

## Caring for the Community

### WITH HUMAN SPIRIT

**L**inda Buchner is one busy woman. She has a loving family including a husband, children and grandchildren. She is the social chair of her condo association in Massillon and a Red Hat lady who enjoys going to lunch with her friends. She's a member of Grace Community Church and actively supports the Canton chapter of the Philomatheon Society of the Blind. And, by the way, Linda is a 77-year-old who is legally blind and recently underwent total hip replacement surgery.

Linda has faced challenges most of her adult life. She and her husband, Carl, unexpectedly lost their 10-year-old son to cancer. Linda's diverticulitis resulted in the need for a permanent ostomy bag. About four years ago, Linda started losing her eyesight due to macular degeneration. Her eyes are also affected by a disease called myasthenia gravis that could spread to other areas of her body. "I've been through a lot, and I have asked 'why God' sometimes. But most times when my plate is full, I just ask for a platter," Linda quipped. "People ask how I can joke with all of the issues I've had to overcome. But the alternative is to be a big grump, and then no one wants to be around you."

After dealing with considerable pain that impacted her quality of life, Linda decided it was time to undergo hip surgery. Orthopedic surgeon Jeffrey Dulik, D.O., performed the minimally invasive total hip replacement procedure. "The scar is so small," Carl said. "I don't know how Dr. Dulik got all of that hardware in there."

Linda recovered at Aultman Hospital for a few days and then headed to Aultman Woodlawn for rehabilitation. "I love Aultman Woodlawn," she offered. "After my hip replacement surgery, I begged to go to Woodlawn for rehab and hoped

they weren't full. I had been there before, and the staff is so nice."

In addition to getting much-needed therapy, Linda also received tender care from the Woodlawn nursing staff. "She always had a wonderful attitude and outlook toward her care. She always tried her best in order to return home with her husband," said Eric Manko, RN. "Linda was an ideal patient with a great sense of humor, and I'm very glad I got the opportunity to care for her."

From Aultman Woodlawn, Linda was discharged home with an order for physical therapy at Aultman West three times a week. "When I arrived at West, I was using a walker and on oxygen," she shared. "Now I can walk on my own again, but I carry a cane when I'm outside to ensure I don't fall."

Although her outpatient therapy is complete, Linda remains dedicated to exercise. "I faithfully exercise at home: leg lifts, standing on my toes and reaching to the floor," she said. "The therapists told me to exercise 2-3 times a week; I do it daily."

In addition to being physically active, Linda works on keeping her mind alert. Her computer monitor features a device to enlarge the text so she can read it. "I'm on Facebook; I chat and play games like Candy Crush Saga. I'm having another device installed on my computer that will type as I talk," she explained. "An important factor in a long, happy life is to keep your mind going. If you stagnate, that's it."

Linda's support system rallies when she needs a hand. "Our daughter, Terri, lives next door – and she's a big help with shopping and picking out my clothes. Our son, Rick, lives in Byesville and calls almost every day to check on us," Linda said. "Carl has handled cooking and laundry – he's done it all

# Overcoming Obstacles

## with Determination and a Smile



when I've been down. We have five grandchildren, 10 great-grandchildren and many friends and neighbors who have all been very supportive over the years."

Linda credits Aultman with helping her maintain an active lifestyle. "I wouldn't be where

I'm at today if it weren't for Aultman," she offered. "I've been on every floor of that hospital. I've had rehab at Woodlawn and therapy at West. I've been able to judge Aultman from many angles ... and I give them an A+ all around."