



CAPE FEAR VALLEY
PASSPORT TO HEALTH

PASSPORT *to* HEALTH

December 2012

News For and About Passport to Health Members!

Exercise
The Key to
Healthy
Aging pg. 4

Sign Up Today
for Passport To
Health 2013
pg. 15





CAPE FEAR VALLEY PASSPORT TO HEALTH

Passport To Health is a program for members ages 50 and better.

OFFICE

Passport To Health
3522 Village Drive
Phone: (910) 615-4600
Fax: (910) 615-5385

Office hours vary.
Please call before stopping by.

MAILING ADDRESS

Cape Fear Valley Health
Attn: Passport To Health
P.O. Box 2000
Fayetteville, NC 28302-2000

EDUCATIONAL TOPIC LINE

For the topic of the month to be presented at Passport To Health's monthly educational meeting and other upcoming events, please call (910) 615-4468.

This newsletter is published by the Marketing and Outreach Department of Cape Fear Valley Health System for Passport To Health members, physicians, senior centers and community agencies.

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This educational information is provided to supplement the care provided by your physician. It is not intended to be substituted for professional medical advice. Always consult your physician with any questions you may have regarding a medical condition.

at the October Luncheon



▲ (left to right) Julia Manigo, Retsy Spell, Wilma Johnson and Edith Anderson



◀ William and Sarah Back



▲ (left to right) Delonia Alston and Peggy McAllister-Davis



◀ (seated, l to r) James Carter, Lora Carter and Margaret Stanton (standing, l to r) Ellen Whitfield, William Spells, Retsy Spells and Arnettie Gore



▲ (seated l to r) John McCarthy and M.H. Joines (standing l to r) Beverly McCarthy, Wilma Johnson, Gladys Joines and Edith Anderson



▲ (left to right) Catherine Hewitt, Polly Strickland and Elma Jorgensen



Dear Friends,

Next month marks the beginning of a new program for Passport To Health members. It replaces the Passport Pacers walking program and is called Members On The Move.

We call it that because it is all about moving more. Whether you are age 50 or 70 or more, you can participate in this new program. It doesn't take any fancy equipment. It doesn't require you to join a gym. Your only goal is to commit to regular physical activity for 30 minutes a day, 5 days a week.

I exercise at home on a treadmill. My favorite is running. Janet Conway, my Director, exercises at HealthPlex, Cape Fear Valley's fitness and wellness center. Some of you may be enrolled in Cape Fear Valley's cardiac rehabilitation program at HealthPlex. Others of you may golf or swim.

Regular physical activity – whether through sports, exercise, or everyday chores – enhances the quality of your life by improving both your physical and mental health. Modern life is full of conveniences that reduce activity in our everyday lives. When we were young, even watching television required you to get up and walk across the room to turn the channel. Nowadays we can literally spend hours in front of the T.V. without ever getting off the couch.

So the first step can be as simple as making physical activity a part of our daily lives. We can walk or bike to visit friends or run errands that are not far from home. When we go shopping, we can park at the back of the parking lot so we have farther to walk. We can garden, rake leaves or pine straw. We can mow the grass with a push mower. Even housework, such as vacuuming and washing windows, can be a part of an active lifestyle.

I hope to see many of you at the Members On The Move launch on Monday, Jan. 7, just in time for New Year's resolutions. We've scheduled three sessions to accommodate just about anyone's schedule: a morning session at 9:30 a.m., an afternoon session at 1:30 p.m., and an evening session at 6:30 p.m. Be sure to wear comfortable clothes and shoes for exercising. We'll provide the bottled water. You provide the motivation. I'll see you there!

A handwritten signature in black ink that reads "Anna Ackerman".

ANNA ACKERMAN, PASSPORT TO HEALTH MANAGER

P.S. If you are already in the walking program, you can complete your current phase to redeem your incentive.

Reminder!

Have you sent in your application yet? Your current card will not be valid after Feb. 28, 2013. See page 15 for an application.



EXERCISE

The Key to Healthy Aging

Have you been told that exercise is important for older adults, but don't know where to begin? You're not alone. Many seniors feel discouraged due to chronic health conditions or concerns about injuries or falls. Some think they're too old or frail to start an exercise program. The truth is, older adults can't afford not to get moving.

