FAST ACTION
Keeps Father’s Heart Pumping

Teamwork Drives Teen’s Remarkable Recovery

Playtime Improves Your Health at Any Age
Don’t just take our word for it. Your neighbors share how Susquehanna Health is improving and saving lives, every day.

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Susquehanna Health understands that employers desire a healthy workforce; after all, healthy employees are happy and productive employees. That’s why we developed the Healthy Partners program—to assist local businesses by coming on-site to screen employees who may be at risk for certain health conditions, educate and coach employees to manage chronic health conditions or improve their overall lifestyle behaviors, and help in wellness programming.

Employees who enroll in the Healthy Partners program are able to cut down their costs for doctor’s visits and prescriptions, take less time off work to deal with chronic conditions and create healthy habits.

Additionally, the employer benefits by having fewer healthcare costs and a more productive workforce.

To date, there are 23 organizations and 12,700 employees in Lycoming and Tioga counties engaged in Healthy Partners. To learn more about Healthy Partners, call Sam Sawyer, employer relations specialist, at (570) 320-7446.

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ON THE COVER: Heart attack survivor Scott Moll with daughter Madison at the Williamsport YMCA. Read Scott’s story on page 8.

PHOTOGRAPHY: © 2016 Eric Stashak Photography

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!
Many women accept incontinence, pelvic pain and pain with sexual intercourse as part of aging or a side effect of pregnancy or childbirth. Fortunately many of these and other symptoms related to the pelvic floor can be relieved through specialized physical therapy.

**Q** What Is the Pelvic Floor?

The pelvic floor is a hammock-like group of muscles inside the pelvis that spans from the front of the pelvis to the tailbone. In women, the pelvic floor supports pelvic organs, such as the bladder, uterus and bowels. It also helps with bowel and bladder control, low back support and sexual function.

**Q** What Is Pelvic Floor Dysfunction?

Issues with the pelvic floor can occur in women and men of all ages. When the pelvic muscles are too weak or too tight, they can interfere with bowel and bladder health, daily activities, intimacy and confidence about leaving home for work, errands and social events.

**Q** What Are Some of the Common Problems That Can Result from a Pelvic Floor Dysfunction?

Bowel and bladder incontinence and urgency are among the most common problems, but pain during sexual intercourse, chronic pelvic or bladder pain, low back pain and constipation are among others.

**Q** Aren’t Pelvic Floor Problems Just Part of Aging?

Issues with the pelvic floor can occur in women and men of all ages. Some people just naturally have weak pelvic muscles. Certain stages of life, such as pregnancy, childbirth or menopause, commonly contribute to pelvic weakness in women. Although these are common medical problems—experienced by millions—you should not quietly accept symptoms that impact your daily activities.

**Q** When Should I Seek Help, and Whom Should I See?

Not everyone feels comfortable talking about embarrassing accidents and sexual experiences with their doctor. Rest assured, he or she has probably heard it before. If symptoms such as bladder or bowel incontinence or urgency, urine retention, constipation, pelvic pain, pelvic organ prolapse or pain with intercourse affect your daily life, speak up now! Your doctor can rule out a life-threatening condition and help you find the most effective treatment before these medical problems negatively impact your quality of life. While medications and surgery are options, many times they can be delayed or avoided with pelvic floor therapy.

**Q** What Happens During Pelvic Floor Therapy?

Pelvic floor therapy is provided in a private setting by physical therapists who have specialized training to evaluate and treat pelvic floor dysfunction. They will take your medical history and lifestyle into consideration when developing your treatments, which may include pelvic floor muscle strengthening, posture and body mechanics training, pelvic joint alignment and mobilization, manual therapy, biofeedback, electrical stimulation, healthy bladder and bowel strategies, fluid and dietary education, bladder training and urgency reduction strategies, relaxation techniques and stress management.

**Q** How Do I Schedule an Appointment?

Physical therapy requires a referral from your healthcare provider. Call (570) 320-7470 for an appointment.

Pelvic floor therapy is offered at the Costello Center, 1705 Warren Ave., and Williamsport Regional Medical Center, 700 High St., both located in Williamsport.
Teamwork helps a Wellsboro teen return to health after a devastating car crash

By most accounts, Ashley Johns, 18, of Wellsboro, is a miracle. In February 2014, she lost control of her vehicle on a wintry road. The one-car, rollover crash left her unable to walk, talk, stand, eat or even sit up in bed.

