

foundation focus

VOLUME 29 | FALL 2017

Life-Changing Surgery.

From debilitating headaches to enjoying life.

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UPMC Susquehanna

SUSQUEHANNA
HEALTH FOUNDATION



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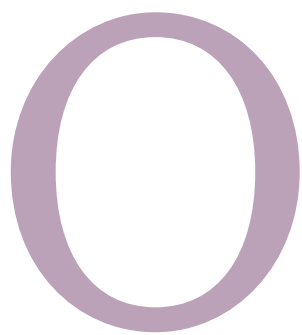
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n behalf of our doctors, nurses and support staff, I would like to thank you for your continued encouragement in delivering the “science of healing and the art of caring.”

Your philanthropic investment provides us with optimal facilities, equipment

and personnel for rendering the highest quality care available. Your generosity also ensures that we continue to have access to innovative technologies that improve lives and provide care for all patients, regardless of their ability to pay.

This year, your support was bolstered through our UPMC affiliation. UPMC’s commitments have already helped us make excellent progress toward our three major goals:

- Lower the lifetime cost of health care in the region
- Improve our recruitment and retention of high-quality physicians and nurses
- Ensure our ability to deliver the best practices of clinical medicine and patient experience available

We chose UPMC because of its world-class stature, because consumers ranked its health insurance plan number one in Pennsylvania and because its performance reflects a collaborative commitment to the communities its members serve.

Our service area encompasses the 12 counties of northcentral Pennsylvania. This geography covers an area the size of the state of New Jersey but is home to only 700,000 people. The rural nature of our region presents many transportation, access and economic challenges. In addition, northcentral Pennsylvania has a large percentage of older residents with complex health care needs. Together with UPMC, we are enhancing our ability to provide the right care, at the right place, at the right time and at the right price for all of our patients. For example:

- The addition of Lock Haven and Sunbury hospitals in Clinton and Northumberland Counties
- The opening of the Mansfield Medical Plaza in Tioga County and a soon-to-open medical outpatient center at the former Bald Eagle Court in Clinton County
- The addition of an extensive UPMC-based telemedicine service to be used throughout the region

UPMC has also helped us meet key critical care needs. For example, we have added the following essential physician specialists:

- Two cancer surgeons for our Cancer Centers
- Six acute-care trauma surgeons as part of working towards becoming a Level II trauma center at Williamsport Regional Medical Center

Our affiliation is also helping us drive down health care costs. With UPMC, we gain economies of scale to:

- Reduce equipment costs, as we did with our extensive Information Technology (IT) system upgrade, which was implemented at a fraction of the originally forecast expense
- Reduce supply costs by using UPMC’s world-class supply chain to purchase routine operating supplies at a lower cost

Finally, UPMC’s Health Plan provides additional options to the region, promoting vigorous competition that has already helped lower insurance costs for some employers and individuals in the region.

Based on research completed by the Pennsylvania Healthcare Cost Containment Council (PHC4), north central Pennsylvania is already one of the lowest-cost regions for health care in the state. With continued support from donors like you, coupled with the benefits of our UPMC affiliation, we can maintain these low costs even while making our services more convenient, our patient experiences more robust and our medical and clinical capabilities more comprehensive.

Thank you again for your support.

Sincerely,

Steven P. Johnson
President
UPMC Susquehanna

Life-Changing Surgery.

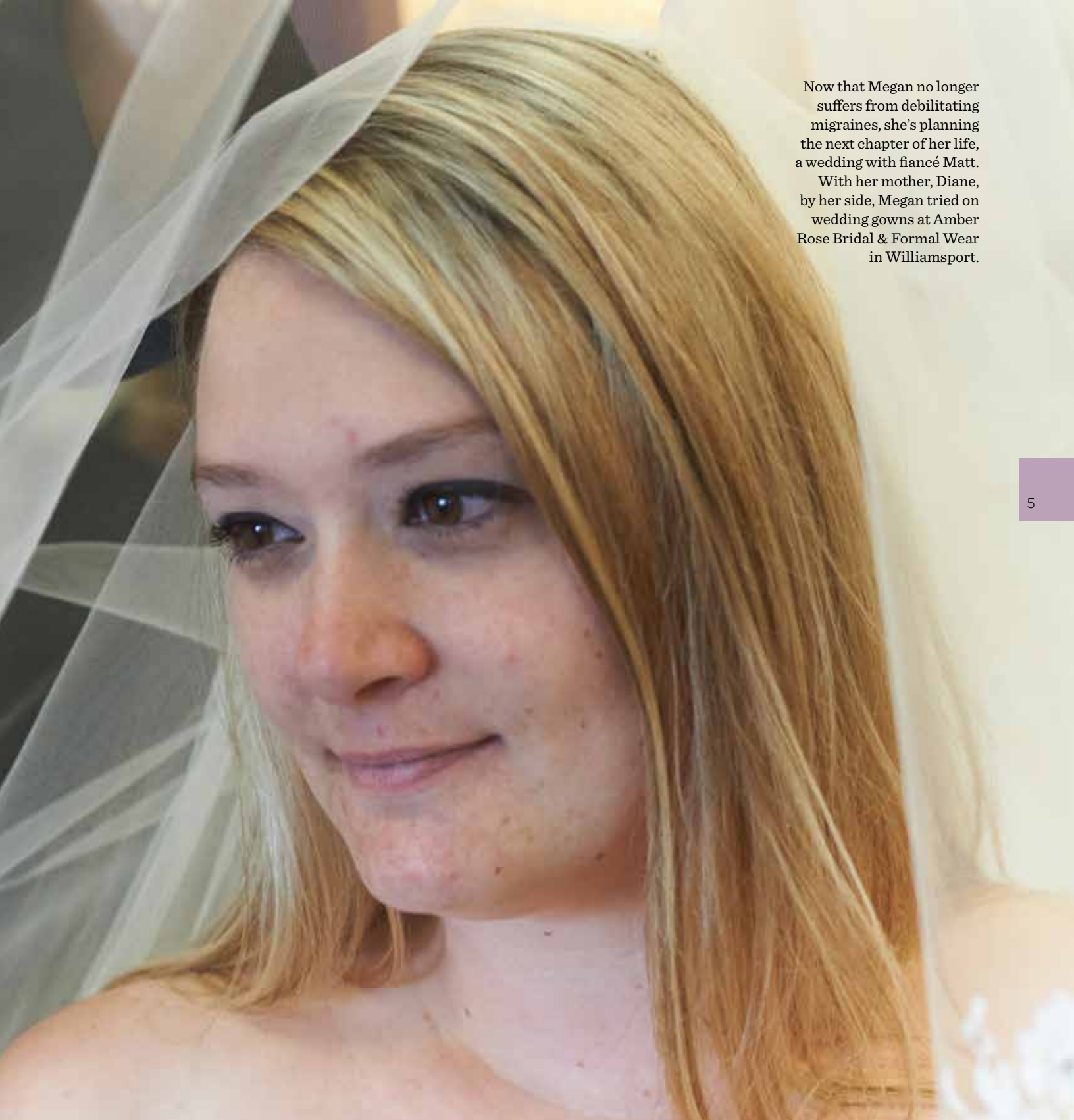
From debilitating headaches to enjoying life.

Within weeks of receiving a marriage proposal from her boyfriend of four years, **Megan Morgan**, 31, of Williamsport, had chosen a gown and a wedding date. Although that sounds typical for many brides-to-be, until recently Megan couldn't make any plans with confidence.

For the past 10 years, Megan had suffered from headaches so severe she couldn't lift her head. The pain often brought nausea and dizziness, and the headaches sometimes even obscured her vision. Each day was a new challenge because she couldn't predict how she would feel. Family outings like a trip to an amusement park or day at the races with her son, **Broc**, 10, often had to be cut short or canceled. She couldn't accept invitations from friends, missed numerous days of work and eventually had to quit her job.

"The worst part was that no one else could see my pain," Megan says. "I had a few MRIs over the years, but doctors couldn't find a cause. I felt like people didn't believe me."





