

foundation focus

VOLUME 40 | SPRING 2023

100 YEARS OF PEDIATRIC REHABILITATION

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UPMC LIFE
CHANGING
MEDICINE

SUSQUEHANNA
HEALTH FOUNDATION



LETTER FROM Sherry Watts

The Foundation's goal every day is to improve the lives of others through better health. Who makes that happen, though, is you and so many generous donors who make health care a priority in giving.

Success Thanks to Our Donors

In 2022, the Foundation completed the *Susquehanna Strong* Comprehensive Campaign. I'm pleased to share that despite a pandemic, we exceeded the campaign's \$11-million goal, reaching a total of \$11.8 million. This success, benefiting our patients, was a direct result of a cohesive collaboration among our loyal donors, dedicated volunteers, involved board members, and passionate employees. We are so grateful.

All dollars raised are invested locally in our own community. For example, we raised funds for an expansion to the UPMC Hillman Cancer Center in Williamsport, making strides to improve outcomes for a disease that has touched

Susquehanna Health Foundation

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nearly all of us in one way or another. We also upgraded the physical space that houses inpatient rehabilitation services at UPMC Williamsport. Now, every patient will have a private room, which aids in infection control and ensures patients have the privacy we know they desire.

In addition to those infrastructure improvements, we welcomed a litany of named endowments supporting different service lines as well as endowments that focus on the recruitment, retention, and education of clinical staff. In an increasingly competitive national market, our aim is to keep high-quality medical talent local for you, me, our loved ones, and neighbors.

The final focus of *Susquehanna Strong*, a project involving the Cardiac and Pulmonary Rehabilitation Gym, is still in the fundraising phase. By relocating the gym to a larger space inside UPMC Williamsport and replacing the existing gym's equipment, we can improve access to modern machines for cardiac and pulmonary rehab patients.

What's Next

In 2023, our areas of focus will include pediatric rehabilitation — a mission-based service celebrating its 100th anniversary this year — and The Gatehouse, an inpatient hospice facility in Williamsport undergoing significant updates and renovations. Both are integral resources for the community.

In the northern tier, we will finish up fundraising for our \$418,000 initiative to bring a mobile health unit to Tioga County. Fully donor-funded, the mobile unit aims to increase access and better serve people in need by eliminating the barrier of transportation. It will have dedicated spaces for patient education, lab draws, and an exam room.

We're also continuing our concentration on benevolent care, raising funds to help with emergent short-term needs like medication and transportation costs for patients who can't afford necessary medical care.

As impactful as 2022 was, I can't help but think about what's possible for 2023. A longtime friend of the Foundation, Sister

Teresa Ann Jacobs, is our new board chair. During her tenure, she'll be supported by new board members: Dr. Vwaire Orhurhu, Marisa Rainey Rau, Patricia McGee, Angie Alexander, Brian McClintock, Jon Conklin, Alanna Huck, and Patti Jackson-Gehris.

Having been promoted from vice president to president of the Foundation last November, I'm excited to see what we can accomplish together and how we can enrich the lives of our neighbors here in north central Pa.

My team and I may not be the ones in the operating room or the emergency department, but like I always say, no matter what you do in health care, you make a difference — especially our donors.



Sherry Watts
President, Susquehanna Health Foundation

1001 Grampian Boulevard | Williamsport, PA 17701

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BIG HEARTS. Little Patients.

**CELEBRATING 100 YEARS OF
SPECIALIZED SERVICES FOR KIDS.**



As we all know, Williamsport is hailed as the birthplace of Little League Baseball — a badge locals wear with pride in recognition of the city's place in the annals of Americana. Yet, what most people don't realize is that the distinction isn't the only youth-related, Williamsport-based first-of-its-kind to be etched in the history books.

Founded in concert with a Rotary Club initiative in January 1923, Williamsport was the first community in all of Pennsylvania to organize clinical services providing medical advice and care specifically for disabled children.

That groundbreaking development reaches its centennial milestone this year as UPMC Pediatric Rehabilitation in Williamsport celebrates its 100th year of service.



HISTORY TAKES SHAPE

Though it may seem meager by today's standards, what the clinic — then named the Lycoming County Crippled Children's Society, Inc. — initially offered was revolutionary for the time.

In order to determine the merit of its early foundational efforts, the Rotary Club blitzed area schools and inserted a form in local newspapers urging the public to respond with the names of children in need of such services. In total, 61 kids in Williamsport and South Williamsport were identified.

Shortly after, it was announced that renowned orthopaedic specialist **Dr. William J. Merrill** of Philadelphia would staff a clinic for the Society and provide his knowledge and expertise to the Rotary Club and the disabled children of the area at no charge — a generous donation of his time that continued for some four years. On the day of the first clinic, 45 children were examined by Dr. Merrill, along with a local surgeon; pediatrician; eye, ear, nose, and throat specialist; and a dentist.

The years and decades that followed saw new services and offerings added, including a capacity to transport patients through the purchase of an agency car — a 1939 Plymouth Road King two-door sedan outfitted with

double windshield wipers, double taillights, heater, and double defroster — for the grand sum of \$347.

By the end of 1944, the Society's providers had examined more than 3,000 patients. In 1965, a building addition was completed to house preschool and speech programs. And in 1979, the Pediatric Neurology Clinic and the Lycoming County Women, Infants and Children Supplemental Nutrition Program were formed.

Still, it felt like more could be done.

"When I started in 1978, I was the only therapist," says **Denise Lorson, PT**, supervisor of UPMC Pediatric Rehabilitation. "But since I've been here, we started working in the schools, adding occupational therapy and a speech therapist. Everything has really expanded."

Today, UPMC Pediatric Rehabilitation offers occupational therapy, physical therapy (including scoliosis therapy), and speech therapy for patients ranging from newborns to age 21. For Denise, whose job has progressed from deploying mainly hands-on techniques to using state-of-the-art equipment in what she calls "one of the best gyms I've ever seen," the evolution has been exhilarating to watch unfold.



“We are here for the kids and families. Everybody who works here is here for them.”

— Denise Lorson, PT
Supervisor of UPMC
Pediatric Rehabilitation

DOIN' IT FOR DEACON

If there's one thing Denise and the team at UPMC Pediatric Rehabilitation stress to families, it's that the smallest win is still a win.

“For many of these kids, even a minor achievement is a huge success for them,” Denise says. “And that is just so rewarding. We celebrate with the families, and we all become family. You get to know these kids and their families so well.”

One of those families is 4-year-old **Deacon Myers**, his mother, **Jessica Roupp**, father, **Jaycob Myers**, and grandmother **Rhonda Myers**.

In November 2020, young Deacon was diagnosed with Angelman syndrome, a genetic condition triggered by the absence of the maternal side of the 15th chromosome. Though the official diagnosis didn't come until he was about a year-and-a-half old, Deacon's case was textbook Angelman syndrome from early on.

“At his sixth-month check-up, I was really concerned,” Jessica remembers. “He wasn't picking his head up yet and had delays with motor skills and communication. He started having subtle seizure-like activities, but we weren't sure [if they were seizures]. One of his therapists told us, ‘Oh, that looks like seizure activity. You should get it checked out.’”

Seizures are a common symptom of Angelman syndrome, and Deacon's seizures were increasing in frequency and intensifying as his condition progressed. Though Jessica, Jaycob, and Rhonda regularly took Deacon to a children's hospital in Philadelphia, the family was told he would need additional therapies beyond what that hospital was already doing.

Given the distance to Philadelphia from their home in Blossburg, the family was researching their options when they came across the clinic in Williamsport.

Jessica Zielecki, PT, DPT, is one of several therapists who have worked with Deacon since his first visit to UPMC



Pediatric Rehabilitation in August 2021. In the time since, Deacon has received functional mobility training geared toward improving his sitting and standing balance, ability to move to standing, capabilities on his hands and knees, rolling to assist him with exploring, and interacting with his peers. In addition, the staff's occupational therapists have focused on Deacon's grasping and releasing and visual tracking skills to assist with play and feeding capabilities.

"He's so determined," mom Jessica says. "He wants to learn everything and be independent. He's motivated, energetic, and goes above and beyond what he's supposed to do. Everybody [at UPMC Pediatric Rehabilitation] is just wonderful. He's in good hands."

Even with that success, things have not always come easily. December 2021 brought an influx of new seizures, though a transition to a ketogenic diet seems to have helped curb those for the time being. Deacon is also non-verbal, which inherently brings its own challenges.

"The speech therapist is working on alternative communication with him," Zielecki says. "When he gets

frustrated with us, he gets a little sassy. But when he's enjoying something, he's just laughing up a storm, and his smile is so infectious. As he improves, the sky is really the limit."

