Surviving Cancer and Feeling Better Than Ever!
Sue Danneker’s Journey Back to Health

Get Fit After Joint Surgery
How to Handle Care Decisions

SPECIAL SECTION:
Community Benefit Report 2012
» features:

3 have a pacemaker? no problem
Here’s what you need to know about pacemakers. Discover the award-winning services available at Susquehanna Health’s Heart & Vascular Institute.

4 care decisions: communication is key
Learning how to approach the discussion of long-term care with your parents and knowing your available options can help make the transition easier.

6 stay strong, fight on!
A breast cancer survivor from Linden reflects on her journey, from diagnosis through recovery. Now, she’s working hard to be healthier than ever before.

» did you know...

We show you different ways to stay healthy and encourage your loved ones to be well. Below are some of the facts you’ll learn about your health in this issue.

Simple changes to your diet could protect you against cancer.
Page 7

As many as 19 million Americans experience frequent heartburn.
Page 10

Have a new knee or hip? Golfing is a good fitness option.
Page 14

» in every issue:

8 SH update
9 welcome, new physicians
11 living healthy calendar

» connect with us!

Visit us online at SusquehannaHealth.org! Sign up for our e-newsletter, access our health library and learn more about our services.

Facebook.com/SusquehannaHealth
Twitter.com/susquehealth
YouTube.com/user/SusquehannaHealth

COVER PHOTO: Sue Danneker, of Linden, with her daughter. Read Sue’s story on Page 6.

PHOTOGRAPHY: © 2013 Eric Stashak Photography

» the latest: Making Waves in Wellsboro

Patients recuperating from joint or back surgery, or who experience balance and coordination issues, can find respite at the new Susquehanna Health Soldiers + Sailors Memorial Hospital Physical & Aquatic Therapy Center in Wellsboro. The warm-water pool boasts an underwater treadmill, plus a state-of-the-art filter system to keep water sparkling clean. A variety of aquatic therapy programs are available to ease patients’ pain—and help them regain their strength.

Read more about our new Physical & Aquatic Therapy Center and other Susquehanna Health news on Page 8.

Susquehanna Health is published as a community service for friends and patrons of:
Divine Providence Hospital
(570) 326-8000

Muncy Valley Hospital
(570) 327-8137, (570) 546-8282

Soldiers + Sailors Memorial Hospital
(570) 723-7764

Williamsport Regional Medical Center
(570) 321-1000

Ronald DeFeo
Chairman, Board of Directors

Steven P. Johnson
President and Chief Executive Officer

Greg Harrison
Vice President, Marketing and Communications

Tracie Witter
Director, Corporate Communications

Amy Brink
Online Communications Specialist

Tyler Wagner
Communications Associate

Gordie Dunlap
Graphic Design Coordinator

Kristy Warren
Communications Specialist
Have a Pacemaker?
No Problem

If you’re one of the millions of Americans living with a pacemaker to treat a heart rhythm disorder, rest assured that a pacemaker doesn’t demand a lot of changes to your lifestyle—just some extra care. Take these 10 expert tips to heart:

1. Carry an ID card that says you have a pacemaker. The card should specify what brand and model of pacemaker and wires you have. It also should indicate the paced rate and serial number of the pacemaker, the date your pacemaker was implanted, your hospital and physician contact information and your own contact information. Show the card to your doctors, nurses, even your dentist.

2. When traveling, show your pacemaker ID card to airport security. It’s OK to walk through metal detectors. Handheld metal detectors are safe, too. Just ask security personnel not to hold the device near your pacemaker for longer than needed.

3. Most household appliances, computers and power tools are safe. But let your doctor know if you work with arc welding equipment, large magnets or power-generating equipment.

4. When shopping, don’t lean on or linger near anti-theft systems. This may cause problems with your pacemaker.

5. Some cell phones can cause interference with a pacemaker. If you use a cell phone, store it away from your pacemaker—so it’s not in your shirt pocket, for example.

6. If you think a device is interfering with your pacemaker, turn off the device or step away from it. Your pacemaker should work normally again.

7. Don’t be afraid to be active. Golf, tennis and many other activities should be fine with your doctor’s OK. Sexual activities are safe, too. But you’ll want to avoid full-contact sports, which may damage the pacemaker.

8. See your cardiologist regularly. Some people need to have their pacemaker checked every three to six months with a computer that tests how well it’s working. Other people may have their pacemakers checked monthly over the phone using special equipment.

9. Remember to take your medicine. Even though you have a pacemaker, you still need to treat other heart problems you may have, such as high blood pressure or angina.

10. Check your pulse regularly. Call your doctor right away if it becomes very slow or very fast.

What’s a Pacemaker?

