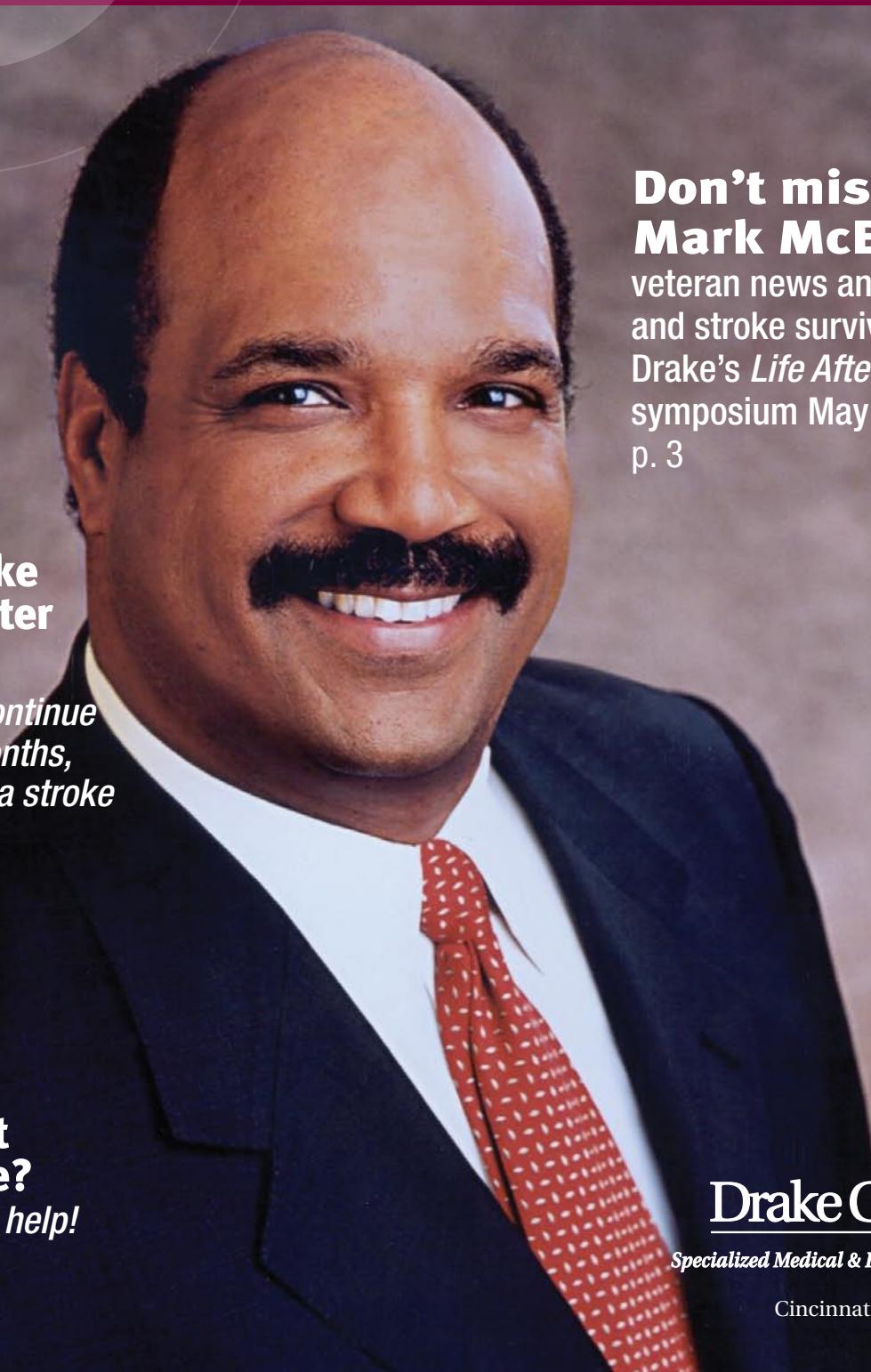


Drake Center Turning Point

SPRING 2009



Don't miss
Mark McEwen,
veteran news anchor
and stroke survivor, at
Drake's *Life After Stroke*
symposium May 14
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- **The new Stroke Recovery Center at Drake**

Helping people continue their recovery months, even years, after a stroke
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- **Stroke**

Do you know the warning signs?
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- **Need support after a stroke?**

Drake Center can help!
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Drake Center

Specialized Medical & Rehabilitative Care

Cincinnati, Ohio

Turning Point

Drake Center
151 West Galbraith Road
Cincinnati, Ohio 45216
513.418.2500

What if stroke survivors could continue their recovery months and even years after a stroke? What if they could be part of a community of other stroke survivors, caregivers, physicians and therapists who wanted to be part of their recovery? And what if they could even participate in discovering new stroke therapies?