Deacon has inspired so many, his mom says, including his grandmother. Early on in this journey, Rhonda made the sacrifice to quit her job to be there for Deacon so the hair salon Jessica opened in 2018 could remain in business.

And then there's Jaycob, Deacon's doting dad and Jessica's high school sweetheart. Despite a physically and mentally taxing day job that involves climbing trees and clearing land (plus a side gig doing residential tree trimming), Jaycob is always there for the boy they call "Deac."

Together, Jessica and Jaycob started a blog called *Doin' It For Deacon* to chronicle their son's milestones and raise awareness about Angelman syndrome.

"When I'm having a hard day, [Deacon] shows that it's not a big deal and helps me to get over it," Jessica says. "He always sees the positive. He's the sunshine."

CHANGE FOR GOOD

When it comes to progress in pediatric rehabilitation, sometimes it really is all fun and games.

“The whole thing with kids is you try to make the therapy look and feel like fun and games,” Denise says. “You need to make it a play activity that works the muscles or challenges the balance or whatever you’re focusing on.”

At UPMC Pediatric Rehabilitation, the process begins with an intake form that gives staff a rundown of the child’s birth and developmental history. From there, an evaluation takes place, and a care plan is created and sent to the child’s physician for approval. Once the physician signs off on the care plan, therapy can begin, with the child usually visiting UPMC Pediatric Rehabilitation one to two times per week. To ensure the plan remains effective, reviews and updates take place every 90 days to account for developmental advancements or wins.

Since joining the UPMC family in 2019, the program has steadily expanded, incorporating novel approaches into the mix. “My staff always had all these great ideas, but we never had the funds or ability to do them,” Denise says. “It’s amazing what we can do now.”

Thanks to a local YMCA partnership, staff even has access to a pool to provide aqua therapy.

“Aqua therapy is really helpful for so many kids,” Denise adds. “A lot of these kids have such a difficult time moving against gravity. In the pool, gravity is taken away. Some kids who can’t stand, can in the pool, so they can still work on some of those muscles.”

There are times that Denise, who remembers the days when the purchase of something as seemingly simple as a swing was cause for celebration, can’t believe this is the same place she joined 45 years ago. Then again, in many ways, it’s not.

The organization’s name has been updated, the faces are different, and so are the capabilities of what the therapists can offer. But the one thing that hasn’t changed since Denise’s arrival in 1978 — or when the program originated in 1923, for that matter — is the mission.

“We are here for the kids and families,” Denise says. “Everybody who works here is here for them.”



**Celebrate with
us. Donate
today to change
a child’s life.**



Visit SusquehannaHealthFoundation.org/donate or use the enclosed envelope to support UPMC Pediatric Rehabilitation in Williamsport. Your gift will provide hope, strength, dignity, and resources for children in our community to reach their full potential.

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 and note in the comments section which item(s) you would like to fund.



\$25

Art Projects for Grieving Teens and Young Adults *Heartworks*

Heartworks provides free grief support groups for children, teens, and young adults. This vital resource helps grieving children with emotional health and development. Your gift will purchase a special art project benefitting grieving teens and young adults.



\$40

Remembrance Projects for Hospice Patients *The Gatehouse and Hospice*

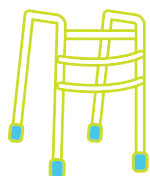
Our holistic hospice care surrounds both the patient and family during their final days. Your gift will aid in the purchase of hand-casting kits, creating a meaningful legacy item for families to keep.



\$42

Benevolent Care Fund *All Patients*

The Benevolent Care Fund offers emergency, short-term financial assistance to patients of UPMC in North Central Pa. who would otherwise have no source of payment for physician prescribed medications, transportation, infant care necessities, medical equipment, medical supplies, or co-pays. The goal is to ensure patients do not delay necessary care and can follow through with their treatment plan without having to forego basic needs. Your gift will cover the average cost of helping one patient.



\$100

Access to Pediatric Assistance Devices *Pediatric Rehab*

The UPMC Pediatric Rehabilitation at Williamsport team helps children of all abilities to live life to the fullest. Speech, feeding, occupational, and physical therapy are provided to children from birth through age 21, with diagnoses including, but not limited to, autism spectrum disorder, cerebral palsy, Down's syndrome, spina bifida, muscular dystrophy, developmental and motor delays, apraxia, rare genetic disorders, and orthopaedic disorders. Your gift will help provide a variety of pediatric-sized walkers and other adaptive equipment for families to test and determine what works best for their child before purchasing.



\$1,000

AEDs for Community Organizations *Community Outreach*

The Foundation has been working with local community organizations to help offset the cost of automated external defibrillators (AEDs) to ensure more are available in our region. Thanks to UPMC's purchasing power, we can purchase AEDs at a discounted rate. The Foundation shares this benefit with approved organizations and uses contributions to offset the cost. Your gift will help increase the numbers of AEDs throughout the region where larger groups gather to help in case of an emergency.

Live to Give

UPMC in North Central Pa. employees support their passions through endowments

They say home is where the heart is. And more than 25 years ago, the hearts of **Mark and Betsy Trueman** found a home with each other, in Williamsport, and within the confines of the UPMC in North Central Pa. health system.

Mark and Betsy first met in 1996 as students at the Williamsport Hospital Paramedic Training Institute. While each were embarking on their individual career paths, the commitment and passion they shared for helping people and serving their community guided the two together, foreshadowing the long careers in care delivery they each had in front of them.

"I think my faith and the desire to help others led me to my career," Mark says. "I lost my father very early during college. My dad was a huge inspiration, and he was always very community focused. When it came to emergency services, and being involved with your community, being involved with your church, being involved with helping others — those were ideals that always resonated."

As it turns out, Betsy grew up in a similar household — one where the focus was always on giving, and volunteer visits to the local soup kitchen weren't uncommon.

All these years later, those same values remain imprinted on the Truemans, which is why Mark and Betsy made the decision to contribute to Susquehanna Health Foundation's Clinical Excellence Endowment — an initiative aimed at supporting recruitment, retention, and education — along with the Dr. Gregory and Mrs. Marilyn Frailey Endowment, benefiting emergency medical services.

Why an endowment with Susquehanna Health Foundation? Because as Betsy puts it, UPMC in North Central Pa. is like family. And it has been for more than two decades.

It's no exaggeration to say Mark and Betsy have dedicated their professional lives to the people and patients of UPMC in North Central Pa., climbing the career ladder throughout their tenures in the health system.

After trading in her paramedic boots for nurse scrubs, Betsy was a bedside ICU nurse before succeeding in various leadership roles and overseeing multiple units at UPMC Williamsport in her role as the clinical director of critical care. Mark's career took a similar upward trajectory within the UPMC in North Central Pa. health system, as he ascended from his staff paramedic post to his current role as the deputy chief for emergency medical services.

With Mark hailing from Philadelphia and Betsy from central New York, the allure of returning home would have been tempting for many people. But the Truemans chose to remain in Williamsport for both their careers and to raise their family in the community they love. While they enjoy traveling and experiencing the world with their children, Brianna (18) and Andrew (16), their true home is Williamsport — the place where their careers and family first began.

"We chose to stay here in Williamsport because we just fell in love with the area," Betsy says. "It's a great place to raise a family."

Both Mark and Betsy view their donations to the Foundation as much more than just a gesture of goodwill. It's a way for them to pour back into the community and the health system that has given them so much over the years.

"For me, the Foundation is so important and has done so much for the hospital, our community, and the services that we offer," Betsy says. "Because of the Foundation, we're really improving the health care of the community. Health care and medicine change minute by minute, and causes like the Clinical Excellence Endowment help us keep up with that."

Donating to the Foundation also provides Mark and Betsy with the opportunity to pay tribute to those who had a profound impact on their own careers, such as the late **Lanea Ruffaner**, who was the paramedic program's first coordinator, and retired medical director for the paramedic program, **Dr. Gregory Frailey**.

"We're helping to set the stage for the future," Mark says. "The Foundation really is outstanding here, and I don't think we can emphasize that enough. We know this money is going to the future. It's going to help our people. It's going to help our service lines. It's going to help patients."

“We’re helping to set the stage for the future. We know this money is going to help our people. It’s going to help our service lines. It’s going to help patients.”

— Mark Trueman



THE DONOR REPORT

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

SIGNATURE GIFTS

Signature Gifts recognizes individuals and organizations

who made a commitment to Susquehanna Health Foundation with a contribution of \$100,000 or greater. Donors are listed through **December 31, 2022**.

\$5,000,000+

Anonymous
Employees of UPMC in North Central Pa.