Now that Megan no longer suffers from debilitating migraines, she's planning the next chapter of her life, a wedding with fiancé Matt.

With her mother, Diane, by her side, Megan tried on wedding gowns at Amber Rose Bridal & Formal Wear in Williamsport.



"The worst part was that no one else could see my pain."

—Megan Morgan



The headaches started while she was in her early teens. They were less frequent and coincided with her menstrual cycle, so she accepted them as part of life. They intensified during her pregnancy and progressively increased in frequency over the past 10 years. By winter 2017, she was taking 16 medications to keep the painful episodes at bay. When she suffered a series of relapses that sent her to the emergency department three times in a week, she returned to her family doctor for answers.

A new MRI appeared to reveal a brain tumor, and Megan felt relief. Finally, she had an explanation and hope for treatment. She considered consulting with a neurosurgeon in a major metropolitan area, but she wanted a support person at her appointments. She knew the additional time away from work for her support person and her own need for extended childcare would make traveling too complicated. She selected **Dr. James Fick**, a new neurosurgeon at Williamsport Regional Medical Center (WRMC).

With her mother, **Diane Blazer**, by her side, Megan met with Dr. Fick. The half-hour consultation expanded to an hour as he explained that she did not have a tumor. Megan's headaches were the result of a condition she was born with called cerebellar tonsillar ectopia.

"My mom and I were like deer in headlights. But Dr. Fick was so thorough and carefully explained everything to us to make sure we understood the good and the bad," Megan says.

Cerebellar tonsillar ectopia occurs when the lower part of the cerebellum, the cerebellar tonsils at the base of the skull, extends downward into the foramen magnum, a hole that the spinal cord is meant to pass through. This anatomical variation most often occurs during fetal development and can cause pressure on the brain stem and spinal cord, interfering with the flow of cerebrospinal fluid. Headache is the hallmark symptom of the condition.

Other symptoms can include dizziness, neck pain, hearing or balance issues, vomiting, and insomnia. Symptoms can vary based on the changing pressure on tissues and nerves.

"Many people aren't diagnosed until adolescence or adulthood," Dr. Fick says. "Others never develop symptoms."

He explained that with a surgical decompression at the base of the skull, he could remodel a pathway for the cerebrospinal fluid to flow smoothly and alleviate the pressure within Megan's brain.

"As we walked to the car, I told Mom my gut feeling was this is where I should be and who should be helping me. I felt reassurance that this was the right person to be doing my surgery," Megan says.

Dr. Fick sent Megan for additional testing to measure the pressure in her brain and confirm his diagnosis and planned her surgery for June.

"This was the first time I had performed this procedure at WRMC, and I was confident and pleased with the highly skilled surgical team," Dr. Fick says. "Their performance was excellent."

Megan prepared for a challenging recovery. Dr. Fick cautioned she may experience the worst pain of her life when first waking from surgery. He was surprised to find her walking in her hospital room the next day, when she explained that her post-operative pain was nothing like the pain she had endured during the past couple of years. Over the next week or so, Megan experienced a few headaches that were manageable with acetaminophen, an over-the-counter pain reliever.

Before her procedure, Megan's pain and medications altered her personality, making her prone to anger and crying. She appreciates the compassion she received from Dr. Fick's assistant, **Amber Winder**, identifying it as an important part of her care.

"Amber was very patient and understanding with me leading up to my surgery," Megan says, "even when I became demanding and called every day. Her approach gave me confidence in the process and the care I was receiving."

Megan no longer takes pain medication, and she hasn't had any headaches. Her fiancé, **Matthew Cochran**, tells her she is more like the woman he first met—full of energy and always positive.

Broc is thrilled to have his mom back. The pair recently took a trip to Maine, and he made a list of things they could do together now that she is well. "I'm so

happy we can actually go and do stuff," he says.

Megan is overjoyed to know she can plan on attending the biggest and smallest events in Broc's life and could even set her own wedding date without fear of a debilitating headache.

"I honestly don't remember a time I felt this good. I don't remember ever not worrying about how I'm going to feel the next day," Megan says. "I told Dr. Fick that he literally changed my life, and he said, 'I just want everyone to feel as good as they know they can feel.'"



"I told Dr. Fick that he literally changed my life, and he said, 'I just want everyone to feel as good as they know they can feel.'"

—Megan Morgan

Megan is free from migraines and back to enjoying life with son Broc. They can once again plan family outings like a trip to Knoebels Amusement Resort.



THE DONOR REPORT

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

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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, 2017**.

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UPMC Investment

is Already Benefiting Our Community

The signs are updated, the letterhead is new, but, one year after the affiliation with UPMC, what changes are having an impact on you? UPMC's investment in our community and health system is bringing more high-quality and specialized care to the region. Eight specialists are already serving gynecologic oncology and acute care surgery patients, and the journey to have Williamsport Regional Medical Center become designated as a regional trauma center is underway. These improvements are emerging even as area employers have the option of selecting a new health plan that could lower their costs and improve the health of their employees.

"What we are achieving here is the ability to vastly improve the health and well-being of our friends, family and community by making the highest level of care available closer to home. That has always been our goal, and we are achieving it much faster than we projected before the affiliation," says **Dr. David Lopatofsky**, Chief Medical Officer, UPMC Susquehanna. "UPMC is a partner that is like-minded about caring for the whole patient and ensuring that patients are receiving the right care, at the right place, at the right time and for the right cost. This is just a sampling of what's happening. We are in the early stages of transforming the way we deliver care here, and there are more great things to come."

Highly Skilled Specialists for Female Reproductive Cancers

Female reproductive cancers, particularly endometrial cancer, are increasing nationwide, and, in rural areas, cervical cancer is a growing concern. Research shows that women with gynecological cancers live longer when they are treated by gynecologic oncologists. But because there are fewer than 1,000 of these specialists in the United States, women in our region typically have traveled long distances for this optimal treatment.

That changed in August. **Dr. John T. Commerci** and **Dr. Brian C. Orr**, both gynecologic oncologists with UPMC, began a clinic in the UPMC Susquehanna Ob-gyn practice to treat and coordinate care for patients who are diagnosed with or are suspected of having female reproductive cancers including cervical, endometrial, ovarian, uterine and vulvar.

"The need for this specialty was identified by our Ob-gyn physicians and verified through our data," Dr. Lopatofsky says. "Our affiliation with UPMC simplified the process of bringing these specialists here for our patients. This is very much a collaborative effort to provide the best care available to female cancer patients and to provide that care close to home."

Gynecologic oncologists are Ob-gyn physicians who receive an additional three to four years of highly specialized training to master intricate surgeries and enable them to provide comprehensive treatment of female reproductive cancers. Using resources already in place, Drs. Commerci and Orr are creating a formal women's cancer program for UPMC Susquehanna. Through the program, they are providing surgical treatment, sometimes in conjunction with other specialists, and, when necessary, coordinating radiation and chemotherapy.

"UPMC Susquehanna has excellent resources," Dr. Commerci says. "They have experts in radiation and chemotherapy using state-of-the-art equipment. What we're adding with our expertise in women's cancer is the ability to diagnose, set the appropriate treatment plan, perform surgeries as needed and coordinate care for women with gynecological cancers."

UPMC has a long history of programs like this one, and these programs are effective at providing the appropriate level of care to populations in more rural communities. During the first several months as the program is being refined, some patients may need to be referred outside of the region, but Dr. Commerci says the goal is to treat the majority in Williamsport.

"I think it's always better to receive care where you live, when it's possible, because that's where your support system is," Dr. Commerci says. "For women in particular, who are just constructed to put everyone else's needs before their own, it's not realistic to have them spend hours on the road to get care, nor do we want them to. This program meets them where they live with the best care available."

Journey to Trauma Designation

UPMC Susquehanna is expanding critical care at Williamsport Regional Medical Center (WRMC) and is working toward a trauma center designation. With the first steps of this initiative, six acute care surgeons are providing around-the-clock surgical coverage at WRMC. This change is already opening the doors for the sickest of surgical patients to be treated close to home.

