

## Therapist enjoys Brazil experience

Alisha McCune did much more than vacation in Brazil.

The Cortland Acres Physical Therapist earned an once-in-a-lifetime opportunity to experience the Brazilian culture first hand through The Rotary Foundation's Group Study Exchange program.

"Living the culture was the most educating experience," McCune said. "Seeing and understanding differences and similarities was the biggest learning experience from this trip."

Part of the exchange experience requires participants to stay with different Rotarian host families during the four- to six-week stay in the host country.

"I loved my host families most of all," she said. "They were the best part of the exchange. Language barrier or not I was able to develop a relationship with each family. Each family welcomed me like family. Many bought special foods and even gifts for me."

How did this Tucker County resident learn about this unique opportunity?

McCune credits Don Black, Cortland Acres administrator,



**Alisha McCune, a Cortland Acres physical therapist, was one of two Tucker County residents who were part of the Rotary Foundation's Group Study Exchange team to Brazil. Pictured, left to right, Carl Kinder, Kelly Hall, Igor Pascual Trindade, Rosana Pascual Trindade, McCune, and Jonathan Schafler of the Canaan Valley Wildlife Refuge.**

who presented this idea to her several years ago.

"I was ineligible at that point in time," she said. "The opportunity came around again to apply for the Rotary

Foundation's group study exchange to Brazil, so I applied again. After an interview process, I was selected."

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**Check out our website at [www.cortlandacres.org](http://www.cortlandacres.org)**

# Dr. Foy now admits Cortland residents

Patients who receive care through Preston-Taylor Health Center's Eglon Clinic now have an easier time getting additional treatment through Cortland Acres.

Dr. Andrew Foy has admitting privileges for both long-term care and short-term rehabilitation patients at Cortland Acres.

Dr. Foy already has admitted numerous patients to Cortland, and he is able to continue to monitor their care throughout their stay.

In addition to Dr. Foy, Dr. Ed Rader, who works for Preston-Taylor's Mountaintop Clinic on the Cortland Acres campus, has privileges at Cortland. The two also can check in on each other's patients.

"The continuity of care is really important," Dr. Foy said. "This will enable people to maintain a relationship with a physician they have seen for a number of years. There's a comfort level for both sides."

Dr. Foy said Don Black, administrator at Cortland Acres,

approached him last year about creating a relationship. After crossing a few hurdles, it was an easy decision.

"I have always thought highly of Cortland Acres, and if it's their preference I want my patients to be able to go there when they need additional care," Dr. Foy said. "It's something I've always wanted to do, so we put our heads together and here we are."

Black said for many residents of southern Preston County, Cortland Acres is the most convenient option for either rehabilitation or long-term care.

"We receive a number of patients and residents from Eglon, Aurora and the surrounding areas," Black said. "Dr. Foy is another outstanding physician to be part of our team, and we're happy to have him on board."

Dr. Foy has been at the Eglon Clinic for more than seven years and said he enjoys the small-town approach to medicine. He finished his undergraduate work at Marshall University, attended

the WVU School of Medicine, and completed his residency in family medicine at Marshall.

Dr. Foy also did additional training in rural and international medicine at Marshall and arrived in Eglon as part of the National Health Service Corps.

"I enjoy building relationships with patients," he said, noting he lives just a mile from the Eglon Clinic. "We still do house calls, and we see all aspects of patients' lives."

Black said that commitment to providing outstanding care makes Dr. Foy an ideal fit for Cortland Acres.

"We look forward to a long and successful partnership," Black said.

The Cortland Acres campus includes a 94-bed long-term care facility, in- and outpatient therapy options, The Pines housing development, Pineview Apartments, and a medical clinic.

For more information about any of Cortland's services, visit [www.cortlandacres.org](http://www.cortlandacres.org) or call 304-463-4181.

## Cortland Foundation now on Facebook!

People now have a new way to keep up with the latest news - and photos - related to the Cortland Foundation and Cortland Acres.

Lois Nelson, director of the Foundation, now manages a Facebook page dedicated to the association and related activities. Get pictures, event notices and a wealth of information just by becoming a fan of the page.