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Blaise Alexander Family Dealerships Help Advance Local Cancer Care

With more than 40 years of experience and 20 locations, Blaise Alexander Family Dealerships are committed to being a leader in the automotive industry and providing every customer with the best experience possible. The family-owned and operated business not only values their employees and customers, but also ensuring high-quality health care is available close to home for those in north central Pennsylvania. Contributions from the Alexander Family play an instrumental role in ensuring UPMC in North Central Pa. continues to expand and grow in services offered to the communities in the region.

The Alexander Family is proud to have donated to Susquehanna Health Foundation's recent *Susquehanna Strong* Comprehensive Campaign, supporting the renovation and expansion of the UPMC Hillman Cancer Center in Williamsport.

"This is a meaningful gift for our family as we pay tribute to Annie — a loving wife and mother — by naming the Annie Alexander Chemotherapy Infusion Suite after her,"

said **Aubrey Alexander**. "Supporting the Cancer Center is close to our hearts. Not only was Annie a nurse at UPMC Williamsport Divine Providence Campus, but she also underwent cancer treatment there. We are grateful to be part of this project and to provide a space for healing and hope for those undergoing treatment."

This transformative gift from Blaise Alexander Family Dealerships is an outstanding example of the generous community support that ensures patients undergoing cancer treatment can remain local and receive world-class care. As a part of the UPMC Hillman Cancer Center, our patients have access to some of the brightest minds in advancing cancer care in the world as well as the latest treatments, including more than 500 clinical trials. Not only that, but our patients are cared for beyond treatment with pet therapy, cooling cap therapy, nutrition services, and so much more.

*deceased donor

SUSQUEHANNA
HEALTH FOUNDATION

CORNERSTONE SOCIETY

The Cornerstone Society recognizes

individuals who supported Susquehanna Health Foundation with a contribution of \$10,000–\$99,999. Donors are listed through **December 31, 2022.**

\$75,000–\$99,999

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\$10,000–\$14,999

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In Memory of Ruth Lunt Forney

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Dr. John Grove and Deborah Grove, PhD

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*Rob and Barb Hughes

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Heather and Duane Lamper

James and Elizabeth Lazorka

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In Memory of Richard H. Lundy Jr.

Pamela J. Lundy

Samuel R. Lush

Erin Mincemoyer Martinko

William J. and Peggy McClain

Robert K. and Dorothy White Mertz

Richard and Gina Michael

C. Edward S. and Karen D. Mitchell

James E. and Elizabeth Mothersbaugh

Andy and Brenda Nichols

Bill and *Pat Nichols

G. Douglas and Marlene C. Parsell

Harry Plankenhorn Foundation

Alicia and Eric D. Pohjala

Florence Putterman Foundation

Michael Rau and Marisa Rainey Rau

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Elva M. Schmidt, RN

James and Debra Schneider

Peter and Linda Schultz

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Abram M. and Dorothy M. Snyder
Foundation, Inc.

Rita and John Spangler

Teresa A. Stackhouse

Stony Fork Mennonite Church

Carolyn and Elliott Strickland

In Memory of Jennifer Hammond

Gertrude Strunk Estate

*Robert Schell Ulrich

In Memory of Rita C. Ulrich

Anthony H. Visco Jr.

Luigi Vittorio Estate

Bob and Irenay Weaver

Marion Calvert Wright Estate

Jun Yang

Karen and David Young



A Calling to Help Others

Endowments let donors secure care for future generations.

Falling in love with the girl next door is a trope as old as time. But sometimes, like in the case of **Ed McCabe**, tropes come true.

“I met her when she and her parents moved in next door,” Ed says when asked how he first crossed paths with his wife of 56 years, **Sherry**. “So, I literally married the girl next door.”

Little did he know at the time that the girl next door would become a lifelong partner and mother of his child, a NASCAR superfan, and a two-time cancer survivor, and whole-heartedly share in his passion to give back to others in need within their local community — but we’re getting ahead of ourselves.

Growing up with a keen interest in the discipline we now call STEM — science, technology, engineering, and mathematics — the Williamsport native was introduced to the fascinating world of electronics at a young age.

A friend of his father’s mentioned to Ed that he had an old radio in the attic, tantalizing the wide-eyed 11-year-old with an offer to keep the radio if he could get it working — a gesture that ultimately jumpstarted Ed’s career.

“I took that radio down to my basement, and it took about three months to get it working,” Ed says. “When I was 14, I designed a computer that won second prize in the state science fair. And by 16, I was fixing everybody’s TVs in the neighborhood.”

Ed took the next step in his tech career by attending Williamsport Area Community College (now Pennsylvania College of Technology) after graduating from Williamsport High School. It was during this time in college that Ed married Sherry, who was studying at nearby Mansfield State College (now Mansfield University).

A job offer after Ed’s graduation prompted the McCabes to move to Rochester, New York, with Sherry giving birth

to son Michael soon after. But the family would find their way back to Pennsylvania in short order, where Ed would join the Mergenthaler Linotype Company in Wellsboro, becoming a systems engineer and developing the first computerized typesetting system for the newspaper and magazine industry — a revolutionary piece of equipment used by the likes of *National Geographic*, *The New York Times*, and *The Washington Post*.

From there, he moved to Mek-Tronix Laboratories in Mansfield, an upstart company that did research and development and telephone repairs and refurbishing — and the place where he would be given the opportunity of a lifetime.

“[The owner and I] were talking one day, and he said, ‘It sure would be nice to be able to know who was calling you before you answered the phone,’ Ed recalls. ‘He said, ‘Do you think you could come up with something like that? I have some money, and you have some brains, so let’s see what we can do.’”

What Ed did was build a working prototype for a specific type of technology the government deemed worthy of a U.S. patent. They called it “Digital Instant Trace System,” but you might be more familiar with its consumer-facing name: Caller ID.

After a lengthy career in engineering, which also included a nearly 20-year stint with GTE Sylvania/Philips ECG, and music (one of Ed’s other loves), he returned to his alma mater as an instructor in Pennsylvania College of Technology’s electrical & electronics department in 2001.

As longtime NASCAR enthusiasts, the husband and wife frequently made trips to tracks across the country, including the 90-minute jaunt to the famed Pocono

Raceway. There, the McCabes marveled at how their favorite drivers effortlessly tamed the track dubbed The Tricky Triangle.

If you’re a NASCAR fan, you’re familiar with Pocono Raceway’s distinctive design and the variety in its three turns — each is modeled after another legendary track and features a unique angle and degree of difficulty.

But those twists and turns had nothing on the ones life had in store for the McCabes.

In 2008, the breast cancer Sherry experienced and thought she had conquered 20 years earlier returned. The year after that, Ed had a heart attack that required open heart surgery and a quadruple bypass. Two years later, Ed had a second heart attack. And three years after that, Sherry had both knees replaced.

“Our health procedures were all with UPMC in North Central Pa.,” Ed says. “All of our experiences with the doctors, nurses, and staff have been great. It’s a wonderful place with wonderful people.”

It’s now been more than a decade since that whirlwind of a time that saw Ed and Sherry in and out of UPMC in North Central Pa. facilities, and Ed is happy to report that both are doing great today.

But remember how we mentioned Sherry felt as strongly as Ed about philanthropy and giving back to the community?

In response to the care they received and as a token of their appreciation, the McCabes set up a pair of endowments with Susquehanna Health Foundation in 2022. After meeting with Foundation staff and talking about their options, Ed and Sherry made the decision to establish endowments to benefit cardiac rehabilitation and the Breast Health Center at UPMC in North Central Pa.

“I think it’s important that everybody consider giving if you can financially do it,” Ed says. “Giving to a charity can enhance society and make things better.”

It was vital to both Ed and Sherry that their money go toward causes that were meaningful to them.

“When you die — whether you have \$100 or \$1 million — you’d like something good to come from it,” he adds. “Let it take care of the things you are passionate about.”

If you’re interested in donating to an endowment, you can contribute by contacting the Foundation at 570-320-7460.

“All of our experiences with the doctors, nurses, and staff have been great. It’s a wonderful place with wonderful people.”

— Ed McCabe

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.

Benevolent Care

\$250,000–\$499,999 Level

Karen Steinbacher Endowment

Dave Steinbacher

Cancer

\$100,000–\$249,999 Level

Joe and Carolyn Hume Endowment

Joe and Carolyn Hume Estate

\$25,000–\$49,999 Level

Ausley Construction Co., Inc. Endowment

Ausley Construction Co., Inc.