She suffered multiple facial and skull fractures, bleeding in the brain, fluid buildup in the brain, leaking spinal fluid and breathing difficulties requiring a tracheotomy. Today she is back attending school, cracking jokes and walking independently again—the same lively and talkative girl she was before that fateful night—thanks to top-notch surgical and rehabilitative care right in her own backyard.

EMERGENCY ACTION
The long road to recovery began with emergency care and several surgeries by neurosurgeon Dr. Rodwan Rajjoub, a brain and spinal specialist at Williamsport Regional Medical Center, to target immediate concerns with her brain. “Ashley was a very complex case due to the multiple, severe injuries to her brain,” explains Dr. Rajjoub. “I performed a craniotomy to release pressure around her brain as well as several procedures to address her facial and skull fractures and spinal fluid leaks.”

“I love Dr. Rajjoub,” Ashley announces with a big smile. “He’s just awesome—he took care of me when I first went to Williamsport and always took time to explain everything he was doing. I still see him for follow-ups now.”

Ashley was comatose for roughly the first month following her surgery. She was transferred to the Children’s Hospital of Philadelphia to handle some additional concerns with spinal fluid leakage and muscle spasticity before being discharged to begin therapy back home.

TAILORING THERAPY
“When Ashley came to us, she was wheelchair-bound, just starting to speak and required the assistance of several therapists to sit up and support herself,” notes Tanya Geneski, one of Ashley’s primary physical therapists and supervisor at the Susquehanna Health Physical & Aquatic Therapy Center in Wellsboro.

Every patient is unique, so each treatment plan is tailored to the person’s specific needs. Due to the nature of her injury, Ashley needed an even more out-of-the-box, multi-faceted approach to rehabilitation, including physical, speech and occupational therapy to address both muscle strengthening and the mental retraining of those muscles. As a certified vestibular therapist, Tanya is specially trained to treat patients with vertigo/dizziness, imbalance, coordination or concussion-related issues due to inner ear or brain and spinal cord injuries.

“Ashley’s case required a lot of therapy designed to improve her balance and coordination as well as decrease the spasticity of her muscles—re-educating her muscles on how and when to move—to return her to more normalized mobility,” Tanya says.

Ashley’s team also used aquatic therapy. Water therapy allows patients struggling with weight-bearing exercises, joint problems or trouble with balance to build strength, neuro-motor control and flexibility using the water’s buoyancy. This creates a less physically taxing environment and can help patients more smoothly transition to land-based exercises and tasks.

“All the different angles of therapy combine to further each other during the healing process,” Tanya explains. “Speech was crucial to improving not only her communication but also her cognition and processing—which in turn played a vital role in her ability to rejoin school at the same grade level. Each milestone built on the next. Her greater energy, expression and enjoyment when getting back to feeling like herself gave her the motivation and dedication to push harder and get stronger.”

PERSISTENCE AND SUPPORT
But make no mistake, therapy was tough. The injuries to Ashley’s brain meant her pain receptors would sometimes treat even the lightest touch as very painful, complicating therapy even further. At times, it felt too hard, but one such moment led to the biggest turning point in Ashley’s recovery. “I was feeling so fed up that I yelled ‘I quit’ and tried to storm off—that’s when I walked on my own for the first time since the accident,” Ashley laughs. “I suddenly realized how far I’d come and what I’d accomplished, and it made me want to work that much harder.”

As she made progress with her physical and speech therapies, the team expanded to provide relaxation techniques to help Ashley cope with her brain’s heightened sense of pain as well as hand and occupational therapy focused on common daily tasks, social interactions and life skills. These aimed
to ease any anxiety about returning to previous activities or navigating public places with a cane. “My team here is just the best—they make me laugh and smile,” Ashley adds. “They push me when I need it, and they always make time for me. Everyone is kind and chats with you; it’s very social, and it’s much more personal. They get to know you. They aren’t just being friendly—they are all really invested in your care.”

