



FOUNDATION



# Riding the Wave to Fitness

## Water Therapy Campaign

Community Memorial Hospital Foundation  
208 N Columbus  
Hicksville, OH 43526  
419-542-5566

## CMH Needs You!

Throughout our fifty six years, Community Memorial Hospital (CMH) has been dedicated to improving the health of the residents in our service area. From the new building in 1953, to adding emergency room services to HealthFit, the focus was on improving your health. With the 2006 building in place our focus is on the future. We have several more stages planned. Our first stage is adding water therapy, the second is moving laboratory and respiratory services a bit closer to the main entrance, the third stage is improving our pharmacy services. Once these steps are complete, CMH is anxious to add oncology services. Here's your chance to be part of an historic event—a new service for our area.

### *Our History*

Healthcare in Hicksville began in 1917 when Addie Amaden opened a hospital in a Victorian home on Smith Street. This hospital served our community well for many years. In the early 1950s a group of foresighted businessmen formed a committee to build a new, larger hospital for the Hicksville Community. This group secured \$200,000 dollars and raised \$22,500 from the community to fund the building of a new hospital. On August 9, 1953, the Mark, Milford, Hicksville Joint Township Hospital opened. Over the years, the building grew to accommodate the needs of the communities. Major additions were added in 1956, the mid 1970s, 1987, 1992, and 1999.

### *Building Needs*

As our hospital neared fifty years, it was evident that another project was necessary. The infrastructure in the old facility was tired. The heating and cooling needs were not adequate for patient care. Patients were in semi-private rooms that were small for two patients. Two rooms (four patients) shared a bathroom and due to the size, many could not use the bathroom and needed to use portable commodes. There were two showers in the facility, one for the med-surg patients and one for obstetrics patients. The emergency department was small and lacked privacy for our patients. Our materials management department was in the basement and supplies were carried up and down the stairs as required. The kitchen was small and unable to accommodate the public. The hospital had received waivers from the state to continue operation as the structure no longer met some of the changing requirements in departments like obstetrics.

### *The New Facility*

In 2004 and 2005, the hospital's administrative team spent considerable time planning and securing funding for the facility. At the end of the planning stage, the administrative team concluded that renovations would be time consuming and more costly than building a new structure. To meet state requirements, surgery would need to also be relocated to the new structure to be close to the obstetrics department. A plan was developed that would add new additions to the hospital to replace med-surg, obstetrics, emergency, surgery, radiology waiting, materials management, kitchen, registration, meeting spaces, and the heating and cooling system. Funding was secured through a loan from the USDA Rural Health Program and a USDA guaranteed loan through 5 / 3 Bank. Equipment was purchased with funds from hospital reserves. The new structure cost \$12.6 million dollars with approximately \$2 million dollars spent on new equipment and furnishings. The CMH Foundation raised approximately \$900,000 for the new building.

### *Phase 2 Water Therapy*

The Community Memorial Hospital Foundation is launching a campaign to raise money to bring aquatic therapy to Community Memorial Hospital (CMH). Aquatic therapy combines traditional physical therapy with the properties of water to assist patients with exercise and enhance healing. Combining land and aquatic exercise allows for a more comprehensive treatment program.

Aquatic therapy uses the physical property of buoyancy to assist supporting the weight of the patient. This allows for decreased weight bearing, which reduces the amount of stress placed on the joints during exercise. By decreasing the amount of joint stress, patients can perform traditional exercises with less pain and discomfort. Camie Stallbaum, Therapy Manager, tells us that “Being able to provide aquatic therapy will open up a whole new avenue of treatment options for those patients who cannot tolerate traditional treatments.”

Aquatic therapy is beneficial for a variety of medical conditions. Patients suffering from pain with arthritis, healing fractured bones, conditions limiting weight bearing, athletic injuries, back injuries, and issues associated with obesity can all utilize and benefit from aquatic therapy. Dr. Kaplansky, CMH’s physiatrist, states “Water therapy is not necessary for all patients but it is a significant advantage for many patients to have this type of service at CMH.”

With the recommendation of CMH’s Physical Therapy staff, the Foundation has purchased a Swim Ex therapy pool. The plan is to install the pool in the previous surgery area, which is connected to the Health Fit Rehabilitation Center area of the hospital. The cost of installing the pool and renovating the area is approximately \$500,000. Currently, the Foundation has \$240,000 to put toward this project. The Foundation Board has established a goal of \$50,000. This goal, along with other sources of income such as grants, to raise the additional \$210,000 needed to make this plan a reality.

All gifts are welcome. Gifts of \$300 or more are recognized with an 8” by 4” brick. Gifts of \$1500 or more are recognized with a 12” by 16” brick. The bricks are located at the front of our new main entrance. We also recognized donors of \$300 or more by level on television screens near our dining area and in our quarterly newsletter. Any gift, no matter the size, will be appreciated.

Won’t you help us reach our goal? Contact Michelle Waggoner at 419-542-5566. Gifts of all sizes are welcome. You can make a one-time gift or make a pledge to donate over a five year period.



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208 N Columbus Street  
Hicksville, OH 43526  
419-542-5566 (Telephone)  
419-542-6506 (Fax)

Email: [mwaggoner@cmhosp.com](mailto:mwaggoner@cmhosp.com)