Aramark Volunteers at a Record Pace

Service partners on the Aramark team recently volunteered their time at the Central Pennsylvania Food Bank, and in the process set a new record by packing 400 food boxes to be distributed to local seniors in just one hour and seven minutes.

“It was fun trying to pack the boxes as quickly as we could, but it was really just a great opportunity for our team to give back to the community while team building,” said Ellen Keegan, Aramark HR Manager at SH. “It felt good to help out the food bank when they needed us. Our team worked hard, but it was all for a good cause so it was very rewarding for everyone involved.”

2nd Quarter DAISY Award Nurses Recognized

Congratulations to the three nurses recently recognized as recipients of the DAISY Award for Extraordinary Nurses!

Holly Hackenberg, nurse with Susquehanna Health Home Care and Hospice, was selected after being nominated by a patient. “Holly knew I was having issues with my catheter and insisted on coming to remove it for me in the middle of the night. She did not want to leave me in discomfort until morning rounds. Holly did not have to do what she did, but the fact that she did shows me how much she cares about her patients and how dedicated she is to caring for others and being a nurse.”

Stephanie Suzadail, nurse at the emergency department at Williamsport Regional Medical Center, was selected after being nominated by numerous patients and their family members. One patient’s family member commented, "Stephanie’s smile and attitude help comfort patients in the emergency room. She establishes relationships with her patients and the family members, helping make the experience better.” Another family member writes, "Stephanie provides the best care possible and really focused on my husband’s needs. She took the time to explain everything to us and made sure that when we left the emergency room we were ready to go home."

Carol Shaner, nurse at Same Day Surgery at Muncy Valley Hospital, was selected after being nominated by a patient. "I’ve had the luck and privilege to be in Carol’s care twice while in Same Day Surgery. She made me feel comfortable and cared for. Carol was attentive and responsive to my needs, often going above and beyond to care for me.”
UPMC Affiliation FAQ – Week 5

Thank you for continuing to submit your questions for consideration in our weekly UPMC FAQ. We’ve received a number of questions and will continue to address a few of them each week.

As always, your ongoing support of our mission is greatly appreciated.

Frequently Asked Questions

We thought we had decided to remain independent—what changed?

This has been a thorough and disciplined search process. As the board continued to examine different partnership models and options, this potential affiliation with UPMC emerged as an outstanding opportunity for our community and our organization. This affiliation will grow services, reduce costs, enhance the healthcare experience for all of our patients and bring a new health insurance company to the region.

Will the relationship with UPMC include our partnership with Aramark? And if so, going forward will SH still contract with Aramark?

All Susquehanna Health’s current business contracts and affiliations will continue. In addition, UPMC has existing relationships with Aramark in a number of its facilities.

We invite you to continue to submit your questions to informationdesk@susquehannahealth.org for consideration. As always, your ongoing support of our mission is greatly appreciated.

Understanding Your Benefits

Important Changes to Health Plans
Effective July 1, the following changes will take effect:

BlueCare HMO Plan and the PPO Blue Qualified High-Deductible Health Plan

- Telemedicine benefit can now be accessed through HighmarkBCBS.com.
- Deductibles will no longer cross accumulate.
- Start using your newly issued ID card.

HMO Plan Only

- Emergency copayment is now $150.
- Urgent Care copayment is now $75.

SH Partners with PSU to Offer Discounted Tickets

As a way of showing appreciation for our employee service partners and volunteers, SH has once again partnered with Penn State University football to extend an invitation to employees and their families to attend the 3rd Annual Medical Employee Appreciation Night, and two other matchups for the upcoming season at a discounted price. All games will be played at Beaver Stadium, in State College.

All service partners can purchase tickets for games of their choosing in an area of their choosing. Available games are:

- Saturday, September 3 vs Kent State (Home Opener)
- Saturday, October 1 vs Minnesota (Blue Band Jam)
- Saturday, October 8 vs Maryland (Homecoming)

Penn State University is offering service partners access to advanced sales of tickets for the games. Tickets are available at different price levels and discounts vary based on seat location.

*All tickets are allotted on a first come, first serve basis.
**Seats are not guaranteed until payment is received.
***Discounted parking passes must be purchased two weeks prior to the game date.

