

# foundation focus

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Easing Fears



**UPMC** LIFE  
CHANGING  
MEDICINE

**SUSQUEHANNA**  
HEALTH FOUNDATION



## Susquehanna Health Foundation

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## A LETTER FROM

# Steve Johnson

## PRESIDENT OF UPMC IN THE SUSQUEHANNA REGION

**I**t's hard to believe Pennsylvania's first reported cases of COVID-19 happened only eight months ago. Since then, we've seen the community come together in ways we did not expect. Together, we've shed tears, shared pain and anguish, and most important, we've rallied for the greater good.

The way our employees answered the call to serve our community during these uncertain times has been nothing short of heroic. Through it all, they displayed the right kind of calm, competent, and confident approach needed to tackle an unprecedented pandemic.

As President of the Susquehanna region, I could not be prouder of the way our employees have carried themselves with grace and dedication through some of the most challenging times of their careers. In addition, the leadership team worked tirelessly keeping staff informed, showing appreciation for extraordinary efforts, offering counseling support services, celebrating accomplishments, and distributing handwritten notes of thanks.

Throughout this pandemic, like in many other regions, we've seen the number of positive COVID-19 cases ebb and flow, along with the severity of the condition of those patients. Whether the virus has mutated along the way and our residents have been hit by

multiple different strains is yet to be determined. What we do know is the fall and winter seasons will bring an upper respiratory illness cycle that our skilled staff will also be ready to combat. COVID-19 is not going away anytime soon, but neither is our commitment to care for our patients, neighbors, and communities no matter what.

With so much attention on the pandemic, it's important to reinforce that our work also continues in many other critical areas. One example is cancer care. Earlier this year, we initiated a project to expand the renowned UPMC Hillman Cancer Center in Williamsport. This includes retrofitting the Divine Providence facility to include access from the front of the hospital and making the Center easier for patients to find and enter. The expanded Center will include 28 chemotherapy treatment spaces, provide more privacy, and showcase an environment more conducive to healing. The entire project will be completed in spring 2021.

As we continue to navigate the ongoing effects of COVID-19 and meet all of the other needs of our patients, please join me in taking a moment to remember and thank the caregivers at UPMC in the Susquehanna region for their calm, competent, and confident approach in always putting our patients first. They truly are health care heroes.

1001 Grampian Boulevard | Williamsport, PA 17701

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# Coming Through the Storm:

**A Story of Injury, Pain, Addiction, and Triumph**



**J**ohn Crossen Jr. was about to step into the void. His feet were safely planted on the deck of a low-flying military aircraft as it winged closer to the drop zone. Outside the plane — in front of him, below him, all around him — was nothing but roaring air. It was December 20, 1989. John, an Army paratrooper with an intense fear of heights, was about to make his first combat jump as part of the invasion of Panama, code-named Operation Just Cause. His life would never be the same.

Falling fast, John didn't have much time or distance to think. The ground was just 490 feet away — and getting closer each second. It was a jump so close to the ground, he was told he wouldn't need his reserve chute. If John could think of anything in those fleeting seconds, it was most likely the mission at hand — and having a sense of pride. After all, he was fulfilling a dream, a family tradition.

John comes from a long line of those who have served America. Some of his distant relatives helped win the American Revolution and fight in epic Civil War battles such as Gettysburg. More recently, his grandfather, a paratrooper in the 82nd Airborne Division, jumped into legendary World War II battles in Italy and Holland and on D-Day. John's father also served as a paratrooper in the 82nd. Now it was John's turn to serve.

The ground is unforgiving, especially when you're coming in hot and weighed down by an M60 machine gun, 1,200 rounds of ammo, radio batteries, and grenades.

"I hit the ground like a ton of cement," says John. His back and lower legs crashed and cracked, but, being a soldier, he fought on. Injuries, however, can be insidious. They can creep up years later — and take over your life.

## Before the Jump

John grew up in the Philadelphia area and went to high school in Ohio. A self-described average student, he was more interested in playing football, running track, and wrestling than attending classes and reading books. His parents divorced, so he'd spend summers with his dad in the Tampa Bay area of Florida, where he loved to fish, chase reptiles and snakes, and soak up the sun.

John enlisted in the Army right after high school, attending 13 weeks of basic and advanced infantry training at Fort Benning in Georgia. Knowing he wanted to be a paratrooper despite his fear of heights, he signed up for jump school, an intense three-week course, also at Fort Benning.

"My first jump, I got on the plane and thought, well, it's too late to quit now," John says. "Don't get me wrong. I was scared. If you're not scared, you're an idiot. But once you're on the plane, you just do the jump."

To graduate from jump school, a soldier must make five jumps, including a night jump. John battled his fears and completed all the jumps and soon received something he'd always dreamed of: his jump wings.

"My grandfather and father came to my graduation," John says proudly. "I was now part of the family tradition."

While five jumps may seem like a lot to those who prefer to keep both feet on the ground, it's a small fraction of the 167 jumps John has made in his life. Some were for fun. Others were part of his 11 years in the Army as an active duty and reserve soldier.

There would be other leaps of faith, like, after completing active duty, attending West Chester University of Pennsylvania on the GI Bill. Another, when he enrolled in the ROTC program and played defensive tackle on the school's football team. Later still, John would get married and start a family.

Married now for 24 years, John met his wife, **Jennifer**, at their then mutual place of employment. At the time, John was serving in the National Guard after a successful



military career that sent him all over the world and into big missions like Operation Desert Storm. But now, in addition to his Reserve duties, John also worked as a case manager for an agency that helped adults with mental disabilities learn important life skills and find work and housing. John says it was the best job he ever had, and meeting the love of his life was a major bonus.

But the U.S. government always needs people to serve, and John is the type of selfless guy to always answer the call. The Federal Bureau of Prisons needed correctional officers, and John — big, strong, and trained by the military — was a perfect law enforcement fit. John worked with the bureau until he retired in 2013.

Today he enjoys collecting antique firearms and spending time with his family, especially traveling to their favorite destination: Walt Disney World in Orlando. Jennifer works as a family therapist for Diakon Family Life Services. They have two daughters. **Isabella** is 17 and a senior at Montoursville Area High School. According to John, she's





an exceptional artist and singer. **Analiese** is 12, is in sixth grade at C.E. McCall Middle School, and is the athlete of the family, especially excelling at soccer. The family loves Lycoming County.

“The people are so friendly,” John says. “There’s so much to do. Great schools, great teachers. It’s close knit. People know each other and are very friendly.”

Life seemed perfect. But a dark and scary time was edging closer.

## The Day Everything Changed

For years, John ignored the pain and occasional numbness from his Panama injury. But in December 1997, the incident would come back to haunt him. On that day, a minister visiting the prison to preach to the inmates suffered an aortic aneurysm, and John leapt into action. He immediately carried the minister — a very large man — to safety and started CPR. John’s brave act saved the man’s life and earned John an award, but it also herniated a disk in his already injured back.

“My back was bad, really bad,” John says. “I was dealing with so much pain, but I was trying hard to avoid back surgery.”

Prescription pain medication helped a little, but in 2004, John finally decided to undergo surgery on his back. The laminectomy, a procedure to remove part of the vertebral bone called the lamina, was performed by UPMC neurosurgeon **Rodwan K. Rajjoub, MD**.

“I love him!” John says of Dr. Rajjoub. “I think he’s the best neurosurgeon in the country. He’s so good he was authorized to work on (former) President Carter.”

The surgery helped put John on the road to recovery, but he had no idea how long, winding, and treacherous that road would be.

## A Troubling Realization

John still had pain. A lot of it. He continued taking pain medication, including powerful opioids such as OxyContin. The drugs worked — for a while. But over time, their effect was lessened. He found himself taking more pills, more often — caught in a vicious cycle that started to consume his life and damage his relationships. Then, one day, he arrived at a troubling realization: he was addicted.

“I felt worthless,” John says. “Are you kidding me? I’m ex-military, ex-law enforcement. I’d played by the rules my whole life. And here I am, dependent on pain meds.”

## Breaking the Cycle

He made an appointment to discuss his concerns with his family doctor, **Elizabeth Anderson, MD**. She referred him to UPMC's addiction specialists, who helped him come up with a plan to beat his dependency.

"Stopping the drugs was tough," John says. "I could only do it with the help of my wife, family, and doctors. The withdrawal symptoms were horrible. Vomiting, diarrhea, shakes, chills, dark thoughts, loss of appetite. But I rode it out. After a month, it was like coming out of a storm. I got my life back."

John had defeated his addiction to prescription drugs, but he still had another enemy to overcome: "the back of an 80-year-old," according to **Holly Shadle, CRNP**, a nurse practitioner who works with Dr. Rajjoub. Dr. Rajjoub has since operated on John's back twice more, surgeries that John says have drastically improved his quality of life. Also on John's care team are pain management specialist **Mohamed Osman, MD**, at UPMC, and **Thomas Shaner, DO**, at the Veterans Affairs Outpatient Clinic in Williamsport.

"I've been lucky to have the best doctors anywhere," John says. "If it were not for all of them, I don't think I'd be here. And the VA has been very good to me. Dr. Shaner is fantastic and has helped refer me to all my physicians."

It's been a long journey for John. Injuries, pain, addiction, and surgeries — and now, finally, hope.

Looking back, what has he learned?

"Don't live with pain," says John, who hopes his story can help someone else who is going through what he went through. "There are so many options. Such great doctors. And if you think you have a problem with addiction, get help. It's amazing to get your life back."





