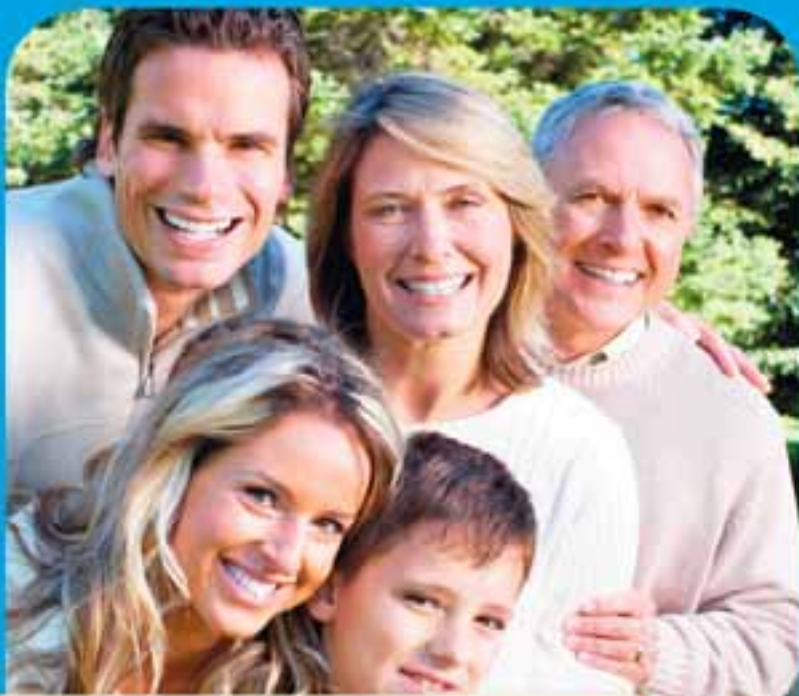


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Legend Health Care, LLC

Cardinal Woods, Eagle Pointe and Lake Pointe are locally owned and operated Post-Acute Rehabilitation and Living Centers that are located in rural communities in Northeastern Ohio. Our owner Joyce started at the Ashtabula County Nursing Home on the floor in the Laundry department 33 years ago and has worked her way from housekeeping to registered nurse to Administrator and now our Owner, which gives us the leadership and understanding that it takes for us to take care of your loved one. Joyce and our staff's vision is to provide the best healthcare services to the people of our community in the most suitable setting in a warm, homelike atmosphere. We aim to be recognized as the leader in providing personalized rehabilitation and healthcare. We offer post-surgical care, IV infusion therapy, stroke and cardiac care, respiratory therapist, total parenteral nutrition, wound care, neurological care, respite care, restorative nursing and many other services. At our facilities we offer private rooms with restaurant style menus and top quality foods prepared by some of the best in the restaurant business. One resident recently said, "the new food choices are great and I love the taste of the chicken sandwich." Our private rooms have been going through an update process in all three of our facilities that is nearly complete with updated walls, hard wood flooring and state of the art private bathrooms. Our new Therapy areas have been updated and completely redesigned with new, cutting edge equipment to better serve our residents and help them on their road to recovery.

Specifically about our facilities, Cardinal Woods is a 120 bed facility set in a beautiful wooded location on Chapel Road in

Madison. Cardinal Woods is well known for having the highest quality care. Cardinal Woods offers private rehab suites and 61 newly renovated private and semi-private rooms with cable TV, in-room phones and wireless internet access. Lake Pointe is a 74 bed facility nestled on the banks of Lake Erie in Conneaut. Lake Pointe has a short-term rehab unit equipped with 26 private rooms conveniently located near our therapy gym with cable TV, in-room phones and wireless internet access. At Lake Pointe our ventilator unit is capable of caring for patients of all ages including pediatrics both on a post-acute and chronic long-term level. Eagle Pointe is a 60 bed facility set in a beautiful wooded locating in Orwell. Eagle Pointe also has a state-of-the-art short term rehab unit with 26 private suites that offer walk-in showers, individual climate control, cable TV, in-room phones and wireless internet access.