Facing so many new challenges and adjustments at once can create doubt, depression and stress, so her team also focused on the emotional aspect of recovery. To combat nerves, frustration or sadness, the team involved her incredibly supportive family in her care to create a dedicated support network, encouraging and motivating recovery both at home and at the center. Together they sought to make every trip to rehab upbeat and satisfying, making even the most challenging work feel worthwhile.

“It is wonderful to watch Ashley’s progress,” adds Dr. Rajjoub “She was very determined to get better and was lucky to have such a supportive family and therapy team doing whatever it took to get her there.”

All of which has led Ashley back to her normal routine: enjoying lunch out with family, planning for her career as a veterinarian and being back in school with friends. Her favorite subject is history—fitting for someone whose strength and motivation inspired what those around her call a history-making recovery.

GET BACK INTO ACTION
Susquehanna Health Rehabilitation Services offers outpatient physical rehabilitation at nine convenient locations. Learn more at SusquehannaHealth.org/Rehab.
Growing up typically means trading jungle gyms for treadmills, crayons for keyboards and tiddledywinks for taxes. But it doesn’t have to mean all work, no play. Taking time to play keeps adults young at heart in more ways than one. Research increasingly suggests childlike pursuits—from coloring to checkers—protect against serious adult diseases. These include anxiety disorders, obesity, heart disease and dementia. Here’s how to reap the rewards of recreation, at any age.

HOOP IT UP
The Hula-Hoop gained ground as a child’s toy in the 1950s. Decades later, there are compelling reasons for adults to pick them back up. An American Council on Exercise study found spinning one around your hips revs up your heart rate and burns about 210 calories in 30 minutes. In other words, it’s as good of a workout as step aerobics, kickboxing or boot-camp classes.

COLOR IN—OR OUT OF—THE LINES
The latest coloring books aren’t just for kids. Use colored pencils, crayons or fine-tipped markers to shade in designs like butterflies and tranquil landscapes. Beyond the fun involved in creative expression, coloring intricate designs called mandalas might even ward off anxiety. That’s according to a study in Art Therapy: Journal of the American Art Therapy Association.

HIT THE PLAYGROUND
Try a fitness class that transports you out of the gym and right back to recess. By having fun and competing in games like hot potato and relay races, you’ll burn calories, distract yourself from discomfort and boost production of brain chemicals that improve cognitive function. Not into group exercise? Head to the park and use equipment like monkey bars and park benches to build strength and agility.

ROLL THE DICE
From bingo to bridge, board and parlor games offer more than a good time. Playing them can also shore up your cognitive reserves, stores of brainpower that ward off signs of dementia. In fact, a recent French study in the journal BMJ Open found that older adults who more often played cards, chess and other games had 15 percent lower odds of developing dementia over a 20-year period. They also had lower rates of depression than those who tended to sit out.
With her first grandchild on the way, Tammy Welshans, 49, looks forward to enjoying many milestones with her family. The Rauchtown resident credits her recent colonoscopy with making that future possible.

“There aren’t a lot of situations where patients can add years to their lives,” says Dr. Heather Gerst, a gastroenterologist at Susquehanna Health Digestive Disease Center. “But the technology we have with colonoscopy allows us to find and remove polyps to prevent or stop colon cancer early. That can be the difference between a treatable condition and one that is too advanced for successful treatment.”

Colon cancer wasn’t on Tammy’s radar when she came to Dr. Gerst because of difficulty swallowing. During a review of symptoms and family history, Tammy shared that her grandmother died of colon cancer at age 63 and her mother had several polyps removed. Tammy had recently experienced blood and a slight change in her stools. All of this prompted Dr. Gerst to recommend a colonoscopy.

Tammy was reluctant. Because of her family history, she was fearful of the results. “I put my arms around Tammy and told her she needed this screening for her health, and I assured her that we would take care of her,” says Dr. Gerst.

AN ESSENTIAL SCREENING

After preparing with the prescribed solution—which “really wasn’t too bad”—Tammy arrived at Susquehanna Health Endoscopy on the fourth floor of Williamsport Regional Medical Center.

“I was very nervous. I called earlier and mentioned that Jean Shea was a nurse who helped me with my previous test, and they said they’d see what they could do about having her help me again. She’s been there every time after that,” says Tammy. “As for the procedure, they put me right out. I don’t remember a thing.”