# 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, 2020**.

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Anonymous

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## **PHILANTHROPIC FRIENDS**

FRANK PELLEGRINO & BOB WALKER

**F**rank Pellegrino fondly recalls the hundreds of times he broke bread at the Ross Club — some of the best coming courtesy of laughter-filled lunches with friend **Bob Walker**.

Now home of the First Community Foundation Partnership of Pennsylvania, the spot that once housed the old social club is quintessential Williamsport. The brick building at the corner of West 4th and William Streets is quaint and unassuming yet bursting with historic charm.

But this isn't a story about architecture. It's a tale of two local businessmen, good friends with an unwavering ambition to pour their time and energy into a community that both say has given them more than they could ever return.

"You have to give back — that's what my parents taught me," Frank says. "Whatever we get from society, we have to give back. This is a beautiful area that has everything people want."

Frank is Williamsport through-and-through, born here to parents who were also Williamsport natives. His career with GTE Sylvania took him many places — from Boston to Upstate New York, across the country to California, and to the Midwest. GTE Sylvania is also where Frank, who began with the company as an account manager before advancing into several different roles, met Bob, then the company's controller, in 1984.

Climbing the corporate ladder took Frank and Bob in different directions at times — with Frank traveling coast to coast and Bob taking on international operations in France and Belgium — but the two never lost touch. In fact, the pair became business partners when they

purchased a division of GTE Sylvania from the company and named it Primus Technologies.

While at the Ross Club one day in 2012, Frank and Bob discussed more than just the lunch specials. They decided to make a generous contribution to the Susquehanna Health Foundation in the name of their business.

"I really just want to make this region a better area," Frank says. "Everything I do is to give back and help others see the beauty of organizations like the Foundation that are trying to make this region the best place to live."

Frank says he recognizes the role that health care plays in making his hometown such a special place to live, which is why his involvement with the Foundation has increased over the years.

He currently chairs the major gifts committee for the *Susquehanna Strong* Comprehensive Campaign, an initiative aimed at expanding and enhancing services and facilities across the UPMC network in the Susquehanna region. More specifically, *Susquehanna Strong* is a three-pillared campaign focusing on the UPMC Hillman Cancer Center in Williamsport expansion, planned physical medicine and rehab project, and a new Clinical Excellence Endowment — all benefiting the Susquehanna region.

Both Frank and Bob, along with Bob's wife, **Kathy**, recently gave sizable donations to the campaign in hopes of helping the endowment reach the Foundation's \$10-million long-term goal. Funds raised for the endowment will go toward advanced training, continuing education, and recruitment and retention of the clinical staff.

Frank and the Walkers have also been active with the First Community Foundation Partnership, where visitors will find a space donated by Bob and Kathy Walker named the Walker Great Room.

Just a few feet from that room once stood a table where two friends broke bread, shared a few laughs, and hatched a plan for how to give back in the most meaningful way to the community they love.

"We talked about how a community needs to come together to create a strong and viable health care system," Frank says.

Bob agrees.

"If you don't have your health, it's really hard to enjoy the treasures of our area," Bob says. "This region has so much to offer, and having UPMC in the Susquehanna region as a hub to health care only strengthens residents' quality of life."

What's next for Frank and Bob remains to be seen. Both divested their interest in PRIMUS in 2017, though each is still involved in a variety of other businesses. Of course, they still have their community endeavors but are always searching for new ways to help others.

"I find myself gravitating toward dedicating time, energy, and treasures to organizations that really work to improve the core of this area and make it a better place for all," Bob says. "I look forward to being a catalyst in giving, so hopefully others will see the ultimate benefits and follow suit."

Just two local businessmen, good friends making a difference in the lives of many.



# 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, 2020.**

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## Welcome, Anna Thompson

In April, **Anna Thompson** joined the Foundation as development coordinator. Anna says she is excited to be part of an organization that has such a significant impact on the health and wellness of residents throughout the Susquehanna region. In her role, Anna will oversee the Foundation's annual giving program and all Foundation events.

"Every adult and child deserves to receive high-quality health care," Anna says. "I'm excited to work hand-in-hand with donors, volunteers, and staff who are tirelessly committed to the same vision."

Anna joins the Foundation from the YWCA Northcentral PA, where she was responsible for all fundraising events, annual campaigns, planned giving, and corporate sponsorships. She received her BA in communications and media writing from Lycoming College and is a graduate of Leadership Lycoming. Currently, Anna is president of the Williamsport Kiwanis Club and is a board member of the Central Pennsylvania Planned Giving Council.

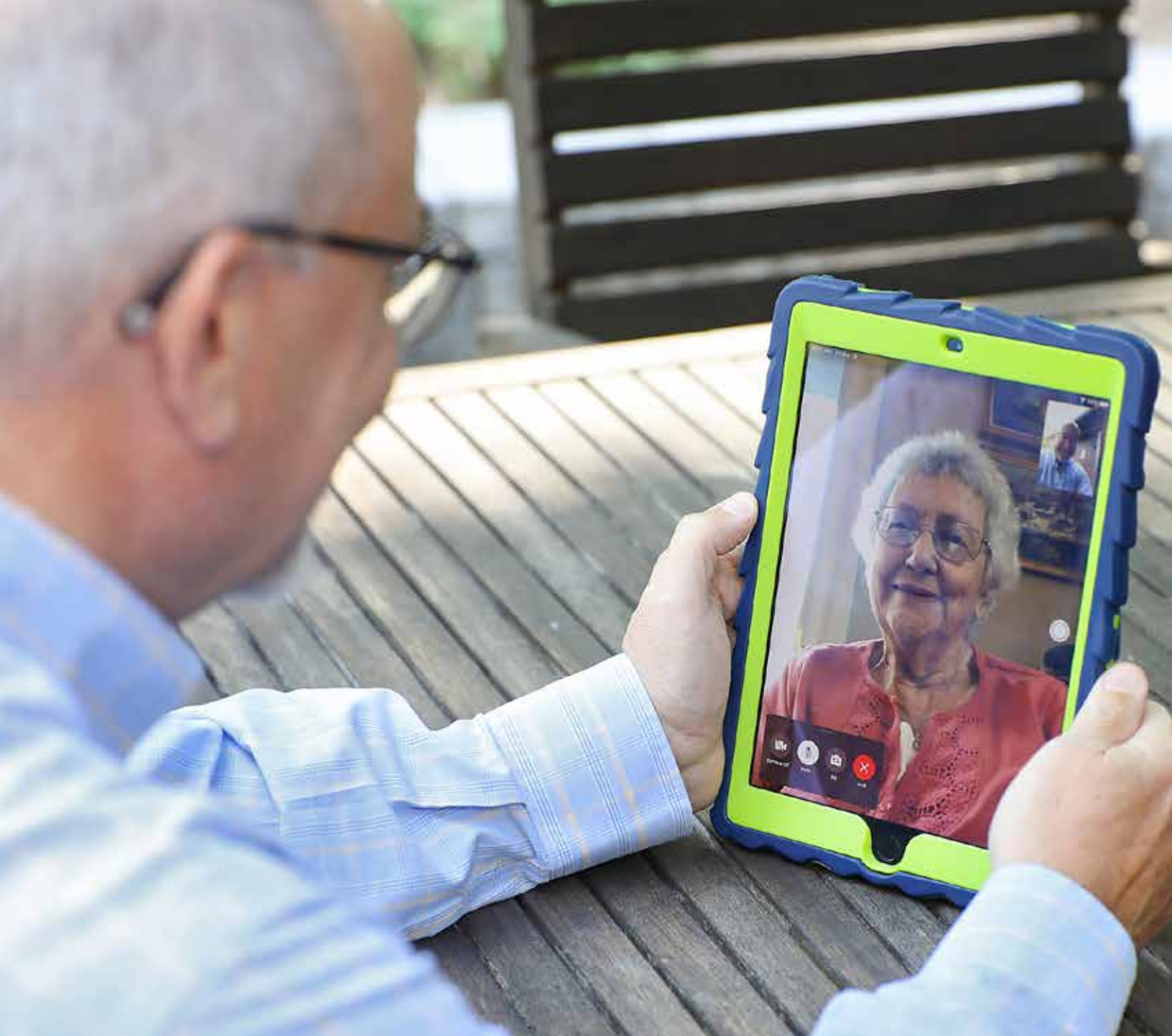
"Millard Fuller, founder of Habitat for Humanity, said 'For a community to be whole and healthy, it must be based on people's love and concern for each other,'" Anna says. "It's clear in every endeavor we undertake that UPMC in the Susquehanna region and Susquehanna Health Foundation are firmly grounded in having a genuine love and concern for our neighbors. I'm humbled to be part of this empowering and life-changing organization."

**You can reach Anna at 570-320-7612 or [thompsonac6@upmc.edu](mailto:thompsonac6@upmc.edu).**

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

\*deceased donor

**SUSQUEHANNA**  
HEALTH FOUNDATION



YOUR CONTRIBUTIONS AT WORK

# Staying Connected When it Matters Most





For most of us, the only thing scarier than facing an illness, injury, or medical procedure is facing it alone. Whether it's the comforting presence of a spiritual leader or the familiar face of a loved one, having someone right there with you can make all the difference — emotionally and physically.

But during COVID-19 and social distancing, being with family or friends while in a hospital, medical setting, or even at home is difficult if not impossible. In fact, at the height of the pandemic, UPMC facilities in the Susquehanna region — like other health care facilities across the country and around the world — didn't allow visitors. Even now, most facilities allow only one visitor per patient. Although keeping people apart is wise when attempting to contain a virus, the practice can lead to worry, loneliness, and even depression for patients and their loved ones.

Fortunately, there's a program that can turn isolation into inspiration — just by using an iPad. These devices allow patients and their loved ones to connect via video calls to experience some togetherness wherever they are.