Go to [www.Facebook.com](http://www.Facebook.com) and search for Cortland Foundation Inc.



Each month Cortland Acres has a theme dinner celebration, with "Slip Sliding Away" in January. Volunteer Eva Rudy surprised husband Paul, Cortland's speech therapist, in a snowman costume, and residents enjoyed shrimp and hush puppies. Giveaways for game prize winners included stuffed snowmen and penguins.

# Brazil

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An eligible candidate must be a non-Rotarian professional between the ages of 25 and 40, and fully employed with at least two years of work experience in their chosen field.

Last May, McCune packed her bags and headed to Brazil with a team of three other professionals from the same Rotarian District. During the stay in Brazil, she was exposed to multiple physical therapy clinics and universities.

"The education system and training was very similar to the United States but clinically there were differences," she said. "The documentation and insurance guidelines which I spend a huge portion of my day completing here in the United States were essentially nonexistent in Brazil, freeing

clinicians to treat."

Along the way McCune visited major businesses in each town and took tours.

"We met with mayors, gave radio and television interviews, talked to schoolchildren and presented to an array of groups," she said. "We toured universities, schools, banks, factories, churches, coffee plantations and many more businesses."

She also took in some tourist activities.

"I got to take an astronomy class given by a host family, who was a professor, and see the southern hemisphere through a telescope," she said. "I saw the rings of Saturn, Mars and the Southern Cross constellation. I saw several concerts, a symphony and even a rodeo. My

favorite events were the all day barbeques."

Despite a hectic schedule, McCune learned to adapt to the Brazilian culture.

As time went, I felt myself changing and adapting to the culture," she said. "Even now I am much more relaxed overall with improved patience."

McCune highly encourages young professionals to get involved in the Rotary Foundation's Group Study Exchange program.

"Rotary International is a wonderful organization and involved in many activities around the world," she said. "If you ever get a chance to be involved, do so and you will gain more personally than you will ever give."

## Cortland honors activity professionals

Five dedicated women spend all year making the lives of those at Cortland Acres more interactive and interesting. Cortland turned the tables for a week, thanking the Activities Department staff during a special week set aside to honor them.

Marie Grafton, Mary Swisher, Sandy Kisamore, Linda Shupp and Cindy Helmick were recognized Jan. 20-26 during Activity Professionals Week. Co-workers hung banners at the nurses station, and each member of the department received a gift bag that included hot chocolate and chocolate-peppermint sticks.

The Activities Department coordinates many events at



**Staff of the Activities Department were honored during Activity Week. Attending a special luncheon and receiving t-shirts were front row Mary Swisher and Marie Grafton. Back row left to right Sandy Kisamore, Linda Shupp, and Cindy Helmick.**

Cortland Acres, including monthly parties, holiday celebrations, themed dinners,

bingo, musical events, Bible Study, games, outdoor activities, trips and tours, reading, exercise fun, arts and crafts, and religious services.

"Activities are a critical component for our residents," Grafton said. "Specialized programs for large group, small group and individuals are designed with the needs, interests and capabilities of the residents in mind and help residents recover memory and physical functions."

According to the National Association of Activity Professionals, the week was created to recognize contributions of Activity Professionals in all adult communities.

# Pineview has apartments available now

Are you or someone you know a good fit for Pineview Apartments?

Pineview Apartments, conveniently located on the campus of Cortland Acres, has several vacancies.

These spacious rentals are for persons 62 years of age or older, or disabled regardless of age.

Each comes furnished with stove, refrigerator, and smoke detectors, paved walks and ramps, small patios, grassy areas and space for residents to plant flowers.

Find out more information from Kelley Young, Apartment Manager at 304-463-4181 or by visiting [www.cortlandacres.org](http://www.cortlandacres.org).



Cortland's Queen Valentine was Leona Howell from Davis and the King was Robert Snyder of Maysville. Kimberly Smith of Parsons crowned the King and Queen. She is a nursing student at WVU and was completing community service hours for her course work. The theme of the Banquet was Sweet as a Cupcake.



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