Dr. William J. and Laura H. Martin Endowment

Dr. William J. and Laura H. Martin

Christopher M. and Denise M. Plankenhorn Endowment

Chris and Denise Plankenhorn

Cardiac

\$25,000–\$49,999 Level

John and Anne Rich Endowment

John W. and Anne Rich

Cardiac Rehabilitation

\$100,000–\$249,999 Level

Edward and Sherry McCabe Endowment

Edward and Sherry McCabe

In Memory of Michael McCabe

\$25,000–\$49,999 Level

Patricia J. Rambo Endowment

Patricia J. Rambo

Clinical Excellence

\$100,000–\$249,999 Level

George and Shirley Durrwachter Endowment

George and Shirley Durrwachter

Margaret Benner Reese and Charles L. Reese Endowment

Mike and Barbara B. Hudock

\$75,000–\$99,999 Level

Sue Young Endowment

Friends of Sue Young

\$50,000–\$74,999 Level

C&N Endowment

C&N

Dr. Hani J. Tuffaha and Family Endowment

\$25,000–\$49,999 Level

R. Edward and Linda Alberts Endowment

R. Edward and Linda Alberts

Birch and Annmarie Phillips Endowment

Annmarie Phillips

Sisters of Christian Charity Endowment

Frank G. Pellegrino

In Honor of Sister Judith Blair

In Memory of Sister Mary Stephen Christian

In Memory of Sister Felice Donelin

In Honor of Sister Rosamund Eibach

Kenneth and Kathryn A. Smith Endowment

Robert P. and Kathleen R. Walker

Susquehanna Community Bank Endowment

Susquehanna Community Bank

Paul H. and Margaret M. Walker Endowment

Robert P. and Kathleen R. Walker

Colorectal and General Surgery

\$25,000–\$49,999 Level

William P. and Lorraine Manos Endowment

William P. and Lorraine A. Manos Foundation

Emergency Medical Services

\$25,000–\$49,999 Level

Dr. Gregory and Mrs. Marilyn Frailey Endowment

Greg and Marilyn Frailey

Robert and Lanea Ruffaner Endowment

Robert E. Ruffaner

In Memory of Lanea Ruffaner

Kathryn Candor Lundy

Breast Health Center

\$100,000–\$249,999 Level

Edward and Sherry McCabe Endowment

Edward and Sherry McCabe

In Memory of Michael McCabe

\$50,000–\$99,999 Level

John C. Lundy and Family Endowment

John C. Lundy and Family

\$25,000–\$49,999 Level

Kuzio Family Endowment

Keith and Jennifer Kuzio

In Honor of Janice D. Kuzio

ENDOWMENT GIFTS

Laboratory and Pathology

\$25,000–\$49,999 Level

Dr. Donald J. Leathers Endowment

Dr. and Mrs. Donald J. Leathers

Dr. Sheldon M. Schwartz Endowment

Dr. and Mrs. Sheldon M. Schwartz

Pediatric Rehab

\$25,000–\$49,999 Level

Dr. and Mrs. Albert G. Liddell Endowment

Mary Fran Liddell

Radiology

\$25,000–\$49,999 Level

Dr. and Mrs. Chan Yoon Family Endowment

Dr. Chan Yoon

In Memory of Karen Yoon

Scholarships

\$100,000–\$249,999 Level

Rosalie Kaleda Scholarship Endowment

Rosalie F. Kaleda

Special Purpose

\$25,000–\$49,999 Level

Dr. Robert and Phyllis Yasui Endowment

Anonymous

Trauma and Acute Care

\$25,000–\$49,999 Level

William P. and Lorraine Manos Endowment

William P. and Lorraine A. Manos Foundation

Unrestricted

\$25,000–\$49,999 Level

Charles and Donna Johnson Endowment

Steven and Mary Ann Johnson

John and Jean McDermott Endowment

Steven and Mary Ann Johnson

UPMC Muncy and Muncy Place

\$25,000–\$49,999 Level

Daniel C. Berninger Endowment

The Muncy Bank & Trust Company

UPMC Wellsboro

\$25,000–\$49,999 Level

Bill and Shirley Hebe Endowment

Bill and Shirley Hebe

Urology

\$25,000–\$49,999 Level

Dr. and Mrs. David Kurz Endowment

Dr. David and Meghan Kurz

Women's Health Needs

\$25,000–\$49,999 Level

The Manchester Family Endowment

George Manchester, Brenda Terry-Manchester,
Josh and Morgan Rogers, Meredith Manchester,
& Alec and Maggie Fantaskey

Community Members and Businesses Unite for Hospitalized Kids

For children in the hospital, everything feels new and scary. To help calm overwhelmed feelings and provide a welcomed distraction, community members rallied together with Susquehanna Health Foundation this past holiday season to donate toys for pediatric inpatients.

Throughout the month of December, individual donors and hospital employees shopped our Amazon Wish List, while the Williamsport Wegmans and office of Collin T. Linn, DMD, served as toy drop-off locations. The Divine Retirees and WAWHO group (We Are Women Helping Others) hosted toy drives at their winter meetings.

Together, hundreds of new games, stuffed animals, craft kits, fidgets, blocks, and toys were gathered to bring comfort and smiles to young patients all year-round. In addition to birthdays and holidays, they will be given to calm children in the hospital who are scared, reward those who are brave, and give pick-me-ups to those having a rough day.



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, 2022.**

\$1,000,000 +

Anonymous
Ward Manufacturing LLC

\$250,000–\$999,999

McCormick Law Firm
The Muncy Bank & Trust Company
The Park Home, Inc.
Verizon Wireless

\$100,000–\$249,999

AutoTrakk, LLC
C&N
Dominion Foundation
EuroOptic Ltd.
Hudock Capital Group, LLC
iHeartMedia
Jersey Shore State Bank
Lamar Advertising of Williamsport
M&T Bank
PPL Foundation
PRIMUS Technologies Corp.
Reynolds Iron Works, Inc.
Shell Exploration & Production Company
Silvertip, Inc.
Welliver McGuire Inc.
Wolyniec Construction, Inc.
In Memory of James T. Wolyniec Sr.

\$50,000–\$99,999

ABS Building Systems Integrators, LLC
Alexander Building Construction Co.
Anadarko Petroleum Corporation
Bayard Printing Group
Ciocca Toyota of Williamsport
First Quality, Inc.
George E. Logue LLC
Gift Box at Muncy Valley Hospital
Glenn O. Hawbaker Inc. Charity Golf Outing
Larson Design Group
Pennsylvania College of Technology
PPL Electric Utilities
Quandel Construction Group, Inc.

Ronald McDonald House Charities of N.E.P.A., Inc.

Susquehanna Community Bank
Weis Markets, Inc.
Woodlands Bank

\$25,000–\$49,999

Anonymous
ARAMARK Healthcare
Ausley Construction Co., Inc.
Baker Tilly Virchow Krause, LLP
BB&T
Beiter's Home Center
Construction Specialties, Inc.
In Honor of Construction Specialties, Inc. Staff and Families
Data Papers/KBF Print Technology

Evergreen Wealth Solutions

Fairfield Auto Group
First Citizens Community Bank
Forrester Environmental, Inc.
Fry's Plastic
Gilmour Arts
Glenn O. Hawbaker, Inc.
Interior Construction Specialists, Inc.
John Savoy & Son, Inc.
L.F. Driscoll Company, LLC
Lundy Construction Co., Inc.
Martin Rogers Engineering Consultants
Mattel Children's Foundation
McCarty-Thomas Funeral Home, Inc.

In Memory of Richard G. Thomas
McNerney, Page, Vanderlin & Hall
National Fuel Gas Company Foundation
Repsol Oil & Gas USA, LLC
Santander Bank
Shell Appalachia Charity Golf Tournament
Stantec
Tura L.P.

