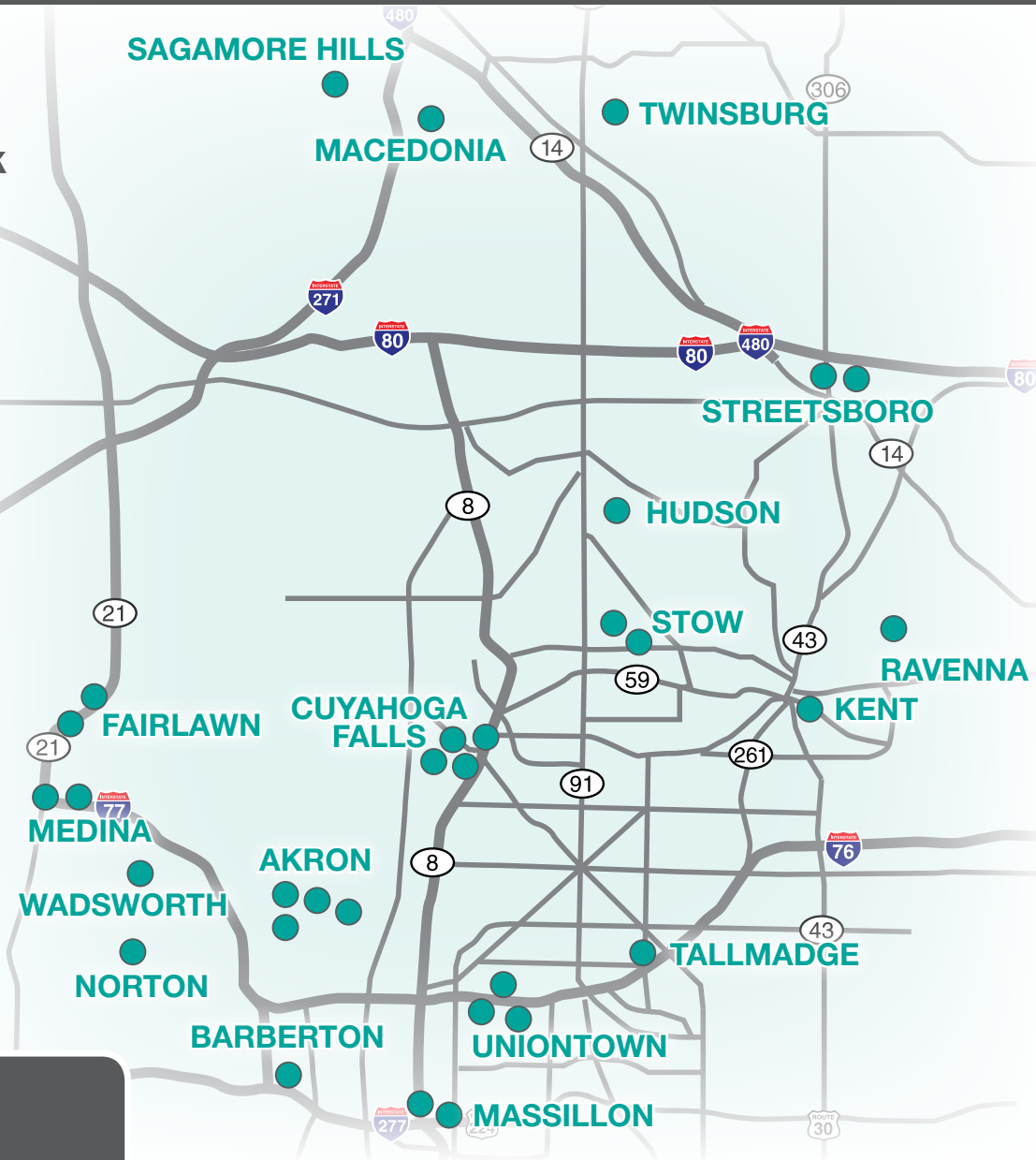
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HEART REPAIR AND RECOVERY

— A PATIENT'S STORY



“I shouldn’t even be here right now,” Brian Lowery said somberly. Looking out the window on a beautiful Friday afternoon, it’s easy to see the grateful look in his eyes – the familiar look that can only be seen in the eyes of someone who has gotten a new lease on life.