During a colonoscopy, gastroenterologists gain a clear view of the smooth wall of the colon. They can see and remove anything abnormal, such as polyps—tiny growths that can advance into cancerous tumors. Dr. Saadullah Khan found and removed two polyps from Tammy’s colon.

A LIFESAVING EARLY DIAGNOSIS

When Dr. Gerst told Tammy one of the polyps tested positive for cancer, she explained that the blood in her stools, which likely came from internal hemorrhoids, had saved her life by prompting the colonoscopy. “Tammy is especially lucky because with young patients like her, we see more aggressive forms of the disease,” says Dr. Gerst.

Going forward, regular screenings will help Tammy stay vigilant for any new polyps. She also says she’s encouraging others to make sure they get screened. “It was something I was so afraid of, and it actually is what saved my life.”

DON’T WAIT

To schedule your colonoscopy, call the Susquehanna Health Digestive Disease Center at (570) 321-3454.
Something told Scott Moll, 43, to get off the treadmill. A three-sport athlete in high school, Scott was in good condition, always coaching one of his three children’s teams or playing with them in the yard. He had just started running more frequently. On vacation the week before, he’d run about three miles a day, but something didn’t feel right during this early-morning workout. At about a mile and a half, he listened to his inner voice and turned off the treadmill. He couldn’t catch his breath. Aware that he was groaning, he headed for the basement so that he wouldn’t wake his family upstairs.

“I must have gotten louder, and thankfully, my 9-year-old daughter heard me and called down to me, ‘Daddy, do you need Mommy?’” he recalls.

Scott’s wife, Jean, found him doubled over in the basement and called 911 immediately. The pain in his chest was excruciating, but he didn’t believe he was having a heart attack until he heard one of the EMS team in the ambulance tell the driver to go faster.

**RACE TO RESTORE BLOOD FLOW**

Rushed into the cardiac catheterization lab at Williamsport Regional Medical Center, Scott was conscious, but sedated for an examination of the blood vessels leading to his heart. He recalls seeing his heart on the screen and hearing Dr. Donald Nardone, FACC, FSCAI, calmly saying, “Well, there’s the problem. How about we get it fixed?”

The problem was a 100 percent blockage in Scott’s anterior descending artery, a condition nicknamed the “widow maker.” That artery feeds the greatest volume of blood to the heart. Without nourishing blood, the heart muscle begins to die and can develop scar tissue. Had Scott not stopped, had his daughter not heard him and had his wife not called 911, this could be a different story. 

“The key in Scott’s case is that he got medical attention right away,” says Dr. Nardone. “Too often people wait, thinking the pain will go away or that they’ll talk with the doctor about it ‘tomorrow.’ Well, when the key is to get the artery open before any major damage is done, ‘tomorrow’ can be too late.”

Dr. Nardone inserted a catheter to open up the blockage and placed a stent in Scott’s artery to keep the passage open. Scott recovered in the hospital for four days before going home. The near-death experience gave him the opportunity to slow down, gain a new appreciation for things and set new priorities.

**REBUILDING CONFIDENCE THROUGH REHAB**

Reconciling what happened was difficult. Scott has always been healthy. He isn’t overweight, and from his regular checkups there were no concerns with his blood pressure or cholesterol levels. As he told his caregivers over and over again in the following days, he didn’t have a family history of heart disease and he didn’t smoke.

When he was cleared to begin cardiac rehabilitation six to eight weeks later, he was highly motivated, but a little wary of physical activity at first. He credits Susquehanna Health Cardiac Rehabilitation with helping him gain confidence.

“Your head plays lots of games with you, so being there [cardiac rehab] really helped, with the assurance of the heart monitor and Dr. Nardone’s office nearby. The nurses were great; I told them I wanted them to make me work really hard!” he says.

For six weeks, he went to cardiac rehabilitation...
three times a week, doing as much as he could. That included using the elliptical, treadmill and rowing machine, and doing squats and some light weight lifting. He signed up for and ran in several 5K races, and then he decided to set a goal of running in the Hershey Half Marathon—something he had wanted to do for years.

“Dr. Nardone wasn’t a fan of the idea when I first told him,” says Scott. “But when I told him I had already signed up for it, he gave me his blessing.”

