Hope for Children with Autism

Marianjoy RehabLink Subacute Center Opens

Being Green Comes Naturally

Outpatient Therapy: Enhancing the Healing Experience

Finding Reliable Health Information

Aurora Art Teacher Goes for the Gold
Tony Iniguez Competes in Beijing
Hope for Children with Autism

According to the Centers for Disease Control, in 2007 nearly one in every 150 eight-year-olds was diagnosed with autism, with boys being four times more likely to be diagnosed with the disorder.

What is Autism?
Autism is a complex developmental disability that causes substantial impairments in communication and social interactions. It is often accompanied by learning difficulties, unusual interactions with others, and uncharacteristic reactions to stimuli and the surrounding environment. The condition usually becomes apparent by the time a child reaches the age of four.

“Children with autism demonstrate deficits very early on,” explains Dr. Mary Keen, Medical Director of the Marianjoy Pediatric Program. “Therefore, parents should pay close attention to their child’s developmental milestones. By the age of one, a child should be making sounds and by 16 months, should be able to say a few words. Also by this age, the child should be exhibiting social skills. Though these are only guidelines, if a parent has any concerns, they should follow their instincts and address them with their healthcare provider.”

Early Intervention
Research findings have shown that early intervention is especially important for children diagnosed with autism. The therapists at Marianjoy have expertise in working with autistic children as well as those with a variety of illnesses, diseases, and disorders—from the less serious to the most complex. Because each child is different, a thorough evaluation is completed to determine the most appropriate course of action for the child’s particular needs. For example, many children with autism may have additional physical and mental disabilities that accompany the diagnosis requiring a more complex treatment plan.

Autism is a complex developmental disability that causes substantial impairments in communication and social interactions.

Marianjoy Can Help
“At Marianjoy, we offer a variety of therapies, including speech, occupational and physical therapies which can help the child excel despite the autism diagnosis,” notes Dr. Keen. “For example, in speech therapy we assess the impact of the communication challenges the child is exhibiting and determine whether direct therapy or supplemental speech and language devices, like picture cards, may be an alternative to improving the child’s ability to communicate.

“Our occupational therapists may work on sensory stimulation issues with the child, which is common with autistic children, while working on their socialization and play skills. In addition, though most autistic children are mobile, they may be unable to participate in structured activities, like games or competition. Our physical therapists work with the children to teach them to move with purpose.”

For more information on Marianjoy’s Pediatric Program, please call 630-909-8542.
What are some of the signs of Autism Spectrum Disorders?*

People with Autism Spectrum Disorders (ASDs) may have problems with social, emotional, and communication skills. They might repeat certain behaviors and might not want change in their daily activities. Many people with ASDs also have different ways of learning, paying attention, or reacting to things. ASDs begin during early childhood and last throughout a person’s life. A child or adult with an ASD might:

- not play “pretend” games (pretend to “feed” a doll)
- not point at objects to show interest (point at an airplane flying over)
- not look at objects when another person points at them
- have trouble relating to others or not have an interest in other people at all
- avoid eye contact and want to be alone
- have trouble understanding other people’s feelings or talking about their own feelings
- prefer not to be held or cuddled or might cuddle only when they want to
- appear to be unaware when other people talk to them but respond to other sounds
- be very interested in people, but not know how to talk, play, or relate to them
- repeat or echo words or phrases said to them, or repeat words or phrases in place of normal language (echolalia)
- have trouble expressing their needs using typical words or motions
- repeat actions over and over again
- have trouble adapting when a routine changes
- have unusual reactions to the way things smell, taste, look, feel, or sound
- lose skills they once had (for instance, stop saying words they were once using)

Note: Contact your child’s doctor or healthcare provider if your child experiences a dramatic loss of skills at any age.

*Source: Centers for Disease Control

Dr. Mary Keen
Medical Director of the Marianjoy Pediatric Program

Dr. Mary Keen is the Medical Director of the Marianjoy Pediatric Program. She is board-certified in physical medicine and rehabilitation, pediatrics, and neuro-developmental pediatrics. Areas of interest include:

- Pediatric Rehabilitation
- Spina Bifida and Cerebral Palsy
- Neuromuscular Disorders
- Traumatic Brain Injury
- Spasticity Management

She was recently named a “Top Doctor” in the 2008 issue of Chicago Magazine, in addition to being named to the list of “Best Doctors in America®” every year from 1998-2008.

