Staying Active with Shoulder Surgery

Breast Cancer Survivors Find Their Strength

Expanding & Improving Care with UPMC
**in your words:**

Don't just take our word for it. Your neighbors share how Susquehanna Health is improving and saving lives, every day.

4 staying active with shoulder surgery
When shoulder pain started interfering with Andee Dunham’s active lifestyle, she found relief through minimally invasive surgery.

6 breast cancer survivors find their strength
A pilot program from Susquehanna Health and the River Valley Regional YMCA is helping breast cancer survivors reclaim their health and their lives.

**your health:**

3 make the most of your fitness tracker
8 an environment of comfort and healing
10 volunteering is good for you
11 investing in our community: our services to you

**in every issue:**

7 welcome, new physicians
12 SH update
13 living healthy calendar

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**share the health:**

**We Are Susquehanna Healthy**

With four hospitals and 300 physicians in our medical group, Susquehanna Health is invested in keeping the community healthy. As part of our mission to improve the health of those we serve, we strive to nurture the sick and strengthen the well. We honor our responsibility to the counties we serve through various programs, activities and partnerships that are aimed at improving the health of our communities.

On this page you’ll find a few highlights of how we give back to our neighbors. You can learn more about these efforts on Page 11 and by visiting SusquehannaHealth.org/Community.

**28,841**

people served at the Williamsport YMCA’s LifeCenter in 2015. The LifeCenter is a friendly, relaxing place to learn about living a healthy lifestyle and aims to increase awareness and prevention of various health conditions.

**$750,000**

investment in the Community Health Center to provide health and dental care to those in need

**Total Reinvestment in Our Community:**

**$85,031,419**

**SHARE YOUR STORY**

What makes you #SusquehannaHealthy? Tell us about your health experience. Tag us when you’re exercising or cooking a healthy meal. Be sure to share your posts and photos with the hashtag #SusquehannaHealthy. You may see your story mentioned in an upcoming issue!

**Susquehanna Health is published as a community service for friends and patrons of:**

Divine Providence Hospital
(570) 326-8000

Muncy Valley Hospital
(570) 546-8282

Soldiers + Sailors Memorial Hospital
(570) 723-7764

Williamsport Regional Medical Center
(570) 321-1000

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By 2018, Americans will have shelled out an estimated $50 billion on wearable devices that measure steps, calories and other factors. Once you’ve geared up, how can you go about boosting your totals?

- Park as far away from work or the mall as you can
- Do an extra lap around the grocery store before checking out
- Take steps—in place or in circles—during commercial breaks or between binge-watching episodes
- Go around the block after dinnertime
- Turn a coffee date into a walking date
- Do an extra lap around the grocery store before checking out
- Take steps—in place or in circles—during commercial breaks or between binge-watching episodes
- Go around the block after dinnertime
- Park as far away from work or the mall as you can
- Instead of a movie, go dancing or bowling
- Shovel—don’t use a snowblower
- Window shop at the mall
- Get off the bus a stop early
- Use a broom or rake instead of a leaf blower
- Walk a message down the hall to a co-worker instead of emailing
- Work at a desk?
  Set a phone alarm to stand up and walk around a bit every 30 minutes

READY TO GET FIT?
Talk with your doctor before starting any exercise routine. Find one at SusquehannaHealth.org or by calling 1-877-883-4789.
Shoulder surgery has allowed Andee Dunham to resume her DIY lifestyle.

“If being active is important to you, you shouldn’t take no for an answer. The use of minimally invasive techniques has made the incisions smaller, leaves less scarring and reduces downtime for the patient,” says Dr. Carey. “If something can be fixed using a minimally invasive procedure and it allows you to do all that you want to do, that’s a great option.”
Andee Dunham could barely pick up a hammer with her right hand. At 34, the young woman who grew up learning carpentry at her father’s side was nearing completion of a major eight-month home remodeling project with her husband when she was told that she might need to settle for doing less. The pain in her shoulder, something that had nagged at her over the last 10 years, was now gravitating down her arm and causing numbness in her wrist. She frequently woke up in the middle of the night because her arm was asleep.

Before this renovation project, Andee’s shoulder problems never interfered with her lifestyle. The episode with the hammer sent her to her family doctor, who suggested that surgical repairs were reserved for professional athletes. He recommended rest, a wrist brace and Advil to help with the pain, which she tried. But every time Andee resumed her normal activities, the pain flared again. For Andee, who relied on her right arm for everything she enjoyed—renovation work, vegetable and field farming, playing and coaching softball, lifting weights and running—sitting out wasn’t an option.

“Giving those things up and saying ‘no’ at my age was not satisfactory,” she says.

FINDING A SOLUTION
Andee’s nephew recently had successful knee surgery with Dr. Patrick Carey at Susquehanna Health Bone & Joint Institute, so she went to him for a second opinion.