"These are physicians with a great deal of experience performing complicated surgeries," says **Jan Fisher**, Chief Operating Officer for UPMC Susquehanna. "Their presence here not only provides a safety net for anyone in the community with acute surgical needs, it is also raising the bar for all services provided within our facility."

"I think it's always better to receive care where you live, when it's possible, because that's where your support system is."

—Dr. John T. Commerci





To begin the process of obtaining trauma designation, Fisher relied on the expertise of **Dr. Andrew Peitzman**, UPMC Vice President for Trauma and Surgical Services, who has helped several other UPMC affiliates become trauma centers.

"This is a really exciting time for us and for the community because we are growing services and improving access to care," Fisher says. "We are sharing and gaining expertise from a world-class academic center to improve our quality and our outcomes. UPMC is very collaborative with every initiative, so we're never starting from scratch."

Dr. Alex Guerrero, Assistant Director of Acute Care Surgery, heads the new team of trauma surgeons, who are also overseeing care for patients in the intensive care unit. He appreciates the modern facilities at WRMC and the willingness of physicians and staff to take on additional challenges required to become a certified trauma care center.

"Expanding trauma care requires an intense infrastructure throughout the hospital and a mindset for 24/7 readiness," Dr. Guerrero says. "The doctors and nurses are embracing program expansion and are enthusiastic about providing enhanced services to our community. This is a paradigm shift and a huge commitment by UPMC Susquehanna. The addition of this level of care for emergencies has a halo effect on the entire system, and we are seeing that happen. With the addition of acute care surgeons in-house around the clock, we can guarantee there are no gaps in coverage. It's peace of mind for our community and, really, a safety net for doing more sophisticated and riskier surgery by subspecialists."

Fisher estimates it will take two years to earn the trauma designation. With these services in the region, families of patients experiencing traumatic injury or acute illness will not face the additional stress of traveling great distances to gather at the bedside of their loved ones.

In addition to improving care, coverage by the acute care specialists also is improving patients' access to surgeons in other subspecialties.

"This is a real game-changer," Dr. Lopatofsky says. "Because our specialists are no longer on call for emergency procedures, they have greater availability for consults and appointments, making it possible for patients to be seen in their clinics in a more timely manner."

The trauma center designation also will reduce the overall cost of care to the community by reducing the need to transfer patients outside the region via helicopter or ambulance.

"We are impressed with the team that's been assembled here," Fisher says. "The medical community is very supportive of this addition. Any time you bring in another level of expertise to our medical community, it's very well received."

A New Health Plan Option

Another significant outcome of the affiliation is the addition of a new health plan for employers in the region to consider. The UPMC Health Plan is ranked number one in Pennsylvania by consumers and has a reputation for providing comprehensive care at a competitive rate.

"One of the reasons we chose UPMC was to have an insurance partner that would help us improve the health status of the community by decreasing the cost of care while improving outcomes—with an emphasis on prevention," Dr. Lopatofsky says. "We believe UPMC has the best product to do that."

CORNERSTONE SOCIETY

The Cornerstone Society recognizes

individuals who supported Susquehanna Health Foundation with a contribution of \$10,000–\$99,999. Donors are listed through **June 30, 2017.**

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Muncy Valley Hospital Invitational Golf Tournament Raises More Than \$27,000



Pictured from left to right are Matthew Moulton, Larry Basile, Mickey Locey and Paul Moulton.

Champion Flight Winners: John Gronski, Harold Smith, Ross Drick and Shaun McQuay

The 32nd Annual Muncy Valley Hospital Invitational was held at Wynding Brook Golf Club on September 8. The tournament featured 22 foursomes and raised more than \$27,000. Thank you to all of the sponsors and players, whose generous donations have made this tournament another 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.

Proceeds from this year's tournament will contribute to the purchase of an operating room table that allows X-rays to be taken during any procedure. The table is designed so that no metal parts obstruct the surgeon's view. Currently, two of the three operating room tables at Muncy Valley Hospital have this capability, but the addition of a third table will result in more efficient scheduling of surgeries requiring this feature. The new table will assist our podiatrists and general surgeons in providing outstanding care to patients.



Annual Lifetime Achievement and Donor Celebration

Each spring, Susquehanna Health Foundation's Annual Lifetime Achievement Awards Celebration recognizes major donors and individuals who have made a significant impact on UPMC Susquehanna and the care provided in our community. This year, the May event at DiSalvo's Restaurant in Williamsport began with a reception and dinner sponsored by Stantec. Music and entertainment, sponsored by Citizens & Northern Bank, followed the awards.

The awards program started with recognizing new major donors of \$10,000 or more by presenting them with handcrafted Marc Williams lapel pins that feature their current level of giving. Major donors who reached a new giving level received UPMC Susquehanna pens.

"Your gifts provide opportunities for us to grow, add new services, recruit new physicians, and purchase equipment that will save a life tomorrow," said **Steven P. Johnson**, UPMC Susquehanna President. "Most of all, your gifts provide hope when our patients need it most. We are so grateful to all who have given their help and support."

Two individuals and one family business received Lifetime Achievement honors for providing UPMC Susquehanna with outstanding service and leadership.

Dr. William McCauley received the Physician Lifetime Achievement Award for his outstanding, career-long service to patients. He has provided the medical profession and our community with leadership and vision to shape the delivery of critical care and the employed medical group.

James Mothersbaugh was awarded the Trustee Award for exemplary service, selfless giving and commitment to the goals of UPMC Susquehanna.

Hudock Capital Group, Michael and Barbara Hudock, their son Michael Hudock Jr. and daughter-in-law Lyneah received the Philanthropist Award. They were recognized for their business having a proven record of exceptional generosity through direct financial support of UPMC Susquehanna.



ement Awards



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 **June 30, 2017**.

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\$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 & 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, L.P.
Norcen Industries Inc.
Pennram Diversified Mfg. Corp., Andrew
and 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
Ausley Construction Co., Inc.
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
PATHS, LLC
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

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, 2017.**

\$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
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. Brauneegg Jr.
Dr. Tom and Rebecca Burke
Dr. and Mrs. Leonard R. Collins
Dr. and Mrs. Scott D. Croll
Dr. Perry W. 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 V. 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. Michael Marceau

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. and Mrs. Sandeep and Maria Sagar
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 M. Brady
Dr. Jill A. Burns
Dr. and Mrs. John V. Calce
Dr. William Cicio
Cornerstone Family Health, PC
Dr. T. E. Cullen and Bronwen Cullen
Joseph Daoko, MD
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Dr. and Mrs. Donald C. Dworek
Drs. Dilip Elangbam and Subadani Angom
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Durriya S. Esaa, MD
Dr. and Mrs. Todd W. Fausnaught
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Dr. and Mrs. Steven W. Geise
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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
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
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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 Trevouledes
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



About a month after moving back to Williamsport in 2012, **Dr. Zachary Ritter** and his wife, **Katie (Otto)**, enjoyed an evening at a carnival. Amid the rides, games and funnel cake, they found people they knew at every turn—friends from their high school class of 2000, patients from Dr. Ritter's new foot and ankle specialty practice and families of children he coached in swimming while he was a student at Lycoming College in 2005. It was exactly the kind of night Dr. Ritter imagined as a child planning a future in his hometown.

"Even when I was in high school, I told my friends that I would be moving back to Williamsport. There was no other place I'd rather work and raise my family," Dr. Ritter says. "It has always been my intention to do that. To paraphrase a quote I heard recently, 'You may have a lot of opportunities in life, but you only have one hometown.' That's very true, and I'm happy for the opportunities found here in Williamsport."

Gratitude for those opportunities, combined with their faith and love of their community, drives the Ritters to support UPMC Susquehanna and other local organizations through their involvement and financial gifts.

"Ever since childhood, we've been taught the value of offering God our gifts and service," Dr. Ritter says. "We feel fortunate for the opportunities that we've had and are blessed with the ability to give."

The Ritters typically make their contributions anonymously but hope that, by sharing their reasons for giving, they will inspire more people to do the same.

"We hope telling our story shines a light on the potential to give at any level," Katie says. "It's not only something we do because of our faith, but it's also really fun to help people. We get a lot of joy out of supporting our community."