Marianjoy Cares for Kids

Marianjoy offers a variety of classes for children with disabilities — from toddlers to teens! For more information, please call 630-909-8542 or visit www.Marianjoy.org.

The Amazing Colors Within Coloring Book

As part of Marianjoy’s mission to promote awareness, respect, and dignity for individuals living with a disability, Marianjoy created a coloring book that addresses awareness, acceptance, respect, and dignity for all people regardless of their physical appearance or limitations.

This is an award-winning, original story of a young boy’s first encounter with a child in a wheelchair. The reader is taken on a journey with the boy as he questions what it means to have a disability and grows to an understanding that everyone is capable of doing amazing things.

Great for classrooms! To obtain a sample copy of the coloring book you may call 630-909-7100 or email Marketing@Marianjoy.org. There is a small fee to cover shipping.
New Marianjoy RehabLink Subacute Center Opens

Now Marianjoy is offering the same high quality rehabilitation services in a subacute setting — conveniently located within the Marianjoy Rehabilitation Hospital facility in Wheaton.

The new Marianjoy RehabLink Subacute Center is ideal for patients whose functional deficits do not require acute rehabilitation, but still have inpatient rehabilitation needs. It is also appropriate for those patients who have completed Marianjoy’s acute rehabilitation program but still need to work toward their functional goals to achieve independence at home.

Patients will be medically managed by a Marianjoy Medical Group board-certified physiatrist. This also offers our patients the ease of transition through Marianjoy’s different levels of care — subacute, inpatient, day rehabilitation, outpatient, and specialty clinics.

“The Subacute Center caters to patients with musculoskeletal and orthopedic conditions,” explains Dr. Noel Rao, Marianjoy Vice President of Medical Affairs. “It’s for those patients who can be best served through a subacute program that can help facilitate their transition back home.”

Marianjoy Medical Group board-certified physiatrist Dr. Dolly Devara is excited to be leading the new Marianjoy Subacute Center. “The new Subacute RehabLink Center provides a link to the acute rehabilitation for those who need the next level of rehabilitation services for their recovery,” said Devara. “And because it is located within the Marianjoy Rehabilitation Hospital, the patient has the advantage of benefitting from the clinical expertise of the Marianjoy staff.”

For more information about the Marianjoy RehabLink Subacute Center call 630-909-8920.

New Doctors Join Marianjoy Medical Group Practice

Dr. Keith D’Souza has joined the Marianjoy Medical Group as Associate Medical Director of the Brain Injury Program. His clinical practice focuses on brain injury, acute rehabilitation, outpatient clinics and consulting in community hospitals. Dr. D’Souza is a member of the American Academy of Physical Medicine and Rehabilitation.

Dr. Mahesh Ramachandran is the Medical Director of Rush Oak Park Hospital’s Rehabilitation Program and Services. He is board certified in both physiatry and internal medicine, and his medical practice addresses the medically complex needs of rehabilitation patients.

Dr. Neetu Chhablani joined the Marianjoy Medical group as a staff physiatrist. Her practice will be located at Rest Haven Central in Palos Heights and will focus on stroke, musculoskeletal diseases, brain injury, and geriatric medicine. Dr. Chhablani is a member of the American Academy of Physical Medicine and Rehabilitation.
Just after sunrise, a lone figure speeds around the track at East Aurora High School. The focus and determination of this athlete are evident in his eyes...and the fact that he hardly notices the photographer who has begun snapping shots of him in action.

This man is clearly not a student, but he seems to know the place well.

In fact, Tony Iniguez knows this track like an old friend. In the ‘80s he was a student at East Aurora, and since 1994 he has been on the staff teaching visual arts. And all that time, he’s been circling the track in search of gold.