As you grow older, an active lifestyle is more important than ever. Exercising on a regular basis can reduce your symptoms of illness and pain, boost your energy level and help you maintain your independence. In addition to being good for your body, it's also good for your mind, mood and memory.

Exercise is the key to staying strong, energetic and healthy as you age. Take a look at the many benefits regular exercise has to offer:

- Lowers risk of heart disease, diabetes, high blood pressure and obesity
- Prevents loss of bone mass, reducing the risk of osteoporosis
- Improves posture and balance, minimizing falls
- Increases metabolism, which naturally slows with age
- Improves immune function
- Aids in digestive functioning, lowering the risk of colon cancer and reducing the need for laxatives
- Improves strength and flexibility
- Alleviates the symptoms of arthritis
- Improves sleep
- Boosts mood, reducing feelings of sadness or depression
- Prevents memory loss, cognitive decline and dementia

No matter your age or current physical condition, you can benefit from exercise, and reaping the rewards doesn't require strenuous workouts or trips to the gym. It simply requires adding more movement and activity to your life, even in small ways. Mowing the lawn, raking leaves and cleaning the house are examples of ways you can add more activity to your daily routine.

Are you ready to start an exercise program? First, check with your doctor. He or she can help guide you as to what type of exercises you should consider. Next, choose activities that you enjoy doing and incorporate them into an exercise routine. For instance, window shop while walking laps at the mall or chat with a friend while strength training.

Begin slowly, using low-intensity exercises. Try working out in ten-minute increments until you are comfortable exercising for 20 to 30 minutes at a time. Listen to your body, stopping the exercise routine immediately if you develop feelings of dizziness, shortness of breath or chest pain.





MEMBERS

on the MOVE

Members On The Move is a new program for Passport To Health members designed to get you up off and moving. It replaces the Passport Pacers walking program.

Passport Pacers was limited in that only walkers could participate. *Members On The Move* is for everyone! Whether you use a wheelchair, cane, or walker, have arthritis or some other condition that makes it hard to walk, you can still participate in *Members On The Move*.

The program's goal is to help Passport To Health members make and keep a commitment to regular physical activity. The goal will be for you to be active for 30 minutes a day, 5 days a week for 6 out of 8 weeks.

You can exercise at home, join a gym, bicycle, play a sport like tennis or golf, swim, rake leaves, walk – any activity that gets you moving! If 30 minutes at one time is too difficult, you can break it up into 10-minute segments.

Join us for the program launch on Monday, Jan. 7. We'll kick it off with a workshop titled "How To Start An Exercise Program," led by exercise physiologists at Cape Fear Valley's HealthPlex. At this workshop, you'll receive all the materials you need to join *Members On The Move* and track your activity. Participants will also receive their choice of a *Members On The Move* t-shirt or ball cap.

MEMBERS *on the* MOVE

Sessions are Monday, Jan. 7

9:30 – 11 a.m.

1:30 – 3 p.m.

6:30 – 8 p.m.

Register!

Register for one of the three sessions by calling 615-4600

Valley Pharmacy

offers great values on generic over-the-counter medications.

HOURS: MONDAY – FRIDAY, 7 A.M. – 6 P.M.



| GENERIC | COMPARE TO | QUANTITY | PRICE |
|----------------------------|--------------------------|----------|---------|
| ALLERGY | | | |
| Loratadine (Perrigo Brand) | Claritin | 100 | \$6.59 |
| Cetirizine | Zyrtec | 90 | \$3.43 |
| Fexofenadine | Allegra | 30 | \$11.59 |
| PAIN RELIEVERS | | | |
| Acetaminophen 325 mg | Tylenol Regular Strength | 100 | \$1.27 |
| Acetaminophen 500 mg | Tylenol Extra Strength | 100 | \$1.27 |
| Ibuprofen 200 mg caplets | Advil | 100 | \$2.19 |
| Naproxen | Aleve | 100 | \$5.29 |
| Aspirin 81 mg | Bayer Aspirin | 120 | \$1.07 |
| Aspirin 325 mg | Bayer Aspirin | 100 | \$1.03 |
| DIGESTIVE | | | |
| Loperamide | Imodium | 12 | \$1.23 |
| Antacid Ultra Strength | Tums Ultra Strength | 72 | \$1.49 |
| Mi-Acid Regular Strength | Mylanta Regular Strength | 12 oz. | \$2.59 |
| Clear Lax | Miralax | 4.1 oz. | \$3.17 |
| Stool Softener | Colace | 100 | \$1.77 |
| Ranitidine 75 | Zantac 75 | 60 | \$3.77 |
| Lansoprazole | Prevacid | 28 | \$10.99 |
| Omeprazole | Prilosec | 14 | \$9.27 |
| Famotidine 10 mg | Pepcid Original Strength | 30 | \$3.17 |

At the November Passport To Health luncheon, several members purchased low-cost generic over-the-counter medications at Valley Pharmacy. Valley Pharmacy is located off the medical center's main lobby and is open to the public.



