

# foundation focus

VOLUME 13 | NOVEMBER 2011

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Susquehanna Health  
*Foundation*

# thankful times



*Thanksgiving is a time when many people look forward to traveling home. It's not so much the physical structure they anticipate but the opportunity to gather with family and friends to share stories, laughter, love and traditions. Just as a home is what the people who are gathered within make it, so is a healthcare system.*

This Thanksgiving we are extraordinarily thankful for the people who make Susquehanna Health a place where the region can anticipate outstanding healthcare. We are thankful for our skilled doctors, nurses and other caregivers who are committed to excellence in their fields and to rendering safe high-quality care. And we are also thankful for the support of so many in our community, starting with donors like you, who through generous financial support made it possible to develop Project 2012 to improve healthcare in our region by providing well-designed, well-equipped environments that give both our caregivers and patients the greatest healing advantages possible.

At the project's outset, Susquehanna Health had some of the oldest hospital facilities in the state. With highly

regulated services and reimbursement, it was difficult to produce the capital necessary to keep the existing buildings in good condition never mind expand and upgrade them. We asked you, the community, for support so we could reinvest in our facilities, and your response was humbling. Despite a challenging national economy, you exceeded our initial fundraising goals, and we are grateful your support continues to this day.

We are blessed by a regional community with a sense of ownership and appreciation for its healthcare services that has grown since the area's hospitals began working together 20 years ago. Your commitment to quality services and your understanding that an investment in this project will benefit loved ones from the region now and in the

## Contact Information

**Susquehanna Health Foundation** • 1001 Grampian Boulevard • Williamsport, PA 17701 • fax: (570) 320-7467

### Vice President of Development

Sherry Watts

swatts@susquehannahealth.org  
(570) 320-7464

### Development Coordinators

Cheryl R. Chapman

cchapman@susquehannahealth.org  
(570) 320-7463

### Development Associate

Amanda Wallace

awallace@susquehannahealth.org  
(570) 326-8687

### Director of Major & Planned Gifts

Thomas M. O'Connell, CFP®

toconnell@susquehannahealth.org  
(570) 320-7612

### Valerie Trego

vtrego@susquehannahealth.org  
(570) 320-7465

### Secretary

Cheryl Sitler

csitler@susquehannahealth.org  
(570) 320-7460

future have moved Project 2012 from the drafting table to near completion in five short years.

Certainly we are thankful for community leadership, our county commissioners, area mayors and state and federal officials who have provided support, encouragement and cooperation as the multi-campus reinvestment and modernization project developed. And we are thankful to neighbors who sold their homes to us so we could appropriately expand the footprint of our facilities to meet the region's needs.

**“We are blessed by a regional community with a sense of ownership and appreciation for its healthcare services.”**

We acknowledge, too, that without God's presence, much of what we are now enjoying and will soon be able to deploy would not be possible. Along the way many extraordinarily helpful occurrences have kept the project moving by what, as a faith-based organization, we refer to as “Divine Providence.” For example, we are extremely grateful to the Sisters of Christian Charity for helping the organization restructure in a way that made it eligible to issue the kind of debt necessary for Project 2012 to move forward.

We have not taken the overwhelming investment and support of this project lightly. Every aspect of Project 2012 has been carefully researched, designed and constructed. We have worked hard to get things right the first time to make every dollar work for the community. From inviting suggestions from our patients and our service partners to participating in the Pebble Project, to learn what has and has not worked in healthcare construction projects around the country, our incorporation of state-of-the-art equipment and selection of quality products, contractors and subcontractors have been thoughtfully and deliberately detailed to create quality facilities where great healing work can be done.

First-rate project management provided by Stantec, construction management provided by Alexander Construction and LF Driscoll Construction Management along with Rita Spangler, our Vice President of Facility Development, have kept Project 2012 on time and on budget. We are grateful this project has also helped keep contractors, suppliers

and subcontractors busy at a time when the economy is sluggish. We are pleased that businesses from the region received more than \$45 million of the construction work on Project 2012.

As the final touches are placed on the new Susquehanna Tower at Williamsport Regional Medical Center, there is much anticipation and enthusiasm around seeing completion of a major piece of the facility modernization and expansion work that comprises Project 2012. We are delighted to give our donors an opportunity to see what's inside. In the next issue of *Foundation Focus*, we will highlight many of the new services that will be available to our patients. And very soon, you will be invited to events within the new Tower for a first-hand look.

Through Project 2012, we have celebrated many grand openings and renovations at all three hospital campuses, at our new medical plazas, at the Physical Therapy & Sports Medicine Center at the East Lycoming YMCA and soon at the Williamsport Regional Medical Center Susquehanna Tower. It is with extraordinary thanks and appreciation that Susquehanna Health opens the doors to each of these projects because Project 2012 and the resulting quality care for our region are the direct result of your ongoing support.

From our family to yours, Happy Thanksgiving!

## Tower Unveiling Events

**February 18** - Signature Gifts, Cornerstone Society and Caduceus Society Event

**February 20** - Keystone Society Event

**February 21** - Ribbon Cutting Event

**February 23** - Business & Industry Gifts Event and Williamsport-Lycoming Chamber of Commerce PM Exchange

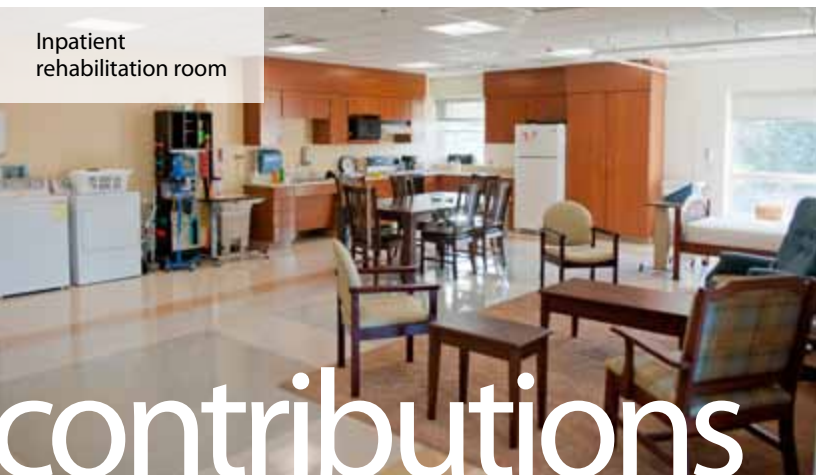
**February 24** - Tree of Life Club Event

**February 26** - Public Open House



# Your

Inpatient  
rehabilitation room



# contributions



# work

The recently completed two-story expansion at Muncy Valley Hospital lays the groundwork for a culture change in the five-star-rated long-term care facility to promote choice, independence and family interaction. The changes are designed to meet the needs and demands of the aging Baby Boomer population and their parents as well as younger residents with chronic conditions. The expansion was possible thanks to the generous support of employees and community members who provided more than half of the funding for the \$1.6-million project.

The expansion includes a new dining room and private room for family celebrations and a larger physical therapy gym with a kitchenette and living room to help residents gain skills for independent living.



In addition to the family gathering area, the expanded dining room gives residents more choices about when and what they will eat. The new rehabilitation facility includes areas set up like a kitchen and living room so residents aren't just practicing skills they need for discharge but are becoming motivated as they see how they can function independently at home.

"These are things we have always wanted to do for our residents, but it just wasn't financially feasible," says Chris Ballard, Vice President of Operations and Muncy Valley Hospital Administrator. "Through the generosity of the community and our employees, we are making it a reality."

The community has a long history of generously supporting Muncy Valley Hospital. We would like to extend a warm thank-you to all those who have volunteered, donated to the hospital

## Muncy Valley Hospital Outperforms Benchmark Standards

Muncy Valley Hospital is one of only 32 Critical Access Hospitals to receive a letter of commendation for its financial performance over the last three years. In the United States there are 1,327 small, rural hospitals with high Medicare populations designated as Critical Access Hospitals. These hospitals receive cost-based reimbursement from Medicare to help them remain financially solvent and able to serve their communities. A government-funded monitoring team (Flex Monitoring Team) based at the Universities of Minnesota, North Carolina-Chapel Hill and Southern Maine is following the performance of Critical Access Hospitals and found Muncy Valley Hospital

"This is a project that will give residents of the facility a better experience."

Chris Ballard, Vice President of Operations and Muncy Valley Hospital Administrator

The inviting, home-like space for family gatherings was an idea generated by members of the Tree of Life Club, Susquehanna Health's employee giving program. They hope the space will encourage more and longer visits with loved ones to promote healing and happiness for long-term care residents.

"Susquehanna Health service partners' dedication to the care they provide and their financial support through philanthropy sends a powerful message to the community," says Sherry Watts, Vice President of Development at Susquehanna Health. "They are compassionate and caring individuals who make patient care their top priority. They understand the importance of a healing environment and want to support these types of initiatives."

or supported the hospital or auxiliary events. We are especially grateful for the following Signature Donors who have supported these extraordinary projects at Muncy Valley Hospital:

- Robert and Judy Moore
- The Muncy Bank & Trust Company
- Muncy Valley Health Care Foundation
- Muncy Valley Hospital Auxiliary, Lawn Party Committee and Muncy Valley Hospital Golf Committee
- The Park Home, Inc.
- Tree of Life Club

to consistently outperform benchmark standards.

