

# foundation focus

VOLUME 38 | SPRING 2022

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**UPMC** LIFE  
CHANGING  
MEDICINE

**SUSQUEHANNA**  
HEALTH FOUNDATION

# LETTER FROM SUE DUCHMAN

Over the past two years, we've all experienced the COVID-19 pandemic. For those of us working in health care, it has been two years of firsts, changes, and responses. We've experienced it by caring for individuals with COVID-19, caring for their families, and caring for our community. We opened additional units, vaccine clinics, and collection sites. We educated our communities about public health. Through it all, we've cared for our patients.

When I entered the health care field as an LPN more than 40 years ago, it was because I wanted to make a difference. Today, as chief nursing officer at UPMC in North Central Pa., making a difference is still my goal every day.

But nursing as a profession and health care as a whole have changed. The pandemic has caused many health care workers to rethink their work and their lifestyle. For the first time in my nursing career, individuals who have been nurses for two years as well as those who have been nurses for 30 years are stepping back and asking themselves, "Is this really the career that I chose, and do I want to remain in this career?" This questioning has caused a greater shortage than we would have realized

had we not had this opportunity for everyone to assess and reassess what they're experiencing.

The past two years have also led us to think about how we care for ourselves as health care workers. As a group, we tend to help others and think of ourselves later. But in the pandemic, we saw that we needed to take care of ourselves to continue caring for others.

We saw our community rally around our health care workers. We received care packages, thank-you cards, and chalk drawings on the sidewalk. Community members stepped up to fulfill items on our Amazon wish list, which we used to increase our quality of care. Internally, we created recharge rooms, where staff could take a moment between patients. We offered mindfulness education and opportunities for our workers to reach out for additional support.

Knowing the staffing need that we have now and that we anticipate having into the future, we are working with area schools in various ways. We have met with superintendents and high school counselors to discuss ways to showcase health care professions to high school students. We're working with several local colleges to create more spots for students in health care programs, from nursing and surgical technology to laboratory and radiology, to name a few. And we're supporting those programs with high-quality, on-site clinicals for students to gain the best experience possible.

## Susquehanna Health Foundation

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In addition to creating opportunities for students to become health care workers, we're developing strategies to retain current and future staff. Our Clinical Excellence Endowment, part of the *Susquehanna Strong* Comprehensive Campaign, will support the expansion of services, professional development, and education for clinical staff.

We also have a student nurse internship, a 10-week paid program in which current nursing students can receive valuable, real-world experience — and a job offer. Nursing students who accepted offers in advance of attrition as they completed the student nurse internship program are graduating in May and will start working with us the same month.

While we work to “grow our own,” we're so grateful for the overwhelming and continuing support of our donors, from food and financial contributions to projects such as the expansion of the Cancer Center — and even new services such as cooling caps for chemotherapy patients.

Together is how we help our community. Together is how we work within health care. There's not one profession, not one team member who could do this without the others and without the support of our community. Together is how we have made it this far, and it's how we will continue to move into the future.

**Sue Duchman,**

Chief Nursing Officer/VP of Patient Care Services



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# The Heart of a Mother

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## When Jennifer Parker was told she needed a heart transplant, she was desperate for another option. Six years later, she's back to nearly normal heart function thanks to UPMC Williamsport's Cardiac Rehabilitation Gym.

**W**hen Jersey Shore resident **Jennifer Parker** was pregnant with her third child, she experienced conditions similar to those she had experienced with her other two pregnancies: high blood pressure and gestational diabetes. But when Jennifer went to UPMC Williamsport on July 8, 2016, for a scheduled weekly nonstress test, her blood pressure was high — and wasn't coming down. Despite the fact that she was only 38 weeks pregnant, staff admitted her for an immediate induction. That night, following a complication involving the baby's umbilical cord, Jennifer's son **Gabriel** was born via emergency C-section.

After three days in the hospital, Jennifer went home with her newborn to continue her recovery.

"I was still feeling terrible and things didn't seem to be progressing or getting better," she says. "I was constantly vomiting, short of breath, and just overall feeling horrible."

Before Gabriel was a month old, Jennifer had made three visits to the emergency department at her local hospital in Jersey Shore. Those who treated her offered multiple diagnoses, including postpartum depression, a cold, and pneumonia, but Jennifer didn't think any of those options told the whole story of how badly she was feeling.

"When Gabe was exactly one month old, I went back to the emergency room yet again," she says. "This time, they told me that I had a hole in my bowel and that they were going to rush me to [UPMC] Williamsport for emergency surgery."

The next few hours were a blur for Jennifer as she was transported then sedated in preparation for surgery, but she recalls overhearing something that confused her.

"I remember hearing them say, 'Did you do the echocardiogram on her?'" she says.

As Jennifer and her family would soon learn, the team at UPMC Williamsport determined that Jennifer's heart was the underlying cause of most of her symptoms and that she did not require emergency bowel surgery after all.

"The next day, we found out that my heart was only beating at 10 to 15% [of its capacity]. I was in congestive heart failure. They started me on medication right away — some for the hole in my bowel and some for the heart condition. I also had two blood clots in my heart."

The next few months were difficult for Jennifer and her family as they worked with UPMC Williamsport's cardiology team, led by **Mohammad Shafique, MD**, and including **Scott Rosenbaum, PA-C**. While medications resolved Jennifer's bowel condition, her heart condition — postpartum cardiomyopathy — was keeping her from being able to lift her newborn or walk upstairs. For five months, Jennifer had to wear a LifeVest, an external personal defibrillator that monitors the heart and delivers a shock treatment if needed to restore heart function.

Not being affiliated with UPMC at the time, Dr. Shafique referred her to a heart failure specialist in Hershey who told her she needed a heart transplant. Jennifer remembers her shock at hearing the news.

"Our whole world was already crushed, and now it was crushed even more," she says. "I thought, 'I'm 36 years old with three children!' It was a nightmare."

Desperate to find a path forward that would not require her to undergo a heart transplant, Jennifer sought a second opinion at the Hospital of the University of Pennsylvania in Philadelphia. That's when she learned that her condition might be treatable with cardiac rehabilitation instead.

"Cardiac rehab is an exercise program monitored by registered nurses and exercise specialists," Scott says. "They develop programs for people who have had heart attacks, stent placements, bypass surgery, valve replacements, and other cardiac conditions. Individualized regimens help patients recover faster and get back to life quicker."





Soon, Jennifer was at UPMC Williamsport's Cardiac Rehabilitation Gym performing the workouts the team had prescribed for her. Although she says the program wasn't easy, she stuck with it three times a week for 12 weeks.

In concert with her medications, Jennifer's cardiac rehab exercises — using a treadmill, rowing machine, stationary bicycle, and more — helped strengthen her heart.

"From the time that I started to the time that I finished, I was a completely different person," Jennifer says. "I could walk longer distances. I could carry Gabriel. My whole life had changed."

Still, it took hard work — and time — for Jennifer to get back to the nearly normal heart function she has achieved six years later. After finishing her program at the cardiac rehab gym, she continued the exercises she could perform at home and pushed herself daily for more than five years. She says her family — which, in addition to Gabriel, includes her husband, Kerry, and older children Kaylynn, 18, and Aidan, 13 — has served as her support and motivation.

"There was a noticeable change after the initial sessions," Jennifer says, "but it took longer to get back to feeling like myself. After about two years, I really began to feel the difference, and I begged to go back to work. I still have my good days and bad days, but I am nowhere near where I was six years ago."

Scott was on the initial consult team when Jennifer arrived at UPMC Williamsport and continues to check in with her every six months. He says that although Jennifer's recovery from postpartum cardiomyopathy is an extreme case, cardiac rehab is an important part of care for many of his patients.

"It's a fantastic tool that helps our cardiac patients improve their lifestyles and become more educated about the diseases they have," he says. "The [nurses and exercise specialists] are wonderful. The patients really love them."

And the staff members really care about their patients.

**Robyn Diakite, MSN**, a clinician in noninvasive cardiac and vascular testing, recalls an important moment from later in Jennifer's recovery process.

"There were a few techs who really knew Jennifer well," Robyn says. "One tech was performing her ultrasound and called another saying, 'You have to come down here.' When that tech walked through the door and saw the image on the screen, they just broke down in tears to see the improvement. Everybody was so relieved to know that she was going to get better."

Today, Jennifer is back at work part time, scheduling appointments for a local home health agency. She says she now has the time and energy to enjoy her family and that Gabriel, now 6, provides her with plenty of opportunities for cardio as she chases him around. Jennifer also continues to do many of the cardiac rehab exercises she learned at the gym, but at home on her own time. She includes her family in her workout activities when she can, taking them out for hikes in nice weather.

Although Jennifer is still on medication for her heart condition, she says life in general is pretty normal. And she credits cardiac rehab with saving her life. For anyone who is considering the therapy based on a doctor's recommendation, she strongly encourages the approach.

"Do it!" she says, "I know it sounds like a lot of work, and it is a lot of work. But they don't quit on you. If it wasn't for cardiac rehab, I don't know where I would have wound up. I don't know if I would have ended up having a heart transplant. I feel like [cardiac rehab] saved me."



**“FROM THE  
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A COMPLETELY  
DIFFERENT  
PERSON.”**

- Jennifer Parker

# PUMPING UP

## the Cardiac Rehab Gym

A planned renovation will relocate and expand the facilities at UPMC Williamsport

Jennifer Parker's story is just one example of how UPMC Williamsport's Cardiac Rehabilitation Gym can help patients return to a normal life. The gym has more than 6,700 cardiac and pulmonary rehabilitation patient visits annually, from new patients working their way back to health to maintenance members striving to keep their hearts healthy.

"Many patients will come back and use it as a gym membership," **Scott Rosenbaum, PA-C**, says. "They pay a minimal fee to come back and work out at the facility because they've developed so much camaraderie with the folks who work there as well as with other patients."

As a clinician in noninvasive cardiac and vascular testing, **Robyn Diakite, MSN**, says she has seen time and time again the impact cardiac rehab can have.

"It's honestly very rewarding for us because we often see patients from beginning to end," she says. "They're terrified when they come in for their testing, and then they go through the whole program and do really well."