A pacemaker insertion is the implantation of a small electronic device in the chest, just below the collarbone, to help regulate electrical problems with the heart.

When a problem develops, such as a slow heart rate, a pacemaker may be recommended to ensure that the heartbeat does not slow to a dangerously low rate. Pacemakers can help fend off troublesome symptoms, such as fainting, dizziness, fatigue and shortness of breath. What’s more, they can even be lifesaving.

HEART CARE THAT DOESN’T MISS A BEAT
Susquehanna Health’s Heart & Vascular Institute offers an Electrophysiology program. Electrophysiology is the practice of treating heart rhythm disorders.

At Susquehanna Health, you can expect top-of-the-line care in diagnosing and treating various heart conditions. Susquehanna Health’s Williamsport Regional Medical Center (WRMC) was recognized as one of the 2011 Thomson Reuters 50 Top Heart Hospitals in the nation. WRMC was also named a Blue Distinction Center for Cardiac Care as designated by Blue Cross of Northeastern Pennsylvania. This distinction as one of the nation’s top centers for cardiac care means Susquehanna Health has demonstrated its commitment to quality care, resulting in better overall outcomes for our heart patients.

Learn more at SusquehannaHealth.org/Heart.
Working hard to keep your parents safe and independent as they grow older? If this is a challenge you face, you’re not alone. Learning positive communication strategies and knowing your options for long-term care can help.

As your parents grow older, you may need to help one or both with the details of daily living, finances and independence.

The idea of aiding a parent seems simple. But in reality, this reversal of roles can be complicated. Adult children who have positive relationships and open communication with their parents are likely to have less trouble in the rocky terrain of caregiving. Remember your options for long-term care, too. You can guide your parents in making an informed decision.

3 Tips for Parents

Parents, you can also take steps to improve your relationships with your adult children during this transition time:

1. **Take time to understand** the challenges your children are facing beyond your care.

2. **Be cooperative and flexible** regarding caregiving arrangements and offers of assistance.

3. **Work together** to create solutions both you and your children can live with. Working through practical issues with positive communication benefits everyone.
Care Decisions: Communication is Key

START THE DISCUSSION NOW
Well ahead of time, have a general discussion with your parents about their expectations on the ways you might help them later in life. These questions can get the conversation started:

› What would they like to do if they could no longer stay in their home due to health or other issues?
› Have they completed living wills or healthcare directives?
› What’s most important to them in the years ahead?

HOW TO APPROACH THE SUBJECT
The relationships of adult children and their parents differ. So do their communication styles. That said, these strategies can help you find common ground with your aging parents:

› Don’t delay. Researching care providers before your parent needs immediate help can prevent drastic or less-than-ideal solutions.
› Take a holistic view. When seeking solutions for future care or living options, consider your parents’ physical, emotional and social needs.
› Help your parents preserve their independence. If they can no longer do everything on their own, check into caregiving providers who can help with meals, housekeeping and medication management. (See sidebar to learn more about Susquehanna Health’s options for long-term care.)
› Involve your parents in all decisions that affect them. Your parents will be more likely to adapt to changes regarding where and how they’ll live. Unless your parents have advanced cognitive health conditions or are putting their own or others’ lives in danger, they have a right to make their own decisions.
› Keep your interactions open and honest. Resist saying what you think your parents want you to say.
› Plan ahead to have potentially emotional conversations. Find a quiet place with few distractions.

And remember—always treat your parents with respect. Even if at times it may seem your roles have been reversed, they’re still your parents.

Personalized, Compassionate Care

At Susquehanna Health, we understand that choosing a new home for a loved one is an important task. Our personal care homes are rooted in our mission of extending God’s healing love by improving the health of those we serve.

The Meadows of Divine Providence
Montoursville, Pa. • (570) 433-4663
Nestled in the countryside just north of Williamsport, The Meadows is only a few minutes away from town, yet it feels like a world away in peace and quiet. Residents enjoy comfortable, private single rooms or suites and an active lifestyle while receiving exceptional personalized care. The Meadows is ideal for older adults who wish to remain independent, but prefer not to have the responsibility of caring for their own homes.

The Laurels Personal Care Home
Wellsboro, Pa. • (570) 723-6860
The Laurels blends the services and security of traditional residential life with the pride and privacy of living in a personal apartment. The nurturing environment at The Laurels is designed for individuals ages 62 and older who may need help with personal care, but still want to live independently. Trained, supportive staff is available 24 hours a day. And, as a resident of The Laurels, you’ll have peace of mind knowing that if, at some point, you require skilled nursing services, you will receive preferential admission to The Green Home skilled nursing facility, located next door to The Laurels.