“When Dr. Carey saw the range of motion in my shoulder, he ordered an MRI. He was the first doctor I didn’t have to convince that something needed to be done. He could see how the problem with my shoulder was impacting my quality of life,” says Andee.

Dr. Carey says when conservative treatment doesn’t produce the desired results, improved techniques and minimally invasive procedures are making surgical shoulder repairs accessible to more people.

“If being active is important to you, you shouldn’t take no for an answer. The use of minimally invasive techniques has made the incisions smaller, leaves less scarring and reduces downtime for the patient,” says Dr. Carey. “If something can be fixed using a minimally invasive procedure and it allows you to do all that you want to do, that’s a great option.”

Andee’s MRI indicated a SLAP (superior labral from anterior to posterior) tear. That affects the labrum, the part of the shoulder that keeps the arm bone in the socket. There were also problems with her AC joint. Dr. Carey told her he could repair the tear with surgery and asked for permission to do additional repairs if he saw more damage.

“The full extent of damage becomes more evident during the procedure. I feel that it’s better for the patient if we can fix everything properly all at once rather than schedule a second procedure,” says Dr. Carey. “That’s one way we can minimize risks, expenses and downtime for the patient.”

During the procedure, Dr. Carey repaired Andee’s labrum and AC joint and also repaired a tear in her rotator cuff. Her arm remained in a sling for six weeks and the joint was nearly frozen at the outset of her physical therapy, but by six months Dr. Carey was pleased with her range of motion.

ROAD TO RECOVERY
Andee appreciated how Dr. Carey connected with her as an athlete. When he suggested surgery as a possible treatment, he recognized that her high tolerance for pain and tendency to overdo things might impede her recovery. He challenged her in a way that brought out her competitive spirit to “prove him wrong” by doing things by the book.

“They gave me a clear message about what I needed to do, and they made it easy and comfortable. Everyone was awesome from my arrival for surgery to discharge. I couldn’t have asked for better customer service,” says Andee. “Everything was on time and they kept me informed about what they were doing. I literally had every question answered. It was the same way with every office visit and every time I called with questions. I was never kept waiting.”

By the 10-month mark in her recovery, Andee noticed the absence of an ache in her shoulder and knew she was going to be OK.

“My strength continues to get better and better. I’m back to playing softball and can do full pushups and can paint again. I’ve even done indoor rock climbing. Really there’s nothing I can’t do.”

And that includes getting a full night’s sleep.

“ I would say that’s a really big improvement,” Andee adds. “No more numbness waking me up at night.”
Kathy Foust, 58, is energized to teach children at her preschool, and Pat Yetsko, 69, confidently climbs the stairs again. In many ways both women feel better now than they did before their breast cancer diagnoses less than a year ago.

Kathy, Pat and six other recent breast cancer survivors participate in a pilot program created through a partnership between Susquehanna Health and the River Valley Regional YMCA. The Cancer Survivor Program helps them safely adopt a healthy lifestyle and develop supportive relationships as they join other survivors for exercise classes and education. A free, three-month family Y membership encourages spouses and children to make healthy changes, too. Organizers hope to make the program available at all YMCA branches to survivors of all types of cancer.

**IMPORTANCE OF EXERCISE**

Exercise is at the core of the 12-week program. Participants meet individually with a personal trainer to set fitness goals and work toward them during two one-hour group exercise classes per week. Personal trainer Sharon Belvin, a cancer survivor herself, leads the pilot session, and she is passionate about the program. “Even though I survived cancer, every part of me felt broken afterward. I didn’t get better until I started eating better and exercising,” says Sharon.

Dr. Renée Quarterman, breast cancer surgeon, referred Kathy and Pat to the program. She says there is scientific evidence suggesting that exercise can help prevent a recurrence of breast cancer. “Fat is a source of estrogen, which promotes breast cancer cell growth, so exercise and weight loss...”

**ARE YOU A CANCER SURVIVOR?**

Join our free wellness and healthy living program for survivors of any type of cancer. If you have completed treatment within the last 10 years, you could qualify for this program, which includes a free YMCA membership for you and your family, personal training sessions, social activities, a community of other survivors and more!

Sign up or learn more by calling Rachel Bryant, YMCA Williamsport Branch, at (570) 323-7134.
Welcome, New Physicians

Ganga Ranasuriya, MD
Lung Center
(570) 321-3580
Susquehanna Health Lung Center is pleased to welcome Dr. Ganga Ranasuriya to its team of providers. Dr. Ranasuriya joins Drs. Burke, Kist, McCauley and Ochieng and Amy Grimes, CRNP. Dr. Ranasuriya is board certified in internal medicine. She completed both her residency and her pulmonary and critical care medicine fellowships at Cooper University Hospital in Camden, New Jersey.