**Pursuing a Dream**
At the age of two, Tony Iniguez contracted polio which left him a paraplegic. When he was nine years old, Tony and his family came to the states from Mexico City and settled in Aurora, Illinois, in hopes of obtaining a quality education for their children and to pursue the American dream. Little did they know that would one day include an athlete’s ultimate dream...competing on an international stage!

Sixteen years after competing for the first time in the 1992 games in Barcelona, Tony Iniguez once again represented the U.S. Paralympic Track and Field Team in Beijing. He competed on the track in the Men’s 800 meter, 1500 meter, and 5000 meter races, and in the road marathon.

**Wheels Brought Independence**
Until his junior year in high school, Tony used braces and crutches to ambulate. Then one of his coaches suggested he go to a sports camp for disabled youth at the University of Illinois. “There I got my first taste of wheelchair athletics and discovered it was much easier to get around using the chair. I see a lot of young people who are struggling to get around on crutches, and I know how that feels. You want to feel as ‘normal’ as possible, but the wheelchair has given me much more mobility and independence,” said Tony.

Tony played wheelchair basketball for the University of Illinois where he met several disabled athletes who were sponsored by Marianjoy Rehabilitation Hospital. When he graduated with a degree in art education, he came full circle back to the high school he had attended. Again through friends involved in athletics in the area, he was reintroduced to Marianjoy... and ever since then, Marianjoy has been proud to be Tony’s sponsor.

**The Ultimate Goal**
While competing in Beijing was an honor and a thrill, Tony’s heart is with his family and teaching. Tony and his wife, Kristen, are both individuals who clearly have a calling to help children. This year Tony, who has taught art at East Aurora for 14 years, was awarded the Impacting the Community Through Education Award from the East Aurora Board of Education. Kristen is a pediatrician at Carle Hospital in Urbana. They have two boys: Noah (11) and Zach (7), who appear to have inherited their dad’s interest in sports and art.

And what is Tony’s ultimate goal? “I want to continue to inspire our youth to reach and achieve beyond their perceived potential in the arts, academics, athletics, and most importantly life.”

**About the Paralympics**
The Paralympic Games are an elite sports competition for athletes with physical and visual disabilities. Held in the same year, same city, and same venues as the Olympic Games, the Paralympic Games are the second largest sporting event in the world. The term “Paralympic” means “parallel to the Olympics.”

There are more than 21 million Americans living with a physical or visual disability, but less than 10% of them are physically active. Physical activity enhances not only self-esteem and peer relationships, it also results in increased achievement, better overall health and higher quality of life.

To learn more about the U.S. Paralympic Team, visit http://paralympics.teamusa.org.
Marianjoy Benefits from Strong Community Support

The Marianjoy Foundation – the fundraising and donation processing arm of Marianjoy – continues its commitment to the patients we serve by building relationships and raising funds for our programs, education, research, community outreach, and advocacy initiatives.

20th Annual Golf Invitational a Success

In July, Marianjoy held its 20th Annual Golf Invitational at Cantigny Golf. The weather was picture perfect as over 150 men and women participated in 18 holes of golf, lots of networking and socializing, a silent auction, on-course contests and dinner.

During the benefit dinner, Marianjoy “Par Excellence” Awards were presented to Cantigny Golf and to George Zola, a previous Marianjoy patient and volunteer in the Marianjoy Therapeutic Golf Program, for their significant contributions in helping individuals with disabilities regain their ability to enjoy their lives more fully through the game of golf. These awards are given annually as an ongoing tribute to Joe Jemsek, a local golf pioneer and friend of Marianjoy.

Proceeds from the event totaled $75,000 and will benefit enhancements to Marianjoy’s outpatient rehabilitation services and programs, including the Marianjoy Therapeutic Golf Program.

“Journey of Hope” Cyclists Visit Marianjoy and Donate to Marianjoy Scholarship Fund

Twenty-two college cyclists brought their “Journey of Hope” to Marianjoy. They presented a check to the Marianjoy Foundation for the Marianjoy Scholarship Program which awards funds to students with physical disabilities who are attending colleges and universities across the country. The group had an opportunity to hear from two Scholarship award winners who are pursuing their educational dreams — one to become a child psychologist and the other a business entrepreneur.