The Green Home
Wellsboro, Pa. • (570) 724-3131
Conveniently located next to The Laurels, The Green Home provides both short-term services and long-term care. The Green Home offers a team approach to care that involves not only the resident, but also his or her family and physician. The Green Home offers round-the-clock professional nursing services; rehabilitation services, including speech, occupational and physical therapy; medical social work and counseling services; nutrition services; podiatry services; radiology services; and dentistry—not to mention a wide variety of activities and recreational programs.

Visit SusquehannaHealth.org to learn more or call us directly at the phone numbers listed to schedule your tour.
Stay Strong, Fight On!

An SH patient shares her story of recovery—and her journey to feeling better than ever.

Sue Danneker, Linden, had a history of breast cancer in her family. Knowing this, she received a referral from her doctor to visit Susquehanna Health Breast Health Center for an early first mammogram. The mammogram found something irregular, and doctors determined it was a tumor.

They biopsied the tumor. It was cancer.

“My doctor from the Breast Health Center, Dr. Branton, knew how upset I was after my diagnosis,” says Sue. “She hugged me, she comforted me and stayed with me in the room as long as I needed her to. The next day, she called to see how my visit was and to check on me. It was remarkable that she would care enough to look up my phone number and call to see how I was doing.”

Sue’s healthcare team developed a customized treatment plan. She received radiation, the cancer drug Herceptin and chemotherapy—“my biggest fear,” Sue admits.

“But the treatment room faces the Healing Garden, a beautiful, serene sanctuary. This really gave me peace,” she says. “So did the entire staff.”

After Sue’s initial treatments, a follow-up mammography revealed something suspicious in her noncancerous breast. Sue opted to have a double mastectomy. Throughout every step of the process, Sue says she and her family received the care they needed, including spiritual and emotional support.

“Dr. Robinson, my oncologist, did his research—he’s top-of-the-line, knows every statistic behind each
“The moment I walked into the bright, airy and modern Susquehanna Health Cancer Center, I knew my breast cancer would be treated with the most advanced technology and therapies. And that they really cared about me as a person.”
—Sue Danneker, Linden

The compassion that every soul in the cancer center offers, I don’t believe you could find that somewhere else. When my husband was struggling with my diagnosis, they offered him help as well,” she says.

After her procedures, Sue wanted to become as healthy as possible. She received nutrition counseling at Susquehanna Health and started working out.

“Now that my cancer is cured, I’m exercising regularly and have already dropped 30 pounds,” she says. “I’m healthy, strong and feel like a new person—and I appreciate every magical moment of life.”

Cancer Center
The Susquehanna Health Cancer Center provides individualized treatment plans using the latest oncology treatments and clinical trials. A team of doctors and caring staff collaborate under the same roof to provide customized treatment plans for patients for the best possible outcomes.

Compassion is integral to Susquehanna Health’s philosophy. The Cancer Center offers same-day appointments and personal attention from physicians and staff throughout the entire treatment process. On-site dietitians provide nutrition programs specifically designed for cancer patients. In addition, physical therapy, massage, support groups, social services and financial counseling are available.

Care also extends to the patient’s family, with a resource library and emotional help available, and even free overnight accommodations at our Hospitality Inn.

To learn more about our breast health and cancer services, visit SusquehannaHealth.org/BreastHealth or SusquehannaHealth.org/Cancer.

What’s Next?
If you’re a cancer survivor, you deserve a big congratulations. There’s no doubt you’ve faced the battle of your life.

Now, follow Sue’s lead and make healthy habits part of your daily routine. Living healthy could drastically reduce your risk for another round with cancer—and protect against heart disease and diabetes.

Take just two steps today. Then keep taking them.

1. **Exercise.** Walk, jog, swim or do another exercise for at least 30 minutes. Regular exercise eases the fatigue faced by so many survivors.

2. **Monitor your diet.** A healthy diet will help you feel stronger, rebuild your body and cut your risk of getting new cancers. Keep this menu advice in mind:
   - Trim fat by baking or broiling, not frying.
   - Pick low-fat milk and other dairy products.
   - Limit or avoid salt-cured, smoked and pickled food.
   - Limit alcohol intake to one drink per day for women and two drinks per day for men. Women who risk a recurrence of breast cancer may want to avoid alcohol altogether. Talk with your doctor.
   - Eat at least 2½ cups of colorful fruits and veggies each day. These low-calorie foods boast vitamins, minerals and fiber, and they could help protect against some cancers. They also help combat the weight gain that chemo can cause.

The Breast Health Center’s new digital equipment detected Sue’s tumor about two years earlier than Sue would have felt a lump in her breast.
Teleneurology: When Every Second Counts

In an emergency, especially when a patient has had a stroke, the sooner the patient is treated, the better the outcome. Susquehanna Health now provides a higher level of emergency stroke and critical neurology care as a part of a new teleneurology medicine program.

