Working together.
I am blessed to begin this column with a special thank-you. Your continued encouragement and support for growing our services, replacing our aging facilities and adding key specialty services at Susquehanna Health are outstanding. You are the reason we are able to continue providing the highest clinical quality and the safest patient services available in the region.

Most recently, your support and the excellent work of our board of directors helped us secure an affiliation with the UPMC (University of Pittsburgh Medical Center). Together, UPMC and Susquehanna Health will continue providing:

• A growing range of world-class clinical and medical services,
• Outstanding clinical quality and patient safety,
• State-of-the-art facilities, and
• Hospitality that is second to none.

We are very fortunate to be moving forward with plans to grow during such a challenging time for healthcare in the United States. We are hearing from many community leaders, physicians, service partners, volunteers and patients who recognize our continued investment in modernizing and expanding Susquehanna Health’s services—they tell us to “keep it up.” They encourage us to expand on what we have done and to make services even more accessible and convenient. With your continued support and the resources of UPMC, that’s exactly what we will do.

Recent growth to serve our region includes:

• Completion of the Susquehanna Health Medical Plaza at Mansfield to bring more services to Tioga County;
• Updated facilities at our Divine Providence Hospital campus to create a centralized location for our sports medicine, foot & ankle care, orthopedic and rheumatology services;
• Renovation and expansion of the emergency department at Muncy Valley Hospital; and
• Recruitment to improve access to existing services and add more specialty care.

Through UPMC, a partner that fits our culture and is committed to this region, we will be able to offer more specialty services and greater accessibility. UPMC will also provide expertise and resources to help us continue to grow. Here are some of the ways our affiliation with UPMC will help us:

• Giving us the third largest residency and fellowship training enterprise in the nation;
• Helping us replace our aging information technology with one of the most advanced electronic health and medical record systems in the world;
• Replacing and modernizing our reference laboratory and our physical medicine rehabilitation facilities;
• Applying UPMC’s extraordinary purchasing power to reduce the cost of patient care supplies and equipment; and
• Providing our region with Pennsylvania’s number one health plan—UPMC Health Plan.

This affiliation also will create a tremendous economic advantage. With UPMC’s help, we expect to grow employment in our region by adding family-sustaining jobs over the next five years.

Together, we will continue to improve the health and well-being of the patients we serve and help make our regional community a better and healthier place to live and work. For your role in helping us reach this critical point in our journey, and on behalf of all of our board members, physicians, nurses, support staff and volunteers, please accept our very special thanks.

Steven P. Johnson
President
UPMC Susquehanna

Susquehanna Health Foundation
1001 Grampian Boulevard, Williamsport, PA 17701
32-36 Central Avenue, Wellsboro, PA 16901

Vice President of Development
Sherry Watts
swatts@susquehannnahospital.org
(570) 320-7464

Director of Development
Stephanie Steinbacher
ssteinbacher@susquehannnahospital.org
(570) 320-7041

Major & Planned Gifts Officer
Thomas M. O’Connell, CFP*
toconnell@susquehannnahospital.org
(570) 320-7612

Senior Development Officer
Valerie Trego
vtrego@susquehannnahospital.org
(570) 320-7465

Special Events Coordinator
Kristen Lorson
klorson@susquehannnahospital.org
(570) 320-7463

Development Associate
Sara Bacher
sbacher2@susquehannnahospital.org
(570) 320-7460
One step at a time
Preparing for his first marathon, Nik Barkauskas, 32, was arguably in the best shape of his life. After sending a “Happy Birthday” text to his wife, Stacey, around 4 am on April 1, he began his first-ever 17-mile run with his training group from the YMCA. At 6’ 5” and 250 pounds, Nik had been a lifelong basketball and baseball player, but the father of two was up for a new challenge and had been running long distances for three months through subfreezing temperatures, wind and snow.

This was the first day he didn’t need to wear a jacket. Temperatures had spiked from the 50s to the 70s the previous day. Through most of the run, he pushed to keep pace with the group leader, but somewhere near the 16.5-mile mark, Nik stumbled. His friends say he picked himself up and began running again before collapsing and rolling off the Susquehanna River Walk path. When they reached him, he was unconscious. They called 911 at 7:22 am.

Susquehanna Regional Emergency Medical Services (EMS) arrived at 7:27 am. Though temperatures were in the mid-60s, Nik’s symptoms—loss of consciousness, vomiting and difficulty breathing—pointed to a heat-related illness. The EMS team worked quickly to insert a breathing tube, start intravenous fluids and begin cooling Nik’s body.

“This is what we train for. Environmental injuries are rare, but with the paramedic mindset and progressive evaluation, we rapidly addressed the key issues to set him on a good path,” says Dr. Greg Frailey, Medical Director, Susquehanna Health Pre-hospital Services.

By 7:57 am, the EMS team had contacted the Emergency Department at Williamsport Regional Medical Center (WRMC) and had begun transmitting Nik’s EKG. He arrived at the emergency department at 8:06 am.

Nik’s body temperature was 106.1° F—dangerously high.

“It was pretty grim to be honest,” says Crystal Hanner, RN, the primary emergency room nurse at Nik’s bedside. “He had no neurological response whatsoever. His pupils were not reacting, and he was extremely hot to the touch. His skin was completely dry.”

Emergency physicians used MRI and CAT scans to rule out underlying issues with Nik’s heart or a blood clot in his brain stem as the root cause of his apparent heat stroke. He was placed on a ventilator to assist his breathing.

“Our goal is to get rapid stabilization and diagnostics so we can quickly initiate treatment,” says Dr. Michael C. Gerst, Director of Emergency Medicine. “He was one of the sickest patients that I have ever taken care of. In a case like this, when even 10 minutes’ delay can have a profound negative impact, the resources here gave us the upper hand in figuring out what was wrong and getting Nik on the path to treatment.”

Lab results indicated that Nik’s exertion and heat illness caused a rare, life-threatening condition called rhabdomyolysis, a breakdown of muscle and release of proteins into the bloodstream that can lead to kidney damage or failure. He also had early signs of a very rare condition, disseminated intravascular coagulation (DIC), which can disrupt blood flow to major organs or result in excessive internal bleeding. Less than two hours after arriving, Nik was transferred to the Intensive Care Unit (ICU) for a higher level of support.

With Stacey at Nik’s side, the Intensive Care Unit team of physicians, nurse practitioners, registered nurses and respiratory therapists worked to keep Nik’s vital signs stable as the extent of the internal damage from his condition became apparent. Critical care, kidney, liver, neurological and blood specialists collaborated to give Nik the best possible chances for survival.

Because Nik suffered injury to multiple organs, the medical team was guarded with its prognosis. Continuous renal replacement therapy and a ventilator supported Nik through the weekend as Stacey remained by his side.

“He had no neurological response whatsoever.”

—Crystal Hanner, RN
"The doctors and nurses were really amazing and attentive," Stacey says. "They were straightforward, and I knew the odds were against Nik, but I was also confident that they were doing all they could for him.

Registered nurses Sarah Matczak and Amy Bachle worked back-to-back shifts caring for Nik through the first crucial days to provide the continuity of care that would optimize the progression of his recovery.

"We were all pulling for him," Amy says. "Almost instantly, all the nursing staff created a special bond with Nik and Stacey, and we were determined to get him back home to his family."

Within 48 hours, Nik’s medical condition stabilized, yet he remained unresponsive, raising concerns about his brain function. His medical team had to consider the possibility that Nik might not regain full consciousness. By Tuesday, staff members were able to remove enough supportive equipment to perform an MRI scan, which revealed that Nik’s brain was functioning normally. That was the first of many positive milestones in Nik’s recovery.

