

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.

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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.

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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



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