Teleneurology allows medical staff at the hospital to quickly connect with highly trained, board-certified neurologists using video conferencing technology located at the patient’s bedside.

Teleneurology results in faster treatment and minimizes the risk for disability and death of a stroke. When a potential stroke victim arrives at the Emergency Department, the staff uses a mobile unit that can be placed at the patient’s bedside to establish a videoconferencing link with an on-call expert neurologist. The consulting neurologist views and discusses diagnostic test results. During the consult, physicians, patients and family members can have real-time discussions about diagnostic results, course of treatment and patient response.

Support for emergency stroke care is just one component of Susquehanna Health’s program, which also includes rapid access to consultation for patients with conditions including aneurysms, brain tumors, concussions, epilepsy and other conditions affecting the head and spine.

KNOW THE SIGNS OF A STROKE—AND SAVE A LIFE. Visit SusquehannaHealth.org/HealthLibrary to be prepared. Search for “stroke.”

Improved Same Day Surgery Unit Open in Wellsboro

A new Same Day Surgery Unit is now open at Soldiers + Sailors Memorial Hospital in Wellsboro. The expanded facility is outfitted with state-of-the-art technology and specially equipment designed to better serve surgery patients.

The unit features 23 new rooms where patients are prepared for surgery and taken to recuperate following a procedure. These rooms allow for more privacy and reduced noise levels. Several nurses’ stations are strategically placed throughout the floor to allow staff to easily and effectively monitor all patients from a centralized location. All rooms are equipped with new stretchers and beds; a headwall unit featuring oxygen, suction, a call bell and emergency call; a television; and a supply cart that allows nurses immediate and easy access to supplies as they care for patients.

Besides new patient rooms and nurses’ stations, the Same Day Surgery Unit features an endoscopy suite, infusion/transfusion station, isolation room, registration and expanded waiting room.

Soldiers + Sailors Memorial Hospital’s expansion project was announced in fall of 2009 as a necessary step for meeting the increasing volumes of emergency department admissions and surgical service needs. The new Emergency Department opened in January 2012.

“Every year, the number of patient surgeries and endoscopies performed at Soldiers + Sailors Memorial Hospital rises,” explains campus president Janie Hilfiger. “In 2011, our Same Day Surgery unit saw 5,254 patients. Our growing volumes indicated the need for a new, expanded unit.”

Take a photo tour of the expansion project on Facebook. Search for “Laurel Health System.”

Susquehanna Health Rehabilitation Services at Soldiers + Sailors Memorial Hospital recently opened a new Physical & Aquatic Therapy Center in Wellsboro, near the intersection of Route 6 and Mount Zion Road.

The new center features an innovative 15-by-15-foot warm-water therapy pool, designed for patients with difficulty tolerating weight-bearing exercise.

The therapy pool has an underwater treadmill as well as two unique propulsion units that produce fully controllable and continuous water currents. Its state-of-the-art filtering and sanitizing system keeps the water sparkling clean with very limited use of chlorine, minimizing the potential for chemical irritation.

“Aquatic therapy programs... relieve pain, improve mobility and help develop strength and balance,” says Dave Milano, director of Rehabilitation Services at Soldiers + Sailors Memorial Hospital. “Patients with balance or coordination problems, or sore backs and joints, will find the pool to be a very effective and comfortable alternative to land-based therapy. We’re excited to be able to offer aquatic therapy services here in Wellsboro.”

Susquehanna Health’s Tioga Affiliates provide a variety of high-quality therapy and rehabilitation services, including physical therapy, occupational therapy and speech therapy, plus specialized rehabilitative care in orthopedics, balance disorders, hand dysfunction, developmental pediatrics and more. For information, please call (570) 723-0120.
Welcome, New Physicians

Bosede Afolabi, MD
Heart & Vascular Institute
(570) 321-3351

Dr. Bosede Afolabi joined the Heart & Vascular Institute at Williamsport Regional Medical Center, specializing in electrophysiology, the treatment of heart rhythm disorders. She comes to SH with a high level of expertise and training, including fellowships in electrophysiology and cardiology from the University of Florida and Cleveland Clinic.

Puneet Basi, MD
Digestive Disease Center
(570) 321-3454

Dr. Puneet Basi joined the Digestive Disease Center as another exceptional provider to our growing gastroenterology services. Dr. Basi completed his fellowship at the Brooklyn Hospital Center, New York-Presbyterian Healthcare System. He completed his hepatology fellowship at Albert Einstein Medical Center in Philadelphia and is board certified in gastroenterology and internal medicine.