Our team of qualified physicians, nurses, therapists, and state tested nursing assistants have allowed our reputation of providing successful outcomes for short-term rehabilitation and therapy to seniors to excel. Our Medical Director is Dr. Abdul Shahed, M.D from the Ashtabula County Medical Center which is an affiliate of the Cleveland Clinic. Dr. Shahed and our team of Nurse Practitioners specialize in comprehensive care planning and Hospital readmission management.

We are a member of the Ohio Health Care Association and the American Health Care Association. For information about admission or to schedule a pre-admission tour, contact our Admission Coordinator at Cardinal Woods 440-428-5103, at Lake Pointe 440-593-6266 or at Eagle Pointe 440-437-7171.



Hearing Instrument
Specialist

Understanding Hearing Loss

By Holly Johnson

Talking about hearing loss

How do you begin a conversation with a loved one about hearing loss? Hearing loss is an invisible disability that they have no control over; they can only control their response to it. Beginning a conversation in a quiet, safe environment is the first step toward helping them. Here are some ways to open the conversation:

- *Talk about what you perceive and ask them what they perceive (in a non-prosecutorial) manner. “When we were at dinner last night, could you understand the waitress?”
- *Talk about situations where you both may have problems and situations where one of you seems to do better.
- *Use the common signs and symptoms of hearing loss to talk about what you have observed.
- *Go with them to their hearing test so that you can talk about your perspective as well.

Symptoms and Assessment

Hearing loss tends to be gradual. Here are some questions that may indicate that you or a loved one has a loss:

- *Have you been told that the TV is too loud for everyone except you?
- *Do you have difficulty following conversations in large groups or noisy places, such as restaurants or family gatherings?
- *Do you often ask others to repeat themselves?

If you answered “yes” to any of these, you might have hearing loss. A hearing care professional can help you decide if hearing aids are a good option for you and find the best option for your hearing loss and lifestyle.

If you do have a hearing loss, you aren’t alone. More than 31.5 million people in the United States currently suffer from varying degrees of hearing impairment. The good news is that most hearing losses can be effectively treated with digital hearing aids. The key to effective treatment is identifying hearing loss early.

Causes of Hearing Loss

Hearing loss is invisible and nearly always painless. It can also develop over time. If you suspect that you or a loved one is experiencing hearing loss, visit a hearing healthcare professional to have a hearing test.

Hearing loss has many causes, but the most common include:

- *Exposure to loud noise
- *Family history
- *The natural aging process

There are two major types of hearing loss: sensorineural and conductive.

Here’s a quick overview of each:

Sensorineural loss, where damage has been done to the microscopic hair cells in the ear, is the most common. The vast majority of people with this kind of loss benefit from amplification like hearing aids.

Conductive hearing loss is the result of structural damage to the ear.

Hearing loss can also be caused by certain antibiotics, viral and toxic illness and disturbances of fluid in the inner ear.

Effects of Hearing Loss

Hearing loss affects every aspect of daily life and can reduce your quality of life by making communication more difficult by:

- *Causing misunderstandings
- *Heightening stress
- *Triggering unnecessary fatigue
- *Isolating someone from society and loved ones
- *Straining relationships with family and friends

Here’s the good news – hearing loss can generally be treated with hearing aids. This means you or your loved one can reconnect with life.

What to expect when you get a hearing aid

- *Have realistic expectations. Hearing instruments won’t restore hearing to the same level, but will most likely provide dramatic improvement.
- *Be patient – adjusting to wearing a hearing aid takes time
- *Start slowly – wear your hearing instruments for a couple of hours a day at first and build up
- *Be persistent – it’s important to consistently wear your instruments so that you get used to them
- *Stay committed – your brain needs time to readjust to hearing sounds it may not have been hearing for years. You will be amazed at your own ability to reconnect with your life with the help of your hearing aids.