The new Stroke Recovery Center at Drake encompasses our stroke services, including long-term acute care, skilled nursing care, specialized outpatient therapies, research studies and wellness programs. It even offers a new program called START (Stroke Team Assessment and Recovery Treatment) for stroke survivors who have progressed through traditional therapies and want to pursue new treatment options.

Drake Center is the only facility in the region to offer this level of care and support for stroke survivors, and no other program in the country leverages the human, clinical and research resources of a world-renowned stroke team and university (U.C.)!

The Stroke Recovery Center already is making a profound impact on the lives of countless people. I recently heard from a young woman whose husband suffered a stroke at the age of 38. Although his legs were unaffected, he couldn't use his left arm, and he could neither speak, read nor write.

That was two years ago. Since then, he has gone through the START program, participated in his first research study, started swimming regularly at Drake's warm-water therapy pool and began attending Drake's Stroke Survivors Support Group. His wife recently said, "Everything is so cutting edge at Drake. We're elated to be part of what's happening there."

And we at Drake are elated to be able to provide the Stroke Recovery Center to our community. It's a place of hope – and new possibilities – days, months and even years post-stroke.



Karen Bankston, Ph.D., FACHE
Senior Vice President, Drake Center

What is Drake Center?

Drake Center is a hospital that specializes in helping people recover from catastrophic illnesses or injuries. We are held to the same exacting standards as traditional hospitals, with one major difference – we specialize in helping people who need a longer recovery time. We also offer a full range of health care services to help patients through recovery, rehabilitation and beyond.

Drake Center provides the area's most complete range of rehabilitative care – from medically complex and rehabilitative long-term acute care, to transitional skilled nursing, to outpatient services, wellness, assisted living and research – all on one campus. So whether we're helping a patient breathe, walk or live independently, or helping you with your wellness goals – our aim is to have people achieve their fullest, most active and independent lives possible.



You're invited!

Life After Stroke symposium

Thursday, May 14

This event reflects Drake Center's long-standing commitment to helping stroke survivors achieve as full a recovery as possible. It also coincides with the recent launch of Drake's new Stroke Recovery Center, which offers a full continuum of stroke recovery care (*see story, page 4*).

"Exciting advancements in stroke care are shattering conventional wisdom about what stroke survivors can accomplish in their recovery," says Craig Rice, president of The Drake Foundation. "Drake Center, with its extensive rehabilitation services, research efforts and wellness programs, is at the cutting edge of this revolution. One of our goals at The Drake Foundation is to raise awareness about stroke, as well as raise much-needed funds to enhance Drake's stroke services to patients and their families."

A devastating stroke, an inspiring recovery



Thrilled about his comeback, Mark McEwen proudly poses with his supportive family: from left, daughters, Maya and Jenna, and wife, Denise; with twin sons, Miles and Griffin, in front.

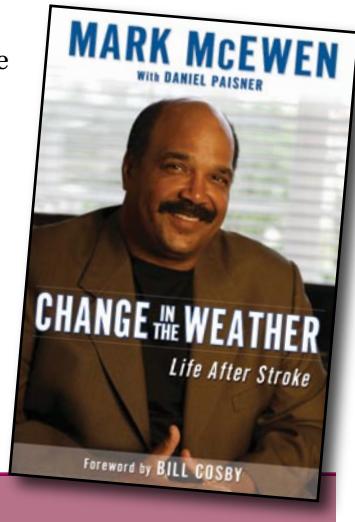
Mark McEwen spent years in front of the camera as a weatherman for CBS's *The Early Show* and as a news anchor in Orlando. Now, he has a new mission: to do for stroke what Lance Armstrong did for cancer.