\$15,000–\$24,999

AllOne Foundation
BDA Healthcare Architects
Deerfield Charitable Trust
Lezzer Lumber

Lundy Industrial Realty, L.P.
McDonald's – *Doug and Frani Doherty
Muncy Self Storage
Murray Motors – Brian Peace and Bill Brown
Norcen Industries Inc.
Pennram Diversified Mfg. Corp., Andrew and Karen Hooker
Pittsburgh Penguins Organization
Steinbacher Enterprises, Inc. – Dave and *Karen Steinbacher
In Memory of Mr. and Mrs. James Steinbacher
In Memory of Karen Steinbacher
Steinbacher Enterprises, Inc. – Matt and Joslyn Dougherty
*In Honor of Dave and *Karen Steinbacher*
Trojan Tube Sales and Fabrications, Inc.
In Memory of Jack Decker
Williamsport Moving Company
Wm. L. Robinson Concrete

\$5,000–\$14,999

Anonymous
Anthony Visco Jr. Architects
Axeman-Anderson Company
Bennardi Barberio Dentistry
In Memory of Dr. Rudolph Bennardi
Berkshire Hathaway HomeServices
Hodrick Realty
Billtown Mechanical Corp.
Blair Brothers Goldsmiths
The Blessing Insurance Agency, Inc.
Brodart Co.
Central Equipment Company
Clinton County Commissioners
Ruth Croyle and East End Lumber Company
Elite Feet, Inc. – Bonnie Dodge
EmCare, Inc.
Fraternal Order of Eagles – Williamsport Aerie #970
G.R. Noto Electrical Construction, Inc.
Herman and Luther's
The Herman O. West Foundation
Hermance Machine Company

BUSINESS & INDUSTRY GIFTS

Houseknecht's Machine & Tool Co., Inc.
J and M Construction Specialty, Inc.
Keystone Bingo Supply, Inc.
Keystone Data Systems, Inc.
L3Harris Electron Devices
The Liberty Group
M & R Contracting, Inc.
Marcellus Shale Coalition
MetalKraft Industries, Inc.
Mid-State Beverage Co. – Don and Betty Jo Heim
Montgomery Plumbing Supply Company
Pappy Jack's Winery
PATHS, LLC
Patterson-Brandt, Inc.
Penn Cabling Services, Inc.

Penn Recycling, Inc.
Pine Ridge Construction Management
PMG Advisors, LLC
R&L Housing Associates, Inc.
Schneider Valley Farms Dairy
In Honor of Schneider Valley Farms Dairy Employees
Gene and Mary Ann Schurer & Pam Keefer – Aquarius Pool & Patio, Inc.
SelecTrim Corporation, James Wood and Marcus Annicelli
SERVPRO of Broome County
Shaylor's Ponds & Patios
Sher Properties, Inc.
Stanley Black & Decker
State Farm

Steinbacher, Goodall & Yurchak
Stevens & Lee, P.C.
Sunbury Motors
Susquehanna Oral & Facial Surgery and Dental Implant Center
Susquehanna Paper & Sanitary Supply Corporation
Tory Leather
Wayne Township Landfill
Wellsboro Electric
Wellsboro Rotary Club
West Pharmaceutical Services

UPMC Welcomes New VP of Operations to the Region

Karen Wastler, DNAP, FACHE, NEA-BC, CENP, vice president of Operations, UPMC in North Central Pa., is excited by what lies ahead as she joins the regional leadership team.

"I chose health care because I enjoy and am passionate about caring for and serving others, and I want our patients to experience the same care that I'd provide and expect for my family members and myself when I'm in need," said Wastler.

"Health care is about more than numbers and science, it's about showing compassion to patients, acknowledging them with dignity and respect, and treating every person as a valued and unique individual, not a number."

"When interviewing for this role, I was amazed by how evident it was that the teams here at UPMC in North Central Pa. live to serve our patients. The caregivers in this region have a long history of caring for the community — communities in which they live, grew up, and are raising families — and there's a feeling you get when you walk in the doors of our facilities that you're talking to and being cared for by a friend. It sets this region

apart, and I'm looking forward to how I can serve north central Pa., a community I now call home."

Wastler has more than 27 years of experience working as both a nurse, advanced practice nurse (CRNA), and a health care administrator with an emphasis on executive leadership in operations.

She comes to UPMC from Main Line Health in Philadelphia, Pa. where she most recently served as vice president of Surgical Services since 2020. In that role, Wastler had responsibility for robust surgical programs spanning four acute care hospitals and encompassing 50 surgical suites, with an annual surgical volume of approximately 40,000 procedures.

Prior to joining Main Line Health, she was the associate vice president of surgical, ambulatory, and support services operations at Inova Alexandria Hospital in Alexandria, Va. There she helped increase surgical volume growth by 20% while maintaining an 89% patient satisfaction score.



Wastler also spent eight years as a certified registered nurse anesthetist at Inova Fairfax Medical Campus, Fairfax, Va. before becoming chief nurse anesthetist at Valley Health Winchester Medical Center in Winchester, Va.

Wastler received her bachelor's and master's degrees in nursing from George Mason University, Fairfax, Va., and went on to earn an additional master's degree in anesthesia from Georgetown University, Washington, D.C., as well as her doctorate of nurse anesthesia practice from Virginia Commonwealth University, Richmond, Va.

She holds her CRNA credentials through the National Board of Certification of Nurse Anesthetists, is certified in Executive Nursing Practice (CENP) through the American Organization of Nurse Executive-Credentialing Center, and is a Fellow of the American College of Healthcare Executives (FACHE).

2023 Lifetime Achievement Award Honoree



On Friday, May 19, UPMC and Susquehanna Health Foundation will honor Steve Johnson, recently retired president of UPMC in North Central Pa., with the President's Lifetime Achievement Award recognizing his tremendous impact on health care, the community, and the local health system.

Steven P. Johnson, President's Lifetime Achievement Award

Forward-thinking, humble, gracious, and passionate are all words used to describe Steve Johnson. Throughout his tenure in health care, which spans more than 40 years, Steve has worn many hats. One constant, his desire to make a lasting impact in service to others.

Born in Michigan to a mother who was a schoolteacher and a father who was a career pastor, Steve always felt drawn to community service. Following his high school years in New Jersey, he pursued a degree in criminal justice from Lycoming College and later a master's degree in public administration from Marywood University. His first professional experience in health care was as a nursing home administrator in Lycoming County, a role that allowed him to combine his interests of business and industry with his passion for community building. Steve moved on to a role with The Williamsport Hospital, which set into motion a journey in which he'd help redefine the health care industry in the region.

Growing professionally in leadership roles at The Williamsport Hospital, Steve focused on patients and those he served as well as what the future could and should look like for services available in the region. In 1994, while serving as executive vice president and chief operating officer for The Williamsport Hospital, Steve was a part of the group of health care leaders who decided that working together was better than competing and formed the Susquehanna Regional Health Alliance. The Alliance comprised the operational merger of The Williamsport Hospital, Divine Providence Hospital, and Muncy Valley Hospital, which would eventually become Susquehanna Health. This model changed health care in the region, ensuring comprehensive, affordable, and high-quality care would be available in the communities served.

Under this new model, the system thrived, as did Steve's leadership responsibilities within the system. In 2004, after 20 years in various senior executive roles, he began his tenure as president and CEO of Susquehanna Health. In this role, Steve was on the forefront of a rapidly changing health care environment, and under his guidance, the

system evolved and advanced the level of care in the region by adopting new technologies, leading in innovation, and completing facility expansion projects. The staff continued to grow as well, with numerous specialty practices opening across the region and the acquisition of multiple medical facilities including Laurel Health System in Tioga County.

During his tenure, Steve was also extensively involved with the American Hospital Association and Pennsylvania Hospital and Health System boards of directors. At one point he simultaneously chaired both the State Hospital Association governing board and the AHA regional policy board for PA, NY, and NJ. Serving in these and other similar roles, he had a bird's-eye view of state and national health care policy and was a major advocate for quality and safety, financing reform, and issues affecting rural health care.

Steve's roles at both the state and national levels provided an ideal vantage point to envision a Susquehanna Health System future that included a health plan and a connection to an academic medical center. With the support of the Board of Directors, the decision was made to pursue a relationship with an integrated delivery and financing system that shared our mission, vision, and values. This journey culminated in a complete integration with UPMC, an academic medical center, and owner of one of Pennsylvania's largest and most successful health plans.

In 2022, after Steve announced his retirement from his role at UPMC in North Central Pa., the UPMC International team enlisted his assistance in the planned opening of a new 509-bed tertiary hospital in Chengdu, China, scheduled for late 2023. Steve is still active in support of the Foundation and is currently serving as a board member. When asked about his proudest achievement, he commented it had to be leaving a legacy of capable board members and senior manager leaders.

Not only were Steve's contributions significant in advancing care in the region, but he also made multiple commitments to the financial support of the organization through major gifts to Susquehanna Health Foundation. Steve, along with his wife, Mary Ann, are recognized as Signature Gifts donors at the \$250,000 – \$499,999 recognition level.