A steady flow of family and friends visited, including members of Nik’s family who came from out of town and stayed on the WRMC campus in the new Hospitality Inn. During these visits, when Nik’s room would get noisy, Stacey noticed Nik biting down on his breathing tube—the first sign that Nik’s coma was subsiding. Then, 24 hours after his MRI, five days after he collapsed, Nik’s breathing tube was removed, and he woke up.

"As he regained consciousness, it became clear we could take him off the ventilator and back off his sedation,” says Dr. Kevin Kist, ICU physician. “That’s when neurologic improvement began, and his recovery really took off from there.”

Weak and in pain from the rhabdomyolysis, Nik doesn’t remember much about his next few days in the ICU other than “kindness and care.”

“My time in a coma was very scary for my family, but it wasn’t for me. I woke up feeling that I would be okay because of the care all around me,” Nik says. “It was shocking to realize that, a week before, I could run 10 miles, and now I couldn’t reach, roll over or even adjust my glasses. I wasn’t depressed; I just felt the power of what had happened.”

Once Nik was medically cleared to leave the ICU, his care was transferred to a medical unit for several more days of general recovery. He continued to receive dialysis to support his badly damaged kidneys. Physical therapists, who had been involved since he was in the ICU to move his limbs and help him sit up, continued to work with him. Nik marveled at the skill and patience of his nurses and their easy explanations of his treatments.

After just a few days, Nik reached several recovery milestones, and doctors determined he was strong enough to move to inpatient rehab for three hours of therapy a day along with his three hours of dialysis every other day.

His life had been saved. Now, over three weeks, he would work to restore his lifestyle. Nik wanted to be home with his family and have the strength and stamina to care for and play with his children as well as the mental acuity to return to teaching and finishing his doctoral work in education. But his illness had taken a toll. He didn’t have the strength to stand without support, he worked extremely hard, advancing to a walker and then crutches.

“From training, I was used to pushing and going that extra step. That drive is what helped me get back to where I am now,” Nik says.

In occupational therapy the focus was on rebuilding his upper-body strength so he could be independent for self-care. As he progressed through intense strength and balance

“...I could run 10 miles, and now I couldn’t reach, roll over or even adjust my glasses.”

—Nik Barkauskas

SusquehannaHealth.org/Giving
training, he also began practicing skills like folding laundry and cooking. To combat mental fogginess, a typical side effect following a coma, Nik worked logic puzzles and was relieved to receive a nearly perfect score on a neurological test.

On April 30, the day he was discharged, Nik walked through the gym to say thank you and good-bye.

“He worked so hard. Every day we were adding reps or increasing weights, and every day he pushed himself,” says Rachel Ebeling, physical therapy assistant. “When he walked through here on his own, it was rewarding to see, knowing that he reached his goals and especially knowing they weren’t even sure he would survive.”

Nik’s kidneys are now completely healed, and, in July, he completed his outpatient physical therapy. He received a new bicycle for his birthday and plans to bike and swim to get back in shape.

The community support they received through this experience convinced Stacey and Nik to put down roots in Montoursville and buy a home there, because “life’s too short to put off your dreams.” And Nik says he is much more appreciative of the little things in his life, such as being able to get out of bed when he wants or enjoying a simple game of badminton with his family.

“Without the support of everyone involved, from his friends who called 911 to nursing and ancillary services and all of our specialists, we would not have seen this outcome.”

—Dr. Greg Frailey

“I’m much more grateful for being alive,” says Nik, who will write his doctoral thesis this fall. “I don’t take things for granted anymore.”

Those who were involved in his care don’t take his survival for granted either. Doctors agree that Nik couldn’t have lived through his ordeal without having been in excellent health at the time of the incident. They also credit the support of the right people, making the right decisions, at the right time, with the right resources at hand.

“From start to finish, the team approach to Nik’s care—with good handoffs and appropriate consults—was critical,” says Dr. Frailey. “Without the support of everyone involved, from his friends who called 911 to nursing and ancillary services and all of our specialists, we would not have seen this outcome.”
The Donor Report

Signature Gifts

Signature Gifts recognizes individuals and organizations who made a commitment to Susquehanna Health Foundation with a contribution of $100,000 or greater. Donors are listed through June 30, 2016.

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Williamsport Bureaus of Fire & Police Give Back

Since 2014, local firefighters and police have donated more than $7,250 in support of the Kathryn Candor Lundy Breast Health Center. They sell T-shirts annually and wear them while on duty during October for Breast Cancer Awareness Month. While some have a personal connection to someone who has or has had breast cancer, these public servants believe it is important to give back to their community.

“This is the third year that we’ve been doing this fundraiser,” Assistant Fire Chief Mark Killian says. “Last year, the police department contacted us to go head-to-head in a friendly competition in best T-shirt design/highest T-shirt sales. This year, we’ve joined efforts through one design and have been selling these shirts together. We’ve held the fundraiser for the past three years, and we’ll keep doing it every year. Having the Kathryn Candor Lundy Breast Health Center right here in Williamsport gives us peace of mind that the women in our lives have direct access to these services at a highly notable facility.”
Chaplain David & Carol Fishel

“We’ve always appreciated what the health system has provided for us as a family, and we saw this as a way to be part of the exciting changes taking place.”
—David Fishel
It adds up: a small gift, larger gifts offered in memory of family members and friends, monthly gifts made through payroll deduction, and donations of honoraria. By keeping a promise they made to the Church on their wedding day, Susquehanna Health Chaplain David Fishel and his wife, Carol, have made giving a way of life. Susquehanna Health has benefited from that commitment through the couple’s professional services as well as their generous financial gifts, which have reached the Cornerstone giving level.

David and Carol met as students in an InterVarsity Christian Fellowship at The Pennsylvania State University in 1971 and were married in 1974. As they raised their four children, they continued to honor their commitment to giving through their work, mission trips and tithing.

“We enjoy giving and believe firmly in tithing and helping those who are less fortunate,” says Carol, who worked at Muncy Valley Hospital for 16 years as a charge nurse and supervisor in the skilled nursing unit and is now retired. “We know we can help things go a little better for others with our donations, and we always receive much more than we give.”

David, who has served as a resident, staff and hospice chaplain at Susquehanna Health for nearly 12 years, began his career as a supervisory hydrologist working for the U.S. Geological Survey near Harrisburg. After he felt a calling to become a pastor, his new career brought him and his family to Hughesville, where he led a small congregation. Many of the church’s members were older, and David made frequent visits to hospitals and nursing homes, spurring his interest in becoming a hospital chaplain.

As a Susquehanna Health chaplain, David enjoys working with a team of chaplains from varied faith backgrounds—including Baptist, Catholic, independent, Lutheran, Methodist, and Mennonite—that has been together for more than 10 years and provides spiritual support for patients and their families. David primarily serves patients who are receiving hospice care.

“My particular role is communication at the end of life and trying to meet the needs of the family at that time,” David says. “I feel very blessed to be with people through that stage of their lives. What I enjoy most is listening to peoples’ life stories and realizing how much God connects with each one of us.”

Frequently, the families David assists ask him to officiate at their loved ones’ funeral services. He donates his honoraria to the Foundation, often with a designation that reflects the deceased person’s interests or involvement, such as veterans’ programs or The Gatehouse.

“It’s fitting to take that gift and give it to Susquehanna Health so it can benefit someone else’s life, too. It’s nice when the designation can recognize the loved one’s life and interests,” David says.

About five years ago, David also began donating to Susquehanna Health through payroll deduction. He and Carol were excited about the health system’s new building and renovation projects and the impact they would have on the community.

“Payroll deduction is an easy way to make a contribution regularly,” David explains. “We’ve always appreciated what the health system has provided for us as a family, and we saw this as a way to be part of the exciting changes taking place.”