DON'T SETTLE FOR LESS

- Do you own hearing aids but never wear them?
- Are your current hearing aids uncomfortable or not performing to the level they once were?
- Do you struggle when using a cell phone?
- Do you suffer from buzzing or ringing in your ears?

If you answered “yes” to any of these questions, visit **Holly's Hearing Aid Center** to see if you are eligible to trade up your current hearing aids.



At Holly's Hearing Aid Center, we believe in the entire hearing journey. From the moment you pick up the phone to make your first appointment to providing continued support throughout your hearing journey. Your hearing is important to us; it should be just as important to you. That is why we always offer:

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OUR VISION

Our staff strives to provide the best healthcare services to the people of our community in the most suitable setting in a warm, homelike atmosphere.

Our aim is to be recognized as the leader in providing personalized rehabilitation and healthcare



Ashtabula County Nursing & Rehabilitation Center

“Where Every Life Matters”

Our Philosophy

At Ashtabula County Nursing & Rehabilitation Center, we are committed to setting the standards for excellence in providing health care services to our customers, it is this complete commitment to delivering the highest quality care in surroundings that support and nurture the individual that has allowed our center to grow with the times. ACNRC has expanded and specialized our services to meet the evolving healthcare needs of those in the communities we serve.

What We Value Most

While our primary focus is the care of the resident/patient, we understand the importance of living life to its fullest. Ashtabula County Nursing & Rehabilitation Center, throughout the 2014 year will be hosting a variety of Open Forums that focus on senior healthcare issues and senior concerns with specialist in each area of topic.

Admissions / Open forum information:

Contact Angel Wassie,
Admissions Director at 440.224.2161

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Signature Health Helps People Heal From Mental Health and Substance Abuse Problems

Signature Health remains committed to helping the families of Ashtabula County. In the Spring of 2014, Signature Health will provide services from 30,000 square feet of revitalized, restored space in the landmark Ashtabula Hotel building located in the downtown area. This move will allow Signature Health to greatly expand Medical, Mental Health and Chemical Dependency services for children, adolescents and adults. The new space will include a Pharmacy, Lab and Exam rooms, offices, conference rooms and a CAC Child Advocacy Center serving children who have been physically or sexually abused. The hotel ballroom will be restored with movable walls making it possible for group rooms or a large room for training and community events.

About Signature Health

Signature Health is a CARF (Commission on Accreditation of Rehabilitation Facilities) accredited facility. This national accreditation assures the public that Signature Health is committed to providing the highest quality services and programs that focus on the satisfaction of the persons served. Recently, Signature Health added ambulatory detoxification, residential care, and integrated medicine to its list of CARF approved programs. These three additional certifications are the first such accreditation's in this region.

"When You Need Help Now" is more than a phrase, it means easy access to all services, through the Access Clinic, psychiatric evaluation appointments can be scheduled same day or next day. Also, if you need to talk to someone, use the Walk In Clinic available Monday, Wednesday or Friday from 9:00a.m.-12:00 p.m. Help is just a phone call away (440.992.8552)

Services are provided by a highly trained staff of

Psychiatrists (child, adolescent and adults), Physician assistants, nurses, therapists, case managers and administrative staff.

What Our Clients Say

Colleen C. said, "A few years ago I began to show signs of mental illness. I was misdiagnosed with everything except mental illness. By the time I got to Signature Health, I had lost everything. I was on the brink of suicide. Signature Health saved my life. Signature Health improved and continues to improve my quality of life. My experience with Signature Health staff, counselors, group leaders and case management has been professional, knowledgeable and caring"

Cherry C. said, "before I started to go to Signature Health, I was depressed and suicidal. I have been going to Signature Health for about three years now...it saved my life more than one way...I have learned to advocate for myself...I have learned how to live my life the best way I can for someone with a mental illness, or even without...I love everyone there, from the clients to the workers. Thank you for all you have done for me and my family. I finally love to be alive !!! I have become a wonderful person"