Williamsport has been home to Dr. Ritter's family for nearly 200 years. It is also the city where Katie has lived since age nine. The Ritters love being surrounded by family and friends as they raise their children—**Caroline**, age five, and **John**, age two.

"It's nice to be in a community where you are known, where family and friends are encouraging both you and your children along the way," Katie says. "It's a different feel from

a big city. We hope that this is a community our kids want to come back to, too."

The Ritters know that opportunities for future generations grow from community investments. About the time Dr. Ritter was beginning medical school, leaders at UPMC Susquehanna, then Susquehanna Health, developed a plan to renovate and modernize facilities. The community's generous financial support of that plan positioned the organization to thrive and is one reason that, after years of specialized medical training, Dr. Ritter could return to Williamsport, begin a foot and ankle care program, and emerge as a world-class leader in his field.

Though Dr. Ritter cheerfully credits his grandmother with providing early referrals to his practice, he knows community investments helped expand UPMC Susquehanna's foot and ankle program to include three specialists in Williamsport and several more at other UPMC

Susquehanna locations. In tandem with a growing orthopedics program, the foot and ankle practice moved to a modernized facility on the Divine Providence campus that's equipped with new diagnostic imaging and other innovative equipment.

"Those have been huge improvements for us as practitioners and for the patients we treat," Dr. Ritter

says. "This is an organization that supports innovations which improve patient access and patient care. Community support makes that possible. When UPMC Susquehanna can grow, be interactive and look beyond what can be provided to patients through insurance, excellence is the by-product. And, as we have joined with UPMC, our health system is becoming even more dynamic."

This community investment recently enabled Dr. Ritter to perform the world's first-ever ankle replacement post-fusion using a fibula created by a 3D printer.

"It was a concept I'd been working on since my residency, and the technology was finally available," he says. "So many things came together to make it possible to help our patient. Hospital leadership was extremely supportive of our team in this endeavor."

Katie appreciates the innovations and especially values having excellent health care close to home.

"I want to know that, if my child needs care, there's a hospital close by where we will be more than a number—a place where people will get to know us by name," Katie says. "With the network of hospitals at UPMC Susquehanna, we

"At UPMC Susquehanna, we have both that community feel and excellent care, and that is something we must help maintain for future generations."

—Katie Ritter

have both that community feel and excellent care, and that is something we must help maintain for future generations."

The Ritters note that support of UPMC Susquehanna, one of the area's largest employers, spills over to invigorate their entire community and its economy. Dr. Ritter marvels at the diverse opportunities for entertainment, from local parks and the Riverwalk to First Friday celebrations, the symphony, a variety of dining options and golf, that have emerged as the health system has thrived.



"It's great when we can involve our children in helping."

—Katie Ritter

"The community has really flourished since the days of my childhood," Dr. Ritter says. "The area has grown tremendously, and I'm still encouraging classmates to come back and see that it's a great place to raise a family."

Supporting family-oriented organizations like First Community Foundation Partnership, Expectations Women's Center and the West End Community Center, which holds a shoe drive to benefit children, is a priority for the Ritters. Now that Caroline is starting kindergarten, Katie looks forward to volunteering at her school, too.

"I'm eager to see where I can help," Katie says. "We're excited for our kids to be in the city school district and have all of those opportunities. We're looking forward to what's coming next."

The Ritters are also hands-on in their support of Family Promise of Lycoming County, which empowers homeless families to find jobs, build savings and secure housing. When he can, during weeks their church hosts families for the program, Dr. Ritter helps drive them from the church to the Day Center, and Katie and their children assist with serving meals.

"It's great when we can involve our children in helping," Katie says. "Raising good, well-rounded, loving children is our main priority right now. We're trying to show them how to live generously by giving their time, talent and services to be helpful to people."

3D Printer Helps Ankle Replacement Patient Walk Confidently Again

After more than 15 years battling severe ankle pain, **Nancy Hauser** finally found relief through a pioneering 3D printed ankle replacement surgery, performed at UPMC Susquehanna's Williamsport Regional Medical Center in February. **Dr. Zachary Ritter** and his team at UPMC Susquehanna's Foot and Ankle Specialty Care performed the surgery, which included insertion of a 3D printed, 8-cm extension for a left fibula, the narrow calf bone on the outside of the ankle.

Dr. Ritter began working on the concept of a 3D ankle replacement during his residency in reconstructive foot and ankle surgery. His goal was to provide an option for patients who were limited in mobility and quality of life after having had ankle fusion. When 3D printing technology advanced to support his designs last year, he identified patient Nancy Hauser as an ideal candidate for the innovative procedure.

Six months after the procedure, Nancy's results have exceeded expectations. Dr. Ritter is eligible to publish a paper on the 3D procedure in the *Journal of Foot and Ankle Surgery* in February 2018.

"To accomplish this first-ever procedure here in Williamsport is really a credit to our health system, from leadership to the OR staff and my partners, as well as our patient, Nancy," Dr. Ritter says. "It was a team effort, and we're excited about what this will mean for future patients."

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 **June 30, 2017.**

\$1,000–\$9,999

2016-17 WAHS Women's Soccer Team

David and Rita Alexyn
American Legion Bitner-Bechdel Post #623
American Legion Riders Post #36
Helen L. Antrim
Bank of America Charitable Foundation, Inc.
Dean and Joy Barto
Dr. and Mrs. John Becker
Ronald F. Beckman Jr.
Gerald and Patricia Bjorkman
John and Karen Blaschak
Drs. David and Susan Borys
Dorrie W. Brand
Cathy T. Brendle
Amy R. Brent
Joseph and Cheryl Bubacz
Estate of Betty J. Burris
Carol M. Cacchione
Nicholas and Carol Catino
George and *Janice Cohen
Todd and Melissa Coolidge
Lois O. Cox
Matthew and Lisa Cramer
Patrick Daly
Melissa and Robert Davis
Howard Dean
Richard and Nancy DeWald
Annette M. DiEugenio
Carl and Lorraine DiParlo
Divine Retiree Travelers
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Diane L. Drajem
John and Shirley Eck
Eric Stashak Photography
Jason and Pam Fink
Chaplain Dave and Carol Fishel
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Florence Crittenton Service, Inc.
Greg and Marilyn Frailey
Ron and Judy Frick
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Matt and Nichole Frye
Kathy L. Gee
Larry P. Gerhard
Gesang Verein Harmonia
Crystal Gilbert
Carola Glennon
Juliann W. Gombosi
Gravediggers Black 18U Softball Team
The Family of Richard and Carol Greene
Paul S. Hager Estate
Dr. and Mrs. Steven M. Hawley
Harry Hefty
Ann M. Hocker
Harold and Karen Hoose
Kenneth and Ann Hoover
Horizon Federal Credit Union
Stephen and Martha Huddy
Mark and Rebecca Huffman
Hughesville American Legion Post #35
Charissa J. Hunt
Roger and Denise Jarrett
Mr. and Mrs. Robert E. Kane Jr.
Family and Friends of Isabelle W. Kepler
Ms. Stacy Knipe
Terry-Ann Kohler
Shirley A. Koscielnay
Dr. and Mrs. Donald J. Leathers
Abbey M. Lepley
Chris J. Leshner
Lockard Insurance Agency
Loyal Order Moose Galetton Lodge 826
Pamela J. Lundy
Lycoming County United Way, Inc.
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Marc Williams Goldsmith
Kathryn S. Mason
Deb and Don Masser
Matthews Children's Foundation
James A. McCarthy
Amy McCorkel
McDonald's - Doug and Frani Doherty
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Bob and Pat McKernan
Ronald and Judith McKibben

Jon and Phyllis Miller
Patricia E. Miller
Debra A. Morin
Muncy Inmate Organization
Muncy Valley Hospital Medical Staff
Music for a Cure
Dr. Anita Nagpal
Newberry Lioness Club
Tracey D. Null
Mark A. Nyce
Mr. and Mrs. Thomas M. Owlett
Marlene C. Parsell
Ferlin and Terri Patrick
Sandra Pecynski
Ms. Ann Pepperman and Senator Gene Yaw
John W. Pfeiffer
William L. Phillips
PPL Electric Utilities
The Children of William Sr. and Mary Elizabeth Rall
Patricia J. Rambo
Gretchen Regina
Ronald and Lisa Reynolds
River Valley Country Club
Annabelle and James Rogers Jr.
Mr. Seth M. Rogers
Sean and Cynthia Roman
Matthew Romania
Michael L. Rupert
Frederic G. Sanford, MD
Lisa Schaffer
Suzanne Scheib
Rose C. Schilling
Richard and Elizabeth Schluter
Schrader Architectural Products - Jack and Cindy Schrader
Deborah and James Scott
*Joseph and Charmaine Shockloss
Angela L. Siedhof
Mark and Connie Sitler
Abram M. and Dorothy M. Snyder Foundation, Inc.
St. Luke Lutheran Church
Stephanie and Curtis Steinbacher
Steve Waldman Electric, Inc.

