Healthy summer

Enjoy those lazy days—but don’t forget a little precaution
Project 2012: A towering success

Susquehanna Health’s largest-ever expansion, Project 2012, is nearing completion. The results of the $250 million renovation and construction project include facility enhancements at each of Susquehanna Health’s three hospitals.

In March, the newly completed Susquehanna Tower at Williamsport Regional Medical Center welcomed its first patients. The modern new addition features the Joint and Spine Center, The Birthplace, Progressive Care Unit, Surgical Services, Imaging Services, Education and Conference Center, and the modernized Emergency Department.

SEE HIGHLIGHTS from the tower’s grand opening on page 8.

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It’s hip to stay active

EVEN AT AGE 74, Paul Franquet’s days are full of activity. Retired from a job with the U.S. Postal Service that kept him on his feet 16 to 18 hours a day, the former cross-country runner likes to bowl, hunt, golf and run around with his grandkids. His active lifestyle has produced more than a few injuries over the years—including a popped ball joint in his hip dating back to a hunting trip in 1981. When pain from that old injury began bothering him a few years ago, he was referred to Dr. Michael Hoffman, orthopedic surgeon, who discovered that Franquet’s hip socket was completely worn-out.

Dr. Hoffman recommended minimally invasive anterior hip replacement so that Franquet would be back to normal in just weeks—not months.

SHORTER RECOVERY
Improvements in technology—such as the Hana table (see below) and better implants—are dramatically improving hip replacement procedures to make them more precise, cut recovery times in half and require fewer post-surgery restrictions.

“Anyone of any age who is suffering from hip pain that is impacting their quality of life should look into treatment,” Dr. Hoffman says. “I have treated patients in their 80s as well as those in their 30s. Today, there is no such thing as too young or too active for hip replacement surgery.”

Orthopedic surgeons and staff at Susquehanna Health provide specific programs for knee and hip replacement patients, including pre and post-surgery education and a motivational rehabilitation program tailored to each patient.

BETTER JOINTS
The day after surgery, Franquet was on his feet, aided by a walker. Within five weeks, he was bowling, and now he can run up the steps at his home. Soon he plans to fulfill a promise to catch up with his 9-year-old grandson in a family football game.

“I would say my new hip is better than the original,” says Franquet, who is considering surgery for his other hip. “Physically I’m back to where I was 10 years ago.”

“Physically I’m back to where I was 10 years ago.”
—Paul Franquet

Dr. Hoffman says. “I have treated patients in their 80s as well as those in their 30s. Today, there is no such thing as too young or too active for hip replacement surgery.”

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With surgical technology and improved implants, the new Joint and Spine Center is able to provide superb care and emphasize recovery in a comfortable environment. The Hana table improves outcomes of anterior-approach hip surgery. The main advantages are

- Less muscle and tissue damage and fewer restrictions following surgery
- More precise placement of the implant device through imaging
- Shorter recovery time—almost half that of traditional hip surgery

According to Dr. Michael Hoffman, “Susquehanna Health’s investment in cutting-edge technology like the Hana table, along with the recovery advantages offered through the new Joint and Spine Center, are an indication of the commitment we have to providing world-class care for the people in our region.”

All on the table

ORTHOPEDICS: For a referral to an orthopedic specialist, call 877-883-4791.
Routine obstetrical appointments with certified nurse-midwives are available at Muncy Valley Hospital through Susquehanna Health OB/GYN. The practice includes five certified nurse-midwives (pictured below, from left), Patricia Kaiser, Mary DeWire, Janice Dreher, Heather McLaughlin and Kathryn Swatkowski. Patients will still deliver their babies at Williamsport Regional Medical Center, which opened a brand new Birthplace in June. This new state-of-the-art facility will feature more privacy and amenities such as wireless Internet, flatscreen TVs and even a comfortable sleep space for a family member or friend.

“An average pregnancy may require up to 15 obstetrical appointments, and there were no obstetricians or midwives in the eastern part of Lycoming County,” says Krysta Wagner, administrative director for Susquehanna Health Medical Group. “We expanded to offer a more convenient location so women who live and work here can receive the majority of their care locally.”

