

Come April 1st...Don't Be Fooled!

WEDNESDAY, APRIL 1, 2009
900 I Street, LaPorte I 8:00am-11:am C.S.T.

Return-To-Work Seminar for Employers

Please join Memorial Occupational Health and Gibson Insurance Group for a very informative seminar to learn how to structure a Return-To-Work program, the psychology of how to treat your injured workers, and the advantages the programs!

Panel Members:

*Best Practices For Choosing and Working With An Occupational Doctor
Eric P. Wohlrab, MD, MPH, MS, FACOEM - Medical Director - Memorial Center for Occupational Health

*The Strategy & Structure of a Quality Return-To-Work Program
Shawna L. Neilson, AIC, AIM, AIS - Manager of Risk Management Services - Gibson Insurance Group

*Predictability Indicators and Co-Malingering Behaviors
Judith R. Bock, AAI, CPIW, CWCP - Manager of Commercial Insurance Division - Gibson Insurance Group

*The Legalities of Your Corporate Approach to Return-to-Work Programs
TBD – Attorney at Law

Engage industry experts in a panel discussion and learn to improve the outcome of your injured workers' disability recovery.

Find out:

WHO benefits from successful return-to-work? **WHAT** intervention strategies will optimize your disability management? **WHEN** is restricted, light, or transitional duty appropriate and when should you consider vocational rehab? **WHERE** will you find resources to help develop a formalized return-to-work program? **WHY** do some employees malingering and what factors predict duration of absence? **HOW** can you mitigate your claims and reduce your Total Cost of Risk?

This seminar is a must for the key people who manage your workers' compensation claims and the management who supports your return-to-work programs! You will leave with resources to develop a formalized return-to-work program, in-depth knowledge of best practices strategies for program maintenance, tools to minimize insurance and soft costs, and mechanisms to mitigate claims.

Light breakfast and refreshments will be provided.

**For more information or to register
contact Kelly Kryder @ 219-324-1962 or 574-647-1840
E-Mail: kkryder@memorialsb.org
R.S.V.P. by March 18, 2009**

Message from Dr. Wohlrab

It is with a bittersweet heart that I inform you Dr. Melinda Dy and her family have relocated to Las Vegas, NV. On the one hand, we hate to lose such a talented and wonderful doctor. On the other hand, we are always happy to support families who embrace new opportunities. Both Dr. Dy and her family will be sorely missed, se le vie.

Less you think COH will miss a beat, we have known of the pending move for a few months. We are a couple heartbeats away from adding another board certified occ doc to the team. Summer '09 at the latest. Fortunately, Dr. Ken Shively has volunteered to fill a schedule gap at the LaPorte location and Jeff and I will just turn it up a notch at South Bend. Dr. Shivley has extensive experience in both family and occupational medicine.

Dr. Dy has been gone a little over 30 days and so far I can confidently share we have not had any delays in scheduling or seeing patients at all. Kudos to the entire COH Team for stepping up to the challenge. We pledge to work harder and smarter in 2009.

Stay warm and safe,
Doc

Keeping the "Hawk" at Bay

When the weather outside turns frightful, the risk of a cold related injury is less than delightful. So what's a body to do? Easy. Just remember the pneumonic "C-O-L-D".

"C" is for clean. Wear clean, especially non-oily clothes. Even body oil reduces cold protection.

"O" is for avoid overheating. Sweaty clothes wick away body heat. So promptly change your clothes if they get wet.

"L" is for wear several loose layers of clothing. You can adjust your clothing need to your activity level

"D" is for dry. Keep your clothes dry. Wear wool or gortex materials that let your skin breathe yet keep the cold out.

Whether at work or at play, cold exposure can cause serious injury. However, unless we are unexpectedly stranded in the artic, we can prevent cold injuries 99.9% of the time. Wear the right clothes, drink warm, non-alcoholic beverages and always use the buddy system.

Follow these simple precautions and you can keep the "COLD" at bay and have a safe winter experience.

Locations & Hours

Memorial Center for Occupational Health
2301 N. Bendix, Ste. 500 • South Bend, IN 46628
Ph. 574-647-1675 Fx. 574-232-5595
7 am – 5 pm, Monday – Friday

**Memorial Center for Occupational Health
at LaPorte Medical Group**
900 I Street • LaPorte, IN 46350
Ph. 219-324-1960 Fx. 219-324-1961
8 am – 4:30, Monday – Friday

For after hours/weekend locations or for more information,
contact Kelly Kryder at 574-647-1840 or 219-324-1960 or e-mail kkryder@memorialsb.org.

**Please contact Kelly if you have any updated services or contact information
so we can keep our account cards current.**

Thank You!