

foundation focus

VOLUME 33 | FALL 2019

**"I AM A
STRONGER
VERSION OF
MYSELF."**

- MATEO MARSHALL

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Bring Hope
to Patients in
Williamsport



UPMC Susquehanna

SUSQUEHANNA
HEALTH FOUNDATION



Susquehanna Health Foundation

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LETTER FROM SISTER TERESA ANN JACOBS

I felt the call to serve and help others very early in life. Had the Sisters of Christian Charity not been experiencing a shortage of teachers, I might have become a nurse and devoted my career to the practice. But as we know, God works in mysterious ways, and the circuitous route I've taken to get where I am today is evidence of that.

Despite starting my ministry in education — and spending many years as a teacher — an opportunity with the Sisters presented itself in the form of health care administration. That role led to me getting my master's degree in the field and, eventually, the position of director of sponsorship at the health system that would become UPMC Susquehanna.

Here I am, a former teacher, living out my childhood dream of helping people through the services of health care. That passion to serve still burns as intensely as ever, which is why I humbly accepted the invitation of Steve Johnson, President, UPMC Susquehanna, to chair the *Susquehanna Strong* Comprehensive Campaign.

Susquehanna Strong is much more than just another hospital fundraiser. It's a chance for us to unite with community members to help patients of this community by growing and improving the services we offer. It means giving more people access to the highest level of care by installing state-of-the-art equipment and offering world-class services.

There's a standing promise we make to every patient. It says that we will take care of all patients' health care needs, and *Susquehanna Strong* is one of the ways we intend to do that.

First, we are expanding the cancer services at the UPMC Hillman Cancer Center in Williamsport. That facility was already the only center of its kind in Pennsylvania to receive an Outstanding Achievement Award from the Commission on Cancer of the American College of Surgeons, and the renovations we are planning will allow us to remain one of the pre-eminent cancer programs in the country.

But *Susquehanna Strong* doesn't start and end with just cancer care.

Our planned physical medicine and rehab project will include private rooms and cutting-edge equipment among other innovative design elements.

In addition to these physical improvements to infrastructure and equipment, we're creating a new Clinical Excellence Endowment. The \$10 million we aim to raise for that fund will go toward advanced training, continuing education, and general support of the clinical staff to make sure that the best and brightest not only want to join our health system but that they also want to stay with us.

This little slice of Pennsylvania we call home is truly a special place, but the geography of the Susquehanna Valley does not do our residents any favors when it comes to health care. Many of the patients we serve across UPMC Susquehanna's 12-county footprint reside in rural communities where access to health care can be sparse.

The *Susquehanna Strong* Comprehensive Campaign will ensure our patients don't have to experience the inconvenience of a long haul to receive exceptional quality health care. Our community has always been deeply committed to this cause — both financially and with their time — and I wholeheartedly believe that dedication will continue with this campaign.

Everyone at UPMC Susquehanna is fully committed to the mission. Won't you join us? Together, we can be *Susquehanna Strong*.

Sister Teresa Ann Jacobs

Sister Teresa Ann Jacobs

Director of Sponsorship, UPMC Susquehanna

Campaign Chair, *Susquehanna Strong* Comprehensive Campaign

SUSQUEHANNA
HEALTH FOUNDATION



Clinical Excellence Endowment

Paramount to UPMC Susquehanna's mission is the recruitment, retention, and education of clinical staff. These three key components are essential in ensuring the provision of high-quality care and access for the patients we serve now and into the future. The Clinical Excellence Endowment has a long-term goal of \$10 million to have approximately \$500,000 available annually to support the expansion of services, professional development, and education needs. Through the *Susquehanna Strong* Comprehensive Campaign, the goal is to raise the initial \$5 million, with future planned gifts playing a large role in the long-term success of the endowment.

Retention and Recruitment

Recruiting and retaining high-quality physicians and clinical staff is a challenge in northcentral Pennsylvania and throughout the health care industry.

When physicians, particularly specialists — who are often difficult to recruit to a rural community — are deciding whether to join UPMC Susquehanna, technology and equipment can be vital factors in their decision. The endowment will support recruitment by helping to fund equipment needed to recruit a specialist, or by adding a new capability to the services we currently offer. Often, the specialists are already using state-of-the-art equipment, and the purchase of this equipment might not be in our system's current capital budget.

Training and Education

Creating a culture of 'growing our own' is critical. Locally and nationally, we are experiencing a shortage of clinical staff, particularly in rural communities. Currently, more than 126 of our nurses are over the age of 60. Access to annual funding from an endowment for education will be instrumental in helping us retain and grow the right staff so that we can continue to provide the highest quality of care for our patients. This education could consist of advanced nursing degrees, technology and equipment for internal training, and certifications for specific fields, such as trauma and rehabilitation.

Center for Professional Development

The Center for Professional Development will provide space for education and training of all clinical staff. A classroom, lecture hall, computer lab, mock patient rooms, and simulation lab will enable a multi-faceted approach to education.

Simulation-based learning provides an immersive experience by offering real-life medical scenarios in a controlled, safe environment. The primary objectives of simulation are to improve the safety, effectiveness, and efficiency of health care services as well as patient outcomes.

Advanced Degrees

Internal training and education will greatly enhance our clinical teams' preparedness for a multitude of situations, particularly those that don't occur every day. Beyond annual training, the need exists to assist our clinical teams in pursuing advanced degrees and fellowships. This further education will raise the level of care we are able to provide and grow the leaders we need for the future of health care in our region.



Clinical staff training using patient models to prepare for complex labor and deliveries.

What is an endowment?

An endowment is a fund that is kept in perpetuity (forever) to provide earnings for an organization. The principal of an endowment fund remains intact, while the interest earnings can be used for purposes identified by the donor or the organization.

Why should UPMC Susquehanna have an endowment?

For Sustaining Quality – An endowment can help ensure the long-term continuity, quality, and sustainability of our work.

For New Programs and Services – An endowment can provide the resources needed to get new services up and running.

For Innovation and Planning – An endowment can help us plan to meet the changing needs of the people we serve.

For Difficult Times – During times of economic crisis, endowment earnings could help UPMC Susquehanna avoid having to cut programs and staff.

Why should I contribute to UPMC Susquehanna's Clinical Excellence Endowment?

If you believe that UPMC Susquehanna makes a difference in people's lives, or if you want to ensure that UPMC Susquehanna or one of its programs continues its work indefinitely, you might want to contribute to the endowment.

How do I contribute to the Clinical Excellence Endowment?

You can contribute through the donation of cash, retirement plans, planned gifts, stock gifts, and IRA gifts. Although some endowments comprise many small gifts, major gifts are critical for endowment creation and growth. For more information, or to donate, contact Susquehanna Health Foundation at 570-320-7460.



AN ACCIDENT CHANGED MATEO'S LIFE FOREVER





Mateo Marshall understands what it's like to face insurmountable odds — and beat them. He's done it almost every day since August 4, 2018.

"I was on my way to work, and I lost control of my car," remembers Mateo. "The road was wet. I was on a section of road where accidents happen all the time. I remember going off the road."

Mateo was ejected from the car and was thrown more than 90 feet. He landed in mud, which softened the impact.

"I remember everything about the accident," Mateo says. "I couldn't move, and I lay there for 10 to 15 minutes — alone."

A hard-working 20-year-old student at Bloomsburg University, Mateo worked as an emergency medical technician (EMT) with EMTS Corporation in Selinsgrove and was headed there the morning of his accident.

A Guardian Angel was Watching over Him

Someone saw Mateo's car leave the road and called 911 to report the accident. A nurse stopped and stayed with Mateo until emergency responders arrived.

"That nurse was my guardian angel," Mateo says. "She came from out of nowhere to comfort me until the ambulance arrived."

The EMT team managed his pain and transported him to the nearest trauma center within the golden hour. Receiving treatment during the first hour after a traumatic injury is critical for better outcomes. Heading into surgery, doctors expected to find a severed spinal cord. To their surprise, Mateo had fractured two vertebrae in his neck. They fused vertebra C5 through T1 to stabilize his neck.

"My surgeon was stunned that my spinal cord wasn't severed," Mateo says. "I think this is proof that miracles do happen, but my doctors still weren't sure if I would ever move again."

Immediately after surgery, Mateo could wiggle his toes and arms a little. Within two days, he could bend one leg, and by the fourth day, he could bend both legs. However, his recovery was just beginning.



A Long Road Ahead

Mateo would spend the next six weeks in inpatient rehabilitation, learning how to use his legs and hands again. The therapists worked with him every day to help build his strength and endurance. His goal was to walk out of rehabilitation.

“Rehab was a test of my soul, but I walked out unassisted,” Mateo says. “That was my first big goal, and I reached it.”

He regained enough strength in his legs and right arm to continue outpatient therapy, but his left side was still severely weakened, and he didn’t have full use of his left hand.

Mateo then began going to outpatient rehabilitation at UPMC Williamsport Regional Medical Center three times a week. He had an extensive program of physical therapy, occupational therapy, and hand therapy.

