

# Your Health Matters



Elmwood Health Center

An affiliate of PeopleInc

SHARING THE CURRENT GOALS & ACCOMPLISHMENTS OF THE ELMWOOD HEALTH CENTER

SPRING 2011



## From the desk of...

While it's soon to be summer time in WNY, and everyone's attention turns to warmer weather, family vacations, leisure time, the beach or picnicking in the park, it's never too early to think about getting ready for the next school year. Parents should plan now to schedule their children's school physical, obtain necessary immunizations,

or required sports clearances. By thinking ahead and planning for the Fall now, the chances are good that you will be able to avoid the last minute rush that inevitably occurs as the new school year begins.

Equally as important for our warm weather seasons is the urgency to practice good water safety when in or near water no matter what its depth. Every year children lose their lives to drowning....it only takes a minute. When young children are around water be sure that they are in sight at all times. Whether at the beach or lake or in a pool, fit them with proper life jackets and make sure that they wear them at all times. While water was made for children to have fun in, make sure that there is a limit to that behavior. Do not let fun turn into tragedy! Finally, remember that even the most experienced swimmer needs to take a break to rest. Make sure that your children take a break from time to time to avoid becoming fatigued when in the water. If you actively practice safety around water, fun will be the outcome and not tragedy.

Remember, play it safe at all times when around water and don't forget to plan ahead for the next school year.

Sincerely,

Frank Azzarelli,  
Director of the Elmwood Health Center

## The Electronic Medical Record at the Elmwood Health Center

**By: Barbara J. Johnson, RNBC, MS,  
Nursing Director, Elmwood Health Center**

January 25, 2011 marked the 1st Anniversary of the Electronic Medical Record (EMR) being in use by all departments at the Elmwood Health Center. The EMR has allowed the Center to make many changes to improve the quality of care being provided. Some of the improvements that have been made include:

- Easily tracking patients who are due to see their Provider for follow-up. We now send letters and make follow-up calls to remind patients to schedule an appointment.



*Elmwood Health Center staff members Licensed Practical Nurse Katie Ficker (left) and Family Nurse Practitioner Susan Marmion (right) review the electronic medical record of a patient prior to their visit.*

- Having all your pertinent health information at the fingertips of Providers. This means that actual visit time can be focused on the best treatment for you. Your provider has all recent test results readily available to discuss with you at your visit as well.
- Using less paper! For example, lab orders are sent electronically directly to our on-site Lab. When you return for an appointment, all you need to bring is yourself!

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## Spring Cleaning and Staying Injury Free



**Brian Porebski PT, DPT, ATP**  
**Doctor of Physical Therapy**  
**Director of Rehabilitation-**  
**People Inc.**  
**Asst. Director-**  
**Elmwood Health Center**

Spring is almost upon us, and for most people that means we have the urge to start spring cleaning. It has been a long, cold Buffalo Winter, and some of us have been hibernating, not exercising, and have already failed to keep our New Year's resolutions. Suddenly with the nicer weather, we are inspired to get off the couch and begin our spring cleaning in and around our homes. The "to do list" quickly grows, including cleaning gutters, yard work, and

removing and throwing out clutter we accumulated over the winter season.

Most likely, regardless of your fitness level, you will likely be sore and fatigued from the weekend of spring clean-up ahead. This is largely because after months of a more sedentary lifestyle, our bodies are more susceptible to injury when we exert ourselves.

Preparation, injury prevention and using your head are the keys to having a productive weekend in the yard, while not moving through the following week in serious pain.

Experts say clearing out clutter that has accumulated during the winter is a particularly important part of spring cleaning. Caregivers caution that falls are the No. 1 cause of emergency room visits and the leading cause of injury deaths among people 65 and older. Falls can happen anywhere, but most falls by the elderly happen at home during daily activities in kitchens, bedrooms, bathrooms and on the stairs.

Injuries resulting from overexertion while lifting, pushing and pulling, are among the most frequent types of injuries in and around the home. According to the American Academy of Orthopedic Surgeons, "in 2008 more than 40,000 Americans injured themselves gardening and more than 38,000 people injured themselves using a stepladder." These kinds of injuries, along with accidental slips, trips and falls can result in sprains, strains, and lower back pain.

**In order to avoid common spring clean up injuries,** here are some useful tips to follow while tackling spring time chores:

**Ease into it:** If you haven't been exercising regularly, it's unreasonable to think you can tackle big household jobs all at once. Schedule your tasks reasonably. Now is also the perfect time to spring into better shape. Enjoy walks outside, or take a fitness class.

**Warm-up before yard work:** Gardening and yard work forces you to use virtually every muscle in the human body. Always begin with some trunk forward



and backward bending, arm circles and gentle leg stretching. Walk for a few minutes to promote circulation.