The staff creates an individualized program for each patient coming into the gym.

"Starting at intake, we design a specialized exercise program just for that individual based on their abilities and where they are with their recovery," Robyn says.

Every patient wears a heart monitor while he or she works out, and the gym's location in a hospital setting means staff members monitoring these patients have a direct line to the cardiology department as needed. Staff also check and record patients' blood sugar levels, blood pressures before and after exercising, and weight.

Plus, says Robyn, the team offers huge amounts of emotional support to patients.

"These folks are often very nervous," she says. "Maybe they just had bypass surgery and they're afraid they're going to have another heart attack. Or they're just scared because they feel a little out of control with what's going on with their bodies. [That support] gives them the confidence to go back out and ride their bike, or go for a hike, or chop wood, or whatever it is that they normally would be doing and get back to their regular lives."

As early as 2023, the program will continue in a new, state-of-the-art, expanded, and relocated Cardiac Rehabilitation Gym as part of a \$4-million renovation project funded in part through contributions made to the *Susquehanna Strong* Comprehensive Campaign.

Currently, the gym is located in the middle of the hospital, which means visitors have to make their way through several hallways to reach it. Relocation to directly inside UPMC Williamsport's East Entrance will allow both monitored and maintenance patients to have direct access.

"With heart disease as the top cause of death in the United States, everybody is going to be touched by it in one way or another," Scott says. "We owe it to our patients to give them a top-of-the-line facility. With this, as well as our tremendous staff, we can help our patients get back to living their lives."

## How You Can Help

If you're interested in making a difference and helping fund improvements such as the UPMC Williamsport Cardiac Rehabilitation Gym, visit [SusquehannaHealthFoundation.org](https://SusquehannaHealthFoundation.org) to donate, or use the enclosed envelope. For more information or to discuss the impact you can make, please contact the Foundation at 570-320-7460.



# THE DONOR REPORT

A note to our donors: If your name has been omitted or misprinted, please notify us and accept our sincere apology.

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SUSQUEHANNA  
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*spotlight*

FOUNDATION FOCUS | SPRING 2022

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# Building a **LEGACY**





*The Bower Family is passionate about giving back to the health system that has helped them through life's sudden ups and downs.*

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**T**win entrepreneurs **Maurice and Michael Bower** have been building up Williamsport — literally — for years. Founders of TurnKey Construction, Inc. and TurnKey Electric, Inc., the brothers recently completed projects at Little League International, UPMC Williamsport, the Williamsport Regional Airport, and hotels in the downtown district.

In addition to improving the area's physical landscape, Maurice and Michael, and with their respective wives, **Mary Jo Bower** and **Peggy Bower**, and their mother, **Amelia Bower**, have been supporting the community in a less visible way.

"Susquehanna Health Foundation is very giving," Michael says, "and I wanted to be part of something in the community to leave a small legacy for myself and our family."

Having grown up in Williamsport, the brothers share a strong sense of connectedness to UPMC in North Central Pa.

"All of us have experienced the great work of UPMC Williamsport's medical team since we were young," Maurice says. "When I first started in business, I completed a lot of jobs at the hospital. I just felt like it's time to give back."

Michael's work for UPMC in North Central Pa. has included completing electrical systems for the UPMC Williamsport

Patient Tower renovation, the Health Innovation Center, and the UPMC Hillman Cancer Center in Williamsport.

Over the years, both brothers have given significant gifts to the Foundation. Maurice recalls the excellent care he has received at UPMC Williamsport including around the birth of one of his children, during a back surgery, and following a heart attack, when UPMC cardiologist **Joseph Bering, MD**, discovered the cause of the cardiac event.

"They did a catheterization and found a blood clot," says Maurice. "With my brother being my twin, Michael asked, 'What should I do?'" Dr. Bering thought there was little chance of a similar blockage for Michael, but he and his team performed a cardiac catheterization to check.

"Dr. Bering came in and said, 'You're not going to believe this,'" Maurice says. "He put our images up, side-by-side. My brother had a blockage in the exact same spot." Thankfully, Michael has not experienced a heart attack, and doctors continue to monitor the blockage.

More recently, Michael's son, **Michael**, was treated for lymphoma at UPMC Hillman Cancer Center — and is currently cancer free. Michael and Peggy marked their gratitude with a donation to the Foundation in their son's name, which will appear on a plaque at the entrance to the Cancer Center.



The family has experienced top-level care in other areas of the health system including The Gatehouse at UPMC Williamsport, Divine Providence Campus, a short-term inpatient hospice unit devoted to the management of pain and other symptoms relating to a life-threatening illness. The unit's goal is to provide compassionate and dignified end-of-life care.

Maurice and Mary Jo say they're grateful for the kind and understanding staff at The Gatehouse who cared for Mary Jo's father, **John F. Engel**, prior to his passing in 2007. The couple, along with Mary Jo's seven siblings, contributed to the renovation of the facility's kitchen in John's memory.

"I don't even think you have to have your own family members receiving care at The Gatehouse to see how kind and compassionate they are to the patients and how good they are to the families," says Amelia, who has witnessed the important work of the hospice staff when visiting friends at the facility.

"My husband, **Eugene**, and I had a chance to learn more about The Gatehouse, so we wanted to honor my mother-in-law, **Mae**, who died of cancer in 1968. Even though she did not pass away at The Gatehouse, we wanted to contribute something [in her memory]. We got a large leaf for her and placed it on the Tree of Remembrance."

The tree-shaped memorial offers families an opportunity to honor loved ones. Donating to create this legacy not only helps offer closure for those who have lost loved ones but includes a financial gift to help future Gatehouse patients.

Through the years, the Bower family has honored more loved ones with additional leaves. Amelia's extended family dedicated a leaf to her beloved aunt **Catherine Cioffi**. When Eugene and Amelia's daughter, **Cindy Bower Menne**, died unexpectedly in 2013, the family dedicated a leaf in her name and asked that it be joined with Mae's.

"Before my husband passed away, we were able to go into The Gatehouse and see where that was on the wall," Amelia says. "He and I were always very passionate about The Gatehouse for everything that it stands for and what it means to families."

Eugene died in 2018, and although the family chose not to transfer him from the hospital to The Gatehouse, Amelia says the UPMC Williamsport staff treated Eugene and



the family with the same dignity and respect patients and their families receive at The Gatehouse.

"Everybody was so compassionate and caring," she says. "He received top-of-the-line medical care. We felt at peace knowing that he was at peace when he had to take his last breath."

Later, Amelia and her sons honored Eugene and Cindy with a more substantial gift to The Gatehouse. A plaque outside one of the seven patient rooms bears their names.

"I've often thought how proud my husband would be if he could see this dedication to him and to our daughter," Amelia says.

Members of the Bower family say they're grateful to live in a city that values health care so highly, and they know their contributions to the Foundation help strengthen the community as a whole.

"There's really nothing else more important than health," Maurice says. "It feels like we've always gotten the special treatment, so making sure that the community has a facility where everyone gets the special treatment, that's what it's really all about."



# APPRECIATE YOU

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## Recognizing our Employees for their Unwavering Commitment

Our employees are the backbone of the high-quality health care that UPMC in North Central Pa. provides throughout our region. Susquehanna Health Foundation wants every hospital employee to know that we recognize and value the hard work, dedication, and personal sacrifices they have made to help others, especially over the past two years.

In November, the Foundation launched *Appreciate You*, a one-time reward program that allowed each department team leader to tailor a fun way to say thank you to their team. Departments planned food trucks, DIY nights, special dinners, line dancing, team gear, and so much more! To support *Appreciate You*, Susquehanna Health Foundation allocated \$25 per employee from the **Sister Emilene Endowment**, which was established in the 1990s to enhance employee and patient experiences.

Although we know a single point of recognition doesn't compare to all that our employees have done and continue to do, we wanted each one to know we truly appreciate them.

Being able to reward our team for going above and beyond during an unprecedented time is just another reason we remain focused on growing endowments for the long-term benefit of our employees and patients. We continue to explore workforce development opportunities to "grow our own" and invest in those who have selflessly persevered through these difficult years. The Foundation is grateful for donors who see this need and invest in our staff. Without our employees' hard work and our donors' generous spirits, we wouldn't be providing life-changing care every day. Thank you!



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The Cornerstone Society recognizes