To purchase tickets, game day parking or for more information, please contact Lowell Berg, General Manager of Ticket Sales with Penn State Athletics at L Berg@psu.edu or (814) 863-1124, or click through the hyperlink available on insideSH.

Deadline for CURRENTS articles is noon each Wednesday a week prior to publication date. Email articles to CURRENTS@susquehannahealth.org or interoffice mail to CURRENTS - WRMC/Marketing.
May Service Partner Milestones

Congratulations, service partners!

<table>
<thead>
<tr>
<th>Name</th>
<th>Campus</th>
<th>Department</th>
<th>Years of Service</th>
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<tr>
<td>Elizabeth Kondisko</td>
<td>DPH</td>
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<td>Virginia Derr</td>
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<td>Delores Woolever</td>
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<td>Breast Health Center</td>
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<td>James Walker</td>
<td>WRMC</td>
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**Welcome!**

Please extend a warm welcome to the following new members of the Susquehanna Health family:

- **Patrick Adams**, Security Officer – DPH
- **Teresa Colon**, Office Assistant II – OFF
- **Amanda Cunningham**, RN – SSMH
- **Abigail Eckert**, Office Assistant II – DPH
- **Brianne Gillmen**, RN – WRMC
- **Rebecca Hall**, Service Assistant – SN&RC
- **Shelly Harding**, RN – WRMC
- **Alyssa Haueisen**, Service Assistant – SN&RC
- **Shelby Heffner**, GN – WRMC
- **Carla Hepburn**, Billing/Compliance Associate – WRMC
- **Hattie Hoffman**, RN – DPH
- **Karissa Hornberger**, Patient Care Assistant – WRMC
- **Melissa Hyde**, Office Assistant II – DPH
- **Taylor Jordan**, GN – WRMC
- **Courtney Knudsen**, GN – SSMH
- **Krista Leathers**, Office Assistant II – DPH
- **Katelyn Morehart**, Office Assistant II – WRMC
- **Kendra Reynolds**, Lab Support Technician – WRMC
- **Hailee Rhoades**, LPN – SN&RC
- **Peggy Selfridge**, GN – WRMC
- **Doreen Shuda**, Patient Care Assistant – WRMC
- **Terri St. John-Graves**, Office Nurse – DPH
- **Austin Strosser**, Pharmacy Technician I – WRMC
- **Candace Sturdevant**, Office Assistant II – HC
- **Jacqueline Travelpiece**, Office Assistant II – DPH
- **Jessica Walizer**, GN – WRMC
- **Heather Walton**, RN – DPH
- **Cassedy Way**, GN – WRMC
- **Bobbie Wolfe**, GN – WRMC

**Aramark**

- **Victoria Dent**, Hospitality Associate – WRMC
- **Jackson Gehris**, Hospitality Associate – WRMC
- **Nicole Mechtly**, Hospitality Associate – WRMC
- **Melanie Santo**, Hospitality Associate – MVH
- **Casey Weatherwax**, Hospitality Associate – WRMC

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**Loyalty Programs Offered by Food Services**

Did you know that you could be earning free beverages or breakfasts simply by using SH food services? Special loyalty programs are offered to anyone making purchases at Tower Coffee or the cafeterias at each campus.

**Loyalty Programs Offered**

**Cafeterias:**
- Buy nine fountain beverages, and the 10th is free.
- Buy nine Seattle’s Best coffees, and the 10th is free.
- Buy nine breakfasts, and the 10th is free.

**Tower Coffee:**
- Buy nine Starbucks brewed coffees or teas, and the 10th is free.

Simply ask for a loyalty card with your next purchase. Then each time you visit, have the cashier punch your card to verify your purchases. Present your card with nine punches, and receive your complimentary 10th beverage or breakfast.

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**Our Mission**

Extend God’s healing love by improving the health of those we serve.