KEYSTONE SOCIETY

\$1,000–\$9,999 *Continued*

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Dr. and Mrs. Lawrence Tama

Mr. Edward Tanner

Brenda M. Terry-Manchester

Textron Matching Gift Program

Ashley L. Thomas

Augustus O. Thomas Family

Hank Thomas

Phil and Anne Tiberia

Tree House Fund

Ultimate Express Car Wash

Ben Weiskopff

Ats and Betty Lou Welker

Tamara S. West

Thelma B. White

Mr. and Mrs. Aneurin J. Williams

Williamsport Moving Company

Williamsport Regional Medical

***Center's Emergency Department,
Pre-Hospital and Quality & Safety
Staff***

Leah R. Winner

Woodcock Foundation for the
Appreciation of the Arts, Inc.

Young Industries, Inc.

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

Karen L. Zinobile

\$500–\$999

Amber Abbey

Margarethe Aderhold

Elizabeth Affsprung

Robert V. Andrews and Family

Linda K. Arndt

Arnot Sportsmen Club, Inc.

Jennifer Avery

Nathan Badman

Roberta M. Baldwin

Esther M. Barner

Lindsey Beirne

Bethel Linden Presbyterian Church

Bostley's Pre-School Learning Centers,
Inc.

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Keith Boyer

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Michelle Brooks

April M. Brought

Lynne M. Brown

Sandra K. Brown

John and Donna Bubb

Frederick C. Bucheit

Wayne M. Butler

Stephanie T. Calder

Maren Callahan

C. Edward Carson

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Club

Central PA Square & Round Dance
Association

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Karen S. Clark

Michele Comes

Shelly Conner

Michael Creech

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Andrew S. Drajem

Valerie Duff

Charles and Brenda Edkin

Brian and Barbara Emberg

Carol Carson Evans

Kay Fairchild

Whitney L. Farrand

James and Barbara Fedele

Robin and Ethan Fink

Martha B. Finn, MD

First Heritage Federal Credit Union

FNB Bank

Denise R. Folmar

Susan Forney

Forrester Environmental, Inc.

Howard L. Fulmer Jr.

Michelle R. Gaida

Lauren E. Gaige

Linda Gamble

Lisa M. Godfrey

Goodwin Brothers Shades & Specialties

June E. Grant

Heather F. Haefner

Brenda Hagedorn

Jarralee J. Hakes

Waylon Harlan

April L. Hartzel-Lewis

Shana B. Heimer

Hermance Machine Company

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

Becky Hess

High Company LLC

Autumn S. Hill

Donna L. Hill

Kathleen C. Hill

Amanda Hitchcock

Anne and Tim Holladay

Ray and Linda Holland

Alane R. Horton

Sherry L. Hyland

Jersey Shore and Wellsboro High
School Girls' Softball Teams

Phil and Christine Johnson

Stacey Kacyon

Sharon A. Karnes

Robert and Ann Kerchoff

Lauren Kershies

Christ and Rachel King

Dr. and Mrs. Kevin W. Kist Jr.

Jamee Klotz

Dr. and Mrs. Aaron J. Kolb

Colleen Ladelia

Nancy J. Lady

Kim M. Latorre

Natalie A. Lewis

Dr. and Mrs. Albert G. Liddell

Sharon T. Lindauer

Craig and Rhonda Litchfield

Dr. and Mrs. David J. Lopatofsky

Deborah Lord

Sarah "Sally" Lott

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Charles and Hallie Luppert

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Rhonda R. Martin

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Robert J. Mayshock

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Barbara and Bernard McFadden

Arleen P. McGuire

Cori and Matt McLaughlin

Renee K. McNutt

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 Michael S. Merwin
Emily Michaud
 Mid-State Beverage Co. - Don and Betty Jo Heim
Anne D. Miller and Richard L. Druckenmiller
 Kitten M. Miller
 MoJo Active
 Barbara J. Morgan
 Timm and Kristen Moyer
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 Dr. and Mrs. J. Dennis Murray
 Joseph T. Naimoli
 Doris I. Niklaus
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 Matthew A. Orshaw
 Mary Kay Orso
 Mary A. Owlett
Beda A. Oyler
 Melissa Pandolfi
 Ranchhod and Ratan Patel
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 Thomas and Christine Perry
 Eleanor Persun
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 Walter L. Reese
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 H. Kenneth and Marilyn Ruhl
 Saint John's - Newberry United Methodist Church
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William and Martha Sauers
 Sam Sawyer
 Timothy and Beth Schoener
 Charles and Helen Schwarz
 Edward Seeley
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 Holly Shadle
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 Jeffery B. Sims
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 Suzanne and David Stopper
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 The Sykora Family Charitable Foundation
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 Loretta Temple
 Valerie L. Terre-Blanche
 Peggy A. Thompson
 Dr. and Mrs. Richard M. Thompson
 Andrew C. Tom
 Valerie and Joshua Trego
Lawrence E. Truax
 Judith Tubbs
 UPMC Susquehanna Continuing Medical Education
 UPMC Susquehanna Retirees
 Chelsy M. Waldman
 Ward Manufacturing LLC
Marcia S. Watson
 Carol K. Webb
Karen T. Weber
 Harry and Rebecca Webster
 Arnold and Jacqueline Werts
 Kimberly S. West
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 Jamie R. Wieder
 Williamsport Bureau of Fire and Police
 Donald N. Wilver Jr.
 Alex Winner
 Alex and Tracie Witter
 David Wolz
 Ariel Woodring
Woolrich United Methodist Women
 Dr. Kathy J. Wright
Kerri-Elizabeth Wright
 Scott A. Young
 Young Men's Republican Club, Inc.
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\$250-\$499
 Sharon R. Adams
 Lyndsay Adkins
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 Brandi Alexander
 Taanasa L. Alfred
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 Barry and Jane Brucklacher
 Dr. and Mrs. Ronald Callenberger

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Donate to Make a Wish Come True

Susquehanna Health Foundation 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. 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 at UPMCSusquehanna.org/Donate and make a note in the comments section.



\$25

Play mats

Nurse-Family Partnership

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 and continuing through her child's second birthday. Play mats provide a safe area for children to play and be evaluated.

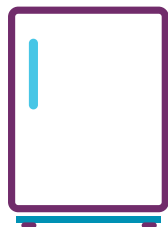


\$200

Capes for Breast Health Center Patients

Breast Health Center

Patients at the Breast Health Center wear capes while undergoing screenings and testing. Donations will be used to purchase new capes.



\$100

Mini-Fridge for Radiation Oncology Waiting Room

Cancer center

The mini-fridge will be used to provide bottles of cold water in the sub-waiting area for patients.



\$365

911 Pager for Paramedics

Soldiers + Sailors Memorial Hospital

The 911 pagers provide paramedics with quick notification of emergency situations. Soldiers + Sailors Memorial Hospital recently expanded its emergency response team to better meet the needs of the community, and an additional pager is needed to assist the growing team.