Joshua Stutzman, DO
Obstetrics and Gynecology
(570) 321-3300
Susquehanna Health OB/GYN is pleased to welcome our new obstetrician and gynecologist Dr. Joshua Stutzman. Dr. Stutzman has nearly eight years of experience as an OB/GYN, including minimally invasive robotic surgery. He is board certified in obstetrics and gynecology and earned his doctorate of osteopathic medicine from Philadelphia College of Osteopathic Medicine.

Richard Conley, DPM
Foot and Ankle
(570) 724-5297
Susquehanna Health Foot and Ankle Services in Wellsboro is pleased to welcome our new foot and ankle specialist Dr. Richard Conley. Dr. Conley earned his medical degree from Kent State University College of Podiatric Medicine in Independence, Ohio, and completed his residency at multiple Cleveland Clinic and University Hospitals Regional Medical Centers.

Pat and Kathy work out with personal trainer Sharon Belvin.

potentially reduce the environment for that growth,” says Dr. Quarterman. “Exercise also improves quality of life, which we believe leads to better outcomes.”

Pat, who has rheumatoid arthritis, hadn’t exercised in 10 years and initially hesitated about joining. “I needed to do something. I was starting to lose my balance, and I thought it might help me regain my energy and strength, too,” she says. “I never imagined I would be exercising regularly again, but I’m already achieving my goals of losing weight and regaining my balance.” Since joining the Y, she and her husband are taking additional classes and plan to renew their membership when the program ends.

As Sharon guides her class to incrementally increase their strength and endurance, she sees them embracing the benefits of exercise. Some, like Kathy, take their workout printouts home to use.

“I wasn’t one to exercise, and I thought it would be good to work with a trainer,” says Kathy, who spends 30 minutes each evening doing Sharon’s workouts. She has more energy now than she had before her diagnosis. “The program made me aware of how diet and exercise are part of fighting and preventing cancer.”

A GROUP BOND
In addition to exercising together, participants bond during weekly social hours where they learn about everything from nutrition and cooking to pelvic health, lymphedema and African dancing. “It’s a great group, absolutely fabulous,” says Pat, “We have fun, and we’re not afraid to ask questions. And Sharon is an inspiration. She truly understands what we’re going through.”

“This is probably the best thing I’ve ever done as a trainer,” says Sharon. “The participants are validating what I already knew to be true: You can make physical and emotional gains with exercise. They are stronger than they thought they were.”

“This illustrates the Y’s commitment to its community with a focus on cancer survivors and their families,” says Dr. Quarterman. “We’ve gotten excellent feedback and have so much interest. We’re hopeful that funding will continue so we can make it available to all cancer patients.”

NEED A DOCTOR?
Many Susquehanna Health physicians are accepting new patients. Visit SusquehannaHealth.org to find the doctor who is best for you.
Shorter wait times, more privacy and attention to comfort at every turn. These are just a few of the improvements patients and their families experience at Susquehanna Health’s new Surgery Center. A centralized location for all types of surgeries, from tonsillectomies for pediatric patients to heart valve replacement and outpatient procedures, the Surgery Center has the latest technology and is designed to give patients and their families the best care in a calm, comforting environment.

NEW FEATURES
Finding the Surgery Center on the fourth floor of the Susquehanna Tower at Williamsport Regional Medical Center is as easy as leaving your vehicle with our valet service and entering the elevator from the main lobby. The doors open to the registration area, where glass-enclosed booths provide a quiet, private space for patients to check in.

The waiting area features a coat closet, lockers for stowing valuables, private consult rooms and a variety of comfortable chairs, including recliners, raised seats and bariatric-sized options. The bright, open space is equipped with phone chargers and a nourishment area with complimentary fruit, healthy snacks, water, coffee and tea.

A direct line connects families with the perioperative area. “The direct line is great when a family arrives with an emergency case in the middle of the night,” says Stacey Berry, clinical director of perioperative services. “They can connect with staff to let them know they’re there waiting. Any family can reach someone in the perioperative area at any time to get their questions answered.”

When it’s time to prepare for surgery, a loved one is encouraged to accompany the patient until the patient is taken to the operating room. Each patient has a private room painted with soothing colors, decorated with local artwork and a flatscreen television. Pressure-reducing mattresses on the patient beds are comfortable and help lower risks for certain complications.

The latest technology includes iPads and Vocera hands-free communication devices, which keeps everyone informed and minimizes noise to maintain a quiet, calm environment. These devices improve communication among the perioperative team, which results in a more efficient process and shorter wait times.

“We’ve already adjusted our patient arrival times to reflect shorter wait times, and I expect those times will continue to decrease,” says Deanna Shamsie, manager, PACU and Same Day Surgery. “We’re encouraging a loved one to stay with the patient right until surgery, which reduces anxiety for everyone.”