Rachel Hogg, MD
Family Medicine
(570) 326-8500

Dr. Rachel Hogg joined Susquehanna Health Family Medicine at Warren Avenue. Dr. Hogg received her Bachelor of Science degree from Ursinus College and her Doctor of Medicine from the Pennsylvania State University College of Medicine. Dr. Hogg is a graduate of the Williamsport Family Medicine Residency Program. She is board certified with the American Board of Family Medicine.

Vivek Kumar, MD
Digestive Disease Center
(570) 321-3454

Dr. Vivek Kumar joined the Digestive Disease Center, located on the fifth floor of Williamsport Regional Medical Center. Dr. Kumar completed his residency at Johns Hopkins University/Sinai Hospital in Baltimore and completed his gastroenterology fellowship at Norwalk Hospital/Yale University, Norwalk, Conn. He is board certified in gastroenterology and internal medicine.

New Patient?
No Problem.

At Susquehanna Health, it’s our priority for you to have the best experience possible. Before your office visit, visit us online! You’ll find helpful resources, including:
• How to choose the right physician
• How to prepare for your appointment
• How to pay your hospital bills
Check it out at SusquehannaHealth.org/ForPatients.

LOOKING FOR A NEW DOCTOR? It’s quick and easy to find a physician online. Start your search today at SusquehannaHealth.org or call PhysicianFinder at 1-877-883-4789.
It may start as a burning pain in the center of your chest. Then, you get that familiar sour taste in your mouth. Soon, you’re wishing you hadn’t eaten that greasy hamburger.

Almost everyone gets heartburn from time to time. However, when heartburn is a frequent problem, it is known as gastroesophageal reflux disease (GERD).

An Acid Backup
As many as 19 million Americans are believed to suffer from GERD. Some get it as often as once a day.

GERD is caused by stomach acid that backs up into the esophagus. The esophagus is the tube that carries food from the mouth to the stomach. A muscle between the stomach and the esophagus—the lower esophageal sphincter (LES)—plays a major role. When working properly, the LES opens to allow food into the stomach. Then, it closes to prevent stomach acid from washing back up.

However, in some cases, the LES becomes weak or doesn’t always close properly. When this happens, stomach acid tends to flow back up.

Several factors may weaken the LES or increase the amount of acid in the stomach. These include:
- Obesity
- Pregnancy
- Smoking
- Alcohol
- Foods and drinks high in acid, caffeine or fat
- Lying down or bending over after eating

Signs of Bigger Trouble?
Talk with your doctor if you experience frequent heartburn or other digestive issues. GERD can damage the lining of the esophagus. This may lead to esophagitis—an inflammation of the esophagus—and other problems.

In one study, people who had heartburn at least once a week had eight times the risk of getting cancer of the esophagus than those not bothered by heartburn.

In addition, the chest pain that accompanies heartburn is the most common sign of a heart attack. Other heart attack signs include light-headedness and pain that spreads to the shoulders, neck or arms. Many people—particularly women—also report nausea and trouble breathing. If you or a loved one experience the symptoms of a heart attack, don’t delay: call 911 or your local emergency number, or go to the nearest hospital.

At the Susquehanna Health Digestive Disease Center, our specialists use the latest technology, including EndoCapsule and SpyGlass®, to detect and treat diseases of the digestive system. We’re also committed to finding and treating colon cancer at its earliest stages. For more information or to make an appointment, call (570) 321-3454 or visit SusquehannaHealth.org/Digestive.

Healthy Lifestyle Choices Can Often Relieve Symptoms of GERD.

Here’s what you can do:
- Manage your weight
- Don’t smoke
- Eat more frequent, smaller meals
- Wait three hours after eating to lie down

Avoid These Potential Irritants:
- Alcohol and caffeinated drinks
- Acidic foods, such as oranges and tomatoes
- Foods or liquids that contain chocolate, spearmint or peppermint
- High-fat or fried foods

Find Recipe Ideas Online!
Eat healthy and feel good—no matter your dietary requirements. Browse dozens of recipes online for free at SusquehannaHealth.org/HealthLibrary.
Living Healthy Calendar
Spring 2013

Activities and Screenings
These events are held at The LifeCenter at Lycoming Mall. Unless otherwise specified, please call for an appointment or to register at 1-877-883-4791.

MANAGE YOUR CHOLESTEROL
Learn about cholesterol, recommended levels, factors that cause high cholesterol and ways to manage your cholesterol through lifestyle changes. $30.

OSTEOPOROSIS SCREENING: HOW STRONG ARE YOUR BONES?
A quick and painless ultrasound heel screening measures bone density level. $25.

Free! LEARN LABEL-EASE
Presented by a Susquehanna Health pharmacist, this Spirit of Women program covers the importance of reading and understanding over-the-counter (OTC) medication labels. The use of herbal supplements will also be discussed. Light refreshments will be served.