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, 2022.**

\$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
Dr. Hani and Eiman Tuffaha

\$50,000–\$99,999

Jean and John Burks

In Memory of Joseph R. Calder, MD

***Dr. and Mrs. Albert G. Liddell**

Dr. and Mrs. George A. Manchester

\$25,000–\$49,999

Dr. John and Donna Becker
Dr. and Mrs. E. Lee Bellinger
Dr. Jill A. Burns

Dr. and Mrs. Scott D. Croll

Dr. Ronald E. DiSimone
Greg and Marilyn Frailey
Dr. and Mrs. Daniel R. Gandy
Dr. Michael C. and Dr. Heather J. Gerst
Dr. Barbara Heere and *Dr. Bernard Butkiewicz

Dr. David and Meghan Kurz

***Dr. Ted and Jane Larson Jr.**

Dr. and Mrs. Donald J. Leathers
Dr. and Mrs. David J. Lopatofsky
Dr. William C. and Beverly H. McCauley
Dr. and Mrs. Alexander R. Nesbitt
Drs. Timothy and Kathleen Pagana
Dr. and Mrs. Sheldon M. Schwartz
Dr. and Mrs. Donald D. Shaw
***Dr. and Mrs. Gordon A. Shaw**

In Memory of Joseph R. Calder, MD

Susquehanna Urologic Associates

Dr. and *Mrs. Lawrence Tama

Dr. Chan Yoon

\$15,000–\$24,999

Anonymous

Darius Abadi, DO

Dr. and Mrs. Victor P. Becker

Dr. and Mrs. William R. Beltz

Dr. and Mrs. Mark D. Beyer

Christopher and Susan Branton

Michael Desiderio, DO, and Darcie Desiderio, DNP, CRNP

Dr. Perry W. Doan

Cheryl Marceau and Dr. Michael Marceau

Dr. and Mrs. Anthony M. Nespola
Jim and Peg Redka

Dr. and Mrs. Zachary Ritter

Dr. and Mrs. Warren L. Robinson

Dr. and Mrs. Sandeep and Maria Sagar

Dr. Phyllis Scott

Dr. Mohammad and Mrs. Margaret Shafique

Dr. Donald J. and Susan Sweeney

Williamsport Pathology Association

\$10,000–\$14,999

Anonymous (3)

Thomas R. and Keri L. Albright

Karen and Michael Belenko

Drs. David and Susan Borys

Dr. and Mrs. Paul W. Braunegg Jr.

Dr. Tom and Rebecca Burke

Dr. and Mrs. Leonard R. Collins

Daniel J. Glunk and Margrit M. Shoemaker

Dr. and Mrs. Edmund P. Guelig

Dr. and Mrs. Timothy Heilmann

Dr. and Mrs. Michael V. Hoffman

Dr. Renuka Kakarala and Dr. Sai B. Sajja

Dr. Charles D. Lamade

Dr. and Mrs. David B. Nagel

Drs. *Naresh C. and Anita Nagpal

Donald and Diane Nardone

Dr. Christine K. Nolan

Dr. and Mrs. Harshad Patel

Dr. Christopher Reilly and Dr. Teresa Bianco

Dr. René and Diana Rigal

Josh and Morgan Rogers

Keith and Pam Shenberger

In Memory of Lynn A. Overdorff Jr.

In Memory of Ann L. Shenberger

Dr. Thomas C. Smith and Suzanne Dively-Smith

Dr. and Mrs. F. Ardell Thomas

Dr. Richard and Mrs. Sharon Walter

Dr. and Mrs. Stephen Weber

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YOUNG PHILANTHROPIST: Aly's Monkey Movement

Changing the World One Monkey at a Time

Aly's Monkey Movement provides stuffed monkeys to children who may be experiencing a difficult time in their lives. Whether it be the loss of a loved one or a diagnosis that leaves them hospitalized, the list goes on and on. The intention of the monkey is to provide comfort and joy to the child in the midst of their fear.

This movement began in 2019 when **Aly Creasy** was preparing for her 10th birthday. Aly had decided that she wanted to give back to her community for her birthday. She sacrificed a birthday party and gifts in exchange for donations to purchase as many monkeys as she could to hand out to boys and girls. It has thrived ever since. She has presently donated more than 7,000 monkeys.

To distribute the monkeys, Aly's Monkey Movement has "Monkey Movers" all over to help facilitate quick deliveries to patients in need. In fact, there are several at UPMC in North Central Pa.

As part of Life Changing Medicine and Aly's Monkey Movement mission of **Changing the World One Monkey at a Time**, UPMC in North Central Pa. teamed up with Aly's Monkey Movement to provide stuffed monkeys to our pediatric patients and senior community residents throughout our region. Last year, more than \$7,400 was donated by employees to support this initiative.

Thank you, Aly, for being the driving force behind helping so many kids and elderly individuals in our community and beyond.

Visit alysmonkeys.org to learn more about the great work Aly is doing for children and senior communities.

2022 Foundation Impact Report

Unstoppable. Life-changing. These words often describe the care provided every day at UPMC in our region. But at Susquehanna Health Foundation we use them to describe donors like YOU. Your belief in our mission is life-changing. YOU are unstoppable.

In 2022, YOU committed \$5.2 million to create instrumental change at UPMC in North Central Pa. YOU renovated buildings, launched new programs, and provided for those in the greatest need. Thanks to YOU, we are doing great things — the right things — for our patients and your neighbors.

Last year, we completed the renovation and expansion of the first floor of the UPMC Rehabilitation Institute at Williamsport; we established nearly 40 new endowments since 2019 and began distributing their funds for equipment and education; we helped 150 patients in need with prescription costs, gas cards, and co-pays; and we saved the hair of more than 75 chemotherapy patients. THANK YOU for responding so selflessly to the needs of our patients and their families.

The numbers below are just the beginning of the story. Look for our donor and patient stories throughout the year to find out what's happening next.

Foundation Contributions



1,168

tribute gifts honored or remembered 482 individuals



3,069

individuals, organizations, and foundations supported us



\$403,719

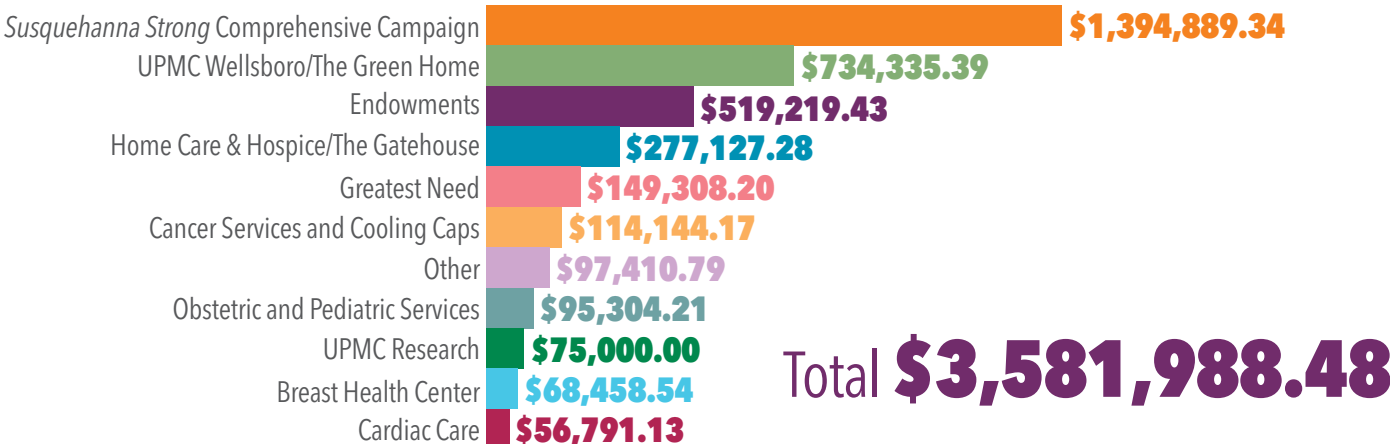
donated from planned gifts



\$511,142

UPMC in North Central Pa. employee and medical staff contributions

Donor-Directed Contributions by Fund





Local Philanthropist Recognized for Impacting Region

27

Frank G. Pellegrino, business leader and philanthropist, was recognized for his lifetime of service and charitable giving by the Central Pa. Chapter of the Association of Fundraising Professionals (AFP). On November 16, 2022, National Philanthropy Day, Frank was presented with the Philanthropist of the Year Award in Mechanicsburg, with his family by his side.

“Susquehanna Health Foundation was honored to nominate Frank for the award. He embodies philanthropy and service, giving of his financial means, time, and leadership, and there are few others who have more greatly impacted north central Pennsylvania,” said Sherry Watts, president, Susquehanna Health Foundation.

During his time living in Lycoming County, Frank has devoted his life to the service of others. In addition to his commitment to Susquehanna Health Foundation, he has held board and committee roles and given generously to staple organizations like First Community Foundation Partnership of Pennsylvania (FCFP), Lycoming College, Pennsylvania College of Technology, St. John Neumann Regional Academy, Central Pennsylvania Food Bank, Community Arts Center, Williamsport Area High School, and Boy Scouts of America.