The ride is a program of Push America, the national philanthropy of Pi Kappa Phi Fraternity, which raises funds and awareness for people with disabilities. The Journey of Hope team consists of men from chapters across the country who cycled an average of 75 miles per day to trek 4,000 miles from San Francisco to Washington, D.C. over nine weeks.

“The real journey is not the one on the bike, but spending time with the people for whom they are riding,” said Adam Phillips, spokesperson for Push America. “These young men are striving for community inclusion of people with disabilities and are helping to break the barriers of society that keep people of all abilities from living life to the fullest.”

Golfers tested their skills by attempting a “One-Armed” Drive, and at the “Hole-in-One” contest.
Join Marianjoy’s Gala Celebration
“An Evening in That Toddlin’ Town”

Mark your calendar and join Marianjoy for an exciting, fun-filled evening where vintage Chicago comes alive with the elegance, excitement and entertainment for which our Toddlin’ Town is famous! The annual fundraising and friend-raising gala event takes place Saturday, November 8, 2008 at The Carlisle in Lombard.

Don’t miss out on this opportunity to join more than 400 of our closest friends and supporters for this very special evening. Proceeds from the ticket sales will benefit the Marianjoy Foundation. All tickets are $350, with a $175 tax deductible portion.

**Sponsorship opportunities are available.** For more information please call 630-909-7514.

Last year’s gala raised over $163,000 and was supported by the following donors:

### $10,000 or More
- David & Holly Grange, McCormick Tribune Foundation
- Tom & Anne Kelly
- John Paderta, Krahl Construction, Inc.
- Jeff Swallow & Judy Gay Stevenson, Magnetro Inc.

### $6,000 or More
- Ron & Teri Kuhn

### 3,500 or More
- Sylvia Juric, Ameriprise Financial Services, Inc.
- Sandy Beal
- Luke McGinness & Mike Vivoda, Central DuPage Health
- Don & Cary Fischer, Community Bank – Wheaton/Glen Ellyn
- Aimee Cottrell, Elkay Manufacturing
- Bon & Holly French, Forsythe Technology, Inc.
- Jeri Brooke
- John & Anne Mueller, G & W Electric, Inc.
- Michael & Mary Ann Hedderman
- Brett Dale, Huck, Bouma P.C.
- Joel Riley, Trust Company of Illinois
- Maureen Buckley, Leaders Bank
- Jim Bell & Jeremy Samatas, Lexington Healthcare
- Jeffrey & Jacqueline Orlove
- Jim Hock, Northern Trust
- Peter Miska & Kevin Young, Phoenix Home Care, LLC
- Steve & Lynne Danekas, Swanson, Martin & Bell
- Mike & Kay Birck, Tellabes
- Kathleen Dvorak, United Stationers, Inc.
- John & Diane Oliverio, Wheaton Franciscan Healthcare
- Kathleen C. Yosko, President and CEO, Marianjoy
The 14th annual Marianjoy Scholarship Awards Reception held in June honored 22 students with scholarship awards totaling $50,000.

The Marianjoy Scholarship Program, established in 1994 and funded by Marianjoy donors, was created to help individuals with physical disabilities pursue their dreams of continuing their education at a four-year college, junior college, or trade school. To date, the scholarship program has awarded more than $440,000 to 120 student scholars. With a current balance of just over $50,000, a five-year goal has been established to grow the program’s endowment to $500,000 through the generous support of our donors and community friends.