Free! CPR ANYTIME
The LifeCenter is pleased to provide the American Heart Association’s CPR Anytime program. Pennsylvania Department of Health’s Chronic Disease Nurse Consultant Becky Lewis facilitates the program, which offers hands-on learning and awareness of performing CPR. Participants will receive a free training kit (a $35 value!) that includes a mini doll, booklet and DVD to take home and share with family and friends. Seating is limited.

Free! DIABETIC VISION SCREENING
North Central Sight Services is offering free vision and glaucoma screenings on Diabetes Alert Day. You do not need to have diabetes to participate in the screening.

Free! HEARING AND VISION SCREENING
Free hearing screenings for all ages will be provided in partnership with Blue Cross of Northeastern Pennsylvania by Susquehanna Health Clinical Audiologist Kimberly Dzikowski. Vision screenings will be provided by North Central Sight Services.

Activities for Older Adults
Please pre-register on Mondays and Wednesdays, 9:30 am to noon, Lincoln Senior Center, 323-3096. Mail payment to Lincoln Senior Center, 2138 Lincoln St., Williamsport, PA 17701.

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

AARP 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 course. Prepayment is required.

Event Spotlight:
WALKIN’ & ROCKIN’ WITH DANI
This power walking and strength-building program is led by fitness instructor Dani Sayah of Step by Step Walk Fitness, a fitness company specializing in indoor power walks. Walkers move at their own pace during this two-mile indoor walking program. Participants should bring a small towel and water bottle and wear comfortable clothing and sneakers. The cost for each class is $5 per person. A month of classes may be purchased in advance for the discounted rate of $15. Payment of cash, check or money order should be made at the beginning of the class.

Mondays, 11–11:45 am
The LifeCenter at Lycoming Mall
Space is limited, pre-registration is recommended! Call 1-877-883-4791.
Childbirth Education

At Williamsport Regional Medical Center (WRMC):
All classes are held in the Maple and Oak rooms of Susquehanna Tower at WRMC unless otherwise specified. Please register by calling 321-2069 or visiting SusquehannaHealth.org.

Free! BABY CAFÉ
Expecting, new or experienced mothers are encouraged to join us at Baby Café. This weekly group discussion gives moms an opportunity to meet and talk with other moms about their pregnancy and experiences while spending time out of the house. It’s a safe and relaxed, child-friendly environment. A board-certified lactation consultant will facilitate the group. Exchange tips about breastfeeding, receive breastfeeding support and discuss parenting concerns with other moms. Mothers are encouraged to bring babies. Free weight checks for baby are also provided. Light refreshments will be served.

**Free! TOUR THE BIRTHPLACE**
Tour The Birthplace before you welcome your beautiful baby into the world. Our nursing staff will take you on a 30-minute tour that includes Labor & Delivery, postpartum rooms and the nursery. **Wednesdays at 11 am:** March 13 & 27; April 10 & 24; May 8 & 22; June 12 & 26 **Thursdays at 7 pm:** March 14 & 28; April 11 & 25; May 9 & 23; June 13 & 27 **The Birthplace, Susquehanna Tower, WRMC**

**SIBLING CLASS**
Children ages 3 to 8 learn what to expect when a new baby arrives, how to hold a baby and ways to be involved. Siblings should bring a favorite doll or stuffed animal. If your child has obvious symptoms of a cold, cough or other illness, please call to reschedule. $10 per family. **Thursdays, March 14 and May 16, 6–7:30 pm**

**Free! BOOT CAMP FOR NEW DADS**
Dads-to-be learn practical tips from men who have been through the ranks of being a new dad. Get the straight talk on helping your partner through birth, calming both mother and baby and dealing with in-laws. **Wednesdays, March 14 & 28, July 16 & 23, 11 am; Thursdays, May 16 & 23, 7–9 pm** **Elm Room, Susquehanna Tower, WRMC**

**HAPPIEST BABY ON THE BLOCK**
Learn an easy way to soothe your baby and help him or her sleep longer. Expectant and new parents, grandparents and child care providers welcome. $25. **Thursdays, April 18 and June 13, 7–8:30 pm**

**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 before testing. $40.

**Support Groups**

**ALZHEIMER’S SUPPORT GROUP**
First Tuesday of each month, 7–9 pm **The cafeteria at Muncy Valley Hospital**
For information, call Mark Britten, 546-4040

**BEREAVEMENT SUPPORT GROUP**
First Wednesday of each month, 1–2:30 pm **Third Floor near The Gatehouse, Divine Providence Hospital**
For information, call registered nurse Cherrie Serra, bereavement liaison, 320-7691

**GRIEF SUPPORT GROUP FOR CHILDREN (AGES 4 TO 17)**
Twice a month on Tuesdays, 6–7:30 pm **Third Floor, Divine Providence Hospital**
For information, call Linda Bryant, bereavement liaison, 320-7691
Cancer Support

**BREAST CANCER SUPPORT**

Women who have been diagnosed with breast cancer discuss concerns and share experiences.