"I want people to know that stroke doesn't discriminate, but I want people also to know that you can come back," he said.

McEwen's stroke occurred in 2005 while he was on a flight home to Orlando, but he didn't know it was a stroke at the time. After being misdiagnosed at the hospital, he was released. Two days later he collapsed, and his slurred speech and heavy sweating were discounted. Misinformation not only delayed his treatment, but it also nearly cost him his life. McEwen chronicled his harrowing journey of recovery in the book, *Change in the Weather: Life After Stroke*.

Join us to hear more of McEwen's emotional and courageous story when you attend the community forum and dinner sponsored by The Drake Foundation on May 14.

Please join us for *Life After Stroke*, a symposium designed to raise awareness of the factors that lead to stroke and the resources available to stroke survivors and their families. Presented by The Drake Foundation, the symposium includes three special events, culminating with a dinner address featuring former CBS weatherman – and stroke survivor – Mark McEwen.



Choose from three events on May 14:

For Health Professionals

Stroke Management Seminar

Topics include: Neuroplasticity • "Top 10 Things to Know About Stroke Care" • Clinical Challenges of Stroke

Time: 7:30 a.m. - 1 p.m.

Location: Drake Center

Cost: \$50 for physicians, \$35 for other professionals (CMEs and CEUs available)

Includes luncheon keynote address by James Baranski, CEO, National Stroke Association

For Stroke Survivors and Caregivers

Life After Stroke Workshop

Topics include: "How to Improve Function After Stroke" and separate panel discussions for stroke survivors, including "Advocating for Yourself/Empowerment"

Time: 11:30 a.m. - 5 p.m.

Location: Drake Center

Cost: \$25 per person

Includes luncheon and keynote address by James Baranski, CEO, National Stroke Association

For the Community

Community Forum and Dinner

Featuring Mark McEwen and his journey to recovery from a stroke

Time: 6-10 p.m.

Location: Millennium Hotel

Cost: \$150 per person or \$1500/table of 10

For more information, or to register online, visit www.DrakeCenter.com or call The Drake Foundation at 513-418-5970.

The Stroke Recovery Center at Drake

Helping patients continue their recovery months and even years after a stroke



Stroke recovery isn't what it used to be. In fact, it's better than ever – especially at Drake, where the new Stroke Recovery Center is helping people achieve a fuller recovery than they could have imagined.

"Doctors used to tell stroke survivors to just accept whatever function they had three months after a stroke, because that was going to be it," says Brett Kissela, M.D., a neurologist at the University of Cincinnati and co-director of the Stroke Recovery Center at Drake. "Today, we know that stroke recovery can continue indefinitely. Scientific research is leading to new treatment strategies, and companies are developing innovative devices to help stroke survivors. The field is exploding, and just because a patient's acute phase of recovery is over is no reason to let up."

The Stroke Recovery Center, established just a few months ago, builds on Drake's long-standing strengths in the area of neurorehabilitation. It offers a continuum of stroke recovery care that is not found at any other facility in the region and possibly in the country. Services can include long-term acute care, transitional skilled nursing care, specialized outpatient therapies, research and wellness programs. A unique feature of the center is the new START Program (Stroke Team Assessment and Recovery Treatment) for patients who have tried standard treatments and are looking for more. (See sidebar, opposite page.)

Patients in the START program receive an individualized treatment plan after a two-hour assessment by an interdisciplinary team that includes: a neurologist; a physical medicine and rehabilitation physician; physical, occupational and speech therapists; a neuropsychologist; and stroke researchers.

Stroke services for every stage of recovery

At the first sign of stroke, patients should go to a hospital emergency room. After their condition is stabilized at the acute hospital, patients who require longer hospital and rehabilitative care may be transferred to Drake. The key to being admitted to Drake is early placement in order to meet the criteria for long-term acute care. Patients who fail to meet the criteria often do so because too much time has passed since their stroke. Once at Drake, patients are admitted to one of three levels of care: medical long-term acute care (LTAC), rehab LTAC, or transitional skilled care.

