We're rated a Top 100 Hospital
See page 3

Susquehanna Health
The art of caring. The science of healing.

Above and beyond

Our Count On Us For Life fundraising exceeded expectations—thanks to you, our community.
WRMC receives more recognition for excellence

Williamsport Regional Medical Center (WRMC) has been named a Blue Distinction Center for excellence in three areas: spine surgery, knee and hip replacement and cardiac care.

The recognition is awarded by Blue Cross of Northeastern Pennsylvania to healthcare facilities “that meet objective, evidence-based thresholds for clinical quality.” Simply put, that means WRMC’s medical care programs are among the best hospitals in the country.

HIGH LEVEL OF QUALITY

“Earning Blue Distinction is quite an honor,” says Lori Beucler, Administrative Director, Perioperative Services. “This designation speaks to the outstanding caliber of our orthopedic and neurosurgeons, and our designated teams of specialized professionals.”

But it goes beyond bragging rights. “In order to achieve this, a hospital must deliver a high level of quality and patient outcomes,” Beucler continues. “Among other things, that means a low readmission rate and a low postoperative infection rate.”

WRMC continuously strives to meet high internal benchmarks for quality. “When these are recognized by a trusted independent third party like Blue Cross and Blue Shield, it reaffirms our commitment to quality,” Beucler adds.

BENEFICIAL PROCESS

Earning Blue Distinction status required completing a comprehensive application. Beucler says it was a valuable exercise that helped focus attention on best practices.

“We were able to demonstrate excellent results in our quality initiatives by participating in the national quality programs and developing our own clinical dashboards—a series of benchmarks that tells us how well our patients are doing compared to

TO KEEP YOU WELL-INFORMED

4 Your heart is in a good place. If your heart needs advanced care—like Ralph Ranck’s did—turn to nearby experts.

5 To screen or not. Confused by new mammography guidelines? A doctor shares why and when screening is still a good idea.

6 Neuro innovations. With state-of-the-art care for complex conditions, our Neuroscience Center stands ready to help.

9 Case of missing ZZZ’s? A lack of sleep can sometimes be a sign of health problems. Let us help you find a solution.

10 Children matter. Children need tools to cope with pain and loss, too. This special program aims to help them do just that.

16 United against cancer. Learn what the Susquehanna Health and American Cancer Society partnership will mean to you.
CAN A HOSPITAL deliver quality and value to patients in equal measures? You bet it can. Long recognized for excellence in patient care, Williamsport Regional Medical Center (WRMC) has now been nationally rated one of the Top 100 Hospitals in the nation for 2009–2010 out of 4,500 hospitals analyzed in the prestigious ranking.

ADDING VALUE TO QUALITY

The index is the first and only national study of U.S. hospitals that addresses the value of care delivered to patients. WRMC received three first-place rankings for Best in Value, Best in State and Best in Region—more than any other hospital in the region.

“The recognition reflects on the extraordinary efforts of the men and women who deliver their best every day, both in patient rooms and behind the scenes,” comments Steven P. Johnson, Susquehanna Health President and CEO.

“In the past, our focus was primarily on patient outcomes. But that’s not enough in these complicated economic times,” Johnson says.

Like individuals and organizations across the country, Susquehanna Health has found ways to add value to quality care for patients. Strategies include system upgrades to save energy, more efficient staffing and advanced technology implementations.

“We also diligently benchmark our performance to make sure we’re delivering the best possible healthcare for the dollar to our patients,” Johnson adds.

The national ranking is overseen by Data Advantage, LLC, a healthcare information company. In 2008, it added the value category to its other healthcare rankings. Data Advantage says the winners set the bar when it comes to value. “If every hospital performed at the level of the Top 100, we found that more than $60 billion per year could be saved,” says Data Advantage CEO Hal Andrews.

The rankings are based on excellence in clinical quality and safety, patient satisfaction, affordability and efficiency. The Susquehanna Health family of hospitals is no stranger to positive national recognition.

The Herman Group, 2009, as a National Employer of Choice.

Receiving recognitions from external sources is quite an honor. But most gratifying is the vote of confidence we get from patients who choose Susquehanna Health.

Congratulations to all of our physicians and staff of WRMC, and thank you, members of the community, for putting your precious health and your confidence in their hands.

IN THE NEWS Stay up-to-date on the latest developments at SusquehannaHealth.org.