**TO SCHEDULE an OB/GYN appointment or learn more about the expansion of midwife services, please call 570-321-3300.**
Susquehanna Health’s WorkCenter recently opened a satellite office at Muncy Valley Hospital. It provides a variety of services, including medical surveillance, testing for substance abuse and injury triage, as well as laboratory, imaging and rehabilitation services.

“Our convenient satellite center provides greater access to our employers in northeastern Lycoming County to improve service and save significant time away from the job,” explains Matthew McLaughlin, MPT, director of Occupational Health. “This is an important step in furthering our mission to partner with industry to improve the health of their workforce.”

PHYSICIAN APPOINTMENTS are available Tuesdays and Thursdays, from 8 am to 4:30 pm. A licensed nurse practitioner is on staff Monday through Friday, from 8 am to 4:30 pm. For appointments, please call 570-320-7444.

A two-story expansion at Muncy Valley Hospital is helping the Skilled Nursing Unit staff meet the needs and interests of residents with a choice-oriented, family-focused environment.

The rehabilitation unit on the second floor provides ample space for speech, physical and occupational therapy. A simulated apartment allows residents to practice life skills to get ready for a safe transition to independence at home. Residents can enjoy a la carte meals in the elegant dining room. The activity space, furnished like a living room, can be reserved for large family gatherings and is perfect for daily activities.

TO LEARN MORE about the Skilled Nursing Unit, call 570-546-4040 or 800-488-4268.

Muncy Valley Hospital contracted with Genesis Respiratory Therapy to create an eight-bed ventilator unit for chronic and weaning ventilator patients. The unit provides a much-needed service for the community—previously, the closest ventilator units were in Scranton and Mechanicsburg.

“Typically, when a loved one is on a ventilator, you are dealing with something tragic,” explains Anne Holladay, a certified nursing home administrator. “To be able to have that loved one close to home versus hundreds of miles away is a great benefit to the family. The addition of these services helps us provide a continuum of care for our clinically complex residents.”

The medical director for the ventilator unit is pulmonologist Dr. Kevin Kist.

FOR MORE INFORMATION, call 570-546-4040 or 800-488-4268.
Summer grilling is a flavorful and fun way to cook. It can also be a healthy way to eat when you choose foods that are low in fat and high in nutrients.

While eating grilled foods increases your cancer risk, there are simple things you can do to reduce the risks that come from polycyclic aromatic hydrocarbons (PAHs) and heterocyclic amines (HCAs). These form when foods, particularly meat fats, are in contact with high heat and flame.

To reduce PAHs and HCAs, use low-fat cuts of beef, pork or lamb. Chicken breast, halibut, scallops and shrimp are good choices, too. Salmon, although higher in fat, is another option—the fats are heart-healthy. Make sure to watch portion size with everything.

Here are more tips:
» Trim excess fat from meats.
» Don’t overcook.
» Keep your grill clean to reduce flare-ups and smoke.
» Marinades of olive oil or citrus juice add extra flavor and reduce HCAs and PAHs by as much as 90 percent while increasing tenderness. Remove excess marinade to reduce flare-ups. Herbs will also reduce HCA development, according to the Food Safety Consortium of Kansas State University.

Tick, tick, tick… Take time to prevent Lyme disease

Pennsylvania is among the top 10 states for annual recorded cases of Lyme disease, an illness that can progress to debilitating brain, joint and heart conditions.

Lyme disease is spread by the black-legged tick, or deer tick—a blood-sucking parasite the size of a sesame seed. These ticks perch on the tips of grasses and leaves along wooded trails and brushy areas. They typically seek deer and mice, but they choose human hosts, too. Lyme disease symptoms can begin within days or weeks of infection from the tick’s bite.

“The treatment for Lyme disease requires several doses of antibiotics,” says Sheila Koskey, a certified infection control nurse and the director of infection prevention and control at Susquehanna Health. “The best approach to prevent Lyme disease is by avoiding exposure to the deer tick.”