Bottom Left (left to right): Mabel Montgomery, Pauline Crayton, Lucia Welch and Annie Hudson visit Valley Pharmacy after the Passport To Health Luncheon

Bottom Right: Edward Williams, the first member to sign up for Passport to Health 2013!



UPCOMING *events*

Monthly Luncheon & Dinner Programs

If you haven't attended a luncheon or dinner program in a while, we invite you to see what you are missing! We have added door prizes at every luncheon and dinner.

All luncheon and dinner programs will be held in the Cape Fear Valley Rehabilitation Center Auditorium, located behind Cape Fear Valley Medical Center. Free parking is available in the Employee Parking Lot, located at the corner of Melrose and Walter Reed roads, with shuttle service provided to the door.

To allow our catering staff to get ready, doors will open at 11 a.m. for the luncheons and 5 p.m. for the dinners. We regret we cannot allow early entrance.

Cost is \$7.25 per person. Reserve your space early as these events often become filled to capacity. In order to receive a refund, cancellations must be made by the reservation dates listed below.

January

Tuesday, Jan. 8 • 5:30 p.m.

Reservation deadline is Jan. 2, 2013

Monday, Jan. 14 • 11:30 a.m.

Reservation deadline is Jan. 7, 2013

Stroke: Prevention & Treatment

Speakers: Gabriel Pantol, M.D., and

Iraj Nikfarjam, M.D.

Cape Fear Valley Neurology

February

Tuesday, Feb. 5 • 5:30 p.m.

Reservation deadline is Jan. 28, 2013

Monday, Feb. 25 • 11:30 a.m.

Reservation deadline is Feb. 18, 2013

Early Heart Attack Care: Reducing Heart Damage From A Heart Attack

Speaker: Michelle Keasling, RN, MSN

AMI Coordinator, Cape Fear Valley Health

JANUARY EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: _____

Spouse's Name: _____

Phone #: _____

Cost: \$7.25 per person

___ **Dinner Session: Jan. 8**

Registration Deadline is Jan. 2, 2013

___ **Luncheon Session: Jan. 14**

Registration Deadline is Jan. 7, 2013.

Location: Cape Fear Valley Rehabilitation Center Auditorium

Mail registration form and payment to:

Passport To Health

Cape Fear Valley Health

P.O. Box 2000

Fayetteville, NC 28302-2000

NOTICE: The Passport To Health office will close daily for lunch from 12:30 to 1:30 p.m.

Seminars & Workshops

Heart Failure: Risk Factors and Treatment

Monday, Feb. 11 • 1 – 4 p.m.

Cape Fear Valley Rehabilitation Center Auditorium,
located behind Cape Fear Valley Medical Center
Keynote Speaker at 1:30 p.m.: Michael Hodges, M.D.,
Cardiologist

FREE! Light heart-healthy refreshments,
door prizes, giveaways

Free blood pressure screenings

More than 20 different exhibits, including low-cost
prescription services, Cumberland County Coordinating
Council on Older Adults, Cardiac Rehabilitation, Mended
Hearts support group, diabetes education, stroke prevention,
Race 2 Recovery Joint Replacement Club, and Take Charge
of Your Health.

To register, please call Carelink at 615-LINK (5465).

Family & Friends CPR

Saturday, Feb. 16

Classes offered on the hour: 9 a.m., 10 a.m., 11 a.m., Noon
Cape Fear Valley Rehabilitation Center Auditorium,
located behind Cape Fear Valley Medical Center

Cost: FREE!

Approximately 92 percent of sudden cardiac arrest victims die
before reaching the hospital, but immediate CPR can double,
or even triple, a person's chance of survival.

The Family & Friends CPR Course teaches the lifesaving
skills of Hands-Only® CPR. And Hands-Only® CPR is so
simple even a child can do it!