"Because of our high volume of Medicare patients, we have very narrow margins and work very hard at managing our finances," explains Chris Ballard, Vice President of Operations and Muncy Valley Hospital Administrator. "Our success comes not only from very careful use of all of our resources but also from our connection with Susquehanna Health and the full integration of many processes that allow greater efficiencies and effectiveness. This achievement, along with our high quality and patient satisfaction scores, contributes to a success story at Muncy Valley Hospital that we can be very proud of."

# Your Contributions at Work



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## Completed Projects at Divine Providence Hospital



*Clockwise from top:* Kathryn Candor Lundy Breast Health Center reception area

Divine Providence Hospital lobby

Breast Health Center exam room

Breast cancer survivors Sara Jordan and Ciara Sausser with Dr. Susan Branton at the Breast Health Center open house

# The Donor REPORT

In January 2008, we reorganized our giving levels to recognize our donors beginning with the Capital Campaign. In the next several pages you will find the categories and their brief descriptions as well as the giving levels within each category. **Donors are listed through August 31, 2011.**

## SIGNATURE GIFTS

Signature Gifts recognizes individuals and businesses who make a commitment to Susquehanna Health by making a gift of \$100,000 or greater.

## Signature Gifts Members

### **\$1,000,000+**

Dr. and Mrs. Francis M. Powers Jr.  
The Donald B. and Dorothy L.  
Stabler Foundation

### **\$500,000–\$999,999**

Divine Providence Hospital Auxiliary  
Ann R. Lamade  
Muncy Valley Health Care Foundation  
Barbara W. Taber  
Williamsport Lycoming  
Community Foundation

### **\$250,000–\$499,999**

Robert W. Beiter  
Elizabeth K. Frederick Estate  
The Klingerman Family  
***The Park Home, Inc.***

John & Carol Savoy and  
John Savoy & Son, Inc.  
Verizon Wireless  
The Williamsport Hospital Auxiliary

### **\$100,000–\$249,999**

Anonymous  
Larry Allison, Larry Allison Jr., Allison  
Crane & Rigging  
Anesthesia Associates of Williamsport  
AutoTrakk, LLC  
Tim and Ruthanne Crotty of  
Susquehanna Supply, Co.  
George and Shirley Durrwachter  
Bill & Mary Fish and Brent & Daria Fish  
of Fish Real Estate  
Anita Gibbons & Patrick and Trisha  
Marty  
Steven and Mary Ann Johnson  
John C. and Linda S. D. Lundy

M&T Bank  
Bill and Lorraine Manos Foundation/  
Fairfield Auto Group  
Richard D. and Sylvia R. Mase  
Robert and Judy More  
The Muncy Bank & Trust Company  
Muncy Valley Hospital Auxiliary  
PRIMUS Technologies Corp.  
Dr. and Mrs. Rodwan and  
Zokaa Rajjoub  
Reynolds Iron Works, Inc.  
Silvertip, Inc.  
Albert and Judy Styracula  
George James Tsunis  
Weisel Family Trust  
Wolyniec Construction, Inc.  
John and Sue Young and  
Young Industries

## CORNERSTONE SOCIETY

The Cornerstone Society acknowledges individuals within the community who make a commitment between \$10,000 and \$99,999.

## Cornerstone Society Members

### \$75,000+

John G. and Mabel M. Snowden  
Memorial Fund

### \$50,000–\$74,999

Neil and Karen Armstrong  
Richard and Nancy DeWald  
William Pickelner Estate  
Anne L. Pikolas

### \$25,000–\$49,999

Christian and Ashley DeWald  
Norma B. Franzen  
Daphne W. Hill  
Michael and Barbara Hudock  
Keith and Jennifer Kuzio  
Mr. and Mrs. Chip Lamade  
George and Elizabeth Logue  
Don and Jen Lundy  
Mr. and Mrs. Lester T. Mumford  
Ralph and Frances Nardi  
Birch and Annmarie Phillips  
Charles and Mary Santangelo  
Robert and Charlene Shangraw  
The Staiman Families  
Gregory and Mary Zeitler

### \$15,000–\$24,999

R. Edward and  
Linda Alberts and Family  
Robert M. Barbour  
Frank and Diane Brennan

Michael and Tera Bush  
Ron and Jeanne DeFeo  
Frani and Doug Doherty  
Harold R. Drick  
Susan and Charles Duchman  
Mr. and Mrs. Jerry Falco  
Herman and Molly Logue  
Robert B. and Barbara A. Lytle  
Glenn C. Mechling  
Gary M. and Geneva Small Peck  
Lucile W. Reynolds  
Thomas J. Rider Trust  
Donna E. Sayah

### ***Waldron Memorial Fund***

Thelma White  
Michael D. and Mary B. Wolf

### \$10,000–\$14,999

Anonymous (2)  
Christine A. Ballard  
Mike and Donna Bastian  
John L. Jr. and Sarah H. B. Bruch  
Tom and Laurie Burkholder  
Joseph and Patricia Carter  
Steve and Ronna Cassotis  
Anne E. Cranmer Estate  
Robert P. and Linda H. Crockett  
Candy and Steve Dewar  
Fred M. and Shirley L. Dieffenbach  
Allen E. and Catharine K. Ertel  
Jo-Anne Fawcett Estate

### ***Florence Putterman Foundation***

Samuel and Patricia Fry  
Mrs. Lillian M. Gehret  
Harold and Joyce Hershberger Jr.  
Bill and Sharon Hoffmann  
Michael and Lyneah Hudock  
Joe Hume–Promotional Specialists  
Paul A. Jarrett  
Jones Charitable Foundation  
Patricia W. Kieser  
Gloria M. Lundy and Heather L.  
Macdonald  
E. LaRue Lunt  
Patrick and Trisha Marty  
William J. and Peggy McClain  
James E. and Elizabeth Mothersbaugh  
Andy and Brenda Nichols  
George I. Rodgers II, CFP  
Paul H. and Tacie E. Rooney Jr.  
Frederic G. Sanford, MD  
Elva M. Schmidt, RN  
James and Debra Schneider  
Peter and Linda Schultz  
Rita and John Spangler  
James and Monica Turri  
Robert Schell Ulrich  
Anthony H. Visco Jr.  
Bob and Irenay Weaver  
Marion Calvert Wright Estate  
Ken and Stephanie Young

# generations of care

## Paul and Tacie Rooney

know the value of great local healthcare firsthand.

In recent years their family members have had many positive experiences with Susquehanna Health. Doctors at Williamsport Regional Medical Center saved their daughter **Michelle**'s life not once but twice during the last decade as she developed critical complications related to childbirth. She suffered a pulmonary edema in 2002 and collapsed lungs in 2005. In each instance, doctors placed Michelle in an induced coma so they could stabilize her condition, assuring her safety and the health of her sons, **Jeffrey** and **Joshua**.



Paul's father, Paul H. Rooney Sr., has been in the emergency room and an inpatient at Williamsport



Regional Medical Center five times since September 2008 with congestive heart failure, poor kidneys and a blood disorder. Each time he was treated in a professional and caring manner. In a happy and much less urgent situation, their daughter Stephanie gave birth to their granddaughter Savannah Grace at Williamsport Regional Medical Center just five months ago in what Paul calls a "perfect delivery."

“Sooner or later you or a loved one will face a critical illness. And at that moment you want a top-notch organization that really cares about your health.”

So when Paul was asked to chair the business and industry portion of the Project 2012 fundraising campaign, he felt honored to be part of it. “Just based on my personal experiences with Susquehanna Health, getting involved with the campaign was a no-brainer,” says Paul. “I knew what they were planning would be good for the community. I’m very passionate about this, because sooner or later you or a loved one will face a critical illness. And at that moment you want a top-notch organization with excellent physicians, nurses and technicians who really care about your health and welfare. That’s what we’re preserving and building upon with this project.”

Paul has a unique perspective of area healthcare because of his role on the board of Blue Cross of Northeastern PA—the insurance side of the industry. His 38 years of experience in banking also give him insight into the challenges of working in a highly regulated industry, and he is impressed with Susquehanna Health leadership’s initiatives to stay competitive, address recruitment challenges and carefully manage quality, finances and resources.

“Through our family’s experiences with the hospital, what have remained constant are the professionalism,



excellent care and personal concern that the doctors, nurses and staff have shown. I have great respect for Steve Johnson and his leadership team. His strong morals and positive attitude permeate the whole organization, and we are very fortunate to have him at the helm,” says Paul, who serves on the Susquehanna Health Foundation and Susquehanna Health Medical Group boards. “Susquehanna Health is a great organization that’s well run and now with top-notch facilities—this is right where we should be. With increasing demands placed on healthcare due to Marcellus Shale, we’re poised to provide those services and have even more opportunities to grow.”

