

The Siskin
Hospital



siskin

Caring People. Changing Lives.

Fall/Winter 2008

CHATTANOOGA
FIRE-RESCUE

S3

Life comes
FULL CIRCLE
for two patients

Siskin Hospital
proud to have only
**GERIATRIC
SPECIALIST**
in Chattanooga

www.siskinrehab.org



the Main idea

by Robert Main,
CEO Siskin Hospital

We are very excited to announce that Siskin Hospital's website, www.SiskinRehab.org, has been completely re-designed and now has a brand new look. After receiving feedback on the website, we wanted to offer a user-friendly option for those interested in the hospital. We hope this new site will provide an easy way to access valuable information.

The new website is a vital communication piece that will provide our patients and their families, visitors, and others in the medical community with the most up-to-date hospital news. There is Support Group information, as well as Fitness Center, Inpatient, SubAcute, Outpatient, and Day Hospital program information available.

Website visitors are also able to see 360° Virtual Tours of the Main Lobby, a Patient Room, a Brain Injury Unit Room, and a Therapy Gym. Virtual Tours of the Fitness Center's Pool Area, Cardio and Weight Machines, and the Aerobics and Free Weights areas are also available for an up-close view of what we have to offer at the Fitness Center.

By visiting the website, you will be able to see pictures and information from events, such as the Siskin Hospital Golf Classic, the 2008 National Rehabilitation Week Celebration, and the 2009 Possibilities Luncheon.

We would like to encourage everyone to visit the new website and sign up on the Email List. By signing up, you will receive important emails concerning news and events at the hospital.

We hope you enjoy the new and improved website, and I encourage everyone to explore what Siskin Hospital has to offer.

Siskin Hospital for Physical Rehabilitation Main Campus:

One Siskin Plaza • Chattanooga, TN 37403
www.SiskinRehab.org 634.1200

Siskin Hospital Therapy Services Offsite Locations:

Erlanger East	778.8660
Erlanger North	778.3358
Lookout Valley	821.3092
Cleveland	339.1492

Siskin Hospital Support Groups:

- Chattanooga Area Brain Injury Support Group
- Epilepsy Foundation Support Group
- Lymphedema Support Group
- Multiple Sclerosis Support Group
- Muscular Dystrophy Support Group
- Parkinson's Disease Support Group
- Spinal Cord Support Group
- Stroke Support Group

Please visit 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 634.1208 or visit www.siskinrehab.org to donate online.

Board of Directors:

- Thomas Kinser, *Chairman*
- W. Charles A. Sternbergh, Jr., M.D., *Vice Chairman*
- Lawrence Richey, *Treasurer*
- Judith Britain, *Secretary*
- Robert P. Main, *President*
- Robert Best
- Claire S. Binder
- John F. Boxell, M.D.
- Richard L. Brown, Jr., Ed.D.
- R. Phillip Burns, M.D.
- James W. Cecil
- Rose Decosimo, C.P.A.
- Marshal Mize
- Frederick Obear, Ph.D.
- Timothy Stees, C.P.A.
- Jo Ann Yates

Contents:

Coming Full Circle	3 & 4
Employee Spotlight:	4
Pets in therapy	5
Fitness Center	5
Unum Fitness Zone	6
Siskin Hospital Golf Classic	6
Donor Appreciation 2009 Possibilities Luncheon	7
	8

Full Circle

by Lindsay Wyatt

For over 10 years, David Tallent has proudly served as a firefighter for the Chattanooga fire department.

David is real-life hero, responding to save those in need without regard for himself. Little did David know, one day, he too would need saving.

A critical ATV accident left David fighting for his life. He went into a 55-day coma after complications from surgery. Doctors were not certain he would survive, but a determined David kept fighting for his life.

“When I arrived at Siskin Hospital, I couldn’t even feed myself... my wife had to feed me,” David said. He could not walk or even perform simple daily activities. The once-strong firefighter now needed others to help him regain the life he once had.

David worked hard with therapists to regain his balance and strength. He participated in occupational, speech, and physical therapy. It was during one of his physical therapy sessions that life came full circle for David.

“I overheard one of the Patient Care Technicians speaking with a patient’s family member about a car wreck that almost took his life,” David remembers. After asking a few questions, David realized he was one of the firefighters on the scene of that accident over six years ago. David had come face-to-face with Bobby Bean, who he helped rescue.