### Where Communications Technology and Medicine Meet

When Apple released its inaugural iPad more than 10 years ago, few considered the device's value during a global pandemic. But that's precisely what happened after COVID-19 abruptly changed the way people could interact.

Understanding the importance of limiting exposure for patients and staff — while searching for a way to lift patients' spirits through contact with family and friends — UPMC officials embraced the sleek and simple-to-use iPad as a way for patients and their loved ones to have virtual face-to-face visits.

### The Community Answers the Call

Susquehanna Health Foundation put out a call to the community for support in securing iPads for patient use. Almost immediately, the **Junior League of Williamsport** recognized the need for patients to avoid prolonged periods of isolation and purchased two iPads.

In addition, **First Quality, Inc.**, with locations in cities throughout the Susquehanna region, made a significant financial commitment to the fight against COVID-19, donating \$50,000. Because of the donation, several of UPMC's senior communities were able to provide iPads for resident use, and other COVID-19 needs were met.

As a result of the community's generosity, UPMC has been able to supply its hospitals throughout the Susquehanna region with iPads. In addition to connecting patients with their loved ones, the devices also serve as a way to help service staff and pastoral care workers provide support for patients and their families.

Can an iPad really make a difference? Just ask patient **Janice Kuzio**.





“I thank God every day for all I have. But this isn’t about me. It’s about how important it is for families and friends to be connected, especially in these challenging times.”

— Janice Kuzio

### Janice’s Story

After having a routine mammogram last year, Janice learned she had a rare type of cancer called metaplastic spindle cell carcinoma. Her doctors prescribed a combination of surgery, two different types of chemotherapy, radiation, and a five-year regimen of hormone-blocking medication.

But as COVID-19 spread in the community and began to threaten older individuals and those with underlying health conditions or compromised immune systems, Janice’s doctors made the decision to help protect her from the virus by ending her chemotherapy sessions two weeks earlier than they had originally planned. *(The change was still consistent with best practice guidelines for treating her condition.)*

While with her son **Keith** at her home in April, Janice bent over and felt a twitch. That twitch progressed into the type of pain that warrants a trip to the Emergency Department — even in the middle of a pandemic. With Keith unable to accompany her due to COVID-19 restrictions, Janice had to undergo a CT scan alone and soon learned that she had a hernia that would require surgery.

If visiting the Emergency Department by herself was unsettling, undergoing surgery alone was frightening for the 79-year-old widow and mother of five. Despite her anxiety, Janice felt at ease on the morning of her surgery — after her nurses came in with an iPad and a familiar face on the screen.

It was Keith.

“I could see him and talk to him!” Janice says. “I could reassure him that I was okay. It was just so nice!”

Following Janice’s successful surgery and a few conversations with Keith about how the iPad comforted her in her time of need, Keith bought his mother her own iPad to video chat with family. When she tried to pay him for it, he told her to pay it forward instead.

And she did.

Janice purchased two new iPads and donated them to the Foundation for use at UPMC facilities in the Susquehanna region.

“I thank God every day for all I have,” Janice says. “But this isn’t about me. It’s about how important it is for families and friends to be connected, especially in these challenging times.”

**Telemedicine:****Treating patients during the pandemic and into the future**

COVID-19 created immense demand for telemedicine services. UPMC in the Susquehanna region quickly created a team to launch telemedicine opportunities across different service lines to ensure patients receive necessary care during the pandemic. Our physicians were seeing 300+ patients a day throughout the spring. UPMC continues to enhance the telemedicine capabilities locally to ensure we meet patients' ongoing needs.

“Patients should be confident that they can receive quality care regardless of the method by which they receive that care.”

— **Chad Hunter**  
*Telemedicine Project Manager*

“Telemedicine was integral in maintaining seamless continuity in patient care during the worst of the crisis.”

— **Sam Stea, MD**  
*Nephrologist*



Currently 100 telemedicine visits a week



Average patient age is 51



Cared for patients ages 8 months up to 100 years old



262 providers have used telemedicine to visit a patient



15 in-patients per week are using telemedicine for primarily oncology and nephrology needs



38% of telemedicine visits have resulted in procedures ordered, with more than 18,000 procedure orders to date



More than 10,000 patients seen, 2/3 were women



86.8% of patients seen used a non-UPMC health plan



We are providing Allenwood Federal Prison with cardiology and nephrology telemedicine visits with oncology soon to follow



Family Medicine Practices use telemedicine the most, and particular physicians in rheumatology and endocrinology were top users



Our most distant patient served was from Pasadena, California

**Telegenetics - New to the Region**

A geneticist from UPMC Magee-Womens Hospital in Pittsburgh will offer telegenetics monthly through UPMC Hillman Cancer Center in Williamsport. UPMC in the Susquehanna region currently provides genetic screening through the Cancer Center and the Breast Health Center. The Susquehanna region is one of only a few UPMC locations to offer telegenetics with a physician geneticist. This service will bring another level of care to the region. To learn more, visit [UPMCSusquehanna.org/telegenetics](https://UPMCSusquehanna.org/telegenetics).

**Coming in 2021 - Wellsboro Telemedicine Site**

UPMC Wellsboro's multidisciplinary telemedicine site will be operational in spring 2021. This site is unique in that many of the service lines offered at the site will originate from Williamsport providers, eliminating the need for travel for some patients in our more rural communities.



# UPMC Orthopaedics Gets Rodeo Athlete Back in the Saddle



Some of the best stories in sports chronicle an athlete's ability to return from a gruesome injury. First comes the setback, then there's the comeback as the athlete wills his or her body to heal through hard work and dedication for the sweet reward of redemption.

For instance, NFL quarterback Tom Brady suffered a devastating knee injury in 2008 when he tore both his anterior cruciate ligament (ACL) and medial collateral ligament (MCL). He's since won multiple MVP awards and led the New England Patriots to three NFL championships. NFL running back Adrian Peterson suffered a similar injury

in 2011 that some people feared would end his career. Peterson recovered faster than anyone expected and went on to a career-high rushing season the following year.

In most circles, **Tyler Waltz** might not have the name recognition of a Tom Brady or an Adrian Peterson, but the rodeo star's road to recovery — which took place at UPMC in the Susquehanna region — is every bit as impressive.

Born and raised in Jersey Shore, Tyler grew up in a rodeo family. Tyler's father, **Dave**, is a rodeo veteran, and his mother, **Cindy**, rode horses competitively, so young Tyler found himself immersed in the culture from birth.

"I was a very active kid," Tyler says. "Anything that had to do with horses, I was doing. I loved rodeo from a very early age."

While his friends found their passions in team sports like baseball and football, Tyler never wavered; the rodeo kid became the rodeo teen who competed at the National High School Finals in New Mexico. Soon after, he was off to his dad's alma mater, the University of Tennessee at Martin, to join the school's rodeo team on a scholarship.

Though Tyler was accustomed to being injured — in addition to sustaining many bumps and bruises, he broke his right femur while rodeoing in high school — it was at UT Martin where he experienced the injury that caused him to think his rodeo days might be over.

"I blew out my knee at a college rodeo while competing in a steer wrestling event," Tyler says.

For those who aren't familiar with the sport, steer wrestling involves a horse-mounted rider chasing a steer, dismounting the horse, hurtling his or her body toward the animal, and literally grabbing the bull by its horns and wrestling it to the ground.

It was during a dismount that Tyler tore his MCL, but the pain in his knee paled in comparison to the hurt he felt when he thought about his future.

"At the time, I thought I might be done rodeoing," Tyler says. "But the incident actually got me in the gym and made me stronger and better."

Tyler's rehabilitation took place with the help of UPMC Williamsport orthopaedic surgeon and sports medicine specialist **Patrick Carey, DO**. Though it took a few months, Tyler



“I wouldn't be where I am today without them. I feel great, and I'm happy to have had the best doctor and team to keep my body healthy.”

— Tyler Waltz, two-time World Champion

rebounded faster than even he could have imagined, a feat he says was made possible by his religious faith and his trust in UPMC's medical staff.

"I got my muscles as strong as they were before knee surgery, and I bounced back pretty quickly," Tyler says. "I made the best of the cards I was dealt."

During his senior year at UT Martin, Tyler was an integral part of the school's first national rodeo team title, and he graduated just a few months later with his degree in agriculture business. Now a rodeo professional, Tyler has twice been named World Champion Bareback Rider at the International Professional Rodeo Association (IPRA) finals.

The rodeo kid is now 30 years old, but he still eats, sleeps, and breathes

the sport he's loved his entire life. Even his love life has a connection to rodeo — Tyler is engaged to be married to **Bri Dunbar**, a fellow rodeo star and World Champion roper. He plans to be a rodeo coach at a university when his full-time rodeo career winds down, whenever that might be.

"I love everything about my life," Tyler says. "I get to travel and make a living doing what I love."

But Tyler acknowledges that the life he loves might have been drastically different had it not been for Dr. Carey and the UPMC staff, who helped him regain his rodeo form.

"I wouldn't be where I am today without them," he says. "I feel great, and I'm happy to have had the best doctor and team to keep my body healthy."

# ENDOWMENT GIFTS

**Endowment Gifts** recognizes individuals and businesses who supported Susquehanna Health Foundation with a contribution of \$25,000 or greater to establish an endowment. Donors are listed from **January 1, 2019 to June 30, 2020.**

## Why is Susquehanna Health Foundation establishing endowments?

**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 in the Susquehanna region avoid having to cut programs and staff.

## How do I contribute?

You can contribute through donations 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 and can be pledged over five years.