Among the things for which David and Carol are grateful to Susquehanna Health are their employment experiences and the care David’s mother and Carol’s mother and brother received at Muncy Valley Hospital. All were patients in the skilled nursing unit over the course of about three years after relocating to the area.

“We could not have given them the care they needed without the help of skilled care at Muncy Valley,” David says. “We are very appreciative of everything that was done for them.”

Family continues to be central to David’s and Carol’s lives. They thoroughly enjoy spending time with their five grandchildren, who keep them busy and entertained. Another passion is mission work. During Carol’s career, she participated in several mission trips, including medical missions to Haiti and the Dominican Republic. Recently, she accompanied David on an educational mission trip to Germany.

“It was a very humbling experience and a reminder of how much we’ve been blessed,” Carol says. “We both are so grateful for what we have received in our lifetimes and feel fortunate to be able to give back.”
During Susquehanna Health’s second annual Lifetime Achievement Awards, held at DiSalvo’s Restaurant in Williamsport, major donors (who gave $10,000 or more) and key inspirational individuals were honored for their significant impacts on Susquehanna Health and healthcare for the community. The event began with an outdoor reception and included a dinner sponsored by Stantec, award presentations and dancing to entertainment sponsored by Citizens & Northern Bank.

Honorees left to right: Robert DeCamp, Dr. Albert Liddell, John Troisi, Dr. Russell Worobec, Blaise Alexander and UPMC Susquehanna President Steven P. Johnson
Our donors and community leadership continue to keep our community healthy and support the quality of life that we all cherish. The Lifetime Achievement Awards event allows Susquehanna Health to recognize these key individuals and businesses.

During dinner, donors who recently made a gift of $10,000 or more were presented lapel pins handcrafted by local jeweler Marc Williams. Those who moved to a new giving level or made a significant gift within the last year were given a custom Susquehanna Health pen.

“With your help and support we’ve anticipated and prepared to meet each challenge we have encountered with the right facilities, the right professionals and the right partnerships,” says Steven P. Johnson, UPMC Susquehanna President. “Susquehanna Health has achieved its goals through the contributions and support of many people throughout our community, from our dedicated healthcare providers and service partners to more than 750 volunteers who assist in the delivery of care as well as the individuals and businesses that have given more than $35.5 million in the last 10 years to support critical healthcare projects. For all of this, we are grateful.”

2016 Honorees

Dr. Albert Liddell and Dr. Russell Worobec earned Physician Lifetime Achievement Awards for their career-long service to patients, the medical profession and the community.

Robert DeCamp received the Trustee Lifetime Achievement Award for exemplary service, selfless giving and commitment to the goals of Susquehanna Health.

Blaise Alexander was awarded the Philanthropist Lifetime Achievement Award for his exceptional generosity through direct financial support, demonstration of outstanding civic and charitable responsibility as well as encouraging others to make leadership contributions in the community.

John Troisi was presented the President’s Lifetime Achievement Award for his dedication to Susquehanna Health while inspiring others to overcome adversity.
Business & Industry Gifts recognizes businesses that supported Susquehanna Health Foundation with a contribution of $5,000 or greater. Donors are listed through June 30, 2016.

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Data Papers/KBF Print Technology
Fry’s Plastic
Gift Box at Muncy Valley Hospital
Glenn O. Hawbaker, Inc.
John Savoy and Son, Inc.
L. F. Driscoll Company, LLC
Lamar Advertising
Lundy Construction Co., Inc.
McCarthey-Thomas Funeral Home, Inc.
In Memory of Richard G. Thomas
McNerney, Page, Vanderlin & Hall
Ronald McDonald House Charities of N.E.P.A., Inc.
Santander Bank
Shell Appalachia Charity Golf Tournament
Stantec
Talisman Energy USA Inc.
Tura L.P.
Woodlands Bank

$15,000–$24,999
Gilmour Arts
I.C.S. Inc. - Ron Hine
Lundy Industrial Realty, LP
Norcen Industries Inc.
Pennram Diversified Mfg. Corp., Andrew & Karen Hooker
Steinbacher Enterprises, Inc. - Dave and Karen Steinbacher
In Memory of Mr. and Mrs. James Steinbacher
In Memory of Karen Steinbacher
Wm. L. Robinson Concrete

$5,000–$14,999
Aquarius Pool & Patio, Inc.- Gene and Mary Ann Schurer & Pam Keefer
Berkshire Hathaway HomServings
Hodrick Realty
Billtown Mechanical Corp.
The Blessing Insurance Agency, Inc.

Bold and italicized listing = new donor or new to giving level
When you have an injury or arthritis-related pain, it’s not always clear which type of doctor you need to see first. Now, Susquehanna Health Bone & Joint Institute, which comprises sports medicine, foot & ankle care, and orthopedic and rheumatology services, share one contact number so you’re sure to make your first appointment with the correct specialist. For additional convenience, all of these services are now located on the Divine Providence Hospital campus.

Because of their frequent interaction, the offices for sports medicine and foot & ankle care were combined at 1201 Grampian Boulevard. Orthopedic and rheumatology specialists are paired in a new Bone & Joint Institute at 1705 Warren Avenue.

Patients at each center benefit from a spacious waiting area and convenient, in-house X-ray technology to simplify the diagnostic process. Updated office spaces are designed for patients’ comfort and improved operational efficiency to reduce wait times. Patients register once, regardless of how many specialists are involved in their treatment, and, because all of the specialists are on one campus, consultations are readily coordinated.

“With our specialists on one campus, they can easily talk over cases and bounce ideas off of one another,” says Matt McLaughlin, Executive Director of Musculoskeletal Services. “The centralized call center makes it much easier for physicians to refer patients and for individuals to see the specialists best suited to their cases.”

Renovations at the Grampian Boulevard location also will highlight Susquehanna Health Sports Medicine’s involvement with athletics at area school districts. A mural on the wall bordering the parking area features local sports teams to help make students and their family members feel at home.

“We’re excited about this opportunity to involve our schools and highlight an important part of our service line. We have athletic trainers on site with all of our area high school teams to prevent and treat sports-related injuries,” Matt says. “The visual presentation of schools we work with demonstrates how deeply the sports medicine program is integrated in our community.”
“With our specialists on one campus, they can easily talk over cases and bounce ideas off of one another.”
—Matt McLaughlin

Susquehanna Health
Bone & Joint Institute
Divine Providence Hospital Campus
1705 Warren Avenue
Williamsport, PA

Orthopedic Team
John Bailey, MD
Patrick Carey, DO
Ronald DiSimone, MD, FACS
Donald Golobek, DO - Wellsboro
Michael Hoffman, MD, MS
Mark Rackish, MD
Marc Galin, CRNP
Jeffrey Cundiff, PA-C
Erin Foley, PA-C
Larry Gerhard, PA-C
Michelle Hartford, PA-C
Justin Kelchner, PA-C
Robin Krikorian, PA-C
John Snurkowski, PA-C
Crystal Waite, PA-C

Rheumatology Team
Alicia Meadows, DO
Keith Shenberger, MD, FACP, FACR
Jennifer Bressler, PA-C
Ashley VanOrd, PA-C

Susquehanna Health
Sports Medicine and Foot & Ankle Care
Divine Providence Hospital Campus
1201 Grampian Boulevard
Williamsport, PA

Sports Medicine Team
Ronald Campbell, MD
Patrick Carey, DO
Edward Gusick, DO
Stephanie Erlandson, ATC
Michael Ludwikowski, ATC

Foot & Ankle Care Team
Richard Conley, MS, DPM - Wellsboro
Steven Hawley, DPM
Christine Nolan, DPM
Zach Ritter, DPM

To schedule an appointment, call (570) 321-2020.
The Caduceus Society recognizes physicians who made a commitment of $2,500 or greater to Susquehanna Health Foundation. Donors are listed through June 30, 2016.