**Our Vision**

Create a clinically integrated community health system that delivers world class care.
Q: How do you get the Zika virus?
A: Zika virus spreads mainly through the bite of the Aedes aegypti and Aedes Albopictus mosquito, the same mosquitoes that spread the more dangerous dengue and chikungunya fever. They are aggressive daytime biters living in highly populated areas. The mosquito becomes infected by biting a person who has Zika virus; after the virus incubates, the mosquito can spread Zika to people it bites during its 30-day lifetime. The virus can also spread through sexual contact with an infected man, transfer from an infected pregnant woman to her fetus and possibly spread via blood transfusion. Zika virus is found in saliva, blood, urine and semen. It appears to survive longest in semen.

Q: What are symptoms of Zika virus?
A: For many, there are no symptoms; but others experience fever, rash, joint pain and red eyes. Other symptoms can include muscle pain and headache. These symptoms typically go away after a few days.

Q: What is the treatment for Zika virus?
A: There is no treatment or vaccination for Zika virus. If you believe you are infected, see your doctor so the condition can be verified and reported. Get plenty of rest and drink fluids to avoid dehydration. Use acetaminophen for any pain and DO NOT use aspirin. Check with your doctor about other medications you are using and take precautions (avoid mosquito bites, practice safe sex, etc.) to avoid spreading the virus.

Q: How can a woman who is pregnant or hoping to become pregnant prevent getting Zika?
A: The best way to prevent getting the Zika virus is to avoid traveling to areas where the virus is known to exist. Check www.cdc.gov/zika for the most current information. If you cannot avoid being in these areas, take the following steps to prevent mosquito bites:
- Wear long sleeves and pants
- Use screens to keep mosquitoes outside
- Spray mosquito repellent inside and outside the home
- Sleep under a mosquito bed net
- Use Environmental Protection Agency (EPA)-registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-3,8-diol. These are safe for pregnant and breastfeeding women. Prevent sexual transmission of Zika virus with abstinence or by appropriate contraception from start to finish during any oral, vaginal or anal sexual encounters with a man who has either traveled to areas infected with Zika virus or tested positive for the virus during the last six months.

Q: How long after potential exposure to the Zika virus should I wait to become pregnant?
A: If you are planning to become pregnant, you should not go to areas affected with the Zika virus or postpone plans to become pregnant until eight weeks after return. Men should wait eight weeks before having unprotected intercourse or initiate pregnancy after traveling to affected areas; they should wait six months if they are infected with the Zika virus.

Q: Is the Zika virus present in the United States?
A: To date, there have been more than 500 travel-associated cases of Zika virus and no mosquito-borne cases in the United States. The mosquitos (Aedes aegypti and Aedes albopictus) that spread the Zika virus do live in parts of the United States such as Texas, Florida, Georgia and South Carolina.

Q: Will pregnant women be screened routinely for the Zika virus?
A: At this time, screening is limited to those at risk of exposure or who show symptoms of the Zika virus.

Q: What if I am pregnant and believe that I have the Zika virus?
A: See your doctor immediately if you believe you have been exposed to the Zika virus.

**For Sale**

Diamondback Cobra boy’s youth bike in excellent condition and like new Craftsman wood chipper/leaf shredder (Model # 247.776051). Call Marianne at (570) 649-8307.

Royal blue and black IZZO golf bag in good condition. Golf ball retriever included. Call Ed at (570) 322-9909.

New Nurse Extender uniforms. One 3XL Carhartt top, one 4XL top, one 3XL Carhartt bottom and one 4XL bottom. Tops have NE on sleeves. Call Christine at (570) 220-2541.

We invite you to come celebrate Kay’s career with cake and share memories from 2-4 pm on June 30 in the Finance Department.

**Blood Drive at SSMH on June 27**

Did you know blood supplies can drop dangerously during the summer? Because of holiday travel and busy schedules, donations drop while accidents rise, creating a strain on the supply. Help keep our local blood supply strong with the Community Blood Bank!

To accommodate the Fourth of July holiday, the CBB will be holding a drive at Soldiers + Sailors Memorial Hospital on June 27 from Noon – 5 pm in the SSMH Boardroom.

Appointments are not necessary, but can be made if preferred. All are welcome to donate as long as it has been 56 days since last donation, and you are healthy, over 110 pounds and at least 17 years of age.

For more information or to make an appointment, call (570) 723-0131.