To register, please call Carelink at (910) 615-LINK (5465).

at the December Luncheon



HAPPY HOLIDAYS! At the December Passport To Health luncheon, members were treated to a special holiday performance by the Methodist University Chamber Singers. In addition, 25 poinsettias were given away as door prizes.





SAVING LIVES *locally*

You don't have to be a
superhero to save a life.
It can be as simple as
giving blood.

Passport To Health member Bill Gardner doesn't think of himself as a hero. Yet he has donated more than 66 units of blood at Cape Fear Valley Blood Donor Center.

"I first started donating locally when my daughter was born at Cape Fear Valley Medical Center," said Gardner. "I had time, so I donated."

Since then, Gardner has become a regular blood donor. He feels it is an important service to the community.

And he's right. One in seven people enter hospitals needing a blood transfusion, yet less than two percent of the population donates blood. If five percent of the local population donated blood just once a year, the Blood Donor Center would have enough blood to save local patients for an entire year.

There is no age limit to donating blood. However, The Food and Drug Administration has many travel restrictions that temporarily or permanently prevent some people from donating [see sidebar]. This shortened list of eligible donors in our community, plus a never-ending need for transfusions, makes it hard to keep the required minimum amount of blood in Cape Fear Valley's blood bank.

Blood donated to the Blood Donor Center is used at Cape Fear Valley Medical Center, Highsmith-Rainey Specialty Hospital and Bladen County Hospital. Trauma patients, heart surgery patients, mothers who have complications during childbirth, premature babies, and patients receiving treatment for sickle cell or cancer are just some of the patients who benefit from donated blood and blood platelets.

“Every month, more than 1,000 local volunteer blood donors are needed to support the blood needs of our friends, family and neighbors treated at Cape Fear Valley,” said April Maroschak, Cape Fear Valley Blood Services Director.

A typical blood donation, or roughly a pint of blood, can save up to three lives. However, many patients require more than one pint of blood. It can take up to 100 blood donations to save a trauma patient’s life.

Cape Fear Valley Health offers a Blood Assurance Plan. Every time you donate to the Blood Donor Center, you build credits. Donors are automatically enrolled after the first donation and earn one credit per donation. Donors can use credits to replace blood or platelet charges for themselves or a loved one who is a patient at any Cape Fear Valley hospital.

Gardner says he’s never had to use the Blood Assurance Plan for himself, his family or his friends.

“Just lucky, I guess.”

Nonetheless, he’s racking up credits for future use.

You can learn more about donating blood by visiting www.savingliveslocally.org or by calling the Blood Donor Center at (910) 615-LIFE (6533).



CAPE FEAR VALLEY BLOOD DONOR CENTER

The Blood Donor Center is located across the street from the Cape Fear Valley Emergency Department at 3357 Village Drive, Suite 150.

Common Causes for Deferral for Donors Ages 50 and Older

TEMPORARY DEFERRAL

- ▶ Recent surgery
- ▶ Received blood within the past 12 months

PERMANENT DEFERRAL

- ▶ History of cancer (skin cancer not included)
- ▶ Traveled to or lived in the United Kingdom for more than 3 months between 1980 and 1996
- ▶ Member of U.S. Military or military dependent stationed 6 months or more between 1980 and 1990 in Belgium, Netherlands, or Germany, or 6 months or more between 1980 and 1996 in Spain, Italy, Portugal, Greece, or Turkey
- ▶ Lived in another European country between 1980 and 1996 for periods totaling 5 years or more

BEFORE DONATING

- ▶ Eat a good meal within 4 hours of donating (iron-rich foods such as meat, fish and peanut butter are good choices)
- ▶ Avoid caffeine (skip your morning coffee or tea if you can)
- ▶ Drink plenty of non-caffeinated fluids (especially water – four to six glasses is ideal)
- ▶ Wear comfortable clothing

Heart Failure

LEARN HOW TO HANDLE THIS SERIOUS BUT MANAGEABLE CONDITION

Getting a diagnosis that contains the word “failure” can feel pretty bleak. But despite its ominous name, heart failure is a manageable condition that doesn’t have to ruin the life you’ve planned.

More than half a million Americans are affected by heart failure. Some are elderly, and some are just starting out in life. Most can continue living happy and productive lives with the help of medication and simple lifestyle adjustments.