Noting that he doesn’t have a lot of heart attack patients who end up training for half marathons, Dr. Nardone says Scott wasn’t a typical patient because of his age and fitness level. “I could tell it was something he needed to do. Being fit was a big part of his life, and I think he was concerned that he might not be able to get back to doing those things.” Dr. Nardone laughs. “Plus, I couldn’t come up with a good reason why he shouldn’t do it; his artery was already fixed.”

Scott Moll has returned to an active lifestyle with his wife, Jean, and their children, Jordan, Dylan, and Madison.

HEART PUMPING

“The key in Scott’s case is that he got medical attention right away,” says Dr. Nardone. “Too often people wait, thinking the pain will go away or that they’ll talk with the doctor about it ‘tomorrow.’ Well, when the key is to get the artery open before any major damage is done, ‘tomorrow’ can be too late.”

FAMILY CHEERS DAD’S RECOVERY

On October 19, 2014, just eight months after his heart attack, and with his family cheering from the sidelines, Scott ran the 13.1-mile race through the rolling hills of Hershey. To his surprise, he averaged eight-minute miles throughout the race and ran his last mile in 6:45. In his first half marathon, he finished 391st in a field of 5,000 runners—a moment captured in a victorious photograph that Scott presented to Dr. Nardone.

“I felt very proud of him,” says Dr. Nardone. “If he had ever had a doubt that he would get back to living a normal life, that was clearly gone. I was really happy for him.”

Scott says he is already planning to repeat the Hershey Half Marathon and may even try a full marathon in the future. He was proud to share his moment crossing the finish line with Dr. Nardone, saying, “I can’t thank him enough. He saved my life.”

MAKE HEART HEALTH A HABIT

You may know that February is American Heart Month, but did you know that heart disease is the leading cause of death for both men and women in the U.S.? Each year, more than 600,000 Americans die of this largely preventable disease.

Take this time to learn how to keep your heart beating healthy and strong:

❯ Quit smoking. Smoking is a 100 percent preventable risk factor for many diseases—including heart disease. If you smoke, quit now.

❯ Exercise. Give your heart a healthy workout by being physically active at least 30 minutes a day, five days a week. Being active also lowers your risk for heart disease.

❯ Eat well. Cut down on meats—no more than two servings a week, and none should be processed—and ramp up your intake of fruits and veggies. Try to eat at least 4 ½ cups per day for optimal heart health.

ARE YOU AT RISK?

Take our coronary artery disease risk assessment at SusquehannaHealth.org/Heart.
With more seniors living longer, fuller lives, geriatric care is a growing priority for many families. In response to the need, Susquehanna Health (SH) is expanding its geriatric program to provide even more patient advocates and medical coverage in SH facilities like our Skilled Nursing & Rehabilitation Center and The Green Home, and in the surrounding community.

Our geriatric team includes expert providers in Muncy, Williamsport and Wellsboro who visit local nursing homes to manage medical care directly on-site, creating easier access to clinical care and advice. By working hand in hand with patients’ family doctors, everyone involved in a patient’s care is on the same page, and care is coordinated smoothly among providers.

Dr. Rosemary Wiegand, Dr. Zachary Simpson, Dr. Elizabeth Klucka and certified registered nurse practitioners Karen Clark and Kelly Shultz spearhead the program in Lycoming, with additional expansion planned and a cultivated on-call team to address evening and weekend needs.

“We are very blessed to have Dr. Klucka and Karen Clark in our building,” notes Louann Simpson, administrator of Valley View Nursing Center. “The increased medical presence has been a real benefit to our residents in ensuring all have prompt, professional care.”

This program is part of the Susquehanna Health and River Health Accountable Care Organization’s commitment to improving population health by providing high-quality care with emphasis on disease prevention and chronic care management. Our geriatric specialists manage acute and chronic illnesses on-site to avoid unnecessary inpatient stays and trips to the emergency room.

“Providing medical coverage in a skilled nursing facility is the most gratifying work that I can do as a physician,” explains Dr. Wiegand, medical director at Loyalsock Creek Rehabilitation and Nursing Center. “Residents and loved ones sometimes struggle with this new chapter in their lives. They need advocates to keep track of the details of their care and help them make healthcare decisions. Our focus is making the resident’s life as pain-free, stress-free and enjoyable as possible.”