His Goal: *to Run Again*

“Once I was in outpatient therapy, I set my next goal,” Mateo says. “I was an athlete in high school, and I wanted to get back to running. I also knew I needed to test the impossible to stay motivated — rehabilitation isn’t easy.”

Although Mateo’s therapist, **Margaret Kelly**, agreed that running was a tough goal, she had faith in Mateo and set up a plan to help him attain it. Margaret had never trained a spinal cord injury patient to run, so she stressed that exercising at home was vital to Mateo’s recovery results.

“With the goal of running and the plan Margaret put together, I was motivated to work at home, too. It was my new full-time job,” Mateo says. “I think it was the key to my recovery — but it wasn’t easy.”

Mateo walked a 5K at Thanksgiving last year and ran a 5K this past January, but he knew he still had some work to improve his mobility and the use of his left hand. That’s when he met **Adrienne McCallister, DO**, and **Melissa Michaluk, DO**.

Specialized Care to Get Mateo Across the Finish Line

Dr. McCallister specializes in osteopathic manipulation, which is often misunderstood and under-utilized. The therapy involves using the hands to diagnose, treat, and minimize illness or injury. Treatment includes moving muscles and joints using techniques that involve stretching, gentle pressure, and manipulation to better align the body’s intricate system of muscles, nerves, and bones.


Dr. Michaluk specializes in physical medicine and rehabilitation and spinal cord injury medicine and has experience using BOTOX® to effectively treat spastic and contracting muscles in the arms and hands.

“I can’t say enough about those two doctors,” Mateo says. “They took the time to listen to me and to the physical therapist and adjusted the treatment accordingly.”

BOTOX® treatments in Mateo’s hands are helping to relax the flexors in his fingers and calm nerve endings. Although he can receive treatment only every three months, the treatments are allowing him to make continuous improvement in his intensive hand therapy.

Dr. McCallister has helped Mateo with the musculoskeletal trauma his body endured during the accident. By listening to his body, she is correcting and realigning it for the different ways it now compensates for his injuries.

“I am making progress with the more delicate aspects of my recovery,” Mateo says. “I am regaining use in my hand through therapy, and I feel that my body is more aligned after the muscular trauma it went through. Not only is that relaxing my central nervous system, it should help prevent future pain.”

A man with short dark hair, smiling, is leaning against a wooden fence. He is wearing a grey t-shirt with 'USA STRONG' and an American flag graphic, black shorts, and black sneakers. The background is a blurred outdoor setting with a wooden fence and some greenery. The entire image has a green tint and a white border with clipped corners.

**“REHAB WAS
A TEST OF MY
SOUL, BUT I
WALKED OUT
UNASSISTED.”**

- Mateo Marshall



Planning His Future

Mateo set his sights even higher. He ran a half marathon in May and a marathon before August 4 — the one-year anniversary of his accident.

Although Mateo gives his doctors and nurses a lot of credit for his recovery, he recognizes his mother, grandparents, and sister for playing big roles as well. However, he attributes most of his progress to his faith.

“Recovery is a lonely process. I’ve spent hundreds of hours rehabbing my body,” Mateo says. “God has been by my side the whole time — none of this would be possible without Him. I still have my challenges, and I’ve

had many dark days. By embracing the struggle and not running from my challenges, my soul is stronger than ever — I am a stronger version of myself.”

Mateo returned to Bloomsburg University this past summer and has started to work again. He’s studying for a health care career in the future.

“I am still not sure what I want to do in the medical field — I was exposed to so many great people who inspired me,” says Mateo. “I am sure my choice will become clearer as I continue the process of healing.”

THE DONOR REPORT

In January 2008, we reorganized our giving levels to recognize our donors. If your name has been omitted or misprinted, please notify us and accept our sincere apology.

SIGNATURE GIFTS

Signature Gifts recognizes individuals and organizations

who made a commitment to Susquehanna Health Foundation with a contribution of \$100,000 or greater. Donors are listed through **June 30, 2019**.

\$5,000,000+

Anonymous

\$2,500,000–\$4,999,999

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Bold and italicized listing = new donor or new to giving level

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SUSQUEHANNA
HEALTH FOUNDATION

SIGNATURE GIFTS

spotlight

FOUNDATION FOCUS | FALL 2019

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INSPIRED TO MAKE A DIFFERENCE

American author Paul Brodeur once said, “Statistics are human beings with the tears wiped away,” and few subjects have been the source of as many tears as cancer. Some statistics, like the 268,600 new cases of invasive breast cancer that doctors will diagnose in American women this year, bring tears of anguish. Others, like the fact that there are now 3.1 million breast cancer survivors in the United States, trigger tears of triumph.

Williamsport resident **Arlene**

Stahl, who volunteers at the UPMC Susquehanna Kathryn Candor Lundy Breast Health Center one day a week, is familiar with both.

A breast cancer survivor herself, Arlene and her husband, **Fred**, donated \$100,000 to the Breast Health Center in April in hopes of inspiring more happy tears and preventing more of the sad ones.

The Stahls’ generous gift will help purchase a 3D tomography machine with technology so advanced that it detects questionable cells smaller in size and earlier in their development than traditional mammography. The new equipment renders images in 3D and probes deeper into breast tissue to identify cancer cells a regular mammogram might not see until the cells have been developing for 12 months or more.

Although it was Arlene who underwent radiation treatments following her diagnosis in 2008, it was Fred who suggested the couple’s substantial donation. He served as Arlene’s rock during her treatments and watched with wide-eyed amazement as she battled cancer, and won.



The experience wasn’t Arlene’s first exposure to cancer. As a teenager, she watched her father die of the disease. A graduate of the Williamsport Hospital School of Nursing, she also had regular interactions with cancer patients during her years as a nurse. And, as a devoted volunteer of the Breast Health Center for many years, Arlene regularly interacts with patients and has handled everything from making appointment reminder calls to assisting with check-ins.

Arlene commends the staff at the Breast Health Center for the friendly, compassionate care they provide to patients, especially during what might be the scariest time of their lives. She’s also quick to encourage women to be active participants in their own breast health.

“Our message to the community is: Do not put off your cancer screenings, because they may save your life,” Arlene says. “Urge your family and friends to do them also.”

Through her personal, professional, and volunteer experience with breast cancer, Arlene has learned many things along the way. One is that early detection is now earlier than

it used to be. The American Cancer Society says women at average risk for breast cancer should begin having yearly mammograms at age 45, and they should have the choice to start annual screenings as early as age 40 — especially for those with a family history of malignancy.

For women who receive the unsettling diagnosis that they do have breast cancer, Arlene says the news might not be as bleak as it seems in the moment.

“One thing that women, and the public in general, should realize is that breast cancer usually isn’t a death sentence,” she says. “Today, there are so many advancements in care and early diagnoses, and treatments are getting better. I know so many people who have had breast cancer who are doing great years and years later.”

This past September, the Stahls celebrated 61 years of marriage, with plenty of well-wishes from their four children, 11 grandchildren, and two great-grandchildren.

And some of those happy tears, too.

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, 2019.**

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UPMC Hillman Cancer Center in Williamsport Breaks Ground for Expansion



UPMC Susquehanna broke ground this summer for an expanded UPMC Hillman Cancer Center in Williamsport. This \$15-million, multi-phase project will take place over the next two years, transforming the center by adding more than 10,000 square feet of space with a new patient-centric footprint. A significant portion of the center's existing exam rooms, offices, and support staff areas will be expanded and renovated to accommodate new physicians and advanced practice providers, and the expansion of cancer care services in Williamsport. The UPMC Hillman Cancer Center in Williamsport cares for more than 120 patients every day and sees more than 1,250 new patients every year. You can be part of keeping cancer care local. The fundraising goal for the project is \$3.5 million, and community support will help ensure its completion.

Pictured from left: Dr. Abdalla Sholi, regional medical director for oncology, UPMC Hillman Cancer Centers in Williamsport and Wellsboro; Michelle Gaida, administrative director, UPMC Hillman Cancer Centers in Williamsport and Wellsboro; Steve Johnson, president, UPMC Susquehanna; Sister Teresa Ann Jacobs, chair of the Susquehanna Strong Comprehensive Campaign, Susquehanna Health Foundation; and Sherry Watts, vice president, Susquehanna Health Foundation

2019 Lifetime Achievement Awards Event

Susquehanna Health Foundation's 5th Annual Lifetime Achievement Awards Celebration recognized major donors who have had a significant impact on UPMC Susquehanna and the patient care we provide every day. The awards program began with the Foundation recognizing new donors of \$10,000 or more and other major donors who reached a new giving level. The community's ongoing support continues to bring life-changing medicine to northcentral Pennsylvania.

Following dinner, the Foundation recognized several honorees for their years of service, leadership, and commitment to health care locally — Dr. Donald J. Leathers, Bill and Sis Fish, and the Staff of UPMC Hillman Cancer Centers in Williamsport and Wellsboro.