Our Blue Distinction Centers’ physicians

HEART
Dr. Joseph Bering, FACC
Dr. John Burks, FACC
Dr. Mark Osevala, FACOS
Dr. Mohammad Shafique, FACC
Dr. Christopher Tobiasz, FACC
Dr. Robert Trautwein, FACC

ORTHOPEDIC HIP AND KNEE
Dr. John Bailey
Dr. Patrick Carey
Dr. Ronald DiSimone, FACS
Dr. Michael Hoffman
Dr. Mark Rackish
Dr. Craig Stabler

SPINE SURGERY
Dr. Rodwan Rajjoub, FACS
Dr. Hani Tuffaha, FACS
Dr. Ronald DiSimone, FACS

TRUE BLUE To learn more about Blue Distinction Centers, visit BCBS.com/bluedistinction.
WHEN THE grapevines are ripe and full in the fall, Montgomery, PA, resident Ralph Ranck looks forward to some help with the harvesting.

Dr. Mark Osevala, FACOS, Ranck’s cardiac surgeon, told his patient he loves fresh grape juice and asked if he might come out and do some picking.

Ranck was pleased—and even a bit surprised—when Dr. Osevala sat down for a half-hour to chat with him in the hospital following replacement of his heart valve last winter at Williamsport Regional Medical Center (WRMC).

“It’s not the kind of thing all doctors do,” Ranck says.

‘LET’S GET ‘ER DONE!’

Ranck, an Allenwood native who had a successful quadruple heart bypass in 1995, first met the cardiothoracic (heart and lung) surgeon a few days before his February surgery.

“As soon as I talked with him, I had confidence and was ready to go,” Ranck says of Dr. Osevala. “I’m the kind of guy who, when something needs to be done, says, ‘Let’s get ‘er done!’”

With a number of fine hospitals in the area, Dr. Osevala appreciates Ranck’s decision to be treated at Susquehanna Health.

“We know that patients have a choice, and in fact, we believe that helps keep all of us on our toes,” he says. “Having a patient’s trust and confidence means a great deal.”

IN GOOD HANDS

An accomplished surgeon, Dr. Osevala was recruited in 2009 to serve as Medical Director of Cardiothoracic Surgery for Susquehanna Health. Board-certified by the American Osteopathic Board of Surgery, Dr. Osevala is nationally recognized for excellence in surgeries of the heart, lungs and chest.

He received a clinical fellowship in oncology from the American Cancer Society and brings nearly 20 years of experience to his director position at Susquehanna Health.

TOP TEAM

Lancaster-born Dr. Osevala is a member of Susquehanna Health’s Heart & Vascular Institute at WRMC. The institute offers a complete range of advanced clinical services.

These include cardiothoracic surgery, such as Ranck’s valve replacement, as well as non-invasive heart and lung testing and interventions, plus cardiac exercise and pulmonary wellness programs.

All outpatient services are provided at the institute’s on-campus facility. Heart surgery patients receive state-of-the-art care in a specialized 11-bed cardiac surgical unit during their stay.

But beyond the facilities, it’s the exceptional team of surgeons, cardiologists and specially trained nurses that makes the difference. As Ranck can attest, “All the nurses were fantastic, but I have a little inside pull with that. My granddaughter-in-law is a nurse on the cardiac care floor.”

Ranck, who describes himself as “retired but busy all the time,” enjoys restoring antique tractors and spending time with his children and great-grandchildren. He and his wife, Barbara, annually put up 100 quarts each of grape and tomato juice from fruit grown on their 3.5-acre farm.

“If things work out, Dr. Osevala will be coming over next fall to pick grapes,” Ranck says. “We look forward to it.”
LAST NOVEMBER, the publication of new mammography guidelines made headlines and stirred up much controversy. Until then, most medical organizations recommended an annual mammogram after age 40. The new recommendations suggest waiting until 50.

Still, over the past 20 years, the recommendations have led to a high rate of identification of breast cancer. And screening programs were considered a success, according to Dr. Timothy J. Pagana, Medical Director of Susquehanna Health’s Kathryn Candor Lundy Breast Health Center.

COMPLEX CALCULATION

The new recommendations were developed by a committee of academic medical specialists known as the U.S. Preventive Services Task Force (USPSTF).

“Their job is to look at data regarding the costs and benefits of screening tests to prevent cancer deaths,” Dr. Pagana says.

He says the guidelines changed because costs—real dollars and costs associated with screening-related anxiety—can be more accurately measured now than in the past.

The panel based its determinations on a number of studies, including those showing that mammography is less accurate for women under 50 than for older women.

Also, fewer cancers in the younger age group suggested that a great deal of money was being spent on biopsies to test abnormalities that turned out to be benign. The panel agreed that screening mammography in women over 75 should be performed rarely because of a lack of evidence that it saves lives.

The USPSTF specialists also concluded that breast self-examination does not significantly add to mammography in the early detection of breast cancer. And they agreed with research suggesting that self-exams can result in unnecessary visits to the doctor, outweighing the benefit in terms of lives saved.

