

The Siskin  
Hospital

# spirit

*Caring People. Changing Lives.*

Summer/Fall 2009

Incredible  
story of  
**HOPE &  
TRIUMPH**

following a life  
threatening accident

One grateful teen  
**GIVES BACK**

to help others

[www.SiskinRehab.org](http://www.SiskinRehab.org)



# the Main idea

by Robert Main,  
CEO Siskin Hospital

This year has been a very exciting year at Siskin Hospital, as we are focusing on many improvements and goals for the future!

Siskin Hospital opened a brand new Stroke Unit this past spring. The new Stroke Unit is located on the 2nd Floor and features fifteen private rooms. An advanced team of Stroke rehabilitation specialists, including nursing and therapy staff, focus daily on meeting the specialized needs of Stroke patients. We are very excited to have a dedicated unit that will help our Stroke patients on their road back to independence.

We have also brought changes to our Outpatient Therapy Services department. Not only have we added a new Psychologist, Dr. Gina Delgado, to our staff, but we have also opened a new offsite location on Signal Mountain! Our offsite location in Cleveland, TN moved to a brand new, updated facility on Keith Street in July, which allows us to be able to serve three times the number of patients we previously served in Bradley County. In addition, you can conveniently access Outpatient Therapy at the Siskin Hospital campus downtown, as well as in East Brainerd, Red Bank/Hixson and Lookout Valley.

We would like to encourage everyone to visit our website at [www.SiskinRehab.org](http://www.SiskinRehab.org) for a variety of information. Also, don't forget to sign up on the website's Email List or send your email to "info@SiskinRehab.org." By signing up, you will receive important emails concerning news and events at the Hospital, such as the upcoming Siskin Hospital Golf Classic. The 19<sup>th</sup> Annual tournament will be held on October 6<sup>th</sup>, 2009 at the beautiful Council Fire Golf Course. You can also follow Siskin Hospital on Facebook and Twitter!

I encourage everyone to explore the opportunities at Siskin Hospital, as we strive to focus on offering hope and help to those who need it the most.

## Siskin Hospital for Physical Rehabilitation Main Campus:

One Siskin Plaza  
Chattanooga, TN 37403  
[www.SiskinRehab.org](http://www.SiskinRehab.org)  
**423.634.1200**

## Siskin Hospital Therapy Services Offsite Locations:

Cleveland  
East Brainerd  
Lookout Valley

Red Bank/Hixson  
Signal Mountain

**Please call 423.634.1400 to schedule your outpatient appointment.**

## Siskin Hospital Support Groups:

Amputee Support Group  
Chattanooga Area Brain Injury Support Group  
Epilepsy Foundation Support Group  
Lymphedema Support Group  
Parkinson's Disease Support Group  
Spinal Cord Support Group  
Stroke Support Group

**Please visit [www.SiskinRehab.org](http://www.SiskinRehab.org) for more information on the Support Groups.**

## Please Help Us Continue to Be Caring People. Changing Lives.

To make a donation, you may call the Development Office at 423.634.1208 or visit [www.SiskinRehab.org](http://www.SiskinRehab.org) to donate online.

Want to receive Siskin Hospital news in emails? Send your contact information to [info@SiskinRehab.org](mailto:info@SiskinRehab.org) or visit [www.SiskinRehab.org](http://www.SiskinRehab.org) to sign up on the email list.

Also, check out Siskin Hospital on the social networking sites, Facebook and Twitter. News, events and hospital happenings are updated to keep you informed at home, in the office or on the go!

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# the Sky is the Limit



*following a remarkable recovery*

by Lindsay Wyatt

**Trent Creswell** is an incredibly talented young man. As a rising senior at the Center for Creative Arts, Trent was excelling as a student, writer, actor, director, singer and dancer. He had been accepted into the summer program at a physical theatre company and was preparing for a future in theatre and the arts.

While enjoying a summer bike ride on June 16, 2008 in the North Shore area of Chattanooga, a speeding Buick hit Trent head-on instantly changing his life forever.

