



They **Have** **My Back** Here!

When I began my 85th year I made an important decision. Not about retirement. I did not need a financial advisor or any more insurance. Thankfully, I did not need an attorney or a psychiatrist. My crucial need was for a neurosurgeon to relieve the severe pain of spinal stenosis, a degenerative condition that narrows the spinal canal.

Because I wanted the best, I chose Dr. Joseph Maroon, a world-renowned neurosurgeon, highly admired and respected by his peers as well as his thousands of satisfied patients. I have known Joe for several years and have recently been associated with him at St. Barnabas Health System where I live and work and where Joe established a brain health program for residents and community. Joe's hobby is participating in Ironman competitions. As my doctor, I found

him to be honest, efficient and humble. Joe carefully and patiently explained my condition and the process and risk of surgery. He even suggested I get a second opinion. It was one of the best choices I ever made.

Once home, I was under the careful supervision of a spectrum of St. Barnabas services that included delivered meals, home care and physical therapy.

I made a good choice about a very important event in my life, just as St. Barnabas made a good choice in partnering with Dr. Joseph Maroon to provide advice and expert information about how aging citizens can benefit from good habits and good choices by keeping their minds and bodies active and healthy.



This story is shared by James C. Roddey, enterprising businessman, the first Chief Executive of Pennsylvania's Allegheny County, talk show host, St. Barnabas senior advisor and resident of The Woodlands at St. Barnabas. He enlightens and entertains followers with his wit, humor, travel and experiences. To request Mr. Roddey as a speaker or emcee, please contact him at James.C.Roddey@StBarnabasHealthSystem.com or 724-444-5508.

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