

THERAPY ALLIANCE

Winter 2010

Message from the CEO

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Who are the happiest people in the world? It's not the people who live in a warmer climate or make the most money. It is supposedly, the people of Denmark, the Danes. They are more environmentally conscious – one third of the population rides their bikes around the city. Homelessness, poverty and unemployment are very rare amongst their 5.5 million people. If a person loses their job, the government pays 90% of their salary for four years. Their entire Healthcare is free. Women get 6-12 months maternity leave. Not only do they get free education, they get paid for going to school and passing exams. Their work week consist of 37 hours per week with 6 weeks paid vacation. Does it sound too good to be true? The Danes pay about 50% income tax on a middle class salary, and are happy to do so. The American philosophy of more is better does not buy happiness in the Danes eyes. It's not that they are not motivated, they just don't see the need to fit more in than they can handle and that friendships and time / relationships with family are more important.

Take the rest of your holidays and be good to yourself. Learn to say no. When you are having a very stressful moment, take some time to exercise: walk it off or do a few yoga (breathing) techniques. Cut yourself a break. Take a look at your to do list and decide what really needs to be done by you or can be delegated. Prioritize your list. Separate it from your to do today, next week and next month. Believe it or not, it does reduce your stress not to see an ongoing list.

From all of us here in the office, we would like to wish you a Happy and Prosperous New Year.

OhioCEUs Winter Onsite Schedule

Date	Time	Title	Location
Tuesday, February 9 th	2:00-5:15	Body Language Basics: Tips and Techniques for Caregivers	West Chester, OH
Wednesday, February 10 th	2:00-5:15	Body Language Basics: Tips and Techniques for Caregivers	Pataskala, OH
Tuesday, February 16 th	1:00-3:00	Team Building – Creating a Dynamic Interdisciplinary Team	Pataskala, OH
Tuesday, February 16 th	3:15-5:15	How to Make Your Work Life Easier	Pataskala, OH
Wednesday, February 17 th	2:00-5:15	Dealing with Difficult Employees in Healthcare	West Chester, OH
Thursday, February 18 th	1:00-3:00	Team Building – Creating a Dynamic Interdisciplinary Team	West Chester, OH
Thursday, February 18 th	3:15-5:15	How to Make Your Work Life Easier	West Chester, OH
Tuesday, February 23 rd	1:00-5:15	Help, We Admitted a Sex Offender: Understanding Ohio's Laws and their Implications for LTC Providers	West Chester, OH
Tuesday, February 24 th	1:00-5:15	Help, We Admitted a Sex Offender: Understanding Ohio's Laws and their Implications for LTC Providers	West Chester, OH
Tuesday, March 2 nd	1:00-2:00	OT Ethics: Applications for the LTC Setting	Pataskala, OH
Tuesday, March 2 nd	2:15-5:15	OT Services for Those with Mental Illness: Piecing Together the Cause of Dysfunction	Pataskala, OH
Friday, March 5 th	1:00-2:00	OT Ethics: Applications for the LTC Setting – meets OT ethics requirement	West Chester, OH
Friday, March 5 th	2:15-5:15	OT Services for Those with Mental Illness: Piecing Together the Cause of Dysfunction	West Chester, OH
Thursdays, Mar 4 th -May 20 th	9:00-5:00	Modular Education Program for Activity Professionals, Part I	West Chester, OH
Tuesday, March 9 th	2:00-4:45	Establishing and Maintaining Ethical Professional Boundaries – pending for OT ethics requirement	West Chester, OH
Wednesday, March 10 th	2:00-4:45	Establishing and Maintaining Ethical Professional Boundaries – pending for OT ethics requirement	Pataskala, OH
Wednesday, March 10 th	3:00-4:30	Progressive Discipline	West Chester, OH
Tuesday, March 16 th	3:00-5:15	Overcoming Behavioral Barriers to Achieve Resident Goals	West Chester, OH
Thursday, March 18 th	3:00-5:15	Overcoming Behavioral Barriers to Achieve Resident Goals	Pataskala, OH
Wednesday, March 31 st	8:30-5:00	Alzheimer's & Dementia Seminar	West Chester, OH

Therapist Creative Spotlight

Robin Shaner and Sharon Dover shared a very helpful and creative treatment tip to help cue residents with toe touch weight bearing precautions. They use duct tape to attach a saltine cracker to both the heel and ball of the person's foot. If the person applies more pressure than TTWB allows, the cracker(s) break. Where the cracker breaks will show the therapist exactly where the resident is applying too much pressure. There is also the added benefit of the breaking cracker giving the person immediate auditory feedback so that they learn what too much pressure feels like.

"Wealth consists not in having great possessions but in having few wants"
 Esther De Waal

Facility	PT/OT /SLP	FT/PT/PRN
HOME HEALTH FOR BEST CHOICE	PTA	Part Time
HOME HEALTH FOR BEST CHOICE	PT	PRN/PT/FT
Greystone/Terrace View	OT	PT/FT (25 hrs)
Kensington	PT/PTA	PRN Weekend
Vandalia	PT/PTA	PRN
Vandalia	SLP	PT
Batavia	COTA	PT
East Galbraith	PT	25 hours
Bryden Place	All Disciplines	PRN
Forest Hills	All Disciplines	PRN
Tuscany	All Disciplines	PRN
Heath & Arlington	COTA/OTR	PRN/PT
Heath & Arlington	SLP	PRN
Heath & Arlington	PT	PRN

Birthdays - October - December

January

Jan Dailey 6th
 Megan Hamilton 9th
 Erin Kiely 9th
 Colleen Ginter 12th
 Ashley Head 13th
 Michael Bazeley 14th
 Melissa Owens 15th
 Alisha Shook 16th
 Elizabeth Scott 19th
 Kelly Owens 21st
 Theresa Schmelzer 26th
 Joyce Birden 26th
 Robin Deo 27th
 Stacey Jackson 31st
 Jessica Pelfrey 31st
 Michael Rappe 31st

February

Nancy Broemsen 1st
 Sharon Dover 3rd
 Erin Costa 3rd
 Andrea Devito 8th
 Anne Mirman-Tyser 10
 Debra Link 12th
 Elizabeth Burge 13th
 Nicole Kobman 13th
 Berkley Clark 16th
 Marlene Stine 17th
 Michele Martin 23rd
 Lori Lazar 23rd
 Teena Denton 23rd
 Melissa Satterfield 24th
 Alex Bertsch 24th
 Tamara Redman 25th

March

Rita Bushelman 5th
 Cathryn Shedden 5th
 Melissa Gilmore 7th
 Dolores Reed 7th
 Lynette Ingle 12th
 Erin Cordi 12th
 Karen Smith 20th
 Victoria Jones 20th
 Jiyoung Na 20th
 Erin Hofmeyer 24th
 Jessica Meyer 24th
 Amanda Rodstrom 28th

INDUSTRY INFORMATION

On January 1, a \$1,860 per year/per beneficiary cap for outpatient physical therapy and speech language pathology services combined, and an \$1,860 cap for outpatient occupational therapy services (hospital outpatient departments are exempt), will go into effect -- **without** an exceptions process. The KX modifier used to signify care that is medically necessary when the therapy cap amount is exceeded will no longer be applicable.