WHAT ONE DOCTOR BELIEVES

Although respectful of the panel, Dr. Pagana does not entirely agree with its conclusions. In his opinion, the USPSTF used data about lives saved from older techniques, including the open surgical biopsies that were performed in operating rooms in the past.

“Today, we typically perform minimally invasive needle biopsies right in the office the same day an abnormality is identified, with no surgery necessary,” he notes.

Dr. Pagana also points out that today’s digital mammography is much more accurate than older screening methods, especially for women 40 to 50 years old.

Like members of the panel, Dr. Pagana encourages women between 50 and 75 to have an annual mammogram. But in a departure from the new recommendations, he believes that women ages 40 to 49 should still have an annual mammogram unless it causes them undue anxiety. For women over 75 with no other significant disease, he recommends a screening every one to two years.

After 35 years as a practicing surgeon, Dr. Pagana says he is still impressed by the number of women who self-identify their cancers.

“I think breast self-examination is worthwhile for those who are comfortable doing it,” he says.

At the end of the day, the choice to have a mammogram, like many medical decisions, is best made by a woman in partnership with a trusted physician. It’s an extremely personal choice that depends on the question, “What is the value of a life saved?”

The answer is deeply personal and cannot be provided even by the best medical economists.
THE BRAIN and spinal column are the headquarters of human functioning. Their seamless interaction with nerves and muscles permits us to walk, talk and move with ease. But when injury or disease interfere, that orderly sequencing can come to a screeching halt.

The Susquehanna Health Neuroscience Center treats patients with neurological conditions such as head injury, multiple sclerosis (MS), stroke and Parkinson’s disease. Three dedicated teams—neurosurgery, neurology and rehabilitation—collaborate at Williamsport Regional Medical Center. They deliver more than advanced solutions to complex medical problems: They deliver hope.

“We offer everything from neurosurgery to rehabilitation for spinal cord injuries and innovative treatments to improve walking ability as well as physical and occupational therapy,” says Susan Everett, Director of Outpatient Rehabilitation, Sports Medicine and Neuroscience.

A HOLISTIC APPROACH
The Neuroscience Center gets its edge from a “comprehensive flow of services,” Everett explains. That flow is facilitated by a committed staff, including six clinical therapists, many of whom have 15 or 20 years of job experience. “They’ve seen so much and they learn from one another,” Everett says. Treatment is not limited to purely medical concerns. A holistic approach means that the emotional and spiritual needs of patients and families are also addressed. For example, a physical therapist working with a stroke survivor will reach out to caregivers, helping them identify ways to conserve their own energy and avoid burnout.

There’s also a strong emphasis on service and convenience to our patients. The Center features its own dedicated entrance and valet parking. In most cases, appointments can be made within one or two days.

RECOGNIZING EXCELLENCE
One of the most recognized strengths is the Center’s comprehensive stroke team. This multidisciplinary group includes several hospital departments—Pre-Hospital (emergency response), the Emergency Department, Laboratory, Imaging, Nursing and Rehabilitation—and physicians. It is under the medical direction of Dr. C. Mitchell Finch and Dr. Stuart Olinsky.

The stroke program was recognized with a 2009 American Heart Association/American Stroke Association Gold Plus Performance Achievement Award. The award recognizes positive performance in several objective, measurable outcomes over a two-year period.

NEW SOLUTIONS
Doing more to meet the needs of patients is an ongoing passion at the Neuroscience Center. Staff members are constantly researching new techniques that can help patients meet their goals faster and with better results. The Center now offers state-of-the-art electronic devices developed by the Bioness company that help stimulate muscles and nerves.
Bioness’ NESS L300 helps people who suffer from foot drop or have difficulty flexing the foot upward because of stroke, brain injury, MS and other neurological conditions. The NESS H200 provides similar stimulation to the hand or arm. Both lightweight devices are worn and are individually programmed to meet their patient needs.

“One of the biggest problems for people with MS and other conditions is the inability to position their feet for safe mobility,” Everett says. “With the L300, patients soon return to a near-normal gait, which facilitates self-care and quickens return to work.”

Before the Bioness equipment, patients were outfitted with braces on their legs or forearms. The new devices provide a more efficient, high-tech, reliable source of assistance.

**WITH YOU IN MIND** Learn more about the life-changing work of the Susquehanna Health Neuroscience Center at SusquehannaHealth.org or by calling 800-326-7519.