\$500

Defibrillator and CPR Instruction for UPMC Susquehanna's Sports Medicine Camp

Sports Medicine

Every summer, the UPMC Susquehanna Sports Medicine team of athletic trainers hosts a camp for high school students interested in athletic training as a potential career. As part of the camp, all students receive defibrillator and CPR instruction.

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continued on page 28

Your Contributions at Work

Childbirth Simulator

26



After a normal vaginal delivery, a patient is bonding quietly with her baby. Noticing a drop in the patient's blood pressure, a nurse checks the patient's pulse and asks how she feels. "I don't feel well, and my ears are ringing," the patient responds. Noting the patient's rapid pulse and lack of eye contact, the nurse alerts the Perinatal Rapid Response Team.

As the multi-disciplinary team responds to the emergency, with each member focused on pre-determined goals, software records the team's actions. The data will be used to review the team's performance and identify areas for improvement.

In this case, the patient is not real. She's Victoria®, a highly advanced childbirth simulator. This tool, combined with obstetric crisis team training in partnership with Magee-Womens Hospital of UPMC, is ensuring that moms and babies receive the best care possible at The Birthplace at Williamsport Regional Medical Center.

"Having a lifelike simulator is helping us practice and prepare for the worst possible scenarios, so our responses become second nature."

—Patsy Miller,
Director of The Birthplace

"The staff response to the simulator has been phenomenal because of the opportunity to focus on quality and safety, so moms and babies have the best possible outcome," says **Patsy Miller**, Director of The Birthplace. "With childbirth, conditions can change rapidly without warning for mother or baby. Having a lifelike simulator is helping us practice and prepare for the worst possible scenarios, so our responses become second nature. This gives our staff the advantage in handling real-life emergencies."

Obstetric emergency drills of the past relied on a homemade mannequin, required a higher level of pretending and offered no way to track staff performance or outcomes. Victoria, purchased with funds from Susquehanna Health Foundation, is lifelike, with hair and smooth skin. She tracks movement with her eyes, breathes, speaks, experiences contractions and can be attached to a fetal monitor and other monitors used for patients.

A computer directs the simulator to mimic a full range of obstetric events, from pregnancy complications to high-risk delivery and postpartum emergencies complete with changing vital signs and bleeding. Visual and verbal cues help staff detect and address emerging medical conditions, including breech presentation, prolapsed cord, shoulder dystocia and postpartum hemorrhage. Simulation of a cesarean section using real surgical tools is also possible. Every intervention and response by staff is recorded and affects the simulated medical outcome.

"We're really excited and thankful to have this high-level technology. Simulation training is at the forefront of medical education and bridges the gap between classroom learning and application of clinical skills," says **Caron Kenyon**, Professional Development Specialist at The Birthplace. "With all of her capabilities, Victoria will also be an important part of providing basic OB training for our new nurses coming on board and enhancing the care we provide in non-emergency deliveries as well. We feel quite fortunate to have the best obstetric simulator on the market to benefit our staff and ultimately our moms and babies."

To further enhance care, this summer a multi-disciplinary team from UPMC Susquehanna—including physicians, nurse midwives, nurses and an anesthesiologist—traveled to Magee-Womens Hospital of UPMC in Pittsburgh to receive obstetric crisis training. Afterward, Magee and Susquehanna staff provided training at The Birthplace to prepare all team members for their roles and goals associated with emergency response. The training is being reinforced monthly through drills using Victoria.

"Having this simulator helps us make the most of the training we are receiving through our partnership with UPMC," Patsy says. "We understand there are fewer than 100 of these simulators in the United States, so to have one here to raise our level of preparedness and give extraordinary care is just phenomenal. Without the generosity of George and Shirley Durrwachter, and people who have a vested interest and passion for safety and health care in general, we couldn't elevate our crisis response and have the ability to measure our performance and success."



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\$250-\$499 *Continued from page 25*

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new doctors

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



David Cute, DO

Ophthalmology | (570) 320-7850

After graduating from the United States Naval Academy, Dr. David Cute was accepted into the Health Profession Scholarship Program through the Navy to attend the Philadelphia College of Osteopathic Medicine. He went on to complete an ophthalmology residency and glaucoma fellowship and serve as a glaucoma and cataract specialist at the Walter Reed National Military Medical Center in Bethesda, Maryland. Dr. Cute offers the full spectrum of glaucoma treatment options, including laser therapy and micro-invasive and conventional glaucoma procedures to assist in the management of all types and degrees of glaucoma. He is board certified by the American Board of Ophthalmology.

Stephanie Florence, DPM

Foot and Ankle | (570) 724-5297

Foot and Ankle Services in Wellsboro is pleased to welcome Dr. Stephanie Florence. She joins Dr. Richard Conley at Foot and Ankle Services. Dr. Florence earned her medical degree from Scholl College of Podiatric Medicine in Chicago and completed her residency at Bethesda Memorial Hospital in Boynton Beach, Florida.



Karl Helmold, MD

Orthopedics | (570) 321-2020

Orthopedics welcomes Dr. Karl Helmold, who earned his medical degree and completed his orthopedic surgery residency and fellowship training at Rutgers New Jersey Medical School. He is board certified in orthopaedic surgery, a member of the American Academy of Orthopaedic Surgeons and a Fellow of the American College of Surgeons.

Glenn Klucka, DO**Pediatrics | (570) 321-2810**

Pediatrics and the Williamsport Family Medicine Residency program welcome Dr. Glenn Klucka. He joins the pediatric team, providing inpatient care in the pediatric unit at Williamsport Regional Medical Center. In addition to his role with the pediatric team, Dr. Klucka is the newest faculty member for the Williamsport Family Medicine Residency program. Dr. Klucka earned his Doctor of Osteopathic Medicine degree at Philadelphia College of Osteopathic Medicine. He completed a pediatrics residency at Geisinger Medical Center in Danville and a residency in neuromusculoskeletal medicine at the University of North Texas Health Sciences Center in Fort Worth. Dr. Klucka is board certified by the American Board of Pediatrics.

**Onyekachi Ogbonna, MD****Medical Oncology | (570) 326-8470**

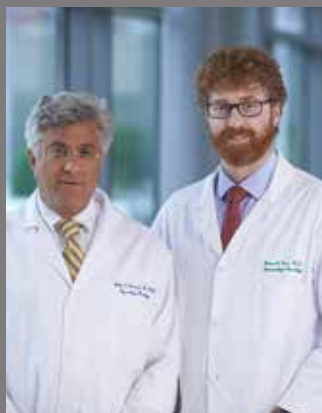
The Cancer Center welcomes Dr. Onyekachi Ogbonna, who earned his Doctor of Medicine degree at Howard University College of Medicine in Washington D.C. He completed his residency for internal medicine at Tufts Medical Center in Boston and went on to complete his fellowship in hematology and oncology at Howard University Hospital in Washington, D.C. Dr. Ogbonna is board certified by the American Board of Internal Medicine.

**Sara Swain, DO****Family Medicine | (570) 326-2447**

Primary Care welcomes Dr. Sara Swain. She joins Drs. Jenna Brown, Michelle Cavanaugh and David Lopatofsky and certified nurse practitioner Kellie Karschner at Family Medicine at Duboistown. Dr. Swain earned her Doctor of Osteopathic Medicine degree at Lake Erie College of Osteopathic Medicine and completed her residency at the Williamsport Family Medicine Residency program at Williamsport Regional Medical Center.



Drs. Comerci and Orr join the Ob-gyn practice in Williamsport by offering Gynecologic Surgical Oncology services. They both offer services at other UPMC locations.

**John Comerci, MD****Ob-gyn | (570) 321-3300**

Dr. John Comerci is a gynecologic surgical oncologist. His expertise is in robotic surgery and the diagnosis and management of diseases of the female reproductive organs, including ovarian, uterine, cervical and vulvar cancers. Dr. Comerci is board certified in obstetrics and gynecology as well as gynecologic oncology. He received a medical degree from Temple University School of Medicine in Philadelphia and completed a residency in obstetrics/gynecology at Saint Barnabus Medical Center in Livingston, New Jersey. Dr. Comerci completed a fellowship in gynecologic oncology at Albert Einstein Hospital in Bronx, New York.