### Caduceus Society Members

<table>
<thead>
<tr>
<th>Contribution Range</th>
<th>Names and Organizations</th>
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<tbody>
<tr>
<td>$500,000+</td>
<td>Dr. and Mrs. Francis M. Powers Jr.</td>
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| $100,000–$499,999  | Anesthesia Associates of Williamsport  
Dr. and Mrs. Rodwan and Zokaa Rajjoub  
Dr. Hani and Eiman Tuffaha |
| $50,000–$99,999    | Jean and John Burks  
*In Memory of Joseph R. Calder, MD*  
Dr. and Mrs. George A. Manchester |
| $25,000–$49,999    | Dr. and Mrs. John Becker  
Dr. and Mrs. E. Lee Bellinger  
Dr. Ronald E. DiSimone  
Dr. and Mrs. Daniel R. Gandy  
Dr. and Mrs. Donald Shaw  
*Dr. and Mrs. Gordon A. Shaw*  
*In Memory of Joseph R. Calder, MD*  
Susquehanna Urologic Associates  
Dr. and Mrs. Lawrence Tama |
| $10,000–$24,999    | Anonymous (2)  
Darius Abadi, DO  
Dr. and Mrs. Victor P. Becker  
Dr. and Mrs. William R. Beltz  
Dr. and Mrs. Mark D. Beyer  
Christopher and Susan Branton  
Dr. and Mrs. Paul W. Braunegg Jr.  
Dr. Tom and Rebecca Burke  
Dr. and Mrs. Leonard R. Collins  
Dr. and Mrs. Scott D. Croll  
Dr. Perry Doan  
Greg and Marilyn Frailey  
Daniel J. Glunk and Margrit M. Shoemaker  
Dr. and Mrs. Edmund Guelig  
Dr. Barbara Heere and *Dr. Bernard Butkiewicz*  
Dr. and Mrs. Michael Hoffman  
Dr. Renuka Kakarala and Dr. Sai B. Saija  
Dr. and Mrs. Charles D. Lamade  
Dr. and Mrs. Donald J. Leathers  
Dr. and Mrs. Albert G. Liddell  
Dr. and Mrs. David J. Lopatofsky  
Dr. and Mrs. David B. Nagel  
Dr. and Mrs. Alexander R. Nesbitt  
Dr. and Mrs. Anthony M. Nespolo  
Dr. and Mrs. Harshad Patel  
Jim and Peg Redka  
Dr. René and Diana Rigal  
Dr. and Mrs. Warren L. Robinson  
Dr. Phyllis Scott  
Keith and Pam Shenberger  
*In Memory of Ann L. Shenberger*  
*In Memory of Lynn A. Overdorff Jr.*  
Dr. and Mrs. F. Ardell Thomas  
Dr. and Mrs. Stephen Weber |
| $2,500–$9,999      | Anonymous (6)  
Dr. and Mrs. Carl R. Albright  
Dr. and Mrs. David N. Ambrose  
Charles and Karla Anderson  
*In Memory of Albert Confer*  
Dr. Elizabeth and Eric Anderson  
Karen and Michael Belenko  
Drs. David and Susan Borys  
Dr. Karen Brady  
Dr. Jill Anissa Burns  
Dr. and Mrs. John V. Calce  
Dr. William Cicio  
Cornerstone Family Health, PC  
Dr. T. E. Cullen and Bronwen Cullen  
Joseph Daoko, MD  
Dr. and Mrs. Gary M. Dincher  
Dr. Sabrina Dowd  
Dr. and Mrs. Donald Dvorek  
Drs. Dilip Elangbam and Subadani Angom  
Dr. and Mrs. Joseph G. English  
**Durriya S. Esaa, MD**  
*In Memory of John and Dorothy Jones*  
Dr. and Mrs. Todd Fausnaught  
Mr. David and Dr. Lisa Galloway  
Dr. and Mrs. Steven W. Geise  
Dr. Kenneth I. Glaser  
Dr. and Mrs. Russell L. Gombosi  
Dr. Judith Gouldin and Mr. Anthony Parente  
Dr. and Mrs. Timothy Heilmann |
| $2,500–$9,999      | Dr. and Mrs. William F. Keenan  
Dr. and Mrs. I. G. Kim  
Dr. and Mrs. Kevin W. Kist Jr.  
Dr. John Kuri and Dr. Amy Wirtner  
The Lazar Family  
Dr. Paul and Cynthia Leber  
Dr. and Mrs. Joseph Lexon  
David and Clayton Lightman  
Dr. and Mrs. Eric Longenbach  
Michael J. Marceau, MD  
Dr. Thomas J. and Reverend Dr. Lois D. Martin |
| $2,500–$9,999      | Robert L. Muller, MD  
*In Honor of Dr. David N. Ambrose*  
Drs. *Naresh C. and Anita Nagpal*  
Stuart M. Olinsky, MD  
Dr. William and Cynthia Pagana  
*In Memory of Ann Pagana*  
*In Memory of Elizabeth Pagana*  
Dr. and Mrs. Young W. Park  
Dr. and Mrs. Frank W. Parker  
Dr. and Mrs. William J. Peck  
Dr. Robert and the Reverend Christine Purcell  
Dr. Renee Quarterman  
Dr. and Mrs. William P. Reich  
Dr. Christopher Reilly and Dr. Teresa Bianco  
**Dr. Herbert Roberts**  
Dr. and Mrs. Steven D. Rockoff  
Eddie O. Rodriguez-Lopez, MD  
Dr. Mohammad Shafique |
| $2,500–$9,999      | Zachary Simpson, MD  
Dr. Rohit Singh  
Dr. and Mrs. Sam F. Stea  
*In Honor of Our Children*  
Bernard and Sarah Steinbacher  
*In Memory of Karen E. Steinbacher*  
Dr. Allan K. Stryker  
Dr. Lawrence and Nancy Tomack  
Dr. Peter and Rose Trevouledes  
Dr. and Mrs. Thane N. Turner  
Dr. and Mrs. Seth I. Weber  
Rosemary Wiegand and Brett Homan  
Dr. and Mrs. Daniel E. Wolfe  
Edward G. Wyshock, MD |
The ideal result of cancer treatment is to eliminate cancer cells while simultaneously protecting healthy, surrounding tissue and organs. A combination of two, new, state-of-the-art tools is enhancing the treatment made possible by the Trilogy™ System linear accelerator at the Susquehanna Health Cancer Center at Divine Providence Hospital.
The Trilogy System, from Varian Medical Systems, is used for treating cancer and neurological lesions with intensity modulated radiotherapy (IMRT), image-guided radiotherapy (IGRT), image-guided radiosurgery (IGRS) and stereotactic radiotherapy (SRT).

The two new tools, Varian’s RapidArc® Radiotherapy Technology and CIVCO Medical Solution’s Protura™ Robotic Patient Positioning System, allow Cancer Center staff to deliver higher, more targeted doses of radiation to cancer cells, while enabling patients to be more comfortable during the treatment. Both enhancements were purchased in part with proceeds from the 2015 Susquehanna Health Invitational Golf Tournament.

“The addition of these tools to our treatment arsenal keeps us current with what is available at any large community cancer center,” says Dr. Kenneth Glaser, Medical Director of Radiation Oncology at the Cancer Center. “We’re so grateful for the generous support of our community, which enables us to keep pace with changes in technology to provide the best care options available close to home for our patients.”