**Stroke warning signs**

At Susquehanna Health Neuroscience Center, we want people to recognize stroke as a true emergency. Most people know that if they experience chest pain, they should call 911 because it could be a symptom of a heart attack. The same should be done when a stroke is suspected. The following are other warning signs of a stroke:

- Numbness, weakness or paralysis of the face, arm or leg (on one or both sides of the body).
- Sudden blurred or decreased vision in one or both eyes.
- Severe (sudden onset) headache.
- Difficulty talking or slurred speech.
- Dizziness or loss of balance.
- Unexplained fall.
- Confusion.

**Therapists make it happen**

“I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.”

—Helen Keller

Six dedicated therapists help patients of the Susquehanna Health Neuroscience Center accomplish tasks of all sizes and types. They combine professional training with compassion and a smattering of cheerleading to restore patients’ function and improve their health.

The team is made up of occupational therapist Amanda Hickoff; speech therapists Susan Hoelscher, Judy Sarett and Sister Carlita Jones; and physical therapists Margaret Kelly and Joy Proctor.

Their specialties range from swallowing problems to balance disorders and the effects of Alzheimer’s disease.
ALTHOUGH PREMATURITY is extremely common—some 13 million babies a year are born early in this country—it can also be quite stressful for families. The Birthplace™ has more than tripled its capacity to serve premature and other high-risk newborns and their parents close to home.

MORE CAPACITY, MORE COMPASSION

In April, Williamsport Regional Medical Center welcomed its own bundle of joy—a seven-bed Level II nursery. “The nursery serves babies who are 32 weeks or greater in gestational age,” says Manager of Patient Care Patricia Miller.

That means they are about eight or fewer weeks premature. Babies born before 40 weeks (or full term) can have trouble maintaining body temperature, respiratory challenges and heart problems. Or they can just need extra monitoring.

The former two-bed Level II nursery was expanded to meet a growing need in north-central Pennsylvania. “Across the country and locally there has been an increase in prematurity, in part because of advanced fertility treatments and an increase in multiple births,” Miller says.

In the past, many premature babies were treated at hospitals 30 to 50 miles away. Traveling back and forth while a newborn remains in the hospital adds additional stress and can make it difficult for new parents to spend the time with their babies that’s so important to both of them.

QUALITY AND COMFORT

The new Level II nursery is equipped with the latest in medical technology. But there’s nothing techy about the sweet, comforting design of the unit. From the star and moon ceiling tiles to the almond paint and yellow, purple and green decorative accents, there’s an aura of comfort and care.

That feeling is reinforced by an exceptional staff. “We have four specially trained Level II pediatricians and 26 nurses—all RNs with advanced training,” Miller says. “They’re so knowledgeable about the care of these high-risk infants. And they provide much-needed emotional support to the parents.”

Each of the private rooms, or “baby pods,” includes an intensive care warmer or isolette, as well as a computer, nurse’s desk and self-contained supply cart. “Everything needed to care for the baby is right in the room,” Miller says. Parents can stay in the unit if there is space. If not, they are welcome to stay at the on-campus Hospitality Inn™.

A new baby is a blessing. When that blessing arrives ahead of schedule or is a high-risk newborn, the Level II nursery is here to help.

For nursing moms

For many new moms, nursing is a uniquely satisfying experience. But it can be challenging, too. On the first and third Wednesday at 10 am, the Susquehanna Health Birthplace™ hosts a support group for nursing moms and their babies.

Although the group is led by a Birthplace™ lactation specialist, the real learning comes from one another, says specially trained lactation consultant and Team Leader Lisa McLoskey. “We’ll talk about everything from infant growth spurts to the effect of changes in mom’s diet to the mechanics of ‘latching on,’” she says.

Need some nursing support? Feel free to drop in to our ongoing class. The group meets in the childbirth education classroom on the fifth floor at Williamsport Regional Medical Center. For more information, call (570) 321-2092.
Is sound sleep just a dream?

SLEEP CENTER HELPS MANY SLEEP EASIER

NOTHING FEELS quite as good as waking up fully rested. And nothing feels quite as awful as tossing and turning all night long as the hours tick by.

At the Susquehanna Health Sleep Center, the focus is on finding solutions for sleep disorders, including sleep apnea, snoring, insomnia, RLS (restless legs syndrome) and narcolepsy.

Sleep isn’t just a “time-out” from daily life. It is an active state that plays an important role in renewing our mental and physical health each day.

The Sleep Center, located on the fourth floor of Divine Providence Hospital, is staffed by three board-certified pulmonologists: Drs. Kevin Kist, Thomas Burke and Marius Figueredo, and one nurse practitioner, Amy Grimes, CRNP.

The Sleep Center successfully received accreditation from the American Academy of Sleep Medicine (AASM) in early 2010. AASM accreditation is considered the gold standard in sleep treatment and medicine. As the leading voice in the field, AASM sets standards and promotes excellence in healthcare, education and research.