Left: Trent in the hospital following his accident. Right: Trent in therapy at Siskin Hospital with David Barron, PT.

**T**rent suffered catastrophic injuries, the worst of which was to his face. His mother, Jinger Wadel, described it as though, "Trent was basically broken every way you could be broken. His face was literally ripped off and the bones in his face were crushed. His jaw was broken, he had a broken arm, a broken pelvis, four fractured vertebra, a compound tibia and fibula fracture and right femur... anything that could be broken, except his left arm, was broken."

Trent was rushed to the hospital where after multiple surgeries, he remained in the Trauma Intensive Care Unit in a medically induced coma for two and a half weeks. Upon awakening, Trent began showing signs of recovery. Unfortunately, due to his jaw being wired shut, he was still unable to speak or communicate. So, as a writer, Trent picked up where his mother left off... writing all his thoughts down in a journal.

"I'm a writer, and I sort of live my life through recollections of the things that have happened. And my mom was keenly aware of that. So while I was in a coma, she wrote down everything I did and everything she felt. It's a beautiful journal and it's meant a lot to me in my healing," Trent explained.

Doctors estimated that it could take up to a year for Trent to even be able to walk and that he would most likely miss his senior year of high school. While the diagnosis seemed bleak, Trent arrived at Siskin Hospital with a new hope and a team of caring people to help him on his journey back to the spotlight.

Trent's stepfather, Mike Wadel, explained it as, "You battle that fear of the worst, and you put your faith in hope for a better outcome than anyone ever imagined... and that's what we got."

Trent began his therapy and soon surpassed the hopes of everyone by being able to walk again. "You think it's great when you watch your baby take his first steps, but this was the most wonderful experience to watch my nearly 18-year-old baby take those steps," Trent's mother exclaimed.

"It was just very inspiring to have a staff here at Siskin Hospital who are rooting for you so, so much. They want you to get better and they want to be a part of what you do when you get better. They invested so much in me... it's just unbelievable," Trent expressed.

Trent celebrated his 18<sup>th</sup> birthday at Siskin Hospital. His family, friends and the staff threw him a party where he sampled every type of pizza in the Chattanooga area; something he craved while his jaw was wired shut. Trent's delightful sense of humor also inspired his parents to bring him a cake with a big red Buick and crumpled bicycle that said, "Happy 18<sup>th</sup> Birthday, Buick Stopper!"

Trent and David Barron, Physical Therapist, developed an incredible friendship

*Continued on page 4*



# Grateful for recovery *and those who helped*



Trent with his mom, Jinger, and step-father, Mike at the NFAA's youngARTS Week in Miami.

*Continued from page 3*

during his stay at Siskin Hospital. David took Trent on "field trips" to a local coffee house and to Trent's home to prepare for his return, ensuring Trent would be safe and comfortable in

his transition back to life outside of the hospital.

Trent's recovery has been nothing short of remarkable. He was able to regain movement and functionality thanks to his hard work and the staff at Siskin Hospital. Trent started his senior year of high school after only missing the first two weeks. He again excelled as a student and artist, using his accident and recovery as motivation for an entire new world of exploring the meaning behind what he views as a beautiful tragedy.

Trent's emotional and humorous journal about his recovery, "Auto-Bike-Ography," won the 2009 National Foundation for Advancement in the Arts (NFAA) Silver Medal Award for Non-Fiction writing, as well as earned him a trip to Miami for youngARTS Week. As Trent explained in his journal, "It is not until you have to be rebuilt that you learn that everything had to be created in the first place.

Through this I have found more strength than I know how to harness, more love than I have enough time to give and gained exponentially more than I have lost. I have been on the spiritual journey to manhood. A ceremonial rite of passage that God thankfully threw me into before I was ready."