In 2010, just a few weeks before Christmas, Lowery knew something was wrong. He went to Western Reserve Hospital and was quickly admitted. When he learned he was being moved to the Intensive Care Unit, he called his girlfriend to give her an update. That’s when he blacked out and stopped breathing.

At just 40 years old, Lowery wasn’t a drinker, smoker or drug user. He enjoyed playing golf and softball, watching the Cavs and spending time with his girlfriend. So, when he started to feel ill that December, he had no idea just how dangerous his position had become.

“It was endocarditis, and I had pneumonia and ARDS on top of it,” he said. Endocarditis is an infection in the inner lining of the heart, and ARDS, or acute respiratory distress syndrome, is a life-threatening lung condition that prevents oxygen from getting to the blood. Combined with pneumonia, Lowery was in a precarious position. “After I woke up, they told me my chances of living were 50/50,” he said.

That’s where he met Dr. Michael Bage, a cardiologist at Western Reserve Hospital. “Dr. Bage...I’ll never forget,” said Lowery, smiling. “Every time I talk about it, it’s like, ‘are you kidding me? I’m still here after everything? I never thought I’d come out of there.’”

Under the watchful eye of Dr. Bage, Lowery began to recover. “Dr. Bage is a wonderful doctor – he kept me going. When he does a procedure on me, I really get that sense that it’s going to be all right.” Dr. Bage worked with Lowery for several weeks, and by Christmas that year, he was back at home.

But that wasn’t the end of Lowery’s health troubles. Almost exactly two years later, he started feeling ill again. “In 2012, I got sick again. It was the mitral valve.” Lowery’s mitral valve, which is located between the heart’s left atrium and left ventricle, was not closing properly when pumping blood, causing the blood to leak abnormally in the heart. To replace it, Lowery had to undergo open heart surgery. “That was the worst one. My chances of making it weren’t good.”

“Every time I talk about it, it’s like, ‘are you kidding me? I’m still here after everything? I never thought I’d come out of there.’”

Lowery decided to go forward with the surgery. “Dr. Bage worked closely with the surgeon, and was right by his side the whole time,” Lowery said, laughing. Amid other complications, he spent more than 40 days in the hospital. But the surgery was a success, and as Lowery started seeing an improvement in his health, he also saw an improvement in his chances of recovering.

Lowery’s long road to recovery may have had a few unexpected bumps, but at 45 years old, he’s now enjoying his best health in years. With a new mitral valve and regular follow-ups with Dr. Bage, Lowery is taking fewer medications, walking his dog, spending time outside and even golfing again for the first time in six years. And he gives all the credit to the staff at Western Reserve Hospital and Dr. Bage. “I’m absolutely feeling good, and I tell Dr. Bage that. I even got him a clock, and he keeps it in his office,” he said.

“Finding out about the problems in my heart was a scary thing, but now I just love coming to Western Reserve Hospital to visit. They’re always so friendly, and from this day forward, I’m not going anywhere else. It’s Western Reserve Hospital every time.”



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THE WOMAN'S TOUCH

GET TO KNOW FOUR
WESTERN RESERVE
LEADING LADIES



Paula Schaffer-Polakof, MD

In the U.S. today, about 32 percent of all licensed physicians are women. These demographics are continuing to shift; men and women are entering a variety of medical fields in less gender-specific ways. For instance, women make up 66 percent of physician assistants in the U.S., and among nurses and nurse practitioners, more and more men are entering the profession. However, as you will learn, the women of Western Reserve Hospital are here because they feel they are part of a collaborative healthcare environment in which both men and women practitioners are equal contributors to patient care.

In Summit County, women play a significant role in many areas of healthcare, as physicians, advanced practice nurses, physician assistants and registered nurses, and in numerous other allied health practices. HealthOne asked four practitioners to share a bit about why they chose to serve the community and how they got here.