The Sleep Center is open for office hours, Monday through Friday, from 8 am to 4:30 pm. Sleep studies are performed six nights a week, Sunday through Friday. Patients who are referred by a primary doctor first meet with one of the center’s physicians to assess symptoms and determine if an overnight sleep study is needed.

WHY NO SHUT-EYE?

Lack of sleep can signal a variety of problems, such as a medical illness, obesity, stress and other psychological issues. The quality of your sleep may also be associated with your environment, such as noise or the comfort of your bed. Erratic work schedules or frequent travel can also affect a normal sleep pattern.

Sometimes, treating a sleep disorder like insomnia is a matter of learning new sleep hygiene habits—for example, establishing set bedtimes, avoiding alcohol and caffeine before sleep, and staying away from stimulation, such as the TV and computer, before turning in.

FOR BETTER ZZZ’s If you’re concerned about your sleep or that of someone you know, the Susquehanna Health Sleep Center welcomes your call. To schedule an appointment, call (570) 326-8053.

Sleep self-assessment

1. I feel sleepy during the day, even when I get a good night’s sleep. T  F
2. I get very irritable when I can’t sleep. T  F
3. I often wake up at night and have trouble going back to sleep. T  F
4. It usually takes me a long time to fall asleep. T  F
5. I often wake up very early and can’t go back to sleep. T  F
6. I usually feel achy and stiff when I wake up in the morning. T  F
7. I often seem to wake up because of dreams. T  F
8. I sometimes wake up gasping for breath. T  F
9. My bed partner says my snoring keeps him or her from sleeping. T  F
10. I’ve fallen asleep driving. T  F

If you indicated true more than twice, you may want to discuss your sleep issues with your physician.
Helping young hearts heal

CHILDREN ARE not just miniature adults. They have their own ways of coping with pain and loss, and they need their own type of support. Supporting them through life’s toughest times is the mission of Heartworks, Susquehanna Health’s children’s bereavement program.

Offered through Susquehanna Health Home Care & Hospice, Heartworks “promotes healing in children, adolescents and their families who have experienced the loss of a loved one,” says the program’s Coordinator Pam Wollet.

Heartworks provides 10-week support groups twice a month for children ages 6 to 11 years old. A one-day summer camp is planned for this August, and groups for preschoolers and teens will start in the fall. The sessions are facilitated by Wollet, a clinical social worker, along with Cherrie Serra, RN, Barbara Watts-Huebert, Catherine Haefner, CHPN, and Donita Craven.

SHARING AND CARING

The early evening sessions, held the second and fourth Tuesdays on the third floor of the Divine Providence Hospital, begin with a family meal and fellowship.

Then children and adults separate for age-appropriate group therapy, such as art and music-based activities for the youngsters.

“Our focus is to meet the kids where they are at the moment,” Wollet says.

Sometimes that can mean departing from the planned agenda. And sometimes it means reaching beyond the familiar.

“We recently had a drumming circle led by a volunteer,” Wollet notes. “Drumming circles are a natural form of healing. It was a wonderful experience and a way for the kids to honor their loved ones.”

NEW KIND OF NORMAL

The program’s emphasis is on peer support. Kids often have difficulty putting their feelings into words. Being around other children who have gone through something similar makes them feel safe expressing themselves.

“Children tell me they thought they were the only ones at school who were unhappy,” Wollet says. “The program helps them learn to cope with a new kind of normal.”

A STEP TOWARD HEALING Heartworks is a free community service for residents in Susquehanna Health’s 11-county service area. To learn more about participating or volunteering, contact Pam Wollet or Cherrie Serra at (570) 320-7690 or cserra@susquehannahealth.org.

With kids in mind: Pam Wollet, Heartworks Coordinator, and Cherrie Serra, RN, Bereavement Liaison, use an emotion chart with the children. Hands-on activities, such as crafts, can also help.
IN THE FINAL hours of life, a hand to hold can make an enormous difference for patients and their families. More than 70 special individuals do that and much more as hospice volunteers with Susquehanna Health’s Home Care & Hospice.

These caring people are involved in one of several ways, says Hospice Volunteer Liaison Carmen Rosypal. Some serve at The Gatehouse, the in-house hospice unit at Divine Providence Hospital.

“They take menu orders and do other helpful minor chores, but they’re really there as a loving presence for patients and families,” Rosypal says.

Other volunteers assist outpatient hospice patients in the patients’ own homes or in nursing homes. They help with personal care, meal preparation or running errands. One talented volunteer plays the harp for her patients. Others provide all-important respite for family caregivers.