When working or playing in areas that could have ticks, dress defensively. Take these precautions to avoid ticks, mosquitoes (which may carry the West Nile virus) and sunburn:
» Wear light colors, so you can see ticks on clothing.
» Wear a wide-brimmed hat.
» Wear a long-sleeved top and full-length bottoms.
» Tuck pants into shoes.
» Use DEET, an insect repellent, on pant legs and exposed areas of the body.
Keep skin safe this summer

Sun damage from ultraviolet (UV) rays can lead to skin cancer. Your greatest risk is during the summer, when you're wearing less clothing outdoors to stay cool. “There are other risks for skin cancer, including genetics, but intentional excessive UV exposure is the easiest risk factor to modify,” says Dr. Karen Brady of Susquehanna Health Dermatology. “Protect yourself by skipping the tanning beds and avoiding the sun’s rays, especially when they are strongest, from 10 am to 3 pm.”

When outdoors, wear sunscreen, long sleeves and pants, and use shading devices, such as wide-brimmed hats and umbrellas. Consider buying clothing manufactured to provide UV protection.

And forget about the mythical protective base tan, Dr. Brady says. There is no evidence that an early tan protects against harmful burns later in the summer. In fact, tanning indicates that damage has occurred.

To detect skin cancer at its earliest stages, conduct thorough evaluations of your skin—and your children’s skin. “An easy rule to remember is ‘Check your birthday suit on your birthday,’” Dr. Brady says. “If you have already been diagnosed with skin cancer, atypical moles or have a family history of melanoma—then check more frequently.”

Follow the ABCD guide below—and immediately report any unusual findings to your doctor.

The ABCDs of melanoma

If you notice a sudden or continuous change in the appearance of a mole, you should see your doctor. These ABCDs from the American Melanoma Society can help you evaluate your skin:

A Asymmetry. One side of a mole or dark spot looks different from the other side.

B Border. The mole’s shape is irregular instead of circular or oval, and it has a jagged edge, notch or blur.

C Color. Look for uneven color or shades of brown, tan, black, pink or blue.

D Diameter. The mole has a diameter greater than the size of a pencil eraser.

You should also alert your doctor about these:

» The appearance of a new bump or nodule
» Color that spreads into surrounding skin

When working or playing in areas that could have ticks, dress defensively.

Slather on sunscreen

Choose a water-resistant sunscreen that blocks both UVA and UVB light and has a high SPF (sun protection factor). The higher the number, the greater the protection! The minimum SPF for outdoor use is 30.

Apply generously! Use two shot glasses of lotion every two to three hours. Reapply every hour if you’re swimming or exercising.

Chemical sunscreens must be applied 30 minutes before sun exposure to allow time to bind to the skin. Sunscreens containing titanium and zinc oxide provide more immediate protection.

HAVE A CONCERN about your skin? Call Susquehanna Health Dermatology at 570-320-7880 or 570-321-3121.

When you return indoors, shower to wash away unattached ticks. Check your hair; the back of your neck; and your armpits, legs, arms and groin area for ticks.

ICK, A TICK!

If you find a tick that has begun burrowing, wear gloves and use forceps or tweezers to carefully remove the tick with slow, steady traction. It is important to remove all parts, even embedded ones. Then wash the site carefully and alert your physician to the possibility of exposure.

Initial symptoms of Lyme disease are flu-like: nausea, sore throat, fever and headache. Some people with Lyme disease develop a rash that looks like a bull’s-eye. If you develop any of these symptoms, contact your physician immediately. A blood test can typically confirm a diagnosis of Lyme disease.
AN OPENING CEREMONY
in the new atrium Feb. 21 brought
together more than 200 local officials,
media representatives, board members,
service partners and other key contrib-
utors to Project 2012. After remarks
from Steve Johnson, president and
CEO of Susquehanna Health (SH);
state Sen. Gene Yaw; Ron DeFeo,
chairman of the SH board; Len Collins,
president of the SH medical staff; and
Neil Armstrong, CEO of Williams-
port Regional Medical Center, service
partners representing the SH service
lines were recognized for their im-
portant role in providing quality care
within the new tower.

Five days later, more than 3,500
community members toured the
facility. Guests took self-guided tours
to view new patient rooms, a surgical
suite, the multimedia Education and
Conference Center, the Emergency
Department expansion, and the new
Joint and Spine Center with its large
therapy gym. They also enjoyed refresh-
ments and Wii Fit stations.

Special events also were held for
service partners, retirees, nursing alumni
and volunteers, including a special
performance by world-renowned artist
Michael Israel for major donors.