Deanna notes the calming environment and family interaction in the new Surgery Center has already resulted in a 10 percent reduction in the use of pre-sedation medication. This helps patients feel less anxious and can shorten the discharge process, too.

FOCUS ON FAMILY
Back in the waiting area, family members can monitor progress on the communication board, where their patient is identified with a number. Hospital staff can reach family members by cellphone, allowing them to leave the waiting area for the nearby gift shop, on-site Subway restaurant and other amenities that are a short walk from the waiting area.

To maximize comfort for patients, the same nurse is with the patient throughout their entire experience in the Surgery Center in most same-day cases. Parents of pediatric patients are called back for the post-operative phase of care much sooner than before.

“We’re involving the family as soon as possible for all of our patients. Involving loved ones with a thorough discharge plan leads to better outcomes because everyone is informed and prepared for next steps,” says Stacey. Surgery Center staff ensure the patient receives post-surgical prescription medication and equipment from the Susquehanna Health Pharmacy, conveniently located nearby.

“This is the dream of a lifetime come true,” says Stacey. “To do something great for the patient and family experience is professionally gratifying for all of us. Susquehanna Health is delivering on its commitment to the community through our mission, vision and values to provide world-class care.”

An Environment of Comfort and
BE PREPARED
If you have an upcoming elective surgery, our class “Getting You Healthy for Surgery” can help prepare you for a better recovery. Learn about proper nutrition, appropriate exercise for your current health condition and community resources to help you improve overall health. For dates and other details, call 1-877-883-4791 or visit SusquehannaHealth.org/Classes.
Volunteering is a great way to share your knowledge and time. Volunteers may organize fundraisers, coach Little League or help someone learn to read—among other things. Their work helps others, but did you know it also can improve the volunteers’ quality of life, and even their health?

**A FEEL-GOOD BOOST**
Experts say that volunteering is good for people of all ages, though most research has focused on older adults. Studies have shown that volunteers feel higher levels of self-esteem, control over their lives and general well-being.

That’s certainly true for Diana Dornblaser, who volunteers with Susquehanna Health Hospice. She says, “Volunteering gave me the chance to be a part of a community—one that cares for those that cannot care for themselves. I want to be there for a patient in their time of need.”

**PHYSICAL BENEFITS OF VOLUNTEERING**
Volunteering may boost physical health, too. Research has found that people who volunteer have lower mortality rates than those who don’t. Research also indicates that adults 60 and older who volunteer report higher levels of physical functioning and lower levels of depression.

Several factors may explain these findings. For example, experts say that having meaningful relationships, being productive and keeping active are vital to healthy aging. Volunteering makes these possible.

That is what keeps Norma Waltz volunteering at Williamsport Regional Medical Center. “I didn’t want to sit home, because I enjoy interacting with people and making friends. Volunteering with Susquehanna Health has provided me with the opportunity to get out of my house and do just that,” she says.

**LEND A HELPING HAND**
Whatever your skills or interests, there are volunteer opportunities waiting for you. Here are a few ideas:
- Be a foster grandparent.
- Help low-income people and infirm older adults with home repair or everyday household tasks.
- Mentor underprivileged children.
- Volunteer at a local hospital or clinic.
- Raise money for nonprofit groups.
- Help with gardening in public parks.

Opportunities range from regular commitments to occasional help. Be sure to choose something that interests you. And remember: You may get as much out of volunteering as do the people you help.

“Every day I wake up and look forward to volunteering,” says Waltz. “It brings me happiness and a smile to my face.”

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MAKE A HEALTHY DIFFERENCE
Susquehanna Health offers volunteer opportunities for adults and teens. Whether you are interested in working with patients or assisting with fundraising and other non-patient care activities, you can make a difference in your community. Visit SusquehannaHealth.org/Volunteers to learn more.

Strengthen Body and Spirit with Volunteer Work
Investing in Our Community: Our Services to You

Susquehanna Health encompasses four hospitals—Divine Providence Hospital, Muncy Valley Hospital, Soldiers + Sailors Memorial Hospital and Williamsport Regional Medical Center and a 300 physician medical group. But our care extends beyond our hospital doors. We are present where and when our community needs us. In 2015, we invested in these essential programs:

**SUBSIDIZED COMMUNITY CARE**

**SUSQUEHANNA REGIONAL EMS (SREMS)—MOBILE INTENSIVE CARE UNITS-COUNTY SQUAD**
Residents depend on paramedic and city ambulance services 24/7. $600,000 subsidy

**AMBULANCE SERVICE IN TIoga COUNTY**
$171,894

**COMMUNITY HEALTH CENTER**
Our mission ensures that the disadvantaged in our area receive health and dental care. $750,000 cash subsidy