The medical LTAC is ideal for those whose medical issues (such as high blood pressure or cardiac problems) need to be addressed before rehabilitation therapy can begin. When patients are ready for aggressive rehab, they progress to the rehab LTAC unit. There, they will participate in up to three hours of physical, occupational and speech therapy a day, much of it in the center's large inpatient gym, which offers sophisticated equipment and technology.

Following a stay in the rehab LTAC unit, some patients move to Drake's Transitional Care Unit for short-term skilled care, or they go home. Others choose to move to Bridgeway Pointe, the assisted-living community connected to Drake Center, where they can access Drake's outpatient and wellness services or participate in a research study just down the hall.

As critical as inpatient rehabilitation is for the stroke survivor's long-term recovery, what happens after discharge is just as vital. Drake offers extensive services for stroke survivors after they leave the hospital, including:

- Physical, occupational and speech therapy
- Aquatic therapy in our warm-water pool
- Wellness classes
- A monthly support group for stroke survivors and their caregivers.

"Today, we know that stroke recovery can continue indefinitely."

Brett Kissela, M.D., neurologist at the University of Cincinnati and co-director of the Stroke Recovery Center at Drake

The power of research

Many therapies in use at the Stroke Recovery Center were developed and are being refined at the 3,000-square-foot Neuromotor Recovery and Rehabilitation Lab based at Drake. The lab is a partnership with the University of Cincinnati, whose researchers work with stroke survivors to test new theories in stroke recovery and the latest therapeutic devices. The care provided as part of these research studies is made available at no cost to patients.

"With 15 current stroke studies, we have one of the most active stroke recovery research programs in the country," says Kari Dunning, Ph.D., PT, director of clinical research at Drake and an assistant professor at UC. "Drake Center is the only hospital of its kind in the region with an in-house clinical research laboratory funded by the National Institutes of Health and the American Stroke Association. The synergy between research and patient care is exciting. Stroke research gives everyone hope."

To learn more about the Stroke Recovery Center at Drake, call 513-418-2470 or visit www.DrakeCenter.com.

Drake: Where the road to stroke recovery has no stop sign

Johan deRoos' stroke affected his right side and the communication center of his brain. It resulted in paralysis on his right side and expressive aphasia, an impairment that makes it difficult for him to speak fluently. Johan's wife, Susan, has been his coach and advocate through every aspect of care at Drake Center – the month of inpatient therapy, the many months of outpatient therapy and the five research studies in which Johan has participated.

"Drake Center has helped us see that the road to recovery for stroke survivors doesn't have a stop sign at the end," she says. "Doctors, therapists and researchers here appreciate Johan's adventuresome side, and they are constantly working with us to find new ways of challenging him so that he can keep getting better."



Using specialized equipment like the Lite Gait treadmill, therapists work with stroke patients to restore their ability to walk independently.

Johan says he jumped at the opportunity to participate in clinical research at Drake. It's a chance to help others, he explains – and potentially speed his recovery. After one study, for instance, Susan says his gait function improved by about 30 percent.

"Here we are, two-and-a-half years after Johan's stroke, and we are still seeing gains in his strength, balance and speech," says Susan. "He is proof positive that there's always hope."

Johan still spends a lot of time at Drake Center, continuing his outpatient therapy, attending Stroke Survivors Support Group meetings and participating in research. His latest endeavor is to take tennis lessons from a local pro, and he and Susan are traveling to Aruba, Holland and Prague. More proof that Johan and Susan are continuing to live their lives to the fullest.

Unique START Program helps survivors restart their recovery

The new START Program at Drake's Stroke Recovery Center is a great option for people who have completed initial treatments and are eager to review their condition and determine if a fuller recovery is possible.

Patients come to Drake for a two-hour assessment by a team that includes a neurologist; a physical medicine and rehabilitation physician; physical, occupational and speech therapists; a neuropsychologist; and stroke researchers. Following the assessment, the team develops an individualized, evidence-based treatment plan, then continues to monitor the patient's progress, making changes to the plan based on outcomes and needs. Researchers on the team evaluate whether the patient is a good candidate for any of the clinical trials for stroke taking place at Drake Center.

START can help any stroke patient make the most of his or her long-term recovery efforts.