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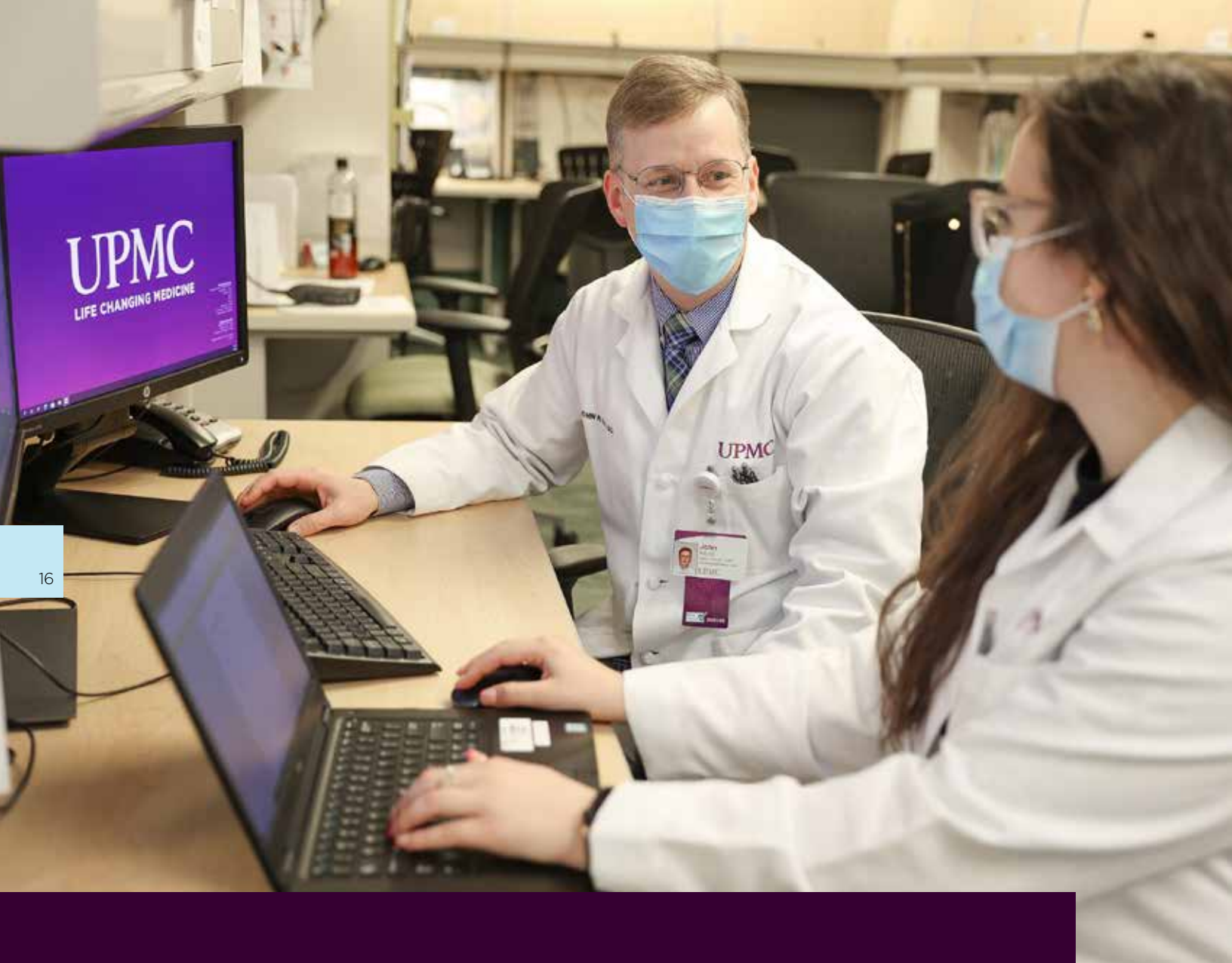


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# Training the Modern Country Doctor

A new residency program at UPMC in North Central Pa. will train the next generation of doctors caring for our rural communities.

**F**rom 2005 through 2015, the number of residents in graduate medical education — doctors who have graduated from medical school and are beginning their first job in training — grew by 22% across the country, according to RuralGME.org. But while urban areas added 23,000 new residency positions, rural areas added just 419. That means only 1% of residents train in areas where 20% of the U.S. population lives.

A new program launching in 2024 at UPMC in North Central Pa. is geared toward closing that health care gap across Pennsylvania's Northern Tier. The mission of the UPMC Rural Residency program is to develop highly competent and compassionate family physicians by providing an exceptional rural learning environment to meet the health care needs of our rural communities.

Serving as a health care provider in a rural area requires a slightly different set of skills, says **John Boll, DO**, associate director of UPMC Williamsport's Family Medicine Residency and director of the new Rural Residency Track program, which will begin July 1, 2024.

"Disease prevention, wellness, and lifestyle changes are all big components of caring for rural communities," he says, "But there's a clear need for psychiatry, substance abuse treatment, and chronic pain treatment that doesn't necessarily rely on opioids."

In addition, doctors in rural settings might experience a different level of engagement with patients. Dr. Boll, who spent 10 years working in a Tennessee town with a population of 1,200 before joining the Family Medicine Residency program at UPMC Williamsport, says many people have dual roles that they need to learn how to navigate.

"The person who comes and paints my house may be somebody I cared for at the hospital years before, or if I see a patient at the store, they may ask me a medical question," he says.

Dr. Boll says he and other faculty at the Family Medicine Residency program encourage residents to participate in rotations at UPMC Wellsboro to gain experience in a rural setting.

"But we didn't begin the exploration of this formal Rural Residency Track until **Barbara Barnes, MD**, of the University of Pittsburgh School of Medicine approached us in 2019," Dr. Boll says. "Her experience in and passion



for rural training tracks was really the impetus for us to look at the viability of this kind of program."

Funding for the program came from a \$750,000 Health Resources & Services Administration (HRSA) federal grant, a \$540,000 gift from the Laurel Health Foundation in Tioga County, and a contribution from Susquehanna Health Foundation. The Foundation was integral in securing the grant funding and continues to offer support with HRSA reporting.

With funding secured, next steps involve accreditation through the Accreditation Council for Graduate Medical Education and further curriculum development with faculty. The UPMC Rural Residency Track curriculum will build upon the existing curriculum at UPMC Williamsport Family Medicine Residency in three main areas: wellness and prevention, relationship building, and enhanced systems-based practice, which focuses on improving the care network in and around the community.

"This program is so important because there's this increasing gap between health care that's provided in an urban area versus that in the rural area," Dr. Boll says, "and it spans all levels of diseases and preventive medicine."





The addition of UPMC Cole to UPMC in North Central Pa. means the health system now has two hospitals that will serve as training facilities for rural residents. **Janie Hilfiger**, president of both UPMC Cole and UPMC Wellsboro, worked with Dr. Boll and his team to develop the Rural Residency Track. The program's residents will spend their first year at UPMC Williamsport and the remaining two years at either UPMC Wellsboro or UPMC Cole.

The program's location is important not only for training purposes but also to aid in the larger goal of increasing the number of health care providers and, therefore, access to care in the Northern Tier, especially in Potter and Tioga Counties, where the training will take place.

In these counties, HRSA has identified various medically underserved areas and populations, which are defined as those having too few primary care providers, high rates of infant mortality, high poverty levels, or a large population of elderly individuals. Not only will resident physicians aid in supporting underserved populations during the physicians' time in the Rural Residency Track program but, data suggest, after completing their residencies as well.

A 2013 study<sup>1</sup> found that 56% of family medicine residency graduates practice within 100 miles of their residency training site, and a 2020 study<sup>2</sup> found that rural training tracks place approximately 70% of graduates in rural regions.

Ultimately, UPMC Williamsport's Rural Residency Track will have two residents in each year of residency for a total of six residents at a time in the three-year program.

"Our overall goal is to place more than 50% of our graduating residents over the next 10 years into practice in north central Pennsylvania," Dr. Boll says. "In a rural area, just one person makes a difference."

**If you would like to learn how you can ensure the long-term success of this program, contact Stephanie Steinbacher at 570-320-7041 or [steinbachersl@upmc.edu](mailto:steinbachersl@upmc.edu).**

# ENDOWMENT GIFTS

Endowment Gifts recognizes individuals and

businesses who supported Susquehanna Health Foundation with a contribution of \$25,000 or greater to establish an endowment. Donors are listed from **January 1, 2019 to present**. All donations, including endowments, continue to remain local and benefit our region. For more information, or to donate, contact Susquehanna Health Foundation at 570-320-7460.

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\$250,000–\$499,999 Level

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Ausley Construction Co., Inc.

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Dr. William J. and Laura H. Martin

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Patricia J. Rambo

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Greg and Marilyn Frailey

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# BUSINESS & INDUSTRY GIFTS

## Business & Industry Gifts

recognizes businesses that supported Susquehanna Health Foundation with a contribution of \$5,000 or greater. Donors are listed through **December 31, 2021.**

### \$1,000,000 +

Anonymous  
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## BUSINESS & INDUSTRY GIFTS

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## YOUNG PHILANTHROPIST

In 2014, when **Cecilia Fink** was in fifth grade, she desired to help others and began fundraising. She set a goal for herself to accomplish prior to her high school graduation: she wanted to raise \$50,000 for local charities. Upon graduating, she had raised \$63,000.

Cecilia began by making handcrafted earrings to sell at craft shows and to friends and family, dedicating the profits to support her goal of giving back. She helped several families with sick children. In 2017, during her freshman year of high school, she expanded her efforts by coordinating her first Pie Day 5K, a family fun race held Thanksgiving morning to raise funds for the River Valley Regional YMCA's Livestrong Program.

In 2019, Cecilia split the Pie Day race proceeds — which totaled \$18,076 — between the Livestrong Program and K's

for Cancer, a local nonprofit that provides financial support to cancer patients in Lycoming County and helps many patients at UPMC Hillman Cancer Center in Williamsport.

Cecilia is more than a philanthropist. While in high school, she was a varsity athlete, musician, top student, and board member. Her efforts have benefited many in our community and continue to make a difference every day. Susquehanna Health Foundation commends Cecilia's strong commitment to serving others through her selfless acts and giving heart.

In 2021 to recognize all of her efforts, the Foundation nominated Cecilia for one of the Association of Fundraising Professionals Central Pennsylvania Chapter's National Philanthropy Day Awards. The Foundation was thrilled that Cecilia was selected to win the Young Philanthropist of 2021.



## Banks Investing in Community

Community and regional banks have long played an integral role in the overall success of our region. These institutions, and their leadership, are deeply rooted in north central Pennsylvania, and they have committed countless resources to help create strong communities.

Susquehanna Health Foundation is deeply grateful for the community-focused generosity of **C&N, First Citizens Community Bank, Jersey Shore State Bank, M&T Bank,**

### **Susquehanna Community Bank, and Woodlands Bank.**

Each has donated to establish endowments, enhance access to cancer care, and ensure that high-quality health care becomes more widely available in our rural communities.

The ripple effect of these gifts is tremendous. Dollars donated help patients learn to walk again after traumatic injury and give patients recovering from serious illness a second chance at life. These funds change the landscape





of local health by giving nurses and other employees the opportunity to grow their skills and expand their education.

“Many of our local banks are long-term supporters of local health care, and the Foundation is grateful for their significant contributions,” says **Sherry Watts**, vice president of development, Susquehanna Health Foundation. “These banks believe in the vision of UPMC in North Central Pa. and eagerly donate to expand

life-saving services such as cancer treatment and inpatient rehabilitation. In addition, they ensure we have the funding to recruit, retain, and advance the education of our employees. Their commitment will have a significant impact on thousands of their customers and UPMC patients, this year and for generations to come.”