Edith B. said, "For years, I was having trouble with living with my depression. I lost my job, friends, house, and almost lost a relationship. A friend recognized my symptoms and recommended Signature Health. Since coming to Signature Health, my life has begun again. I have learned skills to get me through my daily struggles....I facilitate a peer-to-peer recovery class and group and I have gone back to school. None of this could have been possible without my team providers as Signature Health"

Here is a list of the services offered at Signature Health:

Diagnostic assessments
Psychiatry
Mental Health and Substance Abuse
Intensive Outpatient Programs (IOP)
Individual and Group Therapy
Art Therapy
Full Pharmacy Services
Lab Services
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Case Management
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Remember, help is a phone call away...for more information, call 440.992.8552

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Ann Wiley guides seniors through insurance maze

CONNEAUT — As if insurance wasn't complicated enough for senior citizens, questions surrounding the Affordable Care Act has taken anxiety to a whole new level.

While provisions of the ACA doesn't impact folks 65 years and older, that hasn't lifted the cloud of confusion for some, said Ann Wiley, of Ann Wiley Insurance Services LLC in Conneaut.

"(The ACA) is really scaring a lot of seniors," she said. "The phone is ringing off the hook."

For 29 years, Wiley has matched people with the best policies, specializing in coverage geared to seniors. She is an independent agent licensed with 14 different companies, a status that allows her to locate the best plans possible. She is a senior marketing specialist who deals in Medicare-related products, supplements and advantage plans, Part D prescription plans, cancer policies, life insurance (term and whole life), pension transfers, 401K rollovers and fixed indexed annuities.

The Affordable Care Act has had one impact on her business. Due to the overwhelming regulations and cost of the Affordable Care Act, (Wiley) will no longer be offering health insurance to those under 65 and not on Medicare, she said in a statement. She will continue to provide life, dental and annuities to all ages.

Wiley, licensed to work in Ohio and Pennsylvania, has more than 1,500 clients scattered across the region. Nearly all of them she visits personally to answer questions about coverage and policies and to provide

expert advice.

"The majority of my clients are in Ashtabula County, but some are in Lake County and Columbus," she said.

Most of her clients are interested in plans that supplement their Medicare and focus on prescriptions, Wiley said. To help inform the population, Wiley regularly conducts seminars, she said. Federal law prohibits agents from calling or visiting would-be clients, she said. Seminars and mailings are permitted by law.

"(The laws have) limited the ability to contact seniors to offer help with these confusing decisions, especially when they are just turning 65 years old," she said.

Wiley is a long-time volunteer at the Ashtabula Senior Center and sits on the Ashtabula Council on Aging board. She is a member of the Conneaut and Ashtabula chambers of commerce and New Leaf United Methodist Church.

Continuing education is a big part of her professional life. Agents must meet education-based requirements every two years to keep their state licenses, Wiley said. In addition, agents who sell Medicare Advantage Plans, Part D prescription plans and — now — the ACA exchanges must pass annual certifications specifically related to those products in order to offer them during open enrollment and the following year, she said.

Every day, 10,000 Americans celebrate their 65th birthday, and for a percentage of them they are relying on Wiley to give them the biggest bang for their health buck.

Surgery restores health, quality of life

There are many reasons your physician may recommend surgery. An operation may help relieve pain, improve movement, or be life saving. An operation can also be used to diagnose a problem, such as when a biopsy helps a doctor detect cancer or other disease.

Surgeries are generally categorized as inpatient or outpatient. Inpatient surgeries require the patient to stay in the hospital one or more days following the procedure. Outpatient procedures allow the patient to return home the same day.

Improvements in technology, as well as the training and skill of the physician, have changed the way many surgeries are performed.

One reason patients can return home so quickly is the increased use of minimally-invasive procedures.

