

Saginaw, Aleda E. Lutz VAMC

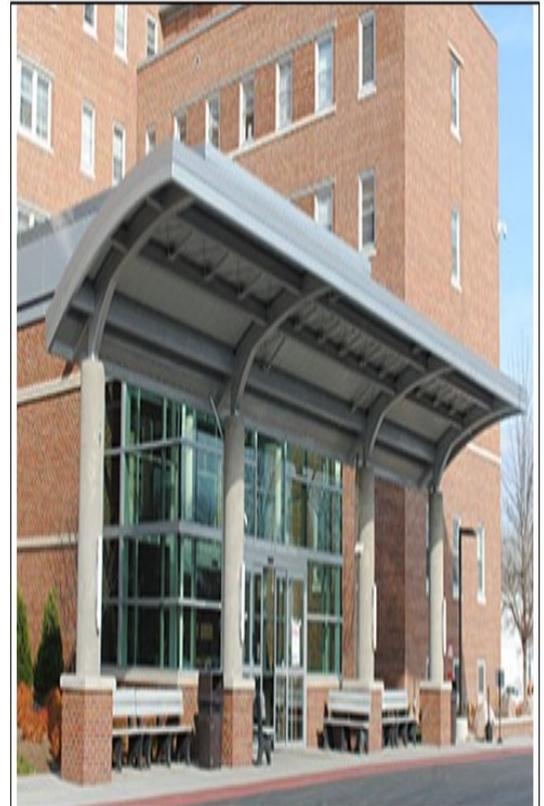
Inpatient Rehabilitation Unit

Community Living Center Building 22

WELCOME TO CLC



**Our PMRS team is here to serve
you**



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Welcome to the second issue of our rehab news letter. In this issue, we will discuss updates to our department, introduce our newest team member and highlight our comfort therapies programs offered to you.

MESSAGE FROM
MEDICAL DIRECTOR

DR NAHATA

We are pleased to announce Babu Nahata, MD as the newest member of our team! Dr. Nahata joined the Saginaw VA on October 15, 2019 bringing over 20 years of expertise in physical medicine and rehabilitation. He will be involved in overseeing our inpatient rehabilitation program and will also be providing outpatient services to treat a variety of musculoskeletal and neurologic conditions and will be performing electrodiagnosis (EMG) services as well. Additionally, he will be taking an active role in educating our medical students and residents. We welcome Dr. Nahata, MD to the Saginaw VA Medical Center!



Letter from Dr. Nahata

As winter is at its peak and we are eagerly waiting for weather to warm up, I want to extend my warmest gratitude to our rehab team at the Saginaw Medical Center. Everyone of you make a positive difference in our patients lives. Our patients challenging conditions do not deter you from working harder to improve their function, independence and quality of life. Your hard work and dedication is the reason for our patients well-being. It helps them to recover from challenging health conditions. I am happy to be part of such an excellent team and together we can achieve many more milestones. In the coming months I look forward to working with you all more closely and take our rehabilitation program to new heights. Thank you for welcoming me and make me feel at home.

Go Rehab Team!

Whole Health and Inpatient Rehabilitation

The VA is committed to providing the most advanced, evidence based, pro-active and Veteran-driven care. In adjunct to our low intensity and moderate intensity programs, each designed to accommodate the varying needs of our Veterans, we are committed Whole Health Model. What this means is we:

1. Are Patient-Centered: We partner with you and your family, exploring your mission and your aspirations to develop your overarching personal health plan.
2. Will Introduce you to proactive, integrative health approaches such as stress reduction, yoga, tai chi, mindfulness, nutrition, acupuncture, health coaching.
3. Focus on the solution not the diagnosis!

We look forward to discussing your specific needs and developing your individualized care plan!

Your TEAM

Your Rehabilitation team includes:

Board Certified Psychiatrist

Medical Doctor

Nurse Practitioner

Rehabilitation Nurses

Dietitian

Social worker

Psychologist

Physical Therapist

Occupational therapist

Recreational therapist

Speech Pathologist

Respiratory therapist

Pharmacist

MULTIDISCIPLINARY



We welcome Danny Dorzok to our Recreation Therapy team!



“We are excited to announce Danny Dorzok who recently joined us and is now part of the Recreation Therapy team. Danny is a OEF/OIF Navy veteran. He served in the United States Navy from 2005 to 2009 as an aviation structural mechanic. Danny was responsible for ensuring hydraulic equipment, aviation fuselages, and other various aircraft components were fully functional and operational during mission deployment. Danny completed two deployments

aboard the USS Nimitz (2007, 2008) and a third deployment to Camp Bucca, Iraq (2008).

His first deployment was on April 2nd, 2007 to the Arabian Sea in support of Operation Iraqi Freedom to expand bilateral defense between India and the United States. He also served in other various roles including aircraft and shipboard firefighting, and shipboard security, guarding vital infrastructure onboard USS Nimitz while deployed and while in home port of Naval Air Station North Island-San Diego, CA.



