

# Learning *Life Skills* Through **Service**

Those who volunteer often do so because donating time and services just makes them feel good. This sentiment is no different for students in the Littleton High School Transition Program and Parker Transition Program at Littleton Adventist Hospital.

## *The Littleton High*

Transition Program School and Parker Transition Program allow five students with developmental disabilities to lend a hand at the hospital—and our relationship is certainly mutually beneficial. While the students gain the satisfaction of knowing they're giving back to their community, we enjoy the pleasure of observing their hard work and positive attitudes.

"The students in our programs know they're doing something wonderful for our patients and their community," says Catherine Bartley, CAVS, manager of volunteer services at Littleton Hospital. "We made it a point to find challenging positions

for our volunteers that would teach them life skills and help them become more independent."

Duties completed by the students include assistance with food service, cleaning, sanitizing wheelchairs, and stocking the kitchen. When asked what parts of their jobs they enjoyed most, students identified wiping down counters and serving macaroni and cheese and chili. For one student, the satisfaction of helping patients makes her efforts worthwhile.

"I like to do the turkey sandwiches and put sandwiches in the lunch boxes," says Jennifer Pojouha, one of the students in the Parker Transition Program. "I like helping and making the patients feel good with the food."



Chelsea enjoys volunteering her time at Littleton Hospital.

*"I like helping and making the patients feel good with the food."*

—Jennifer Pojouha, student in the Parker Transition Program

## Wake Up to a *New Day*

Having trouble falling asleep? Feeling extremely tired? Physicians and staff at the new Littleton Adventist Hospital Sleep Disorder Center can help.

*Sleep lab staff* members can diagnose and treat conditions such as obstructive sleep apnea, insomnia, narcolepsy, restless leg syndrome, night terrors, sleep walking, and more.

"There are many different types of sleep disorders, and they often go undiagnosed," says Kim Hegemann, registered respiratory therapist and manager of respiratory services and the Sleep Disorder Center at Littleton Adventist Hospital. "If left untreated, these conditions can lead to more serious health conditions, including heart problems and high blood pressure."

If you are tired in the mornings when you wake up, snore loudly, stop breathing during your sleep, or frequently fall asleep when reading or watching TV, you should be evaluated by a sleep specialist.

### WHAT SHOULD I EXPECT?

During a sleep study, a patient will sleep in a comfortable hotel-like setting while a registered technician monitors things like heart rate, breathing patterns, brain waves, snoring, and blood oxygen levels. Once this data is evaluated by a sleep credentialed physician, a treatment plan can be developed.

### Steps to a Better Night's Sleep

If you find yourself tossing and turning, try these four simple steps:

1. Turn off the TV.
2. Perform a relaxing activity, such as reading.
3. Be sure your room is cool and dark.
4. Don't watch the clock.

Think you have a sleep disorder? Visit [mylittletonhospital.org/sleep](http://mylittletonhospital.org/sleep) and click "Take the Sleep Quiz," or call (303) 738-2570 for an evaluation.