**EMERGENCY DEPARTMENTS**
Residents can rely on our 24/7 Emergency Departments. Includes Williamsport Regional Medical Center, Muncy Valley Hospital and Soldiers + Sailors Memorial Hospital. $3,776,321

**INPATIENT BEHAVIORAL HEALTH**
At Divine Providence Hospital. In 2015, 663 patients were admitted. Their average length of stay was 10.3 days. $2,168,065

**THE LIFECENTER**
The LifeCenter at the Williamsport YMCA served 28,841 people in 2015. $60,210

**OTHER SERVICES**

**DUI PROCESSING CENTER**
More than 350 square feet of office space at Williamsport Regional Medical Center is provided for police officers to process DUI offenders. $5,309

**FORENSIC CENTER**
More than 1,250 square feet of office space at Williamsport Regional Medical Center houses the offices of the Lycoming County coroner, a comfortable waiting area and a high-tech facility for medical examiners. $18,588

**HEALTH PROFESSIONS EDUCATION**
At Soldiers + Sailors Memorial Hospital. By offering space, staff resources and mentors, Susquehanna Health partners with Pennsylvania College of Technology, The Commonwealth Medical College and other organizations in the training of future healthcare providers, including doctors, nurses, lab technicians and nurse assistants. $2,429,118

**SERVICES IN LIEU OF TAXES**

**ATHLETIC TRAINING SERVICES FOR MUNCY SCHOOL DISTRICT**
Susquehanna Health Sports Medicine provides a full-time certified athletic trainer and a fully equipped training room to help train Muncy Jr/Sr High School students. $29,000

**ATHLETIC TRAINING SERVICES FOR WILLIAMSPORT AREA SCHOOL DISTRICT**
Susquehanna Health Sports Medicine provides three full-time certified trainers and a fully equipped training room to help train Williamsport Area High School students. $195,000 (includes $90,000 cash payment)

**TOTAL REINVESTMENT IN OUR COMMUNITY**
$85,031,419 includes support of those in need, community support categories, charity care at cost, Medicaid and Medicare unreimbursed cost, Nurse Family Partnership, services provided where no payment was received at cost and property taxes.

Learn more about our community outreach services at SusquehannaHealth.org/Community.
Susquehanna Health, UPMC Affiliation
Will Expand Services, Advance Quality Care

Susquehanna Health and University of Pittsburgh Medical Center (UPMC) have signed a letter of intent to pursue an affiliation to expand healthcare services and advance quality care for the people of northcentral Pennsylvania.

Susquehanna Health has been exploring partnership options over the last year, and will now hold exclusive, detailed discussions with UPMC about how the two health systems can work together. Both organizations have begun the due diligence process to work toward a definitive agreement to affiliate. During this time period, nothing changes for patients and their families, or for employees and physicians at Susquehanna Health.

“We could not be more pleased that UPMC, one of the nation’s preeminent academic medical centers, is the system selected to move forward with us in this process. This is a natural evolution of our 25-year history of successful partnerships to better serve our community,” says Susquehanna Health president and CEO Steven P. Johnson. “Looking ahead to the changing healthcare environment of the future, we see great opportunities to combine the strength of both organizations to improve the health and well-being of our region.”

Susquehanna Health Board of Directors Chairwoman Ann Pepperman says the Board took several factors into account in deciding to move forward with UPMC. “Since the beginning of this process, above all else, our goal has been to do what is in the best interests of our community. Toward that end, we were looking for a compatible fit with our faith-based, service-oriented culture and a relationship that enables us to grow services for our community and continue to add family-sustaining jobs,” she says. “UPMC has a proven track record of investing in and growing services for patients in the Erie, Altoona and Bedford communities. In addition, UPMC supports and maintains the Catholic tradition of its member hospital, UPMC Mercy in Pittsburgh.”

“UPMC and Susquehanna Health share a commitment to patient-focused clinical excellence and a history of investing in the communities we serve. By combining our world-renowned health care and research programs with our value-driven insurance products, UPMC is able to offer patients and employers clinically integrated programs to better manage the community’s health,” says Jeffrey A. Romoff, president and CEO of UPMC. “Together we will enhance and position UPMC Susquehanna Health as the leading provider of world-class care at the lowest possible cost in northcentral Pennsylvania.”

“This partnership will bring innovation to this region, introduce another choice for affordable health insurance, recruit top physician talent, increase access to services and invest in advanced clinical information systems,” adds Johnson.

“Our Board invested considerable time making this decision,” Pepperman adds. “We are deeply committed to doing what is best for the community. Our community deserves it. Choosing UPMC allows us to continue to advance the quality and breadth of services with a tireless focus on the patient and serving others.”

