

foundation focus

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SusquehannaHealth.org/Giving



Susquehanna Health
Foundation

Working together.



I am blessed to begin this column with a special thank-you. Your continued encouragement and support for growing our services, replacing our aging facilities and adding key specialty services at Susquehanna Health are outstanding. You are the reason we are able to continue providing the highest clinical quality and the safest patient services available in the region.

Most recently, your support and the excellent work of our board of directors helped us secure an affiliation with the UPMC (University of Pittsburgh Medical Center). Together, UPMC and Susquehanna Health will continue providing:

- A growing range of world-class clinical and medical services,
- Outstanding clinical quality and patient safety,
- State-of-the-art facilities, and
- Hospitality that is second to none.

We are very fortunate to be moving forward with plans to grow during such a challenging time for healthcare in the United States. We are hearing from many community leaders, physicians, service partners, volunteers and patients who recognize our continued investment in modernizing and expanding Susquehanna Health's services—they tell us to "keep it up." They encourage us to expand on what we have done and to make services even more accessible and convenient. With your continued support and the resources of UPMC, that's exactly what we will do.

Recent growth to serve our region includes:

- Completion of the Susquehanna Health Medical Plaza at Mansfield to bring more services to Tioga County;
- Updated facilities at our Divine Providence Hospital campus to create a centralized location for our sports medicine, foot & ankle care, orthopedic and rheumatology services;
- Renovation and expansion of the emergency department at Muncy Valley Hospital; and
- Recruitment to improve access to existing services and add more specialty care.

Through UPMC, a partner that fits our culture and is committed to this region, we will be able to offer more specialty services and greater accessibility. UPMC will also provide expertise and resources to help us continue to grow. Here are some of the ways our affiliation with UPMC will help us:

- Giving us the third largest residency and fellowship training enterprise in the nation;
- Helping us replace our aging information technology with one of the most advanced electronic health and medical record systems in the world;
- Replacing and modernizing our reference laboratory and our physical medicine rehabilitation facilities;
- Applying UPMC's extraordinary purchasing power to reduce the cost of patient care supplies and equipment; and
- Providing our region with Pennsylvania's number one health plan—UPMC Health Plan.

This affiliation also will create a tremendous economic advantage. With UPMC's help, we expect to grow employment in our region by adding family-sustaining jobs over the next five years.

Together, we will continue to improve the health and well-being of the patients we serve and help make our regional community a better and healthier place to live and work. For your role in helping us reach this critical point in our journey, and on behalf of all of our board members, physicians, nurses, support staff and volunteers, please accept our very special thanks.



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President
UPMC Susquehanna

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A person is running on a paved path, captured from the waist down. They are wearing a dark blue t-shirt, black shorts, white socks, and blue and black running shoes. The path is paved with asphalt and runs alongside a wooden fence made of horizontal slats. The background is slightly blurred, suggesting motion. Overlaid on the bottom half of the image is the word "One" in a large, white, sans-serif font.

One

step at a time

Nik Barkauskas, my path to recovery

Preparing for his first marathon, **Nik Barkauskas**, 32, was arguably in the best shape of his life. After sending a “Happy Birthday” text to his wife, **Stacey**, around 4 am on April 1, he began his first-ever 17-mile run with his training group from the YMCA. At 6' 5" and 250 pounds, Nik had been a lifelong basketball and baseball player, but the father of two was up for a new challenge and had been running long distances for three months through subfreezing temperatures, wind and snow.

This was the first day he didn't need to wear a jacket. Temperatures had spiked from the 50s to the 70s the previous day. Through most of the run, he pushed to keep pace with the group leader, but somewhere near the 16.5-mile mark, Nik stumbled. His friends say he picked himself up and began running again before collapsing and rolling off the Susquehanna River Walk path. When they reached him, he was unconscious. They called 911 at 7:22 am.

Susquehanna Regional Emergency Medical Services (EMS) arrived at 7:27 am. Though temperatures were in the mid-60s, Nik's symptoms—loss of consciousness, vomiting and difficulty breathing—pointed to a heat-related illness. The EMS team worked quickly to insert a breathing tube, start intravenous fluids and begin cooling Nik's body.

“This is what we train for. Environmental injuries are rare, but with the paramedic mindset and progressive evaluation, we rapidly addressed the key issues to set him on a good path,” says

Dr. Greg Frailey, Medical Director, Susquehanna Health Pre-hospital Services.

By 7:57 am, the EMS team had contacted the Emergency Department at Williamsport Regional Medical

Center (WRMC) and had begun transmitting Nik's EKG. He arrived at the emergency department at 8:06 am.

Nik's body temperature was 106.1° F—dangerously high.

“It was pretty grim to be honest,” says **Crystal Hanner**, RN, the primary emergency room nurse at Nik's bedside. “He had no neurological response whatsoever. His pupils were not reacting, and he was extremely hot to the touch. His skin was completely dry.”

Emergency physicians used MRI and CAT scans to rule out underlying issues with Nik's heart or a blood clot in his brain stem as the root cause of his apparent heat stroke. He was placed on a ventilator to assist his breathing.

“Our goal is to get rapid stabilization and diagnostics so we can quickly initiate treatment,” says **Dr. Michael C. Gerst**, Director of Emergency Medicine. “He was one of the sickest patients that I have ever taken care of. In a case like this, when even 10 minutes' delay can have a profound negative impact, the resources here gave us the upper hand in figuring out what was wrong and getting Nik on the path to treatment.”

Lab results indicated that Nik's exertion and heat illness caused a rare, life-threatening condition called rhabdomyolysis, a breakdown of muscle and release of proteins into the bloodstream that can lead to kidney damage or failure. He also had early signs of a very rare condition, disseminated intravascular coagulation (DIC), which can disrupt blood flow to major organs or result in excessive internal bleeding. Less than two hours after arriving, Nik was transferred to the Intensive Care Unit (ICU) for a higher level of support.

With Stacey at Nik's side, the Intensive Care Unit team of physicians, nurse practitioners, registered nurses and respiratory therapists worked to keep Nik's vital signs stable as the extent of the internal damage from his condition became apparent. Critical care, kidney, liver, neurological and blood specialists collaborated to give Nik the best possible chances for survival.

Because Nik suffered injury to multiple organs, the medical team was guarded with its prognosis. Continuous renal replacement therapy and a ventilator supported Nik through the weekend as Stacey remained by his side.

“He had no neurological response whatsoever.”

—Crystal Hanner, RN

"The doctors and nurses were really amazing and attentive," Stacey says. "They were straightforward, and I knew the odds were against Nik, but I was also confident that they were doing all they could for him."

Registered nurses **Sarah Matczak** and **Amy Bachle** worked back-to-back shifts caring for Nik through the first crucial days to provide the continuity of care that would optimize the progression of his recovery.

"We were all pulling for him," Amy says. "Almost instantly, all the nursing staff created a special bond with Nik and Stacey, and we were determined to get him back home to his family."

Within 48 hours, Nik's medical condition stabilized, yet he remained unresponsive, raising concerns about his brain function. His medical team had to

"As he regained consciousness, it became clear we could take him off the ventilator and back off his sedation," says **Dr. Kevin Kist**, ICU physician. "That's when neurologic improvement began, and his recovery really took off from there."

Weak and in pain from the rhabdomyolysis, Nik doesn't remember much about his next few days in the ICU other than "kindness and care."

"My time in a coma was very scary for my family, but it wasn't for me. I woke up feeling that I would be okay because of the care all around me," Nik says. "It was shocking to realize that, a week before, I could run 10 miles, and now I couldn't reach, roll over or even adjust my glasses. I wasn't depressed; I just felt the power of what had happened."

Once Nik was medically cleared to leave the ICU, his care was transferred to a medical unit for several more days of general recovery. He continued to receive dialysis to support his badly damaged kidneys. Physical therapists, who had been involved since he was in the ICU to move his limbs and help him sit up, continued to work with him. Nik marveled at the skill and patience of his nurses and their easy explanations of his treatments.

After just a few days, Nik reached several recovery milestones, and doctors determined he was strong enough to move to inpatient rehab for three hours of therapy a day along with his three hours of dialysis every other day.