Frank has been instrumental in numerous fundraising campaigns, including expanding the Central Pennsylvania Food Bank facility's capacity, opening FCFP's Philanthropy

Center, leading the establishment of a memorial scholarship at Pennsylvania College of Technology in the name of a beloved businessman, and expanding facilities and enhancing access to health services at UPMC in North Central Pa.

Frank is an active member of St. Boniface Church and is involved in its Activities Committee. He is a Knight of St. John of Jerusalem, Order of Malta, Diocese of Scranton Chapter. In appreciation of his commitment to serving the world community, Frank is recognized as a Pennsylvania Lion Fellow and a Melvin Jones Fellow by the Lions Club International Foundation.

“I don't know that I can say enough about how gracious Frank is with his time, expertise, and resources,” said Sherry. “He gives back in all these ways and still has a thriving professional career in which he manages numerous businesses throughout Lycoming, Union, Centre, Montour, and Columbia Counties. Our region is lucky to have Frank, and I cannot think of someone more deserving of an award like this.”

The Association of Fundraising Professionals is the professional association of individuals and organizations that generate philanthropic support for a wide variety of charitable institutions. Founded in 1960, AFP advances philanthropy through its 27,000 members in more than 240 chapters throughout the world. The Central Pennsylvania Chapter, founded in 1980, is based in Harrisburg.

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, 2022.**

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continued on page 34

The Nurse Becomes the Patient

BEING THE LIGHT THAT SHINES ON THE DARKEST DAY.

As someone with a strong faith in a higher power, **Jessica Liuzza** has always accepted that things happen for a reason. To know her is to appreciate how Jessica believes there's always at least a sliver of light — a method to the madness, if you will — on what is even the darkest of days.

And for the UPMC Williamsport Emergency Department registered nurse, it's hard to imagine a day darker than November 10, 2021. Although, oddly enough, the circumstances of that day couldn't have been more pleasant, according to Jessica.

"My 10-year-old son, Jacob, and I were coming home — it was mid-afternoon on a nice sunny day where there was nothing wrong with anything," she recalls. "We were talking about what he was going to eat for lunch when we were involved in a devastating automobile accident. Then it got hazy and smoky."

Through the fog, she began to recognize the faces of friends and colleagues. There were paramedics **Jason Kling** and **Tim Weaver** and **Dr. Adrian Brandau**, an emergency services physician at UPMC Williamsport, who just so happens to volunteer with the Hughesville Fire Department.

As a trained nurse, Jessica could quickly assess the severity of her injuries, which included a fractured femur and dislocated ankle.

"Seeing everybody there was what helped me hang on," she says. "Knowing that I was in good hands, I went into nurse mode. I tried to assess Jacob by talking to him and seeing what was going on."

Ultimately, mother and son went in separate directions, with Jessica transported by ambulance to UPMC Williamsport and Jacob flown by helicopter to another nearby hospital. Though she was initially coherent and thought the extent of her injuries was what she could see, Jessica began feeling chest pains while en route.

Shortly after she arrived, Jessica suffered a temporary loss of consciousness.

"As we pulled into the ER, people told me I kept saying, 'Who's here? Who's here?'" Jessica says. "Everyone was there at the head of my stretcher, allowing me to grip their



hands so tightly as they switched positions to perform their duties and care for me. I asked them if I was going to die, and they said they wouldn't let me — and that's the last thing I remember. I woke up in the ICU, and the first thing I noticed was a colostomy bag. **Dr. [Ronen] Elefant** and **Dr. [Karima] Fitzgerald** had saved my life. Everyone there saved my life."

In addition to her leg and ankle injuries, the impact of the accident fractured Jessica's neck and caused severe internal damage that required surgery on her transverse colon, spleen, and pancreas. To make matters worse, she became septic in the days following surgery as her body struggled to overcome an infection. In total, she would spend more than four weeks at UPMC Williamsport recovering and learning how to manage her new way of living.

The weeks were hard, and there were plenty of dark days, but Jessica was alive — and so was Jacob, who miraculously only suffered bumps, bruises, and re-injured an already torn knee ligament.



Among the many UPMC teammates who helped care for Jessica and provide moral support along the way was the trauma program manager. She visited daily and even introduced Jessica to Aly's Monkey Movement — a morale-boosting initiative centered on providing stuffed monkeys to hospitalized children and adults — which Jessica says she now proudly participates in as a volunteer.

Looking back, Jessica firmly believes she wouldn't have gotten the same level of care had she been transported to another hospital and not UPMC Williamsport. Even while in the throes of trauma, she could recognize the number of people who were at her side, holding her hand, helping to calm her down, and even picking up extra shifts to be there for her.

"There were days I just wanted to die," Jessica says about her recovery. "But the care I received [at UPMC Williamsport] is what got me through. The staff made everything easier. Every single staffer who came to see me stopped to sit with me and hold my hand."

In fact, Jessica was so moved by the entire experience that it altered her career plans. Just prior to the accident, the nurse had accepted a new role at a neighboring hospital

but elected to stay at UPMC Williamsport after being on the receiving end of her teammates' compassionate care.

To some in the health care industry, the people they work with are *just* colleagues — mere acquaintances who happen to be employed at the same place, roam the same halls, and treat the same patients.

But not for Jessica and the people she works with.

It's now been more than a year since the accident, and Jessica remains focused on recovery and therapy — though she can't help but often think about how she feels like something was protecting her and Jacob that day. And how the first people on the scene and those who saved her life were the people she was lucky enough to call friends and teammates.

"I don't think my outcome would have been the same if it hadn't been for that emergency department," Jessica says. "I received exceptional care that day. They were my light at the end of the tunnel."

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DRIVE FOR A CAUSE



Each October, car dealerships throughout north central Pa. team up with Susquehanna Health Foundation for Drive for a Cause. Participating dealerships donate \$25 to the Kathryn Candor Lundy Breast Health Center at UPMC Williamsport, Divine Providence Campus for every new or used car sold.

This year marked the fifth year of this event, raising \$10,652 to support the fight against breast cancer in our communities. Since the start, Drive for a Cause has raised more than \$92,800 for breast health services at UPMC in North Central Pa. This event also serves as a reminder for women to have their annual screenings. 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. Early detection saves lives.

“Drive for a Cause helps ensure local women receive the specialized and life-changing care they need to detect and fight breast cancer right here, close to home,” says **Sherry Watts**, president, 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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continued from page 29

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Emergency

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YOUR CONTRIBUTIONS AT WORK:

Aiding Victims of Violence When They Need it the Most

Funding helps UPMC in North Central Pa. bolster services for victims of sexual assault.

Studies show that someone is sexually assaulted every 68 seconds in this country — a jaw-dropping statistic that equates to more than 463,000 annual assaults. But you don't have to tell that to **Rachal Clark**. The registered nurse knows all too well how often incidents like rape take place today.

"Because of what I do, I'm exposed to victims of violence on a regular occurrence," she says. "But the prevalence of it in our society started to interest me when I was still in nursing school. Unfortunately, this is not something that is rare."

It was that awareness of the problem that prompted Rachal to begin training as a forensic nurse shortly after joining UPMC Williamsport as a staff nurse.

Forensic nursing sits at the intersection of health care and the legal system, with skilled practitioners delivering specialized care for victimized and abused patients. And for those like Rachal who see sexual assault victims, that means becoming a Sexual Assault Nurse Examiner (SANE).

"We make sure that patients have everything they need medically, but we're also collecting evidence to help back them up and back up law enforcement if the time comes that they want to go to trial or choose to press charges," she adds.

About a year into her forensic nursing career, the Pennsylvania College of Technology graduate was promoted to forensic nurse coordinator — Williamsport, Muncy, and Lock Haven, a role that involves coordinating 24/7 nurse coverage at those three UPMC facilities, the training of her fellow SANEs, facilitating continuing education, and case tracking.

Although it was her predecessor who directed the purchase of new and much-needed equipment through the Susquehanna Health Foundation, Rachal has played an instrumental role in working with the Foundation and ensuring those purchases have been put to good use.

"In an effort to best serve our sexually assaulted patients and prosecutors, we sought funding to purchase two MobileODT devices that are used to collect forensic evidence," Rachal says. "The equipment is a specialized camera that allows for the evidence collection and also interfaces with the patient's electronic medical record."

The devices, which are known as the EVA System and are designed specifically for SANE examination, cost a total of \$16,000. Replacing the bulky and intrusive colposcopes previously used to take pictures during pelvic exams, the EVA System devices were deployed at UPMC Williamsport and UPMC Lock Haven thanks to donations from Lycoming County Board of Commissioners, Clinton County Commissioners, and Ryan Gardner and Erica Trimble.



