



Verdugo Hills
HOSPITAL

News
For Immediate Release

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Women's Council Celebrates Valentine's with a Lesson on 'Balance'

(GLENDALE, CA – February 23, 2009) – The Women's Council of Verdugo Hills Hospital (VHH) Foundation hosted a Valentine's luncheon on February 12 at the hospital, welcoming one of VHH's physical therapists, Bill Hartley, who spoke about fall prevention and balance. The talk was followed by a guided tour of the physical therapy department, where Council members had an opportunity to see the balance equipment used to treat balance problems.

Hartley, who has been working at VHH since 1980 and is board certified by the American Physical Therapy Association, talked about the hospital's "A Balanced Life" program as well as the exercise program called "Get Up & Go," which helps seniors regain a balanced life and overcome physical obstacles.

" 'A Balanced Life' program addresses a very current need for our community," said Ruth McNevin, Chair of the Women's Council. "Each of us needs to be aware that we may need to avail ourselves of this service due to aging, illness or interactions caused by medication. It is very comforting to know that VHH can provide this unique and needed service."

"While I found the overall presentation to be of considerable interest, the area on diabetic neuropathy was of particular interest to me because my husband has the problem," said Women's Council member Eileen Akers. "I discussed this with the presenter during lunch and learned that the program has an area on awareness of falling and covers retraining of nerves to detect loss of balance."

VHH's fall prevention program, "A Balanced Life" helps patients regain and retain their independence by improving balance and reducing the risk of falling. "A Balanced Life" program made the leap into vestibular rehabilitation in 2007 to treat patients who suffer from dizziness or disequilibrium, after receiving funding from the UniHealth Foundation, Glendale Community Foundation, The Capital Group Companies Charitable Foundation and Burbank Healthcare Foundation. A computerized balance machine is now available in the Physical Medicine and Rehabilitation Department to help quantify and improve a patient's balance and stability. For more information about "A Balanced Life" or "Get Up & Go" programs, please call VHH's Physical Medicine and Rehabilitation Department at 818.952.2294.

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About the Hospital:

Verdugo Hills Hospital is a 158-bed nonprofit primary care facility nestled in the foothills between Glendale and La Cañada Flintridge. The hospital features all private rooms, 24-hour emergency services, comprehensive inpatient and outpatient diagnostic and treatment facilities, and a family birthing center. VHH was voted “Foothills’ Best Hospital” for 2008 by readers of the *Glendale News-Press* for the fifth consecutive year. For more information, please visit www.vhhospital.org. For more information about funding initiatives or to support the hospital, please call the Foundation at 818.952.2226.

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