

HEALTH

Physical therapy seeing tremendous growth at KMH

BY ANDIE L. BRYMER
Staff Writer

Kings Mountain Hospital's physical therapy department has grown so much during the last two years that an expansion is planned in the near future.

The department sees people in its outpatient department and treats in-patients in the acute and skilled care departments.

According to Randy Howe, physical therapy department director, the growth can be attributed to having a professional staff and to giving individualized care.

"We give people the personal, gentle touch," he said.

The five member department has expanded its outpatient hours on Mondays, Wednesdays and Fridays.

"We try to accommodate patients' work schedules," Howe said.

Therapists and therapy assistants also work with patients who are staying at the hospital following joint replacement. Often these patients spend the first three to five post-operative days at the hospital where the surgery was performed. They then transfer to Kings Mountain for 10 to 15 more days.

During that time, Howe and his staff strive to decrease the patients' pain then work on strength building and increasing range of motion.

"We try to make it so the problem isn't recurrent. We want to return their quality of life and give them relative independence," Howe said.

Most of these patients are able to return home, Howe said.

The staff also work with in-patients in the acute department who have had a stroke or cardiac problems.



ANDIE L. BRYMER/HERALD
Physical therapy assistant Gale Martin helps patients regain independence and mobility.

Howe likes working in the variety of settings.

"The mix of all three makes it interesting to us as therapists," he said.

A board filled with cartoons and jokes greets patients as they enter the department. Many of the funnies are contributed by these same patients.

"We like to keep it light and upbeat. That's a necessary part of rehabilitation. Laughter is part of what we do," Howe said.

Patients are referred to the department by their physicians. Howe and his staff first complete an evaluation and write a treatment plan. Possible treatments include massage, using heat and cold, electrical stimulation, stretching and mobilization. The goal is to improve strength, movement and conditioning.

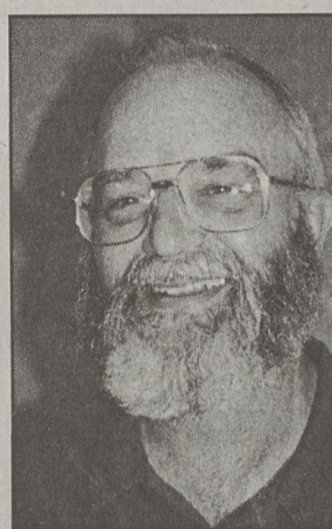
Many patients first hear about the department from family and friends.

"A lot of people in the community don't know we exist but they are finding out," Howe said.

He believes the services offered in Kings Mountain are top notch.

"We compare favorably to other physical therapy facilities across the region," Howe said.

In addition to Howe, staff members include therapist



RANDY HOWE

Jennifer Cauble and assistants Kathie Dixon, Gale Martin and Stephanie Brown.

Therapists have a masters degree and assistants hold an associate degree.

Howe has 26 years of physical therapy experience including 20 years in the Air Force. He has been at Kings Mountain Hospital for two years.

"I couldn't think of a better job," he said.

Preliminary plans call for remodeling the front glassed area which now houses administration into a 3,450 square foot physical therapy department. The current department is at 1,450 square feet.

Food distribution set at senior center

Commodities distribution will be Tuesday, Sept. 9 at 1 p.m. at The Patrick Center for seniors who preregister by calling the center August 26-28 from 9-11 a.m.

Nutrition site participants should register with Susan Carpenter in the dining room. Only those who preregister will receive commodities at the Patrick Center nutrition site.

Those who do not preregister with the Senior Center may go to the Shelby Fairgrounds on Wednesday, Sept. 10 to pick up commodities from the Shelby Lions Club. Distribution begins at 8 a.m. and will continue until all commodities are distributed.

OBITUARIES

BEUFORD LEE SPICER

KINGS MOUNTAIN - Beuford Lee Spicer, 65, 709 Woodside Drive, died July 29, 2003 at his home.

A native of Gaston County, he was the son of the late Willie N. and Lois Carson Spicer. He was also preceded in death by his first wife, Gloria Bagwell Spicer.

