



## Southern Illinois Home Care Delivers **HOPE** Right to Patients' Homes

For more than seven years, **Janie Jackson** of East St. Louis has volunteered as a senior companion, visiting with and assisting those who are home bound while their caregivers get some much-needed down time.

But when she required two hip replacements over the past year, it was Janie who was confined to home, dependent on the care of others. Through her hard work and that of physical therapy assistant **Jeannette Saak** of **Southern Illinois Home Care** at Touchette, Janie was on her feet and helping others within weeks.

**“Jeannette really brought me back to life and got me walking again,”** said Janie, who received therapy three times a week. “She was a wonderful therapist, coming to my home and supporting me through every workout. Thanks to her, I’m back to doing everything I love. I’m so thankful she was in my corner.”

**SERVING THE METRO EAST**  
Home Health delivers **skilled nursing, physical therapy, occupational therapy, speech therapy, and social workers** directly to 1,200 patients in St. Clair, Madison and Monroe counties each year.

Some patients may need help with basic daily activities, such as bathing and dressing, while others may require wound care or neurological therapy following a traumatic accident. Home Health also visits with mothers after they bring their newborns home from the hospital and assists children who are undergoing treatment for cancer, experienced a failure to thrive, or who were born prematurely.

Remarked **Rebecca Schnitzius, Director of Home Health**, “Home Care allows patients to remain in the comfort of their home, but still receive the same high-quality medical and therapeutic care they get at the hospital. We’re dedicated to not only delivering services to get them on the road to recovery sooner, but educating



Jeannette Saak and Janie Jackson

families so they can become more independent in regards to their loved one’s care.”

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**NOVEMBER** IS  
**American Diabetes Month**

**DID YOU KNOW?**

- Diabetes is the 7th leading cause of death in the U.S.
- Diabetes among African-Americans has tripled over the past 30 years.
- 16.9% of Hispanics are living with diabetes.

## Take Control OF YOUR HEALTH WITH **DIABETES FITNESS**

**SUPPORT, EDUCATION (& FUN!) TO HELP YOU  
MANAGE YOUR DIABETES**

Managing diabetes requires a number of lifestyle changes, which can often be overwhelming and confusing to many patients.

But thanks to the Diabetes Fitness program at Touchette, patients get the support and education they need to manage their disease and prevent complications – all in a relaxed, fun group setting. Over the course of three classes, patients bond with each

other and learn from a variety of health professionals dedicated to their care.

### **EDUCATION BEYOND YOUR DOCTOR’S OFFICE**

Since 2009, this nationally-accredited, comprehensive outpatient diabetes self-management program has empowered hundreds of Metro East residents to better understand their disease.

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# Home Care Delivers HOPE

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For Janie, the ability to receive care at home was significant in her recovery.

“Following surgery, I was in so much pain there was no way I could leave my home to keep my therapy appointments. **Doing my therapy at home was so much easier and much more comfortable.**”

## THE DIFFERENCE IS REMARKABLE

Today, Janie fills her days with volunteering and spending time with her grandchildren and great-grandchildren. Though she has a little hip stiffness in the mornings, she is living pain-free.

**“People count on me like I counted on Jeannette. I’m so glad I can now be there for them.** It’s so rewarding and such a joy for me.”

If you or a family member needs Home Health Care:  
Call us at  
**618.332.6120.**

With a physician’s order, the majority of home care services are covered by insurance, and registered nurses are on call 24 hours a day, seven days a week to answer questions and accept referrals.

## MAMMOTHON PUTS WOMEN ON THE ROAD TO BETTER BREAST HEALTH

Each day in Illinois, 25 women are diagnosed with breast cancer. While the best prevention is early detection, many women in low-income communities are unable to get the yearly mammograms they need because of financial or transportation constraints.

On October 9 and 10, Touchette’s **START NOW Breast Cancer Awareness Program** broke down these barriers with its second annual Mammoth Breast Cancer Screening event, sponsored by Susan G. Komen – St. Louis. Over two days, more than 30 local women received life-saving mammograms and information regarding breast health.

A big thank you goes to all the women who stopped in and to Molina Healthcare of Illinois and the Avon Foundation Breast Health Outreach Program who stepped up as our event partners. START NOW also appreciates the support of Touchette’s outpatient registration and radiology staff who helped make the Mammoth possible.