Your gift can make a difference. When designating your gift for an endowment, there are two options:

**Clinical Excellence Endowment** – A fund to support innovative ways to improve clinician recruitment, retention, and education for the long term in the Susquehanna region. One innovative tool is simulation training, used to provide clinicians with education and knowledge to raise our level of care.

**Endowments can be created to support a specialty service or an individual hospital** – A restricted endowment fund can be created to support a specific service such as cancer care, cardiology, or orthopaedics, or a particular UPMC hospital within the Susquehanna region. The endowment can fund equipment, training, and programs that fit within the strategic priorities of UPMC.

All donations, including endowments, continue to remain local and benefit our Susquehanna region. For more information, or to donate, contact Susquehanna Health Foundation at 570-320-7460.

## Clinical Excellence

\$100,000-\$249,999 Level

### **George and Shirley Durrwachter Endowment**

George and Shirley Durrwachter

\$25,000-\$49,999 Level

### **R. Edward and Linda Alberts Endowment**

R. Edward and Linda Alberts

### **Kenneth and Kathryn A. Smith Endowment**

Robert P. and Kathleen R. Walker

### **Paul H. and Margaret M. Walker Endowment**

Robert P. and Kathleen R. Walker

## Special Purpose

\$25,000-\$49,999 Level

### **Dr. Robert and Phyllis Yasui Endowment**

Anonymous

## Unrestricted

\$25,000-\$49,999 Level

### **Charles and Donna Johnson Endowment**

Steven and Mary Ann Johnson

### **John and Jean McDermott Endowment**

Steven and Mary Ann Johnson



# 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, 2020.**

### \$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  
***EuroOptic Ltd.***  
Hudock Capital Group, LLC  
iHeartMedia  
Jersey Shore State Bank  
M&T Bank  
McCormick Law Firm  
The Park Home, Inc.  
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PRIMUS Technologies Corp.  
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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  
***First Quality, Inc.***  
***George E. Logue LLC***  
Gift Box at Muncy Valley Hospital  
Glenn O. Hawbaker Inc. Charity Golf  
Outing  
Lamar Advertising  
Larson Design Group  
PPL Electric Utilities  
Ronald McDonald House Charities of  
N.E.P.A., Inc.  
Weis Markets, Inc.  
Woodlands Bank

### \$25,000-\$49,999

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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  
Glenn O. Hawbaker, Inc.  
Interior Construction Specialists, Inc.  
John Savoy & Son, Inc.  
L. F. Driscoll Company, LLC  
Lundy Construction Co., Inc.  
McCarty-Thomas Funeral Home, Inc.  
*In Memory of Richard G. Thomas*  
McNerney, Page, Vanderlin & Hall  
Santander Bank  
Shell Appalachia Charity Golf  
Tournament  
Stantec  
Talisman Energy USA Inc.  
Tura L.P.

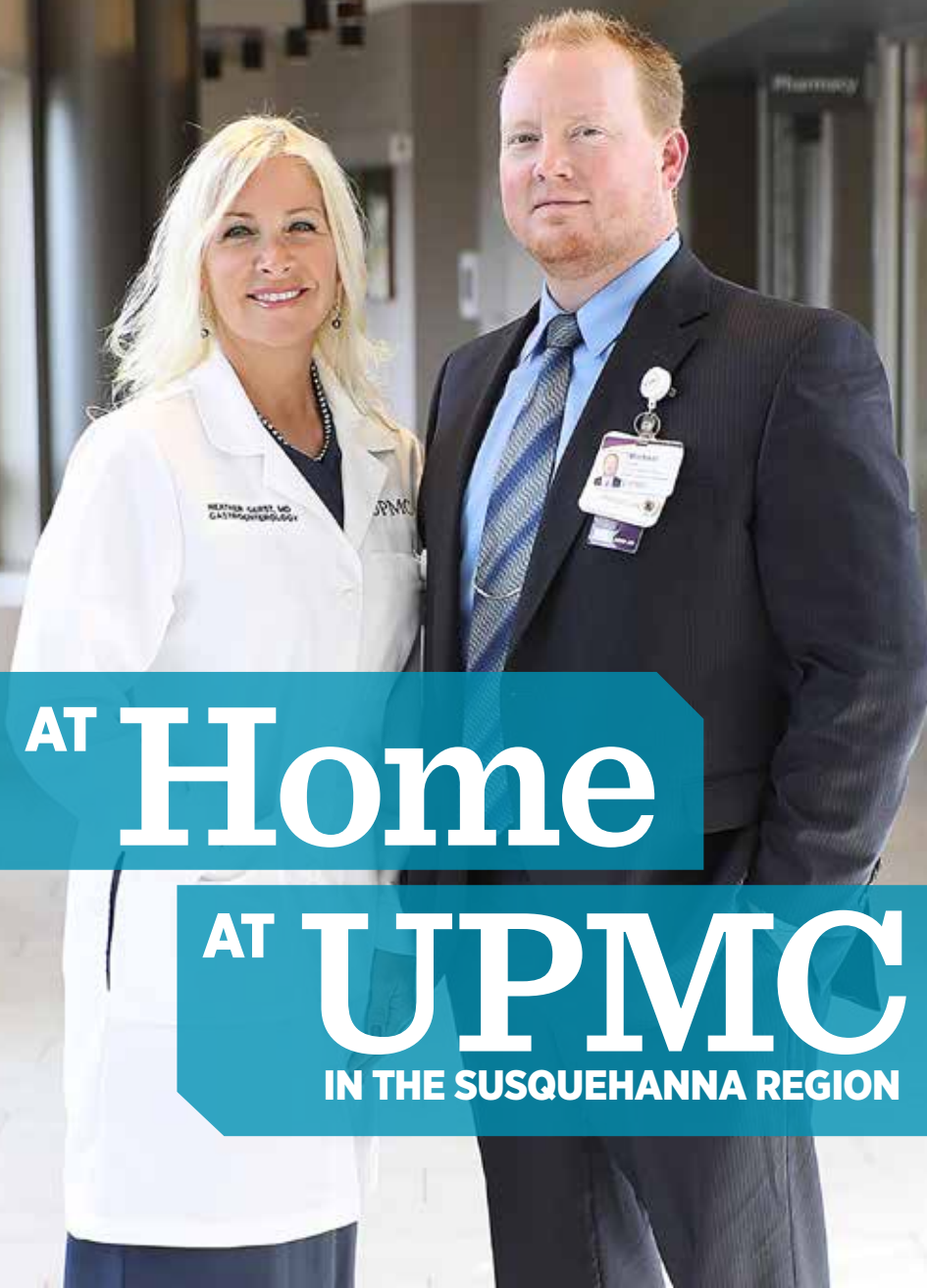
### \$15,000-\$24,999

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

### \$5,000-\$14,999

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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.  
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Fraternal Order of Eagles - Williamsport Aerie #970  
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***Herman and Luther's***  
The Herman O. West Foundation  
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Houseknecht's Machine & Tool Co., Inc.  
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Keystone Data Systems, Inc.  
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Williamsport Moving Company



AT Home  
AT UPMC  
IN THE SUSQUEHANNA REGION

“”

*We're always going to go above and beyond to do everything we can to make sure we're providing the best possible care and doing what's right for our neighbors.*

- Michael Gerst, DO

**D**iscussing early warning signs and providing statistics about mortality rates can be an effective way to help someone understand the severity and preventability of colon cancer. But walking a person through those same points during a tour of a large inflatable replica of a human colon can really help drive home those points.

Proposed by **Heather Gerst, DO**, a gastroenterologist and associate with UPMC's Digestive Disease Center, the giant model was made possible by donations to the Susquehanna Health Foundation to help educate the community about colon cancer. Used at local events, the model serves as a teaching tool for UPMC's medical staff to break down barriers surrounding the disease as well as to explain prevention measures like a colonoscopy.

It's also a perfect representation of the Foundation's mission: connecting the generosity of a caring region with opportunities to improve the lives of all through better health. But Dr. Gerst isn't the only UPMC physician who believes in the Foundation's ability to help advance health care education and improve patient outcomes in the Susquehanna region. She's not even the only Dr. Gerst who thinks this way.

Along with her husband, **Michael Gerst, DO**, chief medical officer for Emergency Services, Heather made the decision to join the Foundation's Caduceus Society at the \$25,000 – \$49,999 donation level earlier this year. The Caduceus Society recognizes physicians who have made a commitment of \$2,500 or more with funds benefiting the Foundation.

"My wife and I are both loyal," Michael says. The couple, along with their three children, reside in Loganton. "We're going to always go above and beyond to do everything we can to make sure we're providing the best possible care and doing what's right for our neighbors. We've always been community-type people who want to make our town that much more special."

Michael was the first of the two to join UPMC in the Susquehanna region. He appreciates and enjoys his role because it's a mixture of clinical and administrative work, a split that allows him to provide patient care as well as help drive the facility's holistic approach to delivering emergency medicine.

It was that type of positive experience that prompted Heather to join the staff of UPMC Williamsport about five years ago.



"At the time, Michael had already been working for what was then Susquehanna Health and convinced me that the organization felt like family," Heather says. "He was impressed with the health system's dedication to the community and the community's loyalty to receiving care there."

Fortunately for the Gersts, the merger with UPMC has only amplified that commitment, helping locals in the Susquehanna region receive increased access to subspecialists and innovative health care.

A vital part of Heather's practice is educating area residents about digestive diseases and steps people can take to remain healthy — hence the push for the educational colon model. As she likes to say, those who aren't part of the solution are part of the problem.

Heather provides outreach gastrointestinal care at UPMC campuses in McElhattan, Muncy, and Williamsport but says the health system's commitment to providing care close to home is a total team effort.

"My colleagues, hospital administrators, and ancillary staff all work together as a team and are dedicated to providing quality patient care," Heather says.