Introductions



Paula Schaffer-Polakof, MD, (PSP) is a board-certified gynecologist who chose her specialty because she genuinely enjoys helping women achieve good health and a good state of mind as quickly as possible, and through every stage of their lives. She also enjoys the “nice mix of medicine and surgery” that her practice enables her to provide. Dr. Schaffer-Polakof is the married mother of two: a daughter who will soon give her a second grandchild, and a son who is in medical school. She is a self-confessed foodie who loves to cook creatively with whatever is at hand.



Kathleen Shoemaker, DO, (KS) wanted to be a doctor from a very early age. Although she was inspired by the allopathic physicians she knew in her childhood, they were all men, so she had no female role models. She learned about osteopathic medicine while an undergrad at Ohio University, and was impressed by its whole-patient philosophy and the emphasis on human touch as a therapeutic tool. She is passionate about helping her patients – meeting their needs in whatever ways she is able. The married mother of two teenagers, Dr. Shoemaker juggles work, motherhood and caregiving (for her mother), and enjoys running and the outdoors.



Linda Armstrong, PA-C, (LA) is a certified physician assistant at Western Reserve Hospital’s Center for Pain Medicine. She began her healthcare career in interventional radiology, and the years spent working with patients undergoing injection procedures to relieve intractable pain led to her interest and eventual advancement to pain management as a calling. She gets great satisfaction from helping patients learn to manage their chronic pain successfully so they can enjoy life. Ms. Armstrong is a fan of classic rock n’ roll music, and dotes on her English Mastiff Chloe, who recently completed a course of chemotherapy for lymphoma and is, happily, now in remission.



Jean Morgan, MSN, CNP, (JM) spent 25 years working in emergency rooms, handling all ages of patients and helping injured workers. This experience made her a natural fit for the Western Reserve Urgent Care and Occupational Medicine Department, where she is a nurse practitioner handling children, geriatric patients and occupational injuries. She enjoys being able to diagnose, treat and send patients home feeling better from just a single urgent care visit. She also gets satisfaction from coordinating the care of workers for the greatest benefit to the workers and their employers. Ms. Morgan and her husband have served as foster parents and are the parents of four; two daughters and adopted twin sons. She has made nine mission trips to Honduras to assist a plastic surgery team and make rounds on post-surgical patients. In her spare time, she enjoys needlepoint, gardening and reading.

Who inspired or motivated your career?

PSP: This may sound trite, but it's true: my parents truly were my inspiration. They created a "reach for the stars" environment in which everyone was encouraged to do whatever they were passionate about. My parents supported me financially and emotionally throughout my education and training.

KS: Dr. Barbara Ross-Lee, performer Diana Ross' sister, was the dean of Ohio University's Heritage College of Osteopathic Medicine during my time there. I vividly remember hearing her speak and being inspired by her leadership and the fact that she was the first woman dean of the school. It kept me going during the tough times.

LA: During my years in the interventional radiology field, I worked with a nurse practitioner who was a role model and mentor to me. She was a trend-setter in the field, and was fearless in handling the challenges of being a woman in medicine. She shared with me the aspects of being a nurse practitioner that were important to her, and this eventually convinced me to advance through more education.

JM: There are so many individuals who helped shape me over the years. Each person who has touched my life has stayed with me. Many helped me work through a "midlife nursing crisis" as I shifted focus from pediatrics to adult care, and then went through five years of graduate study.

What should prospective patients know about you?

PSP: They need to know that I am interested in the whole person, not just the symptoms. I need to know everything that's contributing to their health conditions, whether it involves personal, family or work stressors. It's important to take the time to gather all pertinent information, and – I can't emphasize this enough – no question is "dumb." I want patients to feel comfortable asking anything.

KS: I'm a detective. I will stop at nothing to solve a diagnostic mystery, and I will never give up until we solve the patient's problem. I'm also a workaholic – I feel the need to be connected to my patients 24/7. They become part of my (very extended) family.

LA: I'd like them to know that I'm conservative in my medical approach. We start with the least invasive therapy that can help them, and work our way towards more intensive interventions as necessary. And compassion is a big part of who we are as a team. Every patient's needs and concerns will be heard and addressed to the best of our ability.