What Is Heart Failure?

Heart failure is a condition in which the heart isn’t pumping as well as it should. That means that it isn’t able to supply enough blood to the body’s cells, depriving them of the oxygen and nutrients they need.

The heart initially compensates for this by enlarging or pumping faster. Blood vessels do their part by narrowing, which increases blood pressure to compensate for the loss of heart-pumping power. The body may also divert blood away from less crucial areas to ensure that major organs like the brain can get the blood they require.

Those changes work for a while, but still the problem progresses. Eventually, the lack of adequate pumping leads to symptoms that get your attention.

What Are The Symptoms?

Because the heart pumps blood to every part of your body, the evidence that it is failing includes a variety of symptoms:

Shortness of breath. As blood backs up in the vessels that travel from the lungs to the heart, fluid starts to leak into the lungs. This causes breathlessness, at first during periods of activity and later at rest. You may even wake in the middle of the night feeling panicky from the inability to breathe.

Persistent coughing or wheezing. The same backup of fluid can make your breathing labored and noisy. You may also cough up mucus that is tinged with blood.

Swelling. As blood empties more slowly out of the heart, blood returning to the heart through the veins backs up, causing fluid to flow back into the tissues. This is seen as swelling in the extremities, especially the legs and feet.

Tiredness, fatigue. Because the heart can’t pump enough blood for your whole body, blood is diverted away from arm and leg muscles so that there is enough for vital organs. That means things like carrying groceries and climbing stairs suddenly take a lot out of you.

Nausea or lack of appetite. All of that blood being diverted to your brain means that your digestive system is receiving less of it. So you may experience a range of digestive difficulties, like feeling full or sick to your stomach.

Confusion and impaired thinking. As blood flow patterns change, fluctuating levels of substances like sodium can affect the brain and result in feelings of disorientation.

Increased heart rate. To compensate for the loss of pumping ability, your heart may simply beat more frequently. This can feel like your heart is racing or thumping in your chest.

Who Is At Risk?

All of us lose some heart-pumping ability as we get older, but heart failure is the result of additional conditions or habits that particularly stress the heart.

Most people with heart failure also have one of the following conditions:

Coronary artery disease involves a buildup of cholesterol in the arteries (atherosclerosis), which keeps blood from reaching the heart.

A **past heart attack** may have damaged the heart's tissue in a way that compromises its ability to pump.

High blood pressure forces the heart to pump harder to keep blood circulating.

Abnormal heart valves may not open or close properly during each pump, requiring greater exertion from the heart.

Heart muscle disease may be the result of viral infections or certain medications (such as cancer chemotherapy).

Diabetes is linked to high blood pressure and atherosclerosis, both of which cause the heart to work harder.

In some cases, the condition that led to heart failure is not diagnosed until the disease itself is. That's why regular doctor visits, and monitoring of your cholesterol and blood pressure, are so important.

How Is It Treated?

In rare cases, heart failure is treated with surgery to correct a structural issue. More commonly, it can be managed through a combination of medications and lifestyle changes.

Medications depend on the contributing factors for each patient's heart failure. They may include anticoagulants (which decrease clotting in the blood), diuretics (which help the body rid itself of excess fluid) and statins (which control cholesterol in the blood).

Lifestyle changes include the things that are generally recommended for cardiovascular health, like quitting nicotine, maintaining a healthy weight, and enjoying a heart-healthy diet. But heart failure patients are especially urged to control excess fluid (which gives the heart more work to do) by keeping sodium intake to a minimum and monitoring changes in their weight.

Because flu and pneumonia are more dangerous to patients with heart failure, it's important to get timely vaccinations each year.

The changes to your lifestyle and routine may seem daunting at first, but with the right support you can keep heart failure under control. Cape Fear Valley offers a support group and education program to help you and your family successfully manage your condition.

Heart Failure SUPPORT GROUP

1st & 3rd Thursdays of every month
3:30 – 4:30 p.m.

Cardiac Rehabilitation Classroom
Cape Fear Valley Rehabilitation Center

Join our Heart Failure Support Group. Share your experiences, advice and stories with others. Stay updated on new treatment options and learn new recipes and meal preparation tips from guest speakers. For more information, please call Jay Pedersen, RN, BNSc., Heart Failure Coordinator, at (910) 615-4809.