UPMC's system-wide mission of providing patient-friendly care with good outcomes was something Michael spotted very early on during his time at Williamsport.

"Once I interviewed, I told Heather that I had found the place I consider home and where I hope to retire from and spend the rest of my career," he says. "Professionally, I'm most proud of the lives I've touched, and whether that's from a pure clinical or administrative perspective, I'm blessed to be able to do what I do and to take care of people during the point in their lives that they're most vulnerable and most in need."



# 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, 2020.**

## \$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. Michael C. and Dr. Heather J. Gerst

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. 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

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Dr. and Mrs. Zachary Ritter

Dr. and Mrs. Warren L. Robinson

Dr. and Mrs. Sandeep and Maria Sagar

Dr. Phyllis Scott

## \$10,000–\$14,999

Anonymous

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Dr. and Mrs. Mark D. Beyer

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Dr. Charles D. Lamade

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Drs. \*Naresh C. and Anita Nagpal

Dr. Christine K. Nolan

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 (8)

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

Shrilkumer Bhatt, MD

Dr. Karen M. Brady

Dr. and Mrs. John V. Calce

Dr. William Cicio

Cornerstone Family Health, P.C.

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Dr. Sabrina Mikita

Drs. Brad Miller and Cheryl Stayton

Robert L. Muller, MD

*In Honor of Dr. David N. Ambrose*

Dr. and Mrs. Mark G. Odorizzi

Ayoola Oladejo, MD

Olufunke Oladejo, MD

# CADUCEUS SOCIETY

Stuart M. Olinsky, MD

Dr. Mark and Mrs. Deborah Osevala

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

Jennifer Rager-Kay, DO

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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

Dr. and Mrs. Seth I. Weber

Rosemary Wiegand and Brett Homan

Dr. and Mrs. Daniel E. Wolfe

Edward G. Wyshock, MD



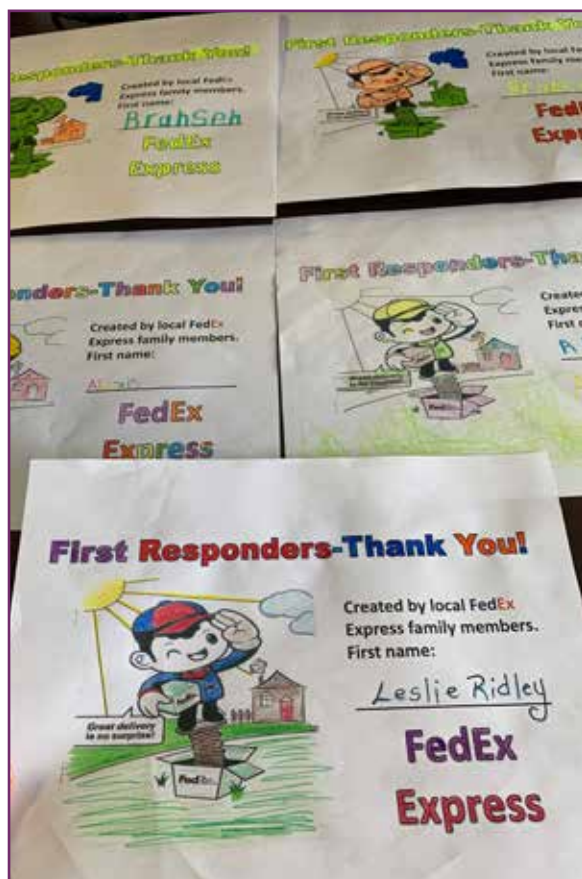
## Donations Make Health Care Organizations Strong

**First Quality, Inc.** has locations across the East Coast of the United States, with one right in Lock Haven. Early after the onset of the pandemic, First Quality made a \$2-million commitment for the fight against COVID-19 to benefit the communities in which they had a presence. Their donations went to support first responders, health care workers, and charitable organizations impacted by the pandemic. UPMC in the Susquehanna region quickly put our portion of the donation to work in our Senior Communities by purchasing iPads to enhance the residents' quality of life during this isolating time and to improve communication between patients and their loved ones. The donation also helped meet ongoing COVID-19-related needs across the health system.





# Thank You!



## Community Support During COVID-19

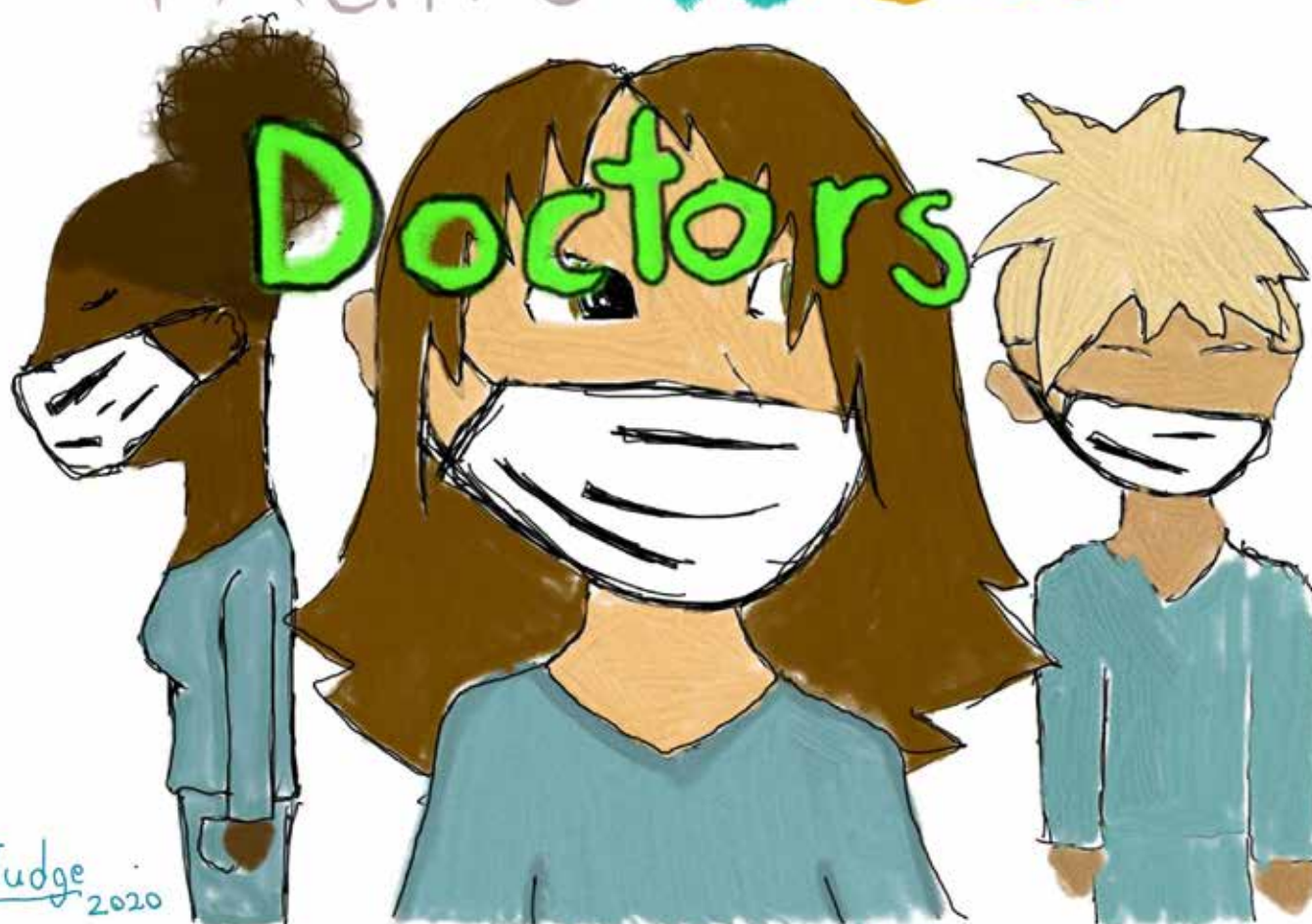
Today, and every day, we are thankful for our health care heroes, but we are also beyond grateful for our **local communities**. Businesses and individuals from the surrounding communities stepped up during these uncertain times to show their immense gratitude for our front-line workers. The enormous amount of support we received was heartwarming and makes us grateful for the giving communities that surround our hospitals.

- More than \$73,000 was donated by 30 donors
- 167 gifts-in-kind were donated, from meals to snacks, from flowers and notes of appreciation to clothing and personal protective equipment
- Flowers were donated for Easter as well as in recognition of Nurses Week
- 3D Printers operated around the clock, producing mask ear-savers to provide comfort to our clinical team
- More than 800 masks were made and donated in fewer than five days to help protect some of our most vulnerable populations — our senior communities





Thanks to our  
Doctors



Lily Judge 2020

# 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, 2020.**

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*continued on page 32*





## Treating Cancer, Easing Fears

**D**onnie Letterman's cancer journey began in June 2019 with something that seemed innocent at the time — the discovery of a small lump in his neck. The lump didn't bother Donnie, but it did bother his wife, **Roni**, who insisted that her husband of nearly 20 years make an appointment with their family doctor to have it checked.

Fast forward a few weeks, and Donnie's lump didn't seem so innocent anymore. He found himself in an operating room at UPMC Williamsport with stage four squamous cell carcinoma of the neck, awaiting a procedure to remove the tumor. UPMC ear, nose, and throat specialist R. Clifford Mihail, MD, was his surgeon.

"Dr. Mihail recommended surgery as soon as possible," Donnie says. "And it was then that I realized my life was going to change. Everything started happening so fast."