JM: We want to help you get back to your work and life safely and in whatever capacity you're able, because studies show that it's in your best interest and you'll heal faster. We look at you as a whole person, and will bring in whatever experts are needed to help you heal, whether that means physical/occupational therapists, psychologists, nutritionists or another health expert.



In Summit County, women play a significant role in many areas of healthcare, as physicians, advanced practice nurses, physician assistants and registered nurses, and in numerous other allied health practices.

- 1) Kathleen Shoemaker, DO
- 2) Linda Armstrong, PA-C
- 3) Jean Morgan, MSN, CNP

Last question: You've all said that Western Reserve Hospital is a great place to practice. Why?

JM: I like the independence and flexibility that's encouraged here. I also appreciate the many resources available to me and to my patients. And it works the other way around as well – I am encouraged to serve as a resource to others. Because of the knowledge I gained in my ER years, the chief nursing officer has been able to use me as a guest lecturer. I recently provided a presentation on domestic violence, for example.

LA: I value the patient-centered philosophy of the entire Western Reserve Hospital team, and the strong support, from the highest level on down, for our patients. I also feel that, as employees, we are valued and treated as respected members of the team in this organization.

KS: Western Reserve Hospital is a small, friendly community of care. Everyone knows everyone else, from the officers to the maintenance team, and we treat each other with respect. It's an excellent environment for great patient care.

PSP: We are a small, hands-on team of healthcare providers. Everyone on the team genuinely cares about our patients, and the collaboration is excellent here. I have easy access to my colleagues any time I need them. Patients are not "just a number" at Western Reserve Hospital, which makes me love coming to work every day.



3

Now that you've met a few of the women at Western Reserve Hospital, we hope you'll visit any member of our team when you need them. They are happy to help you get back to living your life well.



THERE'S MUCH MORE TO "ENT" THAN EARS, NOSES & THROATS

Who might your primary care physician or dentist send you to if you don't feel sick but your voice sounds funny or hoarse? If you have a lump on your scalp that you can't explain, or pain in the front of your neck? Who would provide treatment if you have pain in your temporomandibular joint (TMJ), or if a dog bit you and tore your ear? If you're losing weight but are eating all the time? Who could best help if your infant isn't hearing you, or you catch your toddler pushing something up his nose?

Most of us think of ENT practices as places to go for ear infections, nosebleeds, sinus allergies or troublesome tonsils and adenoids. These are in fact some of the common conditions that are treated in ENT offices, but they are only a portion of the many head and neck concerns that can be resolved by otolaryngologists. These doctors are also diagnosticians and surgeons, trained to handle a variety of illnesses and diseases, including skin cancers, cysts, polyps, tympanic membrane perforations and damage from chronic ear infections, nasal fractures, anatomical and genetic abnormalities, thyroid cancer, parathyroid disease, lymph node issues, larynx and vocal cord lesions, oral cavity lesions, sleep apnea surgeries and therapies, and many other issues related to the ears, nose, throat, head and neck.

This wide variety of challenges is often what draws physicians to the ENT specialty. When HealthOne asked three Northeast Ohio ENT physicians why they pursued otolaryngology rather than other practices, they had surprisingly overlapping responses. "In medical school, I knew very little about this specialty until my third-year ENT rotation," said Dr. Seth Willen. "The experience opened my eyes to the diversity of ages I could treat, from newborn to elderly, and the many procedures and diseases that now keep things interesting for me."

Dr. Phillip Khalil agreed: "It's a broad specialty that keeps my job interesting and technically challenging. I also get satisfaction from being able to treat a patient's problem completely, all the way to a final solution in many cases."

Dr. Matthew Lutz appreciates the diversity of his practice, but also values the opportunity to improve a patient's quality of life. "The complaints we often see are affecting a patient's ability to breathe, smell, speak or hear easily, which impacts so much of what we all do every day," said Dr. Lutz. "It's a joy to be able to treat a patient whose problem can be identified and resolved fairly quickly, because I know it's improving the basic quality of his or her life."

Ah, the joys of allergies!