Knee and Hip Replacement Surgeries at Williamsport Regional Medical Center Recognized Nationally for Quality

Highmark Blue Cross Blue Shield recently recognized Susquehanna Health’s Williamsport Regional Medical Center as a Blue Distinction Center for Knee and Hip Replacement, part of the Blue Distinction Specialty Care program. Blue Distinction Centers are nationally designated healthcare facilities shown to deliver improved patient safety and better health outcomes, based on objective measures that were developed by Blue Cross and Blue Shield companies with input from the medical community.

Knee and hip replacement procedures are among the fastest-growing medical treatments in the U.S., according to studies published in the June 2014 Journal of Bone and Joint Surgery and the American Academy of Orthopaedic Surgeons. Hospitals designated as Blue Distinction Centers for Knee and Hip Replacement demonstrate expertise in total knee and total hip replacement surgeries, resulting in fewer patient complications and hospital readmissions. Designated hospitals must also maintain national accreditation.

“Blue Distinction Centers are recognized for meeting overall quality measures for patient safety and outcomes that were developed from the medical community,” says Susan Everett, executive director of Musculoskeletal Services at Susquehanna Health. “We are very honored to have talented and dedicated surgeons and staff that contribute to our knee and hip replacement program. It is their hard work that has resulted in our recognition.”

Since 2006, the Blue Distinction Specialty Care program has helped patients find quality providers for their specialty care needs in the areas of bariatric surgery, cardiac care, complex and rare cancers, knee and hip replacements, maternity care, spine surgery and transplants, while encouraging healthcare professionals to improve the care they deliver.
Activities and Screenings

These events are held at The LifeCenter, Williamsport YMCA, 641 Walnut Street, unless otherwise specified. To schedule an appointment or register for a LifeCenter event, please call 1-877-883-4791.

Free! INTRODUCTION TO GUIDED MEDITATION
Relieve the stress of daily life, decompress, and reset for the rest of the day with this quick midday refresher. The class is led by Meditation Guide and RYT 200 Yoga Instructor Jessica Clees. Class size is limited to 10 people and is open to anyone, from beginners to advanced practitioners.

Thursdays, July 14–August 4, 12–12:45 pm

Free! BLOOD PRESSURE, HEART RATE & OXYGEN CHECKS
High blood pressure is a silent killer. It has no symptoms. Have your blood pressure checked regularly. If you have high blood pressure, talk with your doctor.

Mondays and Wednesdays, 9 am–7 pm
Tuesdays, Thursdays, Fridays, 9 am–5 pm

CPR ANYTIME
Susquehanna Health’s LifeCenter is pleased to host the American Heart Association’s CPR Anytime program presented by the Pennsylvania Department of Health. This hands-on program includes a free training kit with mini Annie doll, booklet and DVD to share with family and friends. Seating is limited.

Thursday, June 23, August 25 or October 27, 1:30 pm

OSTEOPOROSIS SCREENING
Get important information about your bone health that you can share with your doctor. This quick and painless ultrasound heel screening measures bone density level. $20.

Thursday, July 7, 8:30 am–1 pm; Tuesday, August 16, 1–3:30 pm; Monday, September 12, 9:30 am–1 pm; Thursday, October 6, noon–4:15 pm

ALL-INCLUSIVE BLOOD SCREENINGS
Low-cost blood screenings are available to help you be proactive about your health. Participants must consult with their physicians about which test(s) are recommended. Cash, check or credit card payment is required.

Register: (570) 321-3210 and SusquehannaHealth.org/Events

Wednesday, June 29 or August 31, 7–11 am

THERMOMETER EXCHANGE
Bring your old mercury thermometer to The LifeCenter for proper disposal and receive a free digital thermometer.

Activities for Older Adults

These classes are held at The LifeCenter, Williamsport YMCA, 641 Walnut Street. Please pre-register on Mondays and Wednesdays, 9:30 am to noon, Lincoln Senior Center, (570) 323-3096. $15 for AARP Members, $20 for Non-Members. Pre-payment is required. Mail payment to Lincoln Senior Center, 2138 Lincoln St., Williamsport, PA 17701.

AARP DRIVER SAFETY EIGHT-HOUR COURSE
If you are a driver over age 50, register for this two-day course to help improve your safety while driving.

Wednesday, September 21 and Thursday, September 22, 12:30–4:30 pm

AARP DRIVER REFRESHER COURSE
This course is for individuals who have previously attended the two-day, eight-hour AARP Driver Safety Program and have proof that they attended that program.

Tuesdays, July 12, August 9 or October 4, 12:30–4:30 pm

Childbirth Education

All classes are held in the Maple and Oak rooms of Susquehanna Tower at Williamsport Regional Medical Center unless otherwise specified. Register for the following classes by visiting SusquehannaHealth.org/Events. For information, please call (570) 321-2069.