START NOW ensures women facing a cancer diagnosis receive quality care, helps guide them through the healthcare system, and serves as their advocates and case managers throughout their battle with the disease.

**Learn more!  
Call 618-332-6130**



# Take Control OF YOUR HEALTH WITH DIABETES FITNESS

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“There’s only a short amount of time patients get in their doctor’s office, so often they’re unable to receive the education needed to control their diabetes on a daily basis,” said **Cathy Hartman, RN, Manager of Diabetes Fitness.** **“There’s so much more to diabetes control than taking medicine and testing.”**



Accredited by The American Association of Diabetes Educators, Diabetes Fitness is led by a Certified Diabetes Educator who also lives with diabetes, a Registered Dietician, Physical Therapist, and a Certified Wound Care Nurse.

### Diabetes Fitness focuses on these behaviors:

- ✓ Healthy eating
- ✓ Being active
- ✓ Monitoring
- ✓ Taking medication
- ✓ Problem solving
- ✓ Healthy coping
- ✓ Reducing risks

The program is divided into *three different sessions* over six months to provide continual support.

**DIABETES BASICS** – The first class helps participants better read food labels and plan meals. Said Cathy, “I think the greatest surprise our participants have is finding out they can eat just like everyone else. We show them how to fit their favorite foods into their meal plan so they never have to miss out!”

**WOUND CARE AND FITNESS** – The second session covers topics such as diabetic wounds, foot care and safe exercises for those with diabetes.

**HEALTHY COOKING** – In the last class, participants celebrate their hard work with a delicious, healthy meal they whip up together in a hands-on cooking class.

### INDIVIDUAL TEACHING, TOO

In addition to the classes, Diabetes Fitness also includes one hour of individual teaching from the Certified Diabetes Educator and three hours with the Registered Dietician.

### SAVE YOUR SPOT

Diabetes Fitness is covered by most insurances, including Medicaid and Medicare.

A doctor’s order is required for the Diabetes Fitness. You can either request a referral from your provider, or we can handle the request for you.

For information on our next session, call **Arnissa O’Bannon**, patient navigator at **618-332-5370.**





# MEET

## DR. KELECHI LOYND BEHAVIORAL HEALTH

- ✓ **Board-certified Psychiatrist**
- ✓ **Specializes in autism and ADHD**



### **Q:** Tell us about the Outpatient Program for Adolescents at Touchette.

**Dr. Loynd:** Touchette offers a six-week intensive adolescent outpatient program for teens having a difficult time functioning at home or school and need intensive therapy, but don't meet the criteria for inpatient hospitalization.

Through psychotherapy groups, the teens tackle a variety of topics, from **anger to self-control to understanding their medications, to learn from our therapists and each other.** My role in the program is to screen for admission and to ensure their pharmacological needs are met.

### **Q:** What is your philosophy on mental health care?

**Dr. Loynd:** My philosophy to care is to make it accessible – helping people first recognize the signs and then find the help they need. Debunking the stigma regarding mental health is huge because a lot of people refuse to seek help. Too many believe that mental health care is for the weak-minded or a sign of failure, and it's not.

**“Too many believe that mental health care is for the weak-minded or a sign of failure, and it's not.”**

- Dr. K. Loynd.

I want to create awareness that this is a biological illness that often requires a biological intervention. It's critical to

marry pharmacological treatment with psychotherapy treatment. Counseling, support groups, case management – they're all important to anyone struggling with a mental illness.

### **Q:** How does Touchette provide the best care to its patients?

**Dr. Loynd:** In addition to making mental health care available to everyone, it's the compassion of our team that truly stands out. Between inpatient and outpatient care for both adults and adolescents, our therapists, social workers and nurses work together to provide the best care possible.

#### **Call for an Appointment!**

To make an appointment with Dr. Loynd or to learn more about Touchette's Behavioral Health services, please call 618.482.7176.

## 5 STEPS TO BETTER MENTAL HEALTH

According to Dr. Loynd, there are steps we can all take to help protect our mental well-being.