Ten minutes of warm-up should be sufficient to prevent strains and soreness later. In general, research is telling us that

stretching should never be used alone as a warm-up. Instead, combine stretching with low intensity activity to warm up.

**Maintain 'Good Posture':** Try to keep a wide base of support while you stand still and move around during raking. Hold the rake near the end with one hand, and about two-thirds down with the other hand. By standing up straight and moving your arms together with proper spacing, it will make it easier for you to move the pile. Avoid twisting. Use your legs to shift your weight side-to-side instead while raking, or bending to pick up twigs, sticks and leaves.

**Lift heavy loads properly:** Always bend your knees and use your legs to lift your body up. Use large muscle groups to lower your body towards the ground by bending at the knees. Instead of reaching forward to move a heavy object, walk to it, get close and lift it straight up off the ground by bending your knees and keeping your spine upright. Don't lift with your back.

**Ask for help:** Don't try to lift heavy things like furniture or planters by yourself. Remember to squat and lift objects with the support of your knees, not your back.

## *"Spring Cleaning" continued from page 2*

### **Make use of tools and use them the right way:**

Clean the floor with a mop, as opposed to washing the floor on your hands and knees; it will reduce the strain on your back.



**Avoid bending over a lot:** Kneeling is always better than bending over for long periods. Try knee pads to protect your knees from dirt or soreness. If you're weeding, try sitting on a bucket to keep your body at an angle to support your back. If you're shoveling, place the tool directly in front of you, parallel to your hip bones.

**Be Smart:** Work in the yard when it is dry whenever possible. Don't overfill bags or tarps. Use a wheelbarrow to move heavy bags to other areas of the yard if you cannot easily drag them. Wear proper shoes with skid resistant soles if possible to ensure good footing on uneven ground. Pace and hydrate as needed, take rest breaks every half-hour or so, and stretch any muscles that seem to be tightening up as you clean. Pace yourself and do what you can without over doing it. There is always tomorrow. Cool down. When you're done working, do some more stretching to help relax tense muscles. You can even take a hot bath.

**Don't overdo it:** Avoid straining muscles by rotating tasks to avoid repetitive movements. After 15 minutes of raking, change to pruning or mowing. Space out gardening tasks over several days.

**Finally, listen to your body:** Soreness is common following typical yard work. But the soreness you feel should go away about 24-48 hours after your workout. If you notice any of the following symptoms, and they don't go away, see your doctor: light-headedness, shortness of breath, sudden, severe headache, excess sweating that's out of proportion to your level of exertion, chest or stomach pain.

Prevention of an injury is much easier than repairing one. Listen to your body! Stop if you feel pain and consult your physician or physical therapist. Our physical therapists can help you achieve long-term results for many conditions that limit your ability to move. If you do find yourself injured or feeling more strain than usual, contact our rehabilitation department at 716.566.5050.

## *"Electronic Medical Record" continued from page 1*

- Duplicating less. Because everyone treating you has access to the system, only one staff member needs to ask you for updated information. The information is then available to all those who need it.
- Securing your medical records. Only those with authorization can access your medical information. In addition, the system keeps track of every time your chart is opened and by whom. This allows us to monitor use of the system to be sure that all security policies are being followed.
- Streamlining processes for form completion and prescription refills. For prescription refills, the e-prescribe system lets your pharmacy communicate directly with your Provider for refill requests, so you do not have to be the "middleman". Simply ask your pharmacy to send your refill requests electronically (e-refill). This is the fastest way for prescriptions to be refilled. If your pharmacy does not participate in electronic prescribing, we can provide a list of nearby pharmacies for you to choose from that do. This eliminates the need for phone calls or faxing from you and the pharmacy.

Over the coming year we will continue to learn more about our system and discover more ways to provide high quality care at the Elmwood Health Center. Stay tuned!

## **Holiday Hours**

Memorial Day  
Monday, May 30th: **Closed**

Independence Day  
Monday, July 4th: **Closed**

Labor Day  
Monday, Sept. 5th: **Closed**





## Let our family care for yours.

We understand how important the health of your family is to you. So whether it's a sick call or just a check-up, let the caring professionals at Elmwood Health Center provide the quality health care you deserve.

### Just a few of the services we offer:

- Adult and Pediatric Medical Care
- Gynecology
- Podiatry
- Mental Health Counseling
- Physical, Occupational, and Speech Therapies
- And more!

### For your convenience we provide:

- On-site lab testing
- Evenings and weekend appointments
- Same day appointments for urgent care

**CALL TODAY FOR AN APPOINTMENT!**  
**874.4500**

### HOURS OF OPERATION

**Monday, Tuesday, and Thursday**  
8:00 a.m. to 8:00 p.m.

**Wednesday and Friday**  
8:00 a.m. – 5:00 p.m.

**Saturday**  
8:00 a.m. – 12 p.m.

*All major health insurance plans accepted.*

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