Sponsored by UPMC Health Plan, the event was held at DiSalvo's Restaurant in Williamsport. Stantec sponsored the reception and dinner, and Citizens & Northern Bank sponsored the entertainment.

UPMCSusquehanna.org/Giving





PHYSICIAN AWARD

Dr. Donald J. Leathers received the Physician Lifetime Achievement Award for his leadership and vision while serving on many UPMC Susquehanna boards as well as for his significant advancement of the work done by the health system's laboratory services. During his 29-year career at UPMC Susquehanna, Dr. Leathers led his team through a transition of consolidated laboratory care among Williamsport, Divine Providence, and Muncy Valley Hospitals when the hospitals became Susquehanna Health. He did this again when Soldiers + Sailors joined Susquehanna Health in 2012. Dr. Leathers also led the department's migration from paper-based records to a computerized anatomic pathology system, which provided increased efficiency, positive patient identification, and complete access to a patient's pathology history, resulting in better patient care.

PHILANTHROPIST AWARD

Bill and Sis Fish were honored with the Philanthropist Lifetime Achievement Award. Through their exceptional generosity, service, and commitment to the community, they have made a profound impact on the lives of others in the greater Williamsport community. Their work on the *Count On Us For Life* Capital Campaign demonstrated outstanding charitable responsibility by encouraging others to make leadership contributions to impact health care for generations to come.

PRESIDENT'S AWARD

The Staff of UPMC Hillman Cancer Centers in Williamsport and Wellsboro received the President's Lifetime Achievement Award for significantly advancing the work of UPMC Susquehanna through leadership and excellence. The Centers have demonstrated exceptional collaboration and quality when it comes to patient care. They offer the same progressive cancer treatments you would find in major metropolitan areas, enhanced with personalized, compassionate care for every patient.



“None of this would be possible without you, our valued donors, friends, neighbors, and patients. On behalf of the more than 6,000 employees and the hundreds of thousands of patients at UPMC Susquehanna, I thank you for your continued support. I assure you, the next 25 years will be even more impactful. As new treatments, services, and programs evolve, we promise to make them even more accessible, more affordable, and more convenient to everyone in our communities.”

— Steven P. Johnson

38th ANNUAL



A Hole In One For Cancer Care

The 38th Annual UPMC Susquehanna Invitational Golf Tournament was held August 12 at the Williamsport Country Club and featured 120 players. This year's tournament raised more than \$137,000 to help ensure our community has access to excellent physicians, modern facilities and equipment, and skilled, compassionate staff.

Proceeds from this year's tournament will benefit the UPMC Hillman Cancer Center in Williamsport expansion by funding one private chemotherapy treatment room. These rooms are essential for some patients undergoing treatment who prefer privacy, need a quiet space when not feeling well, or have long treatment times.

Thank you to all sponsors, players, volunteers, and committee members for making this year's tournament another 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 & Riggings, The Liberty Group/Ausley Construction, Stantec, and UPMC Health Plan.

UPMC Hillman Cancer Center in Williamsport Expansion

A \$15-million investment over the next two years will transform the UPMC Hillman Cancer Center in Williamsport. With added space of more than 10,000 square feet and a new patient-centric footprint, the expansion will include:

- **Clinical Areas** — A significant portion of the existing physician exam rooms, offices, and staff support areas will be expanded and renovated to accommodate a total of 22 physician exam rooms, the addition of new physicians and advanced practice professionals, and the physical space necessary to expand our complementary therapy programming.
- **Chemotherapy Infusion Services** — The infusion area will be expanded to 28 chemotherapy bays, increasing the number of private rooms and privacy in our open chemotherapy bay area, all while creating an environment of calmness, healing, and comfort.
- **Pharmacy Upgrades** — The existing pharmacy will be relocated to create efficiencies for quicker treatment preparations for patients.
- **Patient Experience Enhancements** — Renovations will create ease of access from the front of the Center, as well as provide kiosks in the waiting areas for an enhanced check-in process.

We're taking the battle against cancer to the next level, building on our mission of providing world-class care for patients close to home. At UPMC Hillman Cancer Center, we're giving patients increased access to renowned cancer specialists, cutting-edge research in immunotherapy, more than 300 leading-edge clinical trials, and the most advanced technology for cancer detection and treatment.



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, 2019.**

\$500,000+

Dr. and Mrs. Francis M. Powers Jr.

\$250,000–\$499,999

Anesthesia Associates of Williamsport

\$100,000–\$249,999

Dr. and Mrs. Rodwan and Zokaa Rajjoub

Dr. Hani and Eiman Tuffaha

\$50,000–\$99,999

Jean and John Burks

In Memory of Joseph R. Calder, MD

Dr. and Mrs. 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. Barbara Heere and *Dr. Bernard Butkiewicz

*Dr. Ted and Jane Larson Jr.

Dr. and Mrs. David J. Lopatofsky

Dr. William C. and Beverly H. McCauley

Drs. Timothy and Kathleen Pagana

Dr. and Mrs. Sandeep and Maria Sagar

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

\$15,000–\$24,999

Darius Abadi, DO

Dr. and Mrs. Victor P. Becker

James Bland, MD

Christopher and Susan Branton

Dr. Perry W. Doan

Dr. and Mrs. Donald J. Leathers

Dr. and Mrs. Michael Marceau

Adrienne McCallister, DO

Dr. and Mrs. Alexander R. Nesbitt

Dr. and Mrs. Anthony M. Nespola

Dr. and Mrs. Warren L. Robinson

Dr. Phyllis Scott

\$10,000–\$14,999

Anonymous

Dr. and Mrs. William R. Beltz

Dr. and Mrs. Mark D. Beyer

Drs. David and Susan Borys

Dr. and Mrs. Paul W. Braunegg Jr.

Dr. Tom and Rebecca Burke

Dr. Jill A. Burns

Dr. and Mrs. Leonard R. Collins

Dr. and Mrs. Scott D. Croll

Greg and Marilyn Frailey

Daniel J. Glunk and Margrit M.

Shoemaker

Dr. and Mrs. Edmund P. Guelig

Dr. and Mrs. Timothy Heilmann

Dr. and Mrs. Michael V. Hoffman

Dr. Renuka Kakarala and Dr. Sai B. Sajja

Dr. Charles D. Lamade

Dr. and Mrs. Albert G. Liddell

Dr. and Mrs. David B. Nagel

Dr. and Mrs. Harshad Patel

Jim and Peg Redka

Dr. Christopher Reilly and Dr. Teresa Bianco

Dr. René and Diana Rigal

Dr. Mohammad and Mrs. Margaret Shafique

Keith and Pam Shenberger

In Memory of Lynn A. Overdorff Jr.

In Memory of Ann L. Shenberger

Dr. and Mrs. F. Ardell Thomas

Dr. and Mrs. Stephen Weber

\$2,500–\$9,999

Anonymous (7)

Bharat G. Adroja, MD

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

Dr. Karen M. Brady

Dr. and Mrs. John V. Calce

Dr. William Cicio

Cornerstone Family Health, P.C.

Dr. T. E. Cullen and Bronwen Cullen

Joseph Daoko, MD

Dr. and Mrs. Gary M. Dincher

Dr. and Mrs. Donald C. Dworek

Drs. Dilip Elangbam and Subadani Angom

Dr. and Mrs. Joseph G. English

Durriya S. Esaa, MD

Dr. and Mrs. Todd W. Fausnaught

James R. Fick, MD

Dr. Boris Gabinskiy

Mr. David and Dr. Lisa Galloway

Dr. and Mrs. Steven W. Geise

Dr. Kenneth I. Glaser

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Dr. Judith Gouldin and Mr. Anthony Parente

Nathan Hare, MD

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John and Veronica Jones

In Memory of John and Dorothy Jones

Dr. Muhammad Kashif

Dr. and Mrs. William F. Keenan

Dr. and Mrs. I. G. Kim

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Georgios Klironomos, MD, PhD

Olamide Kolade, MD

Dr. John Kuri and Dr. Amy Wirtner

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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

Dr. Sabrina Mikita

Drs. Brad Miller and Cheryl Stayton

Robert L. Muller, MD

In Honor of Dr. David N. Ambrose

Drs. *Naresh C. and Anita Nagpal

Dr. and Mrs. Mark G. Odorizzi

Stuart M. Olinsky, MD

Dr. Mark and Mrs. Deborah Osevala

Dr. William and Cynthia Pagana

In Memory of Ann Pagana

In Memory of Elizabeth Pagana

CADUCEUS SOCIETY

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 Dr. and Mrs. Frank W. Parker
 Dr. and Mrs. William J. Peck
 Dr. Robert and the Reverend Christine Purcell
 Dr. Renee Quarterman
Jennifer Rager-Kay, DO
Navitha Ramesh, MD
 Dr. and Mrs. William P. Reich
 Dr. Herbert Roberts
 Dr. and Mrs. Steven D. Rockoff
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Zachary Simpson, MD
 Dr. and Mrs. Rohit G. Singh
 Dr. Thomas C. Smith and Suzanne Dively-Smith
 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. Mohammad Tahir
 Dr. Lawrence and Nancy Tomack
 Dr. Peter and Rose Trevouledes
 Dr. Frank E. Tulak

Dr. and Mrs. Thane N. Turner
Songoli C. Umeh, MD
 Dr. and Mrs. Seth I. Weber
 Rosemary Wiegand and Brett Homan
 Dr. and Mrs. Daniel E. Wolfe
 Edward G. Wyshock, MD



Pictured from left: Alison Farley, RN, UPMC Susquehanna Nurse-Family Partnership program; Julie Mansfield, manager, UPMC Susquehanna Nurse-Family Partnership program; Andrew Kelley, owner, Third Street McDonald's in Williamsport; Frani Doherty, owner, Third Street McDonald's in Williamsport; and Stephanie Steinbacher, gift officer, Susquehanna Health Foundation.