His life had been saved. Now, over three weeks, he would work to restore his lifestyle. Nik wanted to be home with his family and have the strength and stamina to care for and play with his children as well as the mental acuity to return to teaching and finishing his doctoral work in education. But his illness had taken a toll. He didn't have the strength to stand

without assistance. He couldn't raise his arms to brush his teeth, comb his hair, dress or feed himself.

"Really, we did a whole rebuilding of everything in my life," Nik says. "I appreciated how each therapist made an effort to connect with me on a personal level. It made therapy easier, and I can't thank them enough."

Physical therapy was his favorite. At first he needed assistance to stand up, but with a goal of walking out of the hospital

"It was shocking to realize that, a week before, I could run 10 miles, and now I couldn't reach, roll over or even adjust my glasses."

—Nik Barkauskas

consider the possibility that Nik might not regain full consciousness. By Tuesday, staff members were able to remove enough supportive equipment to perform an MRI scan, which revealed that Nik's brain was functioning normally. That was the first of many positive milestones in Nik's recovery.

A steady flow of family and friends visited, including members of Nik's family who came from out of town and stayed on the WRMC campus in the new Hospitality Inn. During these visits, when Nik's room would get noisy, Stacey noticed Nik biting down on his breathing tube—the first sign that Nik's coma was subsiding. Then, 24 hours after his MRI, five days after he collapsed, Nik's breathing tube was removed, and he woke up.

without support, he worked extremely hard, advancing to a walker and then crutches.

"From training, I was used to pushing and going that extra step. That drive is what helped me get back to where I am now," Nik says.

In occupational therapy the focus was on rebuilding his upper-body strength so he could be independent for self-care. As he progressed through intense strength and balance







training, he also began practicing skills like folding laundry and cooking. To combat mental foggy, a typical side effect following a coma, Nik worked logic puzzles and was relieved to receive a nearly perfect score on a neurological test.

On April 30, the day he was discharged, Nik walked through the gym to say thank you and good-bye.

"He worked so hard. Every day we were adding reps or increasing weights, and every day he pushed himself," says **Rachel Ebeling**, physical therapy assistant. "When he walked through here on his own, it was rewarding to see, knowing that he reached his goals and especially knowing they weren't even sure he would survive."

Nik's kidneys are now completely healed, and, in July, he completed his outpatient physical therapy. He received a new bicycle for his birthday and plans to bike and swim to get back in shape.

The community support they received through this experience convinced Stacey and Nik to put down roots in Montoursville and buy a home there, because "life's too short to put off your dreams." And Nik says he is much more appreciative of the little things in his life, such as being able to get out of bed when he wants or enjoying a simple game of badminton with his family.

"Without the support of everyone involved, from his friends who called 911 to nursing and ancillary services and all of our specialists, we would not have seen this outcome."

—Dr. Greg Frailey



"I'm much more grateful for being alive," says Nik, who will write his doctoral thesis this fall. "I don't take things for granted anymore."

Those who were involved in his care don't take his survival for granted either. Doctors agree that Nik couldn't have lived through his ordeal without having been in excellent health at the time of the incident. They also credit the support of the right people, making the right decisions, at the right time, with the right resources at hand.

"From start to finish, the team approach to Nik's care—with good handoffs and appropriate consults—was critical," says Dr. Frailey. "Without the support of everyone involved, from his friends who called 911 to nursing and ancillary services and all of our specialists, we would not have seen this outcome."

The Donor REPORT

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 **June 30, 2016**.

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The Cornerstone Society recognizes individuals who supported Susquehanna Health Foundation with a contribution of \$10,000–\$99,999. Donors are listed through **June 30, 2016**.

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Williamsport Bureaus of Fire & Police Give Back

Since 2014, local firefighters and police have donated more than \$7,250 in support of the Kathryn Candor Lundy Breast Health Center. They sell T-shirts annually and wear them while on duty during October for Breast Cancer Awareness Month. While some have a personal connection to someone who has or has had breast cancer, these public servants believe it is important to give back to their community.

"This is the third year that we've been doing this fundraiser," Assistant Fire Chief **Mark Killian** says. "Last year, the police department

contacted us to go head-to-head in a friendly competition in best T-shirt design/highest T-shirt sales.



This year, we've joined efforts through one design and have been selling these shirts together. We've held the fundraiser for the past three years, and we'll keep doing it every year. Having the Kathryn Candor Lundy Breast Health Center right here in Williamsport gives us peace of mind that the

women in our lives have direct access to these services at a highly notable facility."

Chaplain David & Carol Fishel

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“We’ve always appreciated what the health system has provided for us as a family, and we saw this as a way to be part of the exciting changes taking place.”

—David Fishel



It adds up: a small gift, larger gifts offered in memory of family members and friends, monthly gifts made through payroll deduction, and donations of honoraria. By keeping a promise they made to the Church on their wedding day, Susquehanna Health Chaplain David Fishel and his wife, Carol, have made giving a way of life. Susquehanna Health has benefited from that commitment through the couple's professional services as well as their generous financial gifts, which have reached the Cornerstone giving level.

David and Carol met as students in an InterVarsity Christian Fellowship at The Pennsylvania State University in 1971 and were married in 1974. As they raised their four children, they continued to honor their commitment to giving through their work, mission trips and tithing.

"We enjoy giving and believe firmly in tithing and helping those who are less fortunate," says Carol, who worked at Muncy Valley Hospital for 16 years as a charge nurse and supervisor in the skilled nursing unit and is now retired. "We know we can help things go a little better for others with our donations, and we always receive much more than we give."

David, who has served as a resident, staff and hospice chaplain at Susquehanna Health for nearly 12 years, began his career as a supervisory hydrologist working for the U.S. Geological Survey near Harrisburg. After he felt a calling to become a pastor, his new career brought him and his family to Hughesville, where he led a small congregation. Many of the church's members were older, and David made frequent visits to hospitals and nursing homes, spurring his interest in becoming a hospital chaplain.

As a Susquehanna Health chaplain, David enjoys working with a team of chaplains from varied faith backgrounds—including Baptist, Catholic, independent, Lutheran, Methodist, and Mennonite—that has been together for more than 10 years and provides spiritual support for patients and their families. David primarily serves patients who are receiving hospice care.

"My particular role is communication at the end of life and trying to meet the needs of the family at that time," David says. "I feel very blessed to be with people through that stage of their lives. What I enjoy most is listening to peoples' life stories and realizing

"We enjoy giving and believe firmly in tithing and helping those who are less fortunate."

—Carol Fishel



how much God connects with each one of us." Frequently, the families David assists ask him to officiate at their loved ones' funeral services. He donates his honoraria to the Foundation, often with a designation that reflects the deceased person's interests or involvement, such as veterans' programs or The Gatehouse.

"It's fitting to take that gift and give it to Susquehanna Health so it can benefit someone else's life, too. It's nice when the designation can recognize the loved one's life and interests," David says.

About five years ago, David also began donating to Susquehanna Health through payroll deduction. He and Carol were excited about the health system's new building and renovation projects and the impact they would have on the community.

"Payroll deduction is an easy way to make a contribution regularly," David explains. "We've always appreciated what the health system has provided for us as a family, and we saw this as a way to be part of the exciting changes taking place."

Among the things for which David and Carol are grateful to Susquehanna Health are their employment experiences and the care David's mother and Carol's mother and brother received at Muncy Valley Hospital. All were patients in the skilled nursing unit over the course of about three years after relocating to the area.

"We could not have given them the care they needed without the help of skilled care at Muncy Valley," David says. "We are very appreciative of everything that was done for them."

Family continues to be central to David's and Carol's lives. They thoroughly enjoy spending time with their five grandchildren, who keep them busy and entertained. Another passion is mission work. During Carol's career, she participated in several mission trips, including medical missions to Haiti and the Dominican Republic. Recently, she accompanied David on an educational mission trip to Germany.

"It was a very humbling experience and a reminder of how much we've been blessed," Carol says. "We both are so grateful for what we have received in our lifetimes and feel fortunate to be able to give back."

Lifetime Achievement Awards



During Susquehanna Health's second annual Lifetime Achievement Awards, held at DiSalvo's Restaurant in Williamsport, major donors (who gave \$10,000 or more) and key inspirational individuals were honored for their significant impacts on Susquehanna Health and healthcare for the community. The event began with an outdoor reception and included a dinner sponsored by Stantec, award presentations and dancing to entertainment sponsored by Citizens & Northern Bank.