It's no surprise to anyone that spring and summer weather adds blooming plants and their pollens to the ever-present triggers of molds, pet dander and dust mites. Allergies are, in fact, the sixth leading cause of chronic illness in the U.S. Each year, Drs. Khalil, Lutz and Willen expect to see many patients with conditions related to allergies, such as sinus drainage and swelling, face pain, breathing issues, headaches, sore throats and post-nasal drip. According to Dr. Khalil, about half the sinus complaints these doctors see are related to allergies. Fortunately, they are prepared to relieve our misery with the latest diagnostic and therapeutic tools.

"A wise physician once told me: When we treat our patients right, they treat our practices right. I have found this to be very true." -Dr. Khalil

"We try to provide a one-stop shop for patients with allergies," said Dr. Lutz. "In addition to the traditional allergy testing and immunotherapy shots, we also offer a newer technique called skin end-point titration, which uses a patient's reaction to an allergen to develop a specific desensitizing dose for them. Rather than starting at a very low dose and incrementally working up through all dose levels, this allows patients to progress faster through treatment, depending on their reaction." Chronic allergies can eventually result in scarring or other abnormalities that these physicians can also resolve, either medically or surgically.

To make life more comfortable during allergy seasons, our ENT experts offer some practical advice. "A saline nose spray or rinse can be your best friend," said Dr. Willen. "Rinsing your nasal passages regularly removes pollen, dust and other allergens and helps reduce allergic inflammation. On the other hand, decongestant nasal sprays can aggravate your symptoms if misused, so use them carefully and no more than recommended."

Dr. Lutz added: "We also recommend keeping windows closed during high-pollen months, washing your bed sheets weekly in hot water and using filters on furnaces and air conditioners. If you have pets, your animals can make things worse by carrying in additional allergens from outside in their dander. We would never tell you to get rid of these beloved family members, but we do suggest keeping them out of your bedroom."

The word “otolaryngology,” pronounced “oh/toe/lair/in/goll/oh/jee,” refers to ears and throat (larynx), but is actually a shortened version of “otorhinolaryngology,” the study of the ears, nose and throat. The term was perceived to be too long and challenging to say, and was shortened in the U.S. for easier use.

“I follow the tenets of my father and grandfather, both medical professionals. They always said that our job is to listen carefully, treat every person with respect and make every effort to help, whether doing so will be easy or difficult.” -Dr. Willen

ENT surgery – not what it used to be

In the past, the thought of nasal, throat or ear surgery might have given a patient cause for concern in anticipation of discomfort and extended healing time. Although some ENT surgeries still require hospitalization and total anesthesia, there have been advances in recent years that allow ENT practices to offer more office-based options (using local anesthesia) that improve convenience, lower costs and reduce or eliminate pain and time away from life and work.

One example is turbinate reduction surgery, a minimally invasive procedure performed through the nostrils. A surgical probe removes some of the tissue that is causing blockage without removing the turbinate lining that helps moisturize the nose. The procedure is done while the patient is awake but not feeling pain, and typically takes 20 – 30 minutes. Patients can go back to their lives soon after the procedure, as long as they follow their after-care instructions and do not overexert themselves.

Another new procedure is balloon sinuplasty, during which a balloon is placed in the sinus passage and then expanded to open constricted areas and allow irrigation of the sinuses. No tissue is removed, no nasal packing needed and patients can return to normal activities almost immediately.

“We put our patients’ care first and respect their thoughts and opinions. We want them to feel that we’ve done our best for them.”
-Dr. Lutz

Get to know the doctors



Dr. Phillip Khalil received his training at the Ohio University Heritage College of Osteopathic Medicine, and completed an internship and residency at Doctor’s Hospital of Stark County. He and his wife, a pediatrician, have four children, ages 5 months to 13 years. The family enjoys going on hiking adventures, golfing and participating together in a variety of other sports. Dr. Khalil is, not surprisingly, an enthusiastic supporter of the Cleveland Indians, Cavs and Browns.