Recognizing that he would be talking to others about the importance of supporting Project 2012 financially, he and Tacie made a Cornerstone donation to the



campaign. He says one of the most rewarding aspects of his campaign involvement was knowing that the work of everyone on his committee helped push Susquehanna Health beyond the initial \$12.5-million fundraising goal.

Paul has volunteered with many organizations including the Boy Scouts, Pennsylvania College of Technology, United Way, Lycoming County Chamber of Commerce, Lycoming County Industrial Properties Corporation and Lycoming County Recreational Authority. He knows that organizations need financial support, but he believes

*"Through our family's experiences with the hospital what have remained constant are the professionalism, excellent care and personal concern that the doctors, nurses and staff have shown."*

that giving time is another important way people can help.

*"I think everyone can make time to provide some of their experience or skills to make a difference in the community. I always ask, 'is this something I'll be able to*

*look back at 10 years from now and be proud of what I did?' and I know with Project 2012 it was a great way to give back to the community," says Paul. "I enjoyed every minute of the experience and would be willing to help again in the future—I feel that strongly about it."*

## CADUCEUS SOCIETY

The Caduceus Society acknowledges physicians who make a commitment at the \$2,500 level or greater.

### Caduceus Society Members

#### \$500,000+

Dr. and Mrs. Francis M. Powers Jr.

#### \$100,000–\$499,999

Anesthesia Associates of Williamsport

Dr. and Mrs. Rodwan and  
Zokaa Rajjoub

#### \$50,000–\$99,999

Jean and John Burks

Dr. and Mrs. Hani J. Tuffaha

#### \$25,000–\$49,999

Dr. Ronald E. DiSimone

Dr. and Mrs. Daniel R. Gandy

Dr. Ted and Jane Larson Jr.

Dr. and Mrs. George A. Manchester

Drs. Timothy and Kathleen Pagana

Dr. and Mrs. Gordon A. Shaw

Susquehanna Urologic Associates

#### \$10,000–\$24,999

Dr. and Mrs. John C. Becker

Dr. and Mrs. William R. Beltz

Christopher and Susan Branton

Dr. and Mrs. Paul W. Braunegg Jr.

Dr. and Mrs. Leonard R. Collins

Greg and Marilyn Frailey

Dr. and Mrs. Michael Hoffman

Dr. Renuka Kakarala and Dr. Sai B. Sajja

Dr. and Mrs. Charles D. Lamade

Dr. and Mrs. Donald J. Leathers

Dr. and Mrs. Albert G. Liddell

Dr. William C. and Beverly H. McCauley

Dr. and Mrs. David B. Nagel

Dr. and Mrs. Harshad Patel

Jim and Peg Redka

Dr. René and Diana Rigal

Dr. and Mrs. Warren L. Robinson

Keith and Pam Shenberger

Dr. and Mrs. Stephen Weber

#### \$2,500–\$9,999

Anonymous (2)

Dr. and Mrs. Carl R. Albright

Dr. and Mrs. David N. Ambrose

Charles and Karla Anderson

Dr. and Mrs. Michael I. Belenko

Dr. and Mrs. Mark D. Beyer

Drs. David and Susan Borys

Dr. Karen Brady

Dr. Tom and Commissioner  
Rebecca Burke

Dr. and Mrs. John V. Calce

Cornerstone Family Health, PC

Dr. and Mrs. Scott D. Croll

Dr. T. E. Cullen and Bronwen Cullen

Dr. and Mrs. Gary M. Dincher

Dr. Sabrina Dowd

Drs. Dilip Elangbam and  
Subadani Angom

Dr. and Mrs. Joe English

Dr. and Mrs. Todd Fausnaught

Mr. David and Dr. Lisa Galloway

Dr. and Mrs. Steven W. Geise

Dr. Kenneth Glaser and  
Mrs. Tammy L. Glaser

Dr. Daniel J. Glunk and  
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Dr. and Mrs. Russell L. Gombosi

Dr. Judith Gouldin and  
Mr. Anthony Parente

Barbara Heere and Bernard Butkiewicz

Dr. and Mrs. Timothy Heilmann

John and Veronica Jones

Dr. and Mrs. William F. Keenan

Dr. and Mrs. I. G. Kim

Dr. and Mrs. Kevin W. Kist Jr.

Dr. Paul and Cynthia Leber

Dr. and Mrs. Eric Longenbach

Dr. and Mrs. David J. Lopatofsky

Michael Marceau, MD

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

Dr. Naresh C. and Anita Nagpal

Dr. and Mrs. Alexander R. Nesbitt

Stuart M. Olinsky, MD

Dr. William and Cynthia 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. Christopher Reilly and  
Dr. Teresa Bianco

Dr. Mohammad Shafique

Dr. and Mrs. Sam F. Stea

Bernard and Sarah Steinbacher

Dr. Allan K. Stryker

Dr. Lawrence and Nancy Tomack

Dr. Peter and Rose Trevouledes

Dr. and Mrs. Thane N. Turner

Dr. and Mrs. Seth I. Weber

Rosemary Wiegand and Brett Homan

Dr. and Mrs. Daniel E. Wolfe

Edward G. Wyshock, MD

# Founded on Faith



Sister Ann Marie Paul

Susquehanna Health is a Christian faith-based organization with a Catholic tradition strengthened by the sponsorship of the Sisters of Christian Charity (SCC). The faith-based mission of Susquehanna Health is due, in part, to the role that the Sisters have played in the formation of the system. Beginning with the founding of the community by Pauline von Mallinckrodt in 1849, continuing to the opening of Divine Providence Hospital in 1951 and extending to today, the Sisters of Christian Charity have been involved in extending God's healing love to those in need.

Currently, seven Sisters of Christian Charity minister at Susquehanna Health, including **Sister Ann Marie Paul**, Director of Mission Integration. It is Sister Ann Marie's job to ensure that the mission of Susquehanna Health and the heritage of the Sisters of Christian Charity are communicated and integrated into the health system. Sister Ann Marie

**The mission of Susquehanna Health is to extend God's healing love by improving the health of those we serve.**

joined the Susquehanna Health family in 2009, after 13 years of teaching theology in high schools and colleges. She is no stranger to healthcare, however, having spent 17 years working in health records departments in two other health systems in Pennsylvania prior to becoming a teacher. At Susquehanna Health, Sister Ann Marie is involved in mission and ethics education, leadership training and diversity awareness training.

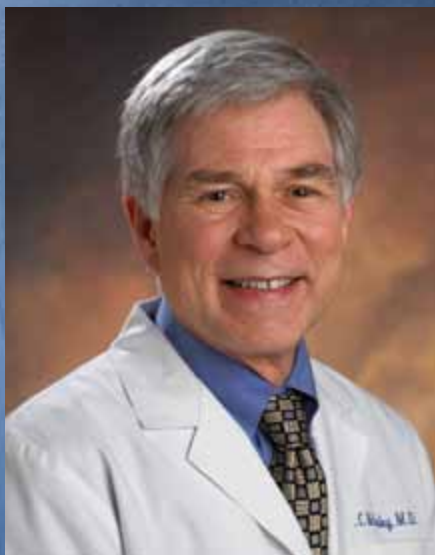
The faith-based mission of Susquehanna Health did not emerge entirely from the influence of these Sisters, however. From the inception of the Williamsport Hospital, now called Williamsport Regional Medical Center, in the 1800s

until today, the faith of the people of northcentral Pennsylvania has played a role. In recognition of the strong faith of our region and its role in our health system, Susquehanna Health recently had a photo montage, "Lights of Faith," done by local photographer Terry Wild. This collection of photos of Tiffany stained-glass windows from historic Lycoming County churches hangs in the entrance of Muncy Valley Hospital and in Same Day Services on the second floor of Divine Providence Hospital. In tribute to our SCC heritage, a photo of Pauline von Mallinckrodt (from a stained-glass window in the Divine Providence Hospital chapel) is placed near the center of the montage.



# Expanding Care for Patients

**Susquehanna Health Medical Group** is Susquehanna Health's network of primary care and specialty physicians. The network employs more than 115 physicians and 39 advanced practice professionals at convenient locations throughout the region. In the coming months you will see many changes aimed at making it easier for you to receive quality care when you need it.



"Our vision is to serve our patients and our community with compassionate and high-quality care. We want to provide easy access, patient safety and seamless integration of services for outstanding results," says **Dr. William McCauley**, President, Susquehanna Health Medical Group. "We are always looking for ways to improve in these areas. This is an ongoing goal."

Physician and staff recruitment is always an area of focus and one that will also improve patient access.

"We have a number of recruiting initiatives going on right now, and we plan to continue them," says Dr. McCauley. "In addition to recruiting more primary care providers, we are also increasing the use of physician assistants, nurse practitioners and certified nurse midwives. We are also continuing to recruit specialists in areas of high demand. Since June 1, 2011, Susquehanna Health Medical Group has added

a rheumatologist, a vascular surgeon, a neurologist, a cardiologist, a psychiatrist, four hospitalists, a family physician, and two OB/GYN specialists. A new general surgeon is already slated to join us in 2012 to help us meet the increasing demand in this area."