Honorees left to right: Robert DeCamp, Dr. Albert Liddell, John Troisi, Dr. Russell Worobec, Blaise Alexander and UPMC Susquehanna President Steven P. Johnson



“
*With your help
and support, we’ve
anticipated and
prepared to meet
each challenge we
have encountered
with the right
facilities, the
right professionals
and the right
partnerships.*
”

Steven P. Johnson
President
UPMC Susquehanna

Our donors and community leadership continue to keep our community healthy and support the quality of life that we all cherish. The Lifetime Achievement Awards event allows Susquehanna Health to recognize these key individuals and businesses.

During dinner, donors who recently made a gift of \$10,000 or more were presented lapel pins handcrafted by local jeweler Marc Williams. Those who moved to a new giving level or made a significant gift within the last year were given a custom Susquehanna Health pen.

“With your help and support we’ve anticipated and prepared to meet each challenge we have encountered with the right facilities, the right professionals and the right partnerships,” says **Steven P. Johnson**, UPMC Susquehanna President. “Susquehanna Health has achieved its goals through the contributions and support of many people throughout our community, from our dedicated healthcare providers and service partners to more than 750 volunteers who assist in the delivery of care as well as the individuals and businesses that have given more than \$35.5 million in the last 10 years to support critical healthcare projects. For all of this, we are grateful.”

2016 Honorees

Dr. Albert Liddell and **Dr. Russell Worobec** earned Physician Lifetime Achievement Awards for their career-long service to patients, the medical profession and the community.

Robert DeCamp received the Trustee Lifetime Achievement Award for exemplary service, selfless giving and commitment to the goals of Susquehanna Health.

Blaise Alexander was awarded the Philanthropist Lifetime Achievement Award for his exceptional generosity through direct financial support, demonstration of outstanding civic and charitable responsibility as well as encouraging others to make leadership contributions in the community.

John Troisi was presented the President’s Lifetime Achievement Award for his dedication to Susquehanna Health while inspiring others to overcome adversity.

Lifetime Achievement Awards



Business & Industry Gifts recognizes businesses that supported Susquehanna Health Foundation with a contribution of \$5,000 or greater. Donors are listed through **June 30, 2016**.

Business & Industry Members

\$1,000,000+

Blue Cross of Northeastern Pennsylvania
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TurnKey Electric, Inc.
Wolyniec Construction, Inc.
In Memory of James T. Wolyniec Sr.

\$50,000–\$99,999

Alexander Building Construction Co.
Anadarko Petroleum Corporation
Bayard Printing Group
Glenn O. Hawbaker Inc. Charity Golf
Outing
Hudock Capital Group, LLC
iHeartMedia
Jersey Shore State Bank
Larson Design Group
PPL Electric Utilities
Weis Markets, Inc.
Welliver

\$25,000–\$49,999

ARAMARK Healthcare
Baker Tilly Virchow Krause, LLP
BB&T
Beiter's Inc.

Construction Specialties, Inc.
*In Honor of Construction Specialties, Inc.
Staff and Families*
Data Papers/KBF Print Technology
Fry's Plastic
Gift Box at Muncy Valley Hospital
Glenn O. Hawbaker, Inc.
John Savoy and Son, Inc.
L. F. Driscoll Company, LLC
Lamar Advertising
Lundy Construction Co., Inc.
McCarty-Thomas Funeral Home, Inc.
In Memory of Richard G. Thomas
McNerney, Page, Vanderlin & Hall
Ronald McDonald House Charities of
N.E.P.A., Inc.
Santander Bank
Shell Appalachia Charity Golf Tournament
Stantec
Talisman Energy USA Inc.
Tura L.P.
Woodlands Bank

\$15,000–\$24,999

Gilmour Arts
I.C.S. Inc. - Ron Hine
Lundy Industrial Realty, LP
Norcen Industries Inc.
Pennram Diversified Mfg. Corp., Andrew
& Karen Hooker
Steinbacher Enterprises, Inc. - Dave and
Karen Steinbacher
*In Memory of Mr. and Mrs. James
Steinbacher*
In Memory of Karen Steinbacher
Wm. L. Robinson Concrete

\$5,000–\$14,999

Aquarius Pool & Patio, Inc.- Gene and
Mary Ann Schurer & Pam Keefer
Berkshire Hathaway HomeServices
Hodrick Realty
Billtown Mechanical Corp.
The Blessing Insurance Agency, Inc.

Brodart Co.
Central Equipment Company
Ruth Croyle and East End Lumber
Company
EmCare, Inc.
Forrester Environmental, Inc.
Fraternal Order of Eagles - Williamsport
Aerie #970
G. R. Noto Electrical Construction, Inc.
The Herman O. West Foundation
Hermance Machine Company
Houseknecht's Machine & Tool Co., Inc.
J and M Construction Specialty, Inc.
Keystone Bingo Supply, Inc.
Keystone Data Systems, Inc.
L-3 Communications Electron Devices
Lezzer Lumber Co. - Pennsdale
Liberty Hospitality Partners, LP
McDonald's - Doug and Frani Doherty
Mid-State Beverage Co. - Don and Betty
Jo Heim
Montgomery Plumbing Supply Company
Murray Motors - Brian Peace and Bill
Brown
Patterson-Brandt, Inc.
Penn Cabling Services, Inc.
Penn Recycling, Inc.
PMG Advisors, LLC
Quandel Construction Group, Inc.
Schneider Valley Farms Dairy
*In Honor of Schneider Valley Farms Dairy
Employees*
SelecTrim Corporation, James Wood and
Marcus Annicelli
Sher Properties, Inc.
Susquehanna Paper & Sanitary Supply
Corporation
Trojan Tube Sales and Fabrications, Inc.
In Memory of Jack Decker
Wellsboro Electric
Wellsboro Rotary Club
Williamsport Moving Company



New & Improved

Susquehanna Health Bone & Joint Institute

When you have an injury or arthritis-related pain, it's not always clear which type of doctor you need to see first. Now, Susquehanna Health Bone & Joint Institute, which comprises sports medicine, foot & ankle care, and orthopedic and rheumatology services, share one contact number so you're sure to make your first appointment with the correct specialist. For additional convenience, all of these services are now located on the Divine Providence Hospital campus.

Because of their frequent interaction, the offices for sports medicine and foot & ankle care were combined at 1201 Grampian Boulevard. Orthopedic and rheumatology specialists are paired in a new Bone & Joint Institute at 1705 Warren Avenue.

Patients at each center benefit from a spacious waiting area and convenient, in-house X-ray technology to simplify the diagnostic process. Updated office spaces are designed for patients' comfort and improved operational efficiency to reduce wait times. Patients register once, regardless of how many specialists are

involved in their treatment, and, because all of the specialists are on one campus, consultations are readily coordinated.

"With our specialists on one campus, they can easily talk over cases and bounce ideas off of one another," says **Matt McLaughlin**, Executive Director of Musculoskeletal Services. "The centralized call center makes it much easier for physicians to refer patients and for individuals to see the specialists best suited to their cases."

Renovations at the Grampian Boulevard location also will highlight Susquehanna Health Sports Medicine's involvement with athletics at area school districts. A mural on the wall bordering the parking area features local sports teams to help make students and their family members feel at home.

"We're excited about this opportunity to involve our schools and highlight an important part of our service line. We have athletic trainers on site with all of our area high school teams to prevent and treat sports-related injuries," Matt says. "The visual presentation of schools we work with demonstrates how deeply the sports medicine program is integrated in our community."



“With our specialists on one campus, they can easily talk over cases and bounce ideas off of one another.”