His second deployment was in January of 2008, deploying to the Western Pacific with the USS Nimitz. At the end of his second deployment, under the request of his Maintenance Officer (MO), Danny voluntarily received orders to attend Naval Surface Rescue Swimmer School at Naval Base San Diego, CA. Although not successful in passing the program, Danny continued to seek other ways to further his career. He volunteered for a IA (Individual Augmentee) boots on the ground tour to Camp Bucca, Iraq, serving as a detainee prison guard with Naval Provisional Detainee Battalion (NPDB-5). After his third deployment, Danny discharged military service to pursue higher education back in his home state of Wisconsin.



Danny attended the University of Wisconsin Lacrosse where he graduated with his Bachelor's degree in Arts and Sciences in 2014, with a major in the field of Recreation Therapy. His previous employment includes working for the Wisconsin Department of Veterans Affairs as their senior Recreation Therapist, a state run nursing home for veterans and their dependents. Danny served veterans from all war eras including: WWII, Korea, Vietnam, Gulf War, and OEF/OIF. Veterans he served were as young as 40 to as old as 101. Danny also volunteered with Special Olympics, raised money for nursing homes, volunteered with the Lacrosse rotary club, assisting with their annual Rotary Lights in December, and working for a company providing activities for adults with cognitive and developmental disabilities (Aptv Inc. formally Riverfront Inc.).

During his free time Danny enjoys spending time with his wife and two daughters doing outdoor and indoor activities, spending time with friends and family, attending church, volunteering, woodworking, carpentry and construction, electrical work, welding, exercising, mountain biking, kayaking, hiking, fishing, bogw/un hunting, trap shooting, snowboarding, and camping in Door County, WI in the summer time.

What is Recreational Therapy?

Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being.

The purpose of the RT process is to improve or maintain physical, cognitive, social, emotional and spiritual functioning in order to facilitate full participation in life. Services are provided or directly supervised by a "Certified Therapeutic Recreation Specialist" (CTRS).

How are Recreation Therapies Different From Other Therapies?

Recreational Therapy (RT) embraces a definition of "health" which includes not only the absence of "illness," but extends to enhancement of physical, cognitive, emotional, social and leisure development so individuals may participate fully and independently in chosen life pursuits. The unique feature of RT that makes it different from other therapies is the use of recreational modalities in the designed intervention strategies. RT is extremely individualized to each person by his or her past, present and future interests and lifestyle. The recreational therapist has a unique perspective regarding the social, cognitive, physical, and leisure needs of the patient. Incorporating client's interests, and the client's family and/or community makes the therapy process meaningful and relevant. Recreational therapists weave the concept of healthy living into treatment to ensure not only improved functioning, but also to enhance independence and successful involvement in all aspects of life. Recreational therapy includes, but is not limited to, providing treatment services and recreation activities to individuals using a variety of techniques including arts and crafts, animals, sports, games, dance and movement, drama, music, and community outings. Recreational therapists treat and help maintain the physical, mental, and emotional well-being of their clients by seeking to reduce depression, stress, and anxiety; recover basic motor functioning and reasoning abilities; build confidence; and socialize effectively. Recreational therapists should not be confused with recreation workers, who organize recreational activities primarily for enjoyment.

How is Recreation Therapy beneficial?

Recreational Therapy is an integral part of a patient's treatment, as well as a service benefiting consumers of community services. Recreational Therapy enhances participant outcomes and reduces healthcare costs by:

Providing active, outcome focused care which achieves results

Enabling the generalization of skill developed in treatment to their home and community environments

Reducing the effects of primary and secondary disabilities

Providing treatment through cost effective means such as in small and large group settings

Serving as a cost-effective means to enhance or replace other more costly services

Addressing the whole person with the focus on enhancing independent functioning within physical, social, cognitive and emotional domains

Training individuals to identify and utilize community resources that enable independent functioning

Focusing on skills that carry over to everyday life and can make a difference in a person's quality of life

Providing a diversity of interventions which are cost effective, add value and have significant durability across an individual's lifespan.

VETERAN HIGHLIGHT

Mr. Regimond McKinney whom served in the US Army along with his wife Mrs. Shender McKinney by his side would like to say thank you to all the Rehab/ nursing staff for all their help during his recovery. He states that since receiving Inpatient Therapy that he has the ability to feed himself and walk better which has really made him feel better. He states that the best part of being here was the staff and all the activities they offer which keeps your mind off the difficulties you may be facing. Mr. and Mrs. McKinney want to wish blessing to all the rehab/ nursing staff at the Saginaw VA.



For more information on the Inpatient Rehab Program
Please contact Constance Louis, CARF Coordinator
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