To provide greater continuity of care, the electronic medical record currently in use in 40 percent of Susquehanna Health Medical Group practices will be implemented in our remaining practices by mid-2012. This will allow providers involved in a patient's care to have easy access to the patient's medical history. In addition, hospitalists who are involved in the daily oversight of patients in Susquehanna Health's hospitals are working closely with Susquehanna Health Medical Group to provide clear discharge instructions and medication lists to ensure patients continue to receive the care they need when discharged to their primary care provider, nursing home, long-term care or home care.

Susquehanna Health Medical Group is also preparing to provide the patient-centered medical home, a way of providing closer oversight of patients with chronic conditions. A primary care doctor organizes the patient's care, and a nurse at each practice will be assigned to coach patients and make sure they stay current with treatments, medications, follow-up visits and lifestyle changes. The goal of the patient-centered medical home is to help patients stay healthy and reduce complications that could send them to the hospital. There's a strong emphasis on quality care with this initiative, and Susquehanna Health Medical Group will be developing a number of quality measurement programs that will benefit all patients.

In addition, the Director of Quality and Safety will conduct regular safety rounds to discover any practice or facility problems. She will work closely with a Quality and Safety committee comprising physicians who review safety information as well as quality measures in the practices. This oversight will help the practices identify better protocols and procedures to ensure quality care and patient safety.

*"This will be an important function within our practices as we seek to grow and do more to serve our patients in the community. We're pleased about the effect all of these initiatives will have to help us provide outstanding results to our patients," says Dr. McCauley.*

## Extended Hours Benefit All Susquehanna Health Medical Group Patients

**New extended hours at the Susquehanna Health Medical Plaza at Montoursville and other physician offices are making it easier to access medical care when you need it.**

With Susquehanna Health Extended Hours, all patients in the Susquehanna Health Medical Group can be seen by appointment at the state-of-the-art Medical Plaza from 5 to 8 pm on Tuesdays, Wednesdays and Thursdays and on Saturday mornings from 8 am until noon. You can make an appointment by calling your regular Susquehanna Health Medical Group provider's office during normal business hours or by calling Susquehanna Health Extended Hours after 4 pm at (570) 601-8574.

*Many practices are piloting extended hours with early morning, evening and Saturday appointments for the convenience of their patients.*

### **Susquehanna Health Family Medicine at Duboistown**

(Drs. Belles, Hofstrom and Lopatofsky)  
Tuesday, Wednesday and Thursday until 7 pm,  
every other Saturday 8 am to 12 pm

### **Susquehanna Health Family Medicine at Northway Road**

(Dr. Wiegand)  
Wednesdays until 7 pm, Thursdays until 6 pm

### **Susquehanna Health Family Medicine at Rural Avenue**

(Dr. Walgampaya)  
Thursdays until 7 pm

### **Susquehanna Health Family Medicine at Grampian Boulevard**

(Dr. Fausnaught)  
opening at 7:30 am Tuesday, Wednesday and Thursday

### **Susquehanna Health Family Medicine at Lock Haven**

open Monday through Thursday until 7:30 pm  
and every Saturday from 9 am to 12 pm

**Susquehanna Health is pleased to offer a Pediatric Clinic every Sunday from noon to 5 pm on the 7th floor of Williamsport Regional Medical Center. Appointments for acute illnesses are available by calling the nurse triage at (570) 326-8116. Dr. Qasim Mahmood will see patients (with or without insurance) from any physician practice, newborn to age 21.**



# new doc

## **Dr. Donald Nardone,** FACC, FSCAI *Interventional Cardiology*

Susquehanna Health's Heart & Vascular Institute welcomes Dr. Donald Nardone to its team.

Board certified in cardiovascular disease and interventional cardiology, Dr. Nardone has provided cardiology services to patients of the region for 19 years. Specializing in the diagnosis and treatment of heart disease, he earned his medical degree from Jefferson Medical College and completed his residency and fellowship training at Thomas Jefferson University Hospital in Philadelphia. He also completed an interventional cardiology fellowship at Thomas Jefferson University. He is a fellow in the American College of Cardiology and the Society for Cardiac Angiography and Interventions.

## **Dr. Sarah McElroy** *Family Medicine & Obstetrics*

Dr. Sarah McElroy has joined Susquehanna Health Family Medicine at Lock Haven, where she is accepting new patients.

Dr. McElroy received her Bachelor of Science degree from West Chester University of Pennsylvania and her Doctor of Osteopathic Medicine from Philadelphia College of Osteopathic Medicine degree in Philadelphia. Dr. McElroy is a graduate of the Susquehanna Health/Williamsport Family Medicine Residency Program.

## **Dr. Eric Adams** *Vascular & Endovascular Surgery*

Dr. Eric Adams joins Drs. Karla Anderson and Sai Sajja in the practice of vascular and endovascular surgery at Susquehanna Health's Heart & Vascular Institute.

Dr. Adams is board certified in general surgery and general vascular surgery. He earned his medical degree from the University of Pittsburgh School of Medicine, and completed his residency training at Brooke Army Medical Center, TX. He completed a fellowship in vascular surgery at Washington Hospital Center, DC, followed by a mini trauma fellowship at Baylor College of Medicine, Ben Taub General Hospital, TX.



# tors

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

## Dr. Anthony Ippolito

### *Rheumatology*

Dr. Anthony Ippolito joins the Susquehanna Health rheumatology practice of Dr. Keith Shenberger.

Dr. Ippolito completed his undergraduate education at Villanova University before pursuing his medical training at University of New England College of Osteopathic Medicine. He completed his residency in internal medicine at Lenox Hill Hospital in New York. He advanced his education with a fellowship in lupus research at Johns Hopkins Hospital and one in rheumatology at the National Institutes of Health. He is board certified in rheumatology and internal medicine.

## Dr. Kristin Adams

### *Neurology*

Susquehanna Health Neurology is pleased to welcome Dr. Kristin Adams to its team. Dr. Adams brings nearly 20 years of experience to Susquehanna Health, treating all types of neurological disorders and conditions such as stroke, seizures, concussions, chronic pain and headaches. Dr. Adams specializes in electromyography (EMG) testing, which provides essential information about the health and function of nerves and muscles.

Board certified in electrodiagnostic medicine and neurology, she earned her medical degree from the University of Pittsburgh School of Medicine. She completed her residency training at University of Texas Health Science Center, and completed a fellowship in neuromuscular/EMG at the The University of North Carolina at Chapel Hill.

## Dr. Michael Greenage

### *Adult & Geriatric Psychiatry*

Dr. Michael Greenage joins Susquehanna Health's Behavioral Health Services at Divine Providence Hospital.

As a specialized psychiatrist, Dr. Greenage provides healthcare services to meet the needs of adult and geriatric patients and their families. He specializes in services such as diagnostic assessments, therapeutic interventions and medication management as well as support and education.

Dr. Greenage received his medical degree from the Philadelphia College of Osteopathic Medicine and completed his residency in psychiatry at the Carilion Clinic, Virginia Tech Carilion School of Medicine in Roanoke, Virginia.



# new doctors

## Dr. Jeffery Williams, FAAPMR *Physical Medicine & Rehabilitation*

Susquehanna Health Medical Group welcomes Dr. Jeffery Williams as the Medical Director of Rehabilitation Services.

Dr. Williams is an experienced physician who specializes in the treatment of debilitating conditions. He joins Susquehanna Health after serving five years as the Director of Rehabilitation at Southern Ohio Medical Center.

Dr. Williams received his medical training at Ross University School of Medicine, Dominica, West Indies, and completed his residency at Long Island Jewish Hospital.

## Dr. Farag Salama, FACOG *Obstetrics & Gynecology*

Susquehanna Health Medical Group is pleased to welcome Dr. Farag Salama to the Susquehanna Health OB/GYN practice with Dr. Collins, Dr. Lamade, Dr. Yartz and Dr. Huggler.

Dr. Salama completed his OB/GYN residency at Geisinger Medical Center and is board certified in obstetrics and gynecology.

Dr. Salama will provide routine and advanced gynecological care. He specializes in minimally invasive gynecological procedures as well as urogynecology procedures and has a special interest in treating infertility.



Dr. Waqas Adeel



Dr. Marissa Ambron



Dr. Fahmi Rahman



Dr. Ishraque Shawon

## Susquehanna Health welcomes four new providers to our Hospitalist Service

Dr. Waqas Adeel, Dr. Marissa Ambron, Dr. Fahmi Rahman and Dr. Ishraque Shawon will provide care to inpatients who are without a primary care provider.

Dr. Adeel completed his medical training at Ayub Medical College, Pakistan, and his residency at St. Vincent Mercy Medical Center, Ohio.

Dr. Ambron completed her medical training at The Philadelphia College of Osteopathic Medicine and her residency at Pinnacle Health System.

Dr. Rahman and Dr. Shawon both completed their medical training at Bangladesh Medical College, Bangladesh, and their residencies at Union Memorial Hospital, Maryland.

## BUSINESS & INDUSTRY GIFTS

Business & Industry Gifts consists of businesses that support Susquehanna Health by pledging at the \$5,000 level or greater.