SMOOTH TRANSITION
Susquehanna Tower passed the De-
partment of Health’s inspections with
no recommendations. On March 19,
patients were moved into the new
Progressive Care Unit and the first sur-
geries took place. Transition of services
to the new tower took just over two
weeks, and the new Medical Library
and Prayer Room opened April 3.
“Everyone involved with the project
worked diligently to ensure that we
were ready for our inspections and the
transition of our patients and services
to the new tower,” says Rita Spangler,
vice president of facility development.
“Considering the scope of this project,
we could not have asked for a smoother
transition. All the planning and hard
work to get so many moving parts
in order paid off as patients and their
families were able to experience the
high-quality comfort, care and service
this new facility was designed to help
our service partners provide.”

Tour
Susquehanna Tower

Did you miss your opportunity to
tour the new tower? An inside
look is just a click away. Go to
SusquehannaHealth.org and select
“Tour Susquehanna Tower.”

Tower of care:
Grand opening

Susquehanna Tower debuted in February
(grand opening)
During his rehabilitation from an injury that threatened to interfere with his passion for photography and tennis playing, Troisi showed the patients and staff at Susquehanna Health Rehabilitation Services at the Costello Center at Divine Providence Hospital an amazing view of recovery framed by determination and an unyielding positive attitude.

Troisi waited four years for a permit to shoot the sunrise over the Wahweap Towers in southern Utah. Early on May 10, 2010, as he and his guide crossed a 2½-mile wash, or dried creek bed, to reach the desired spot, he fell on the rough terrain. Enduring excruciating pain, he went on to capture the spectacular sunrise shot before the hike back to his vehicle and a ride to the hospital.

He had a broken right ring finger, severely bruised ribs and a shattered elbow, but he delayed surgery so he could return to Williamsport and the care of his orthopedic surgeon, Dr. Ronald DiSimone. His elbow was replaced with a titanium wrap held in place by 14 screws, and he wore a cast for three months, sitting out the 2010 tennis season.

**ATTITUDE FOR SUCCESS**

In August, Troisi began 3½ months of rehabilitation at the Costello Center and embraced what he termed the staff’s “attitude of recovery.” Three times a week for nearly one-hour sessions, he worked toward his goal of returning to photography and tennis.

“The staff—Kristen, Vicki, Karen, Allie, Joan, Chris, Shari and LeeAnn—played a big part in my recovery,” Troisi says. “They were very professional and compassionate. They laid it out like I was in school—what to expect and how I could advance, and they encouraged me to do ‘homework.’

“They made me stay with it, even through the pain. If I hadn’t, I wouldn’t be enjoying today’s quality of life. The staff doesn’t just come to work each day; they come to help people recover their lifestyle,” Troisi says, noting that his wife, Patsy, provided plenty of motivation at home.

**POWER OF DETERMINATION**

By November, Troisi was easing back into tennis with lessons. In December, he had successful hand surgery completed by Dr. Mark A. Rackish. He progressed and returned to regular play by spring. Troisi also opted for the Follow-On Program to continue his fitness training three days a week.

“He has such passion,” says Kristen Durrwachter, physical therapist. “He motivates others to work hard and to see the light at the end of the tunnel. People look up to him, see what he is doing and are inspired to hang in there.”

“The best thing about recovery is that I feel comfortable and confident doing all the activities I used to do.”

—John Troisi
**CYNTHIA’S STORY**

**Coming back from heart attack**

**HER DAUGHTER PLAYFULLY CALLS HER a mini J-Lo, but Cynthia Floyd doesn’t spend time in the gym to look like a pop star. The 48-year-old grandmother works out faithfully to protect the life she nearly lost last December.**

Just three years after her mother died from heart disease, Cynthia survived a massive heart attack caused by a 100 percent blockage in her artery. She went into cardiac arrest several times, and following emergency surgery, doctors induced hypothermia to try to minimize damage to her organs.

Her husband, Bob, stayed by Cynthia’s side at Williamsport Regional Medical Center, witnessing signs of recovery, which were sometimes followed by challenging setbacks and serious complications.

“Every doctor involved in her care told me she’s not supposed to be alive,” Bob says. “It really is a miracle that she survived.”