David remembered Bobby’s accident and was proud to see how far he had come in the past few years. David and Bobby were able to re-connect, but this time Bobby, working as a Patient Care Technician, was the person helping David to regain his life.

Bobby and David have a special connection and mutual respect for what they do every day. David has been able to regain what he thought he might never have again. He proudly serves as a firefighter, constantly helping those in need.

“I am even more active now than before the accident,” David expressed. David has recently started training for bicycle racing. He is hoping to compete in a 100-mile race by next spring, only one year from the time of his accident.

When Bobby was asked about re-uniting with David Tallent, memories of his wreck brought up emotional feelings for him. “He said he was one of the guys that had pulled me out. I thought I had passed all of the surreal moments of my wreck,” Bobby said.

Talking about the wreck and his recovery also reminded Bobby of how far he has come over the past six years. Bobby has regained the ability to care for himself, as well as his wife and two children. This year, he earned his Physical Therapy Assistant degree from Chattanooga State Technical Community

Continued on page 4



Crossing paths

Continued from page 3

College, and now works as a PTA at Siskin Hospital.

Bobby's hard work has allowed him to re-build his life after the accident, but recently a scary moment brought Bobby and David together again. Unfortunately, Bobby was involved in another car accident. Thankfully, the severity of this accident was not as bad as the first accident. However, as amazing as it was for Bobby and David's paths to have crossed twice, they met again as David's unit responded to the scene of Bobby's wreck. After making sure Bobby was not seriously injured, David joked that they would have to stop meeting this way. David was also able to comfort Bobby's family at the scene, knowing what a difficult moment it was for them.

Bobby and David are truly connected, as it has proven time and time again that they are meant to be a part of each other's lives. Thankfully, they are both back at work doing what they love. Bobby and his family will always be grateful to those who helped him, like firefighter David Tallent, as well as Siskin Hospital. Siskin Hospital is also thankful to have Bobby as a staff member, as he consistently devotes himself to helping others heal the same way he did... with love, patience, and the best rehabilitation care possible.

Thanks to Siskin Hospital, Bobby and David are both able to give back and make a difference. If you would like to make a difference, please consider donating a gift to Siskin Hospital.



Bobby Bean (right) works with David Tallent (left) during therapy.

Employee spotlight



Christy Clark
Siskin Hospital is proud to announce that Cristy Clark, Senior Physical Therapist, has been certified by the American Board of Physical Therapy Specialties as the first and only Geriatric Clinical Specialist in Chattanooga.

"This is a great accomplishment, as it requires knowledge in a wide variety of areas," said Tod Cain, Directory of Therapy Services at Siskin Hospital. The certification process requires at least two years experience treating geriatric patients, as well as passing a difficult clinical specialist exam.

Christy has worked at Siskin Hospital for 10 years, and will graduate from UTC in December 2008 with her Doctorate in Physical Therapy.

fitness tip

by Staci Fisher,
**Exercise Physiologist
at The Fitness
Center at Siskin
Hospital**



Losing weight is like peeling an onion. Spot reduction is a myth. You cannot just lose weight on one specific area. Fat is lost in layers, just as an onion is peeled in layers. A combination of cardiovascular activity and weight training is most efficient in burning calories and losing weight.

Pets are therapeutic

The Recreational Therapy Department at Siskin Hospital utilizes Pet Therapy as a method to connect with patients. Pet Therapy is a unique program that allows therapists to focus on meeting specific therapy goals, in a loving and nurturing manner.

The Pet Therapy Program uses carefully screened dogs and cats as an integral part of physical, speech, recreational and occupational therapies to address treatment goals including improving range of motion, strength and endurance, balance, mobility, and sensation. In addition to the physical benefits of pet therapy, patients form a connection with the animal, reducing stress and building self-esteem through the animals' unconditional acceptance.

This program relies on volunteers from the community like Hap Harwell and his dog Daisy, who have been volunteering for many years. Hap and Daisy bring so much joy to our patients as she loves to visit and bring smiles to the patients' faces.

"Daisy is a gift from God. She was meant to do this and it is a joy to me as well," Hap explains. Daisy understands firsthand what it's like to be in recovery, as she battled cancer and went through chemotherapy. She is now in remission and continues to share her love to all those around her.

Siskin Hospital is so thankful for the Pet Therapy volunteers and all the unconditional love and acceptance they bring every time they step through the front door wagging their tails.

Hap Harwell and dog, Daisy, visit with a patient.



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.



