

TRI-C's BEST KEPT SECRET THE PREVENTATIVE CARE CENTER AT THE METRO CAMPUS

<http://www.tri-c.edu/community/community-services/community-health/preventative-care-center/about-us.html>

Cynthia Rakow, MA, OTR/L, Coordinator of the Preventative Care Center notified us to tell us that being uninsured or underinsured is not a requirement to be able to participate in their program. She says that individuals can participate in “therapy sessions without a need to exhaust their insurance first. Anyone may come, including those who would like to supplement what they are doing elsewhere. Anyone can come and benefit from our biometric screenings and nutrition coaching.”

This is what Tri-C's website tells us:

“We are a classroom and members of the community are invited to participate. Opened in the spring of 2009, Tri-C's Preventative Care Center (PCC) at Metro Campus, has been able to function as a professional, well-equipped health career classroom providing a high quality educational experience for our students. Built with a grant from the Department of Labor in partnership with Cleveland/Cuyahoga County “One-Stop” Career Center, Cuyahoga Community College, University Hospitals, Jennings Center for Older Adults, Northeast Ohio Health, Science & Innovation Coalition, and the Cleveland Metropolitan School District, the PCC was established to support the training of future healthcare workers within the Greater Cleveland area. This grant has been able to provide an opportunity to bridge valuable, required, clinical experience for students with members of the community. Since opening, over 3000 participation sessions have been provided through Tri-C's Dietetic Technology, Medical Assisting, Occupational Therapy Assisting, and Physical Therapy Assistant programs as well the Doctor of Physical Therapy program at Cleveland State University.”

“The Preventative Care Center at Cuyahoga Community College's Metro Campus is an educational center where students from the Dietetic Technology, Medical Assistant, Occupational Therapy Assisting, and Physical Therapy Assistant programs are able to gain valuable, hands-on experience in their related fields

while practicing with participants. All students are under the direct supervision of licensed professionals. Members of the community as well as Tri-C faculty, staff and students are welcomed to participate for a nominal participation fee. Participants must be 18 years or older. The PCC does not require a doctor's referral to utilize its services."

If you can, go to their website listed at the beginning of this notice, you will be amazed at the number of services they offer. Here are the categories: Know your health numbers, nutrition coaching, rehabilitation services, and preventative and wellness services.

Following an assessment in Rehabilitation Services, for example, you could receive therapy for these conditions: neck pain, back pain, hip pain, knee and foot pain, shoulder pain, pain associated with hand, wrist and finger injuries, tendonitis, bursitis, stroke, traumatic brain injury, spinal cord injury, MS, following a bone fracture or joint sprain or strain and management of life long conditions. Again, taken from their website under Know Your Health Numbers:

"Our students are able to provide readings for a number of health measurements including the following: Blood pressure, Temperature, Pulse, Respiration rate, Body mass index (height and weight), Body fat percentage, bone density readings, Total cholesterol- HDL, LDL, Triglycerides, Blood glucose"

Now there is no reason to give up on trying to make improvements. People from our stroke club have participated in this program and are so thankful it is available to all. Please consider the Tri-C Preventative Care Center. Here's how you can contact them.

Call: **216-987-3555**

Please call to schedule an appointment. If you leave a message your call will be returned as soon as possible.

Location: **Metro Campus Care Center
2900 Community College Ave
Health Careers & Sciences Building (MHCS), 1st Floor**