During the surgery, Dr. Mihail found and extracted a second tumor from a spot on Donnie's tonsil where he previously had a mass removed during childhood. After the successful procedure, Donnie's UPMC medical team — which included **Abdalla Sholi, MD**, and **Kenneth Glaser, MD**, — formulated a treatment plan that included both chemotherapy and radiation.

Because radiation often results in patients experiencing trouble swallowing, Dr. Glaser strongly recommended the installation of a feeding tube that would allow Donnie to remain well-nourished and strong during his treatment. Although the idea was nerve-racking, Donnie says he's thankful for Dr. Glaser's persistence about the tube (inserted by **Puneet Basi, MD**, and **Vivek Kumar, MD**) and cites it as one of the reasons his outcome was so successful.



"I credit the great team of doctors I had the pleasure of having in my corner, and one of those was Dr. Glaser," Donnie says. "Had he not insisted on the feeding tube, I would have been a lot worse off. I lost a lot of weight throughout the radiation treatments. Had it not been for the feeding tube to get the supplements I needed, I would have lost more."

Donnie also speaks highly of the radiology technicians who administered his treatments, noting that they were compassionate and understanding at every turn, especially when he encountered claustrophobic challenges with the masking equipment used to localize the radiation during treatment.

In addition to Donnie's being grateful for the care he received from the entire UPMC Hillman Cancer Center in Williamsport staff, there's someone he says he couldn't have gone through treatment without: Roni.

"I drew most of my strength from my wife, Roni," Donnie says. "She was the one I leaned on, relied on, spent each moment with, and even used her shoulder to cry on. When I was not wanting to go through with any of this, she was right there insisting that I did. She worked a full-time job but still managed to take me to my treatments every day and never left my side."

Between Donnie and Roni, the Lettermans' blended family consists of eight children and 14 grandchildren. Donnie and Roni live in Mill Hall and couldn't imagine a life where they weren't surrounded by family.

Donnie's sisters, **Crystal** and **Janet**, raised funds to help the Lettermans make ends meet while Donnie was out of work, and they were constantly checking in on their brother to see how he was feeling during treatment. Other family members, such as cousins **Lisa** and **Paul** and Donnie's Aunt **Joann**, helped keep his morale high before, during, and after his appointments. And on the day in October 2019 when Donnie finished the last of his chemotherapy treatments, Roni and Crystal stood beside him as he rang the center's victory bell.

"My family came together for us at every corner when we needed them the most," Donnie says. "Usually, we're not the type to ask for help, but this time I welcomed it with open arms. I did not want the burden to fall solely on my wife, and my family saw that it didn't."

One of Donnie's most memorable experiences throughout the process was connecting with other patients undergoing the same type of treatment and growing close with many of them. In fact, Donnie says he remains in contact with several of his fellow cancer survivors.

Donnie is now cancer-free and enjoying life, but he can't help but reflect on how the UPMC staff made a scary situation seem a little less daunting.

"The most important thing to understand about me and my health care is that, coming into this, I was very scared and nervous, and my anxiety was through the roof," Donnie says. "But because of the wonderful people at the UPMC Hillman Cancer Center in Williamsport, I'm able to share my story. I hope that it will help ease someone else's fears."

# KEYSTONE SOCIETY

continued from page 29

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 Ruth M. Nuss  
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 Colleen O'Neil  
 Thomas O'Neill  
 Dr. Mark and Mrs. Deborah Osevala  
 Stephanie Outlaw  
 Torey Packard  
 Denise Paras  
 Denise Parke  
 Stephanie Paulhamus  
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 Chrissie G. Perry  
 Sandra Person  
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 Jessica Peters  
 Mrs. Jonathon G. Phillips  
 Kim Pirc  
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 Malachi Price  
 Kandi Probst  
 Kylie R. Probst  
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 Charlotte G. Ratke  
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 Susan L. Rider  
 Brandy L. Ripka  
 Debra Risley  
 Ashley Ritter  
 Rachel Robenolt

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Sharon A. Smith  
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Susquehanna Valley Limousine  
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Jean L. Ward  
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Mark and Kelly Watson

Michele L. Watson

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Casey Weatherwax  
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Karen M. Webster  
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April Welshans  
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Jessica Williams  
Martha Williams  
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Scarlet K. Williams  
Heather M. Williamson  
Kathryn Williamson  
Tarah Williamson

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Williamsport Country Club  
***Williamsport High School Class of 1952***  
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Anita Wingle  
Maddy Winner  
Jada Wisor  
Valerie J. Wohlfert-White  
Mike and Mary Wolf  
Jennifer Wolfe  
Joseph F. Wood  
Michelle Wood  
Ariel Woodring  
Faith A. Worthington  
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Chaplain Shelby Wyland  
Carrie Yetter  
David and Karen Young  
Heather A. Young  
Romy D. Young  
Danyelle M. Zechman  
Donna Zettlemoyer and Family  
Jessica Zielecki  
LesLee Zimmerman  
Sandra Zimmerman  
Staphanie L. Zimmerman  
Adam Zitta  
Susan D. Zoby



## EMPLOYEE DONORS (iGIVE)

The iGIVE campaign recognizes current employee donors of UPMC in the Susquehanna region. Our employees have donated more than \$4.8 million since 2006. ☺ denotes Hour Club members. The Hour Club recognizes an elite group of employees who make a tremendous commitment by giving back one hour of pay every pay. Listed below are all **new** donors from **January 1 – June 30, 2020**.

## iGIVE

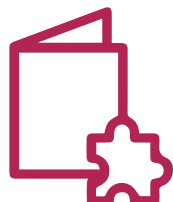
Beth Adams  
Laurie S. Ade  
☺ Katelyn Arthur  
Eric Baker  
Penny Boom  
Sierra L. Bower-Meuse  
Nicole Boyer  
Dawn Brooks  
Lindsay Brown  
Tanner Bulkley  
Kyle J. Cochran  
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Jacqualyn A. Schreck  
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Emily M. Sherman  
☺ Jennifer Showers  
Andria Smith  
☺ Breanna M. Stone  
Audra Taylor  
☺ Amanda Tennis  
Anna Thompson  
Abigail Vanaskie  
Angela M. VanZile

Matthew Vargason  
Jodi Vogel  
Tasha Wadsworth  
☺ Betty J. Wilber  
Douglas Williams  
Nikolus E. Williams-Daniels  
Michelle Wood  
Dianne Woodburn

# 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](https://UPMCSusquehanna.org/Donate) and note in the comments section which item(s) you would like to fund.

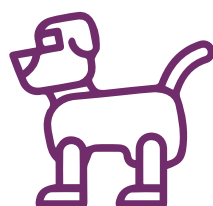


\$5-\$10

## Board Books and Wooden Puzzles

### *Nurse-Family Partnership*

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



\$30-\$50

## Memory Care Behavioral Intervention Items

### *Muncy Place*

Especially during the pandemic, residents of Muncy Place greatly benefit from items such as animatronic dogs, cats, and babies; memory-loss fidget sensory pads and pillows; sound machines; and shoulder wraps. These items help relieve anxiety, agitation, and depression. Your gift will provide these items, which will benefit more than 50 percent of the facility's long-term care residents.



\$100

## Weighted Blankets

### *Inpatient Rehabilitation at UPMC Williamsport*

Traumatic Brain Injury (TBI) patients can suffer from insomnia. A weighted blanket provides deep-pressure, touch-stimulation therapy that can make falling asleep easier and allow a patient to stay asleep longer. Your gift will purchase one of two needed weighted blankets to provide restful sleep for TBI patients.



\$250

## mamaRoo Baby Swings

### *The Birthplace*

The Level II Nursery at The Birthplace cares for babies born at 32 weeks or later who need more advanced care. A mamaRoo Swing is used often in the care of these newborns. The Birthplace needs two of these swings. Your gift will provide a swing that has five unique motions to calm and soothe newborns.



\$3,500 each

## Blanket Warmers

### *UPMC Williamsport*

Two blanket warmers are needed for inpatient chemotherapy patients and surgery patients at UPMC Williamsport. A warm blanket reduces a patient's shivering and creates a sense of warmth and protection, as well as a feeling of calm.

# LEGACY SOCIETY

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

## Current Members

Mr. and Mrs. Donald R. Creamer  
 Robert P. and Linda H. Crockett  
 Ron and Jeanne DeFeo  
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*In Memory of Hilda and Raymond Kehrer Sr.*  
 Ruth and \*Ben Keller  
 Mr. and \*Mrs. George Koons  
 Dr. Bonelyn Kyofski  
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*In Memory of Andrew Lady*  
 Christy and David Lassiter  
 Stephen C., John W. and John C. Lundy Fund  
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 Dr. and Mrs. Chan Yoon  
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*In Memory of Al J. Smith*



# LEGACY SOCIETY

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 W. Wendle Taggart  
 Russell E. Tingue Trust and Emogene L.  
 Tingue Estate  
 Argeno and Eleanor Vannucci Estate  
 Ross Vickers Estate  
 Luigi Vittorio Estate

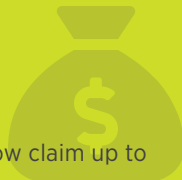
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 Dwight and Eunice Waltz Estate  
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 Leonard G. Weber Estate  
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 Marion Calvert Wright Estate  
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 Mary Louise Zimmerman Estate

## How the CARES Act Might Impact Your Giving

### \$300

#### Individual Donors

Who claim the standard deduction can now claim up to \$300 for cash charitable contributions made in 2020.



### 100%

#### Individual Donors

Who itemize will be able to claim up to 100% of their adjusted gross income as charitable contribution deductions for cash gifts.