### Business & Industry Members

#### **\$100,000+**

AutoTrakk, LLC  
M&T Bank  
The Muncy Bank & Trust Company  
PRIMUS Technologies Corp.  
Reynolds Iron Works, Inc.  
Silvertip, Inc.  
Verizon Wireless  
Wolyniec Construction, Inc.

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Jersey Shore State Bank  
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PPL Corp. and Affiliates  
TurnKey Construction, Inc.  
TurnKey Electric, Inc.  
Webb Communications, Inc.

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Citizens & Northern Bank  
Glenn O. Hawbaker, Inc.  
Hudock Moyer Wealth Resources  
John Savoy & Son, Inc.  
McNerney, Page, Vanderlin & Hall  
ParenteBeard LLC  
Sovereign Bank  
Susquehanna Bank  
Tura, L.P.  
Weis Markets, Inc.

#### **\$15,000–\$24,999**

Clear Channel Corp.  
Construction Specialties, Inc.  
Larson Design Group  
Pennram Diversified Mfg. Corp.,  
Andrew and Karen Hooker  
Woodlands Bank

#### **\$5,000–\$14,999**

Aquarius Pool & Patio, Inc.  
Billtown Mechanical Corp.  
Brodart Co.  
Central Equipment Company  
Data Papers, Inc.  
EmCare, Inc.  
Forrester Environmental, Inc.  
G. R. Noto Electrical Construction, Inc.  
The Herman O. West Foundation  
Hermance Machine Company  
I.C.S. Inc. – Ron Hine  
J and M Construction Specialties, Inc.  
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Keystone Bingo Supply, Inc.  
Keystone Data Systems, Inc.  
L-3 Communications Electron Devices  
Lamar Advertising  
Lezzer Lumber Co. – Pennsdale  
Lundy Construction  
Mid-State Beverage Co. –  
Don and Betty Jo Heim  
Murray Motors –  
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Norcen Industries Inc.  
Patterson-Brandt, Inc.  
Penn Recycling, Inc.  
Ronald McDonald House  
Charities of N.E.P.A.  
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and Marcus Annicelli  
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Trojan Tube and Boiler Services  
Williamsport Moving Company



# *Pat* to He

# Pathway to Health

Pathway to Health is an exciting partnership among the City of Williamsport, Lycoming County and Susquehanna Health to improve access to Williamsport Regional Medical Center. The network of streets and boulevards that will transport patients and families from Interstate 180 to Williamsport Regional Medical Center will receive numerous improvements in the next few years. The improvements include traffic signals with EMS preemption and pedestrian crossing, widening to create turning lanes where necessary, streetlights, curbs, sidewalks and destination signage.

# "I think this is a great example of a public-private partnership that is a real success story."

Mark Murawski,

Chairman of Susquehanna Health's Access Committee and Lycoming County Transportation Planner

When Susquehanna Health began planning the expansion of Williamsport Regional Medical Center, leadership considered moving the facility to a new location outside of the city. County and city officials were hopeful that the medical center could be developed at its current location to keep the downtown healthy and economically vibrant. They committed to streamlining and beautifying the access routes and worked to secure both federal and state funding for the project.

The Pathway will be completed in phases as funding becomes available. The first phase, funded through a federal appropriation of \$950,000 secured by former Congressman Chris Carney and the Lycoming County Commissioners, encompasses the Williamsport Regional Medical Center entrance along Walnut Street almost to Park Avenue and the intersection of Walnut and High Streets and should be complete by February 2012.

Phase two is funded through a \$640,000 PennDOT grant secured through the county. This phase, estimated for completion in November 2012, picks up where

phase one ends on Walnut Street through to Little League Boulevard.

The remainder of the project including Campbell Street, Third Street and Maynard Street to Interstate 180 will be completed as funding becomes available. City and county officials estimate the entire project will cost \$5 million.

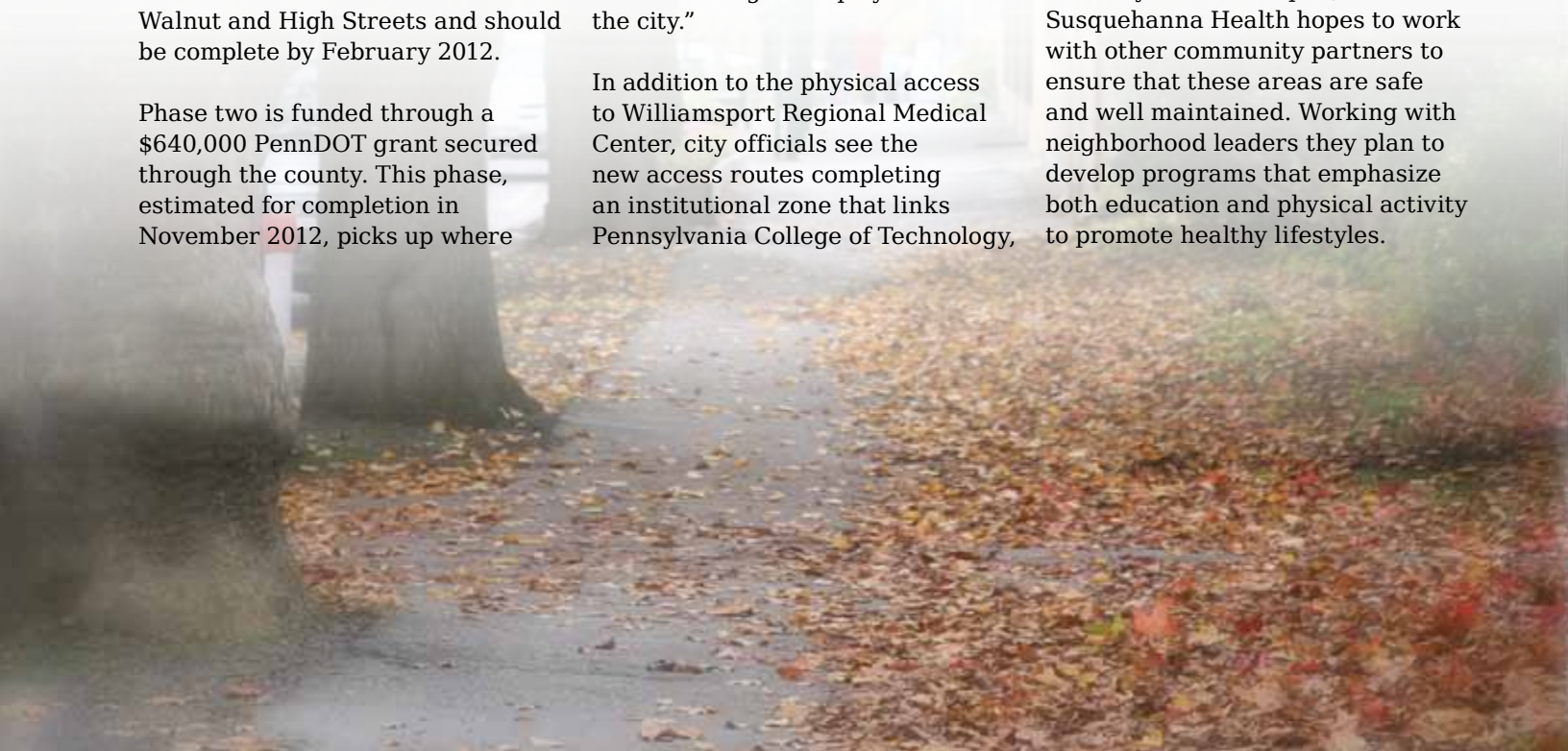
"I think this is a great example of a public-private partnership that is a real success story," says **Mark Murawski**, Chairman of Susquehanna Health's Access Committee and Lycoming County Transportation Planner. "It's not every day that you see an organization make a \$200-million investment to stay in the city. For this \$5-million investment in the Pathway, the government receives an outstanding return in terms of the services and quality of life available to its citizens and keeping the area's largest employer in the city."

In addition to the physical access to Williamsport Regional Medical Center, city officials see the new access routes completing an institutional zone that links Pennsylvania College of Technology,

Lycoming College and Williamsport Regional Medical Center and ties them into a downtown development plan. The walkable pedestrian routes could also encourage patients' family members and neighbors to visit downtown or take advantage of the recently completed River Walk—all accessible via the Pathway.

"We're thankful that the medical center is staying here. We have an aging population that is well served by the medical center, and it's our largest employer," says **John Grado**, Director of Community Development, City of Williamsport. "The Pathway has come to be more than transportation. The route travels through the historic district and some low-income neighborhoods that could see revitalization as a result. We're looking at involving the community in the development of some of the green space and really examining how these changes can promote home ownership and business development along the route."

The Pathway will also be used by Susquehanna Health's wellness programming as a catalyst to improve community health. As green space and pedestrian walkways are developed, Susquehanna Health hopes to work with other community partners to ensure that these areas are safe and well maintained. Working with neighborhood leaders they plan to develop programs that emphasize both education and physical activity to promote healthy lifestyles.