# CADUCEUS SOCIETY

The Caduceus Society recognizes physicians who

made a commitment of \$2,500 or greater to Susquehanna Health Foundation. Donors are listed through **December 31, 2021.**

## \$500,000+

Dr. and Mrs. Francis M. Powers Jr.

## \$250,000–\$499,999

Anesthesia Associates of Williamsport

## \$100,000–\$249,999

Dr. and Mrs. Rodwan and Zokaa Rajjoub  
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## \$50,000–\$99,999

**Jean and John Burks**

*In Memory of Joseph R. Calder, MD*

Dr. and Mrs. George A. Manchester

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Dr. and Mrs. Sandeep and Maria Sagar  
Dr. Phyllis Scott

**Dr. Mohammad and Mrs. Margaret Shafique**

Dr. Donald J. and Susan Sweeney

## \$10,000–\$14,999

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**Thomas R. and Keri L. Albright**

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*In Memory of Ann L. Shenberger*  
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**Williamsport Pathology Association**

## \$2,500–\$9,999

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 William and Cynthia Pagana  
*In Memory of Ann Pagana*  
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 Dr. and Mrs. Frank W. Parker  
 Dr. and Mrs. William J. Peck  
 Dr. and Mrs. John A. Pellegrino  
***Adriana Polisano, MD, and Timothy E. Wirth, PharmD***  
 Dr. Robert and the Reverend Christine Purcell  
 Dr. Renee Quarterman

Jennifer Rager-Kay, DO  
 Navitha Ramesh, MD  
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*In Honor of Our Children*  
 Bernard and Sarah Steinbacher  
*In Memory of Karen E. Steinbacher*  
 Dr. Allan K. Stryker

Dr. Mohammad Tahir  
 Dr. Lawrence and Nancy Tomack  
 Dr. Peter and Rose Trevoouledes  
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## Prioritize Routine Health Care Visits

By Kristy Clark, CRNP  
 Primary Care, UPMC

After two years of a pandemic, it's time to make your health a top priority again. Although you might think it's okay to put off a visit with your primary care provider, you may be setting yourself up for potentially serious health issues later. **Cancer and other major health concerns are being discovered at advanced stages at unprecedented rates. Taking action now can help reverse these trends.**

### Finding a Primary Care Provider (PCP) Who's Right for You

Primary care offices feature family medicine providers specially trained for treating patients of all ages. These offices might feature physicians (MD and DO), certified nurse practitioners (CRNP), and physician assistants (PA-C).

Primary care offices are:

- Open during the week and might also offer evening or weekend hours
- Your best resource for physical exams, wellness screenings, and immunizations
- Intended to manage chronic conditions such as diabetes and high blood pressure, minor acute conditions such as common cold and UTI, and your overall wellness
- Helpful for diagnosing problems early and connecting you with specialists as needed for outpatient evaluation and/or testing

Seeing a PCP regularly is key to maintaining your overall health. Your provider gets to know you, your family history, and your lifestyle. PCPs recommend preventive health screenings and immunizations based on your age and individual health care needs. By developing a trusted relationship with a provider, you can talk honestly and openly about your health concerns.

### Don't Delay, Schedule Today

If it's been more than a year since you saw your primary care provider, it's time to schedule a visit. UPMC facilities are safe and continue to go above and beyond to ensure we provide the highest quality care, so please don't delay your preventive screenings. For more information, visit [UPMC.com/primarycare](https://www.upmc.com/primarycare).



# 2021 Foundation Impact Report

The hope YOU provide has been a constant source of inspiration throughout two long years of a pandemic. In 2021, YOUR GENEROSITY allowed UPMC in North Central Pa. to thrive in the face of daily hurdles and secured the future of health care in our region. Together, YOUR contributions of \$4.95 million educated our clinicians, purchased cutting-edge equipment, provided care for those in need, expanded specialty services, and began new construction. More than that, YOU supported our health care heroes when they needed it most. In 2021, our world felt uncertain, but YOU supported the health of our region. It is the tireless aid of our community and the ongoing commitment of individuals, businesses, and foundations that keep us strong. Thank YOU!

## Foundation Contributions



**1,180**

tribute gifts honored or remembered 478 individuals



**3,423**

individuals, organizations, and foundations supported us



**\$1,281,418**

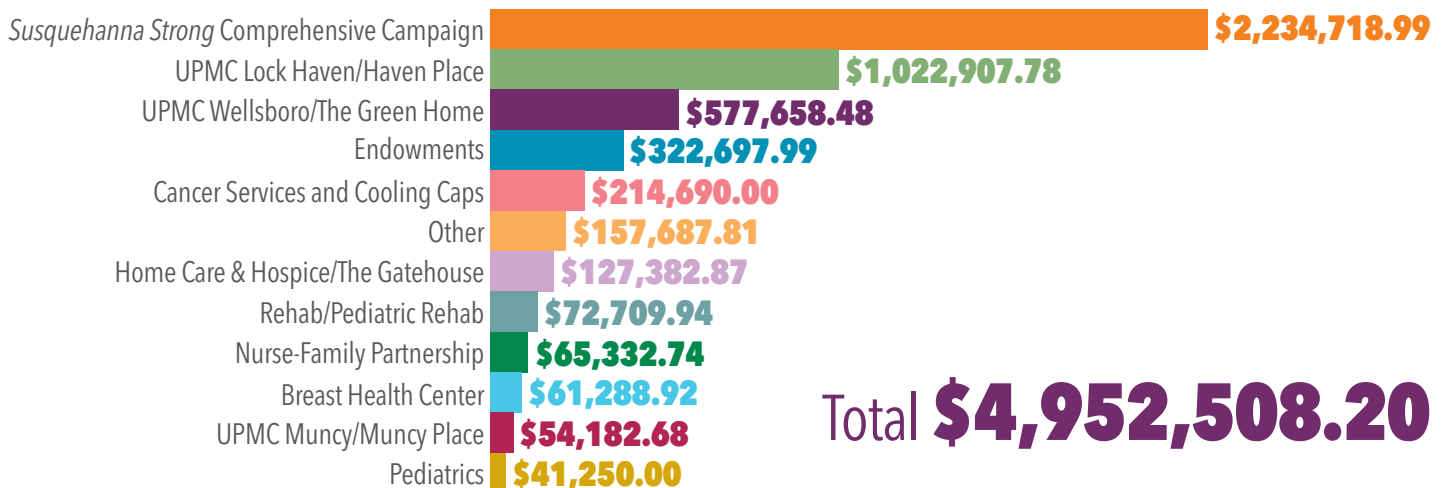
donated from planned gifts



**\$594,825**

UPMC in North Central Pa. employee and medical staff contributions

## Contributions by Fund



# Donate to Make a Wish Come True

Susquehanna Health Foundation asked our department leaders to share their wish lists — items that operational funding cannot cover this year. The Foundation is asking the community to provide the necessary funds, or a portion of the funds, to purchase the items below. If you would like to make a gift to purchase one or more wish list items, please enclose your check in the magazine's attached envelope and note which item(s) you wish to fund. You also can make a gift at [SusquehannaHealthFoundation.org/Donate](https://SusquehannaHealthFoundation.org/Donate) and note in the comments section which item(s) you would like to fund.



\$10

## Grief Activity Book/Journal

### *Heartworks and Any Grieving Child*

Heartworks provides free grief support for children and teens throughout the school year. This support is vital for a child's emotional health and development after their loss of a loved one. Your gift will purchase one grief activity book/journal for a child attending Heartworks' sessions or any child experiencing grief who is in need of this resource.



\$50

## Support for The Gatehouse Patients and Families

### *The Gatehouse*

This inpatient hospice unit has helped patients and families for 16 years. Your gift will help purchase busy boards for patients with Alzheimer's, lap tables for families, or a DVD player for the family room. The Gatehouse depends heavily on the ongoing support of our community.

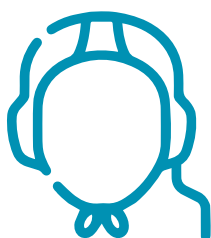


\$125

## Tablet to Stream Music

### *Cardiac Rehabilitation Gym*

With more than 6,700 visits annually, the gym has a tremendous impact on the health of our patients. The gym serves both monitored and maintenance patients. Your gift will purchase a tablet to replace an aging, existing tablet. This will allow the gym to stream music while patients exercise. *Learn more about the Cardiac Rehabilitation Gym on page 7.*



\$150 - \$1,650

## Cooling Caps

### *UPMC Hillman Cancer Center in Williamsport*

This technology for chemotherapy patients uses chilled silicone caps that temporarily narrow blood vessels in the patient's scalp, reducing the likelihood of treatment-related hair loss. Studies and patient anecdotes indicate that hair loss is the side effect 75% of patients undergoing chemotherapy fear most. By supporting cooling caps, you provide hope and support for patients while easing their fears. Cooling caps are 100% donor funded, and the demand continues to be greater than we anticipated. Your donation will fund one treatment session up to the entire course of treatment for one patient.

# KEYSTONE SOCIETY

The Keystone Society lists those who make a commitment to contribute \$250 or more annually to Susquehanna Health Foundation. Listed below are all Keystone Society members through **December 31, 2021.**

## \$1,000–\$9,999

Helen L. Antrim  
 Arnot Sportsmen Association, Inc.  
 Deborah K. Bacon  
 Dean and Joy Barto  
 Dr. John and Donna Becker  
 Karen and Michael Belenko  
 Bill MacIntyre Chevrolet Buick  
 Blackhorse Holdings LLC  
 John and Karen Blaschak  
 Drs. David and Susan Borys  
 David and Catherine (Piccolo) Bower  
**Robert and Nancy Bowers**  
**Christopher and Susan Branton**  
 Michelle Brewer and Tara Crawford  
 John and Cynthia Brindger  
 Chaplain Tom Brokaw  
**Amelia A. Buffington**  
 Tanner Bulkley  
**Jim and Bethann Campbell**  
 William Carlucci  
 Mara L. Carpenter  
 Nicholas and Carol Catino  
**Bill and Becky Cawley**  
 Clemens Family Foundation  
 Mr. and Mrs. James F. Colegrove  
 Cheryl Corman  
 David and Sharon Crandall  
 Ruth E. Croyle  
 Susan and Robb Curry  
 Howard Dean  
 Robert and Diann DeCamp  
 Amber Depew  
 Beth A. Dibble  
 Annette M. DiEugenio  
**Divine Retiree Travelers**  
 Frani and Doug Doherty  
 Jason Dominick  
 Kelly Douglass, CRNP  
 The Drollinger Family Charitable  
 Foundation  
 Bryan Dunlop  
 John and Shirley Eck  
**Edward J. Smith Post 3428**  
 Enginuity, Inc.  
 Joann C. Ertel  
 Carol Carson Evans  
 Fairfield Auto Group  
 Ashley L. Fedroff  
 First Citizens Community Bank  
 First Presbyterian Church  
 Florence Crittenton Service, Inc.