**Last Monday of each month (except May and July), 7 pm, Susquehanna Health Cancer Center entrance at Divine Providence Hospital**

For information, call 326-8470, ext. 7877

**LOOK GOOD… FEEL BETTER PROGRAM**

This free workshop for women going through cancer treatment teaches women how to understand and care for the changes in hair and skin that may occur during treatment.

First Monday of each month: 6–8 pm (March, May) and 11 am–1 pm (April, June)

**Susquehanna Health Cancer Center entrance at Divine Providence Hospital**

For information, call 1-800-227-2345

**PROSTATE CANCER SUPPORT**

Men who have been diagnosed with prostate cancer discuss concerns and share experiences.

**First Wednesday of each month, 6 pm**

**Susquehanna Health Cancer Center entrance at Divine Providence Hospital**

For information, call 326-8470, ext. 7877

**TIOGA COUNTY EVENTS**

The following events are held in the Board Room at Soldiers + Sailors Memorial Hospital in Wellsboro, unless otherwise specified.

**Free! TIOGA COMMUNITY BLOOD DRIVES**

Help 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 and you are age 17 or older, in good health and weigh at least 110 pounds. No appointment necessary.

**Mondays, March 4, April 1, May 6 and June 3, 12–5 pm**

For information, call Gerard Doran, 723-0131

**PROSTATE SCREENINGS**

Prostate cancer is the most common cancer in men, but its early stages often go unnoticed. Guard against prostate cancer with a PSA blood test and follow up with a digital rectal exam. Cost for both exams is $22, payable at time of test; office visit is free.

**PSA Test: Tuesdays, April 2 or April 16, 8 am–4 pm, Occupational Health, 25 Walnut St., Wellsboro**

**Follow-Up Exam: Thursday, April 25, 8:45–11:30 am or Friday, April 26, 1:15–2:30 pm, Tyoga Urological Associates, 15 Meade St., Suite U-3, Wellsboro**

For information, call 723-0754

**TIOGA COUNTY FIRST AID & CPR CLASS**

Businesses often require employees to be proficient in first aid and CPR. Soldiers + Sailors Memorial Hospital offers the perfect opportunity to become certified. This two-day class runs from 5–9 pm and addresses adult, child and infant first aid and CPR, offering group interaction, feedback, educational materials and skills practice. $60.

**Soldiers + Sailors Memorial Hospital Conference Room**

For information or to register, call Brenda Shumway, 723-0192 or visit LaurelHS.org.
More and more Americans are getting artificial hips and knees when arthritis causes pain and prevents daily activities. The surgery is generally successful in relieving arthritis pain and restoring mobility. And while the surgery can help you get back on your feet, you need to take steps to protect your new joints.

TAKE CARE AFTER SURGERY
Following an initial three- to six-week recovery period, you can usually return to most daily activities. While recovering, you’ll need to take any extra precautions your surgeon has advised. Also follow any specific instructions, including rehabilitation exercises, prescribed by your doctor or physical therapist.

GOOD WAYS TO GET FIT
Once you’ve gotten your doctor’s OK to exercise again, keep these ideas in mind:

▶ Walk as much as you like. For a more strenuous workout, add trekking poles to exercise your upper body, too.
▶ Try water exercise and swimming, which are extra easy on joints.
▶ Enjoy activities that won’t overstress the joints. Low-impact aerobics, dancing, biking and golfing (with shoes without spikes) are all good ideas.

ACTIVITIES TO AVOID
Check in with your doctor before beginning any exercise. Doctors usually tell joint-replacement patients to avoid higher-impact activities such as running, tennis and racquetball. Also out: jogging, skiing and sports that involve jumping, like volleyball. Considering weight lifting? Talk with your doctor about whether lifting weights is an option for you after surgery.

ROAD TO RECOVERY:
What to Expect
Here are the five steps patients commonly take to get back on their feet at the Joint Center.

STEP 1: You choose a coach, a family member or friend who will provide support during recovery.

STEP 2: You attend an educational prep class before surgery.

STEP 3: The day of or after surgery, therapy begins.

STEP 4: After your hospital stay (usually two to three days), you return home.

STEP 5: If more therapy is needed, you come back for outpatient sessions. A milestone achievement board helps track your progress.