Nurse-Family Partnership Receives Grant

UPMC Susquehanna's Nurse-Family Partnership program, a community health initiative that helps transform the lives of women who are pregnant with their first child as well as the lives of their babies, recently received a \$5,000 grant from Ronald McDonald House Charities of Northeastern Pennsylvania, Inc. The grant will be used to purchase educational, age-specific toys and safety items for children in the program.

"We're grateful for this funding from Ronald McDonald House Charities," says **Julie Mansfield**, program manager. "These toys and safety items are necessary for the long-term success of the children's development."

The Nurse-Family Partnership program pairs a registered nurse with each mother early in the client's pregnancy. Each mother receives ongoing nurse home visits throughout her pregnancy. The visits continue through her child's second birthday.

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, 2019.**

\$1,000,000 +

Anonymous
Ward Manufacturing LLC

\$250,000-\$999,999

The Muncy Bank & Trust Company
Verizon Wireless

\$100,000-\$249,999

AutoTrakk, LLC
Citizens & Northern Bank
Dominion Foundation
Hudock Capital Group, LLC
M&T Bank
McCormick Law Firm
The Park Home, Inc.
PPL Foundation
PRIMUS Technologies Corp.
Reynolds Iron Works, Inc.
Shell Exploration & Production Company
Silvertip, Inc.
TurnKey Construction, Inc.
TurnKey Electric, Inc.
Welliver McGuire 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
iHeartMedia
Jersey Shore State Bank
Larson Design Group
PPL Electric Utilities
Weis Markets, Inc.

\$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
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Fry's Plastic
Gift Box at Muncy Valley Hospital
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John Savoy & Son, Inc.
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Lamar Advertising
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McCarty-Thomas Funeral Home, Inc.
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Ronald McDonald House Charities of N.E.P.A., Inc.
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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. – Eric Hine
Lundy Industrial Realty, L.P.
McDonald's – Doug and Frani Doherty
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
Deerfield Charitable Trust
EmCare, Inc.
Fairfield Auto Group
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
Little League Baseball, Inc.
Mid-State Beverage Co. - Don and Betty Jo Heim
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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
SelectTrim 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

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, 2019**.

\$1,000–\$9,999

Abt Associates Inc.

David and Rita Alexyn
Helen L. Antrim
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Ronald F. Beckman Jr.
Karen and Michael Belenko

Tammy Jo Bellows

Drs. David and Susan Borys
Cathy T. Brendle
Chaplain Tom Brokaw

Natalie A. Buss
Carol M. Cacchione

Jean M. Cameron

Mara L. Carpenter
Nicholas and Carol Catino
Central Mountain Volleyball Booster Club
Central Susquehanna Community Foundation
Clemens Family Foundation
Paula and Joshua Cummings

Samantha A. Curles

Brandon and Ashley Davis
Howard Dean
Matthew and Amy DeCamp
Mr. and Mrs. R. Robert DeCamp
Amber Depew
Beth A. Dibble
Annette M. DiEugenio
Carl and Lorraine DiParlo

Kathleen S. DiSalvo

Frani and Doug Doherty
Kelly Douglass, CRNP
John and Shirley Eck
Edgewell Personal Care

Ashley L. Fedroff

Jeffrey and Amanda Finke
First Citizens Community Bank
Chaplain Dave and Carol Fishel

Jennifer K. Flick

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Denise and Joseph Folmar
Forrester Environmental, Inc.
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Gary's Furniture
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Amy and Keith Goehring
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Kelly Hamilton
Darla Hardy

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Jennifer and Julie Harvey
Annabel J. Hepburn Estate
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Kenneth and Ann Hoover

Deborah E. Horriat

Thomas W. Hoy
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Charissa J. Hunt
Jersey Shore Football Booster Club
Steven and Mary Ann Johnson

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Carol Kitchen
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Edwin J. Krejci

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Herman and *Molly Logue

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Pat and Jim McGee
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Ron and Judy McKibben

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Debra A. Morin
J. Dennis and Linda Murray
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Kate Patetta

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The Family of Elsie E. Peter
Patricia J. Rambo

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Resounding Cymbals Performing Arts

Ronald and Lisa Reynolds

John W. and Anne Rich

Seth M. Rogers

Rogers Uniforms

Sean and Cynthia Roman

Joseph and Louise Rossi

Rotary Club of Williamsport

Connie L. Rupert

James and Amy SaNogueira

Rose C. Schilling

Richard and Elizabeth Schluter

Jack and Cynthia Schrader

Schrader Architectural Products – Jack and
Cindy Schrader

Eugene A. Seelye

Kay S. Seery

Erin L. Shelinski

Emily Shelley

Chaplain Edward Siddle

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Karen Steinbacher

Sunbury Motors

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Mable J. Tebbs

Ashley L. Thomas

Ronald and Carolyn Thompson

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Truck-Lite Co., Inc.

Judith Tubbs

Ben Weiskopff

Ats and Betty Lou Welker

Tamara S. West

Thelma B. White

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Williamsport Area High School Booster Club

Williamsport Firefighters #736

Patrick and Jennifer Wilson

Woodcock Foundation for the Appreciation of
the Arts, Inc.

Young Industries, Inc.

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

Young Men's Republican Club, Inc.

Marie B. Zurinsky

Bold and italicized listing = new donor or new to giving level

*deceased donor

SUSQUEHANNA
HEALTH FOUNDATION

KEYSTONE SOCIETY

\$500–\$999

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EmmaJane M. Adams

Sharon R. Adams

Melanie K. Allen

American Legion Bitner-Bechdel Post #623

The American Legion William B. Wilson
Post 572

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Linda Andrews

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Jennifer L. Avery

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Nathan D. Badman

Kristi L. Bagal

Alice R. Bair

Amanda A. Bak

Esther M. Barner

Dean and Joy Barto

Wendy A. Batschelet

LeeAnn Beaver

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Bob and Donna Bennett

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Bilby-Wheeler Families

Gerald and Patricia Bjorkman

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Michelle Bowers

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Earl L. Breon

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Michelle L. Brooks

Krista L. Brown

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Jon K. Clark

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Pauline Coleman

Michele S. Comes

Terry Conard

Stephanie Confer

Raven R. Cooley

Kelli Copley

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Janelle F. Day

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Divine Retiree Travelers

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Endless Mountains Addiction Awareness

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Whitney L. Farrand

Angela M. Ferris

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Chelsea Freynik

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Sherry L. Hyland

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Barry and Brenda Rake

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David L. Stiger

Louise M. Stone

Bob and Heidi Stopper

Suzanne and David Stopper

Rachel Strange

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Ashlee Tarr

Cheryl Tate

John and Robin Tebbs

Kristy M. Teisher

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Peggy A. Thompson

Valerie and Joshua Trego

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Holly L. Williams

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\$250-\$499

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Charles H. Adams

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Dr. Aamir I. Ahmed

Dawn Albright

Taanasa L. Alfred

Louis C. Allen

Dr. Natasha R. Allgood-Percoco

Jessie R. Anderson

Melinda L. Anderson

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Brenda Aunkst

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Holly S. Baker

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Erica Barrett

Carolyn R. Barry

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Oliver R. Bartlett

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Gregory L. Beck

Ann S. Beitz

Tara M. Benjamin

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Dusti Berninger

Ezmeralda Berrones

Jeffrey Berry

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Donate to Make a Wish Come True

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



\$25-\$100

Oncology Patient Transportation

UPMC Hillman Cancer Center in Williamsport

The greatest need for patients undergoing cancer treatment in our region is transportation. It is often a barrier for timely treatment. Your gift will go toward removing that barrier for countless patients.



\$35

Board Books for Babies

Nurse-Family Partnership

Reading to children is instrumental in their early developmental years. Your gift will help purchase 10 books for children in the Nurse-Family Partnership program, which helps transform the lives of vulnerable women who are pregnant with their first child until the child is two years old. Your support will provide age-appropriate books to help these children meet developmental milestones.