Denise and Joseph Folmar  
 Richard A. Fry  
 Michelle R. Gaida  
 Dr. and Mrs. Daniel R. Gandy  
**Chris and Debbie Gathagan**  
 Frank and Lynne Girardi  
 Robert and Lisa Glunk  
 Juliann W. Gombosi  
 The Greene Children  
 Joseph and \*Monika Hager  
 Carol Zablocky Hall  
 April L. Hartzel-Lewis  
 Dan and Suzie Hawbaker  
 Hedrick Family Donor Advised Fund  
 Dean and Karen Heintzelman  
 Rhonda R. Hernandez  
 Autumn S. Hill  
 Ann M. Hocker  
 Anne and Tim Holladay  
 Kenneth and Ann Hoover  
 Thomas W. Hoy  
 Stephen and Martha Huddy  
**Hudock Capital Group, LLC**  
 Humble Bumble Project  
**Sandi Irion**  
 Jersey Shore FBLA  
 Jersey Shore Football Booster Club  
 George and Joy Johnson  
 Phil and Christine Johnson  
 Steven and Mary Ann Johnson  
 Stacey M. Kacyon  
 Stephen G. and Christine L. Kaiser  
 Robert and Patricia Kane  
 Jan and Dan Kirby  
 Kitchen Repose  
 Carol Kitchen  
 Janice D. Kuzio  
 Keith and Jennifer Kuzio  
 Stacia Kuzio  
 Nancy J. Lady  
**Mr. and Mrs. Chip Lamade**  
 Abbey M. Lepley  
 Mary Fran Liddell  
 The Lindsay Family  
**The Logue Family Foundation**  
 Denise and Bud Lorson  
 Don Lundy and Family  
 Lundy Construction Co., Inc.  
 E. LaRue Lunt  
 John and Judy Maietta  
 Cheryl Marceau and Dr. Michael  
 Marceau

Erin Mincemoyer Martinko  
**Marty's Bicycle Shop**  
 Amy McCorkel  
 McCormick Law Firm  
 McCormick Pink Crusaders  
 McDonald's - Doug and Frani Doherty  
 James and Patricia McGee  
**Robert J. McKernan Sr.**  
 Ron and Judy McKibben  
 Joseph McTish  
 Robert K. and Dorothy White Mertz  
 Mid-State Beverage Co. - Don and Betty  
 Jo Heim  
 Ryan and Jacki Miller  
 Jake, Ivana, Luka, and Iva Mincemoyer  
 Robert R. Mincemoyer  
 Murray Motors - Brian Peace and Bill  
 Brown  
 J. Dennis and Linda Murray  
 Maraleane M. Murray  
 Drs. \*Naresh C. and Anita Nagpal  
 Danut F. Neagu  
 Diana Nyman  
 Tom and Mary Owlett  
 Owlett & Lewis, P.C.  
 Melissa Pandolfi, PA-C  
 Sandra Pecynski  
 Frank G. Pellegrino  
**Pennsylvania Chapter of the  
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 Pennsylvania College of Technology  
 PenTeleData Limited Partnership  
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**Chris and Denise Plankenhorn**  
 Carol H. Pursell  
 Brenda L. and Barry K. Rake  
 Patricia J. Rambo  
 Jay and Julie Raup  
 Red Run Rod & Gun Club  
 Jim and Peg Redka  
 Michael J. Reed  
 Joseph and Barbara Reynolds  
 Ronald and Lisa Reynolds  
 John W. and Anne Rich  
 George Rizzo  
 Robert M. Sides Family Music Center  
 Dave and Maggie Roche  
**Rennel and Donita Rodarmel**  
 Rogers Uniforms  
 Seth M. Rogers  
 Sean and Cynthia Roman  
 Joseph and Louise Rossi  
 Sanders Mortuary Ltd.



# KEYSTONE SOCIETY

Frederic G. Sanford, MD  
 Carol A. Savoy  
 The Children of Julia Savrock  
 Donna E. Sayah  
 Richard and Elizabeth Schluter  
 John R. "Jack" and Cynthia A. Schrader  
**Gene and Mary Ann Schurer & Pam**  
 Dr. Phyllis Scott  
 Evelyn L. Seaman  
 Eugene A. Seelye  
**Kay S. Seery**  
**Mr. and Mrs. Angelo Serva**  
 Erin L. Shelinski  
 Emily Shelley  
 \*Joseph and Charmaine Shockloss  
 Pastor Edward Siddle  
 Mark and Connie Sitler  
 Dr. Thomas C. Smith and Suzanne  
 Dively-Smith  
 Stephanie and Curtis Steinbacher  
 Barb and Barry Stiger  
 Karen Stopper  
 Whitney L. Strosser  
 Albert and Judy Styrcula  
 Tanglewood Camping  
 Mable J. Tebbs  
 Dr. and Mrs. George A. Manchester  
**Doris Heller Teufel**  
 Ashley L. Thomas  
 Judith Tubbs  
**The Eila Elizabeth Umstead  
 Foundation**  
 USAA Federal Legislative  
 VanCampen Motors, Inc.  
 WAHS Girls' Soccer Team  
 Joanie and David Wallis  
 Dr. Richard and Mrs. Sharon Walter  
 Ward Manufacturing LLC  
**David G. and Barbara A. Wascher**  
 Ben Weiskopff  
 Kathryn C. Werner  
 Jackie and Arne Werts  
 Tamara S. West  
 Christine and Mark Wheary  
 Where There's A Will There's A Way  
 Foundation by Alize  
 Thelma B. White  
 Williamsport High School Class of 1960  
**Patrick and Jennifer Wilson**  
 Samantha A. Witner  
 Mike and Mary Wolf  
 Woodcock Foundation for the  
 Appreciation of the Arts, Inc.  
 Woodlands Bank  
 Young Men's Republican Club, Inc.  
 Marie B. Zurinsky

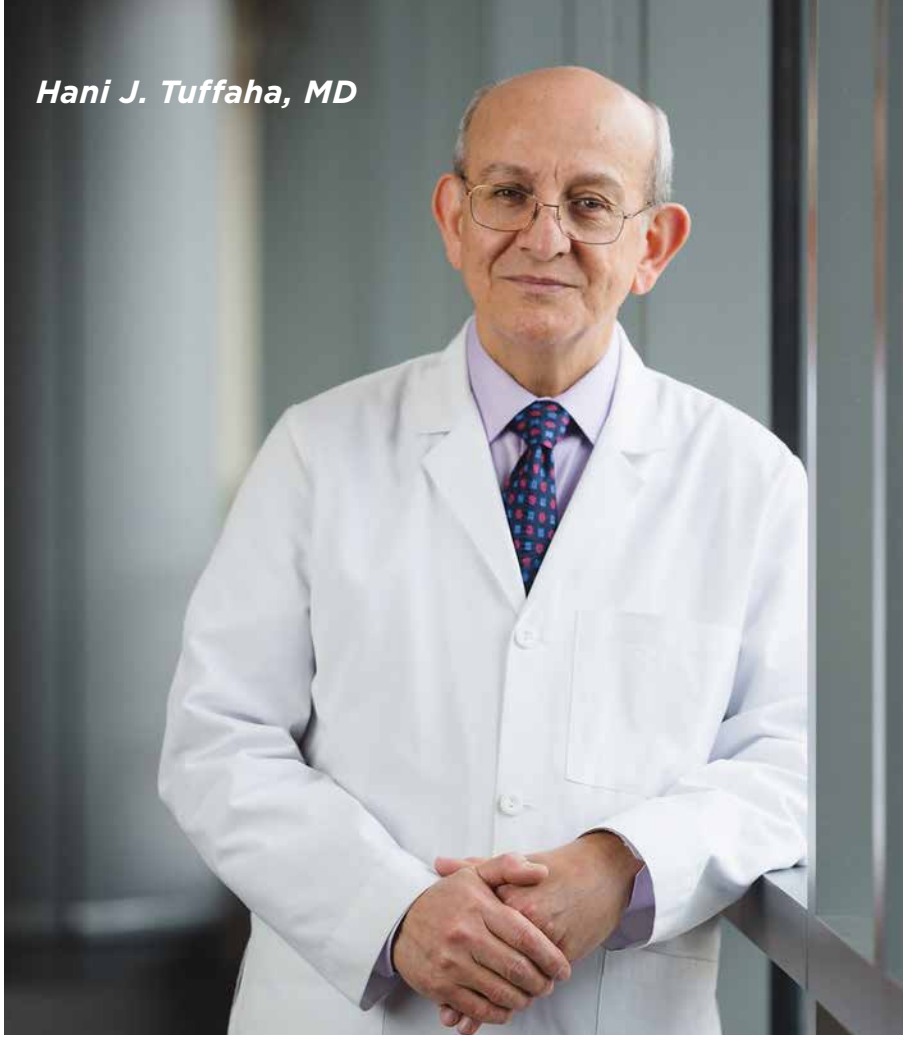
**\$500-\$999**  
 Aaron's  
 Amber M. Abbey  
 Sharon R. Adams  
 Melanie K. Allen  
 American Legion Bitner-Bechdel Post  
 #623  
 Dudley and Debbie Anderson  
 Robert Anderson  
 Jeffrey D. Andrew  
 Wendy Armstrong  
**The Art Partnership, Inc.**  
 Katelyn Arthur  
 Jennifer L. Avery  
 Nathan D. Badman  
 Alice R. Bair  
 Amanda A. Bak  
**Matt Baker**  
 Ashlee Bardo  
 Esther M. Barner  
 Erica Barrett  
 Oliver R. Bartlett  
 Wendy A. Batschelet  
 Kathleen A. Bechdel  
**The Eric Beiter Family**  
 Paul H. Beiter  
 Mary Ann Belfly  
 Michele K. Bergman  
 Bethel Linden Presbyterian Church  
 Richard and Julie Born  
 Steve Bortz  
 Bostley's Pre-School Learning Centers,  
 Inc.  
 Abbey Bower  
 Keith A. Boyer  
 Jennifer R. Boyles, RN  
 The Dedicated Staff at the Breast Health  
 Center  
 Morganne Bresnock  
 Michelle L. Brooks  
 Jacquelynne Brown  
 Krista L. Brown  
 Lynne M. Brown  
**Barry and Jane Brucklacher**  
 April M. Bryer  
 Deanna K. Bump  
 Michael and Tera Bush  
 Dr. Patrick and Maureen Carey  
 Michael J. Casale Jr. and Connie Casale  
 Michelle J. Casale-Yaggie  
**Central PA Rage Softball Association**  
 Kay L. Cillo  
 Patricia A. Cioffi  
 Ryan and Tiffany Cioffi  
 Alan Cipriani  
 Jon K. Clark