Still others participate in the department’s Last Moments program. “When a patient is actively dying, we try to establish a round-the-clock bedside presence even if there is family present,” Rosypal notes.

She explains that volunteers forge special bonds with dying patients that are different from those created by loving staff members. Volunteers are often considered an extended member of the family, and sometimes relationships persist after a loved one has passed.

COULD YOU HELP?

Home Care & Hospice is always eager for new volunteers. “Our best volunteers are compassionate, dependable and loving,” Rosypal says.

Volunteers typically devote two to five hours a week and range from age 20 to 90. And they’re known for their longevity—some have been part of the program for more than 20 years.

Interested individuals complete an application and then return for an interview. If selected, they are required to participate in a 16-hour certification class that’s held several times a year at Divine Providence Hospital.

“Being present for someone’s last weeks or days is a unique experience,” Rosypal says. “Hospice volunteers are absolutely essential to what we do.”

GET INVOLVED If you’d like to volunteer, contact Carmen Rosypal directly at (570) 320-7690 or crosypal@susquehannahealth.org.
For a complete list of programs, classes and support groups available, visit our website, SusquehannaHealth.org, and click on “Classes and Events.”

LIVING WELL
Osteoporosis Screening: How Strong Are Your Bones?
A quick and painless ultrasound screening measures your bone density level.
$25
» Friday, August 13
The LifeCenter—Lycoming Mall
Appointment: 321-3000

FREE! Susquehanna Striders—Walking For Fun And Fitness
Join us and enjoy this communitywide walking program that offers incentives and health benefits. Registration: SusquehannaHealth.org/Lifecenter/striders.asp or The LifeCenter—Lycoming Mall
Register: 321-3000

FOR YOU AND YOUR BABY
Register for the following classes by calling 321-2069 or at SusquehannaHealth.org. All classes are held on the fifth floor of Williamsport Regional Medical Center, 777 Rural Ave., Williamsport, PA.

SEPTEMBER
» Effective Parenting: Tuesday, July 13, 6 pm
» Listening to Adolescents: Tuesday, July 20, 6 pm
» Discipline for Adolescents: Tuesday, July 27, 6 pm
» Back in Control: Tuesday, August 3, 6 pm
The LifeCenter—Lycoming Mall
Register: 321-3000

AARP Driver Safety Eight-Hour Course
If you are over age 50, register for this course, which can help you stay safe on today’s roads. Prepayment is required.
$12 for AARP members, $14 for non-members
» Thursday and Friday, August 19 and 20, 12:30 – 4:30 pm
The LifeCenter—Lycoming Mall
Please preregister on Mondays and Wednesdays, 9:30 am to Noon, Lincoln Senior Center, 323-3096
Mail payment to The Lincoln Street Senior Center, 2138 Lincoln St., Williamsport, PA 17701.

AARP Driver Safety Four-Hour Refresher Course
For those with proof of previously attending the two-day eight-hour course. Prepayment is required.
$12 for AARP members, $14 for non-members
» Fridays, July 23, September 17, 12:30 – 4:30 pm
The LifeCenter—Lycoming Mall
Appointment: 321-3000

FREE! Techniques And Skills Training For Parenting Preteens And Teens
Parenting adolescents can sometimes be stressful and frustrating. Improve the parent and child relationship, and learn skills in communication, discipline and how to deal with a difficult preteen or teen.

» Effective Parenting: Tuesday, July 13, 6 pm
» Listening to Adolescents: Tuesday, July 20, 6 pm
» Discipline for Adolescents: Tuesday, July 27, 6 pm
» Back in Control: Tuesday, August 3, 6 pm
The LifeCenter—Lycoming Mall
Register: 321-3000

Senior Activities

Hospital key
» DPH—Divine Providence Hospital
» MVH—Muncy Valley Hospital
» WRMC—Williamsport Regional Medical Center
Baby Care Class
Learn to care for and keep your new baby safe. This class is for weekend class couples and adoptive parents.
$10 per couple
» Monday, August 2, 7 – 9 pm
» Tuesday, August 31, 7 – 9 pm

FREE Boot Camp For New Dads
Dads-to-be learn practical tips from men who have been through the ranks of being a new dad. Get straight talk about helping your partner through birth, calming both mother and baby, and dealing with in-laws.
» Wednesday, July 28, 7 – 9 pm

Happiest Baby On The Block
Learn an easy way to soothe your baby and help him or her sleep longer. Expectant and new parents, grandparents and child care providers are welcome.
$25 per family
» Thursdays, August 12, September 16, 7 – 9 pm