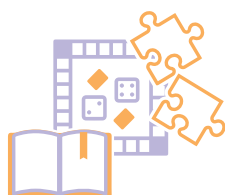


\$45

Comfort Baskets for Families of Organ Donors

The Intensive Care Unit at UPMC Williamsport Regional Medical Center

Staff members know the impact of providing a comfort basket to families of organ donors. These baskets include toiletries so family members can remain close to their loved one, inspirational items, grief support material, a handmade blanket, and a keepsake representing their loved one's heartbeat.



\$75

Books, Games, and Puzzles for Long-Term Patients

UPMC Susquehanna Muncy, 2 Main

Patients on 2 Main can be there for an extended period. Your support will provide activities to help them stay mentally active and pass the time. The "swing bed" program on 2 Main helps patients who have been discharged from the hospital but who still need medical care, especially in rural communities. The unit offers fewer disruptions and greater continuity of care.



\$350

50 Grief Support Activity Books for Children and Caregivers

Heartworks

Heartworks provides free grief support for children and teens. After their loss of a loved one, this support is vital for the child's emotional health and development. Beyond offering weekly meetings, Heartworks has created grief support backpacks for schools. They contain activity books that children and their caregivers can work on together. Your gift will purchase 50 activity books, the minimum quantity for a discount, for local guidance counselors to distribute as needed.

Wishes *Granted*



Rose Bushes for the Healing Garden at the UPMC Hillman Cancer Center in Williamsport

Healing gardens are known to reduce anxiety for patients and their loved ones. The rose bushes and Healing Garden will provide a place of peace and tranquility for our patients and their families.



Toy Kitchen and Step2 Ride-On Cruiser for Pediatrics

The kitchen and cruiser are providing children with joy as they heal during their stay at the hospital.



Play Mats for Nurse-Family Partnership

These play mats are providing a safe area for children in the Nurse-Family Partnership program to play and routinely be evaluated.



Grief Support Backpacks for Heartworks

As Heartworks expands its programming, these backpacks are making a direct impact on children and families in area school districts. The backpacks give counselors immediate tools they can use to address children's grief support needs.



Additional Fish for the Saltwater Fish Tank at the UPMC Hillman Cancer Center in Williamsport

Aquariums are known to reduce stress for patients and their loved ones. The fish offer our patients and their families enjoyment and a moment of peace.



The menu of Franco's Lounge on 4th Street in Williamsport opens with a welcome note. It tells a story of industrious immigrants, dedication, togetherness, and vision. But it's the note's conclusion that's so reflective of the restaurant's purpose. Emblazoned in bold capital letters, the bottom of the page reads: **LOVE ALL, SERVE ALL.**

This mission is fitting for one of Franco's most frequent customers as well — **John T. Comerchi, MD**, Director of Gynecologic Oncology at UPMC Susquehanna and Vice Chair of Gynecologic Specialties and Physician Referral Relations for the Department of OB/GYN at the University of Pittsburgh.

BI-WEEKLY TRAVEL TO WILLIAMSPORT

Every other week, Dr. Comerchi makes the 200-mile trip from his home in Pittsburgh to see patients and perform surgery at UPMC Susquehanna in Williamsport. And it's that trek more than halfway across the state that reminds him precisely why he does what he does.

"Pennsylvania is a very rural state," Dr. Comerchi says. "If you remain

A Day in the Life: John T. Comerchi, MD

Away from home, bringing rural gynecologic oncology patients expert care close to home



in your ivory tower and just take care of women in cities or (urban) counties, you're not really taking care of the population of Pennsylvania."

For patients in sparsely populated areas, access to care can be challenging — particularly when it involves complex cases like those Dr. Comerci is accustomed to handling. The Temple University School of Medicine alumnus has expertise in robotic surgery and the diagnosis and management of diseases of the female reproductive organs, including ovarian, uterine, cervical, and vulvar cancers.

Dr. Comerci's Williamsport schedule generally follows a Wednesday through Friday pattern, with him performing surgeries on Wednesday and seeing patients on Thursday and Friday. But when patients' needs dictate, he'll spend the entire week in Williamsport, adding 12-hour surgical days on Mondays and Tuesdays as well.

"The staff at UPMC Susquehanna is incredibly supportive of that effort because they realize we're providing services that aren't normally available locally," Dr. Comerci says of his desire to see as many patients

as possible. "Even if I'm completely booked, everybody goes out of their way to work that person in — even knowing that it makes their own day much busier and that the nurses will probably get out later."

HOME AWAY FROM HOME

A Bucknell University graduate, Dr. Comerci is no stranger to northcentral Pennsylvania. After work, on the days he's in Williamsport, he likes to stroll along the Susquehanna Riverwalk. He stays at the same hotel each week and has dinner at Franco's frequently. And while some might view his local routine as monotonous, Dr. Comerci says he finds it comforting.

"I like seeing the same people, same waitresses, owner, etc.," he says. "I think when you're away from home, it's your way of making the same connections over and over. You don't feel quite as lonely."

A voracious reader, Dr. Comerci will peruse anything he can get his hands on and enjoys browsing the shelves at Otto Bookstore in Williamsport. Given the amount of time he now spends driving between hospitals, Dr. Comerci also has become a big

fan of podcasts and audiobooks. When at home in Pittsburgh but away from the hospital, he soaks up time with his wife and family.

PATIENT-CENTRIC CARE

Despite his role as a surgeon, Dr. Comerci says surgery isn't his main focus. Instead, it's his comprehensive relationship with his patients. He enjoys specializing in gynecologic oncology because he can provide start-to-finish care, remaining involved with the patient long after he finishes his work in the operating room.

"I like being able to provide that kind of care to patients who otherwise would have to travel hours to Pittsburgh or Philly," Dr. Comerci says. "Women in general tend to be selfless. They're caregivers, and they often will neglect themselves. So, part of the challenge of taking care of women with cancer is that you have to convince them that they really need to be focused on themselves, or they won't get better."

LOVE ALL. SERVE ALL.



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\$250–\$499 *Continued*

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Doctors' Day

2019 TRIBUTES



For the ninth year, Susquehanna Health Foundation set aside a day to honor physicians, our everyday heroes. The Foundation celebrated National Doctors' Day, March 30, by delivering handwritten notes of appreciation from patients of all ages to our physicians and caregivers, reminding them of the difference they have made in the lives of many.

This year, members of our community submitted 176 notes of appreciation to more than 100 physicians and caregivers. Not only did patients show their support in the form of notes of appreciation, but also by contributing \$15,300. Their contributions are making an impact in areas such as The Gatehouse, Cancer Centers, Breast Health Center, Heart & Vascular Institute, Home Care & Hospice, and many other UPMC Susquehanna facilities and programs.

This year, Dr. Alexander Nesbitt received the top recognition from his patients. The Foundation is grateful for all the physicians and caregivers who were recognized for their dedication to providing exceptional care.

DOCTORS' DAY TRIBUTES

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To Dr. Jasneet Bhullar

"Thank you for all you did for me during my illness. I feel that I not only had the best care from you and your staff but have also received a new friend. Thank you again for all you do!"

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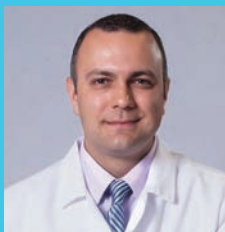
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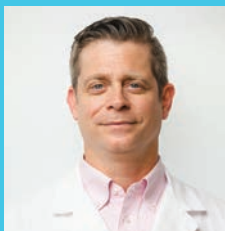
In Honor of Dr. Sabrina K. Mikita

*Thomas and Mary Strunk



To Dr. Christopher Domarew

"Dr. Domarew is one of the finest physicians we have ever entrusted our health and well-being to. His advice, thoroughness, and bedside manner have made us feel we have been treated with the utmost respect and professionalism. We hope to continue our relationship with Dr. Domarew for many, many years!"



To Dr. Michael Lazar

"I really appreciated you being my surgeon. My friend told me you were the one to ask for. Now I know why. You were very thorough, kind, and funny, too. You were very relaxed talking to us and didn't act like you were in a hurry. After surgery, I was glad for your visits and would recommend you to anyone who may need a really good surgeon. Your PAs were excellent too."



To Dr. LeeAnna Lyne

"Your kindness, compassion, and dedication to your patients are what sets you apart from other doctors. You go above and beyond the call of duty. You listen intently and thoughtfully respond to concerns — however trivial they may be. Please know how much you are appreciated. I am truly grateful that you are here in our community. Thank you for all that you do for me and for others."

*deceased donor

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To Dr. Alexander Nesbitt | Staff at The Gatehouse

"The care our family received during my mom's final days is a gift we will never forget. Her comfort was our #1 priority, and, after her years of constant suffering, you provided her a pain-free environment until she passed. All our worry, watching helplessly as she was in constant agony, diminished, and we could simply concentrate on sharing memories, expressing our love to her, and just holding her hand. We will forever have the highest regard for the staff at The Gatehouse. God Bless!"