For more information on SH’s geriatric team, call (570) 320-7680.

Welcome,
New Physicians

Zachary W. Simpson, MD, CMD
Geriatric Medicine
(570) 320-7680

Susquehanna Health Medical Group welcomes Dr. Zachary Simpson. Dr. Simpson is board certified in internal and geriatric medicine and is a certified medical director for Long-Term Care.

He serves as the medical director of Geriatrics in the nursing homes for Susquehanna Health. He received his Doctor of Geriatrics at Thomas Jefferson University Hospital and completed his residency at Medical College of Pennsylvania, both in Philadelphia. Dr. Simpson is currently acting medical director at Rose View Center in Williamsport.

Elizabeth Klucka, DO
Geriatric Medicine
(570) 320-7680

Susquehanna Health Medical Group welcomes Dr. Elizabeth Klucka. Dr. Klucka is board certified in family practice. She received her Doctor of Osteopathy at Philadelphia College of Osteopathic Medicine and completed her residency at the Williamsport Family Medicine Residency program. She is medical director at Valley View Nursing Center.

Many Susquehanna Health physicians are accepting new patients. Call PhysicianFinder at 1-877-883-4789.
We’re available to assist you 24 hours a day, seven days a week.
NEW GUIDELINES HELP CURB THE SUGAR CRAZE

The American Heart Association (AHA) released specific guidelines on the recommended limits for added sugar in our diets. Added sugars are sugars or syrups used to process or prepare foods. They include high-fructose corn syrup, white and brown sugar, molasses and more. These don't include sugars that naturally occur in many fruits, dairy products and other foods.

KNOWING YOUR LIMIT

The upper limit of added sugar for each person varies, depending on overall calorie needs. But in general, women should drink or eat no more than 100 calories a day from added sugar. Men should have no more than 150 calories a day. This is equal to 6 and 9 teaspoons of added sugar, respectively. For reference, one regular can of cola contains a whopping 130 calories and 8 teaspoons of added sugar.

These guidelines are used only by the AHA, and they're geared just toward adults. But they serve as a helpful measure of how much to limit sugar intake. High intake of added sugar is linked to obesity, high blood pressure, high triglyceride levels and other heart disease risk factors.

TARGETING HIGH-SUGAR TREATS

It can be difficult to figure out how many calories come from added sugars. Nutrition labels don't distinguish them from natural sugars. For an easy way to cut down on added sugars, limit these worst-offender treats:

❯ Regular soft drinks
❯ Candy
❯ Cakes, cookies and pies
❯ Fruit drinks
❯ Sweetened dairy products like ice cream and chocolate milk
Susquehanna Health Recognized as Nation’s Most Connected by U.S. News & World Report

Susquehanna Health’s Williamsport Regional Medical Center has been recognized as being among the “Most Connected Hospitals” for 2015–16 by U.S. News & World Report. The hospital is among 158 that met U.S. News’ standards, spanning clinical connectedness, patient engagement and patient safety.

“Being recognized as ‘Most Connected’ means our electronic systems are among the best in the country,” says Timothy Schoener, vice president and chief information officer at Susquehanna Health. “We have worked diligently to streamline our patient portal, MyKeyCare. With this online tool, patients can see their medical records, request an appointment, renew a prescription and send a secure message to their provider. Susquehanna Health has actively responded to our patients’ desire to be more involved with their own healthcare; we have more than 12,000 online patient participants and add about 150 new patients every week.”

To identify the most connected hospitals, U.S. News analyzed 56 variables, including the hospitals’ ability to share data with other providers, improve patient safety through computerization and engage patients in their own care by providing electronic access to data. It then assigns scores to each hospital for which it could obtain data from the most recent American Hospital Association information technology survey. Hospitals that earned at least 70 out of 75 points in the 2014 survey or 55 out of 61 points in the 2013 survey and also achieved a national ranking or high-performing recognition in the current edition of Best Hospitals, Best Hospitals for Common Care or Best Children’s Hospitals were recognized as Most Connected Hospitals.