Pauline Coleman  
 Stephanie Confer  
**Harold B. Courtney**  
**\*Sherry H. Courtney**  
 Matt and Lisa Cramer  
 Michael Creech  
 Dolores M. Curtis  
 Matt Custer  
 Rose Czap  
 Erin E. Daly  
 Dast Inc.  
 Kory and Carnie Datres  
 Kristine Datres  
 Mark and Patty Davidson  
 Janelle F. Day  
 Matt and Amy DeCamp  
 Ron and Jeanne DeFeo  
 Annie Degros  
 Michelle Delp  
 Delta Development Group, Inc.  
 Thomas W. Dempsey  
 Michelle M. Deuel  
 Stephanie T. Deviney  
 Tawyana Dinsmore  
**Disabled American Veterans  
 Chapter 47**  
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 Susan and Charles Duchman  
 Valerie A. Duff  
 Molly J. Durland  
**Nancy and Kenneth Eck**  
 Charles and Erin Edmonds  
 Chelsea M. Egglar  
 Brian M. Engel  
 Lori Englert  
 David and Patricia Errick  
**Nancy L. Esposito**  
 Angela M. Ferris  
 Douglas F. Fetzter  
 Robin and David Fink  
 Fischer Insurance Agency  
 Robert and Cynthia Fitzgerald  
 Tammy L. Folk  
 Julie Foresman  
 Susan M. Forney  
**Greg and Marilyn Frailey**  
 Shannon Frederick  
 Char Fredericks  
 Clifford M. Frost  
 Howard L. Fulmer Jr.  
 Mr. and Mrs. James M. Furey II  
 G.R. Noto Electrical Construction, Inc.  
 Tom and Linda Gamble  
**Ryan Gardner and Erica Trimble**  
 Gary's Furniture  
 James and Lorraine Gates

*continued on page 32*

# 2022 Lifetime Achievement Award Honorees

*Hani J. Tuffaha, MD*



*Robert P. Crockett*



*On May 19 and 20, UPMC and Susquehanna Health Foundation will honor Dr. Hani Tuffaha and Bob Crockett with Lifetime Achievement Awards recognizing their tremendous impacts on health care, the community, and the local health system.*

## Dr. Hani J. Tuffaha, Physician Lifetime Achievement Award

A kind, compassionate, and skilled neurosurgeon, **Hani Tuffaha, MD**, touched and changed many lives in his four decades of service to the community in Williamsport. He selflessly committed to his craft and spent countless hours with patients, colleagues, staff, and others promoting a culture of excellence and advancing the neurosciences program.

Dr. Tuffaha was born in Palestine and received his medical degree from Cairo University School of Medicine in Egypt in 1972. He subsequently completed three years of general surgery residency in Jerusalem as well as a two-year residency at Stamford Health in Connecticut. Afterward, Dr. Tuffaha underwent neurosurgical residency training at the Albany Medical Center in New York, where he also spent six months as a neurosurgery instructor. As an instructor and resident, he won the medical school's prestigious Golden Apple award for excellence in teaching. It was the first time a surgical specialty resident received the honor.

Shortly after completing his residency in Albany, Dr. Tuffaha was offered an opportunity to practice medicine in Williamsport, allowing him to bring a new level of care to the region. During his career, Dr. Tuffaha has made countless contributions locally — not only to area neuroscience services but to the science of medicine through his role as president of the Lycoming County Medical Society — as well as across the nation and around the world. He has helped build services and offered care that have

changed the lives of countless patients, creating a legacy that far extends his career.

"Dr. Hani Tuffaha provided sound and solid leadership through an extraordinary amount of change during his tenure in medicine," said **David Lopatofsky, MD**, chief medical officer, UPMC in North Central Pa. "Throughout his career, it was always evident that his patients were at the core of every decision he made. He was always striving to provide the best care and experience with every interaction. Dr. Tuffaha is a shining example of an extraordinary physician who has made a significant impact by combining the latest science of his craft with compassion and humility in service to others."

Not only were Dr. Tuffaha's contributions significant in advancing neurosurgical care in the region, but he made multiple commitments to the financial support of UPMC through major gifts to Susquehanna Health Foundation. He is recognized, along with his wife, **Eiman**, as Signature Gifts donors and members of the Caduceus Society. Even in his retirement, Dr. Tuffaha remains active in support of the Foundation and currently serves as a board member.

**In recognition of Dr. Hani Tuffaha's dedication to his patients and commitment to providing care to our community, UPMC and Susquehanna Health Foundation will honor him with the Physician Lifetime Achievement Award.**

## Robert P. Crockett, President's Lifetime Achievement Award

**Bob Crockett** has a heart for philanthropy and volunteerism and for working to ensure Williamsport is a community he and others are proud to call home. Bob has built his professional reputation and career at Crockett Financial Services by helping individuals, families, and businesses manage their financial affairs. When he isn't working, he uses his knowledge and passion to continually give back to the community.

Bob has served multiple terms with the Susquehanna Health Foundation Board of Directors and has been an invaluable volunteer through three major fundraising campaigns: *Count On Us For Life* in 2012, *Continuing the Innovation* in 2015, and the current *Susquehanna Strong* Comprehensive Campaign. With compassion for others and a commitment to enhance health care, Bob has created numerous meaningful relationships between Foundation staff and philanthropists.

"Bob has a warm personality, broad network of contacts, and steadfast commitment to fundraising until the goal is reached in each and every campaign he's been involved with," said **Keith Kuzio**, chair, Susquehanna Health Foundation Board of Directors. "He has been an asset to have on the team, and he has played a large role in the success of the Susquehanna Health

Foundation over the years. I think I can speak for all of us on the Foundation Board when I say it's a great pleasure working with Bob for the benefit of the community and that he is very deserving of this recognition."

Bob's commitment to support others also extends to his time spent — more than 20 years — on the Patient Safety Committee for UPMC in North Central Pa. There, he actively provides an opportunity for patients and medical team members to share their concerns and insights with the goal of continually improving patient safety.

In addition to Bob's donation of his time, he and his wife, **Linda**, are also major financial contributors to the Foundation. Their legacy of support spans more than 23 years, and they are recognized as members of the Cornerstone Society for their monetary giving and the Legacy Society for their future planned gift.

**In recognition of Bob Crockett's incredibly generous support, UPMC and Susquehanna Health Foundation will honor him with the President's Lifetime Achievement Award.**



# KEYSTONE SOCIETY

*continued from page 29*

## **\$500–\$999** *continued*

James E. Gauthier  
Sarah Gensel  
Barbara and Don Gfroerer  
Davie Jane and Fred Gilmour  
Melinda Goodling  
June E. Grant  
Ronald Green  
Natalie A. Grubbs  
Brenda M. Hagedorn

### ***Vicki and Stockett Harmon***

The Hartman Agency, Inc.  
Lauren E. Haus  
Harry Hefty  
Darlene Hepler

### ***Henry and Cally Herman***

Becky Hess  
High Company LLC  
Kathleen C. Hill  
Amanda L. Hitchcock  
Hohl Industrial  
Billie Jo Houtz  
Adina Hoyt  
Alanna and Darwin Huck  
\*Rob and Barb Hughes

### ***Timothy Hughes***

Charissa J. Hunt

### ***Dr. Victoria and Jason Hurwitz***

The Jones Family Foundation  
Samantha Joshua  
JPW Design & Manufacturing, Inc.

### ***Sarmite Judson***

### ***Judith A. Keller***

Caron Kenyon  
Jason G. Kling  
Karen B. Kling

### ***Glenn and Elizabeth Klucka***

Brooke Koch  
Heidi A. Kosmer  
Judith A. Krezmer  
Chaplain Zelma Lang  
Kim M. Latorre  
Becky Levi  
Natalie A. Lewis

### ***Bill Liddle***

Elizabeth C. Lightbourn  
Sharon T. Lindauer  
Susan Lingg  
Craig and Rhonda Litchfield

### ***Cherry L. Lorson***

Sarah “Sally” Lott  
Nichole Lowry  
Katlyn M. Lutchko  
M & S Conversion Co., Inc.  
Tammy Mackey  
J. J. Magyar

Darrin and Sue Mahaffey  
Rachel Makley  
William P. and Lorraine A. Manos  
Lucas C. Mariano

### ***The Marty Family***

Vincent J. and Susan E. Matteo  
Donna and Jim Maule  
Constance McFadden

### ***Jerry and Nancy McHenry***

Renee K. McNutt  
Jenifer L. Miller

### ***Leslie Miller***

Valerie Ann Miller

### ***Clyde J. Mitstifer***

MoJo Active

### ***Montgomery Legion Auxiliary***

Laurel M. Montgomery  
Stacy Moore  
Jessica Mosher  
Timm and Kristen Moyer  
Joseph T. Naimoli  
Nicole P. Nardi  
Newberry Lioness Club  
Mark A. Nyce  
The O'Briens

Jade Oldt

Christian F. Paredes

April Parker

PATHS, LLC

### ***The p“A”y Team***

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### ***John E. Person III***

Brenda Peterman  
Joyce Y. Peterson  
Picture Rocks Lions Club  
Ben Plankenhorn  
Dennis and Ann Marie Popovec  
David R. Rakestraw

### ***Rustin Reagin***

Cynthia Real  
Karen S. Reasner  
Andrea N. Reed  
Michael and Nicole Reed  
Walter L. Reese

### ***Republican League, Inc.***

Resounding Cymbals Performing Arts  
Vern and Betty Rhone  
Samantha Roskowski  
Robert D. Ross  
Scott Rossell  
Carol A. Roupp

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Taren Scarborough  
Charles and Helen Schwarz

Robert and Doris Shandry Estate  
Laraine L. Shannon

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Aaron and Lynette Singer  
Laurie Smead  
Lori A. Snyder  
South Williamsport Swim Team  
Elizabeth A. Stabley  
Bob and Heidi Stopper  
Suzanne and David Stopper  
Sunbury Motors  
Crissie L. Swartwood  
Target Williamsport - #2437  
Cheryl Tate

Tebbs Bros. Landscaping, Inc.