On Jan. 9, just a little more than a month after her emergency hospitalization, Cynthia went home with a prescription to return to WRMC for cardiac rehabilitation. Three times a week she goes to the center, where nurses and exercise specialists coach and monitor her through hour-long workouts.

“The staff there is great. They let us try all the equipment—treadmill, elliptical, stepper—and now I work on what I like best. They push you to work to your potential,” says Cynthia.

As a manager at the American Rescue Workers prior to her illness, Cynthia did a lot of walking and heavy lifting. She believes both her physical strength and her tendency to be stubborn helped pull her through her ordeal.

**STEP BY STEP**

Now Cynthia is committed to staying strong. With a recovery that may take more than a year, she takes one day at a time, working on rehabilitation, spending time with her family and looking forward to her son’s high school graduation. When she reaches her cardiac rehab goals, she plans to continue with the program.

“Cardiac rehab gives me the physical conditioning I need since I can’t return to work yet,” she explains. “I like the opportunity to speak with others, and I like getting strong and fit. It’s important to my health.”

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**SUSQUEHANNA HEALTH’S CARDIAC REHABILITATION PROGRAM** is for victims of heart attack or stroke or patients needing therapy after heart disease surgery. The program is covered by most insurance plans, and patients have the option of continuing with the program for a small fee after their covered portion is over. To find out more, call 570-321-2888.
Heart-smart moves for you

CLAIM JUST 30 to 40 minutes a day for exercise, and you can actually gain time—lifetime.

Regular cardiovascular exercise improves your quality of life while reducing many risks for heart disease. It can
» Lower blood pressure
» Lower cholesterol
» Reduce blood sugar levels
» Help with weight control

“Your heart is a muscle that becomes stronger and more efficient with use,” says Jaime Kelley, an exercise specialist with Susquehanna Health’s cardiac rehabilitation program. “Plus, pumping blood vigorously through your arteries helps to keep them clean.”

It can also help you manage stress, sleep better and prevent depression.

GETTING STARTED
Consult with your physician, then begin slowly to avoid injury, and don’t get discouraged! Five minutes at a time can build to a full 45 minutes in just a few months.

Drink plenty of water before, during and after activity. Hydration affects your heart rate and blood pressure. Too little water can lead to muscle cramps. Also make sure you have proper shoes and are dressed appropriately for the weather and your activity.

“Choose something you like to do!” Kelley suggests. “Non-weight-bearing exercises like swimming or water aerobics are less stressful to your joints. Doing a variety of activities keeps things interesting and involves different muscle groups.”

FINDING TIME
Join your children or grandchildren with hula hoops, jumping rope and dancing. If your days are packed, consider three 10-minute workout blocks—the rewards are the same. Home exercise videos are convenient and a good alternative for rainy days.

Whatever you do, make it fun! Ask a friend to join you to stay motivated and satisfy your craving for social time, too.
Meet our new baby: The Birthplace!

Susquehanna Health’s newest addition, The Birthplace, opened in June at Williamsport Regional Medical Center. This beautiful new maternity unit provides moms with comfortable amenities that make welcoming their babies even more special.

Located on the third floor of Susquehanna Tower, The Birthplace features
» Beautiful, spacious private rooms
» Large family zone, so visitors can stay longer and more comfortably
» Sleeping accommodations for a spouse or support person
» Bath and body spa kits for new mothers
» Flatscreen TVs and wireless Internet access
» Mini refrigerator in each room
» All services in the same area for efficiency and convenience—labor and delivery, postpartum, well-baby nursery and operating rooms
» Level II nursery for babies born at 32 weeks or later or who need a little extra care
» Nurses’ stations located outside each room, so nurses can spend more time with patients
» Lactation consultants and counselors to provide breastfeeding education and support

“We’re so happy to be able to provide outstanding care exclusively for moms and babies in a very pleasing environment that promotes family bonding,” says Patricia Miller, director of Mother/Baby/Child at Susquehanna Health.

FOR MORE INFORMATION, visit SusquehannaHealth.org/Birthplace.

Hybrid operating room revolutionizes vascular surgery

A hybrid operating room (OR) at Susquehanna Health brings the latest developments in vascular surgical techniques and procedures to the region, enhancing patient safety and outcomes and making treatments more cost-effective and efficient. The hybrid OR allows vascular surgeons to perform traditional open surgery and minimally invasive procedures at the same time while eliminating the need to transfer patients for multiple diagnostics and treatments.