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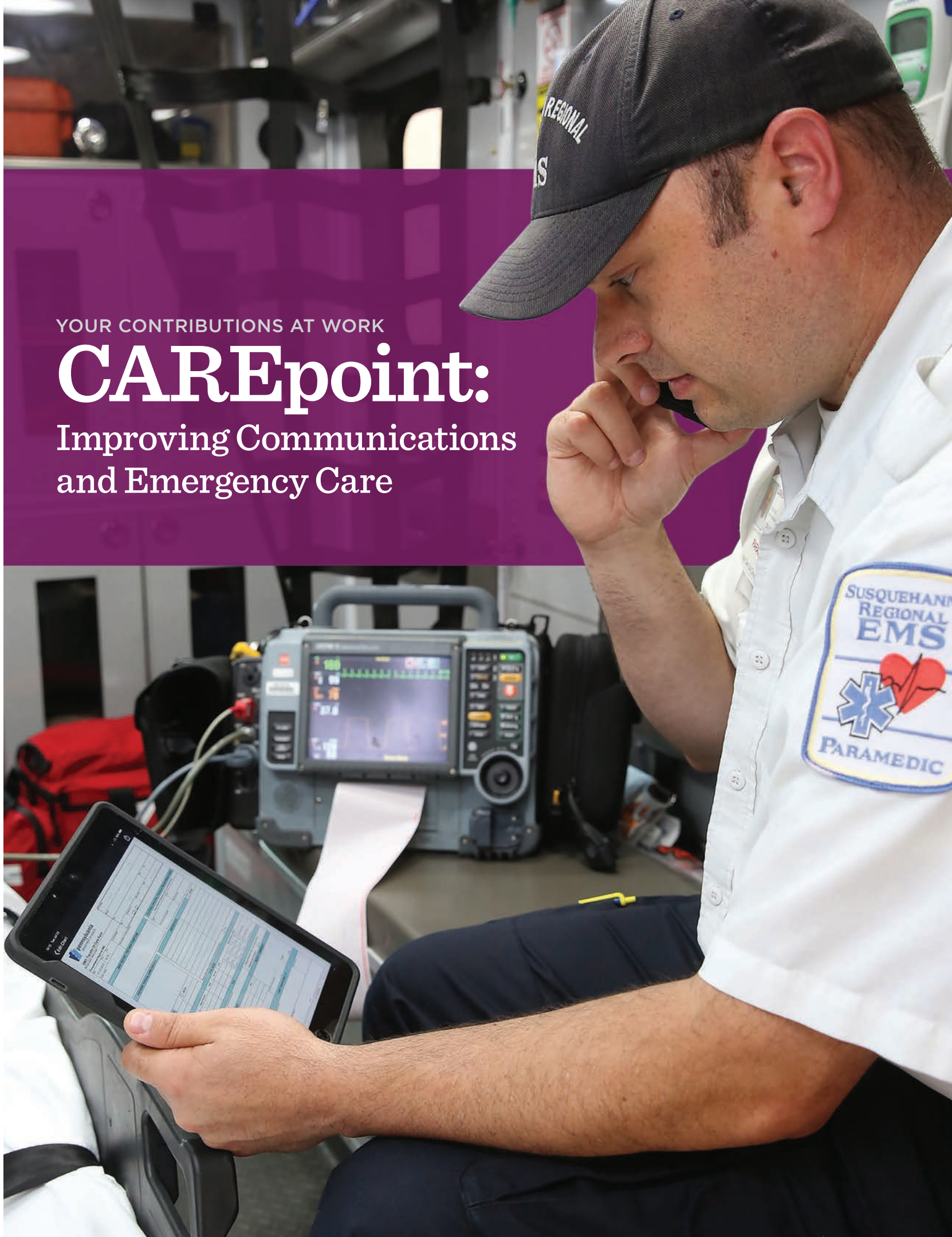
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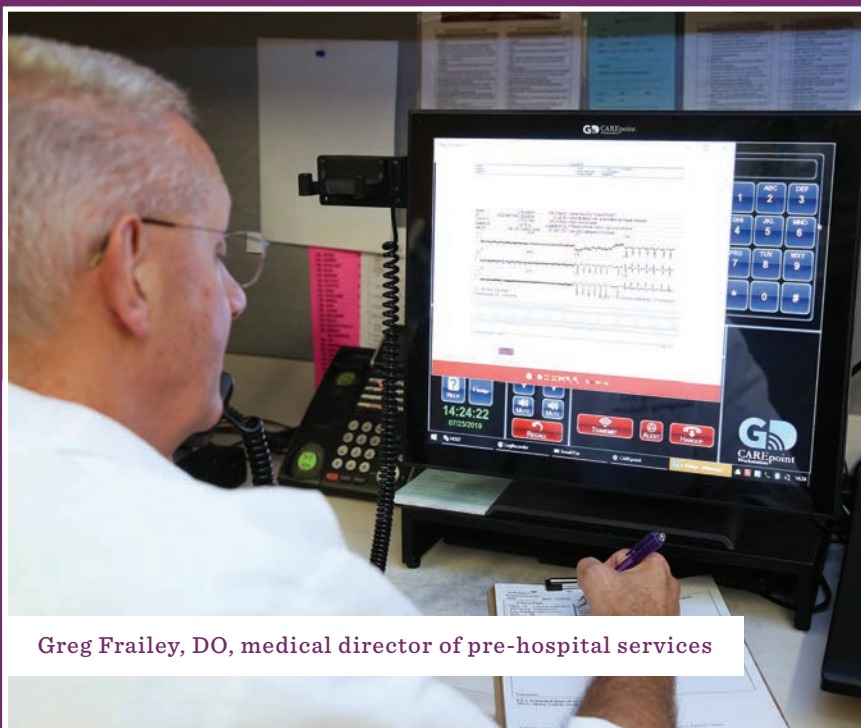
John D. Winn

YOUR CONTRIBUTIONS AT WORK

CAREpoint:

Improving Communications
and Emergency Care





Greg Frailey, DO, medical director of pre-hospital services

“What was once jumbled on a long desk is now a single workstation. That saves a lot of room, improves efficiency, and eliminates the need to go back and forth among all the devices.”

— **Jim Slotterback**
Manager of Emergency Preparedness

Jim Slotterback has long had a passion for emergency management.

The UPMC Susquehanna manager of emergency preparedness grew up as the son of a volunteer fireman, and Jim sought to follow in his dad's footsteps. He became involved in volunteer emergency services early on and enrolled in paramedic school right after high school.

In total, Jim has been a dedicated employee of the health system for more than 30 years. After beginning as a paramedic, he rose through the ranks and eventually found himself off the rig and in an office. Although he's made the transition from the field, his commitment to helping people has never been stronger.

Jim has an integral role in UPMC Susquehanna's implementation of CAREpoint, a comprehensive, integrated workstation that allows medical teams to improve

communication, workflow, and, most important, patient care.

More U.S. hospitals today use the CAREpoint workstation than any other pre-hospital mobile telemedicine, communication, or notification system. Considering the functionality and benefits hospitals receive through CAREpoint, it's easy to see why UPMC Susquehanna is among them.

Always looking for ways to improve standard operating procedures, Jim raves about CAREpoint's ability to do just that.

“It allows emergency department staff to consolidate everything — radios, phones, and computers,” he says. “What was once jumbled on a long desk is now a single workstation. That saves a lot of room, improves efficiency, and eliminates the need to go back and forth among all the devices.”

CAREpoint also lets medical teams seamlessly record and time stamp incoming messages — including inbound calls from an EMS radio or phone — into the portal. A member of the team then can easily access those communications either remotely or onsite with the click of a button.

The portal plays a significant role in improving a hospital's capacity to care for its patients by establishing a readily accessible central database for all documentation. Doctors, nurses, and other care providers no longer have to wait for access to patient data.

It's that synergy — and the opportunity it offers for collaboration — that plays a pivotal part in delivering the highest quality of care to patients, even before they arrive at the hospital.

With CAREpoint, emergency department team members receive instant alerts when a patient is enroute to the hospital so they can



adequately prepare for the patient's arrival. Because the system supports rich media files, paramedics are able to capture valuable photos and videos of an accident scene and deliver those electronically to the team of waiting emergency personnel.

Jim speaks highly of that feature, which is a major improvement over what has been a mostly unchanged process for decades.

"A patient in a car accident may initially appear stable, but with the added benefit of photos and videos streaming directly to the emergency department, our physicians and nurses can see the actual crash damage," Jim says. "They will have a deeper understanding of the mechanism of injury and can quickly identify potential injuries to evaluate."

In the future, that video element also will enable what's called community paramedicine, a method of care that has been shown to prevent hospital

readmissions through house calls to patients who require regular and routine check-ups. Jim says these are patients who may not qualify for home health care but are sick enough to need frequent medical services. CAREpoint will allow patients to communicate via video with an on-call doctor during those visits.

That same capability could also allow physicians to give video-based medical direction to paramedics in the field in dire, time-sensitive situations.