2008 Marianjoy Scholarship Recipients
The following 22 students from throughout Chicagoland received monetary awards from the Marianjoy Scholarship Program this year:

- David Baer, Wheaton
  *Purdue University*
- Shawna Culp, Wheaton
  *University of Illinois*
- Molly Farrell, Wheaton
  *St. Mary’s College*
- Amanda Fowler, Naperville
  *University of Illinois*
- Meredith Hill, Oak Park
  *Concordia University*
- Patrick Juris, New Lenox
  *Southern Illinois University*
- Sara Koehnke, Highland Park
  *University of Wisconsin, Madison*
- Amanda Lapka, Palatine
  *Roosevelt University*
- Fabian Lopez, Bartlett
  *Vandercook College of Music*
- Alyssa-Jordan Lye, Montgomery
  *Waubonsee Community College*
- Dina Margetis, Mt. Prospect
  *Oakton Community College*
- Bridgette Martinak, Algonquin
  *Washington University*
- Katherine McElheney, Wheaton
  *Illinois Wesleyan University*
- Kathryn Monfortte, Villa Park
  *Elkhart College*
- John Mravik, Elgin
  *Northern Illinois University*
- Scott Nyquist, Prospect Heights
  *Elmhurst College*
- Emily Paree, Yorkville
  *University of Illinois*
- Jessica Riechers, Beecher
  *Illinois State University*
- Ian Smith, Elmhurst
  *Massachusetts Institute of Technology*
- Hannah Thompson, Glenview
  *Elmhurst College*
- Chrisiele Welsh, Lemont
  *University of St. Francis*
- Jeffrey Zagoudis, Palatine
  *North Central College*
Two New Volunteer Opportunities at Marianjoy

Volunteers are an important part of Marianjoy’s mission to rebuild lifestyles for people with disabilities. We have more than 150 active adult and student volunteers, who contribute over 24,000 hours of service annually. In addition to regular volunteer opportunities such as receptionist, gift shop, marketing and public relations, physical therapy observation, therapeutic recreation, and patient transport, Marianjoy has two new volunteer programs.

Looking for Retired RNs
Marianjoy is looking for retired nurses to provide patient care assistance and support. Under the supervision of a staff RN or nursing supervisor, volunteer nurses will engage in numerous patient care activities including: triage patient call lights, patient rounding, pass trays and assist with feeding, take vitals, and provide patient observation and companionship. Documentation, passing of medications and procedural work are not required. This volunteer position is all about what nurses went into the field for in the first place — direct patient contact. The hours are flexible, and a minimum number of hours is not required.

For more information about any volunteer opportunities or to fill out an application, please call the Marianjoy Volunteer Department at 630-909-7400.

Living Histories Interviewer
An exciting new program called “Living Histories” is looking for volunteers who want to “interview” patients using a series of non-medical questions from which a brief personal profile is created. A copy of the profile is placed in the front of the patient’s chart, providing an opportunity for clinicians and care givers to learn about the person and affirms Marianjoy’s core value that our patients are individuals…not a medical diagnosis.

What Our Patients are Saying

“Marianjoy feels more like a home environment then a hospital. Everyone is so friendly and concerned about my mom. I really like the feeling I get when I come to see her.”
— Muriel H.
Marianjoy has been honored with two awards recognizing our commitment to the environment and green initiatives.

Clean Air Counts
Marianjoy was selected to be featured on a billboard for its participation in “Clean Air Counts” and its achievements in reducing emissions of volatile organic compounds. Marianjoy joined Clean Air Counts in October of 2007, and since then the hospital has reduced emissions of volatile organic compounds (VOC) by over 36,000 pounds as a result of using low VOC cleaning products, installing low VOC carpeting, and other green efforts.

“In part because we are located on 60 acres of restored prairie owned by the Wheaton Franciscan sisters, Marianjoy has a tradition and commitment to honor the earth. As an example, when we built our new 175,000 square foot hospital on the campus, only seven trees were removed and each of them was recycled into materials used to create furniture for our chapel and boardroom. Building the hospital also provided us with a window of opportunity to demonstrate our commitment to the environment by making voluntary, conscious greener choices in our building materials and supplies and by designing a space that complements nature rather than conflicting with it,” said Kathleen Yosko, President and CEO of Marianjoy.

The “Clean Air Counts on Marianjoy Rehabilitation Hospital” billboard can be seen on Roosevelt Road just east of Highland Avenue in Lombard. The Clear Air Counts campaign is a program managed by the Metropolitan Mayor’s Caucus, which encourages companies to make a difference in Chicago’s air quality by reducing pollution emissions.