Dr. Matthew Lutz was trained at the Philadelphia College of Osteopathic Medicine, then completed his internship and residency at Doctor’s Hospital of Stark County. He was born in Germany but grew up everywhere – literally. As part of a military family, he spent time in many parts of the world and many U.S. states, and experienced a variety of cultures and geographies. When he was ready to settle down, he deliberately chose Ohio as his home because, “It’s a really great place to raise a family.” He and his wife have two children; a 6-year-old son and a 4-year-old daughter. Dr. Lutz is also a major baseball fan who played on his varsity college team.



Dr. Seth Willen attended Case Western Reserve University School of Medicine and then trained in Otolaryngology-Head and Neck Surgery at Albert Einstein College of Medicine in New York. He then completed an additional fellowship in Rhinology and Anterior Skull Base Surgery at St. Elizabeth’s Medical Center/Tufts University in Boston. He began his otolaryngology practice in Brooklyn, but since he and his fiancée are both native Ohioans, he returned to the Cleveland area to practice near their families. Dr. Willen is an avid runner and a loyal and hopeful Cleveland sports fan.

In addition, all three physicians are professional members of the American Academy of Otolaryngology-Head and Neck Surgery (AAO-HNS).

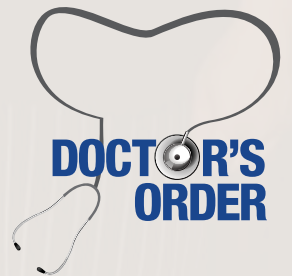


GO AHEAD; EAT OUT — IT'S DOCTOR'S ORDERS!

In this era of busy two-career families, tight school-night schedules and long-distance travel for work and play, eating out has become a way of life for many of us. Whether we do it as a celebration, a gourmet experience or a way to get the family fed on the run, Americans eat out more than ever before. According to Fitness Magazine, almost 75 percent of us eat out at least once a week, and 25 percent of us eat in a restaurant every two or three days. But we're not doing it in a healthy way. The U.S. Healthful Food Council (ushfc.org) offers evidence that the food choices we make when eating out are much more calorie-dense than what we would eat at home, and are contributing to obesity, heart disease, diabetes and many forms of cancer.

Western Reserve Hospital physicians and nutritionists take this preventable health issue seriously. In addition to discussing these risks with their patients and the community, they have chosen to be a part

of the solution in two ways. Their project, dubbed the Doctor's Order Program and established in 2014, is designed to accommodate real-life family eating habits by making it easier to select healthy options when eating away from home, either in the hospital or in the community. They are actively working with many local restaurants to make you aware of the healthy options you can enjoy when you eat out locally, and they have begun developing a line of in-house healthy foods and snacks.



When dining out in the area, simply look for the Doctor's Order logo on the menu or order board at a participating restaurant. A handy online list of links to the local restaurants participating in the Doctor's Order Program is available at <http://www.westernreservehospital.org>.

Hospital physicians and nutrition experts partner with local restaurants to promote healthy eating while dining out

To give you a taste of the delectable options you can look forward to in your regional eateries, HealthOne Magazine connected with several Doctor's Order restaurateurs to learn more about their offerings.

Burntwood Tavern, Cuyahoga Falls

Although it is one of several locations, it is the Cuyahoga Falls Burntwood Tavern that includes Doctor's Order selections on their menu. As part of the business group's grassroots "giving back" philosophy, each Burntwood Tavern restaurant supports its local community, providing such things as free meals to local football teams and "teacher appreciation" gift cards. The restaurant's core menu is focused on flavorful yet simple fare such as wood-grilled and smoked meats and seafood, with other fresh elements, all made from scratch. The menu changes twice a year, in April and October.

Ryan Scanlon, executive chef since 2010 and a Johnson & Wales graduate, follows the restaurant group's "chef, art, pour" philosophy. Menus are "chef driven," with all dishes hand-crafted in-house using fresh ingredients. Guests dine in a warm, artistic environment filled with handmade reclaimed wood, glass and pounded copper textures and furnishings. And the "pour" signifies original hand-crafted cocktails and nontraditional craft beers.


In addition to the Doctor's Order selections, which are created around their signature wood-grilled meats and fish, Burntwood Tavern also offers a child-friendly menu and other dishes for special diets.