—Matt McLaughlin



**Susquehanna Health
Bone & Joint Institute
Divine Providence Hospital Campus
1705 Warren Avenue
Williamsport, PA**

Orthopedic Team

John Bailey, MD
Patrick Carey, DO
Ronald DiSimone, MD, FACS
Donald Golobek, DO - Wellsboro
Michael Hoffman, MD, MS
Mark Rackish, MD
Marc Galin, CRNP
Jeffrey Cundiff, PA-C
Erin Foley, PA-C
Larry Gerhard, PA-C
Michelle Hartford, PA-C
Justin Kelchner, PA-C
Robin Krikorian, PA-C
John Snurkowski, PA-C
Crystal Waite, PA-C

Rheumatology Team

Alicia Meadows, DO
Keith Shenberger, MD, FACP, FACR
Jennifer Bressler, PA-C
Ashley VanOrd, PA-C

**Susquehanna Health
Sports Medicine and Foot & Ankle Care
Divine Providence Hospital Campus
1201 Grampian Boulevard
Williamsport, PA**

Sports Medicine Team

Ronald Campbell, MD
Patrick Carey, DO
Edward Gusick, DO
Stephanie Erlandson, ATC
Michael Ludwikowski, ATC

Foot & Ankle Care Team

Richard Conley, MS, DPM - Wellsboro
Steven Hawley, DPM
Christine Nolan, DPM
Zach Ritter, DPM

**To schedule an appointment,
call (570) 321-2020.**

CADUCEUS SOCIETY

The Caduceus Society recognizes physicians who made a commitment of \$2,500 or greater to Susquehanna Health Foundation. Donors are listed through **June 30, 2016**.

Caduceus Society Members

\$500,000+

Dr. and Mrs. Francis M. Powers Jr.

\$100,000–\$499,999

Anesthesia Associates of Williamsport

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. George A. Manchester

\$25,000–\$49,999

Dr. and Mrs. John Becker

Dr. and Mrs. E. Lee Bellinger

Dr. Ronald E. DiSimone

Dr. and Mrs. Daniel R. Gandy

Dr. Ted and Jane Larson Jr.

Dr. William C. and Beverly H. McCauley

Drs. Timothy and Kathleen Pagana

Dr. and Mrs. Donald Shaw

*Dr. and Mrs. Gordon A. Shaw

In Memory of Joseph R. Calder, MD

Susquehanna Urologic Associates

Dr. and Mrs. Lawrence Tama

\$10,000–\$24,999

Anonymous (2)

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

Dr. and Mrs. Paul W. Braunegg Jr.

Dr. Tom and Rebecca Burke

Dr. and Mrs. Leonard R. Collins

Dr. and Mrs. Scott D. Croll

Dr. Perry Doan

Greg and Marilyn Frailey

Daniel J. Glunk and Margrit M. Shoemaker

Dr. and Mrs. Edmund Guelig

Dr. Barbara Heere and *Dr. Bernard Butkiewicz

Dr. and Mrs. Michael Hoffman

Dr. Renuka Kakarala and Dr. Sai B. Sajja

Dr. and Mrs. Charles D. Lamade

Dr. and Mrs. Donald J. Leathers

Dr. and Mrs. Albert G. Liddell

Dr. and Mrs. David J. Lopatofsky

Dr. and Mrs. David B. Nagel

Dr. and Mrs. Alexander R. Nesbitt

Dr. and Mrs. Anthony M. Nespola

Dr. and Mrs. Harshad Patel

Jim and Peg Redka

Dr. René and Diana Rigal

Dr. and Mrs. Warren L. Robinson

Dr. Phyllis Scott

Keith and Pam Shenberger

In Memory of Ann L. Shenberger

In Memory of Lynn A. Overdorff Jr.

Dr. and Mrs. F. Ardell Thomas

Dr. and Mrs. Stephen Weber

\$2,500–\$9,999

Anonymous (6)

Dr. and Mrs. Carl R. Albright

Dr. and Mrs. David N. Ambrose

Charles and Karla Anderson

In Memory of Albert Confer

Dr. Elizabeth and Eric Anderson

Karen and Michael Belenko

Drs. David and Susan Borys

Dr. Karen Brady

Dr. Jill Anissa Burns

Dr. and Mrs. John V. Calce

Dr. William Cicio

Cornerstone Family Health, PC

Dr. T. E. Cullen and Bronwen Cullen

Joseph Daoko, MD

Dr. and Mrs. Gary M. Dincer

Dr. Sabrina Dowd

Dr. and Mrs. Donald Dworek

Drs. Dilip Elangbam and Subadani Angom

Dr. and Mrs. Joseph G. English

Durriya S. Esaa, MD

Dr. and Mrs. Todd Fausnaught

Mr. David and Dr. Lisa Galloway

Dr. and Mrs. Steven W. Geise

Dr. Kenneth I. Glaser

Dr. and Mrs. Russell L. Gombosi

Dr. Judith Gouldin and Mr. Anthony Parente

Dr. and Mrs. Timothy Heilmann

John and Veronica Jones

In Memory of John and Dorothy Jones

Dr. and Mrs. William F. Keenan

Dr. and Mrs. I. G. Kim

Dr. and Mrs. Kevin W. Kist Jr.

Dr. John Kuri and Dr. Amy Wirtner

The Lazar Family

Dr. Paul and Cynthia Leber

Dr. and Mrs. Joseph Lexon

David and Clayton Lightman

Dr. and Mrs. Eric Longenbach

Michael J. Marceau, MD

Dr. Thomas J. and Reverend Dr. Lois D. Martin

Robert L. Muller, MD

In Honor of Dr. David N. Ambrose

Drs. *Naresh C. and Anita Nagpal

Stuart M. Olinsky, MD

Dr. William and Cynthia Pagana

In Memory of Ann Pagana

In Memory of Elizabeth Pagana

Dr. and Mrs. Young W. Park

Dr. and Mrs. Frank W. Parker

Dr. and Mrs. William J. Peck

Dr. Robert and the Reverend Christine Purcell

Dr. Renee Quarterman

Dr. and Mrs. William P. Reich

Dr. Christopher Reilly and Dr. Teresa Bianco

Dr. Herbert Roberts

Dr. and Mrs. Steven D. Rockoff

Eddie O. Rodriguez-Lopez, MD

Dr. Mohammad Shafique

Zachary Simpson, MD

Dr. Rohit Singh

Dr. and Mrs. Sam F. Stea

In Honor of Our Children

Bernard and Sarah Steinbacher

In Memory of Karen E. Steinbacher

Dr. Allan K. Stryker

Dr. Lawrence and Nancy Tomack

Dr. Peter and Rose Trevoledes

Dr. and Mrs. Thane N. Turner

Dr. and Mrs. Seth I. Weber

Rosemary Wiegand and Brett Homan

Dr. and Mrs. Daniel E. Wolfe

Edward G. Wyshock, MD

Targeting Cancer

New Tools Offer Enhanced Treatment & Comfort During Radiation Therapy

The ideal result of cancer treatment is to eliminate cancer cells while simultaneously protecting healthy, surrounding tissue and organs. A combination of two, new, state-of-the-art tools is enhancing the treatment made possible by the Trilogy™ System linear accelerator at the Susquehanna Health Cancer Center at Divine Providence Hospital.



The Trilogy System, from Varian Medical Systems, is used for treating cancer and neurological lesions with intensity modulated radiotherapy (IMRT), image-guided radiotherapy (IGRT), image-guided radiosurgery (IGRS) and stereotactic radiotherapy (SRT).

The two new tools, Varian's RapidArc® Radiotherapy Technology and CIVCO Medical Solution's Protura™ Robotic Patient Positioning System, allow Cancer Center staff to deliver higher, more targeted doses of radiation to cancer cells, while enabling patients to be more comfortable during the treatment. Both enhancements were purchased in part with proceeds from the 2015 Susquehanna Health Invitational Golf Tournament.

"The addition of these tools to our treatment arsenal keeps us current with what is available at any large community cancer center," says **Dr. Kenneth Glaser**, Medical Director of Radiation Oncology at the Cancer Center. "We're so grateful for the generous support of our community, which enables us to keep pace with changes in technology to provide the best care options available close to home for our patients."

The Protura™ Robotic Patient Positioning System is a specialized treatment table that allows patients to lie comfortably,

while a clinician adjusts the position of the table along three dimensions as well as the angle of the table along each dimension to allow radiation to concentrate in a precise location.

"Positioning a patient is the most critical and most time-intensive part of treatment," explains **Renee Hinds**, Manager,

Radiation Oncology. "The table takes the pressure off of the patient to hold an uncomfortable pose or be repositioned during treatment, because the clinician can fine-tune positioning with six degrees of motion. If you can imagine your hand as the table, you can move it up and down, left to right and forward and backwards, the standard three planes, but you can also tip it at an angle within each of those planes. The table enables us to really tailor the treatment to the patient and the patient's tumor. Because of the precision, the table helps achieve maximum accuracy during a

shortened treatment time."