Kristy M. Teisher

Peggy A. Thompson

Valerie and Joshua Trego

Matthew Triaca

Lesha M. Trostle

Charity R. Trump

Dr. Hani and Eiman Tuffaha

UPMC Muncy Medical Staff

### ***UPMC Wellsboro Medical Staff***

Benjamin M. Walker

Jerry and Joy Walls

Marcia S. Watson

Webb Weekly

Carol K. Webb

Karen T. Weber

Rick and Cindy Welshans

Linda M. West

Betty J. Wilber

### ***Williamsport Area High School Booster Club***

Williamsport Area High School  
Volleyball

James A. Wilson

### ***Joanne H. Wise***

Lamont Withey

Heidi Woodard, RN

Woodlands Bank Employees Fund  
Raiser Group

Jennifer A. Woodward

Jennifer Worthington

Sherry Wyble

### ***Yeager Supply, Inc.***

Donna Yost's Family  
Young Men's Democratic Club of  
Lycoming County, Inc.

## **\$250–\$499**

### ***Luke Ackerman***

Wendy Albor

Dawn Albright

Alexandria Aldinger

# KEYSTONE SOCIETY

Taanasa L. Alfred  
 Dr. Natasha R. Alligood-Percoco  
 Melinda L. Anderson  
 Paul M. Anderson  
 Karen A. Armson  
 Brenda Aunkst  
 Shelby Austin  
 Terry L. Austin  
 Denise A. Ayers  
 Nickolai J. Ayers  
 Brian and Victoria Bair  
 John R. Bak  
 Erin R. Bannon  
 Michael Philip Barclay and Laurie  
 Crockett Barclay  
 Samantha Barner  
 Carolyn R. Barry  
 Travis Baylor  
 Debra Beard  
 Talia Beatty  
**John Q. Beauge**  
 Gregory L. Beck  
 Ann S. Beitz  
 Laurie Bell  
**George and Patricia Bergmaier**  
 Dusti Berninger  
 Ezmeralda Berrones  
 Stacey A. Berry  
 Amy Bickhart  
 Larry and Barbara Biddison  
 Sara Bintner  
 Alice C. Bizzak  
 John Blachek  
 Kimberly Black  
 Miranda R. Black  
 Roxanne Blazina  
 Ken and Kitty Blessing  
 Blue Ridge Cable  
 Michelle Bohlin  
 Wendy A. Bonus  
 Kyle D. Bower  
 Lee and Gregory Bower  
 Jim Bowes and Jennifer McLean  
 Nicole Boyer  
 Aimee Brennan  
**Cynthia Breon**  
 Renee Brooks  
 Christine K. Broschious  
 Abigail Brouse  
 Dr. Jenna A. Brown  
 Shelly L. Brown  
**Joseph and Cheryl Bubacz**  
**Roger and Susan Bunn**  
 Edith Burfield  
 Natalie A. Buss  
 Roxanne L. Buss  
 Brian K. Buttorff

Dr. and Mrs. Ronald Callenberger  
 Susan and Dan Carlson  
 Heather E. Carnahan  
 Justin and Kim Cassel  
 Kenneth D. Caster  
 Beth A. Caviston  
 Johnny R. Chapel  
 Children's Brace, Inc.  
 Akeem Clark  
 Barry and Rochelle Clark  
 Candy Clark  
 Kyle J. Cochran  
 David J. Cochrane  
 Ernest and Brenda Coder  
 Amy M. Collins  
 Deborah M. Colocino  
 Megan E. Colvin  
 Kelly J. Cox  
 Erin A. Cramer  
 Marisa L. Croteau  
 Spencer G. Cryder  
 Jeffrey Cundiff  
 Patricia J. Cuneo  
 David Cute, DO  
 Debra L. Damaska  
 Ashley Davis  
**Grant Davis, Karen Davis, and Mark  
 Davis**  
**Joyce E. Davis**  
 Jessica Deatz  
 Donna L. Decker  
 Fred and Carol Delaney  
 Candace DeLong  
 Jeri Demel  
 Ellen J. Detweiler  
 Linda Dibble  
 Dawn C. Dickson  
 Dill Buttons of America, Inc.  
 Thomas and Susan Dincher  
 Ann M. Doane  
 Boneita A. Dodge  
 Estelle L. Dooris  
**Phillip E. Dorman**  
 Timothy M. Douglass  
 Richard Dowell, PhD  
 Dashanka Drummond  
 Dena K. Dunlap  
 Dorian Dunn  
 Rebekah L. Dunning  
 Kalee L. Dupert  
 George and Elizabeth Dy  
 Virginia Eaton  
 Rachel A. Ebeling-Labant  
 Kelly J. Eck  
**Jack and Mary Eckman**  
 Greta L. Eichenlaub  
 Samantha M. Emick

Vic and Mary Engel  
 Claire Engelman  
 Pamela R. Erb  
 Christopher D. Erdman  
**Romey D. Fagnano, CPA**  
 Jeffrey D. Feerrar  
 Leslie Fetzer  
 Jamie M. Ficks  
 Craig and Sheila Fields  
 Wendy Fike  
 Rachel R. Fink  
 Brian and Francesca Fischer  
 Marcie Fish, RN  
 Fish Real Estate, Inc.  
 Terri A. Flook  
 Jessie M. Fogelman  
 Katelyn L. Fowler  
 Megan L. Fox  
 Tom and Brenda Freeman  
 Kobe Galentine  
 Marc C. Galin  
 Philip and Janet Gardner  
 Melissa Geise  
 Colleen E. Gilbert  
 Brianne M. Gillmen  
 Patrick Gilson  
 Susan and Terry Girdon  
 Cindy Gitchell  
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# new doctors



## **Adwoa Boahene, MD**

***Family Medicine | 570-321-2345***

Dr. Adwoa Boahene received her medical degree from State University of New York Upstate Medical University in Syracuse and completed her residency in family medicine with St. Elizabeth Family Medicine Residency Program in Utica, New York. Dr. Boahene sees patients at the Family Medicine Residency Center, 740 High Street, Suite 4001 in Williamsport.

## **Kashif Chaudhry, MD**

***Electrophysiology | 570-321-2800***

Dr. Kashif Chaudhry received his medical degree from King Edward Medical University in Punjab, Pakistan. He completed his fellowship training in cardiovascular medicine and clinical cardiac electrophysiology at Lahey Hospital & Medical Center in Burlington, Massachusetts, and at the University of Maryland Medical Center in Baltimore. He is board-certified in cardiovascular disease, internal medicine, and clinical cardiac electrophysiology from the American Board of Internal Medicine. Dr. Chaudhry sees patients at UPMC Heart & Vascular Institute, 740 High Street, Suite 2001 in Williamsport.



## **Rodica Chele, MD**

***Nephrology | 570-326-8080***

Dr. Rodica Chele received her medical degree at University of Medicine and Pharmacy Grigore T. Popa in Iași, Romania. She completed her fellowship at Boston Medical Center in Massachusetts and her residency at Sound Shore Medical Center of Westchester in New Rochelle, New York. Dr. Chele is board-certified in nephrology by the American Board of Internal Medicine. She sees patients at UPMC Nephrology, 1201 Grampian Boulevard, Suite 1A in Williamsport.

By bringing the best physicians and advanced medical treatments to our region, UPMC in North Central Pa. delivers on its promise to provide high-quality, patient-centered care.

### **Cameron Glagola, DO**

***Family Medicine / 570-320-7800***

Dr. Cameron Glagola received his medical degree from Philadelphia College of Osteopathic Medicine and completed his residency in family medicine with the Family Medicine Residency Program at UPMC Williamsport. Dr. Glagola sees patients at Family Medicine at Loyalsock, 1205 Grampian Boulevard in Williamsport.



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### **Kodjo Karikari, MD**

***OB-GYN / 570-321-3300***

Dr. Kodjo Karikari received his medical degree from The Pennsylvania State University and completed his residency in obstetrics and gynecology at State University of New York at Buffalo. As part of UPMC Magee-Womens network, Dr. Karikari works closely with physicians across all UPMC hospitals to provide expert care, regardless of location. Patients can expect advanced treatment options for themselves and their babies that are tailored to care for every condition a woman might face throughout her lifetime. Dr. Karikari sees patients at UPMC Magee-Womens Specialty Services at UPMC Williamsport, 740 High Street, Suite 1004 in Williamsport.



### **Krista Lazar, MD**

***Emergency Services***

Dr. Krista Lazar received her medical degree from University of Science, Arts and Technology in Montserrat in the British West Indies and completed her residency in family medicine at UPMC Family Medicine Residency in Williamsport. Dr. Lazar has experience as a cardiothoracic physician assistant with UPMC's Heart & Vascular Institute, where she also served as a clinical coordinator and consultant for UPMC's robotic surgery program. Dr. Lazar sees patients at the Emergency Department at UPMC Williamsport, 700 High Street in Williamsport.