BABY CARE
Learn how to care for your new baby, ways to help your baby learn and how to keep baby safe. This class is the last of the four-week childbirth series and is for Saturday class couples, adoptive parents and grandparents. $10.

Tuesday, June 28, July 26 or October 25, 7–9 pm
Monday, August 22, 7–9 pm
Wednesday, September 28, 7–9 pm
**CHILDBIRTH CLASSES**

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 tour The Birthplace. Bring two bed pillows and an exercise mat or comforter to class. $40 per couple.

Four-Week Series:
- Tuesdays, July 5–26, 7–9 pm
- Mondays, August 1–22, 7–9 pm

**BREASTFEEDING CLASS**

This one-session class will provide information to help decide if breastfeeding is right for you. Learn easy steps to begin breastfeeding and the important role fathers play in breastfeeding. Breastfeeding and returning to work or school is possible. Find out how to pump and store breast milk. Dads are welcome to attend. $10.

Thursday, July 7, August 4, September 1 or October 6, 6:30–8:30 pm; Saturday, July 9, August 20, September 3 or October 1, 10 am–12 pm

**SATURDAY CHILDBIRTH CLASSES**

This one-day course will help you understand labor and be less nervous about giving birth. Fathers and partners will learn ways to help mom through labor with touch and words. Learn about pain relief and tour The Birthplace. $40 per couple.

Saturday, July 16, August 13, September 10 or October 22, 9 am–4 pm

**SIBLING CLASS**

In this one-hour class, children ages 3 to 8 learn how a baby acts, how to hold a baby and ways to be involved. If your child has obvious symptoms of a cold, cough or other illness, please call to reschedule. $10 per family.

Thursday, July 21 or September 8, 6–7 pm

**FREE! BREASTFEEDING & RETURNING TO WORK/SCHOOL**

This one-session class is for moms who plan to return to work or school and would like to continue to provide breast milk to their babies. Mothers will learn about preparing for maternity leave, current legislation that protects breastfeeding moms, pumping and storage guidelines, breast pumps and other pumping equipment. Protecting the breastfeeding relationship and milk supply will also be reviewed. Moms are welcome to bring babies to the class. It’s best to attend a few weeks before you return to work. Expectant moms are encouraged to first attend the basic Breastfeeding Class.

Thursday, July 28 or September 15, 6:30–8 pm

**HAPPIEST BABY ON THE BLOCK**

Learn an easy way to soothe your baby and help him or her sleep longer. Expectant or experienced parents, grandparents and child care providers are welcome. $25.

Thursday, August 11 or October 6, 6:30–8 pm

**Fitness and Nutrition**

These consultations are held at The LifeCenter, Williamsport YMCA, 641 Walnut Street. Please call for an appointment or register at 1-877-883-4791.

**CUSTOMIZED NUTRITION PLAN FOR A HEALTHY WEIGHT**

Meet with our health educator and receive an individualized report of the calories your body uses each day, your percent body fat and a sample daily menu of an eating plan that promotes healthy eating and a healthy weight. This plan is not appropriate for individuals with diabetes or other special dietary needs. You may have water, but no food, caffeine or exercise is permitted for four hours prior to testing. $40.

**PERCENT BODY FAT ASSESSMENT**

Have your body fat measured by bioelectric impedance. During this process, electrodes are placed on your feet and hands to measure the resistance to the electrical signal as it travels through body fat and muscle. This signal cannot be felt. After the test, you may review your results with our health educator. You may have water, but no food, caffeine or exercise is permitted for four hours prior to testing. $25.

**Support Groups**

**GRIEF SUPPORT GROUP**

First Wednesday of each month, 1–2:30 pm

Third Wednesday of each month, 6–7:30 pm

Third Floor near The Gatehouse, Divine Providence Hospital

For information, please call (570) 320-7691.

**LIVING WITH DIABETES GROUP**

First Wednesday of each month, 5 pm

The cafeteria at Divine Providence Hospital

For information, please call (570) 326-8410.
HEARTWORKS GRIEF SUPPORT GROUP
FOR YOUNG ADULTS (AGES 18 TO 35)
Second and fourth Wednesdays of each month, 7–8:30 pm
Third Floor, Divine Providence Hospital
For information, please call (570) 320-7691.

STROKE AND HEAD INJURY SURVIVOR GROUP
A support group for survivors of traumatic or acquired brain injuries, including stroke survivors.
Fourth Tuesday of each month, 2–3:30 pm
Williamsport Regional Medical Center inside the West Entrance on Rural Avenue
For more information or to receive a topic flyer, please call (570) 321-2656.

Cancer Support
These group meetings are held at the Susquehanna Health Cancer Center (ground floor entrance), Divine Providence Hospital. For more information, please call (570) 320-7877.