The new OR will open in July on the fourth floor of Susquehanna Tower. It features state-of-the-art surgical equipment as well as advanced imaging equipment needed for minimally invasive techniques to provide clear and accurate views of vessels during complex procedures.

Divine Providence Hospital Laboratory receives accreditation

Divine Providence Hospital (DPH) was awarded accreditation by the Accreditation Committee of the College of American Pathologists (CAP), based on a recent on-site inspection. This laboratory, along with the laboratories at Muncy Valley Hospital and Williamsport Regional Medical Center, is now one of more than 7,000 CAP-accredited laboratories worldwide.

Dr. Donald Leathers, director of the DPH Laboratory, was congratulated by CAP for the excellence of the services being provided.

The CAP Laboratory Accreditation Program, established in the early 1960s, is recognized by the federal government as being equal to or more stringent than the government’s own inspection program. The program is specifically designed to ensure that all laboratory patients are receiving the highest standard of care.
More services in Lock Haven

Susquehanna Health is working with Lock Haven Hospital (LHH) to better serve the specialty care needs of the residents of Clinton County. SH and LHH are planning to expand specialty care services in the Lock Haven community through SH physicians. This will include the setup of a health specialties clinic on the first floor of LHH, in which SH physicians will see patients. SH is building on the services it already provides in Lock Haven, including cardiology, vascular services, primary care, obstetrics and orthopedics.

This relationship will help to ensure that residents of the Lock Haven community get the important medical care they need in a place that is convenient. Of course, if a higher level of care is needed that can’t be provided at the clinic or LHH, SH’s Williamsport Regional Medical Center is just a short distance away, ready to support those needs.

Unity is strength

Susquehanna Health and Laurel Health System, the dominant provider in Tioga County, have signed a definitive agreement to create a regional integrated health system as part of our mission to meet the needs of patients across our 11-county service area. The partnership is expected to be finalized this summer.

BENEFITS OF PARTNERSHIP

Susquehanna Health President and CEO Steven Johnson notes joining together into larger systems enhances the quality of care while improving efficiency on a wider scale. “Together, the partnership will create an expanded delivery system that benefits the entire Lycoming-Tioga region,” Johnson says.

According to Ronald Butler, president and CEO of Laurel Health System, priorities for the partnership will include recruiting physicians and launching programs to bring vital healthcare services closer to home for area residents—with an initial focus on cancer services.

PARTNERSHIP DETAILS

Under the definitive agreement, Laurel Health—including Soldiers and Sailors Memorial Hospital, The Green Home, North Penn Comprehensive Health Services and their related organizations—will partner with Williamsport Regional Medical Center, Divine Providence Hospital, Muncy Valley Hospital and the Susquehanna Health Medical Group under the umbrella of Susquehanna Health.

DAISY Award winners named

In April, Susquehanna Health (SH) announced the first winners of the DAISY Award, an internationally recognized award for extraordinary nurses. Quarterly, SH will recognize a nurse from each campus—Divine Providence Hospital, Muncy Valley Hospital and Williamsport Regional Medical Center.

Wanda Krzywosinski, a licensed practical nurse in the Inpatient Behavioral Health Unit, was selected from Divine Providence Hospital. Krzywosinski was nominated by her manager, Karen Kling.

Stephanie Mostowy, a registered nurse at Williamsport Regional Medical Center, was selected after being nominated by a patient’s family member.

April Smith, a registered nurse at Muncy Valley Hospital, was selected after being nominated by a patient’s family as well as her co-worker, registered nurse Connie Coyner.

Anyone may nominate a nurse for a DAISY award. Nomination forms are available at nursing stations and at SusquehannaHealth.org. See also daisycanada.org.

The DAISY Awards are presented worldwide by the not-for-profit DAISY Foundation.
Tools, tips and events for your health

For a complete list of programs, classes and support groups available, visit our website, SusquehannaHealth.org/Events.

**ACTIVITIES & SCREENINGS**

**FREE! CPR Anytime**
The American Heart Association’s CPR Anytime program will be presented by Becky Lewis, RN, chronic disease nurse consultant with the Pennsylvania Department of Health. Includes a free training kit with mini Annie doll, booklet and DVD. Seating is limited.