During minimally-invasive surgery, physicians will use a laparoscope, which is a small tube with a video camera. They make small incisions to insert the laparoscope and other instruments needed to perform the surgery.

This type of procedure reduces the post-operative pain and the amount of bleeding during surgery, and there are fewer and smaller scars than with open surgery.

Minimally-invasive surgery also means more convenience and comfort for the patient.

For example, a new stereotactic breast biopsy system at Ashtabula County Medical Center gives physicians the opportunity to take a sample of breast tissue without using invasive techniques in a full surgical room.

With stereotactic breast biopsy, a small, hollow needle is used to remove a tiny sample of tissue for biopsy. The surgeon uses the mammogram's x-ray equipment and computer to pinpoint the precise area to remove the sample.

A local anesthetic is used, meaning that only the area to be biopsied is numbed. The patient remains awake throughout the procedure.

Many surgeries require the patient to be asleep during the procedure. In those cases, an anesthesiologist administers the proper amount of general anesthesia to put the patient to sleep and monitors the patient's condition and vital signs throughout the surgical procedure.

At ACMC, anesthesiologists also screen for sleep apnea prior to the surgery. Sleep apnea is a condition in which a person stops breathing temporarily while they sleep. This screening not only provides anesthesiologists with information they need to know while a patient is under anesthesia, but it can also be helpful for the patient's post-operative recovery – both in the hospital and at home.

Surgeons at ACMC are assisted by a team of skilled and compassionate nurses. They are also assisted by the best technology.

New diagnostic technology such as digital mammography, new video-enhanced thorascopes, gastroscopes, colonoscopes, and a

new MRI give surgeons at ACMC more detailed information about a patient's health problems.

The surgical expertise available at ACMC has you covered from head-to-toe.

Ear, Nose and Throat Procedures for nasal blockage or deformity, sinusitis, swallowing disorders, tonsillitis, hearing problems, vocal chord problems and more.

Gastroenterology Surgery

Common procedures include colostomy, colonoscopy, removal of polyps, as well as treatment of gastroesophageal reflux disease, ulcers, hemorrhoids, diverticulosis and Crohn's disease.

General Surgery

Appendectomies, gallbladder surgery, thoracic surgery, lung biopsy, cancer removal, thyroid surgery, hernia repair, and breast biopsy.

Obstetrical & Gynecological Surgery Thermal ablation, hysterectomy, and procedures to treat uterine cancer, ovarian cysts, pelvic organ prolapse, irregular menstrual periods, and infertility. They also perform Cesarean section deliveries when necessary.

Orthopaedic Surgery Procedures to repair damaged joints and tendons; replace knee, hip or shoulder joints; repair; repair fractured bones; reconstruct ligaments; and release carpal tunnel tendons.

Podiatric Surgery

Surgical procedures for the foot, ankle and lower legs such as bunions, hammer toes, corns, plantar fasciitis and tight tendons, poor blood circulation, diabetes-related injuries, wound care, and sports injuries.

Urological Surgery Treatment of urologic conditions, including prostate cancer, impotence, kidney disease, penile disorders, and testicular disorders, stress urinary incontinence, fecal incontinence, pelvic organ prolapses, erectile dysfunction, overactive bladder, and other prostate issues.

Vascular Surgery Disorders of the veins and (arterial) blood vessels. Candidates for vascular surgery include patients with carotid artery blockages, chronic leg swelling, hypertension and kidney artery blockage, leg pain due to poor circulation (called Claudication), and varicose veins. Procedures include cardiac doppler testing, lower and upper arterial tests, hemodialysis access, vein mapping and more.

Take time to discuss surgical options with your physician. And for the most comprehensive surgical expertise in our area, ask to be referred to a specialist at ACMC.

For more information about surgical options at ACMC, visit [HYPERLINK "http://www.acmchealth.org"](http://www.acmchealth.org) www.acmchealth.org.

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