Trent is among 141 of America's Best Young Artists selected by the NFAA. He is also one of two Tennesseans chosen as a Candidate for a Presidential Scholar in the Arts Award. He continues to be involved in numerous local productions, including an original play he wrote and directed called, "The Death and Afterlife of Dr. Crash Friendly." Trent was also honored as a 2009 Siskin Hospital "Possibilities" Luncheon Patient Honoree. He will continue to share his artistic talent as he begins his journey as a Theatre Arts major at DePaul University this fall.

His amazing recovery has allowed him to radiantly express himself and expose everyone to a world of those who are also struggling to rebuild their lives after a tragedy or illness. "I have found a community in the sick and the injured. Come down to Siskin Hospital and sit with me for a while. These are beautiful people. This is my posse," Trent explained.

Trent's feelings towards Siskin Hospital were eloquently expressed as, "Siskin Hospital is a very, very special place. It's not many places that you go to after a life-threatening injury where you can say, 'I had an awesome time there.' That's a rare thing and Siskin Hospital was absolutely that for me. I think about this place as a happy place."

## *focus on* Fitness & health



Join us at the Fitness Center

for some fun classes to help you find your comfort zone and get in shape! For more information on the Fitness Center at Siskin Hospital, please call 423.634.1234 or visit [www.SiskinRehab.org](http://www.SiskinRehab.org).



### Land Classes

Adaptive Tai Chi  
& Seated Tai Chi  
Boot Camp  
Core

Pilates  
Seated Core Strength  
Step N'Pump  
Yoga

### Aquatic Classes

Aquatic Volleyball  
Hot Aqua Yogalates  
Water Aerobics

# Special patient *gives back*

**M**egan Morris was admitted to Siskin Hospital at age 13. She was diagnosed with Transverse Myelitis, which is inflammation of the spinal cord. This inflammation caused Megan to have numbness and muscle weakness. She was unable to walk and move the way she previously did, and as a result, she needed multiple therapy sessions to help her regain her strength and movement.

Megan was so touched by the care she received at Siskin Hospital, that she decided to donate some of her own money to help other patients without adequate insurance receive the care they need. Megan sacrificially gave the donation, because she was so grateful for the difference Siskin Hospital made in her life. She worked with therapists who helped her regain movement, and ultimately her life. Amazingly, Megan was able to walk out of the hospital with assistance.

Megan was a Patient Honoree at the 2009 "Possibilities: Siskin Hospital Celebrates Life Beyond Disability" Luncheon. Megan's incredible attitude, work ethic and sweet personality won the hearts of Siskin Hospital staff, especially the therapists and nurses who worked daily with her while she was an inpatient.

Megan has now graduated from middle school and is excited to pursue her high school career. She aspires to become a Physical Therapist one day so she too can help others recover after suffering from a traumatic illness or injury. She is continuing to receive therapy on an outpatient basis, in order to help improve her physical condition and stamina with walking.



Please join Megan by making a donation to help Siskin Hospital patients without adequate insurance cover the cost of their medical treatment. Any amount, small or large, is greatly appreciated and will be used to help others like Megan return to an active life. You can donate online at [www.SiskinRehab.org](http://www.SiskinRehab.org) or call the Development Office at 423.634.1208.



## fitness tip *for summer*

by Andrea Maurice,  
*Exercise Physiologist*  
at The Fitness Center at Siskin Hospital

Don't let the summer heat get you!! With temperatures on the rise, it is important to be cautious when exercising outdoors. Heat exhaustion and heat stroke are two dangerous conditions that can occur when exercising in a hot environment.

Some signs and symptoms to look for include nausea and vomiting, headache, dizziness, rapid pulse, difficulty breathing, absence of sweating and confusion. Stop exercising immediately if you experience any of these symptoms.

In effort to avoid harmful heat illness, be sure to limit the duration of exercise by taking frequent breaks, drinking plenty of fluids (before, during and after exercise), wearing light-weight and light-colored clothing, as well as being aware of the signs and symptoms of impending heat illness. On extremely hot days it may be more wise to conduct your exercise regimen indoors, such as in a fitness center, the mall or your own home.