Susquehanna Health has also been recognized 13 times as a “Most Wired” health system by Hospitals & Health Networks, the journal of the American Hospital Association.

For more information or to view the full report, visit U.S. News & World Report’s health section at Health.USNews.com.

Susquehanna Health Honored as Regional Leader for Employee Wellness

Susquehanna Health was recently honored with the 2015 Continuing Excellence Award for offering wellness programs promoting a healthy workplace. The award was given by Highmark Blue Cross Blue Shield, Chamber Choice and the Williamsport/Lycoming Chamber of Commerce.

“As a healthcare provider and the region’s largest employer, we understand that it is our responsibility to lead by example,” says Jerrod Ferrence, lead health and wellness educator, Susquehanna Health. “Since being recognized as a healthy workplace in 2011, we have continued with our commitment to employee wellness by offering many new and innovative programs. In the spring, we held our first weight-loss challenge, in which more than 1,000 employees collectively lost 5,418.5 pounds. It was such a success that we plan to make it an annual challenge.”

Other programs include “Stairways to Health,” which encourages employees to take the stairs instead of the elevator; free employee fitness classes at the local YMCAs; free health and wellness coaching; access to health- and wellness-based incentives and more. Aramark, Susquehanna Health’s food service partner, also recently made the cafeterias at Williamsport Regional Medical Center and Divine Providence Hospital “no-fry zones” by eliminating fried-food options.

“We are working to create healthy ways to encourage employees to change their lifestyles, live healthier lives and walk the talk of our healthcare organization by setting a good example for the communities we serve,” says Jerrod. “We hope that not only will our employees benefit from our work but that other organizations will use us as an example and implement their own programs for employee wellness, making everyone Susquehanna Healthy.”

Pictured are members of the health and wellness team, comprising health and wellness educators, an employer relations specialist and medical care providers.
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! 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

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.
Monday, March 14, 3–6 pm; Tuesday, April 19, 11 am–4 pm; Wednesday, June 15, 1–3:30 pm

ALL-INCLUSIVE BLOOD SCREENINGS
Low-cost blood screenings are available to help you be proactive about your health. Participants must consult with their physician about which test(s) are recommended. Cash, check or credit card payment is required.
Register: (570) 321-3210 and SusquehannaHealth.org/Events
Wednesday, March 30, 7–11 am

Free! HEARING SCREENING
Have your hearing checked by taking advantage of a free hearing screening provided by Susquehanna Health Audiology for all ages. Visit SusquehannaHealth.org for upcoming dates.

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. Prepayment 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 older than age 50, register for this two-day course to help improve your safety while driving. Visit SusquehannaHealth.org for upcoming dates.

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. Visit SusquehannaHealth.org for upcoming dates.
**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.

**Free! BABY CAFÉ**
Expecting, new or experienced mothers are encouraged to join us at Baby Café. This group discussion gives moms an opportunity to meet and talk with other moms about their pregnancy and after-birth experiences while spending time out of the house. It’s a safe and relaxed, child-friendly environment, and 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.

**Tuesdays, February 23, March 8 & 22, April 12 & 26, May 10 & 24, 6–7:30 pm, The LifeCenter at Williamsport YMCA**

**Free! TOUR THE BIRTHPLACE**
Take a 30-minute tour of The Birthplace at Williamsport Regional Medical Center that includes labor and delivery, postpartum rooms and the nursery. Attendees participate when they are between 32 and 36 weeks pregnant.

**Wednesdays, February 24, March 23, April 27, May 25, 8–8:30 pm**

**Wednesdays, March 9, April 13, May 11, 11–11:30 am**

**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:**
- **Wednesdays, March 2–23;**
- **Tuesdays, April 5–26;**
- **Mondays, May 2–23;**
- **Tuesdays, June 7–28, 7–9 pm**

**Breastfeeding Class**
This one-session class will provide information to help you 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.

**Thursdays, March 3, April 7, May 5, June 2, 6:30–8:30 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.

**Thursdays, March 10, May 12, 6–7 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.

**Saturdays, March 12, April 23, May 21, June 18, 9 am–4 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.

**Thursdays, March 24, May 19, 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 and new parents, grandparents and child care providers are welcome. $25.