» Tuesday, July 17, 1:30 or 6 pm
The LifeCenter™—Lycoming Mall
Registration: 877-883-4791

**FREE! Kids In The Kitchen**
Watch for details at SusquehannaHealth.org.

» Tuesday, July 24
The LifeCenter—Lycoming Mall

**FREE! Family & Kids Health Fest**
Watch for details at SusquehannaHealth.org.

» Saturday, Aug. 4, 10 am to 2 pm
The LifeCenter—Lycoming Mall

**FREE! I’m So Stressed Out!**
This workshop will help you learn what stress is, how it affects your body and valuable skills to stop the stress response. Seating is limited.

» Tuesday, Aug. 21, 11 am
The LifeCenter—Lycoming Mall
Registration: 877-883-4791

**FREE! Budgeting Your Calorie Salary**
Learn how to balance nutritional intake with the energy that you burn each day. Registrants will be asked to provide their height, weight and age for a personalized report. (Choosing not to provide that information will not prevent attendance at this program.) Seating is limited.

» Friday, Sept. 7, 11 am
The LifeCenter—Lycoming Mall
Registration: 877-883-4791

**FREE! Blood Pressure, Heart Rate And Oxygen Checks**
Have your blood pressure checked regularly. If it’s high, talk with your doctor.

» Monday to Friday, 10 am to 5 pm
The LifeCenter—Lycoming Mall
No appointment is necessary.

**FREE! Thermometer Exchange**
Bring your old mercury thermometer to The LifeCenter for proper disposal, and receive a free digital thermometer.

» Monday to Friday, 10 am to 5 pm
The LifeCenter—Lycoming Mall
No appointment is necessary.

**HEALTHY WEIGHT**

**Customized Nutrition Plan For A Healthy Weight**
Get an individualized report of the calories you use each day, your percent body fat and a sample daily menu of an eating plan. Not for those with diabetes or other special dietary needs. Water is OK, but no food or exercise for four hours before testing.

$40
The LifeCenter—Lycoming Mall
Appointment: 877-883-4791

**WOMEN’S HEALTH**

**Osteoporosis Screening: How Strong Are Your Bones?**
A quick and painless ultrasound screening.

$25
» Wednesday, July 11
» Monday, Aug. 6
» Monday, Sept. 10
The LifeCenter—Lycoming Mall
Appointment: 877-883-4791

**EXERCISE**

**FREE! Susquehanna Striders—Walking For Fun And Fitness**
Earn both rewards and health benefits with this community-wide walking program.

The LifeCenter—Lycoming Mall
Register at SusquehannaHealth.org/Striders.

**CHILDBIRTH EDUCATION**

Register for the following classes by calling 321-2069 or at SusquehannaHealth.org. All classes are at the Maple & Oak Room of Susquehanna Tower, WRMC.

**DIRECT DELIVERY**
Sign up for free E-Health Newsletters and let the topics you’re interested in come to you! Visit SusquehannaHealth.org.
Baby Care Class
Learn to care for and keep your new baby safe. This class is for “Weekend Class” couples and adoptive parents.
$10 per couple
» Wednesday, Aug. 1
» Tuesday, Aug. 28
» Wednesday, Sept. 26
7 to 9 pm

Childbirth Class
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, newborn safety and care. Tour The Birthplace. Bring two bed pillows and an exercise mat or a comforter to class.
$40 per couple
» Wednesdays, July 11, 18, 25, Aug. 1
» Tuesdays, Aug. 7, 14, 21, 28
» Wednesdays, Sept. 5, 12, 19, 26
7 to 9 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
» Thursday, July 19
» Thursday, Sept. 20
7 to 8:30 pm

Sibling Class
Children ages 3–8 learn what to expect when a new baby arrives, how to hold a baby and ways to be involved. Bring a doll or stuffed animal.
If your child has obvious symptoms of a cold, cough or other illness, please call to reschedule.
$10 per family
» Thursday, Aug. 16
6 to 7:30 pm

Support Groups
Alzheimer’s Support Group
» First Tuesday of each month, 6:30 pm
MVH Cafeteria
Information: Mark Britten, 546-4040