Varian Medical Systems' RapidArc® Radiotherapy Technology, which is an enhancement within the linear accelerator itself, delivers the targeted doses of radiation at 360 degrees around the tumor. Because of its precision, it can be used to treat prostate, brain, head, neck and lung tissue.

"These tools give us the ability to safely deliver the highest possible dose of radiation to potentially make the most of each treatment session."

—Dr. Charu Sharma

“The RapidArc® technology provides a better way of applying the Trilogy’s radiation beam to give us precision within more conformal fields that keep the radiation exactly where we want it to go.”

—Dr. Francis Powers

“Any treatment that helps us spare healthy tissue is a welcome addition,” says radiation oncologist **Dr. Francis Powers**. “The RapidArc® technology provides a better way of applying the Trilogy’s radiation beam to give us precision within more conformal fields that keep the radiation exactly where we want it to go. When

used in combination with the new Protura™ treatment table, this technology enables us to safely administer higher doses of radiation and treat our patients more quickly and with far more accuracy to minimize side effects that can negatively impact quality of life both during treatment and as patients transition to survivorship.”

The addition of new technologies such as RapidArc® and the Protura™ Robotic Patient Positioning System help to secure the Cancer Center’s excellent reputation and ability to recruit high-caliber physicians such as **Dr. Charu Sharma** to care for patients in our community.

Dr. Sharma, a radiation oncologist, who recently joined Susquehanna Health’s cancer team after working at Fox Chase Cancer Center Hospital in Philadelphia, said her decision to come to Susquehanna Health was influenced not only by the Cancer Center’s high-quality staff and reputation but also its state-of-the-art equipment.

“These tools give us the ability to safely deliver the highest possible dose of radiation to potentially make the most of each treatment session,” says Dr. Sharma. “When you consider that radiation therapy is typically a daily treatment that is administered over

the course of five to seven weeks or more, having the best treatment tools available close to where our patients live and work saves them time. They’re not having to travel somewhere else for excellent care.”



Wish List

DONATE TO MAKE A WISH COME TRUE.

Susquehanna Health Foundation has asked our patient-care managers 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.

☐ **Valet Services (any amount)**

Susquehanna Health

Valet parking was implemented to assist patients and visitors during the construction at Divine Providence Hospital and Williamsport Regional Medical Center. Patients and families have asked Susquehanna Health to continue this service. A donation of any amount will help defray the costs so that we can continue to offer this helpful service.

☐ **Nurse-Family Partnership \$25**

Susquehanna Health

Nurse-Family Partnership is an evidence-based program that helps transform the lives of vulnerable women who are pregnant with their first child. This program provides health education and screenings, counseling and life-skills training. Early in her pregnancy, each mother is partnered with a registered nurse and receives ongoing home visits throughout her pregnancy. These visits continue through the child's second birthday. Donations help purchase important items such as diapers, blankets and developmental toys like rattles and blocks.

☐ **Assist patients currently undergoing cancer treatment \$25**

Kathryn Candor Lundy Breast Health Center

Donations can purchase gift cards for fuel to help patients travel to and from treatment or assist with the purchase of groceries for those in need.

☐ **Pack 'n Play \$45**

The Birthplace

A pack 'n play, a specially made bassinet, provides a baby (until the age of six months) with a comfortable and safe sleep environment. It also offers a spacious area for a baby to play and move around. The pack 'n plays are distributed to families who lack a safe place for the new baby to sleep.

☐ **60-minute Oncology Massage \$50**

Susquehanna Health Cancer Center

Specially trained massage therapists from Emerge Healing Arts & Spa can provide gentle and effective massages for oncology patients at any stage of their cancer journey. These sessions, which focus on comfort and relaxation, can help patients endure the stress of treatment as well as provide relief from the many side effects of chemotherapy and radiation.

☐ **17 Breastfeeding Stools for Patients' Rooms \$630**

The Birthplace

A breastfeeding stool, which is placed under a mother's feet while she is seated, allows a mother and baby to have a pain-free feeding experience. It helps a mother properly and comfortably position her baby while breastfeeding to prevent neck, shoulder, arm and back pain.

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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 make a note of which item(s) you wish to fund. You also can make a gift online at SusquehannaHealth.org/Donate and make a note in the comments section.

UPMC Susquehanna

Susquehanna Health Joins UPMC to Expand Healthcare Services and Advance Quality Care in the Region

Susquehanna Health officially joined UPMC (University of Pittsburgh Medical Center) on October 18, becoming UPMC Susquehanna. Susquehanna Health announced a letter of intent in May 2016 following a two-year extensive exploration to find an organization supportive of its long-term vision for the communities it serves. UPMC has committed to advance Susquehanna's goals to expand healthcare services, maintain its patient-focused mission, invest in information technology, and introduce more choice for health insurance for the region.

"This partnership marks a new era of healthcare for our region. Building on our strong clinical quality and patient safety track record, emphasis on

caring for patients and expertise in delivering care to all the communities we serve, including rural communities, Susquehanna Health is even stronger with UPMC," says **Steven P. Johnson**, President, UPMC Susquehanna. "As a pre-eminent academic medical center and insurer, UPMC brings great resources to our community. UPMC's academic partner, the University of Pittsburgh,

has a medical school ranked fifth in NIH research funding, and UPMC has the third largest residency and fellowship program in the country. UPMC is the largest medical and behavioral health services insurer in western Pennsylvania and the number one insurance plan in the state for quality and consumer satisfaction. Through this affiliation, we are able to bring a new level of innovation and advanced care to our region."

UPMC is making a \$500-million investment in the newly named UPMC Susquehanna as an early demonstration of its commitment to expand services for the people of northcentral Pennsylvania. Following this announcement, the first area of focus for UPMC Susquehanna is to expand emergency, heart and vascular, and cancer services. Other strategic priorities include establishing a neurosciences center of excellence, improving access

to care with an urgent care network, and replacing an inpatient rehabilitation facility built in the 1960s. With the addition of these and other specialty services, UPMC Susquehanna will be adding jobs to the region as services grow.

The existing foundations in Lycoming and Tioga Counties and their assets of more than \$40 million will exist in their current form, remaining unchanged. **All fundraising dollars and donor gifts will continue to stay local and be used to support healthcare services in northcentral Pennsylvania.**

UPMC Susquehanna's local governance will continue under the Board of Directors consisting of 16 volunteer business and community members along with eight newly appointed members

from UPMC. The UPMC Susquehanna Board will be responsible for quality of care, medical staff and growth initiatives.

"A shared mission for patient-centered care and innovative work models brought us together and empower us to move forward and grow services for this community," says **Ann Pepperman**, UPMC Susquehanna Board of Directors Chairwoman. "UPMC has a history of

investing in the communities it touches. Affiliating with UPMC ensures we have access to the resources to keep and add important services here in our local communities."

"We couldn't be more pleased to share and execute our vision for the future of healthcare with an organization as strong and successful as Susquehanna Health. We look forward to extending UPMC's expertise and innovative resources to this region," says **Steven Shapiro**, MD, Executive Vice President, Chief Medical Officer, and President – Health Services Division, UPMC. "With UPMC's leading integrated healthcare delivery and insurance model, we also share with Susquehanna the same firm commitment UPMC has proven in other communities, and that is to keep high-quality, affordable care locally accessible and close to home for our patients."



KEYSTONE SOCIETY

The Keystone Society lists those who commit to contribute \$250 or more annually to Susquehanna Health Foundation. Listed below are all Keystone Society members through **June 30, 2016**.