- 1. GET MOVING!** Exercise releases endorphins that are crucial for overall happiness and stress reduction.
- 2. WATCH WHAT YOU EAT.** Healthy foods serve up the nutrients we need to stabilize our moods and improve brain health.
- 3. PUT DOWN THE VICES.** Alcohol, nicotine and narcotics have a direct correlation with depression and other mental health conditions.
- 4. GET YOUR REST.** Sleep deprivation can quickly send feelings of anger or sadness spiraling out of control.
- 5. FOCUS ON WHAT MAKES YOU HAPPY.** Whether it's spiritual enlightenment, your family or your job, celebrate your reason for getting out of bed each day.

And as always, contact your healthcare provider immediately if you're experiencing overwhelming feelings of anxiety, depression or stress.

## MAJOR GROWTH & IMPROVMENTS TO Behavioral Health

As other hospitals close their Behavioral Health departments, Touchette is expanding ours! Later this year, we'll open our new center, doubling the number of patients we can serve and making Touchette one of the largest Behavioral Health service providers in the Metro East.

Touchette offers a variety of mental health services, including:

- ✓ Crisis intervention and stabilization
- ✓ Individual and group therapy
- ✓ Medical management, for conditions such as depression, schizophrenia and anxiety.

And we're continuing to offer patients the ultimate in care during our ongoing renovation.

To learn more, call Behavioral Health at (618) 482-7034.





# Lend a Helping Hand as a Volunteer!

## Do you have a big heart and the time to share it with others?

As a volunteer at Touchette, you can touch the lives of our patients and their families during their stay at the hospital. We're currently looking for caring and dedicated individuals ready to make a difference through our incredible **Volunteer Services** team.

There are a number of roles you can play at Touchette:

- Greet guests in admitting
- Help families navigate through the hospital
- Serve as an office assistant
- Fundraising
- Assist with community events

**Volunteer Services** also hosts an annual Thanksgiving luncheon at the Touchette Elderly Apartments every November.

"At Touchette, our volunteers are invaluable," said **Annette McIntyre, Volunteer Services Manager**. "They not only bring the extra hands we need, they bring the warmth of their smile to our patients. **Every volunteer we have is dedicated, flexible and enthusiastic – they're just awesome to have.**"

Opportunities are available for every age. All volunteers are asked to work a minimum of 20 hours per month, and convenient shifts are offered to fit your schedule.

In addition to the satisfaction that comes with helping others, volunteers enjoy an annual thank you celebration, quarterly birthday potlucks, and a free meal each day they work. In addition, Touchette partners with Volunteers for America to

provide volunteers with a \$30 quarterly stipend to assist with gas costs.

Said **Ethel Manager** of Centreville, who has volunteered at Touchette for more than 25 years, "I really enjoy volunteering here. **Giving back to the community and knowing the difference we're making is so rewarding to me.** All of us are here to make each day shine, one day at a time."

**To learn more about volunteer opportunities available, contact Annette at 618-332-3060, ext. 5289.**



Volunteer Services team

## Special Health Screenings for Molina and Harmony Patients

Finding time to fit routine testing into your busy schedule can be difficult. However, Molina Healthcare of Illinois, Harmony Health Plan and Touchette are making it easier for you to get the yearly preventative screenings you need to take greater control of your health.

If you have healthcare coverage through Molina or Harmony and are behind on your annual screenings, you're invited to take part in any of the following events at Touchette:

### DIABETIC A1C LAB DAYS

Tuesday, November 10; Wednesday, November 11; Tuesday, December 15  
7 a.m. – 9 a.m., each day  
Fasting is required

### DIABETIC EYE EXAM DAY

Tuesday, December 15  
7 a.m. – 9 a.m.

### BREAST CANCER SCREENING DAYS

Tuesday, November 10 and Tuesday, December 15  
7 a.m. to 7 p.m. each day

Molina and Harmony will cover the costs of these preventative services for their patients. In addition, refreshments will be served at each screening, and **transportation is available** to those who qualify.

To schedule your screening,  
**call the Touchette Healthline at 618-332-6123.**



GIVE THE  
*Gift of Life*

**THIS HOLIDAY SEASON**

*Register today* for Touchette's annual  
Winter Blood Drive.

**Friday, November 6, 2015**

**11:30 a.m. - 3:30 p.m.**

Touchette Elderly Apartments  
Community Room  
5900 Bond Ave., Centreville

Refreshments will be served, and everyone  
who gives blood is automatically entered  
into a gift card raffle!

**SAVE YOUR SPOT!**  
**call 618-332-6123**  
or visit [bloodcenter.org](http://bloodcenter.org)