The Protura™ Robotic Patient Positioning System is a specialized treatment table that allows patients to lie comfortably, while a clinician adjusts the position of the table along three dimensions as well as the angle of the table along each dimension to allow radiation to concentrate in a precise location.

“Positioning a patient is the most critical and most time-intensive part of treatment,” explains Renee Hinds, Manager, Radiation Oncology. “The table takes the pressure off of the patient to hold an uncomfortable pose or be repositioned during treatment, because the clinician can fine-tune positioning with six degrees of motion. If you can imagine your hand as the table, you can move it up and down, left to right and forward and backwards, the standard three planes, but you can also tip it at an angle within each of those planes. The table enables us to really tailor the treatment to the patient and the patient’s tumor. Because of the precision, the table helps achieve maximum accuracy during a shortened treatment time.”

Varian Medical Systems’ RapidArc® Radiotherapy Technology, which is an enhancement within the linear accelerator itself, delivers the targeted doses of radiation at 360 degrees around the tumor. Because of its precision, it can be used to treat prostate, brain, head, neck and lung tissue.

“These tools give us the ability to safely deliver the highest possible dose of radiation to potentially make the most of each treatment session.”

—Dr. Charu Sharma
“Any treatment that helps us spare healthy tissue is a welcome addition,” says radiation oncologist Dr. Francis Powers. “The RapidArc® technology provides a better way of applying the Trilogy’s radiation beam to give us precision within more conformal fields that keep the radiation exactly where we want it to go. When used in combination with the new Protura™ treatment table, this technology enables us to safely administer higher doses of radiation and treat our patients more quickly and with far more accuracy to minimize side effects that can negatively impact quality of life both during treatment and as patients transition to survivorship.”

The addition of new technologies such as RapidArc® and the Protura™ Robotic Patient Positioning System help to secure the Cancer Center’s excellent reputation and ability to recruit high-caliber physicians such as Dr. Charu Sharma to care for patients in our community.

Dr. Sharma, a radiation oncologist, who recently joined Susquehanna Health’s cancer team after working at Fox Chase Cancer Center Hospital in Philadelphia, said her decision to come to Susquehanna Health was influenced not only by the Cancer Center’s high-quality staff and reputation but also its state-of-the-art equipment.

“These tools give us the ability to safely deliver the highest possible dose of radiation to potentially make the most of each treatment session,” says Dr. Sharma. “When you consider that radiation therapy is typically a daily treatment that is administered over the course of five to seven weeks or more, having the best treatment tools available close to where our patients live and work saves them time. They’re not having to travel somewhere else for excellent care.”

“The RapidArc® technology provides a better way of applying the Trilogy’s radiation beam to give us precision within more conformal fields that keep the radiation exactly where we want it to go.”

—Dr. Francis Powers
Wish List

DONATE TO MAKE A WISH COME TRUE.

Susquehanna Health Foundation has asked our patient-care managers to share their wish lists—items that operational funding cannot cover this year. The Foundation is asking the community to provide the necessary funds, or a portion of the funds, to purchase the items below.

1. Valet Services (any amount)
   Susquehanna Health
   Valet parking was implemented to assist patients and visitors during the construction at Divine Providence Hospital and Williamsport Regional Medical Center. Patients and families have asked Susquehanna Health to continue this service. A donation of any amount will help defray the costs so that we can continue to offer this helpful service.

2. Nurse-Family Partnership $25
   Susquehanna Health
   Nurse-Family Partnership is an evidence-based program that helps transform the lives of vulnerable women who are pregnant with their first child. This program provides health education and screenings, counseling and life-skills training. Early in her pregnancy, each mother is partnered with a registered nurse and receives ongoing home visits throughout her pregnancy. These visits continue through the child’s second birthday. Donations help purchase important items such as diapers, blankets and developmental toys like rattles and blocks.

3. Assist patients currently undergoing cancer treatment $25
   Kathryn Candor Lundy Breast Health Center
   Donations can purchase gift cards for fuel to help patients travel to and from treatment or assist with the purchase of groceries for those in need.

4. Pack ‘n Play $45
   The Birthplace
   A pack ‘n play, a specially made bassinet, provides a baby (until the age of six months) with a comfortable and safe sleep environment. It also offers a spacious area for a baby to play and move around. The pack ‘n plays are distributed to families who lack a safe place for the new baby to sleep.

5. 60-minute Oncology Massage $50
   Susquehanna Health Cancer Center
   Specially trained massage therapists from Emerge Healing Arts & Spa can provide gentle and effective massages for oncology patients at any stage of their cancer journey. These sessions, which focus on comfort and relaxation, can help patients endure the stress of treatment as well as provide relief from the many side effects of chemotherapy and radiation.

6. 17 Breastfeeding Stools for Patients’ Rooms $630
   The Birthplace
   A breastfeeding stool, which is placed under a mother’s feet while she is seated, allows a mother and baby to have a pain-free feeding experience. It helps a mother properly and comfortably position her baby while breastfeeding to prevent neck, shoulder, arm and back pain.

If you would like to make a gift to purchase one or more Wish List items, please enclose your check in the magazine’s attached envelope and make a note of which item(s) you wish to fund. You also can make a gift online at SusquehannaHealth.org/Donate and make a note in the comments section.
Susquehanna Health officially joined UPMC (University of Pittsburgh Medical Center) on October 18, becoming UPMC Susquehanna. Susquehanna Health announced a letter of intent in May 2016 following a two-year extensive exploration to find an organization supportive of its long-term vision for the communities it serves. UPMC has committed to advance Susquehanna’s goals to expand healthcare services, maintain its patient-focused mission, invest in information technology, and introduce more choice for health insurance for the region.

“This partnership marks a new era of healthcare for our region. Building on our strong clinical quality and patient safety track record, emphasis on caring for patients and expertise in delivering care to all the communities we serve, including rural communities, Susquehanna Health is even stronger with UPMC,” says Steven P. Johnson, President, UPMC Susquehanna. “As a pre-eminent academic medical center and insurer, UPMC brings great resources to our community. UPMC’s academic partner, the University of Pittsburgh, has a medical school ranked fifth in NIH research funding, and UPMC has the third largest residency and fellowship program in the country. UPMC is the largest medical and behavioral health services insurer in western Pennsylvania and the number one insurance plan in the state for quality and consumer satisfaction. Through this affiliation, we are able to bring a new level of innovation and advanced care to our region.”

UPMC is making a $500-million investment in the newly named UPMC Susquehanna as an early demonstration of its commitment to expand services for the people of northcentral Pennsylvania. Following this announcement, the first area of focus for UPMC Susquehanna is to expand emergency, heart and vascular, and cancer services. Other strategic priorities include establishing a neurosciences center of excellence, improving access to care with an urgent care network, and replacing an inpatient rehabilitation facility built in the 1960s. With the addition of these and other specialty services, UPMC Susquehanna will be adding jobs to the region as services grow.

The existing foundations in Lycoming and Tioga Counties and their assets of more than $40 million will exist in their current form, remaining unchanged. All fundraising dollars and donor gifts will continue to stay local and be used to support healthcare services in northcentral Pennsylvania.

UPMC Susquehanna’s local governance will continue under the Board of Directors consisting of 16 volunteer business and community members along with eight newly appointed members from UPMC. The UPMC Susquehanna Board will be responsible for quality of care, medical staff and growth initiatives.

“A shared mission for patient-centered care and innovative work models brought us together and empower us to move forward and grow services for this community,” says Ann Pepperman, UPMC Susquehanna Board of Directors Chairwoman. “UPMC has a history of investing in the communities it touches. Affiliating with UPMC ensures we have access to the resources to keep and add important services here in our local communities.”