Keystone Society Members

\$1,000–\$9,999

Adwave365
David and Rita Alexyn
American Legion Bitner-Bechdel Post #623
American Legion Riders Post #36
Gregory Anna
Helen L. Antrim
Carole Battisti
Dr. and Mrs. John Becker
Ronald Beckman Jr.
BKD, LLP
John and Karen Blaschak
Drs. David and Susan Borys
Dorrie W. Brand
Cathy T. Brendle
Amy Brent
Jeanette Brown and Brown Family & Friends
Joseph and Cheryl Bubacz
Carol Cacchione
Nicholas and Carol Catino
George and Janice Cohen
Todd and Melissa Coolidge
Covenant-Central Presbyterian Church
Matthew and Lisa Cramer
Patrick Daly
Bruce and Beverly Davis
Linda L. Davis
Melissa and Robert Davis
Howard Dean
Peter and Rosemarie DePasquale
Richard and Nancy DeWald
Annette DiEugenio
Divine Retiree Travelers
Kelly Douglass, CRNP
Diane L. Drajem
Mr. and Mrs. John A. Eckman
Stephen Elder
Chaplain Dave and Carol Fishel
Mr. and Mrs. Robert Fitzgerald
Florence Crittenton Service, Inc.
FNB Bank
Ron and Judy Frick
John Frith and Alan Frith
Richard A. Fry
Matt and Nichole Frye
The Fullmer Family
Larry Gerhard

Donald and Barbara Gfroerer
Crystal Gilbert
Carola Glennon
Dr. and Mrs. Russell L. Gombosi
Lucie Gosselin and Denis Leclerc
Gravediggers Black 18U Softball Team
Nathan and Kathy Grenoble
Harry Hefty
Richard and Diane Hewitt
Ann M. Hocker
Harold and Karen Hoose
Kenneth and Ann Hoover
Horizon Federal Credit Union
Stephen and Martha Huddy
Mark A. Huffman
Hughesville American Legion Post #35
Charissa J. Hunt
Roger and Denise Jarrett
Nicole A. Judge, P.A.-C
Mr. and Mrs. Robert E. Kane Jr.
Family and Friends of Isabelle W. Kepler
Barbara J. Kinley
Ms. Stacy Knipe
Terry-Ann Kohler
Shirley A. Koscielny
Leclerc
Abbey M. Lepley
Chris Leshner
Craig and Rhonda Litchfield
Lockard Insurance Agency
Loyal Order Moose Galleton Ldg 826
Pamela J. Lundy
Lycoming County United Way, Inc.
Lynn Mader
John P. and Judy L. Maietta
Marc Williams Goldsmith
Patrick and Trisha Marty
Deb and Don Masser
Kim McConnell
Amy McCorkle
McDonald's - Doug and Frani Doherty
Pat and Jim McGee
Bob and Pat McKernan
Jon and Phyllis Miller
Patricia E. Miller
Debra Morin
Timm and Kristen Moyer

Music for a Cure
Lee and Abigail Nesbitt
Newberry Lioness Club
Mark Nyce
Mr. and Mrs. Thomas Owlett
Marlene Parsell
PATHS, LLC
Ferlin and Terri Patrick
Pearls with a Passion Fund
Sandra Pecynski
John W. Pfeiffer
Gary Phelps
William L. Phillips
PPL Electric Utilities
Patricia J. Rambo
Mrs. Gretchen Regina
Joseph L. Reighard
Ronald and Lisa Reynolds
Annabelle T. and James C. Rogers Jr.
Sean and Cynthia Roman
Mr. Matthew Romania
Joseph and Louise Rossi
Michael L. Rupert
Saar Container, Inc.
Saint John's - Newberry United Methodist Church
Frederic G. Sanford, MD
Lisa Schaffer
Richard and Elizabeth Schluter
Schrader Architectural Products - Jack and Cindy Schrader
Deborah and James Scott
William C. and E. Ann Sherwood
Joseph* and Charmaine Shockloss
Monica Siddle
Angela Siedhof
Mark and Connie Sitler
Steven and Margaret Sleboda
Dr. Thomas C. Smith and Suzanne Dively-Smith
Abram M. and Dorothy M. Snyder Foundation, Inc.
St. Luke Lutheran Church
Stephanie and Curtis Steinbacher
Strokes 4 Strokes
Debby Strong
Albert Swortwood
Earl W. and Ina G. Tabor Foundation
Mr. Edward Tanner
Ashley Thomas

Augustus O. Thomas Family

Phil and Anne Tiberia
 Paul and Brooke Tillotson
 Tree House Fund at First Community Foundation
 Partnership of Pennsylvania
 The Trout Run Hotel
 The Valley Inn & Brewing Co.
 Ultimate Express Car Wash
 Vern A. VanOrder
 Jane Voneida Estate
 W. R. Sims Agency
 Bennett Weiskopff
 Marshall Welch
 Melissa Welch

Ats and Betty Lou Welker

Wellsboro Moose Lodge No. 1147
 Norman E. Wengert
 Arnold and Jacqueline Werts
 Tamara West
 Wheels that Heal Benefit Ride

Thelma B. White

Wilkinson Dunn Company
 Williams
 Mr. and Mrs. Aneurin J. Williams
 Williamsport Area High School Booster Club
 Williamsport Bureau of Fire and Police
 Williamsport High School Soccer Team
 Williamsport Lycoming County Council of
 Republican Women
 Williamsport Moving Company
 Leah Winner
 Woodcock Foundation for the Appreciation of the
 Arts, Inc.
 Young Industries, Inc.
 Zartman Construction, Inc.
 Karen Zinobile
Christopher Zirkle

\$500–\$999

Amber Abbey
 Linda K. Arndt
 Arnot Sportsmen Club, Inc.
 Jennifer Avery
 Nathan Badman
 Rod and Lynn Bailey and Family
 Alice R. Bair
 Mary Baker
 Bank of America Charitable Foundation, Inc.

Jessica Barron

Bayard Printing Group
 BDA Healthcare Architects
 James and Cynthia Beatty
 Family and Friends of William Becker

Lindsey Beirne**Aubrey Bennett**

Julia A. Bobb
 Bostley's Pre-School Learning Centers, Inc.
 Christopher and Gloria Bower

Virginia M. Bower Estate
 Michelle Bowers
 Keith Boyer
 Christine A. Boyles
 John and Cynthia Brindger
 Michelle Brooks
April Brought
 Lynne M. Brown
Sandra K. Brown
 Mr. and Mrs. John F. Bubb
 Peter Buckle
 Wayne M. Butler
 Stephanie T. Calder
 Dr. Patrick and Maureen Carey
 Mr. and Mrs. James E. Carlson, Esquire
 C. Edward Carson
 The Cell Block
 Central PA Square & Round Dance Association

Joann L. Chappell
 Karen S. Clark
 Ned and Marie Clark
 Michele Comes
 Anthony Confer and Athina Confer
 Brittney Confer

Shelly Conner

Michael Creech
 Mark and Patty Davidson
 David and Marjorie DeBlander
 Ron and Jeanne DeFeo
 Christine DeLory

Jeri DeMille

Kellie Derryberry
Stephanie Deviney
 Carl and Lorraine DiParlo
 Robert and Lynn Downing
 Andrew S. Drajem
 Valerie Duff

The Eckels Adoption Agency
 Betty Edkin, Doris Drebusenko and
 Terry Drebusenko

Charles and Brenda Edkin
 Reverend Father Fidelis I. Ekemgba
 Eric Stashak Photography

Kay Fairchild

Family Practice Center, PC - Cornerstone Family
 Health

Whitney Farrand

James and Barbara Fedele
 Jason and Pam Fink
 Robin and Ethan Fink
 Richard Fisher
 Denise R. Folmar
 Jenny Foote
 Susan "Sam" Forney
 Kenneth and Linda Fry
 Michelle R. Gaida
 Lauren Gaige
 Mark and Cynthia Geary
 Kathy L. Gee

Dr. Davie Jane Gilmour

Julianne W. Gombosi

June E. Grant

Heather F. Haefner

Brenda Hagedorn

Charles Haney

April L. Hartzel-Lewis

Steven M. Hawley, DPM

Dr. and Mrs. Steven Heffner

Shana B. Heimer

Hermance Machine Company

**Della Herring, Alex Seyler, Johnathan Eiswerth,
 Chad Eiswerth & Polly and David Talada**

Becky Hess

High Company LLC

Kathleen C. Hill

Anne and Tim Holladay

Ray and Linda Holland

Ms. Alane R. Horton

Howard Organization, Inc.