Tai Chi, Adaptive Tai Chi
& Seated Tai Chi Class
Seated Core Strength Class
Boot Camp Class
Core Class & Adaptive Core Class
Core Pole Class

Kickboxing
Step N'Strength
Yoga
Water Aerobics Classes
Hot Aqua Pilates & Yoga



You're giving so much to others this season, so here's a gift for you.

FREE one week membership to the Fitness Center at Siskin Hospital.

Just present this coupon.

Unum Fitness Zone *unveiled*



Unum contributes \$500,000 to the Fitness Center at Siskin Hospital

Attending the Unum Fitness Zone Open House were (left to right): Bob Greving, Chief Financial Officer for Unum Group; Tom White, SVP Investor Relations for Unum; Bob Main, President & CEO Siskin Hospital; Mayor Ron Littlefield; Bob Best, Chief Operating Officer for Unum U.S.; and Martha Leipet, Deputy Chief Investment Officer for Unum.

As part of Unum's commitment to local communities, a \$500,000 contribution has been made to the Fitness Center at Siskin Hospital to fund the Unum Fitness Zone - the second floor of the hospital's new Fitness Center dedicated to cardiovascular exercise.

The Unum Fitness Zone has a variety of cardiovascular equipment that is adaptable to those with disabilities, making the Fitness Center a place unlike any other workout facility in the community.

"The partnership with Siskin Hospital is a natural fit," said Bob Best, chief operating officer at Unum. "We are both committed to helping those in the disabled community."



*18th annual
Siskin Hospital*

**Golf
Classic** 

Thank you to all of our supporters for making this year's tournament a huge success. It was truly a day of fun at Council Fire Golf Course, and we look forward to hosting Chattanooga's premier golf tournament next year on October 6th!



Thanks

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 March 1, 2008 through October 31, 2008. Gifts and pledges received after October 31, 2008 will appear in the next issue of the Siskin Hospital Spirit. We regret any omissions on this list.

Friends of Siskin Hospital

Dr. Adele B. Ackell
Mr. and Mrs. Lee Anderson
Anonymous
Mr. and Mrs. B. J. Atchley
Mr. and Mrs. Raymond D. Barnes
Ms. Gayle Bernard
Mrs. Claire Siskin Binder
Ms. Mary Jane Blancett
Dr. and Mrs. Lonnie R. Boaz
Dr. and Mrs. John F. Boxell
Ms. Doris J. Broadway
Mrs. Frances T. Cannon
Ms. Virginia Carnes
Ms. Alaina Cashman
Mr. John A. Chambliss, Jr.
Mr. and Mrs. E. Y. Chapin, III
Chattanooga Christian Community Foundation
Mr. Charles B. Chitty
CMC Publications
Mr. E. Ronald Coleman
Mrs. David and Gwynn Collins
Community Foundation of Chattanooga
Mr. and Mrs. Richard B. Connelly
Mr. and Mrs. J. Thomas Cook
Mr. and Mrs. James E. Cooper
Mr. and Mrs. W. Horton Corwin
Dr. and Mrs. Steven L. Coulter
Mr. and Mrs. C. Alex Crawford
Mr. and Mrs. William Crutchfield
Mr. Thomas Daugherty
Mrs. Leland H. Davenport
Mr. and Mrs. Harry Dolfi
Dr. and Mrs. Stanley J. Dressler
Mr. Thomas O. Duff, Jr.
Mr. Jay E. Edmonds
Dr. and Mrs. George S. Edwards, Jr.
Ms. Mildred O. Fariss
Mr. and Mrs. Al G. Fincannon
Mr. Everett J. Fisher, Jr.
Mr. and Mrs. Alexander S. Fulop
Mr. and Mrs. L. B. Gilbert
Mr. and Mrs. James C. Glascock
Ms. Alma Grimmig
Mr. and Mrs. Lawrence E. Guffey, Jr.
Mr. and Mrs. Marvin Harness
Mr. and Mrs. Charles W. Harris
Ms. Cynthia Y. Hartman
Ms. Dorothy Hatch
Mr. and Mrs. Jay Heavilon
Ms. Mary Jo Hendrix
Mr. and Mrs. Michael B. Herman
Ms. Marjorie Hicks
Mr. and Mrs. Everett L. Hixon
Mr. and Mrs. J. William Hoback
Mr. Michael Holder
Mr. and Mrs. Donald J. Holwerda
Mrs. Thomas B. Hooker
May Montague Houck Fund
Mr. and Mrs. David E. Houseman
Mr. and Mrs. Bill Huffstutler
Mr. and Mrs. Myron L. Hughes
Mr. and Mrs. David A. Ingram
Mr. Lewis F. Johnson
Dr. and Mrs. Michael Kosanovich
Miss Marguerite H. Lehmann
Mr. and Mrs. William J. Lowery
Mr. and Mrs. William C. McClain
Dr. and Mrs. John R. McGauley, Jr.
Mr. and Mrs. James A. McMahon
Dr. and Mrs. John T. McSpadden
Ms. Jo Ann F. Morris
Motes Advertising, Inc.
Mrs. Bobbie Ann Parker
Miss Kathleen D. Phillips