CLIP & SAVE  
FREE  
one week  
membership  
to the  
Fitness  
Center at  
Siskin  
Hospital.  
*Just present this  
coupon.*

# Introducing Women's Services



*At Siskin Hospital, we recognize that women are so busy taking care of life that little time is left for taking care of*

*your health. Our caring staff strives to provide personalized outpatient services in a timely manner to meet your individualized needs and get you right back to your lives.*

**Our services include:**

Osteoporosis Program  
Balance Program  
Pelvic Floor Program  
Lymphedema Program  
Physical & Occupational Therapy

Psychological Services  
Memory Program  
Fitness Center  
Exercise Physiology  
Aquatic Therapy

***The Women's Services Programs are available at 6 convenient locations:***

- Cleveland
- Downtown Chattanooga
- East Brainerd
- Lookout Valley
- Red Bank/Hixson
- Signal Mountain

**For additional information on these services, please call 423.634.1400 or email [womenservices@SiskinRehab.org](mailto:womenservices@SiskinRehab.org).**



Scott Burrows (left) signed autographs after his inspiring presentation during the 2009 Possibilities celebration.

*Possibilities*  
Siskin Hospital Celebrates  
Life Beyond Disability

**2010**

The 2010 Possibilities Luncheon will be held on **February 17th** at the Chattanooga Convention Center.

Mark your calendar now and be on the lookout for more information on how you can join Siskin Hospital in *Celebrating Life Beyond Disability*.

*Celebrating*  
National  
Rehabilitation  
Week 2009

National Rehabilitation Week is an opportunity for Siskin Hospital to celebrate the field of rehabilitation, educate others about this field and recognize the many individuals whose lives have been touched by physical medicine and rehabilitation.

The **2009 Rehab Week** will be held **September 20-26**. This year's theme will be **CELEBRATING!!!** Siskin Hospital staff, patients, volunteers, the Chattanooga community and the field of rehabilitation. If you would like to join with Siskin Hospital in celebrating the lives who've been changed by physical rehabilitation, please call Sandy Howell at 423.634.1208 to make your tax deductible contribution.

*Check out the website, [www.SiskinRehab.org](http://www.SiskinRehab.org), as well as Siskin Hospital's Facebook and Twitter pages for more information on the Celebrations!*

Siskin Hospital is grateful to all of our donors, who are such a vital part of helping us change lives every day. The following contributions have been received during the period November 1, 2008 through June 30, 2009. Gifts and pledges received after June 30, 2009 will appear in the next issue of the Siskin Hospital Spirit. The donor listing is also available and updated quarterly on the Siskin Hospital website. We regret any omissions on this list.

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# Adaptive Golf Clinics

*provide unique opportunities*



Two free First Swing Adaptive Golf Clinics were presented by Siskin Hospital and the First Tee of Nashville. The First Swing Program is designed to instruct therapists and other rehabilitation team professionals to teach and encourage people with disabilities to learn or re-learn the game of golf.

Siskin Hospital was privileged to have Bob Wilson, a double below the knee amputee, instruct the clinics. Wilson (left) is the National Amputee Golf Association Executive Director and founder of the First Swing Program.

*"There is no greater thrill than seeing the complete satisfaction and expression on someone's face when they get control of their body through contact with a golf ball. That's why I promote golf and it's why I come back every year from Florida to Siskin Hospital's First Swing Clinic. Selfishly, I take away from Siskin far more than I bring. Thanks to Siskin Hospital for letting me be a part of this wonderful experience."*

— Bob Hydte,  
First Swing Trainer,  
Amputee & former NFL Kicker  
(pictured above)

If you would like to help support Siskin Hospital's Free Adaptive Golf Clinics or learn more about the Adaptive Golf Program, please call Lisa Morgan, Clinic Coordinator, at 423.634.1674 or visit [www.SiskinRehab.org](http://www.SiskinRehab.org).



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FOR PHYSICAL REHABILITATION™

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