They welcome a wide variety of patrons, including professionals and young adults who frequently visit during the work week, and families and friends who gather to enjoy the ambiance on the weekends.



All dishes hand-crafted in-house using fresh ingredients.





Western Reserve Hospital Doctor's Order In-House Offerings

The all-natural, gluten-free Doctor's Order Super Food Protein Bar is a hospital-exclusive recipe, made in-house from peanut butter, dried oats, dried cherries, chocolate chips and other ingredients. It is available for purchase in the hospital's cafeteria. New protein bar flavors will be launched in the summer and fall.

The Doctor's Order line also includes healthy homemade chicken noodle soup, which is given for free to patients going home after outpatient procedures.

Papa Joe's, Akron

Established in 1932 by "Papa Joe" Iacomini, this restaurant in Akron has a four-generation history of culinary service. It offers authentic northern and southern Italian meals and a vast list of available wines. Executive Chef Joe Alvis has been at Papa Joe's for 24 years. He uses locally sourced, seasonal fruits, vegetables, herbs, meats and fresh (never frozen!) fish and seafood. "Seafood is my culinary passion," said the Johnson & Wales graduate. "I try to introduce new types of fish to my patrons that they might not have tried before."

Menu items change monthly, offering new appetizers, salads and entrees to pair with their many wines. In addition, Chef Alvis offers monthly five-course wine tastings. "Ours is a 'scratch kitchen,' with

all sauces, pasta and other menu items made in-house," Alvis emphasized. This includes healthy soups made daily from scratch.

Papa Joe's is preparing to launch a newsletter with a Chef's Corner segment, beginning this spring. This will give the chef an opportunity to share his thoughts, expertise and culinary suggestions with patrons.

The Doctor's Order items at Papa Joe's can be found on the table menus in the restaurant. Selections change monthly, and typically include a variety of fresh salads and seafood entrees.

"Ours is a 'scratch kitchen,' with all sauces, pasta and other menu items made in-house."



The Office Bistro, Cuyahoga Falls

Owner Frank Caetta (pronounced ka-yet-ah), and Sales and Marketing Manager Adam Zaleski offer two locations for friendly, relaxed dining in the Akron area. The original “Office” began as a martini bar, but their philosophy of providing a comfortable environment and fresh ingredients that appeal to everyone gained them a following that helped them grow into a popular gathering spot.

The Office Bistro is happy to support the Doctor’s Order program for its diners. “We’re a place for everyone,” said Caetta. “We want

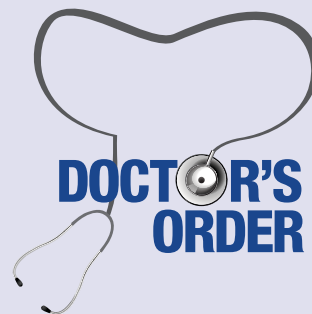
folks to feel at home, and to enjoy a full variety of fresh, unique meals in the good company of family, friends and coworkers.” The restaurant hosts a broad spectrum of patrons, from professionals and hotel guests to young adults and local families. They offer inviting gathering areas for bar patrons, as well as separate family-friendly dining areas and menu options. In addition to unique selections, The Office Bistro posts seasonal Doctor’s Order selections online, indicated by the Doctor’s Order logo. Doctor’s Order selections typically include grilled entrees and fresh salads.



Have it healthy any way you like

If your taste buds are not tempted enough yet, there are dozens of other eateries on the Doctor’s Order list to consider. For example, you can enjoy healthy Mediterranean meals at Aladdin’s Eatery; try some lighter fare at Beef O’Brady’s; eat healthy at Chick-Fil-A; grab a quick and healthy snack at Metropolis Popcorn; enjoy moist marinated Tuscan-style chicken at the Wing Warehouse; and much more.

The physicians and nutritionists at Western Reserve Hospital, in collaboration with the chefs and leadership of these restaurants, have made it easier to maintain your health while you eat out. There are now more than 30 restaurants in the Doctor’s Order Program, representing a wide variety of dining styles, flavors and prices. With so many healthy and delicious options to choose from, everyone in the Western Reserve Hospital region who wishes to eat well when they’re away from home should be able to enjoy themselves and feel great about it.