Practice Greenhealth
In addition, Marianjoy and its parent organization, Wheaton Franciscan Healthcare, received a national award from Practice Greenhealth, an organization that recognizes environmental stewardship in health care organizations. In order to win, each site within the organization demonstrated that it is working to improve and expand programs to eliminate mercury, reduce waste, and prevent pollution. Practice Greenhealth (formerly H2E) is the leading national recognition program for environmental stewardship in health care.

Ten Everyday Pollution Solutions*

1. Use cast iron pans instead of nonstick.
2. To avoid chemicals leaching into food, go easy on processed, canned or fast foods and never microwave plastic.
3. Buy organic, or eat vegetables and fruit from the “Cleanest 12” list.
4. Use iodized salt to combat chemical interference from the thyroid.
5. Seal outdoor wooden structures
6. Leave your shoes at the door. This cuts down on dust-bound pollutants in the home.
7. Avoid perfume, cologne and products with added fragrance.
8. Buy products with natural fibers, like cotton and wool, that are naturally fire resistant.
10. Filter your water for drinking and cooking.

*Source: Environmental Working Group

Did You Know?

Marianjoy Rehabilitation Hospital
www.CleanAirCounts.org

Marianjoy Rehabilitation Hospital reduced air pollution by 36,876 lbs.
Rehabilitation: Essential for Recovery

On a morning in March 2007, Angie Keister, a 29-year-old human resource representative for a Chicago healthcare organization, had a stroke which affected her arm, hand, and leg on her left side, her speech and some facial muscles.

A “Miracle”… Then a Second Stroke

In the hospital, Angie’s paralysis seemed to miraculously disappear. She was ecstatic, but on the third day as she prepared to be discharged, the paralysis suddenly returned.

Angie was airlifted to another local acute care hospital where she spent three days in the intensive care unit for observation. She was eventually moved to a neurological step-down unit. The paralysis and speech issues remained. Physicians contemplated the next steps in Angie’s recovery and their recommendation was Marianjoy.

“Of course my main goal when I arrived at Marianjoy was to get back to 100 percent,” Angie stated recently. “I knew I’d have to break that goal down to smaller ones. The things that were once so simple—standing or walking unassisted, and using my hands—became my goals.

“The atmosphere at Marianjoy is fantastic,” she explains. “Whenever they would introduce a new task that I needed to work on, I would insist that I not be taught a “workaround” to accomplish it. I wanted to do it the right way — the way I would have done it before my stroke. Though my left hand wouldn’t work like it had before, my occupational therapist understood my feelings and worked with me to help me get it done.

“The nurses were wonderful and took good care of me, allowing me to be as independent as I could at the time. And my therapists were amazing, knowing just how to push me to my full potential. They’d give me a challenge to work on, but in such a way that would not scare me into thinking it was something I couldn’t do.”

Smooth Transition to Outpatient

“I have to say I was actually very sad to leave Marianjoy as an inpatient,” Angie explains. “This was a safe place for me as I learned to cope in my new physical form, and I was surrounded by individuals who were there to help me. And though my husband would be at home for me, I was still a bit scared. But I took comfort in knowing I would be returning to Marianjoy for outpatient therapy.”

In April, Angie entered Marianjoy’s day rehabilitation program where she continued to work on physical and occupational therapy.

“Now I am doing great!” she exclaims. “Though my arm hasn’t completely recovered yet, thanks to Marianjoy, I’m back to work and living my life.”

Why Rehabilitation?

Today nearly 50 million people living with a disability continue to participate in everyday life as parents, students, professionals, and volunteers. For many individuals with a disability, rehabilitation gets them back to living life to the fullest.

It’s estimated that most Americans will require some type of rehabilitation service in their lifetime. Rehabilitation is not only for those with a catastrophic injury or illness — it also helps in the recovery from knee injuries, back pain or arthritis. The goal of rehabilitation is to help an individual return to the lifestyle of their choosing — whether returning home, getting back to work or school, or participating in leisure activities and sports again.

At Marianjoy, a team of clinical experts works with the patient to determine their particular goals. The team may include a physiatrist (a physician specializing in physical medicine and rehabilitation), rehabilitation nurse, physical therapist, occupational therapist, speech-language pathologist, vocational rehabilitation specialists, case managers, and psychologists.