LOOK GOOD. . . FEEL BETTER PROGRAM
This free workshop for women in cancer treatment teaches women how to understand and care for the changes in hair and skin that may occur during cancer treatment.
Thursday, September 15, 10 am–noon
Information: Cancer.org

FIRST AID & CPR
This class addresses adult, child and infant first aid and CPR and offers group interaction, feedback, educational materials and skills practice. Fee applies.
Conference Room
Registration and dates: (570) 723-0192

Support Groups and Programs
For support group meetings, please check Soldiers + Sailors Memorial Hospital’s front lobby or the schedules posted outside a meeting room.

GRIEF SUPPORT GROUP
Grief can feel isolating, but it doesn’t have to be. Susquehanna Health Home Care & Hospice’s bereavement support helps connect those processing loss.
Fourth Tuesday of each month, 10:30 am–noon
Information: (570) 723-0760

COPING WITH CANCER
Our Coping with Cancer support group addresses a wide variety of topics related to cancer and its treatment. All those affected by cancer are invited to attend and are encouraged to bring loved ones.
Third Wednesday of each month, 6:30 pm
Information: (570) 723-0485

BETTER BREATHERS
The American Lung Association’s Better Breathers is a free support group for people with lung disease featuring support from registered respiratory therapists and topical guest speakers. No registration is necessary.
Third Thursday of each month (starting in September after summer hiatus), 6:30 pm
Information: (570) 723-0194

COMMUNITY BLOOD DRIVES
Keep the local blood supply strong with the Community Blood Bank! All are welcome to donate blood as long as it has been 56 days since your last donation, you are 17 years or older, in good health and weigh at least 110 pounds. No appointment necessary, but one may be made if preferred.
First Monday of each month, noon–5 pm
Information: (570) 723-0131 or FourHearts.org

COMMUNITY BLOOD DRIVES
Fourth Tuesday of each month, 10:30 am–noon
Information: (570) 723-0192

All events are free and held at Soldiers + Sailors Memorial Hospital (SSMH) unless otherwise noted.

IN THE BAG
Pick up the perfect accessory with “In the Bag.” Choose from a stunning collection of quality handbags at great prices to find the ideal match for you!
Monday, July 11, and Tuesday, July 12
Soldiers + Sailors Memorial Hospital

SHOPPING SOIRÉE
Jumpstart your holiday shopping at the Holiday Shopping Soirée! Dunham’s Department Store will be open exclusively to soirée ticket holders, who enjoy a 20 percent shopping discount, door prizes, hands-on craft and cooking demonstrations, food, entertainment and free gift-wrapping!
Fall 2016, Dunham’s Department Store, Wellsboro
Tickets: (570) 723-0191

Childbirth Education
EXPECTANT PARENTS CLASSES
A free series of six classes addressing common questions and concerns of expecting parents is offered throughout the year. Topics include physical and emotional changes during pregnancy, labor/delivery, a tour of SSMH’s OB Unit, techniques for enhancing comfort, C-section delivery, breastfeeding, understanding your newborn and what to expect after birth.
Second and fourth Tuesdays, 7–8:30 pm, SSMH
Information: (570) 723-0375

SHOPPING SOIRÉE
Third Thursday of each month (starting in September after summer hiatus), 6:30 pm
Information: (570) 723-0194
CRANBERRY LIME FIZZY

INGREDIENTS
½ cup cranberry juice, 100% juice blend (can also use pomegranate, raspberry or apple juice)
1½ tsp. freshly squeezed lime juice, plus lime wedge for garnish
½ tsp. vanilla extract
Ice
½ cup seltzer water or club soda
4 to 5 fresh cranberries or about 1 tbsp.

DIRECTIONS
In a large glass, measure out cranberry juice, 1 teaspoon freshly squeezed lime juice and vanilla extract. Stir together with a spoon.
Pour ice into a serving glass, then pour cranberry juice mixture over ice. Mix in seltzer water or club soda. Drizzle remaining ½ teaspoon lime juice on top, rub lime wedge around rim of glass, then add lime wedge to edge of glass or put into glass. Place fresh cranberries in drink as garnish. Serve and drink immediately.

PER SERVING
Serves one. Each serving contains about 61 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 8 mg sodium, 14 g carbohydrates, 12 g sugar, 0.1 g fiber and 0 g protein.

Note: There is a nutritional difference between seltzer water and club soda. If you use club soda instead of seltzer water in this recipe, you will add 25 mg of sodium to the drink.

Cranberries Boast Health Benefits
If you enjoy the tart taste of cranberries, you’re in luck: They may help prevent bacterial infections in the urinary tract, and some evidence suggests they can help prevent stomach ulcers. Also, laboratory studies show antioxidants from cranberries can fight plaque on your teeth, reducing your risk for gum disease.

#SusquehannaHealthy
See inside front cover for more details.

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