Participating Restaurants





JUST WHAT THE DOCTOR ORDERED



DOCTOR'S
ORDER

Healthy eating and dining out don't always go together, but Western Reserve Hospital's **"Doctor's Order"** program is making it easier than ever to choose healthy entrées in your favorite restaurants around the Cuyahoga Falls, Stow, Hudson and Akron areas.

Hand-selected by the physicians and nutritionists at **Western Reserve Hospital**, each Doctor's Order is the perfect blend of savory flavor and heart-healthy nutrition. Simply look for our logo on the menu at participating restaurants to find the most delicious, healthy, unforgettable meals that you can feel great about choosing.

MEET THE STAFF

Western Reserve Hospital has some of the best — and most interesting — healthcare industry professionals in Northeast Ohio. Let's meet three of them.



Beth Rohrer, BSN, CPHQ

As primary stroke coordinator and one of two quality review nurses, Beth Rohrer, BSN, CPHQ, works with the different departments at Western Reserve Hospital to improve processes, allowing the hospital to meet the standards of care established by the government and other industry groups. She has been at the hospital almost 10 years, and she speaks often throughout the community to educate people about stroke prevention and risk factors. Currently, she's working toward earning her master's degree in Nursing Leadership and Management.

In her personal life, Beth enjoys hiking, biking, gardening and generally spending as much time outdoors as possible. She also likes to spend time with her family, which includes her husband of 23 years, Alex, and two kids — Alex, who is studying at the University of Cincinnati, and Allyson, who is in her junior year at Woodridge High School. Beth's family has three pets — a golden doodle named Baron, a cat named Squeakers and a bearded dragon named Charlie.



Lynn Kovalcheck, CPA, MBA

Lynn Kovalcheck, CPA, MBA, serves as the director of financial analysis at Western Reserve Hospital. She is responsible for financial planning models and analysis, as well as maintaining the system that measures each department's finances to make sure the hospital is performing efficiently. A relative newcomer, Lynn spent most of her career in the building industry before joining Western Reserve Hospital in 2014. She says she's always had a penchant for analysis, and likes working in the medical industry because the results of her work impact the patient experience.

At home, Lynn is a longtime yoga enthusiast. She also loves to travel to new places, and whenever possible, likes to spend her time hiking, biking, kayaking, skiing and being outdoors. She is the mother of two, and she enjoys spending time with her kids when they're home from college.



Thomas Bauer, RPh

For the last ten years, the pharmacy at Western Reserve Hospital has been helmed by Tom Bauer, RPh. As the director of both the hospital's inpatient pharmacy and New Choice Pharmacy for external or outpatient customers, Tom and his department are tasked with managing the hospital's medication dispensary, providing efficacious drug therapy with each patient's indicated medications in the most safe, efficient, economical manner possible.

At home, Tom and his wife, Kimberly, are the proud parents of three: Ethan, 17; Emma, 15; and Jacob, 11. Tom also coaches basketball at St. Francis Xavier in Medina, where his youngest attends school. He is also an avid Cleveland sport fan. When he's not spending time with his family or rooting for the Cavs, Indians or Browns, Tom enjoys hitting the links for a game of golf.



Cuyahoga Falls Chamber of Commerce
2016 HEALTH EXPO



SATURDAY, OCTOBER 15, 2016
8 A.M. - 1 P.M.

FREE ADMISSION!

Cuyahoga Falls Natatorium Health & Fitness Center
2345 Fourth Street
Cuyahoga Falls, OH 44221

For event information, call
(330) 929-6756 or visit www.cfchamber.com

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FALLS BETTER BLOCK

Join us for a weekend of revitalization along the historic Cuyahoga Falls Front Street Pedestrian Mall.

WHERE

Front Street Historic Riverfront

WHEN

Friday August 26: 5-11PM

Saturday August 27: 10AM-3PM

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FEATURES

Dog Park, Beer Garden, Bike Lanes, Night Market, Farmer's Market, Kayaking, Kid's Play Area, Yoga Classes



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