



Medina Hospital Advocate

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From left, Philanthropy Institute Chair Lara Kalafatis, Dave Logsdon and Tomislav Mihaljevic, MD, Cleveland Clinic CEO and President at the 2019 Crile Award Presentation.

Logsdon Family Wellness Center Highlights Personalized Care

The Logsdon Family Wellness Center for Integrative Medicine at Cleveland Clinic Medina Hospital welcomed its first patients in January. Established with a generous gift from Medina residents Dave Logsdon and his late wife, Jan, the center offers a wide range of complementary health services for treating and preventing chronic illness.

"I'm so excited to be part of this new center," says Maria Hochendoner, APRN, FNP-C, a board-certified family nurse practitioner who works closely with patients to develop personalized treatment plans. "I love empowering patients."

continued on page 2

Complementary Practices Promote Health, Wellbeing

The Logsdon Family Wellness Center offers referrals for an array of complementary health therapies, which are personalized according to a patient's specific needs. These include:

- Acupuncture, a therapeutic modality of traditional Chinese medicine that eases discomfort from ailments such as arthritis, migraines, chemotherapy after-effects, and much more
- Chinese herbal therapy to address a variety of symptoms and complaints
- Chiropractic care for problems involving the muscles, tendons, ligaments, bones, cartilage and nervous system
- Craniosacral therapy, to relieve tension in the central nervous system, ease pain, and boost health and immunity
- Culinary medicine, an evidence-based science of food, nutrition and medicine coupled with the joy and art of cooking
- Guided imagery, to elicit a

continued on page 2

Logsdon

continued from page 1

"Integrative Medicine helps individuals who are coping with chronic illness, including high blood pressure, high cholesterol and diabetes, and want to achieve healthier lifestyles. We welcome anybody who is interested in just feeling better, preventing disease or maintaining their health, especially if they have a strong family history of something such as heart disease," says Hochendoner. "I encourage them to come see me to stay healthy."



Maria Hochendoner,
APRN, FNP-C

Even if patients don't have an illness, many have problems managing stress. Anyone can benefit from Integrative Medicine."

Hochendoner emphasizes nutrition, physical activity, sleep and stress management with her patients. She discovered the power of exercise and nutrition when she was still in high school.

"I played volleyball and became a 'foodie,' cooking for myself and my family," she says. "When I went into college and into nursing, I enjoyed learning about the human body, and health became a personal interest because I had some health issues. I learned the benefit of changing from a normal college diet to cleaner diet really benefited me. It's very empowering when you get a diagnosis and think that there's not a lot you can do, but then find out that's not the case."

Integrative Medicine is a companion to other disciplines, working with all members of a patient's healthcare team. "It's a form of complementary medicine, meaning that it complements conventional and traditional medicine. We do not offer primary care services. Integrative Medicine patients still see their primary care doctors and specialists. This is an additional service, and you can self-refer. We treat every patient uniquely, and where conventional medicine is geared toward helping people control disease and disease progression, Integrative Medicine focuses on healing and helping patients make changes to allow their bodies to heal. People don't just want to avoid being sick. They also want to feel better."

The center's benefactors, Dave and Jan Logsdon, learned firsthand the value of nontraditional pain relief when a massage therapist visited Mrs. Logsdon while she was being treated for cancer at Medina Hospital. The therapist's care and compassion comforted the couple at a difficult time. Mrs. Logsdon passed away in March 2018. The Logsdons were married for 42 years and raised their three children in Medina. In 2019, Mr. Logsdon, Chairman of Wayne Homes, was honored with Cleveland Clinic's Crile Award.

"Integrative Medicine helps individuals who are coping with chronic illness, including high blood pressure, high cholesterol and diabetes, and want to achieve healthier lifestyles."

— Maria Hochendoner, APRN, FNP-C

Complementary

continued from page 1

state of mind and body most conducive to healing

- Holistic psychotherapy, using mind and body therapies to treat physical illness, emotional issues, trauma, addiction, stress and more
- Massage therapy, promoting health and wellbeing through soft tissue manipulation and movement of the body
- Nutrition therapy, focusing on food to improve overall health. Consults, cooking classes and personalized genomic testing are available
- Reiki, to balance and restore the body's natural energies, thereby increasing vitality, balancing emotions and improving health
- Shared medical appointments, in which patients with common needs are brought together in a group setting.
- Yoga, employing breathing and mindfulness techniques to reduce stress

To schedule an Integrative Medicine appointment please call 216.448.4325.

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What To Give? How To Give?



When I talk with people regarding their estate plan, the discussion often inspires them to think about their charitable aspirations. Through these discussions, I often find that people have a rather vague desire to give. Their prior charitable giving may have been limited to responding to whomever happens to ask for a donation at a time they are feeling charitable. They have an innate desire to give, but have not established a charitable goal or a plan to reach that goal. This type of approach rarely renders the most impactful charitable result.

Cleveland Clinic's Philanthropy Institute has recently compiled a brochure called "The Power of Every Gift." The brochure addresses a variety of options for "what to give." It inspires you to think about what assets you may have and what assets may be an option to use for a charitable donation.

The brochure also addresses "how to give." Many people are hesitant to give immediate gifts when the financial climate is so uncertain. There are a multitude of options for how to give depending on your level of comfort for giving now or in the future. There are also a multitude of charitable giving options to maximize the dollar value of your assets (i.e. to get the most "bang for your buck").

Finally, the Philanthropy Institute has experienced staff available to talk with you and assist you in formulating your charitable goals, determining "what to give" and "how to give." They've helped many Medina Hospital supporters meet their financial and philanthropic goals.

If you would like a print or electronic copy of the brochure you can call the Medina Hospital Foundation office at **330.721.5940** or **Medhospfound@ccf.org**.

Ann E. Salek is an attorney with the Medina office of Critchfield, Critchfield & Johnston. She is certified by the Ohio State Bar Association (OSBA) in estate planning, probate and trust law and is a Certified Elder Law Attorney by the National Association of Elder Law attorneys and the OSBA. She also is a Medina Hospital Foundation Board member.

Memorial Listing

In Memory of Barbara Jan Thomas

*Toni and
Robert Walker
Marilyn Miller*

In Memory of Petar Jacimovic Carl and Denise Coniam

*Mary and
Raymond Martin
Joanne Pucci*



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Medina Hospital Foundation realizes that individuals would like to learn more about its particular programs, services or developments. However, if you do not wish to receive information relating to your philanthropic objectives at this time, please call the Medina Hospital Foundation at 330.721.5941 or send an email to medhospfound@ccf.org.



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VNG Goggles Purchased with Event Proceeds

Dizziness is one of the most common reasons for a visit to a primary care doctor, but it can describe a wide variety of symptoms. Dizziness can indicate light-headedness, heavy-headedness, faintness, disorientation, distortion of position in three-dimensional space, turning sensation, spinning sensation or rocking sensation.

To help better diagnose patients with dizziness, proceeds from the Vigneault Golf Outing and The BASH were recently used to purchase Video Nystagmography Goggles for Rehabilitation Services. The goggles are used by approximately 15 patients per week and can diagnose and treat vestibular and balance disorders.

Using tiny cameras to record eye movements to measure the function of the balance system during physical movements, the cameras project and record onto a laptop to get a better visualization of nystagmus (eye movement).



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