"We are not promising miracles or a complete recovery," says Brett Kissela, M.D., director of Drake's Stroke Recovery Center. "We are promising to go beyond the standard treatment, to take a fresh look from a combined expert perspective and, with patient approval, even test the newest treatments and tools to help stroke survivors get the fullest recovery possible."



"Here we are, 2 1/2 years after Johan's stroke, and we are still seeing gains in his strength, balance and speech."

Susan deRoos, wife of stroke survivor
Johan deRoos

Warning!

Stroke can happen to anyone. Do you know the signs?



Knowing the warning signs of stroke can mean the difference between life and death, because the faster you get help, the better your chances for survival and recovery.

Remember, if any of the following happen, it could be a stroke:

- Numbness or weakness of the face, arm or leg, especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

If you or someone with you has one or more of these signs, call 911 immediately. Also, check the time so you'll know when the first symptoms appeared. Doctors have a three-hour window in which to give stroke victims a clot-busting drug called tPA (tissue plasminogen activator), which can reduce long-term disability for certain types of stroke.

To learn more, visit www.DrakeCenter.com.

Source: American Stroke Association

Healthy, active . . . and a stroke at 50

It was October 7, 2007, and Ieiyon Brown hadn't been feeling well all day. At around 11:30 p.m., she called a girlfriend, who noticed immediately that Ieiyon's speech was slurred. "Get to the hospital, Ieiyon," insisted the friend. "I think you're having a stroke!" Here, Ieiyon tells her story of recovery.

"I found out at the hospital that I'd had not one, but two strokes that day! I couldn't believe it, and neither could anyone I knew. I was only 50 years old, and I'd always been very healthy and active. Strokes don't even run in my family, but my strokes were so serious that some of the doctors said I might never walk again.

**"I was only 50 years old,
and I'd always been very
healthy and active."**

"After two weeks in the hospital, I went to Drake Center for about 10 days of inpatient rehabilitation, then continued with outpatient rehab for another nine months. Aggressive therapy addressed the weakness on my right side and helped me learn how to walk and talk again and be independent. The doctors, nurses and therapists at Drake were wonderful, very patient and kind, and everyone found ways to motivate me. For example, soon after my stroke, a speech therapist challenged me to participate in the Heart Mini-Marathon, which was coming up in March 2008. I accepted her challenge, and managed to finish the 5K course!

"I've come a long way in a short time, thanks to Drake Center. My speech still isn't where it should be, but I don't have to use a walker anymore. As I continue to improve, I am committed to raising public awareness about the warning signs of stroke and, whenever



possible, I offer encouragement to people who've had a stroke. It's my way of giving back to others after all that the people at Drake Center did for me."

Drake Center Community Resources

Support group helps stroke survivors, caregivers connect

Support is critical for stroke survivors and their loved ones as they adjust to the emotional and physical challenges that a stroke can bring. For many, the Stroke Survivors Support Group at Drake Center is an essential resource.



*Former Drake nurse
Chris Wright founded
the Stroke Survivors
Support Group and has
facilitated it for more
than seven years.*

The group meets on the third Wednesday of each month from 7 to 8:30 p.m. and provides a forum for patients and caregivers to learn the latest treatments, discuss shared concerns and socialize. The group's facilitator is Chris Wright, a dedicated volunteer who once worked as a nurse at Drake Center.

Wright attributes the success of the group to its strong educational component, and she's passionate about helping improve the lives of stroke survivors.

"As a nurse, I always want to help others," she says. "It humbles me to be with these people, to see what they're going through. It is very rewarding to be involved with them."

Wright hopes to start a monthly support group exclusively for caregivers. *If you would like to help or want more information about the existing Stroke Survivors Support Group, please contact her at 513-418-5970.*



"We've learned so much at the Stroke Survivors Support Group meetings, and met so many great people. It's really nice to be able to hear their stories, because you feel like you're not alone. Also, my husband and I read Pete Levine's book together, and it was excellent – really explains things in layman's terms."

Karen Redwine and her husband, Ed, a stroke survivor, attend the Stroke Survivors Support Group at Drake.

Wellness and exercise for everyone

Get in shape with Drake! We offer many aquatic exercise programs, as well as Tai Chi, Pilates and Strength & Stretch classes for stroke patients and the general public. Sign up for individual instruction or group exercise (available in eight-week sessions).