## 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 **August 31, 2011**.

# Keystone Society Members

### \$1,000–\$9,999

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 Arnot Sportsmen Club, Inc.  
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## KEYSTONE SOCIETY

**\$500-\$999**

Anonymous (2)

A Day At The Museum

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Dr. Steve Hartung

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Alfreda Baer  
Brian and Victoria Bair  
Matthew and Heather Baranoski

Michael Philip Barclay and  
Laurie Crockett Barclay

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Mary Ann Bellfy  
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Donald and Irene Fielding

First United Methodist Church – Muncy  
Chaplain David K. Fishel  
Mrs. Dean Fisher

***Deborah Fontaine***

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Ron and Judy Frick  
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Nichole E. Frye  
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High Companies  
Toni and Carl Hiller

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Betty J. Weiskerger

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Sally A. Wentzler

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Marian V. Wilson

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Drew and Christianne Wright & Family

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Romy D. Young

Jessica Zarko

# Golf Tournament Raises \$112,000 For Susquehanna Health



**The 30th Annual Susquehanna Health Invitational Golf Tournament raised more than \$112,000, nearly double the amount raised at last year's event.**



This year 124 golfers participated in the tournament, held August 15 at the Williamsport Country Club.

Proceeds from the 2011 event will purchase fetal monitors for Susquehanna Health's Birthplace™ and a transport isolette for the Level II Nursery. With the purchase of the new equipment, Susquehanna Health can provide even more lifesaving care for mothers and babies.

Since its inaugural event in 1981, the Susquehanna Health Invitational Golf Tournament has raised more than \$1.1 million.

This year's tournament was hosted by Stevens & Lee, a law and consulting firm that services large communities in the Mid-Atlantic region.

The Invitational Golf Tournament committee members and volunteers were tournament chairman Larry Allison, Sam Aloisio, Donna Bastian, Cheryl Chapman, Tony DiSalvo, Brent Fish, Mary Ann Johnson, Patsy Miller, Paul Rooney, Beth Schluter, Steve Sleboda, Valerie Trego, Amanda Wallace, Sherry Watts and John Young.

**For additional information, call Susquehanna Health Foundation at (570) 320-7460 or visit [SusquehannaHealth.org](http://SusquehannaHealth.org).**



# 5th Anniversary of The Gatehouse:

## Doctor Shares Lessons Learned Beside the Gate

*Imagine, for a moment, that your loved one is suffering with a life-threatening illness. You can't soothe their pain anymore. The sense of helplessness grips you with each tick of the clock. Hope seems like water through your hands, slipping away.*

*Five years ago, Divine Providence Hospital opened The Gatehouse inpatient hospice unit to remove the desperation many families in our community face when confronted with this situation. Families can spend precious time with their loved one while the patient receives around-the-clock pain management and compassionate nursing care.*

An anniversary celebration for The Gatehouse in August included a service in the Chapel at Divine Providence Hospital followed by an outdoor reception and launch of balloons filled with handwritten messages to loved ones. **Dr.**

**Alex Nesbitt**, Medical Director, Susquehanna Health Home Care & Hospice, spoke at the service and shared three things he has learned from the patients and families at The Gatehouse: thankfulness, the importance of human dignity and that concern and caring for loved ones are commonalities that bring people together.

*"...None of us knows how long we have, and I've learned to live in an awareness of daily gifts and not to take things for granted."*

Dr. Alex Nesbitt, Medical Director, Susquehanna Health Home Care & Hospice



"So often as we go through our lives we get wrapped up in the busy-ness. Patients who are diagnosed with terminal illness and their families are aware and thankful for the gifts of each day. None of us knows how long we have, and I've learned to live in an awareness of daily gifts and not to take things for granted," says Dr. Nesbitt.

His thankfulness includes gratitude for the support The Gatehouse has received from the community through volunteers, contributions

and donations since its doors opened. So far staff and volunteers have cared for more than 1,500 patients ranging from two weeks old to 105 years of age.

"Everyone has an intrinsic worth and value and this doesn't change when a person is dying no matter what their circumstances are," says Dr. Nesbitt, lamenting that the notion of human dignity is being challenged in the bioethical world. "This is a concern to me as chair of Susquehanna Health's

Ethics Committee. The very idea of intrinsic human dignity and worth is considered by some to be a superstitious holdover from religious days of yore. However, those of us involved in the care of patients in The Gatehouse know that there IS worth and dignity in each person we care for regardless of their illness, disability or status. At The Gatehouse the concept of human dignity, appreciating the beauty and deep worth of each individual, is very much alive."



Rising like prayers to the heavens, messages to loved ones were written on balloons and released during the 5th anniversary celebration.





From left to right: Dr. Alex Nesbitt, Medical Director of Susquehanna Health Home Care & Hospice; Ann Packer, Hospice Manager; and Ron Reynolds, President of Divine Providence Hospital, commemorate the fifth anniversary of compassionate care at The Gatehouse.

The Gatehouse supports human dignity by providing a place where physical suffering can be minimized and focus is kept on comfort and care. Family and friends can spend time with the patient without the stress of managing care. There is also someone to provide emotional and spiritual support for the dying and for the bereaved. While the work can be difficult, Dr. Nesbitt says there are many rewards and lessons.

He says he has observed that love for a family member or friend is a

core commonality that draws people together when that person has a terminal illness or is in a time of suffering and hardship.

"Those deep bonds are very central to who we are as people. We form communities based on that commonality. When we walk into a room at The Gatehouse we become part of a group connected by their love for the patient," says Dr. Nesbitt.

"Even when a patient is alone and has no one with them to go through

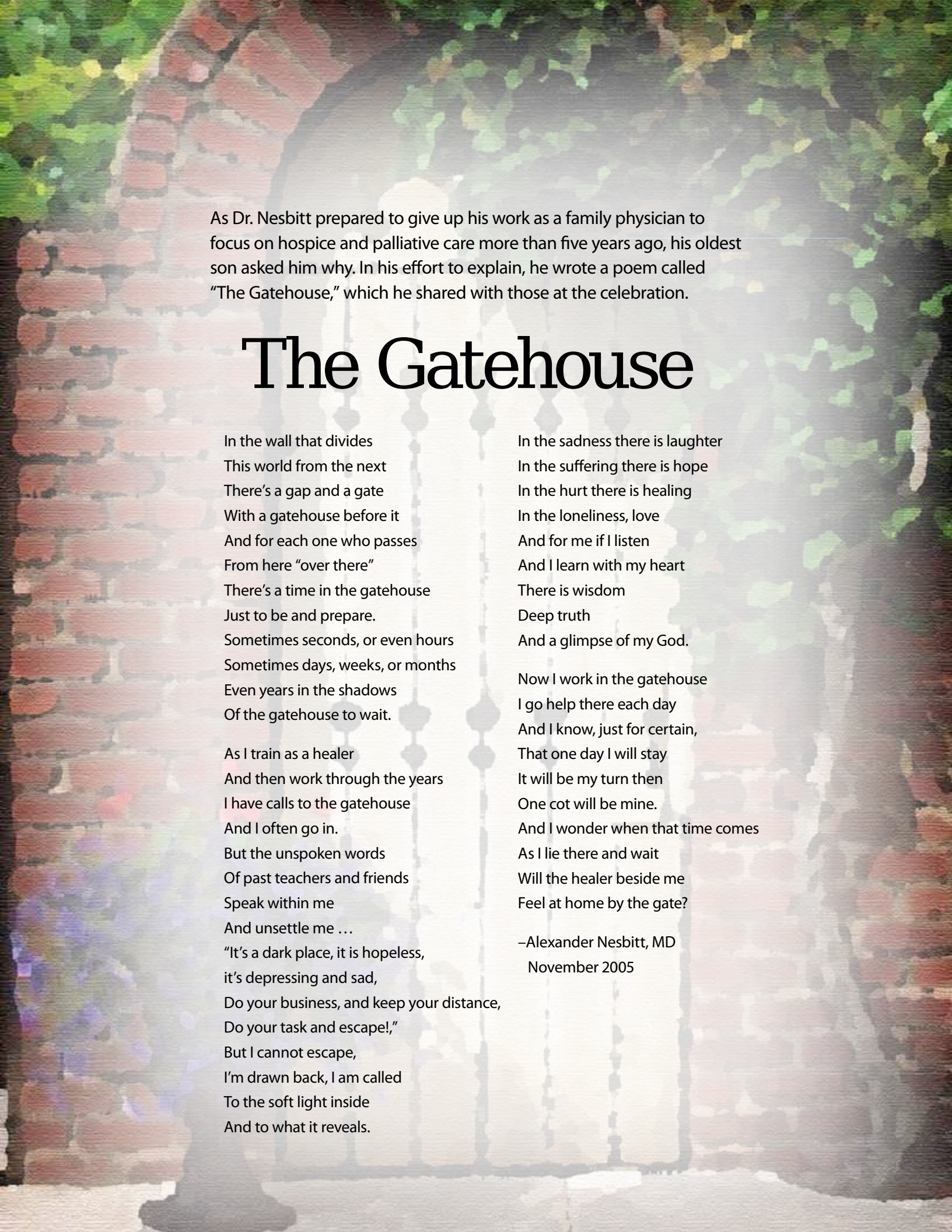
this difficult time, we as the staff and volunteers of The Gatehouse can be there with them as their 'community of care.' Beyond that, The Gatehouse is a focus for our community. So many people from the Williamsport area help by volunteering, making quilts and blankets or other donations to create a bond of love and support for our patients."