Brian Orr, MD**Ob-gyn | (570) 321-3300**

Dr. Brian Orr is a gynecologic surgical oncologist. He earned his medical degree from the University of Tennessee Health Science Center and completed his obstetrics and gynecology internship and residency at the University of South Florida. Dr. Orr completed a fellowship in obstetrics and gynecology and gynecologic oncology at Magee-Womens Hospital of UPMC in Pittsburgh.

\$8.5 Million from Community Contributions and State Funding Make Emergency Department Improvements Possible

1. Aerial view of the Emergency Department, facing I-180
2. Main entrance, leading directly into the waiting room
3. Patient entrance, with convenient parking close by
4. Waiting room and information desk
5. Rapid treatment room
6. Centralized nurses' station
7. State-of-the-art trauma room





2.



3.



4.



5.



6.



7.



T

his November, the renovation and expansion of the Emergency Department at Muncy Valley Hospital comes to fruition. The project consisted of a 5,400-square-foot addition and an 11,000-square-foot renovation to the existing building for the Emergency Department and expanded clinic space. The project included the addition of new parking lots, a new helipad, construction and relocation of Shady Lane, an improved entry for walk-in visitors, and a new, highly visible canopy for the ambulance entrance. Also, safety improvements were made to Route 405, with the addition of a right-hand-turning lane and other traffic-flow improvements, as well as access for people entering and exiting the campus.

TREE OF LIFE CLUB

The Tree of Life Club (TLC) is the employee giving club at UPMC Susquehanna. ☉ 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, 2017.**



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36th

ANNUAL



A Hole in One for Emergency Care

UPMC Susquehanna's 36th Annual Invitational Golf Tournament was held August 14 at the Williamsport Country Club and featured 120 players. Including this year's tournament, more than \$2 million has been raised to help ensure that our community has access to excellent physicians, modern facilities and equipment and skilled, compassionate staff. Proceeds from last year's and this year's tournaments will contribute to the purchase of CAREpoint™ workstations and equipment that will be implemented in 2018.

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 to our platinum sponsors: Allison Crane & Rigging, Blaise Alexander Family Dealerships, The Liberty Group/Ausley Construction, Stantec and UPMC Health Plan.

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. With CAREpoint, a doctor can "see" patients before they even get to the emergency room and better prepare for their arrival. Especially in cases of trauma and heart attack, this can translate into saved time—and lives. CAREpoint will fully integrate three UPMC Susquehanna Emergency Departments and EMS activities in Lycoming and Tioga Counties.



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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Women and Planning for the Future

American women are in control of more than half of the country's wealth today, but, if they don't have documented plans for their health, wealth and assets, they're not financially secure. While you may know you should have a will, documenting your other plans can assure that your financial needs are covered throughout your life and that your gifts and assets are distributed according to your wishes after your death.

All women, whether they're single, married, divorced, remarried or widowed and whether they have children or don't have children, need to document their plans. Don't assume someone else is handling the details. The time to discuss your options, plans and special considerations with an attorney and/or trusted financial advisor is now.

Here's an overview of documents and points to consider:

Current Will—A will ensures that your estate passes according to your intentions. If you are married or remarried, make sure your estate plan provides adequate income if you survive your partner by a number of years. If you are widowed, consult with your attorney to update your will, name a new executor and confirm that ownership of properties has been updated. If you are divorced and have children, you need a new will that accounts for the children. Even if you have never married or had children, you still must select an executor and beneficiaries.

Durable Power of Attorney—If you have an accident, serious health condition or declining mental capacity, this document assures that someone is making financial and legal decisions on your behalf. You may also want to give a different person power of attorney solely for health care decisions.

Living Will—By documenting specific choices about the medical treatments you do or do not want, such as life-prolonging medical care, organ donation, intravenous feeding and hydration, pain relief and resuscitation, a living will can be a relief to your loved ones at a difficult time.

Retirement Income Plan—Work with a trusted financial advisor to create a plan that ensures you won't run out of money during retirement. The plan should outline how much of your retirement funds and investments you can withdraw and when.

Additional considerations for all women:

- Who are the named beneficiaries of your retirement funds/life insurance?
- If your estate is large enough to be subject to estate taxes, do you know what steps can reduce them?
- Is your financial plan in place, and do you understand it?
- Have you accounted for charitable legacies in your current will or living trust?

Estate planning is important for the financial security of all women, regardless of age, marital status or income. For more information, please request your complimentary Estate Planning Guide for Women 2017 by contacting Tom O'Connell, Gifts Officer, at (570) 320-7612 or toconnell@susquehannahealth.org.

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A Gift to Help Moms Explain Cancer and Treatment to Their Children



A cancer diagnosis is difficult enough to digest, but for parents who have to explain the realities to their young children, there's an added level of stress.

That's why breast cancer patient **Barbie Barnes**, mom to three-year-old Sammy, decided to raise the funds needed to donate almost 100 copies of a children's book that helps explain things like hair loss from chemotherapy. The books are given to mothers undergoing treatment at the Cancer Center. In August, the Center held a small event in which Barbie presented some of the books to patients and their little ones.

Donors are making an impact every day at UPMC Susquehanna, whether they're supporting new technologies and services or helping fellow patients.

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A Mommy-to-Be's Battle Against Breast Cancer