Cancer Support
Breast Cancer Support
Women who have been diagnosed with breast cancer discuss concerns and share experiences.
» Mondays, July 30, Aug. 27, Sept. 24
7 pm
DPH, the Susquehanna Health Cancer Center Entrance
Information: 326-8470, ext. 7877

Heartworks Bereavement Support Group
For Children
6 to 7:30 pm
For ages 4–17
Information and meeting schedule: Linda Bryant, MS, bereavement liaison, 320-7691

Monetary Support
Bereavement Group
» First Wednesday of each month
1 to 2:30 pm
» Third Wednesday of each month
6 to 7:30 pm
DPH, Third Floor near The Gatehouse Information: Cherrie Serra, RN, bereavement liaison, 320-7691

Prostate Cancer Support
Men who have been diagnosed with prostate cancer discuss concerns and share experiences.
» Wednesdays, Sept. 5, Oct. 3
6 pm
DPH, the Susquehanna Health Cancer Center Entrance
Information: 326-8470, ext. 7877

SUPPORT GROUPS
Alzheimer’s Support Group
» First Tuesday of each month, 6:30 pm
MVH Cafeteria
Information: Mark Britten, 546-4040

Heartworks Bereavement Support Group
For Children
6 to 7:30 pm
For ages 4–17
Information and meeting schedule: Linda Bryant, MS, bereavement liaison, 320-7691

Monetary Support
Bereavement Group
» First Wednesday of each month
1 to 2:30 pm
» Third Wednesday of each month
6 to 7:30 pm
DPH, Third Floor near The Gatehouse Information: Cherrie Serra, RN, bereavement liaison, 320-7691

Anticipate, LADIES! For fun and informative Spirit of Women events, visit SusquehannaWomen.org.
Welcome, new physicians

Hanae Bahr, MD
Breast imaging
570-320-7619
Dr. Hanae Bahr joined Susquehanna Imaging Associates and is practicing exclusively out of the Susquehanna Health Breast Health Center. She received her medical degree from Robert Wood Johnson-UMDNJ in Piscataway, NJ. She did her internship at SUNY at Stony Brook, NY, and her residency at Temple University Hospital in Philadelphia. Dr. Bahr also completed a fellowship in body imaging at Thomas Jefferson University Hospital in Philadelphia and another in breast imaging at the University of Maryland Medical System in Baltimore.

John N. Boll Jr., DO
Family medicine
570-321-2345
Dr. John Boll is a physician and faculty member of the Williamsport Family Medicine Residency. Prior to his current position, Dr. Boll spent 10 years providing full-spectrum family medicine care to the medically underserved community in the Appalachian Mountains. Dr. Boll completed his undergraduate studies at Messiah College and received his doctoral degree from the Philadelphia College of Osteopathic Medicine. He graduated from the Williamsport Hospital Family Practice Residency Program in June 2002.

Athena T. Jolly, MD, MPH
Occupational medicine
570-320-7444
Dr. Athena Jolly is a physician at Susquehanna Health WorkCenter. She is board certified in occupational and internal medicine and completed additional training in toxicology and industrial hygiene at Johns Hopkins School of Public Health. She is a graduate of Athens University School of Medicine and completed her medical training at Christiana Care, Wilmington, DE, and the Johns Hopkins University.

Mervin Manuel, MD
Pediatrics
570-321-2810
Dr. Mervin Manuel, board-certified pediatrician, has joined Drs. Gombosi, Mahmood and Martin and physician assistant Annette Mileto at Susquehanna Health Internal Medicine and Pediatrics at Rural Avenue. Dr. Manuel completed his pediatric training through the Mount Sinai Hospital service at Elmhurst Hospital and has more than 14 years of experience in pediatric care.

Michael Weisner, MD
Family medicine
570-368-3037
Dr. Michael Weisner has joined Drs. Mullarkey, Wright and Young at the Susquehanna Health Family Medicine at Montoursville practice. Dr. Weisner received his medical degree from the Milton S. Hershey Medical Center of The Pennsylvania State University in Hershey, PA, and is a graduate of the Family Practice Residency at Geisinger Medical Center. He is board certified in family medicine.

NEED A DOC? Call our PhysicianFinder service at 570-321-2160 or 877-883-4789.