### 25%

#### Corporations

Are given an increased cap on charitable contributions, up to 25% of taxable income for cash charitable contributions in 2020.



### 501(c)3

#### Susquehanna Health Foundation

Connects the generosity of a caring region with opportunities to improve the lives of all through better health.



The truth is this — behind the continued success of every hospital in America stand thousands of supportive donors contributing to its success. **As a non-profit hospital system, now more than ever, we depend on contributions we receive from the community.**

**Your donations stay local and support UPMC in the Susquehanna region.** Ways to give include:

- One-time cash gift
- Enroll in monthly giving
- Tribute gifts
- Planned giving or bequests

For more information on how to give to Susquehanna Health Foundation, visit [UPMC Susquehanna.org/Giving](https://UPMC.Susquehanna.org/Giving) or call 570-320-7460.

Provisions for the CARES Act are only temporary and apply to 2020 only. Please consult your financial advisor or estate planner.

# Doctors' Day

## 2020 TRIBUTES



On behalf of our patients, our hospitals, and our community, Susquehanna Health Foundation wants to express our sincere appreciation and gratitude for all that our physicians do. This past year has brought an unprecedented level of change. These changes have impacted each of you in some way, and we want to thank you, our physicians, for your dedication, commitment, and ongoing support as we continue to reshape health care delivery throughout our region.

For the 10<sup>th</sup> year, Susquehanna Health Foundation set aside a day to honor physicians, our everyday heroes. The Foundation celebrated National Doctors' Day on March 30 by distributing 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 notes of appreciation to 104 physicians and caregivers. Not only did patients show their support in the form of notes of appreciation but also by contributing \$13,395. 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 facilities and programs in the Susquehanna region.

This year, interventional cardiologist **Robert Trautwein, MD**, received the most notes of appreciation and gifts in his honor 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

Includes gifts made through **June 30, 2020.**

#### **In Honor of Dr. Darius Abadi**

Stephanie Steinbacher

#### **In Honor of Dr. Michael Akinyemi**

Charles and Ruth Baumunk

#### **In Honor of All Doctors and Caregivers at Susquehanna Health**

Barry and Jane Brucklacher

Edwin J. Krejci

Calvin L. McHenry

#### **In Honor of Dr. Natasha Alligood- Percoco**

Barbara DelJanovan

#### **In Honor of Dr. David N. Ambrose**

Elizabeth C. Lightbourn

#### **In Honor of Dr. Elizabeth E. Anderson**

James and Becky Donnell

Ron and Judy McKibben

Dustin, Desiree and Tempe Nichols

#### **In Honor of Dr. Karla Anderson**

Anthony and Joan Cipriani

Dr. and Mrs. Joseph G. English

Robert O. Fries

Bob and Joan Lario

Rob and Mary Lario



#### **To Dr. Elizabeth Anderson**

"We are blessed to have sought and found the one person who embodies all the positive characteristics of a personal care physician: competence, commitment, attentiveness, compassion, effective communication, a strong work ethic, and a continuing life-long learner."

#### **In Honor of Dr. John H. Bailey**

Alice R. Bair

Anthony and Joan Cipriani

#### **In Honor of Dr. James. Baldys and South Side Family Medicine Staff**

Chester and MaryAnn Lampman

#### **In Honor of Dr. William W. Banks**

David L. Bartraw

Dr. and Mrs. Joseph G. English

#### **In Honor of Dr. Puneet S. Basi**

Charles and Ruth Baumunk

#### **In Honor of Dr. Mark D. Beyer**

Thelma B. White

#### **In Honor of Dr. Jasneet Bhullar**

Lee and Joyce Saar

#### **In Memory of Dr. Alex Blumberg**

Patrick and Erin Henderson

#### **In Honor of Dr. Susan A. Branton**

Cathy and Keith Bomboy

Nancy P. Boyer

Kay F. Davey

Dr. and Mrs. Joseph G. English

Stephanie Steinbacher

#### **In Honor of Dr. David H. Bresticker**

Bill and Jeanne Yaggi

#### **In Honor of Dr. Jenna Brown**

Ann M. Allison

#### **In Honor of Kirsten Bubbs, CRNP**

Rob and Mary Lario

# DOCTORS' DAY TRIBUTES

**In Honor of Dr. John Burks and Staff**  
Gene C. Roberts

**In Memory of Sister Christina Cables**  
Chester and MaryAnn Lampman

**In Honor of Dr. Patrick J. Carey**  
Dr. and Mrs. Joseph G. English

**In Honor of Dr. Michelle Cavanaugh**  
Richard L. Mutchler

**In Honor of Dr. Lee M. Ciccarelli**  
Wanda M. Howey

**In Honor of Dr. Richard Conley**  
Eugene A. Seelye

**In Honor of Jeffrey Cundiff, PA-C**  
Marian B. Hutchinson

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Stacey A. Berry  
Judith Ditton  
Dr. and Mrs. Joseph G. English

**In Honor of Dr. Christopher Domarew**  
Anna and Neil Dunlap  
Eugene A. Seelye

**In Honor of Dr. Kenneth R. Durrwachter**  
Lee and Joyce Saar

**In Honor of Dr. Donald Dworek**  
Patricia J. Rambo

**In Honor of Dr. Dilip K. Elangbam**  
Ruth E. Poust  
Thelma B. White

**In Honor of Erin Foley, PA-C**  
Alice R. Bair

**In Honor of Melissa Foster**  
Bill Muzic

**In Honor of Dr. David Frey**  
Sandra and Larry Moyer

**In Honor of The Gatehouse Staff**  
Cathy E. Hepner

**In Honor of Dr. Kenneth I. Glaser**  
Stephanie Steinbacher

**In Honor of Dr. Daniel J. Glunk**  
Dr. and Mrs. Joseph G. English  
Lt. Colonel and Mrs. Michael W. Lichty,  
USAF, Ret.  
Ms. Ann Pepperman and Senator Gene Yaw  
The Quality and Safety Team of UPMC  
Susquehanna  
Dr. and Mrs. Warren L. Robinson  
Paul and Evelyn Seaman  
Marvin and \*Jean Staiman

**In Honor of Dr. Donald Golobek**  
Anna and Neil Dunlap

**In Honor of Dr. Edmund Guelig**  
Butch and Nancy Korenkiewicz  
Jean L. Ward

**In Honor of Dr. Edward Gusick**  
Beverly J. Gusick

**In Honor of Megan Gusick, CRNP**  
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**In Honor of Dr. Timothy M. Heilmann**  
Bill Martz, Tania Martz, and Fred Martz

**In Memory of Dr. K. Wayne Henderson**  
Patrick and Erin Henderson  
Chester and MaryAnn Lampman

**In Honor of Dr. Vincent P. Herbst**  
Dr. and Mrs. Joseph G. English  
Dick and Jo Langer  
Bob and Joan Lario

**In Honor of Dr. Jesse D. Hickland**  
Bill Martz

**In Honor of Dr. Angela Huggler**  
Doug and Polly Alexander

**In Honor of Kelle Johnson, PA-C**  
Suzan K. Richar

**In Honor of Kellie Karschner, CRNP**  
Infusion Center Staff and Deb

**In Honor of Dr. Todd Kruse**  
Thelma B. White

**In Honor of Dr. Ajay Kumar**  
Jane S. Brown

**In Honor of Dr. Walter Laibinis**  
Robert and Terre Foldy  
Tom and Mary Owlett

**In Honor of Dr. Joanne Lalli**  
Dolores S. Senn

**In Honor of Dr. Charles D. Lamade**  
Dick and Jo Langer

**In Honor of Veniese Lawrence**  
Stephen and Tara L. Guillaume

**In Honor of Dr. LeeAnna M. Lyne**  
Stephanie and Curtis Steinbacher

**In Honor of Dr. Matthew J. Meeker**  
Sandra and Larry Moyer

**In Honor of Dr. Bradley J. Miller**  
Roger D. Keller

**In Honor of Helen Miller, PA-C**  
Charles and Ruth Baumunk

**In Honor of Dr. Amitabha Mitra**  
Donna L. Crist

**In Honor of Dr. Manuel Moreno**  
Thelma B. White

**In Honor of Dr. Donna Mullarkey**  
Nancy P. Boyer  
Nancy L. Gehret  
Kenneth and Donabel Larson  
Dollie S. Ulrich

**In Honor of Dr. Donald T. Nardone**  
Stephanie Steinbacher

**In Honor of Dr. Alexander R. Nesbitt**  
Anonymous  
Larry R. Gower  
Cathy E. Hepner

**In Honor of Dr. A. Scott Niditch**  
Anthony and Joan Cipriani

**In Honor of Dr. Mark G. Odorizzi**  
Valerie and Joshua Trego

**In Honor of Dr. Onyekachi Ogbonna**  
Charles and Ruth Baumunk

**In Honor of Dr. Mark Osevala**  
Gene C. Roberts

**In Honor of Dr. William J. Pagana**  
Anthony and Joan Cipriani  
Bob and Joan Lario  
Rob and Mary Lario

**In Honor of Dr. Timothy Pastore**  
Lise M. Lund

**In Honor of Dr. Raj J. Patel**  
Chester and Ellen Pribble

**In Honor of Dr. John A. Pellegrino**  
Ronald L. Cimini

**In Honor of Dr. Ashley Pence**  
Stephanie Steinbacher

**In Honor of Katie A. Petersen, CRNP**  
Alice R. Bair

**In Honor of Dr. Steven B. Pinckney**  
Robert J. Slothus

**In Honor of Dr. Kimberly Pish**  
Carrie and Bob Ardell  
Marian B. Hutchinson  
Clare Q. McWilliams



## To Dr. Donna Mullarkey

"We appreciate the professional care that you give to us. We believe you are part doctor and part detective when you are thinking what is wrong with this couple and what should I do to take care of their concerns and ailments. We love your sense of humor and the thoughtful care you provide to us. We look forward to seeing one of our best friends during our visit. We both love you and pray for you to enjoy your career and whatever free time you have."