Childbirth Class
Gain a sense of trust in your body's ability to give birth. Partners will find out how to help you through labor with touch and words. Learn about pain relief and newborn safety and care. Tour The Birthplace™. Bring two bed pillows, and an exercise mat or comforter to class.
$40 per couple
Registration:
6:45 pm; class: 7 – 9 pm
» Mondays, July 12, 19, 26, August 2
» Tuesdays, August 10, 17, 24, 31
» Mondays, September 13, 20, 27, October 4

Breastfeeding Class
Learn how to get off to the best start with your newborn, and how to pump and store milk.
$10 per couple
» Wednesdays, July 14, August 11, September 8, 7 – 9 pm

Sibling Class
Children ages 3 to 8 learn what to expect when a new baby arrives, how to hold a baby and ways to be involved. Siblings should bring a favorite doll or stuffed animal.
If your child has obvious symptoms of a cold, cough or other illness, please call to reschedule.
$10 per family
» Monday, August 16, 6 – 7 pm

SUPPORT GROUPS

Children’s Bereavement Peer Support Group
When children experience the death of a loved one, they can be overwhelmed with emotions and questions, and they frequently have a difficult time expressing their feelings. Being among other children who also have experienced a loss provides a safe environment.
» Second and fourth Tuesdays of each month
Light meal: 6 – 6:30 pm; Group: 6:30 – 7:30 pm
DPH, Third Floor
Information and registration: Pam or Cherrie at 320-7690

Adult Bereavement Group
» Generally meets monthly in the afternoon at MVH, Park View Room
Information: Sister Sharon Hartman, 546-8282
» Third Wednesday of each month, 6 – 7:30 pm
WRMC, Hospitality Lounge, 802 Campbell St.
Information: Pat Kiernan, 320-7690

Transplant
For pre and post-transplant patients.
» First Thursday of each month, 6:30 – 7:30 pm
WRMC, Conference Room 1B
Information: 435-3266

Head Injury And Stroke
Information and support. Family members and caregivers are encouraged to attend.
» Fourth Tuesday of each month, WRMC, ISS Training Room
Information: 321-2656

Scleroderma
For persons with scleroderma, Raynauds and CREST syndromes.
» Wednesday, September 1, 1 pm
The LifeCenter—Lycoming Mall
Information: Gayle, 398-0551, or Jayne, 323-4228

Breast Cancer Support
» Last Monday of each month, 7 pm at DPH, Susquehanna Health Cancer Center waiting room
Information: 326-8555
THE ROOM was filled with appreciation and excitement as Susquehanna Health President and CEO Steven P. Johnson announced on April 19 that the Count On Us For Life Capital Campaign had reached its goal ahead of schedule.

The campaign was launched in March 2007 to support Project 2012, an ambitious construction and renovation initiative to help the system’s three hospitals address the challenges of aging facilities and to add vital new technology.

Members of the community, businesses, service partners, auxiliaries and the medical community dug deep. Their generous contributions totaled more than $15 million, significantly over the $12.5 million goal.

Additional funds and contributions to the campaign will be used to further fund technology and equipment for Project 2012. This will allow us to save more cancer patient lives, provide more in-depth services for our cardiac patients, and ensure privacy and comfort to patients in the Emergency Department.

HISTORIC CONDITIONS, HISTORIC RESPONSE

“The economy didn’t change the need for this reinvestment project, and our community clearly understood that need and rose to meet the challenge,” Johnson says.

The support permits the system to strategically align resources, including people and technology, to provide the best healthcare for the region. “These generous gifts translate into a legacy of hope, healing and lifesaving treatments,” Johnson adds.

The energy and optimism of campaign volunteers was essential to the campaign’s success. Dedicated leadership was provided by Development Council chairs Linda and John Lundy and co-chairs Sue and John Young. Their never-say-never persistence inspired a team of over 80 volunteers who drove the campaign to and beyond expectations.

EVERY DOLLAR MAKES A DIFFERENCE

Among the extraordinary gifts from the community were a $3 million grant from the Donald B. and Dorothy L. Stabler Foundation, a $1 million gift from Dr. and Mrs. Francis M. Powers, Jr., a $625,000 gift from the Williamsport-Lycoming Community Foundation, and $500,000 gifts each from Ann R. Lamade and Barbara W. Taber.

Susquehanna Health employee service partners—the health system employees—donated more than $1.2 million.

Early momentum and community support helped secure a $167.5 million bond issue last fall. It is providing low-cost financing for the renovations. Among projects funded by the campaign are the:

» Expansion of the Susquehanna Health Cancer Center at Divine Providence Hospital.

» Renovation and modernization of the Heart & Vascular Institute at Williamsport Regional Medical Center (WRMC).

» Expansion and renovation of the Emergency Department at WRMC.