He was founder of T&W Textile Machinery, Inc., in Clover, SC in 1972 where he was owner and operator. He was a member of Carson Memorial Baptist Church, Fairview Masonic Lodge #339, and the White Plains Shrine Club.

He is survived by his wife, Judy Aiken Spicer of Kings Mountain; sons Tim Spicer and wife Robin, and Eric Spicer and wife Kimberly, all of Kings Mountain; stepson, Craig Queen and wife Kellie of Middletown, DEL; brothers, Lawrence Spicer and wife Gaynell and Claude Spicer and wife Rose, all of Kings Mountain; brother-in-law, Danny Bagwell and wife Ruth of Kings Mountain; grandchildren, Maegan Spicer, Stacey Spicer, and Jared Spicer; and step-grandchildren, Bake Queen, Greyson Queen and Asheton Queen.

The funeral will be conducted by Dr. John Sloan at 11 a.m. Friday at First Baptist Church. Interment will be in Mountain Rest Cemetery.

Visitation will be from 7-9 p.m. Thursday at Harris Funeral Home.

Memorials may be made to Hospice of Cleveland County, 951 Wendover Heights, Shelby, NC 28150 or the Shriners Hospital for Crippled Children, 950 Wet Faris Road, Greenville, SC 29605-4277.

Harris Funeral Home is in charge of arrangements.

THOMAS P. MCABEE

GASTONIA - Thomas Preston McAbee, 65, Harvie Avenue, died July 22, 2003 at Gaston Memorial Hospital.

A native of Gaston County, he was the son of the late James Russell McAbee and Josephine Beam McAbee.

He was a graduate of East Carolina University and was a retired graphic artist.

He is survived by his wife of 34 years, Reba Baucom McAbee; son, Jason Scott McAbee; four sisters and brothers-in-law, Sue and Eugene Holmes, Brenda and Bill Foster, Cheryl and Ron Pearson, and Wanda and Bill Wilson; three brothers and sisters-in-law, Kenny McAbee, Don and Helen McAbee, and Danny and Wendy McAbee; and numerous nieces and nephews.

The funeral was held at Olney Presbyterian Church.

Greene Funeral Service, South Chapel, was in charge of arrangements.

JAMES MILES

GROVER - James Franklin Miles, 73, 104-F Persimmon Drive, died July 26, 2003 at his home.

A native of Fallonsbee, WV, he was the son of the late Franklin Lee Miles and Doletha Gay Slaughter Miles.

He was a self-employed contractor and a veteran of the U.S. Navy.

He is survived by his wife, Ann Harmon Miles of the home; daughters, Debra Jones of Gastonia and Gina Johnson of Dixon, TN; stepsons, Freddie Alley of Grover and Mark Alley of Sacramento, CA; and grandchildren, Jamie, Chelsea, Mason, Darian, Andy, Jennifer, Miles and Tabitha.

A memorial services was conducted by the Rev. David Fambrough at 7 p.m. Tuesday at Clay-Barnette Funeral Home Chapel.

Memorials may be made to Hospice of Cleveland County, 951 Wendover Heights Drive, Shelby, NC 28150 or to the surviving family of Mr. Miles, 104-f Persimmon Drive, Grover, NC 28073.

DR. E. EUGENE POSTON

BOILING SPRINGS - Dr. E. Eugene Poston, 85, 326 Dellwood Drive, died July 28, 2003 at his home.

A native of Chesnee, SC, he was the son of the late Summie A. Poston and Minnie Conner Poston.

He was a pastor and educator and President Emeritus of Gardner-Webb University. He was a member of Dover Baptist Church, Shelby.

He is survived by his wife, Nancy Anthony Poston of the home; sons and

daughter-in-law, Robert Stephen Poston and Beverly of Matthews, and Richard E. Griffin of Golden Valley; daughters and sons-in-law, Gloria P. Helton and Frank of Boiling Springs, Beth P. Lindermann of Boiling Springs, and Angelia Griffin Goode and Steve of Mooresboro; grandsons, Stephen Helton of Raleigh, John Lindermann of Richmond, VA, and Andy Goode of Mooresboro; granddaughters, Jennifer Helton of Boiling Springs, Heather Helton of Ft. Worth, TX, Tiffany Lindermann of Wilmington, and Amber Goode of Mooresboro; brothers, C.E. Poston of Rutherfordton, Rev. Carl Poston and Juanita of Shelby, Ben Poston and Pat of Kings Mountain, and Bobby Poston of Janice of Shelby; and sisters, Annie P. Sisk of Shelby and Dorothy P. Bridges and Forrest of Cherryville.