Mr. and Mrs. B. Worth Powell
Mr. and Mrs. Hans H. Recker
Rib & Loin
Mrs. Frances M. Roberts
Mr. and Mrs. James M. Rogers, Jr.
Rone Regency Jewelers
Mr. and Mrs. John L. Rose
Mrs. Harold E. Ruck
Mr. and Mrs. George Sachleben
Mr. David Seaberg
Mr. and Mrs. Harold D. Shavin
Mr. Robert P. Shepard
Mr. and Mrs. Irvin Shipley
Mr. and Mrs. Alvin C. Shoenig
Mr. Jay Silverstein & Ms. Jan Jacobs
Ms. Norma D. Simon
Mr. and Mrs. Fredrick C. Smith
Mr. and Mrs. Jerry L. Spriggs
Mrs. Richard N. Stilwell
Mrs. Judith Finley Stone
Mr. and Mrs. Robert B. Streiter
Mrs. Sarah G. Tanner
Mr. and Mrs. Gordon C. Temple, Jr.
Mrs. Martha Thatcher
Mr. and Mrs. Mike Todai
Mr. and Mrs. James Ventura
Mr. and Mrs. Fred J. Von Hollen
Mrs. Robert Kirk Walker
Mr. and Mrs. Thomas D. Watson
Mr. and Mrs. W. H. Webb
Mr. Morris Weinberg
Mrs. Ouida Felts Welborn
Mrs. Sue Anne Harrison Wells
Mr. and Mrs. William A. White, Jr.
Mrs. Rosemary Wilbanks
Ms. Joan H. Williams
Mrs. Joe V. Williams, Jr.
Wright-Bentley Foundation
Mr. and Mrs. Thomas L. Wyatt
Ms. Nancy Young
Mrs. Sylvia Zuckerman

Memorials & Honoraria

In Memory of George Alosi
Mr. and Mrs. John L. Sellers

In Memory of Dr. Harold Alper
Mrs. Gerry D. Sadow

In Honor of Maxine Alper's Birthday
Mrs. Helen Pregulman
Mrs. Gerry D. Sadow

In Honor of Dr. Bruce Backer's Recovery
Mr. and Mrs. Lawrence D. Levine

In Honor of Marvin Berke's Birthday
Ms. Karen Diamond

In Memory of Max Bogoslovsky
Mr. and Mrs. Ival Goldstein

In Memory of James Henry Brown
Dr. and Mrs. Deene R. Leventhal

In Memory of Arthur "Bud" Burns
Mr. and Mrs. Owen Allen

In Memory of Mary Campbell
Mr. and Mrs. Robert P. Main

In Memory of Sandy Cavinski
Mr. and Mrs. Robert P. Main

In Memory of Ruth Yarnell Jennings Cecil
Mr. and Mrs. Robert P. Main

In Memory of Holly Clement's Father
Mr. and Mrs. Coleman S. Hochman

In Honor of Mary Coffey's Recovery
Mr. and Mrs. Sam Jaffe

In Memory of Susan Cooper
Mr. and Mrs. Ival Goldstein

In Honor of Clara Davenport's Birthday
Dr. and Mrs. Deene R. Leventhal

In Memory of Nellie Davis
Dr. and Mrs. Robert G. Demos

In Honor of Miss Hannah Elam's High School Graduation
Mr. and Mrs. Randy Frazier

In Honor of Julie Flaster's Recovery
Mr. and Mrs. Lawrence D. Levine

In Memory of Vance H. Fry, Jr.
Admiral and Mrs. Vance H. Fry, Sr.

In Memory of Tommy Ronald Fryer, Jr.
Mr. and Mrs. Sam Jaffe

In Honor of Sherry Gilbert's Birthday
Mr. and Mrs. Jo Colmore

In Memory of Sam Goldboldt
Mr. and Mrs. Charles Boyd Coleman, Jr.