Sherry L. Hyland

Bob and Lou Ann Ireland

**Jersey Shore and Wellsboro High School Girls
Softball Teams**

Jersey Shore High School Girls and Boys Soccer
 Teams

Jersey Shore High School Girls Softball

Phil and Christine Johnson

Stacey Kacyon

Robert and Ann Kerchoff

Nancy J. Lady

Kim M. Latorre

Natalie Lewis

Dr. and Mrs. Albert G. Liddell

Sharon T. Lindauer

Nicole Lisnock**Dr. and Mrs. David J. Lopatofsky**

Sarah "Sally" Lott

Guthrie Lowmiller

Charles and Hallie Luppert

Donna L. Lynn

J. J. Magyar

Kathy Mannello

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Emily MacCready

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Continued on page 32

new doctors

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



Angelica Kloos, DO
Psychiatry

Susquehanna Health Behavioral Health Services welcomes Dr. Angelica Kloos. She joins Drs. Bennett, Bianco and Marceau at Divine Providence Hospital. Dr. Kloos earned her medical degree from Philadelphia College of Osteopathic Medicine and completed her residency in psychiatry at Thomas Jefferson University Hospital. Fellowship-trained and offering more than 11 years' experience, Dr. Kloos specializes in child and adolescent psychiatry.



J. Franklin Oaks, DO
Vascular Surgery

Susquehanna Health Heart & Vascular Institute welcomes Dr. J. Franklin Oaks, who completed his medical degree at Oklahoma State University, College of Osteopathic Medicine. He completed residencies in general surgery at OhioHealth Doctors Hospital and Cleveland Clinic in Ohio. Dr. Oaks is fellowship-trained in peripheral vascular surgery from Cleveland Clinic. He is board-certified in surgery and vascular surgery and is a fellow of the American College of Osteopathic Surgeons.



Natasha Alligood-Percoco, MD

Obstetrics & Gynecology

Susquehanna Health OB/GYN welcomes Dr. Natasha Alligood-Percoco. She joins Drs. Huggler, Lamade, Salama, Stutzman and Yartz at Williamsport Regional Medical Center. Dr. Alligood-Percoco earned her medical degree from Pennsylvania State College of Medicine and completed her residency in obstetrics and gynecology at Penn State Milton S. Hershey Medical Center. She offers a wide range of women's services, including high-risk pregnancy care, minimally invasive and robotic surgery and the treatment of patients who have received abnormal results from their routine exams.



Jenna Brown, DO

Family Medicine

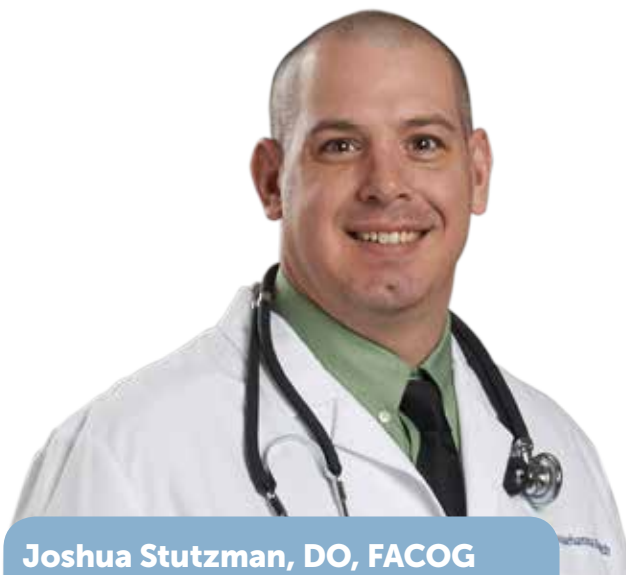
Susquehanna Health Primary Care welcomes Dr. Jenna Brown. She joins Drs. David Lopatofsky and Michelle Cavanaugh at Family Medicine at Duboistown. Dr. Brown earned her medical degree from Philadelphia College of Osteopathic Medicine and completed her residency in family medicine at Susquehanna Health's Family Medicine Residency Program. As a family medicine physician, Dr. Brown is trained to holistically treat patients of all ages.



Sandeep Sagar, MD, PhD

Cardiology & Electrophysiology

Susquehanna Health Heart & Vascular Institute welcomes Dr. Sandeep Sagar. Dr. Sagar joins Susquehanna Health from the University of Texas Health Science Center at San Antonio, where he practiced as a cardiac electrophysiologist and held an academic appointment as an assistant professor of medicine. He completed his medical degree at Finch University in Chicago and fellowships in cardiology and cardiac electrophysiology at the Mayo Clinic in Minnesota.



Joshua Stutzman, DO, FACOG

Obstetrics & Gynecology

Dr. Joshua Stutzman joined Susquehanna Health OB/GYN as an obstetrics and gynecology specialist. He joins Drs. Alligood-Percoco, Huggler, Lamade, Salama and Yartz at Williamsport Regional Medical Center. Dr. Stutzman earned his medical degree from Philadelphia College of Osteopathic Medicine and completed his residency at Geisinger Medical Center. He is board-certified in obstetrics and gynecology and brings more than eight years of experience, including minimally invasive and robotic surgery.

KEYSTONE SOCIETY

\$250–\$499 *Continued from page 29*

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Muncy Valley Hospital Golf Tournament Raises More than \$28,000 for Emergency Services Equipment



Pictured from left to right are championship flight winners Ray Roth, Joe Lepore, Jim Lazorka and Mark Huffman.

The 31st Annual Muncy Valley Hospital Invitational was held at Wynding Brook Golf Club on September 9. The tournament featured 25 foursomes and raised more than \$28,000.



Proceeds from this year's tournament will contribute to the purchase of CAREpoint™ Workstations and equipment (see page 34).

Thank you to all of the sponsors and players whose generous donations have made this tournament another huge success. Special thanks to our tournament host, Muncy Valley Hospital Medical Staff, and our dinner sponsors: The Muncy Bank & Trust Company, Quandel Construction Group, Inc., and Young Industries, Inc.

A Hole in One FOR EMERGENCY CARE



Susquehanna Health Invitational Golf Tournament Raises \$134,850 for Emergency Medical Services

Susquehanna Health's 35th annual invitational golf tournament was held August 8 at the Williamsport Country Club and featured 30 foursomes. Over the past 35 years, the tournament has raised more than \$1.85 million to help ensure that our community has access to excellent physicians, modern facilities and equipment and skilled, compassionate staff.

Proceeds from this year's tournament will contribute to the purchase of CAREpoint™ Workstations and equipment.

Thank you to all sponsors, players, volunteers and committee members for making this year's tournament such a success. We would like to extend special thanks to Stevens & Lee, P.C. for the company's continued support as tournament host as well as our platinum sponsors: Allison Crane & Rigging, Blaise Alexander Family Dealerships, Stantec and Transamerica.

The CAREpoint™ Workstation and Equipment

CAREpoint is a sophisticated medical command receiving station designed to better coordinate hospital and pre-hospital care in rural communities. The system allows Emergency Medical Services (EMS) staff to transfer information, such as digital EKGs, videos of stroke assessment tests and photos of burns, to hospitals quickly and seamlessly. A doctor can therefore "see" patients before they even get into the emergency room and better prepare for their arrival. Especially in the cases of trauma and heart attacks, this can translate into saved time—and lives.

CAREpoint will fully integrate all three Susquehanna Health Emergency Departments and EMS activities in Lycoming and Tioga Counties. Ambulances and local volunteer fire companies cover more than 2,300 square miles and provide service to 158,600 people.

TREE OF LIFE CLUB

The Tree of Life Club (TLC) is the employee giving club at Susquehanna Health. ☺ denotes Hour Club members. The Hour Club is an elite group that recognizes employees who make a tremendous commitment by giving back one hour of pay every pay. Listed below are all **new** TLC donors from **January 1 – June 30, 2016**.



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 Heather Mauro
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 Rebecca McGraw
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 ☺ Kitten Miller
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The Legacy Society recognizes those who made a planned or estate gift to Susquehanna Health Foundation.

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Practical Tips for Planned Giving

What is the best way to benefit your favorite charity when you are concerned about having enough money during your lifetime?