More information is available at www.DrakeCenter.com (click on Community Resources). To sign up for a free trial class or to learn more, call 513-418-2727.

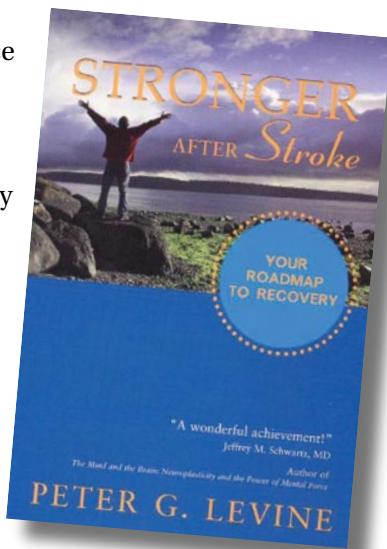
Read all about it: *Stronger After Stroke*

A new book by Drake/UC researcher Peter Levine helps stroke survivors maximize their recovery. *Stronger After Stroke* is a "field manual" of recovery strategies based on the latest clinical research findings. The book focuses on concepts such as:

- How often you should practice new skills
- How to keep your recovery challenging and interesting
- How to measure your recovery
- Fundamentals of mixing and matching different recovery options
- And more

Levine is co-director of the Neuromotor Recovery and Rehabilitation Laboratory at Drake Center and a researcher with the department of rehabilitation sciences at the University of Cincinnati. He has been involved in stroke-specific rehabilitation research for almost a decade.

Copies of his book are available through the Public Library of Cincinnati and Hamilton County and can be purchased from online retailers including Amazon, Barnes & Noble, Borders, Target and others.



Drake offers many community aquatic classes, including several designed specifically for stroke survivors.

Drake Center

Specialized Medical & Rehabilitative Care

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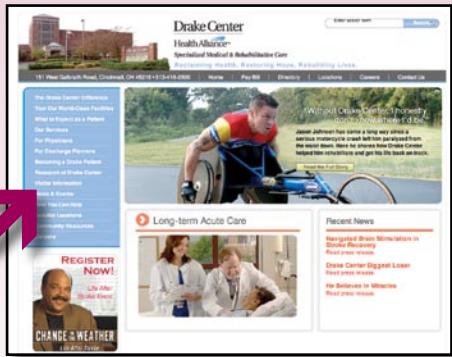


Drake Center is a not-for-profit, long-term acute care hospital, providing both medically complex and rehabilitative care, as well as skilled nursing, assisted living and various outpatient and wellness services.

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Visit Drake... Virtually!

New Drake Center Web site provides a world of information



Find out more about what Drake Center has to offer – without even leaving your computer! Information is just a click away at

www.DrakeCenter.com, where you'll discover a new and improved site that's packed with helpful resources.

You can:

- Register for special events and learn about our wellness programs.
- Go on a virtual tour of our patient care areas.
- Access a list of our current research studies.
- Read and watch stories about patients who got their lives back at Drake.
- Submit a job application for positions at Drake and other Health Alliance facilities.
- Get directions to Drake Center and its satellite offices.
- Learn about volunteer opportunities.
- Read profiles about our medical staff.
- Learn about our inpatient and outpatient services.
- And much more.

We've made the site simple to navigate and search for topics that interest you. Check it out!



Assisted living for baby boomers at Bridgeway Pointe

Unlike most assisted-living facilities, Bridgeway Pointe is open to adults of any age. In fact, the community – which is connected to Drake – now has 11 residents in their 40s and 50s and 17 residents under age 71. Many of these individuals are part of Bridgeway Pointe's new "baby boomer group," which plans special outings, gatherings and programs on a regular basis.

"Our entire resident community is benefiting from the varied age groups," says Daphne Glenn, Bridgeway Pointe's executive director. "It's great to see the sense of community and camaraderie between the younger and older residents."

For more information, visit www.BridgewayPointe.org or call 513-418-5936.



Request a Drake DVD

Our Web site isn't the only way to learn about Drake. We also offer a new DVD featuring Drake Center's many services, including traumatic brain injury, spinal cord injury, pulmonary care and ventilator weaning, stroke and advanced wound care.

To request your copy, call 513-418-2771.