“Could we be more pleased to share and execute our vision for the future of healthcare with an organization as strong and successful as Susquehanna Health. We look forward to extending UPMC’s expertise and innovative resources to this region,” says Steven Shapiro, MD, Executive Vice President, Chief Medical Officer, and President – Health Services Division, UPMC. “With UPMC’s leading integrated healthcare delivery and insurance model, we also share with Susquehanna the same firm commitment UPMC has proven in other communities, and that is to keep high-quality, affordable care locally accessible and close to home for our patients.”
The Keystone Society lists those who commit to contribute $250 or more annually to Susquehanna Health Foundation. Listed below are all Keystone Society members through June 30, 2016.

<table>
<thead>
<tr>
<th>Keystone Society Members</th>
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<tr>
<td><strong>$1,000–$9,999</strong></td>
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<tr>
<td>Adwave365</td>
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<td>David and Rita Alexyn</td>
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<td>American Legion Riders Post #36</td>
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<td>Gregory Anna</td>
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<td>Helen L. Antrim</td>
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<td>Carole Battisti</td>
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<td>Dr. and Mrs. John Becker</td>
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<td>Ronald Beckman Jr.</td>
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<td>BKD, LLP</td>
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<td>John and Karen Blaschak</td>
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<td>Cathy T. Brendle</td>
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<td>Amy Brent</td>
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<td>Jeanette Brown and Brown Family &amp; Friends</td>
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<td>Joseph and Cheryl Bubacz</td>
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<td>Carol Cacchiene</td>
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<td>Nicholas and Carol Carino</td>
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<td>George and Janice Cohen</td>
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<td>Todd and Melissa Coolidge</td>
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<td>Covenant-Central Presbyterian Church</td>
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<td>Patrick Daly</td>
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<td>Bruce and Beverly Davis</td>
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<td>Linda L. Davis</td>
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<td>Melissa and Robert Davis</td>
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<td>Howard Dean</td>
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<td>Peter and Rosemarie DePasquale</td>
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<td>Annette DiEugenio</td>
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<td>Divine Retiree Travelers</td>
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<td>Kelly Douglass, CRNP</td>
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<td>Diane L. Draijem</td>
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<td>Mr. and Mrs. John A. Eckman</td>
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<td>Stephen Elder</td>
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<td>Chaplain Dave and Carol Fishel</td>
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<td>Mr. and Mrs. Robert Fitzgerald</td>
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<td><strong>Florence Crittenton Service, Inc.</strong></td>
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<td>Ron and Judy Frick</td>
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<td>Richard A. Fry</td>
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<td>Matt and Nichole Frye</td>
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<td><strong>The Fuller Family</strong></td>
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<td>Larry Gerhard</td>
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<td>Donald and Barbara Gfroerer</td>
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<td>Crystal Gilbert</td>
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<td>Lucie Gosselin and Denis Leclerc</td>
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<td><strong>Gravediggers Black 18U Softball Team</strong></td>
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<td>Nathan and Kathy Grenoble</td>
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<td>Dr. Hefty</td>
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<td>Richard and Diane Hewitt</td>
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<td>Ann M. Hocker</td>
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<td>Harold and Karen House</td>
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<td>Kenneth and Ann Hoover</td>
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<td><strong>Horizon Federal Credit Union</strong></td>
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<td>Stephen and Martha Huddy</td>
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<td>Mark A. Huffman</td>
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<td>Hughesville American Legion Post #35</td>
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<td>Charissa J. Hunt</td>
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<td>Roger and Denise Jarrett</td>
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<td>Nicole A. Judge, P.A.-C</td>
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<tr>
<td>Mr. and Mrs. Robert E. Kane Jr.</td>
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<tr>
<td><strong>Family and Friends of Isabelle W. Kepler</strong></td>
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<tr>
<td>Barbara J. Kinley</td>
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<td><strong>Ms. Stacy Knife</strong></td>
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<td>Terry-Ann Kohler</td>
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<td>Shirley A. Koscielny</td>
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<td>Leclerc</td>
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<td>Craig and Rhonda Litchfield</td>
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<td>Lockhead Insurance Agency</td>
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<td>Loyal Order Moose Galerion Ldg 826</td>
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<tr>
<td>Pamela J. Lundy</td>
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<td><strong>Lycoming County United Way, Inc.</strong></td>
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<tr>
<td>Lynn Mader</td>
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<td>John P. and Judy L. Maietta</td>
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<td>Marc Williams Goldsmith</td>
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<td>Patrick and Trisha Marty</td>
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<td>Deb and Don Masser</td>
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<td>Kim McCONNell</td>
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<td>Amy McCorkel</td>
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<td>McDonald’s – Doug and Frani Doherty</td>
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<td><strong>Pat and Jim McGee</strong></td>
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<td>Bob and Pat McKernan</td>
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<td><strong>Jon and Phyllis Miller</strong></td>
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<td>Patricia E. Miller</td>
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<td>Debra Morin</td>
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<td>Timm and Kristen Moyer</td>
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<td><strong>Music for a Care</strong></td>
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<td>Lee and Abigail Nesbitt</td>
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<td>Newberry Lions Club</td>
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<td>Mark Nyce</td>
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<td><strong>Mr. and Mrs. Thomas Owlett</strong></td>
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<td>Marlene Parsell</td>
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<td>PATHS, LLC</td>
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<td>Ferlin and Terri Patrick</td>
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<td>Pearls with a Passion Fund</td>
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<td>Sandra Pecynski</td>
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<td><strong>John W. Pfeiffer</strong></td>
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<td><strong>Gary Phelps</strong></td>
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<td>William L. Phillips</td>
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<td>PPL Electric Utilities</td>
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<td>Patricia J. Rambo</td>
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<tr>
<td>Mrs. Gretchen Regina</td>
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<td>Joseph L. Reighard</td>
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<td>Ronald and Lisa Reynolds</td>
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<tr>
<td>Annabelle T. and James C. Rogers Jr.</td>
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<td>Sean and Cynthia Roman</td>
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<td>Mr. Matthew Romania</td>
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<td>Joseph and Louise Rossi</td>
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<td>Michael L. Rupert</td>
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<td>Saar Container, Inc.</td>
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<td>Saint John’s - Newberry United Methodist Church</td>
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<td>Frederic G. Sanford, MD</td>
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<td>Lisa Schaffer</td>
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<td>Richard and Elizabeth Schluter</td>
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<td>Schrader Architectural Products - Jack and Cindy Schrader</td>
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<td>Deborah and James Scott</td>
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<td>William C. and E. Ann Sherwood</td>
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<td>Joseph* and Charmaine Shockloss</td>
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<td>Monica Siddle</td>
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<td>Angela Siedhof</td>
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<td>Mark and Connie Sitler</td>
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<td>Steven and Margaret Sloboda</td>
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<td>Dr. Thomas C. Smith and Suzanne Dively-Smith</td>
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<td>Abram M. and Dorothy M. Snyder Foundation, Inc.</td>
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<td>St. Luke Lutheran Church</td>
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<td><strong>Stephanie and Curtiss Steinbacher</strong></td>
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<td><strong>Strokes 4 Strokes</strong></td>
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<td>Debbi Strong</td>
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<td>Albert Swortwood</td>
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<td>Earl W. and Ina G. Tabor Foundation</td>
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<td>Mr. Edward Tanner</td>
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<td>Ashley Thomas</td>
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</tbody>
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**Bold and italicized listing = new donor or new to giving level**

*deceased donor
Bold and italicized listing = new donor or new to giving level

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$250–$499

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Miranda Allen
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Bold and italicized listing = new donor or new to giving level
By bringing the best physicians and advanced medical treatments to our region, Susquehanna Health delivers on its promise to provide high-quality, patient-centered care.