Transition of Care Clinic

Heart failure sends many people to the hospital, sometimes over and over. Cape Fear Valley's Transition of Care Clinic is designed to help keep heart failure patients healthy and out of the hospital.

Patients with Heart Failure at Cape Fear Valley Medical Center are sent to the Transition of Care Clinic generally on the day they are discharged. In less than an hour, they learn how simple changes in their routines can help keep them safe and comfortable – and keep them from ending up back in a hospital bed.

“Little changes can mean a big improvement for patients with heart failure,” said Jay Pedersen, RN, BNSc., Heart Failure Coordinator. “We teach them how to modify their diets, and to watch for signs that their medication may need some adjustment.

Pedersen says it's as much an education for family members as for the patients themselves.

“It's really important to educate the person who is doing the shopping and the cooking,” he says. “For example, these patients need to watch their salt intake, but that doesn't mean just taking the salt shaker off the table. You have to know which foods already contain a lot of salt and avoid those as well.”

Patients also learn how to track their daily weights for signs of fluid retention, which puts excessive stress on an already struggling heart.

The clinic has a dedicated pharmacist, nurse and physician assistant for heart failure patients. In addition to helping with the education of patients and families, the team can communicate with the patient's doctor and assist with medication adjustments.

With a 100 percent patient-satisfaction rate, it's clear that people attending the program are happy with what they've learned. And the community as a whole benefits from a reduction in preventable readmissions to the hospital. Reports show that patients who attended the program were half as likely to be readmitted as heart failure patients who did not.



Jay Pedersen
HEART FAILURE COORDINATOR



Cape Fear Valley has achieved The Joint Commission's Gold Seal of Approval® for Disease-Specific Certification in heart failure treatment.

By achieving this certification, Cape Fear Valley has demonstrated compliance with national standards for care, evidence-based clinical care, and taking an organizational approach toward performance improvement.

Have You Signed Up for Passport *to* Health 2013?

If you've been a Passport To Health member for many years, you may not realize that you need to re-enroll in Passport To Health before Dec. 30 if you want to remain a member. Effective Jan. 1, 2013, Passport To Health will charge a nominal annual fee of \$10 per member, \$15 for married couples.

Your current Passport To Health membership card will not be valid after Feb. 28, 2013.

When you join the 2013 program, we'll mail you your new membership card and your 2013 Luncheon and Dinner Booklet. Please allow 4-6 weeks for delivery. As always, should you lose your card, there will be a \$5 replacement fee.

We hope you will join the new Passport To Health program and continue receiving the many benefits Passport To Health membership offers.



PASSPORT TO HEALTH 2013 MEMBERSHIP APPLICATION

Name: _____ Birthdate: _____

Spouse's Name (if both will join): _____ Birthdate: _____

Address: _____ Email: _____

City: _____ N.C. ZIP: _____ Phone: _____

Membership Fee: _____ \$10 _____ \$15 for a married couple

Mail your application and check or money order to:

Passport To Health, Cape Fear Valley Health System,
P.O. Box 2000, Fayetteville, NC 28302-2000

Please allow 4 – 6 weeks for processing.



**CAPE FEAR VALLEY
HEALTH SYSTEMSM**

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Fayetteville, NC 28302-2000

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New Benefit *for members*

**PASSPORT TO HEALTH IS PLEASED TO OFFER YOU A SPECIAL BENEFIT
WHEN VISITING PATIENTS AT CAPE FEAR VALLEY HOSPITALS**

On Jan. 1, 2013, Cape Fear Valley Medical Center will launch a new visitor management system designed to improve the safety and security of patients, visitors and staff. It is similar to the ones used by major medical systems nationwide.

All visitors will be required to stop at the Security Desk and supply a photo ID or have a photo taken for a temporary photo ID badge. Temporary ID badges are good for 12 or 24 hours. After that time, the paper on the badge will show a red "VOID," indicating that the visitor must return to the Security Desk for an updated badge if he or she wishes to continue visiting.

Passport To Health members will be eligible for a permanent ID badge similar to the ones Cape Fear Valley employees and medical staff wear. Passport members can have their photos taken at the Main Entrance or the Rehabilitation Center entrance the first time they visit.

If you are attending the January luncheon or dinner program, please stop at the Security Desk in the rehabilitation center for a temporary badge for the event. You will have your photo taken for your permanent badge at that time. When completed, your permanent ID badge will be mailed to your home.