Because CAREpoint is compatible with Susquehanna Regional EMS's recently upgraded telephones and tablets, the health system didn't need to invest in any additional equipment to integrate it. Engineers have installed CAREpoint in three of UPMC Susquehanna's five emergency departments, and the device is so adaptable that any ambulance service can interface with it simply by calling into the emergency department. That

means crews are able to dial the same numbers they always call, and the hospitals are receiving the added benefits of the new system.

Given how powerful the CAREpoint platform is, some members of the care team have been surprised to discover just how simple and easy it is to use. If someone can pick up a phone and press a button, he or she can use CAREpoint.

Jim says his goal as a manager is to help and empower our employees to better care for our patients. He wants to make their jobs and day-to-day operations easier. With CAREpoint, that goal is now a reality, and that's good news for UPMC Susquehanna's patients and employees.

CAREpoint was made possible through the UPMC Susquehanna Invitational Golf Tournament and Helping Hands Event. Thank you to our sponsors and event participants who made this equipment possible.

LEGACY SOCIETY

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

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Plan Now For Your 2019 Tax Break

It's not too early to plan for this year's tax break. If you and your spouse are at least age 70½, you each can transfer up to \$100,000 from your IRA directly to a charitable organization.

Top 3 Benefits:

1

Satisfies your required minimum distribution

2

Reduces your taxable income

3

Allows you to help the charity of your choice
 with a gift to continue its mission

How to complete an IRA charitable rollover:

Step 1 :

Contact your IRA custodian to learn the
company's procedures.

Step 2 :

Contact Susquehanna Health Foundation
for complete instructions to ensure you
receive the proper deduction.



Consult with a Tax Professional

Although the process is simple, you should consult with a tax professional
to ensure you receive the maximum benefit from your gift.

**To learn more about this option or how you can make a gift that will help improve health care in your community,
 call Stephanie Steinbacher, gift officer, at 570-320-7041; or Jamie Caputo, gift officer, at 570-320-7612.**

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.



James E. Bland, MD, FACS
Ear, Nose, and Throat | 570-387-4368

UPMC Susquehanna welcomes ear, nose, and throat (ENT) specialist James E. Bland, MD, FACS, to SH Ear, Nose, and Throat in Bloomsburg. Dr. Bland earned his medical degree at West Virginia University School of Medicine in Morgantown. He completed his residency in otolaryngology and maxillofacial surgery at Northwestern University Feinberg School of Medicine in Chicago. Dr. Bland is a diplomat of the American Board of Otolaryngology, a member of the American Academy of Otolaryngology/Head and Neck Surgery, and a Fellow of the American College of Surgeons. Dr. Bland will see patients at SH Ear, Nose, and Throat, 6850 Lows Road, Suite 320, in Bloomsburg.

Boris Gabinskiy, MD
Internal Medicine | 570-724-3744

UPMC Susquehanna welcomes Boris Gabinskiy, MD, to SH Internal Medicine at Wellsboro. Dr. Gabinskiy earned his medical degree from Tashkent Medical Institute in Uzbekistan; completed his residency in obstetrics and gynecology at City Maternity House #4 in Tashkent, Uzbekistan; and completed his residency in family medicine at UPMC McKeesport. He is board-certified through the American Board of Family Medicine. Dr. Gabinskiy will see patients at SH Internal Medicine at Wellsboro, 103 West Avenue, Wellsboro.



Wenzhuan He, MD
Neurology | 570-321-2820

UPMC Susquehanna welcomes Wenzhuan He, MD, to the Neurosciences team. Dr. He received his medical degree from Beijing Medical University in Beijing, China, and completed fellowships at University of Iowa Hospitals & Clinics in Iowa City, Iowa, and at Penn State Medical Center in Hershey. He most recently served as a neurologist for Lehigh Valley Health Network in Allentown. He is board-certified by the American Board of Electrodiagnostic Medicine, the American Board of Psychiatry and Neurology – Neurology, and the American Board of Psychiatry and Neurology – Clinical Neurophysiology. Dr. He will see patients at the Neuroscience Center at UPMC Williamsport Regional Medical Center, located on the third floor of the Health Innovation Center, 740 High Street, Suite 3002, Williamsport.





Sree Kesan, MD

Electrophysiology | 570-321-2800

UPMC Susquehanna welcomes electrophysiologist Sree Kesan, MD, to the Cardiology team. Dr. Kesan earned his medical degree from University of Madras, India. He completed fellowships in electrophysiology at Indiana University School of Medicine in Indianapolis and University of Arkansas for Medical Sciences in Little Rock, and in general cardiology at University of Arkansas for Medical Sciences in Little Rock. He is board-certified by the American Board of Internal Medicine in electrophysiology and cardiology. Dr. Kesan will see patients at the Heart & Vascular Institute located on the second floor of the Health Innovation Center, 740 High Street, Suite 2001, Williamsport.

Olamide Kolade, MD, MPH, FACOG

OB-GYN | 570-321-3300

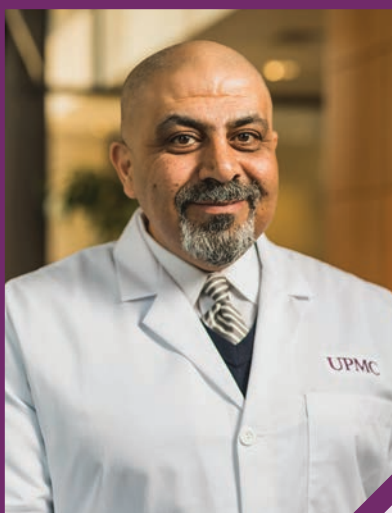
UPMC Susquehanna welcomes Olamide Kolade, MD, MPH, obstetrician-gynecologist to SH OB/GYN in Williamsport. Dr. Kolade earned his medical degree from the University of Ibadan College of Medicine in Ibadan, Nigeria, and completed his residency in obstetrics and gynecology at Lincoln Medical and Mental Health Center through Weil-Cornell Medical College in New York. He is a Fellow of the American Congress of Obstetricians & Gynecologists. Dr. Kolade will see patients at SH OB/GYN in the Health Innovation Center, 740 High Street, Suite 1004, Williamsport.



Abdalla M. Sholi, MD

UPMC Hillman Cancer Center | 570-326-8470

UPMC Susquehanna welcomes Abdalla M. Sholi, MD, as the new regional medical director for oncology. As the regional director, Dr. Sholi will oversee the UPMC Hillman Cancer Centers in Williamsport and Wellsboro, as well as UPMC Cole Patterson Cancer Center in Coudersport. Dr. Sholi comes to UPMC Susquehanna with 15 years of experience as a medical oncologist in Dunmore and Honesdale. He received his medical degree from the University of Jordan in Amman, Jordan, and completed residencies in primary care and internal medicine at Scranton-Temple Residency Program in Scranton. Dr. Sholi completed fellowship training in hematology and medical oncology at the Medical College of Wisconsin in Wauwatosa. UPMC Susquehanna's Cancer Centers at UPMC Williamsport Regional Medical Center, Divine Providence Campus, 1100 Grampian Boulevard, Williamsport; and UPMC Susquehanna Soldiers + Sailors, 32 Central Avenue, Wellsboro; are part of the UPMC Hillman Cancer Center network, one of the largest integrated cancer networks in the United States and one of only 49 National Cancer Institute-designated Comprehensive Cancer Centers.



Rachael Wang, MD

Neurology | 570-321-2820

UPMC Susquehanna welcomes Rachael Wang, MD, to the Neurosciences team. Dr. Wang received her medical degree from Peking University, Health Science Center in Beijing, China, and is board-certified by the American Board of Psychiatry and Neurology - Neurology. Dr. Wang most recently served as a neurologist for Veterans Affairs New Jersey Health Care System - East Orange Campus in East Orange, New Jersey. She will see patients at the Neuroscience Center at UPMC Williamsport Regional Medical Center, located on the third floor of the Health Innovation Center, 740 High Street, Suite 3002, Williamsport.



A composite image featuring a close-up of a microscope's objective lenses in the upper left and a microscopic view of cells in the lower right, both set against a dark purple background with geometric white and light blue shapes.

Clinical Trials Bring Hope to Patients in Williamsport

Clinical trials is a term people often hear in the news or while watching their favorite medical drama, but few likely grasp the gravity of what a clinical trial is unless they participate in one. These research studies engage patients — sometimes those for whom there are no other known treatment options — to increase medical knowledge about the use of a drug and explore the safety and effectiveness of the treatment.

Clinical trials can be life-changing — even life-saving. And they're happening at the UPMC Hillman Cancer Center in Williamsport.

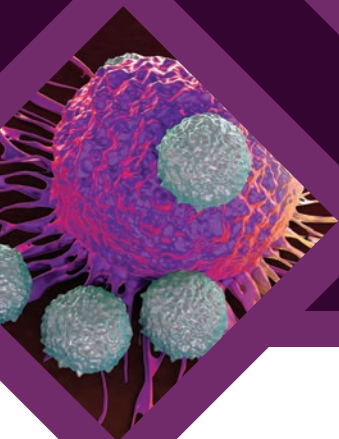
The Center currently offers patients access to more than 300 clinical trials and can begin most phase II or phase III trials if a patient meets the criteria. Most of these clinical trials are

related to treatment for breast and lung cancer, though there are clinical trials available for almost all disease sites.