The funeral was conducted by Dr. Robert Lamb, Dr. Donald McSwain and Rev. Buddy Freeman at 11 a.m. Wednesday at Dover Baptist Church. Entombment was in Cleveland Memorial Park Mausoleum.

Memorials may be made to Dover Baptist Church Building Fund, 1501 Polkville Road, Shelby, NC 28150, Gardner-Webb University General Scholarship Fund, 110 South Main Street, Boiling Springs, NC 28017 or Poston Baptist Church, Wallace, NC 28466.

Clay-Barnette Funeral Home was in charge of arrangements.

MILDRED ANTHONY

KINGS MOUNTAIN - Mildred Saxton Anthony, 78, 9021 Oak Grove Road, died July 28, 2003 at Cleveland Regional Medical Center.

A native of Oil City, PA, she was the daughter of the late Earl and Gertrude Rough Saxton. She was also preceded in death by her sister, Patricia Reese, and brothers Carl Saxton, Richard Saxton, Weldon Saxton, Duane Saxton and Alvin Saxton.

She was a homemaker and attended the Nazarene Church.

She is survived by her husband of 58 years, Lawrence E. Anthony of Kings Mountain; son Ronald E. Anthony and wife Mary and Centerville, PA; daughters Cindy Davis and husband Dave and Kathleen and husband Butch, all of Kings Mountain, and Diana Kent and husband Don of Corry, PA; brothers, Jim Saxton, Howard Saxton, Mike Saxton, Steve Saxton, Earl Saxton, David Saxton and Daniel Saxton; sisters Virginia Dedmey, Jean Rogers, Beulah Herb, Hazel Mealvey, Beverly Dailey, Nancy Henderson, Donna Goodwill, Nancy Stahl, Judy Proper, Sandra Motter and Susan Sherwood; 13 grandchildren and 16 great grandchildren.

The funeral will be held at 2 p.m. Thursday at Ollie Harris Memorial Chapel. Burial will be in Mountain Rest Cemetery.

Harris Funeral Home is in charge of arrangements.

RUFUS CLARK SR.

PATTERSON SPRINGS - Rufus James Clark Sr., 82, 800 Creek Ridge Road, died July 29, 2003 at Cleveland Regional Medical Center.

A native of Winder, Ga, he was the son of the late Ernest Duffey and Minnie Lou Phillips Clark. He was also predeceased by brothers Hubert, Cecil, George and Hugh Lee Clark and sisters Thelma Anthony and Desma Short.

He was a veteran of the U.S. Army in World War II. He received a Purple Heart and Philippines Campaign Medal. He was retired after 43 years as a composer with the Shelby Star. He was a member of Patterson Springs Baptist Church, where he was a former Deacon, Sunday School teacher, assistant music director and choir member.

He is survived by his wife of 54 years, Estelle Pruitt Clark; sons, Rufus Clark Jr. of Shelby and John Clark and wife Phyllis of Shelby; sisters, Marie Wease of Kings Mountain and Inez Nanney and husband Alfred of Shelby; and grandchildren, Jason Clark, Seth Clark and Kelli Clark, all of Shelby.

The funeral will be conducted by the Rev. David Fambrough at 1 p.m. Thursday at Patterson Springs Baptist Church. Burial will be in the church cemetery.

Memorials may be made to Hospice of Cleveland County, 951 Wendover Heights Drive, Shelby, NC 28150.

Cecil M. Burton Funeral Home is in charge of arrangements.

JONI D. SMITH
Attorney

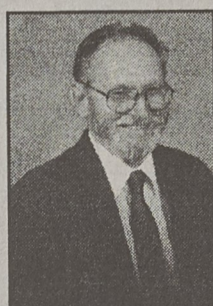
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