The Gatehouse Singers, who also participated in the anniversary service, are an example of that community focus. The group of 47 community members, including physicians, nurses, social workers, retirees and others, is devoted to singing for the dying. Their songs comfort, connect and even create memories for family members and patients, adding to a sense of community and support.

## Congratulations to the Palliative Care Team!

The Susquehanna Health Palliative Care Team's score was one of the highest in the nation. The research staff at DAI Palliative Care Group compiled a Hospital Palliative Performance Profile using data of palliative outcome measures drawn from the Dartmouth Medical Atlas. There are seven palliative outcome measures used to develop the Performance Profiles – **Susquehanna Health scored better than the state and national averages in six of seven measures.** For one measure, hospital days per decedent during the last six months of life, Susquehanna Health's experience was nearly 40 percent better than the national rate.

Palliative care helps manage a patient's physical pain and symptoms as well as the social, spiritual and emotional challenges facing patients with a life-limiting disease.



As Dr. Nesbitt prepared to give up his work as a family physician to focus on hospice and palliative care more than five years ago, his oldest son asked him why. In his effort to explain, he wrote a poem called "The Gatehouse," which he shared with those at the celebration.

# The Gatehouse

In the wall that divides  
This world from the next  
There's a gap and a gate  
With a gatehouse before it  
And for each one who passes  
From here "over there"  
There's a time in the gatehouse  
Just to be and prepare.  
Sometimes seconds, or even hours  
Sometimes days, weeks, or months  
Even years in the shadows  
Of the gatehouse to wait.

As I train as a healer  
And then work through the years  
I have calls to the gatehouse  
And I often go in.  
But the unspoken words  
Of past teachers and friends  
Speak within me  
And unsettle me ...  
"It's a dark place, it is hopeless,  
it's depressing and sad,  
Do your business, and keep your distance,  
Do your task and escape!,"  
But I cannot escape,  
I'm drawn back, I am called  
To the soft light inside  
And to what it reveals.

In the sadness there is laughter  
In the suffering there is hope  
In the hurt there is healing  
In the loneliness, love  
And for me if I listen  
And I learn with my heart  
There is wisdom  
Deep truth  
And a glimpse of my God.

Now I work in the gatehouse  
I go help there each day  
And I know, just for certain,  
That one day I will stay  
It will be my turn then  
One cot will be mine.  
And I wonder when that time comes  
As I lie there and wait  
Will the healer beside me  
Feel at home by the gate?

—Alexander Nesbitt, MD  
November 2005

## LEGACY SOCIETY

The Legacy Society honors those who have included Susquehanna Health in their estate plans by making one of the following gifts: bequest in a will, gift through life insurance, charitable gift annuity, or gift through retirement assets or charitable remainder trust(s).

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The Tree of Life Club is the employee giving club and has raised an additional \$500,000 through its second campaign. Listed below are all new TLC donors from **May 1 to August 31, 2011.**



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## Muncy Valley Hospital's Annual Golf Invitational Raises Funds for Facility Renovations



Following a two-week delay due to area flooding, Muncy Valley Hospital held its 26th Annual Invitational Golf Tournament at Wynding Brook Golf Course in Milton Friday, September 23.

One hundred and twelve golfers (28 foursomes) enjoyed a typical autumn day with cool temperatures and afternoon showers on the links at this year's tournament.

The 2011 event raised more than \$24,500 in support of Muncy Valley Hospital's most recent renovation and expansion project.

The project provides a comprehensive therapy gym for physical rehabilitation and an up-to-date speech therapy area for the Skilled Nursing residents and patients at Muncy Valley Hospital.

Championship winners were Ken Fry, Keith Danner, Brian Toseki and Rick Kondon. First Flight winners were Jerry Mahonski, Greg Klecan, Greg Adams and Gabe Stallions. Second Flight winners were Gary Chalachan, Glenn Mechling, Jim Goodspeed and Derek Goodspeed. Third Flight winners were Brian Marsh, Julie Raup, Dan Neagu and Steve Foust.

Major sponsors included tournament host Muncy Valley Hospital Medical Staff. Muncy Bank & Trust Company and Young Industries, Inc., acted as dinner hosts, and Murray Motors was the Hole-In-One Sponsor. Flag sponsors were ARAMARK Healthcare, Centre Concrete, Data Papers, Inc., EmCare, Koppers, Inc., Lindsay & Hager, PC, Lycoming Mall, ParenteBeard LLC, PRIMUS Technologies Corporation, Provident Energy Consulting, TABBS, U & U Modular Homes and Wolyniec Construction, Inc.

The Golf Committee is chaired by Dean L. Barto. Committee members and volunteers were Sharon Adams, Rhonda Adams-Freezer, Cheryl Chapman, Troy Detweiler, Sherry Smith Gray, Colleen Gronski, Myra Hartman, Steve Kelchner, Lauren Sevier, Sherry Watts, Barry and Cyndy Whipple and Bobbi Woolcock.

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“It’s good to be  
able to rely on  
one another.”

Theresa Tarquinio

## After 30 years as a pharmacist, **Theresa Tarquinio**, of Muncy, wanted more.

When her child had cancer 10 years earlier, she learned there's a need for medical providers who listen.

So in 1998, when her children left home for college, she applied to Lock Haven University and was accepted into its physician assistant program. Her biggest challenge was convincing her interviewers at the school that she really wanted a profession that paid less than her job as a pharmacist.

After two years of year-round study, and with great patience and support from her husband, Theresa earned her master's of health sciences and a physician assistant degree while helping to keep the books at her husband's pharmacy. She went to work at a practice in Mifflinburg hoping to distance herself a little from her hometown. As she gained confidence, she came to Williamsport to work with her longtime friend, **Dr. Rosemary Wiegand**, who had also made a career change by going to medical school after working as a lab technologist.

"We inspired each other (through school), and we were both inspired by my daughter," says Theresa.

In her spare time, Theresa enjoys gardening, reading, taking care of her grandchildren and her dog, but working with her friend of 30 years is also very rewarding.

"We can read each other's minds. We know each other so well and help each other. We've always had mutual respect for one another and have such great open communication," says Theresa. "It's good to be able to rely on one another."

The other reward is finally being able to provide direct, hands-on care, using her knowledge and making decisions to make a difference in the lives of her patients. It's a tradition in her family—her father was a dentist for 30 years and now her sister and brother-in-law are dentists, too.

*"I come from a family of local healthcare providers, and taking care of people is very rewarding. I just love what I do all day long," says Theresa.*

*Pictured left to right: Theresa Tarquinio, physician assistant, and Dr. Rosemary Wiegand*

## What's an Advanced Practice Professional?

You might have noticed that some of the providers in the Susquehanna Health Medical Group network are physician assistants and nurse practitioners.

These are advanced practice professionals who have advanced medical training. They are helping to fill the gap created by a growing physician shortage in the United States.

"With healthcare reform, we are faced with the challenge of serving more patients with fewer physicians, and it is only going to become more difficult," says Dr. William McCauley, President, Susquehanna Health Medical Group. "The American Association of Medical Colleges predicts a shortfall of 91,500 physicians by 2020 and 130,600 by 2025. Our advanced practice professionals serve as physician extenders and provide enhanced access to timely, high-quality medical care."

Advanced practice professionals can do many of the things that physicians do, but they work under the supervision of a physician. Physician assistants are formally trained to provide diagnostic, therapeutic and preventive healthcare services, as delegated by a physician. Working as members of a healthcare team, they take medical histories, examine and treat patients, order and interpret laboratory tests and X-rays, and make diagnoses. They must have a college degree, preferably some health-related experience, and approximately two years of specialized training before taking a national exam for licensing.

The nurse practitioner is a high-level nursing professional licensed to diagnose and treat acute and chronic conditions, prescribe medication, order and interpret X-rays and other diagnostic procedures, counsel patients and manage patients' overall care. Nurse practitioners must be a registered nurse, have a master's degree or doctorate in a specialized nursing field and pass advanced practice nursing licensure testing.

At many of the Susquehanna Health Medical Group practices, physician assistants and nurse practitioners have their own panel of patients they see regularly. In the hospital, physician assistants often work in specialty areas making rounds to check on patients, remove sutures and provide post-surgical care with follow-up provided by the physician.