The EVA System also enables SANEs to host these sensitive images on a secure cloud-based server, ensuring patients receive the utmost level of privacy.

In addition to the equipment, Susquehanna Health Foundation also helped to secure donations for training additional SANEs. The \$10,000 earmarked for training fills an immediate need to educate six new nurses, with each SANE completing a 41-hour didactic online course before undergoing a clinical preceptorship with an existing SANE nurse.

"The donations are very helpful because it gives me the ability to recruit more nurses to the team," Rachal says. "More nurses equal more coverage for the on-call schedule. That means we have increased availability, so someone is always there 24/7."

Planning for a Future Impact

Rachal sees tremendous value in the program and the impact it can have on the community she feels fortunate to call home. That's why she recently completed a will at the age of 32 — including in it Susquehanna Health Foundation and a designation for the SANE program.

Given her job, which includes one 12-hour staff nurse shift in the emergency department each week, the single mother of two small children sees daily how unexpected events, accidents, injuries, and even death can occur at any time. Drawing up a will at such a young age may seem unusual to some, but for Rachal, the process gave her peace of mind that there's a plan in place for both her family and the SANE program.

"I consider my future contribution to the Foundation as a donation to the program that I love and am incredibly passionate about," she says. "It's important for people to understand how vital this resource is for the community. Nobody wants to use it, but when you need it, we're there."

LEGACY SOCIETY

The **Legacy Society** recognizes those who made a planned or estate gift to Susquehanna Health Foundation. The “past” 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.

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NEW TAX LAW FOR 2023 ALLOWS IRA ROLLOVER TO CHARITABLE GIFT ANNUITY

Increasingly, many donors 70.5 and older are turning to Qualified Charitable Distributions (QCDs) to support their passions at Susquehanna Health Foundation. QCDs are tax-advantageous gifts distributed from your IRA directly to the Foundation to make an immediate impact.

Benefits

- If you are 73 or older, your IRA rollover to a charitable gift annuity may fulfill part or all of your required minimum distribution.
- Giving directly to the Foundation from your IRA allows you to give tax free.
- You receive fixed, quarterly payments for life that are not affected by market fluctuation.
- You receive an income tax deduction in the year you establish the annuity for the gift portion.
- A portion of your annuity income would be free of federal tax income.
- You select your area of impact on health care from your charitable gift annuity.

Please contact your tax advisor to determine if a gift from your IRA to establish a charitable gift annuity is right for you.

**Secure 2.0 Act of 2022*

new doctors



Wesley Adams, M.D.

Ophthalmology | 570-320-7850

Dr. Adams received his medical degree from University of Utah, Salt Lake City, and completed his residency in ophthalmology with Wake Forest University Baptist Medical Center, Winston-Salem, N.C. Dr. Adams sees patients at 1705 Warren Avenue, Suite 303, Williamsport.

Leah Bowlin, D.O.

Physiatry and Physical Medicine and Rehabilitation | 570-321-2600

Dr. Bowlin, physiatrist, received her medical degree from Ohio University Heritage College of Osteopathic Medicine, Athens. She completed her residency in physical medicine and rehabilitation at University of Pennsylvania, Philadelphia. She sees patients at 700 High Street, Williamsport.



Sarah Brown, D.O.

Vascular Surgery | 570-321-2805

Dr. Brown received her medical degree from Lake Erie College of Osteopathic Medicine, Erie, Pa., and completed her residency in general surgery at UPMC Horizon, Greenville, Pa. She completed her fellowship training in vascular surgery at West Virginia University Heart and Vascular Institute, Morgantown. Dr. Brown is a member of the American College of Osteopathic Surgeons. She sees patients at 740 High Street, Third Floor, Williamsport.



Gaurav Dighe, M.D.

Neurology | 570-321-2820

Dr. Dighe received his medical degree from Ryazan State I.P. Pavlov Medical University, Russia, and completed his residency and fellowship training in neurology at University of Louisville School of Medicine, Ky. He is board certified by the American Board of Psychiatry and Neurology in neurology and vascular neurology. Dr. Dighe sees patients at 740 High Street, Third Floor, Williamsport.



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

Rebecca Frazier, Psy.D.

Physical Medicine & Rehabilitation / 570-321-2600

Dr. Frazier, neuropsychologist, received her doctoral degree from Indiana University of Pennsylvania, Indiana. She completed her residency in clinical neuropsychology at Geisinger Medical Center, Danville, Pa., and her fellowship in neuropsychology with Atrium Health Wake Forest Baptist, Westchester, N.C. She sees patients at 700 High Street, Williamsport.



Nicholas Gorski, D.O.

Family Medicine / 570-567-5450

Dr. Gorski received his medical degree from Lake Erie College of Osteopathic Medicine at Seton Hill, Greensburg, Pa., and his residency training with UPMC's Williamsport Family Medicine Residency, Williamsport, Pa. He sees patients at 260 Reitz Boulevard, Lewisburg.



Taylor Haas, D.O.

Emergency Medicine / 570-321-2000

Dr. Haas received his medical degree from New York College of Osteopathic Medicine of New York Institute of Technology, Glen Head, and completed his residency at Geisinger Medical Center, Danville, Pa. Dr. Haas sees patients at UPMC Williamsport.



Gregory Little, M.D.

Emergency Medicine / 570-321-2000

Dr. Little received his medical degree from Michigan State University, East Lansing, and completed his residency at Excelsa-Latrobe Area Hospital, Latrobe, Pa. He sees patients at UPMC Williamsport.




Danielle McGovern, D.O.
Family Medicine | 570-368-3321

Dr. McGovern received her medical degree from Philadelphia College of Osteopathic Medicine. She completed her residency in Family Medicine with Abington Family Medicine Jefferson Health in Jenkintown, Pa. She sees patients at 900 Plaza Drive, Montoursville.

Sagar Patel, M.D.
Psychiatry | 570-320-7525

Dr. Patel received his medical degree from Medical University of Lublin, Poland. He completed his fellowship training in psychiatry at Virginia Commonwealth University School of Medicine, Richmond, and his residency at Jamaica Hospital Medical Center, Jamaica, N.Y. Dr. Patel is board certified in psychiatry by the American Board of Psychiatry and Neurology. He sees patients at 1100 Grampian Boulevard, Williamsport.


Rebecca Rickard, D.O.
Family Medicine | 570-723-3744

Dr. Rickard received her medical degree from West Virginia School of Osteopathic Medicine, Lewisburg, and completed her residency with UPMC's Williamsport Family Medicine Residency, Williamsport, Pa. She sees patients at 103 West Avenue, Wellsboro.

Sunkesula Sagar, D.O.
Family Medicine | 570-368-3321

Dr. Sagar received his medical degree from Rowan University School of Osteopathic Medicine, Stratford, N.J. He completed his residency in Family Medicine with UPMC Horizon in Farrell, Pa. He sees patients at 900 Plaza Drive, Montoursville.



Friends of UPMC Wellsboro and Community Donations Bring Mobile Unit to Northern Tier

The 2022 Friends of UPMC Wellsboro Annual Campaign raised more than \$40,000, including C&N's \$4,500 in matching funds, to take preventative and medical care to northern tier residents for whom transportation is a barrier to care.

The Friends Campaign, along with community donations and grants, will help purchase a brand-new mobile health unit. With a cost of \$418,000, the purchase of this unit is being made possible thanks to an anonymous contribution from a loyal and generous resident of the region (\$250,000), The Charles Knox and Margaret Etner Foundation (\$30,000), Horace B. Packer Foundation (\$40,000), and Soldiers + Sailors Memorial Hospital Auxiliary (\$15,000).

The mobile unit will be based at UPMC Wellsboro and is a 37-foot multi-purpose bus with space for private exams and health screenings. This clinic on wheels, expected to arrive in early 2024, will mobilize essential medical care to those who have no means of transportation to get to their appointments or essential screenings. This vehicle will provide:

- Cancer prevention screenings for skin, prostate, colorectal, and oral cancer
- A laboratory for blood work and blood pressure screenings
- Vaccination clinics
- Classroom space for free public education on topics like diabetes and nutrition
- Workplace wellness and safety resources
- Trained emergency medical response to mass-casualty events
- A presence at community-wide festivals and events

Thank you to the Friends Committee: Janie Hilfiger, Honorary Chair; Roger C. Bunn, Rachel Domarew, Jack Eckman, Bev McKnight, Anne McNight, June Rudy, Sue Sticklin, and Ann Vayansky.



The Foundation needs your support as there is still \$45,000 left to raise to fully fund the mobile unit. To join the Friends of UPMC Wellsboro and support this exciting new resource, contact Anna Thompson, Development Coordinator, at 570-320-7612 or use the enclosed envelope.

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