A Gym to Call Your Own
At the Susquehanna Health Joint Center, everything you need to regain mobility and independence is right here. Our comfortable, therapeutic environment promotes healing and wellness. A key component is our dynamic gym—exclusively for joint patients. Therapists work with you individually on your specific care plan. The therapy gym features:

• Natural light and soothing views
• Fully equipped kitchen
• Homelike living room
• Comfortable bedroom
• Ramp/curb
• Private bathroom
• Simulated automobile
• Flight of steps

Learn what might be causing your joint pain and explore your options for relief at SusquehannaHealth.org/Orthopedics.
Grief affects people in many ways, and children don’t grieve the same way adults do.

When a family member dies, young children may “play” about death as a way of dealing with their feelings. Older kids may want to wear one of their loved one’s possessions, such as a grandfather’s watch. In some kids, visible signs of grief may only show up occasionally. However, a child’s grief can last longer than an adult’s.

**BE THERE TO LISTEN**

Not talking about death might signal to your child that the subject is off-limits, and this tactic probably won’t help your child to deal with grief. It’s better to be open and honest about the subject. Encourage kids to talk about their feelings. You may want to start this process by getting a children’s book on death and reading it with your child. Another way to break the ice is to look over some old photos together.

Let your child know it’s OK to be sad. It also may be important to reassure him that what happened was not his fault.

**OTHER WAYS TO OFFER SUPPORT**

Some other suggestions to help ease the hurt:

- Give children other ways to explain how they feel. For instance, ask your child if she would like to draw a picture of her loved one. Or suggest that your teen write a song that expresses his emotions.
- Help kids find ways to preserve old memories, such as putting together a scrapbook.
- Encourage your youngster to discover an activity that helps her unwind—maybe dancing or listening to music.

Some kids may need counseling during a difficult time. Your child’s doctor can suggest a caring professional who can help. Also, consider a support group.

**HEALING THROUGH HEARTWORKS**

Heartworks is a family-based support program at Susquehanna Health for grieving children, teens and their families. Through the support group, children learn how to cope with loss in a healthy way that restores their sense of control and hope.

For upcoming dates and times of the Grief Support Group for Children, turn to the Living Healthy Calendar on Page 12.

““The [Heartworks] program was amazing. It made me realize that I wasn’t alone with my feelings. After going to Heartworks, I feel better. I am not so angry. I am still sad, but I will always be sad because I don’t have my dad, but now I know it’s OK to have those feelings.”

—Jocelyn, age 8

Pictured: Jocelyn with her mother, Sue.

**How to Help Your Children Cope with Grief**

The death of someone you love can be one of life’s most difficult changes—both for children and adults. Knowing how to provide support can benefit the healing process.

**Take Care of YOURSELF**

The period of time following a death often holds many changes. Grieving is a process of accepting your loss and adjusting to those changes. That can take months or even years. While you help your children cope, remember to acknowledge—and manage—your own grief, too. Taking these steps can help:

- **Give yourself permission** to feel however you are feeling.
- **Try to keep up with daily tasks** to avoid feeling overwhelmed.
- **Talk with others** about your feelings.
- **Get enough sleep and exercise,** and eat a healthy diet.
- **Avoid alcohol,** which can make you feel worse.
Whole-Grain Party Mix

**TRY THIS CHOLESTEROL-FREE SNACK!**

Make a healthier party mix by using whole-grain cereals, olive oil instead of butter or margarine, and soy nuts or wasabi peas rather than the usual mixed nuts.

**INGREDIENTS**

- ½ cup olive oil
- 2 tbsp. Worcestershire sauce
- 3 to 4 tbsp. salt-free garlic and herb seasoning
- 5 cups whole-grain waffle-style cereal
- 2 cups whole-grain “O” cereal
- 1 cup unsalted, dry roasted soy nuts
- 1 cup mini pretzels (whole wheat is best)

**DIRECTIONS**

Heat oven to 250 degrees. Pour olive oil, Worcestershire sauce and seasoning into a 9-by-13-inch pan. Mix well. Add remaining ingredients and stir until cereal, nuts and pretzels are coated. Bake for an hour, stirring about every 15 minutes. Let cool and store in an airtight container.

**PER SERVING**

Makes about 20 half-cup servings. Each serving contains about 137 calories, 6 g fat, no cholesterol, 160 mg sodium, 19 g carbohydrate, 3 g fiber and 4 g protein.

---

Control Your Cholesterol with Your Diet

If a blood test shows you have high cholesterol, it’s time to act. High levels of this naturally occurring substance in the blood can increase your risk for heart disease, heart attack and stroke.

A diet laden with the wrong foods can raise your cholesterol, so include foods that are low in saturated fat, trans fat and cholesterol. Enjoy more fruits and vegetables and whole grains, and choose nonfat and low-fat milk and dairy. Look for skinless poultry and lean meat, or bake or broil fish. Dry beans, peas, nuts and seeds are healthy options, too. When cooking, use unsaturated vegetable oils, such as canola, corn, olive, safflower and soybean oil.