**Angelica Kloos, DO**  
Psychiatry  
Susquehanna Health Behavioral Health Services welcomes Dr. Angelica Kloos. She joins Drs. Bennett, Bianco and Marceau at Divine Providence Hospital. Dr. Kloos earned her medical degree from Philadelphia College of Osteopathic Medicine and completed her residency in psychiatry at Thomas Jefferson University Hospital. Fellowship-trained and offering more than 11 years’ experience, Dr. Kloos specializes in child and adolescent psychiatry.

**J. Franklin Oaks, DO**  
Vascular Surgery  
Susquehanna Health Heart & Vascular Institute welcomes Dr. J. Franklin Oaks, who completed his medical degree at Oklahoma State University, College of Osteopathic Medicine. He completed residencies in general surgery at OhioHealth Doctors Hospital and Cleveland Clinic in Ohio. Dr. Oaks is fellowship-trained in peripheral vascular surgery from Cleveland Clinic. He is board-certified in surgery and vascular surgery and is a fellow of the American College of Osteopathic Surgeons.
Susquehanna Health OB/GYN welcomes Dr. Natasha Alligood-Percoco. She joins Drs. Huggler, Lamade, Salama, Stutzman and Yartz at Williamsport Regional Medical Center. Dr. Alligood-Percoco earned her medical degree from Pennsylvania State College of Medicine and completed her residency in obstetrics and gynecology at Penn State Milton S. Hershey Medical Center. She offers a wide range of women’s services, including high-risk pregnancy care, minimally invasive and robotic surgery and the treatment of patients who have received abnormal results from their routine exams.

Susquehanna Health OB/GYN welcomes Dr. Joshua Stutzman. He joins Drs. Alligood-Percoco, Huggler, Lamade, Salama and Yartz at Williamsport Regional Medical Center. Dr. Stutzman earned his medical degree from Philadelphia College of Osteopathic Medicine and completed his residency at Geisinger Medical Center. He is board-certified in obstetrics and gynecology and brings more than eight years of experience, including minimally invasive and robotic surgery.

Susquehanna Health OB/GYN welcomes Dr. Jenna Brown. She joins Drs. David Lopatofsky and Michelle Cavanaugh at Family Medicine at Duboistown. Dr. Brown earned her medical degree from Philadelphia College of Osteopathic Medicine and completed her residency in family medicine at Susquehanna Health’s Family Medicine Residency Program. As a family medicine physician, Dr. Brown is trained to holistically treat patients of all ages.

Susquehanna Health Heart & Vascular Institute welcomes Dr. Sandeep Sagar. Dr. Sagar joined Susquehanna Health from the University of Texas Health Science Center at San Antonio, where he practiced as a cardiac electrophysiologist and held an academic appointment as an assistant professor of medicine. He completed his medical degree at Finch University in Chicago and fellowships in cardiology and cardiac electrophysiology at the Mayo Clinic in Minnesota.
KEYSTONE SOCIETY

$250–$499  Continued from page 29
Suzanne Maggiore and Robert Cooper
Bernie Maliko
Lori Mankel
Thomas Marcon
Brian, Erin and Kennedy Marsh
Charles W. Martin
Michael and Suzanne Martin

**Rick Mason and Anne Rice**
Rosanne Marriace
Norma Mattocks
Patri J. McClelland
Jay and Sue McCormick

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Ryan and Jacki Miller
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Taylor Thompson
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Carrie Troutman
Sheena Troxell
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Muncy Valley Hospital Golf Tournament Raises More than $28,000 for Emergency Services Equipment

The 31st Annual Muncy Valley Hospital Invitational was held at Wynding Brook Golf Club on September 9. The tournament featured 25 foursomes and raised more than $28,000.

Proceeds from this year’s tournament will contribute to the purchase of CAREpoint™ Workstations and equipment (see page 34).

Thank you to all of the sponsors and players whose generous donations have made this tournament another huge success. Special thanks to our tournament host, Muncy Valley Hospital Medical Staff, and our dinner sponsors: The Muncy Bank & Trust Company, Quandel Construction Group, Inc., and Young Industries, Inc.

Pictured from left to right are championship flight winners Ray Roth, Joe Lepore, Jim Lazorka and Mark Huffman.
Susquehanna Health’s 35th annual invitational golf tournament was held August 8 at the Williamsport Country Club and featured 30 foursomes. Over the past 35 years, the tournament has raised more than $1.85 million to help ensure that our community has access to excellent physicians, modern facilities and equipment and skilled, compassionate staff.

Proceeds from this year’s tournament will contribute to the purchase of CAREpoint™ Workstations and equipment.

Thank you to all sponsors, players, volunteers and committee members for making this year’s tournament such a success. We would like to extend special thanks to Stevens & Lee, P.C. for the company’s continued support as tournament host as well as our platinum sponsors: Allison Crane & Rigging, Blaise Alexander Family Dealerships, Stantec and Transamerica.

Susquehanna Health Invitational Golf Tournament Raises $134,850 for Emergency Medical Services

The CAREpoint™ Workstation and Equipment

CAREpoint is a sophisticated medical command receiving station designed to better coordinate hospital and pre-hospital care in rural communities. The system allows Emergency Medical Services (EMS) staff to transfer information, such as digital EKGs, videos of stroke assessment tests and photos of burns, to hospitals quickly and seamlessly. A doctor can therefore “see” patients before they even get into the emergency room and better prepare for their arrival. Especially in the cases of trauma and heart attacks, this can translate into saved time—and lives.

CAREpoint will fully integrate all three Susquehanna Health Emergency Departments and EMS activities in Lycoming and Tioga Counties. Ambulances and local volunteer fire companies cover more than 2,300 square miles and provide service to 158,600 people.

SusquehannaHealth.org/Giving
The Tree of Life Club (TLC) is the employee giving club at Susquehanna Health. ☑ denotes Hour Club members. The Hour Club is an elite group that recognizes employees who make a tremendous commitment by giving back one hour of pay every pay. Listed below are all new TLC donors from January 1 – June 30, 2016.

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- Ashley Setters
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- Joyce Shaffer
- Doreen Shuda
- Monica Siddle
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- Sandra Sipe
- Robyn Smith
- Christina Spender
- Terri St. John-Graves
- Adam Stabler
- Samantha Stats
- Stephanie L. Steinbacher
- Ashley Stensland
- Cindy Stiffler
- Beverly Stocum
- Molly Stone
- Erma Stump
- Cindy Lee Succowich
- Erin Sutherland
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- Tammey Terre-Blanche
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- Benjamin Walker
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- Jessica Weaver
- Chelsi Welch
- Loretta Wheeler
- Becky White
- Larissa Wheeler
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- Jan Winther
- Jessica Wodrig
- Bobbie Wolfe
- David Wolz
- Courtney Wood
- Regina Zankey
- Kaycsee Zawatski
- Christopher Zirkle
The Legacy Society recognizes those who made a planned or estate gift to Susquehanna Health Foundation.

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Palma Colesanti Estate
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  In Memory of William Frederick
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*deceased donor

Bold and italicized listing = new donor or new to giving level
What is the best way to benefit your favorite charity when you are concerned about having enough money during your lifetime?

In addition to volunteering your time and making charitable donations, you can make a charitable bequest in your will or trust and/or make the charity the beneficiary of some or all of your retirement account(s). Here are a few tips:

**Tip #1 — “Planning” is Integral to Planned Giving**
Talk with the planned giving officer at the charity. The last thing you want to do is leave your hard-earned money or highly appreciated real estate to a charity only to have the charity have to jump through expensive hoops to receive your gift. Find out what planned giving options are available that match your desires. For example:

- Is there a minimum amount needed to start a fund to benefit a certain service line?
- Are you permitted to designate a family representative to be involved in the spending or granting of the money?
- How would you like to be recognized for your gift?