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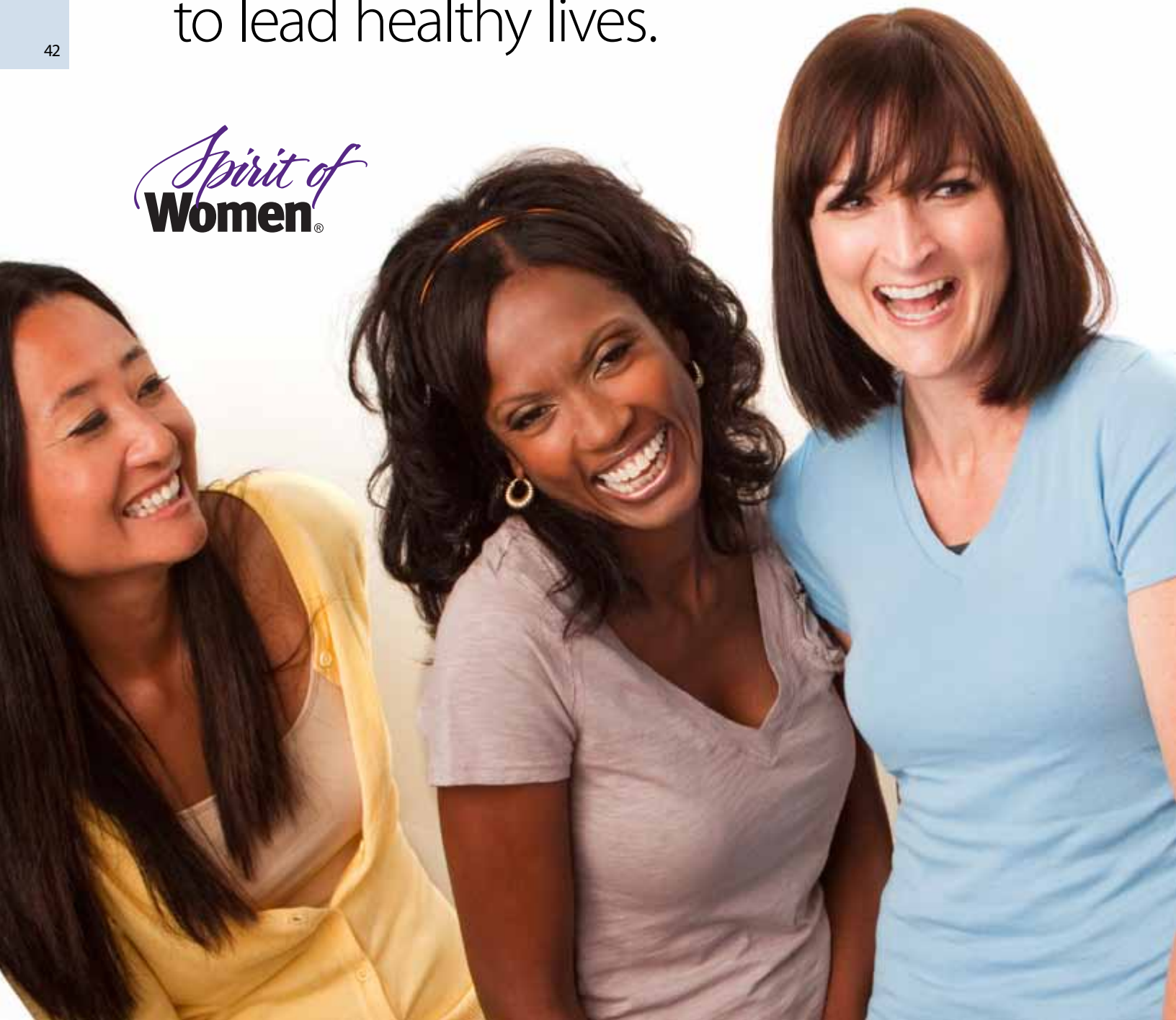
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# *Journey*to Wellness

New program empowers women  
to lead healthy lives.

*Spirit of*  
**Women®**



# Spirit of Women

is a national movement connecting leading hospitals and healthcare systems across the United States who are dedicated to advancing the cause of women's health. Emphasis is on total well-being: body, mind and spirit and how they impact all aspects of a woman's life, including family, health and work.

Spirit of Women addresses the unique health needs of women throughout all stages of their lives through an array of educational programs, fun and informative community wellness events, a membership program, educational materials and other outreach activities.

## The Benefits of Membership

**Women ages 20s through 80s and beyond are eligible to join the Spirit of Women.**

*As a member you will enjoy a variety of benefits, including:*

- Free or discounted admissions to Spirit of Women sponsored events and health screenings
- Invitations to members-only special events
- Membership loyalty card that gives you access to special offers from a variety of local businesses
- Free Susquehanna Health magazine



**Sign up today by visiting  
[SusquehannaWomen.org](http://SusquehannaWomen.org)  
or by calling (888) 720-8461.**

Scan the QR code for more  
information

## Attention Businesses!

Susquehanna Health's Spirit of Women program also provides an exciting new opportunity for businesses in our community to become Rewards Partners. Members receive a loyalty card to identify themselves when they visit Rewards Partners.

## Supporting Women in Our Region

Through research, Susquehanna Health has learned that women in the region want easy access to more health information, and Spirit of Women is one way to deliver. This free membership program aims to support women as they navigate today's complex offering of health information and services. The program makes it easier for women to stay educated about their personal wellness and have easier access to care they need to be healthy for a lifetime.

Spirit of Women events such as the recent Girls' Night Out and the upcoming Day of Dance are filled with "health edutainment" to present health information in a fun and memorable way. There is also monthly programming driven by a community advisory council composed of women volunteers of all ages from the area.



*"Spirit of Women is a program that's fun and convenient and encourages a healthy lifestyle. I think it's a great resource to help women be proactive with their health."*

**Dr. Susan Branton**, Susquehanna Health's Kathryn Candor Lundy Breast Health Center

Susquehanna Health's Spirit of Women membership program kicked off in October with Spirit Girls' Night Out at the Holiday Inn in Downtown Williamsport. More than 300 area women attended this exciting event featuring delectable snacks, wine, prizes, health screenings and plenty of educational entertainment.

The event offered a presentation by Dr. Timothy Pagana on breast health. Also, area Spirit of Women Rewards Partners were on hand to provide exclusive shopping opportunities at the fun health education event.



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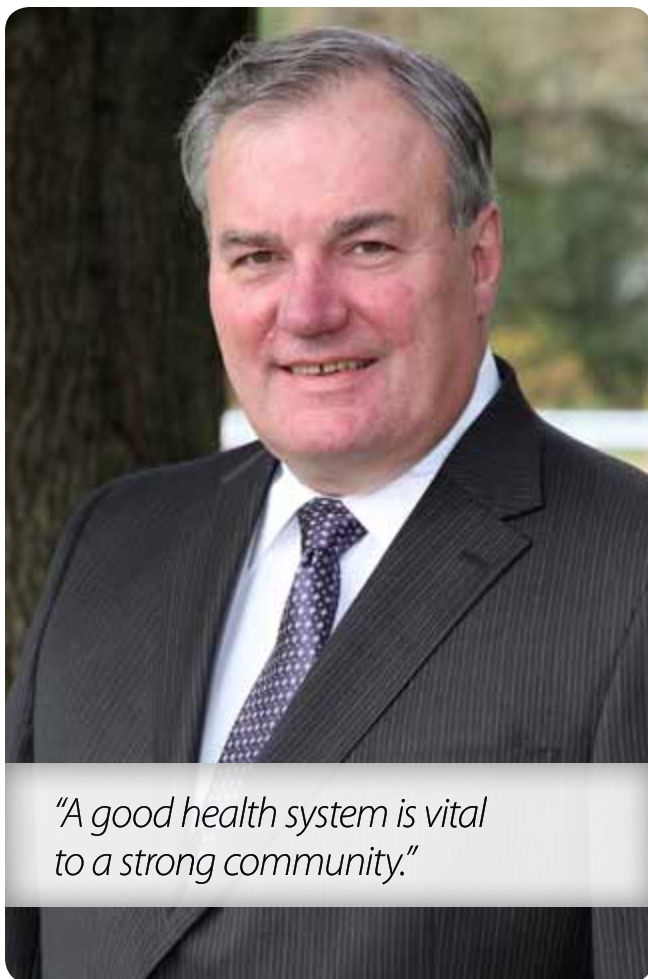
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*"A good health system is vital  
to a strong community."*

## *A warm welcome*

to **Tom O'Connell** who joins the Foundation Office in a new position – Director of Major and Planned Gifts. Tom works with Signature, Cornerstone and Legacy Society members to assist with planning financial gifts to Susquehanna Health.

With more than 30 years experience working with area financial institutions as a trust officer and financial planner, Mr. O'Connell brings a wealth of financial and tax knowledge to his role and looks forward to meeting with potential donors to help them make the most of their contributions.

If Tom's name seems familiar, it's because after moving to the Williamsport area in the early 1980s with his wife, Gloria, and two daughters, Tom immersed himself in the community as a volunteer. He is the Chair of the Funds Distribution Committee for the Lycoming County United Way, on the boards of the Williamsport Symphony Orchestra and Community Arts Center and recently chaired the Planned Giving Committee for Susquehanna Health's Project 2012.

"A good health system is vital to a strong community. Updated facilities and technology attract physicians and other healthcare providers and can potentially draw new businesses to our area to strengthen our economy and quality of life," says Tom.

As Director of Major and Planned Gifts, Tom will work on behalf of Susquehanna Health and its donors to build on the momentum of Project 2012. He is pleased to be part of an organization that will help the entire community meet the challenges and opportunities ahead.