**Thursdays, April 14, June 9, 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.

**Manage Your Cholesterol**
Learn about cholesterol, recommended levels, factors that cause high cholesterol and ways to manage it with lifestyle changes. $30.

**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**

**Bereavement**
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 Children (ages 4 to 17)**
Tuesdays, February 23, March 8 & 22, April 12 & 26, May 10 & 24, 6–7:30 pm
For information, please call (570) 320-7690.

**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.

**Pelvic Pain Support Group**
Meet other women who live with endometriosis, interstitial cystitis and other pelvic pain conditions.
Fourth Thursday of each month, 6–7:30 pm
Costello Center Physical Therapy at Divine Providence Hospital Campus
Registration appreciated. Please call (570) 320-7470.
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 treatment. For more information, please call 1-800-227-2345.

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

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, you are age 17 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
For information, please call (570) 723-0131.
Mt. Laurel Board Room

FIRST AID & CPR
Many businesses require employees to be proficient in first aid and CPR, and Soldiers + Sailors Memorial Hospital is offering the perfect opportunity to become certified! This two-day class addresses adult, child and infant first aid and CPR and offers group interaction, feedback, educational materials and skills practice. $60. For registration and dates, please call (570) 723-0192.

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

BEREAVEMENT 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
For information, please call (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
For information, please call (570) 723-0485.

BREAST CANCER SUPPORT
Women who have been diagnosed with breast cancer discuss concerns and share experiences.
Last Monday of each month, 6:30 pm

PROSTATE CANCER SUPPORT
Men who have been diagnosed with prostate cancer discuss concerns and share experiences.
First Wednesday of each month, 6 pm

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 treatment.
Offered several times per year, 10 am–noon
For information, registration and dates, visit American Cancer Society online at Cancer.org.

Auxiliary Events
A portion of the proceeds from the following events supports the auxiliary. For more information, please call (570) 723-0191.

WILD WEST ROUNDUP
Lasso a loved one and give the gift of giving back with the SSMH Auxiliary’s “Wild West Roundup!” Tickets are available now and make a perfect gift for family and friends. This root-tootin’ social event will liven up winter doldrums while raising funds for a great cause: supporting the hospital’s lighting equipment project.
Saturday, March 19, 6 pm
Deane Center, Wellsboro

VICTORIAN TEA PARTY
Don your finest party hat for the SSMH Auxiliary’s “Victorian Tea Party,” featuring a lovely afternoon of socializing over tasty refreshments and fun, themed activities as well as the grand reveal of the “What’s in Your Purse” raffle. Tickets are $10 and available from Auxiliary members or SSMH’s Gifts from the Heart gift shop. Seating is limited.
Saturday, April 30, 1–3 pm
Mt. Laurel Board Room

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 (featuring a tour of SSMH’s OB unit), techniques for enhancing comfort during pregnancy/labor, C-section delivery, breastfeeding, understanding and caring for your newborn and what to expect after birth.
Second and Fourth Tuesdays, 7–8:30 pm
Soldiers + Sailors Memorial Hospital
For information, please call (570) 723-0375.
MOUSSE À LA BANANA

INGREDIENTS
2 tbsp. low-fat (1 percent) milk
4 tsp. sugar
1 tsp. vanilla
1 medium banana, cut into quarters
1 cup low-fat plain yogurt
8 banana slices (each ¼ inch)

DIRECTIONS
Place milk, sugar, vanilla and banana in a blender. Process for 15 seconds at high speed until smooth. Pour mixture into a small bowl and fold in yogurt. Chill in refrigerator for at least 30 minutes.
To serve, spoon mousse into four dessert dishes and garnish each with two banana slices.

PER SERVING
Serves four. Each serving contains about 94 calories, 1 g total fat, 1 g saturated fat, 4 mg cholesterol, 47 mg sodium, 17 g carbohydrates, less than 1 g fiber and 3 g protein.

Bananas Pack a Potassium Punch
Consuming enough potassium can help lower your blood pressure. This mineral also can reduce the risk of developing kidney stones and protect against age-associated bone loss. If the advice to eat your potassium makes you head to the kitchen for a banana, peel away. A medium banana has a healthy 422 milligrams of potassium. The American Heart Association suggests an intake of 4,700 milligrams of potassium a day.