**Farhan Munshi, MD**  
**Cardiology | 570-321-2800**

Dr. Farhan Munshi received his medical degree from St. George's University School of Medicine in Grenada and completed his fellowship training and residency at Drexel University College of Medicine in Philadelphia. He is board-certified in internal medicine and cardiovascular disease by the American Board of Internal Medicine. Dr. Munshi sees patients at UPMC Heart & Vascular Institute, 740 High Street, Suite 2001 in Williamsport.

**Marcus Powers, MD**  
**Family Medicine | 570-748-1260**

Dr. Marcus Powers received his medical degree from American University of the Caribbean School of Medicine in Sint Maarten and completed his residency in family medicine at University of Wisconsin. Dr. Powers sees patients at the UPMC Outpatient Center at Lock Haven, 610 High Street in Lock Haven.



**Angela Smith, CNM**  
**OB-GYN | 570-321-3300**

Angela Smith received her Master of Science in nursing and certificate in midwifery from Frontier Nursing University's MSN and Community-based Nurse-midwifery Education Program in Versailles, Kentucky. She is board-certified by the American Midwifery Certification Board. As a certified nurse midwife with UPMC Magee-Womens, Angela is licensed to provide care to women from adolescence through adulthood, including ob-gyn and maternity care. Angela sees patients at UPMC Magee-Womens Specialty Services at UPMC Williamsport, 740 High Street, Suite 1004 in Williamsport.



**David Williams, DO**  
**Urogynecology | 570-321-3300**

Dr. David Williams received his medical degree from the Philadelphia College of Osteopathic Medicine and completed his residency at the Tripler Army Medical Center in Honolulu, Hawaii. As a urogynecologist, Dr. Williams completed specialty training in the evaluation and management of disorders of the pelvic floor. Urogynecology is a subspecialty of gynecology and is focused on female pelvic medicine and reconstructive surgery. Dr. Williams has been with UPMC since 2004 and is providing care to patients in both the Harrisburg and Williamsport regions. In Williamsport, Dr. Williams sees patients at 740 High Street, Suite 1004.



## EMPLOYEE DONORS (iGIVE)

The **iGIVE** campaign recognizes current employee donors of UPMC in North Central Pa. Our employees have donated more than \$5.2 million since 2006. Listed below are all **new** donors from **July 1 – December 31, 2021**.

**iGIVE**

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## Friends of UPMC Wellsboro Removes Barrier to Care



“I was more worried about the daily drive than the treatments themselves.”

— Loren Nowak  
*Patient*

The 2021 Friends of UPMC Wellsboro Annual Campaign raised more than \$65,000 to purchase a new van for transporting cancer patients. The vehicle will provide safe, reliable transit connecting patients in central Pennsylvania's Northern Tier to the world-class services at UPMC Hillman Cancer Center in Williamsport. Individual donors gave \$41,174, while the Horace B. Packer Foundation generously contributed \$20,000. In addition, C&N contributed \$4,500 in matching funds.

Thank you to the Friends Committee: Joseph Kaplan, MD, honorary chair; Roger C. Bunn, Rachel Domarew, Jack Eckman, Audriana Empet, Bev McKnight, Anne McNaight, June Rudy, Sue Sticklin, and Ann Vayansky.

The van was needed because some patients do not have a reliable means of transportation, others cannot afford the gas required for the 100-mile round trip to Williamsport, and many patients experience overwhelming fatigue as a side effect of treatment.

“I was more worried about the daily drive than the treatments themselves,” said patient Loren Nowak of Wellsboro. “I want to let you know what a gift the cancer van transportation is to me and other radiation patients I have met.”

# LEGACY SOCIETY

The **Legacy Society** recognizes those who made a planned or estate gift to Susquehanna Health Foundation. The “past members” designation distinguishes our members who have passed away but whose estate or planned gifts to the Foundation reflect the lasting legacy they left to help others.

## Current Members

### ***Susan H. Beery***

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# LEGACY SOCIETY

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By giving to Susquehanna Health Foundation, you can make an impact on life-sustaining services such as trauma care in our region.

## Make a Difference While Maximizing Your Impact and Tax Savings

The Foundation is committed to ensuring our community receives the health care services residents need to thrive. Now, we've made it easier than ever for you to support the Foundation while also saving on your taxes!

- **Are you age 70 ½ or older?** If so, and you have a traditional IRA, you're eligible to make a tax-free gift to Susquehanna Health Foundation directly from your IRA. **Make your smartest donation at [FreeWill.com/QCD/SHF](https://FreeWill.com/QCD/SHF).**
- **Have appreciated stocks?** Donating stock is quick and easy with FreeWill.com. Using this tool, you can transfer stocks directly to Susquehanna Health Foundation and avoid paying capital gains tax. **Transfer your stocks today at [FreeWill.com/Stocks/SHF](https://FreeWill.com/Stocks/SHF).**

Contact the Foundation Office at 570-320-7460, or use the FreeWill tools above to easily make your impact today.

*Susquehanna Health Foundation has partnered with FreeWill.com to offer its services for the benefit of Foundation donors and community members, with a possible additional benefit to UPMC in North Central Pa. FreeWill.com is an independent, for-profit company that is not owned or operated by UPMC.*



YOUR CONTRIBUTIONS AT WORK:

# Better Equipped to Serve

Enhanced hemodialysis facilities and equipment made possible through a specialty endowment result in better care and comfort for patients.

**A** newly relocated hemodialysis unit at UPMC Williamsport features state-of-the-art equipment thanks to funding from the **William and Elizabeth Frederick Endowment Fund**, which was established specifically to meet future dialysis needs at UPMC in North Central Pa.

The 15 new pieces of equipment, which cost nearly \$140,000, allow staff to increase the level of care offered to acutely ill patients undergoing hemodialysis.

“Our patients might have an acute kidney injury where they would require intermittent hemodialysis for a short period of time until they’ve recovered,” says **Josh Pauling, BSN**, unit director for Medical Surgical/Pediatric Unit, IV-Team and Inpatient Acute Hemodialysis at UPMC Williamsport. “We also see some chronic patients who have end-stage renal disease who usually receive dialysis at outpatient clinics but who have been hospitalized, so we continue their treatments.” In addition, the unit supports patients treated elsewhere in the hospital, including those requiring continuous renal replacement therapy in the Intensive Care Unit.

With six treatment bays, the UPMC Williamsport hemodialysis unit provides an average of 170 treatments a month, or slightly more than 2,000 treatments a year, Josh says.

The new equipment comprises eight Crit-Line IV monitors, six Draeger Delta XL units, and Fujifilm Sonosite ultrasound equipment.

“The Crit-Line IV monitors are fluid-management tools that track patients’ blood volume and oxygen saturation levels. By providing these vital data to dialysis technicians in real time, the monitors allow staff to treat fluctuations in these levels proactively,” Josh says.

“Prior to the Crit-Line IV, we had to monitor patients for signs that we were pulling too much fluid off, sometimes too rapidly,” he says. “That can cause nausea, cramping, and vomiting. With this new equipment, we can monitor for hypovolemia prior to the patient presenting symptoms, so it provides a real benefit to the patient.”

Similarly, the Draeger Delta XL bedside monitoring units track and report other vital information.





“These are the same machines used in the Intensive Care Unit,” Josh says. “They monitor patients’ heart rhythms, blood pressure, heart rate, and blood oxygen saturation. This helps supplement patient care just like the Crit-Line IV.”

The new ultrasound equipment enables qualified staff to place dialysis access urgently for acutely ill patients who require emergency treatment and also helps in caring for patients with fistulas and grafts, both of which are ways dialysis technicians can access the blood vessels needed to treat the patient.

“We have a provider who is trained to put in emergency dialysis access, and the ultrasound is housed in our treatment area so she can perform that bedside procedure and we can start treatment without any delays,” Josh says.

The William and Elizabeth Frederick Endowment Fund, which was established as part of an estate, showcases the impact that specific-use funds within the Susquehanna Health Foundation can have on health care in the region.

Restricted endowments exist to support a specialty service or an individual hospital. Major gifts establish the endowments,

and interest income on the initial investment will sustain the endowment through future years. Endowments can fund equipment, training, and programs that fit within the strategic priorities of UPMC in North Central Pa.

The enhanced hemodialysis unit moved to its new, more central location in the hospital effective February 28.

“We can meet patients’ needs that much sooner in this brand-new space,” Josh says. “The renovation also included a new water treatment system, and all of our supplies are going to be centrally located, so we have improved ease of access.”

In the case of the hemodialysis equipment, Josh says the new purchases also enable staff to spend more of their time interacting with patients.

“All the tools help to supplement our care and improve safety and quality,” he says. “This equipment doesn’t replace the human touch — it assists us in streamlining the technical care so we can spend that extra time with these patients, who we come to know so well.”



# FRIENDS OF UPMC IN NORTH CENTRAL PA

Includes all contributions not listed in other giving levels.

These gifts were made **July 1 – December 31, 2021.**

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# DRIVE FOR A CAUSE

**C**ar dealerships throughout north central Pennsylvania teamed up with Susquehanna Health Foundation for the fourth annual Drive for a Cause event in honor of Breast Cancer Awareness Month. During October 2021, participating dealerships donated \$25 to the Kathryn Candor Lundy Breast Health Center at UPMC Williamsport, Divine Providence Campus for every new or used car sold.

This year, \$12,975 was raised to support the fight against breast cancer in our communities. Over the past four years, Drive for a Cause has raised more than \$82,000 for breast health services at UPMC in North Central Pa.

This event also serves as an educational tool and a reminder for women to have their annual screenings. With every type of cancer, early detection saves lives. The Breast Health Center screens approximately 12,000 patients annually for breast cancer, performs an additional 12,000 imaging procedures, and completes nearly 10,000 patient visits each year.

"The funds raised during Drive for a Cause help ensure local women receive the specialized care they need to detect and fight breast cancer right here, close to home," says Sherry Watts, vice president of development, Susquehanna Health Foundation. "We are grateful for the dealerships and sponsors joining together to support local breast health services for the overall benefit of our patients."

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