Each trial has a sponsor that funds the research. In many cases, the sponsor is the federal government's National Cancer Institute. Sponsors work with medical institutions around the world to carry out clinical trials. The structure of these trials is critically important, so sponsors search for facilities that have a sterling reputation and a commitment to delivering high-quality care.

The results of clinical trials are only as reliable as the accuracy of their data. Staff must be careful to use the same process with each patient so results are comparable. Lab work, forms, surveys, scans, and follow-up visits must occur on the same schedule. Staff also must immediately report any problems or occurrences of side effects to the study chairs who designed the program.

The UPMC Hillman Cancer Center in Williamsport has benefited tremendously from its relationship with the



The Clinical Trials Team at UPMC Hillman Cancer Center in Williamsport.

UPMC Hillman Cancer Center in Pittsburgh. Because of Hillman's standing in the cancer treatment community, sponsors frequently select it to recruit for trials. UPMC Hillman Cancer Center in Williamsport has the capabilities to execute most phase II or phase III clinical trials. When it does, most of those trials take place concurrently in Williamsport and in Pittsburgh.

For Williamsport team members **Julie Pancsyszyn, MSW**, manager of medical oncology, and **Jordan Bartlow, RN**, clinical research coordinator, being involved in pioneering cancer research that brings world-class cancer care to the people of UPMC Susquehanna's 12-county service area is a source of pride.

"Many people are surprised by the number of high-quality clinical trials available in Williamsport," Julie says. "Every patient should feel comfortable to ask his or her physician if there is a clinical trial for him or her."

“The work we get to do in the clinical trials office is really changing cancer care — and changing lives.”

— Jordan Bartlow, RN
Clinical Research Coordinator

Hope in Research



In January 2017, **Carol Szekely** received news nobody wants to hear: She learned she had cancer.

Then, the bad news became worse. Carol's cancer was triple negative breast cancer, meaning it would not respond to hormonal therapy or newer Her2-directed immunotherapies. Her doctors recommended standard chemotherapy followed by surgery.

Carol's new normal was just beginning. And it was going to be tough.

"It was a very dark time," Carol says. "Not just the diagnosis but all the things you have to go through. The appointments and tests and scans. It was overwhelming."

Carol underwent six months of chemotherapy and a modified radical mastectomy of her right breast. Afterward, she was set to undergo radiation treatment, but a new scan revealed that her cancer was now in a second location, making radiation impossible. She resigned herself to another round of chemo — her last, best hope. Or so she thought.

Her oncologist referred her case to the Center's multidisciplinary tumor board, a group comprising UPMC Susquehanna medical and radiation oncologists, surgical oncologists, and pathologists as well as multiple health care specialists across a variety of

specialties. Because Carol's cancer had appeared in a new location, the board determined that the initial therapy had failed and that Carol needed to be treated a second time with systemic chemotherapy.

The board recommended that Carol take part in a new clinical trial aimed at delaying cancer progression for as long as possible.

"The trial offered a second course of chemotherapy (called Cisplatin) paired with a pill," says Jordan Bartlow, who serves as Carol's clinical trial research nurse. "As part of the clinical trial, Carol is either receiving an experimental pill called Veliparib — or a placebo (sugar pill). Neither she nor our team is aware which pill she is taking."

It is important to note that Carol is receiving the standard treatment for her cancer type in addition to receiving the pill. This means she is guaranteed to receive the same treatment her oncologist would give, with the potential added benefit of the pill.

"Carol has been in the study for nearly two years now," says Jordan. "She continues Veliparib/placebo and is tolerating it well. She visits the clinic every three weeks to present her pill diary and receive another 21-day supply of Veliparib/placebo."

Carol says she feels good these days despite some tiredness and

lingering numbness in her hands and feet from the chemotherapy. She receives a CT scan every six months, and her last scan came back stable; her cancer was not progressing.

"I consider myself to be very lucky that this clinical trial was recommended to me," Carol says. "The clinic and people working there are all excellent. I don't think you could ask for better treatment anywhere."

Carol has been through a lot. But when she thinks about all that she's overcome — and all that's yet to come — she offers words of wisdom to others who are also fighting for their lives.

"If you have the opportunity to be in a clinical trial, do it," Carol says. "You'll get access to cutting-edge medicine not available anywhere else. And for me, the result speaks for itself."

"And just hang in there," she quickly adds. "Even when you have days that bring you down, hang in there."



Four Phases of Clinical Trials

Clinical trials generally fall under the label of one of four phases.


PHASE I studies involve determining the proper dose of a drug, which usually equates to the largest dose that does not cause intolerable side effects. These trials can be grueling for patients because the side effects are still a mystery. Because of these unknowns, all Phase I trials must be completed at large academic medical centers, like UPMC Hillman Cancer Center in Pittsburgh.

Though less advanced and time-dependent, the Phase II and Phase III clinical trials that take place in Williamsport also play an integral role in concluding how effective a drug can be.

PHASE II trials involve drugs that have already been proven safe for people and effective in animal models but have not necessarily been shown to be effective in people. In this phase, all participating patients receive the same standard of care treatment, but random selections of those patients take either a clinical trial drug, a placebo, or nothing at all, depending on the context of the study. By providing the same level of attention to each patient but varying the administration of the trial drug and placebo, researchers can record how effective the drug really is.

In **PHASE III** trials, researchers will analyze and compare the results of the standard of care directly with the results of the trial drug treatment. If the new drug outperforms the existing standard of care, it becomes the new standard.

A **PHASE IV** clinical trial studies the side effects caused over time by a new treatment after it has been approved and is on the market. These trials look for side effects that were not seen in earlier trials and might also study how well a new treatment works over a long period of time. Phase IV clinical trials can include thousands of people.



In addition to the 300 national clinical trials available for local patients, the UPMC Hillman Cancer Center in Williamsport offers local clinical trials. The local trials focus on chemotherapy-induced hair loss, time away from work after breast cancer treatment, and the impact of chemotherapy drug dilution on vein inflammation.

“Clinical trials are vital to improving cancer care and providing access to therapies patients would not have access to as part of standard therapy,” says **Donna Haney**, clinical research manager at UPMC. Her role is to oversee 23 cancer centers in western Pennsylvania as well as provide support to the UPMC Hillman Cancer Center team in Williamsport.

“Using the results of clinical trials, physicians make decisions on the most effective and least toxic treatment for their patients,” she says.

“And those decisions can make all the difference,” Jordan adds.

“The work we get to do in the clinical trials office is really changing cancer care — and changing lives,” he says. “It’s pretty remarkable.”

Jordan also stresses the importance of the family atmosphere and team environment fostered by members of the Williamsport team. In addition to Julie and Jordan, the department includes a research nurse, **Elaine Stank**; clinical research associate, **Mary Bubb**; oncology pharmacist, **Joe Lecrone**; and oncologist and clinical trials primary investigator, **Abdalla Sholi, MD**.

For Julie, whose mother lost her fight with breast cancer, the job is a daily opportunity to live out her dream of helping people.

“If my mom had an opportunity like this,” says Julie, “maybe she would have been here longer.”

SEE THE BACK COVER TO READ MORE ABOUT THE *FACTS AND BENEFITS OF CLINICAL TRIALS*.

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Facts and Benefits of Clinical Trials

Few cancer patients are participating in clinical trials for two main reasons: misinformation or lack of information about clinical trials (80 percent of patients simply are unaware of the option) and the lack of access to trials.

At UPMC Hillman Cancer Center in Williamsport, patients have access to more than 300 clinical trials. Our patients have options and should know the following about clinical trials:

- **Free for patients** – Because most clinical trials are funded by the government or a private company, the cost of the study drug and any procedures done strictly for research are covered by the study.
- **Available any time** – Patients can participate in a clinical trial as their first line of treatment or as a last option, and they can leave the clinical trial at any time.
- **Latest treatments** – Patients might be obtaining a new and emerging treatment for a disease before it is available to everyone.
- **Best treatment either way** – In most cancer-related clinical trials, the study drug or placebo is given in addition to the standard treatment. This means you will receive the same treatment your oncologist would be giving you, with the bonus of superior treatment monitoring tools and protocols as well as more frequent check-ups.

- **Significant testing** – All clinical trials must demonstrate that the drug they're testing is superior to standard treatment — and should, therefore, be the preferred choice for initial treatment. Before being approved, a clinical trial goes through rigorous ethical and scientific evaluation.
- **Location independent** – Patients can enroll in a clinical trial no matter where the main trial site is located. Patients are often able to receive treatment close to their home at a local facility.
- **Contribute to medical science** – Clinical trial participants support scientific advancement. Because treatment development relies on the data from clinical trials, participating in them is extremely valuable for scientific progress.

FOR MORE INFORMATION ABOUT CLINICAL TRIALS AT UPMC SUSQUEHANNA, SEE PAGE 44.