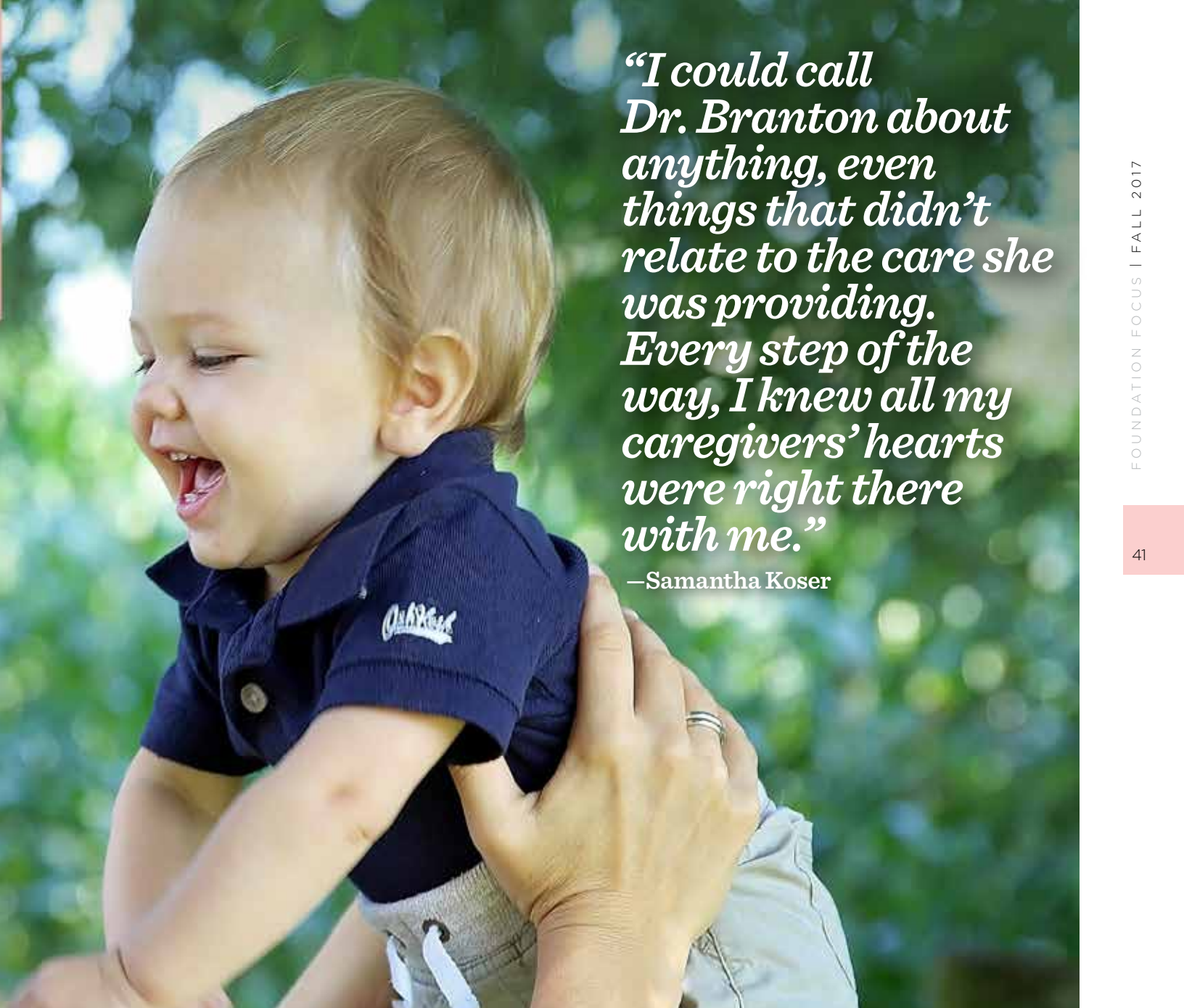


Holding her baby boy for the first time, **Samantha Koser** gazed at his face, arms, legs, fingers and toes. He was fine. Perfect really. With that realization and a wave of relief, the 33-year-old breast cancer patient from Jersey Shore began to sob uncontrollably.

"I was just so happy to see him and to know that he was okay," Samantha says. "I was so afraid for him all this time, even though they assured me he would be okay. It was a relief to see him."

Nine months earlier, Samantha noticed that her breasts seemed slightly swollen and suspected she was pregnant. It was exactly like the time she was pregnant with her daughter, **Elaina**, who was now a year old. But, as she examined her breasts, she was surprised to discover a lump on the left side of her left breast.

Samantha's sister told her to call the Breast Health Center at UPMC Susquehanna to have the lump checked out. The Center scheduled Samantha for an appointment the following week, and she put any concerns out of her mind. That weekend, she took a home pregnancy test and received positive results.



“I could call Dr. Branton about anything, even things that didn’t relate to the care she was providing. Every step of the way, I knew all my caregivers’ hearts were right there with me.”

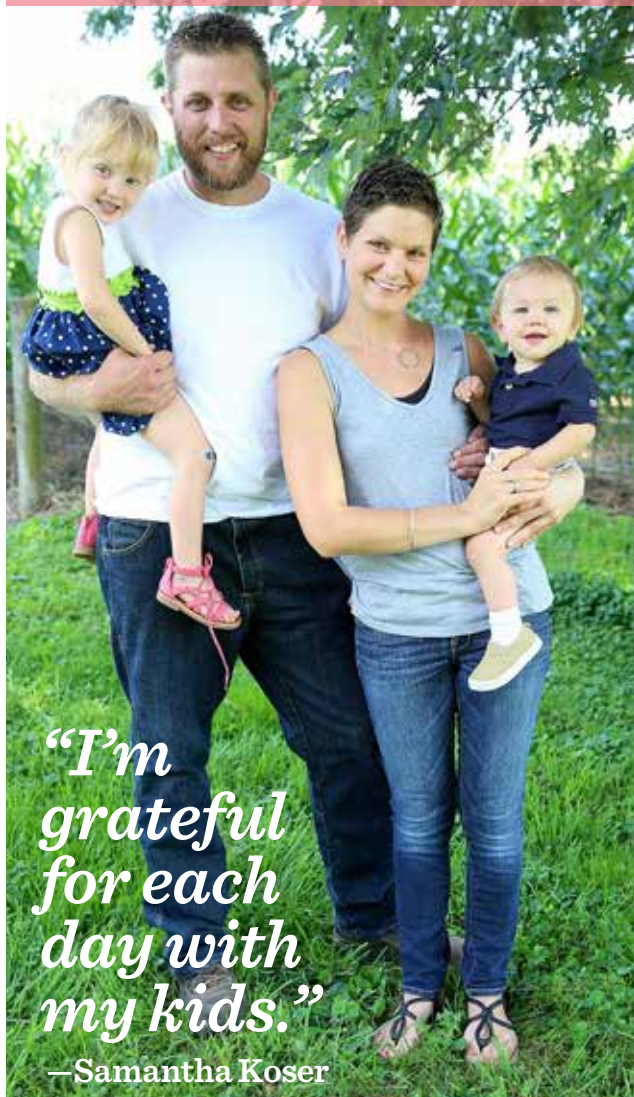
—Samantha Koser

At the Breast Health Center, Samantha shared her good news with her nurse, **Merilee Baxter**, as she prepared for her ultrasound. Reviewing the results, breast surgeon **Dr. Susan Branton** recommended that Samantha stay for a biopsy. But Samantha was feeling pressed for time and wasn’t that concerned, so she delayed the biopsy until the following week. A few days later, she was floored when Merilee called to tell her she had breast cancer.

“It’s just a wave of shock,” Samantha says, “something I will never forget. I had just put Elaina down for a nap and was getting ready to cook lunch. I was just in shock. I kept saying, ‘Are you serious?’”

“I was a wreck. They told me to come right in, so, quickly, I gathered my mother, my sister, my husband, **Scott**, and Elaina, and we were all at the Breast Center. We talked to Dr. Branton and the nurses for two hours. It was a shock to everyone,” she says.

The next step was an appointment with **Dr. Angela Huggler** at UPMC Susquehanna Ob-gyn to confirm Samantha’s pregnancy and listen to her baby’s heartbeat. “Dr. Huggler was so encouraging. She said, ‘This is doable. It’s not typical, but we can do it.’ She always made me feel better throughout my pregnancy,” Samantha says.



“I’m grateful for each day with my kids.”

—Samantha Koser



Samantha had an extremely aggressive form of breast cancer. Originally, her team of doctors planned to wait until the end of her first trimester to remove the tumor, but Dr. Huggler advised they could schedule the surgery sooner. Samantha’s mastectomy, performed by Dr. Branton, was followed by four chemotherapy treatments. Administered under the care of medical oncologist **Dr. Charles Agbemabiese** at the Cancer Center, the treatments began when Samantha was 15 weeks pregnant. Additional chemotherapy and five weeks of daily radiation treatments would follow after the baby was born.

“It was scary, and I had a lot of questions. But my doctors always made me feel comfortable,” Samantha says. “I could call Dr. Branton about anything, even things that didn’t relate to the care she was providing. Every step of the way, I knew all my caregivers’ hearts were right there with me.”

Being pregnant and having a one-year-old at home is exhausting even without receiving cancer treatments. Samantha relied on help from Scott, her mother and many friends and family members who rallied to get her through the year, especially when two of her four chemotherapy treatments ended with hospitalizations for low blood counts.

Still, Samantha considered the pregnancy to be easy, with fewer of the pains and issues she recalls from the first time around. Unlike many chemotherapy patients, Samantha maintained a hearty appetite. She recalls staff at the infusion center chuckling when she asked for both meal options during her treatments.

“I almost felt like our baby helped me through this,” Samantha says. “Like it was something we were going through together.”

Though she was reassured by maternal-fetal monitoring performed at intervals throughout her pregnancy, Samantha remained on guard about her baby’s health until the moment he arrived. Doctors cautioned that the gravest danger for him would be premature birth. Since Elaina was born five weeks early, Samantha was relieved when she went into labor just two weeks early with baby **Lee**.

Now, 10 months later, a PET scan has confirmed that Samantha is cancer free, and she is continuing with preventive chemotherapy for the next year.

Lee is already walking, and Samantha says her life is pretty typical of any mother of two children under age three, except she is far more appreciative of family time. She goes out of her way to get out and be active with her husband and children, whether it’s taking a hike, enjoying their farm, swimming at “Mimi’s house” or heading to an amusement park with her sister and her sister’s children.

“I’m grateful for each day with my kids,” Samantha says. “Cancer made me realize what’s important. Don’t sweat the small stuff, and just enjoy what you have. The scariest part of this was worrying about not being with them. Because of the great care I received, I can look at them and thank God that today they have me, and I have them.”

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