**Tip #2 — Diverse Minds Equal Better Results**
It is optimal if all of your professional advisors (financial planner and/or banker, accountant and estate planning attorney) are together at the table with you. There are significant planning considerations that include income, capital gains and death taxes, family dynamics and long-term care planning.

**Tip #3 — Have a Family Meeting**
Once your plan is in place, and you are reasonably sure that you will not be modifying it in any significant way, arrange to have a family meeting at your attorney’s office. Also invite the charity’s planned giving officer. You do not have to share all of the specifics of your assets; however, educating your family on the plan is a great first step in demystifying what will happen after your death. This meeting will allow you to address and answer any family questions/objections personally.

Make your legacy clear, purposeful and lasting.

If you would like more information, please contact Tom O’Connell, Susquehanna Health Foundation Major and Planned Gifts Officer, at (570) 320-7612.

By Tammy Weber, Esquire
Marshall, Parker & Weber, LLC
Last fall, Susquehanna Health Cancer Center began to offer massage services to cancer patients and survivors. Specially trained oncology massage therapists from Emerge Healing Arts & Spa provide gentle and effective massages for patients at any stage in their cancer journey. These sessions, which focus on comfort and relaxation, can help patients as they undergo the stress of treatment and provide relief from the many side effects of chemotherapy and radiation.

If you are interested in supporting massage services for Cancer Center patients, please contact the Foundation at (570) 320-7460 for more information, or give online at SusquehannaHealth.org/Donate. Because of Emerge’s generosity in discounting the service, just $25 can make a difference for a patient who receives a one-hour massage.

After several months of chemotherapy, I began radiation therapy for my metastatic breast cancer. I felt weary, out of energy and weakened, in addition to having some pain in my involved arm and shoulder. When I learned that massage was available from Emerge Healing Arts, I scheduled one. Due to a generous donation, I wasn’t charged for this service, and it was very helpful in relieving some of my pain, as well as some of the stress that goes with ongoing cancer treatment. The massage was well done by a professional trained in, and sympathetic to, my needs as a cancer patient. I look forward to my next interaction with Emerge Healing Arts.

—Ruth Vierra, patient who received a donated massage
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Continued on page 44
An easy-to-access, heated, indoor pool for aquatic therapy and a gym including a portable pitching mound, throwing net, and state-of-the-art reactive balance system are just two of the new, cutting-edge features included in the new Susquehanna Health Medical Plaza at Mansfield. The newly constructed 20,000-square-feet building, located at 416 South Main Street in Mansfield, was carefully designed to bring more services to a growing number of patients in Tioga County. The facility, which opened in August, also houses the Mansfield Laurel Health Center; physical and occupational therapy, including hand therapy; holistic women’s health services; radiology and mammography; as well as a variety of specialty services.

“We spent two years developing the design and service offerings to ensure we had an accessible facility that meets the evolving needs of our community,” explains Janie Hilfiger, Vice President of Susquehanna Health Tioga Operations. “It is a dynamic design that not only helps us serve an increasing number of patients but also expands access to provide specialty care that hasn’t been available in the area before.”

Among the first specialized services to be available at the new plaza are sports medicine and cardiology. Patients will be able to meet with a variety of Susquehanna Health specialists for consultations and follow-up visits in Mansfield.
“We’re excited to have comprehensive services right in Mansfield that integrate seamlessly with the entire health system,” Janie says. “This saves time and is more convenient for specialty-care patients. Now you can have an X-ray or lab work, get an appointment with the appropriate medical provider and begin working with a therapist all in one stop,” she says. “With the popularity of school athletics, we know the sports medicine program will be a great benefit to many families to assess conditions and rehabilitate injuries. The design allows for impeccable communication among our providers in addition to other efficiencies gained from working side by side in a modern facility.”

The new Susquehanna Health Medical Plaza at Mansfield will also include expanded services for the Mansfield Laurel Health Center, including primary care, pediatric, pre-natal, women’s health, nutrition, nephrology, internal medicine and behavioral health services. Other benefits include an expanded waiting room, additional exam rooms and more parking, including several additional handicap-accessible parking spaces.

Susquehanna Health is accepting new patients for all services at the new facility. For more information, please call (570) 662-1900.
Change is underfoot and overhead at the Emergency Department at Muncy Valley Hospital (MVH). After months of preparation and land development to create a safe and beautiful entrance, exterior building work on the 5,500-square-feet addition is underway, and an 11,000-square-feet interior renovation is scheduled to begin in spring 2017. Careful planning assures that the department will be open throughout the entire project with temporary entrances in place and plenty of signs to guide patients quickly to the right place.

The Emergency Department at MVH averages 16,500 patient visits per year. The renovation and expansion will meet increasing demand for services and incorporate advanced medical technology. Included in the renovation are specialized areas for trauma/resuscitation, decontamination, rapid treatment and behavioral health evaluation.

“We’re creating a vastly improved healing environment with enhanced safety for patients, visitors and staff.”

—Ron Reynolds

Ron Reynolds, Chief Administrative Officer for MVH. “Every upgrade has been carefully considered to improve the effectiveness of our emergency department to better serve our community.”
within the space, eight private treatment rooms will replace five bays separated by curtains to provide patients more privacy and greater infection control and reduce noise and other stressors. the area is also designed and equipped to improve the safety and efficiency of staff as well as enhance the overall experience for patients.

the exterior site development, performed in advance of the structural changes, has improved the appearance of the area surrounding the hospital and has had a positive impact on one of the major access points into the town of Muncy. Safety was a primary consideration when making significant improvements to the hospital’s access roads, including the relocation of Shady Lane and a new right-turn lane on Route 405. Within the new parking area, there is a dedicated traffic lane for ambulance service and space to accommodate walk-in visitors safely. Also included in the project was the creation of a new helipad to serve the eastern Lycoming region.

“We’ve invested the time and effort to develop the site in a way that is most beneficial to the community,” says Ron. “Through the process, we’ve created a safer parking situation and dramatically improved the entire aesthetic of the entrance to Muncy and MVH.”

The additions and renovations are scheduled for completion in fall 2017.
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$23,000 IN PRIZES!

HELPING HANDS RAFFLE AND GALA

MEDIEVAL TIMES

The 2017-18 Helping Hands fundraiser is underway with amazing opportunities for fun, philanthropy and phenomenal memories.

Raffle is limited to 500 tickets. Beginning April 7, 2017, fifty weekly drawings will award four different prizes each week: one cash prize for a $100, two cash prizes for $25 and one bonus chance which adds your ticket number to all remaining drawings to increase chances of winning.

Grand prizes are selected at the gala on March 24, 2018 at the Acacia Club. Those cash prizes are $10,000, $2,500, $1,000 and four chances at $500. You do not need to be present to win.

For more information or to join, contact the Foundation:
(570) 320-7460 or (888) 322-0945
Importance of Ongoing Philanthropy

From a Foundation standpoint, I’m thrilled to know that our fundraising efforts will continue to benefit our local communities even with Susquehanna Health’s affiliation with UPMC (University of Pittsburgh Medical Center). UPMC has assured us that every dollar we raise will stay in our communities to benefit the people we serve. And with UPMC’s resources behind us, we’ll be able to do more with those funds than we ever thought possible.

We could not have reached this point without the monumental support of our donors, and I hope you share my excitement for a future that you have already begun helping to build. Just imagine what we can do together next to continue improving the health and quality of life in our region!

Sherry Watts
Vice President of Development
Susquehanna Health Foundation

If you would like to contact Susquehanna Health Foundation or you wish to opt out of Susquehanna Health fundraising solicitations, please call (570) 320-7460 or (888) 322-0945.