# DOCTORS' DAY TRIBUTES

**In Honor of Dr. Dennis S. Probst**  
Sue and Denis Malin

**In Honor of Joy E. Proctor**  
Suzanne Maggiore and Robert Cooper

**In Honor of Dr. Rodwan K. Rajjoub**  
Stacey A. Berry  
H. Jerry and Judith Heverly  
Chester and MaryAnn Lampman  
Lois A. Teufel

**In Honor of Dr. James W. Redka**  
David E. Martin

**In Honor of Dr. Christopher Reilly**  
Jerome and Joann Ogden  
Gene C. Roberts  
Dr. and Mrs. Warren L. Robinson  
Bill and Jeanne Yaggi

**In Honor of Dr. Zachary Ritter**  
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## To Dr. Christopher Reilly

"Thank you for your calm manner and positive attitude. Your demeanor is such that it makes me feel relaxed. I knew you would be my choice for a surgeon even before I went for a second opinion. You're a great asset to our community, and I'm glad you're my physician."



## To Dr. Hani Tuffaha

"Thank you for your caring and kindness. I can never thank you enough for my 11-hour back surgery. I think you saved me from a wheelchair. I am forever grateful."

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## Generous Community Rallies in Light of Canceled Golf Tournament

The UPMC Susquehanna Invitational Golf Tournament is usually the highlight of summer for Susquehanna Health Foundation, one that we missed this year due to COVID-19. While we were disappointed to have to cancel this time-honored tradition, we are beyond grateful for our sponsors and donors who still made contributions in honor of the tournament, raising \$50,000 to support the UPMC Hillman Cancer Center in Williamsport expansion project and the Kathryn Candor Lundy Breast Health Center. These gifts bring the total funds raised from the golf tournament to more than \$2.3 million to benefit the overall health and wellness of our region.

### Expansion of UPMC Hillman Cancer Center in Williamsport

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

- **Expanded and renovated clinical areas** to accommodate a total of 22 exam rooms, the addition of new physicians and advanced practice professionals, and an expansion of our complementary therapy programming.
- **Increased patient privacy** provided by 28 chemotherapy bays, increasing the number of private rooms and enhancing privacy in our open chemotherapy bay area while creating an environment of calmness, healing, and comfort.
- **Pharmacy upgrades** to create efficiencies for quicker treatments and preparations for patients.

*At UPMC Hillman Cancer Center, we're giving patients increased access to renowned cancer specialists, cutting-edge research in immunotherapy, more than 400 leading-edge clinical trials, and the most advanced technology for cancer detection and treatment.*

**Thank you to those who supported the Cancer Center even without the golf tournament.**

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# new doctors

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



## **Karl Ahlswede, MD, FACS**

***Palliative Care Specialist | 570-320-7680***

Dr. Karl Ahlswede received his medical degree from Jefferson Medical College in Philadelphia. He completed his residency in general surgery at Thomas Jefferson University Hospital, also in Philadelphia, and his fellowship in cardiothoracic surgery at The Bryn Mawr Hospital. Dr. Ahlswede is board-certified in hospice and palliative medicine as well as in general surgery and is a Fellow of the American College of Surgeons. He sees patients at Hospice and Palliative Care, 1100 Grampian Boulevard in Williamsport.

## **Aderonke Ajala, MD**

***Hematologist and Medical Oncologist | 570-326-8470***

Dr. Aderonke Ajala received her medical degree from the University of Lagos College of Medicine in Nigeria. She completed her medical residency at Howard University Hospital in Washington, D.C. and her clinical fellowship in hematology and oncology at Dartmouth-Hitchcock in Lebanon, New Hampshire. Dr. Ajala is board-certified in hematology, medical oncology, and internal medicine. She sees patients at UPMC Hillman Cancer Center in Williamsport, 1100 Grampian Boulevard.



## **John Albright, DPM**

***Foot & Ankle Specialist | 570-522-8637***

Dr. John Albright received his medical degree and completed his residency at Kent State University College of Podiatric Medicine in Independence, Ohio. He has more than 50 years of experience as a foot and ankle specialist. Dr. John Albright sees patients at 103 West 9<sup>th</sup> Street in Berwick.

**Thomas Albright, DPM**  
**Foot & Ankle Specialist | 570-522-8637**

Dr. Thomas Albright received his medical degree from New York College of Podiatric Medicine in New York City and completed his residency at Baltimore Veterans Administration Medical Center in Maryland. He is board-certified by the American Board of Foot and Ankle Surgery and has 18 years of experience as a foot and ankle specialist.

Dr. Thomas Albright sees patients at 2370 Old Turnpike Road, Suite 4, Lewisburg.



**Christopher Enwonwu, MD**  
**Interventional Radiologist | 570-321-2800**

Dr. Christopher Enwonwu received his medical degree from New York Medical College in Valhalla. He completed his general surgical internship at Montefiore Medical Center in Bronx, New York; his diagnostic radiology residency at Penn State Milton S. Hershey Medical Center in Hershey; and his fellowship in vascular and interventional radiology at the University of Maryland Medical Center in Baltimore. Dr. Enwonwu sees patients at Cardiology at UPMC Williamsport, 740 High Street, Suite 3001.



**Kyle Hubler, DO**  
**Orthopaedic Surgeon | 570-321-2020**

Dr. Kyle Hubler received his medical degree from Philadelphia College of Osteopathic Medicine. He completed his medical residency at Memorial Hospital in York and his fellowship training in adult reconstruction and orthopaedic trauma from Hennepin County Medical Center in Minneapolis, Minnesota. Dr. Hubler is board-certified by the American Osteopathic Board of Orthopedic Surgeons. He sees patients at SH Orthopaedics, 1705 Warren Avenue, Williamsport.



**Brian Kaderli, MD**  
**Williamsport Family Medicine Residency | 570-321-2345**

Dr. Brian Kaderli completed his medical degree at Temple University School of Medicine in Philadelphia and his medical residency at Mountain Area Health Education Center Rural Family Medicine Residency Program in Hendersonville, North Carolina. Dr. Kaderli is an assistant director to the Williamsport Family Medicine Residency and sees patients at 740 High Street, Suite 4001, Williamsport.







**David Kurz, MD**  
***Urology / 570-326-8090***

Dr. Kurz received his medical degree from Temple University School of Medicine in Philadelphia and completed his residency in urology at Hospital of the University of Pennsylvania, also in Philadelphia. He is board-certified by the American Board of Urology and is a member of the American Urological Association. Dr. Kurz sees patients at SH Urology, 1705 Warren Avenue, Suite 206, Williamsport.

**Nicholas Pytel, MD, MPH**

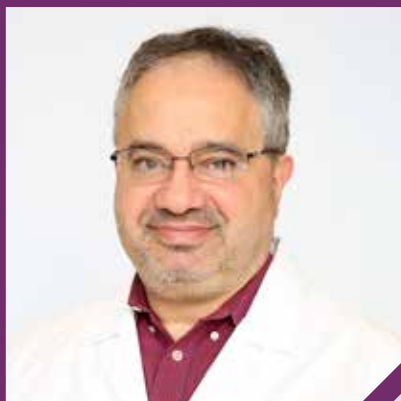
***Medical Director, Occupational Health Services / 570-320-7444***

Dr. Pytel received his medical degree from Penn State College of Medicine in Hershey. He obtained his master of public health and completed his residency in occupational and environmental medicine with Johns Hopkins Bloomberg School of Public Health in Baltimore. Dr. Pytel is a veteran, having served on active duty for five years, including three years stationed at the United States Marine Corps Air Station in Cherry Point, North Carolina as a naval flight surgeon. He is a member of the American Medical Association and the American College of Occupational and Environmental Medicine. As medical director, Dr. Pytel will oversee the operations of The WorkCenter at UPMC in the Susquehanna region, with offices in Lock Haven, Muncy, Wellsboro, and Williamsport. He will see patients at The WorkCenter, 1100 Grampian Boulevard, Williamsport.



**Sam Stea, MD**  
***Nephrologist / 570-326-8080***

Dr. Sam Stea received his medical degree from New York Medical College in Valhalla. He completed his residency in internal medicine at Danbury Hospital in Danbury, Connecticut, and is fellowship trained in nephrology from University of Virginia Health Center in Charlottesville. Dr. Stea is board-certified in internal medicine and nephrology. He has more than 20 years of experience serving patients in the Williamsport area. Dr. Stea sees patients at SH Nephrology in Williamsport, 1201 Grampian Boulevard, Suite 1A; UPMC Outpatient Center, 1 Outlet Lane, Suite 400, Lock Haven; and Brookpark Office Center, 260 Reitz Boulevard, Lewisburg.



**Rena Stewart, MD**  
***Orthopaedic Trauma Surgeon / 570-321-2020***

Dr. Rena Stewart received her medical degree from University of Calgary in Alberta, Canada. She completed her residency in orthopaedic surgery at University of Manitoba in Winnipeg; as well as fellowships in orthopaedic trauma at Vanderbilt University Medical Center, in Nashville, Tennessee; and orthopaedic trauma and research at U.C. Davis Medical Center in Sacramento, California. Dr. Stewart is board-certified by the American Board of Orthopedic Surgery and the Royal College of Physicians and Surgeons of Canada. She sees patients at SH Orthopaedics, 1705 Warren Avenue, Williamsport.



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