Living Life to the Fullest

To help people get back to work, Marianjoy’s award-winning website, AbilityLinks.org, connects individuals with disabilities to leading employers for job placement. The Marianjoy Scholarship Program helps students further their college education. The Marianjoy Therapeutic Golf Program helps individuals get back on the course or learn the game for the first time. To give individuals the opportunity to regain their independence, the Marianjoy Driver Rehabilitation Program gets individuals behind the wheel again. For more information, visit www.Marianjoy.org.
Marianjoy V.P. of Quality & Research Receives National Award

Recent times have brought significant challenges to the field of physical medicine and rehabilitation both from the policy and patient access perspectives. For outstanding leadership during this period, the American Medical Rehabilitation Providers Association (AMRPA) has awarded the 2008 INDE Award to Kathleen Ruroede, Ph.D., M.Ed., R.N., Marianjoy Vice President for Quality and Research.

The INDE Award honors those Inspired, Notable, and Dedicated Efforts which have had a direct and positive impact on the medical rehabilitation field and persons served by the field through medical, clinical, scientific, management, policy, leadership, or advocacy roles.

In her leadership role at Marianjoy, Dr. Ruroede provides direction for quality and research, rehabilitation prospective payment system initiatives, and outcomes. She is responsible for cultivating collaborative research relationships with academic and professional associations to benefit the rehabilitation patient population.

Dr. Ruroede has worked with the AMRPA Data Committee since 2004 and the Research Committee since 2006. Within the Data Committee, she led the clinical and best practices initiative to learn about factors that significantly influence rehabilitation facilities’ performance and outcomes of care. Most recently, she has collaborated with the Veteran’s Administration in the development of research to benefit returning veterans of the Iraq war who have traumatic brain injuries and post traumatic stress disorders.

Finding Reliable Health Information on the Internet

A recent Harris Poll shows the number of “cyberchondriacs” — adults who have ever gone online for health information — increased to an estimated 160 million nationwide, from 136 million in 2006 and 117 million in 2005 — a 37% increase over two years.*

The Internet can be a great resource to learn about a specific disease or health condition, but using a favorite search engine to search for a disease or medical condition can often result in thousands of “hits.” Here are a few tips to narrow down search topics or find specific information:

1. When using a search engine sites, such as Google or Yahoo, take advantage of the health subsets.

2. Learn the advanced searching features of the sites. For example, if you are looking for information on “rehabilitation of brain injured patients”, entering both the terms “brain injury” and “rehabilitation” will retrieve more relevant and precise information than simply entering the general term “brain injury.”

3. Become familiar with some of the most reliable and trusted health information resources such as MEDLINEPlus (www.medlineplus.gov), or Healthfinder® (www.healthfinder.gov) or the Medical Library Association’s “Top Ten” list (http://www.mlanet.org/resources/userguide.html#5).

* Source: The Harris Poll® #76, July 31, 2007

Marianjoy Library Website

The Patient Education section of the Marianjoy Medical Library website (www.MarianjoyLibrary.org) refers healthcare consumers to other resources on the Internet and can be accessed from anywhere at any time. It is a good starting point and provides information on the following topics:

- Health Literacy
- Health Links
- Patient Handouts
- Multilingual Resources
- Finding & Evaluating Medical Information

The information presented in the Marianjoy Medical Library website is intended for informational purposes only and should not be construed as professional medical advice.

For further information, please contact the library staff at 630-909-7090 or 909-7092.
In addition to offering the finest inpatient hospital care, Marianjoy is a leader in providing outpatient therapy and services. With outpatient facilities in Oakbrook Terrace, Downers Grove and Palos Heights, Marianjoy has expanded its services in Wheaton with the opening of the Outpatient Pavilion, an additional treatment space and clinic(s) to further meet the rehabilitation needs of the community.

Marianjoy outpatient facilities provide a complete range of physical therapy and outpatient services for patients of all ages. All services are overseen by a Marianjoy board-certified physiatrist who collaborates with therapists to ensure the best care possible. In addition, our physicians are available to provide ongoing medical evaluations and treatment.