In addition to volunteering your time and making charitable donations, you can make a charitable bequest in your will or trust and/or make the charity the beneficiary of some or all of your retirement account(s). Here are a few tips:

Tip #1 — "Planning" is Integral to Planned Giving

Talk with the planned giving officer at the charity. The last thing you want to do is leave your hard-earned money or highly appreciated real estate to a charity only to have the charity have to jump through expensive hoops to receive your gift. Find out what planned giving options are available that match your desires. For example:

- Is there a minimum amount needed to start a fund to benefit a certain service line?
- Are you permitted to designate a family representative to be involved in the spending or granting of the money?
- How would you like to be recognized for your gift?

Tip #2 — Diverse Minds Equal Better Results

It is optimal if all of your professional advisors (financial planner and/or banker, accountant and estate planning attorney) are together at the table with you. There are significant planning considerations that include income, capital gains and death taxes, family dynamics and long-term care planning.

Tip #3 — Have a Family Meeting

Once your plan is in place, and you are reasonably sure that you will not be modifying it in any significant way, arrange to have a family meeting at your attorney's office. Also invite the charity's planned giving officer. You do not have to share all of the specifics of your assets; however, educating your family on the plan is a great first step in demystifying what will happen after your death. This meeting will allow you to address and answer any family questions/objections personally.

Make your legacy clear, purposeful and lasting.

If you would like more information, please contact Tom O'Connell, Susquehanna Health Foundation Major and Planned Gifts Officer, at (570) 320-7612.



By Tammy Weber, Esquire
 Marshall, Parker & Weber, LLC

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Give a Touch of Kindness for \$25

Last fall, Susquehanna Health Cancer Center began to offer massage services to cancer patients and survivors. Specially trained oncology massage therapists from Emerge Healing Arts & Spa provide gentle and effective massages for patients at any stage in their cancer journey. These sessions, which focus on comfort and relaxation, can help patients as they undergo the stress of treatment and provide relief from the many side effects of chemotherapy and radiation.

If you are interested in supporting massage services for Cancer Center patients, please contact the Foundation at (570) 320-7460 for more information, or give online at SusquehannaHealth.org/Donate.

Because of Emerge's generosity in discounting the service, just \$25 can make a difference for a patient who receives a one-hour massage.

After several months of chemotherapy, I began radiation therapy for my metastatic breast cancer. I felt weary, out of energy and weakened, in addition to having some pain in my involved arm and shoulder. When I learned that massage was available from Emerge Healing Arts, I scheduled one. Due to a generous donation, I wasn't charged for this service, and it was very helpful in relieving some of my pain, as well as some of the stress that goes with ongoing cancer treatment. The massage was well done by a professional trained in, and sympathetic to, my needs as a cancer patient. I look forward to my next interaction with Emerge Healing Arts.

—Ruth Vierra, patient who received a donated massage

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Continued on page 44



New Medical Plaza

Expands and Integrates Services in Tioga County

An easy-to-access, heated, indoor pool for aquatic therapy and a gym including a portable pitching mound, throwing net, and state-of-the-art reactive balance system are just two of the new, cutting-edge features included in the new Susquehanna Health Medical Plaza at Mansfield. The newly constructed 20,000-square-foot building, located at 416 South Main Street in Mansfield, was carefully designed to bring more services to a growing number of patients in Tioga County. The facility, which opened in August, also houses the Mansfield Laurel Health Center; physical and occupational therapy, including hand therapy; holistic women's health services; radiology and mammography; as well as a variety of specialty services.

"We spent two years developing the design and service offerings to ensure we had an accessible facility that meets the evolving needs of our community," explains **Janie Hilfiger**, Vice President of Susquehanna Health Tioga Operations. "It is a dynamic design that not only helps us serve an increasing number of patients but also expands access to provide specialty care that hasn't been available in the area before."

Among the first specialized services to be available at the new plaza are sports medicine and cardiology. Patients will be able to meet with a variety of Susquehanna Health specialists for consultations and follow-up visits in Mansfield.



“We’re excited to have comprehensive services right in Mansfield that integrate seamlessly with the entire health system,” Janie says. “This saves time and is more convenient for specialty-care patients. Now you can have an X-ray or lab work, get an appointment with the appropriate medical provider and begin working with a therapist all in one stop,” she says. “With the popularity of school athletics, we know the sports medicine program will be a great benefit to many families to assess conditions and rehabilitate injuries. The design allows for impeccable communication among our providers in addition to other efficiencies gained from working side by side in a modern facility.”

The new Susquehanna Health Medical Plaza at Mansfield will also include expanded services for the Mansfield Laurel Health Center, including primary care, pediatric, pre-natal, women’s health, nutrition, nephrology, internal medicine and behavioral health services. Other benefits include an expanded waiting room, additional exam rooms and more parking, including several additional handicap-accessible parking spaces.

Susquehanna Health is accepting new patients for all services at the new facility. For more information, please call (570) 662-1900.

Emergency Department

[Opening Fall 2017]

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Change is underfoot and overhead at the Emergency Department at Muncy Valley Hospital (MVH). After months of preparation and land development to create a safe and beautiful entrance, exterior building work on the 5,500-square-foot addition is underway, and an 11,000-square-foot interior renovation is scheduled to begin in spring 2017. Careful planning assures that the department will be open throughout the entire project with temporary entrances in place and plenty of signs to guide patients quickly to the right place.

The Emergency Department at MVH averages 16,500 patient visits per year. The renovation and expansion will meet increasing demand for services and incorporate advanced

medical technology. Included in the renovation are specialized areas for trauma/resuscitation, decontamination, rapid treatment and behavioral health evaluation.

"We're creating a vastly improved healing environment with enhanced safety for patients, visitors and staff," says

Ron Reynolds, Chief Administrative Officer for MVH. "Every upgrade has been carefully considered to improve the effectiveness of our emergency department to better serve our community."

"We're creating a vastly improved healing environment with enhanced safety for patients, visitors and staff."

—Ron Reynolds

at Muncy Valley Hospital



Within the space, eight private treatment rooms will replace five bays separated by curtains to provide patients more privacy and greater infection control and reduce noise and other stressors. The area is also designed and equipped to improve the safety and efficiency of staff as well as enhance the overall experience for patients.

The exterior site development, performed in advance of the structural changes, has improved the appearance of the area surrounding the hospital and has had a positive impact on one of the major access points into the town of Muncy. Safety was a primary consideration when making significant improvements to the hospital's access roads, including the relocation of Shady Lane

and a new right-turn lane on Route 405. Within the new parking area, there is a dedicated traffic lane for ambulance service and space to accommodate walk-in visitors safely. Also included in the project was the creation of a new helipad to serve the eastern Lycoming region.

"We've invested the time and effort to develop the site in a way that is most beneficial to the community," says Ron. "Through the process, we've created a safer parking situation and dramatically improved the entire aesthetic of the entrance to Muncy and MVH."

The additions and renovations are scheduled for completion in fall 2017.

Continued from page 39

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Includes gifts made from **January 1 – June 30, 2016.**

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\$23,000 IN PRIZES! HELPING HANDS RAFFLE AND GALA **MEDIEVAL TIMES**

The 2017-18 Helping Hands fundraiser is underway with amazing opportunities for fun, philanthropy and phenomenal memories.

Raffle is limited to 500 tickets. Beginning April 7, 2017, fifty weekly drawings will award four different prizes each week: one cash prize for \$100, two cash prizes for \$25 and one bonus chance that adds your ticket number to all remaining drawings to increase chances of winning.

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From a Foundation standpoint, I'm thrilled to know that our fundraising efforts will continue to benefit our local communities even with Susquehanna Health's affiliation with UPMC (University of Pittsburgh Medical Center). UPMC has assured us that every dollar we raise will stay in our communities to benefit the people we serve. And with UPMC's resources behind us, we'll be able to do more with those funds than we ever thought possible.

We could not have reached this point without the monumental support of our donors, and I hope you share my excitement for a future that you have already begun helping to build. Just imagine what we can do together next to continue improving the health and quality of life in our region!

A photograph of Sherry Watts, Vice President of Development at the Susquehanna Health Foundation. She is a woman with dark hair, wearing a grey blazer over a pink top and dark pants, sitting at a round white table with her hands clasped. The background is a bright, modern interior with large windows.

Sherry Watts

Sherry Watts
Vice President of Development
Susquehanna Health Foundation

If you would like to contact Susquehanna Health Foundation or you wish to opt out of Susquehanna Health fundraising solicitations, please call (570) 320-7460 or (888) 322-0945.