In Memory of Claudia Griffin
Mr. and Mrs. Robert P. Main

In Memory of Travis Holland
Mr. and Mrs. Robert P. Main

In Memory of Ester Joffe
Mr. and Mrs. Sam Jaffe

In Memory of Nadine Keith
Dr. George Keith

In Memory of Robert N. "Bobby" Klein
Dr. and Mrs. Deene R. Leventhal
Mr. and Mrs. Abe Levine

In Honor of Chelsey Knowles' High School Graduation
Mr. and Mrs. Randy Frazier

In Memory of Marcia Krosner
Mrs. Claire Siskin Binder

In Memory of Myron Kushner
Mr. and Mrs. Edward P. Brody
Mr. and Mrs. Ben Sirota

In Memory of Mary W. Lawrence
Ms. Ellen Yates

In Memory of John Lee
Mr. and Mrs. Robert P. Main

In Honor of Dr. and Mrs. Deene Leventhal's Anniversary
Mr. and Mrs. Lawrence D. Levine

In Honor of Dr. Deene Leventhal's Birthday
Mr. and Mrs. Richard Barrali

In Honor of Mickey Leventhal's Birthday
Mr. and Mrs. Abe Levine

In Honor of Anita Levine's Birthday
Dr. and Mrs. Deene R. Leventhal

In Memory of Margaret Townley Crosby Payne
Mr. and Mrs. Robert P. Main

In Honor of Helen Pregulman's Birthday
Ms. Renee Dubin
Mr. and Mrs. Lawrence D. Levine

In Honor of Merv Pregulman's Recovery
Mr. and Mrs. Norton N. Center
Mr. Henry Rubenstein
Mr. Jay Silverstein and Ms. Jan Jacobs
Mr. and Mrs. Albert M. Wolff

In Memory of Jonas Richardson
Mr. and Mrs. Robert P. Main

In Memory of Rose Sanford
Mr. and Mrs. Robert P. Main

In Memory of Lois Sherrell
Mr. and Mrs. Robert P. Main

In Honor of Oliva Siskin's Recovery
Mr. and Mrs. Lawrence D. Levine

In Honor of Mr. and Mrs. Robert Siskin's Anniversary
Ms. Susan Frumin

In Memory of Walter Willis, Jr.
Mr. and Mrs. Robert P. Main

Donations and Pledges for the 15th Anniversary Campaign

Anonymous
Mr. Russ Blakely
Campbell & Associates
Chattanooga Group
Mr. and Mrs. Hugh Huffaker, Jr.
Mr. Tim Kelly
Mr. and Mrs. Charles B. Lebovitz
Mr. and Mrs. Leslie W. Lee, Sr.
Mr. and Mrs. Wanza Lee
Ms. Linda Lind
Mr. and Mrs. George W. McGee, III
Mr. and Mrs. George G. Morgan
Mr. and Mrs. J.L. Perkinson
Mr. and Mrs. Socrates S. Sabater
Shaw Industries, Inc.
Mrs. Virginia N. Spears
Mr. and Mrs. Charles A. Standefer
Mr. Brad Tennyson
Tucker Foundation
U.S. Xpress
Unum
Mr. and Mrs. Roy H. Whitmire

15th Anniversary Campaign Memorials & Honoraria

In Memory of George Clark
Mr. and Mrs. Frank R. Grant

In Memory of Lloyd McKeel's Mother
Mrs. Curtis F. Baggett

In Memory of Goldie and Garrison Siskin
Mrs. Helen Pregulman

At the age of 19, Scott Burrows was living his dream of playing football for Bobby Bowden at Florida State University. He was also a champion kick boxer, when tragedy struck... Fear of being a quadraplegic could have ended his dreams...but Scott refused to give up. Hear his amazing story firsthand at our 6th annual luncheon,

Possibilities

*Siskin Hospital Celebrates
Life Beyond Disability*

**Wednesday, February 25
11:30 a.m. to 1 p.m.
Chattanooga Convention Center**

featuring Scott Burrows



Michael & Paige Mathis, co-chairs

Call **423.634.1208** for tickets and information
or register online at www.siskinrehab.org



SISKIN HOSPITAL
FOR PHYSICAL REHABILITATION™

Caring People. Changing Lives.

One Siskin Plaza
Chattanooga, TN 37403

Nonprofit Org.
U.S. Postage
PAID
Chattanooga, TN
Permit No. 172