**Your First Visit**
For every patient entering the outpatient therapy program, the first visit includes a comprehensive evaluation performed by a therapist. “Not only do we concentrate on gathering information on their health history and the injury or illness that has brought them to Marianjoy, but we also assess their range of motion, strength, balance and other issues relevant to their diagnosis,” explains Cindy Rechenmacher, Supervisor of Outpatient Services. “We work together with the patient to determine their goals. Do they want to return to work? Do they want to play sports again? This allows us to develop an individualized treatment plan of care for the patient’s specific needs.”

*Warm Water Therapy Pool*
Another unique component to Marianjoy’s outpatient therapy is the therapeutic pool at the Wheaton location. With a water temperature between 94 to 96 degrees, it is optimal for individuals with stiffness and joint pain.

“The pool is a great source of exercise for patients with arthritis, general pain, or those who have difficulty exercising on land,” notes Rechenmacher. “Water is a supportive medium and provides resistance that helps develop strength.” Because of the high temperature of the pool, it may not be appropriate for individuals with cardiovascular or pulmonary issues, and all pool therapy participants must have a physician’s release prior to participating in any type of pool therapy. After being discharged from physical therapy, a patient may continue their pool therapy through Marianjoy’s community-based pool programs, allowing an individual to continue their progress while being supervised by a physical therapist or physical therapy assistant.

For more information on the Marianjoy Outpatient Therapy Program or to schedule an appointment, please call 630-909-7152.

**Lymphedema Expert**

*Cindy Rechenmacher*
Outpatient Therapy

Cindy Rechenmacher, PT, MS, cilt-LANA, is the Supervisor of Outpatient Therapy at Marianjoy in Wheaton, and a hands-on leader. With 13 years of clinical experience, Rechenmacher works side-by-side with her team treating a variety of patients seen daily in the Marianjoy Outpatient Therapy Program.

Though Rechenmacher treats a variety of diagnoses, her expertise is in the diagnosis of lymphedema. Lymphedema is a condition that results from either a congenital malfunction of the lymphatic system or when damage is done to the lymphatic system as a result of cancer treatments, trauma or excessive scarring.

As the coordinator for the lymphedema program, Rechenmacher works directly with patients to help educate them on their condition while teaching them the best techniques to manage the swelling of their limbs due to lymphedema. For six years, Rechenmacher was a board member of the Lymphology Association of North America, and currently remains involved in such organizations as the National Lymphedema Network and the American Physical Therapy Association.

For more information on the Marianjoy Outpatient Therapy Program or the Lymphedema Program, please call 630-909-7152.
Marianjoy acknowledges and supports the members of our armed forces and was proud to be a sponsor of the Operation Support Our Troops-Illinois “Rockin’ For The Troops” event on July 19 at Cantigny. Hundreds of attendees visited Marianjoy’s booth for a chance to spin the prize wheel or to try golfing one-handed for fun prizes!

Highlighting Marianjoy’s commitment to those who serve, employees of Marianjoy rallied together and collected a variety of items for the troops that were assembled into care packages and sent to the men and women currently serving in the armed forces.

Thank you to all who visited us at the event!

Paralympian Tony Iniguez, former patient and Veteran Kevin Finzio, and two Marianjoy staffers met with Gary Sinise after the concert.

ABOUT MARIANJOY
Marianjoy Rehabilitation Hospital is a one-of-a-kind facility with 120 private rooms offering inpatient rehabilitation programs in stroke, brain and spinal cord injury, musculoskeletal and neuromuscular disorders, and pediatrics. The new flagship facility features uniquely designed accessible gardens, a labyrinth, chapel, and a meditation room. Marianjoy Rehabilitation Hospital was founded 35 years ago by the Wheaton Franciscan Sisters, and maintains an extensive network of inpatient, subacute, and outpatient sites and physician clinics throughout the Chicagoland area. Marianjoy has locations in Wheaton, Oakbrook Terrace, Downers Grove, Oak Park and Palos Heights.