» Construction of single-occupancy patient rooms at WRMC and at Muncy Valley Hospital.

THE SPIRIT OF GIVING For more information on the Count On Us For Life Capital Campaign or how to support continued advancement in healthcare, call (570) 320-7460.
Hospitals recognized for excellence

Williamsport Regional Medical Center (WRMC) and Muncy Valley Hospital have received the Achieving Patient Care Excellence (APEX) Award from VHA, Inc. VHA is a national network of not-for-profit healthcare organizations.

WRMC was recognized for eliminating ventilator-associated pneumonia for 12 consecutive months and has sustained this level of performance for two years. Muncy Valley Hospital was noted for successfully eliminating hospital-acquired urinary tract infections for three consecutive months and has sustained this for two years.

Susquehanna Health Chief Medical Officer Dr. George Manchester expressed pride and gratitude to both hospitals’ employee service partners for their dedication to providing superior care.

Muncy Valley Hospital makeover is complete

Private suites, beautiful interiors and an attentive staff is the description of Muncy Valley Hospital’s recently completed renovation, which was formally unveiled at a late April open house.

The second floor makeover features a full-scale redesign of patient rooms, according to Christine Ballard, Vice President of Operations.

“We renovated the unit and converted it to single-occupancy suites,” Ballard says. “There are beautiful new wood-look floors. A soft blue and gray color scheme creates a modern, yet comforting environment.”

Original artwork, photographs and prints hang in each patient suite and common areas on the second floor. The paintings were commissioned from local artists who produced unique pieces.

Healing design. Several of the changes promote health and healing.

“In addition to the one central nurses’ station, we now have substations, which put the nurses closer to patients for observation,” Ballard says.

Within the year, each room will be furnished with its own computer to facilitate electronic record keeping.

Structural changes include replacement of all outdoor windows and a new patient-controlled heating and air conditioning system. The goal is to help reduce energy costs while providing year-round comfort.

Montoursville offices now open

A convenient new family medicine office has opened in Montoursville. The Susquehanna Health Medical Plaza at Montoursville opened in the Savoy Plaza in late March.

The beautifully decorated facility is open Monday through Friday from 8 am to 5 pm. Convenient outpatient services include laboratory, x-ray, CT scans and ultrasound. And there’s plenty of free, convenient parking.

For information or to schedule an appointment at the Medical Plaza at Montoursville, call (570) 321-2545.

Susquehanna Health medical group physicians accepting new patients

Susquehanna Health is pleased to announce that six exceptional physicians in the Susquehanna Health family are accepting new patients. The doctors, all specialists in internal and family medicine, are:

» Dr. James S. Callaghan, Jr.
» Dr. David E. Young
» Dr. Sabreena Arif
» Dr. Renuka Kakarala
» Dr. Dakshina Walgampaya
» Dr. Michael F. Wright

Learn more about these fine doctors through our online Physician-Finder at SusquehannaHealth.org or call (570) 321-2160.
LIKE HOT DOGS and baseball, Lucy and Ricky, Batman and Robin, some partnerships are just meant to be. Susquehanna Health and the American Cancer Society (ACS) have teamed up in a partnership destined to become a classic. The goal is to use the strength of both organizations to bring health-giving knowledge—and power—to members of the community.

“Typically, we count on healthcare organizations to sponsor individual events, which we always appreciate,” says Christie Badger, ACS Pennsylvania Division Regional Income Development Director. “But in this case, Susquehanna Health has offered quite a bit more.”

That “more” goes beyond a financial commitment and includes serving as a regional medical resource for the ACS. Under the long-term agreement, Susquehanna Health will provide health screenings, media experts, community education and physician speakers for ACS events.

Susquehanna Health will also participate in an exciting new national cancer prevention study by helping to identify participants for the study.

THE NEXT LEVEL
This spring, the partnership was evident at several area Relay For Life events. These annual 24-hour walk/run relays raise millions of dollars for American Cancer Society programs.

“We’re very excited about the partnership,” says Heather Haefner, Susquehanna Health Administrative Director of Cancer Services. “It’s another component in our ongoing effort to provide the region’s most comprehensive cancer services close to home. We’ve always had a great relationship with ACS. This partnership takes it to the next level with great benefits for the community.”

For Badger, Susquehanna Health has proved to be an ideal partner, sharing the society’s vision and goals.

“For the past couple of years, our mantra around here has been ‘All hands on deck,’” she says. “Now, with the physicians and resources of Susquehanna Health on our side, we’ve got even more hands on deck in our lifesaving fight against cancer.”

FIND OUT MORE To learn more about the partnership or how you can participate in a cancer prevention study, visit SusquehannaHealth.org.