

foundation focus

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Excellent Healthcare

For Our Community Now & in the Future

Whether it's an emergency, routine exam, surgery or long-term illness, when members of our community turn to Susquehanna Health for medical care, nothing less than excellent care will do. Excellent care, however, is not enough. Healthcare must be readily accessible and provided at the lowest possible cost. This is known as the "triple aim" in healthcare. It is described by our President, Steve Johnson, as "safely providing high-quality healthcare with Ritz Carlton hospitality at Walmart prices with Amazon's convenience." This is what healthcare consumers desire, insurance companies demand and governmental policies dictate.

The triple aim is not a goal but rather a continuing commitment to constantly improve quality, cost and access to healthcare. It is a commitment to a patient-centered culture and to being the best at getting better. This commitment has never been more important than now, a time of fundamental change in the delivery of healthcare, as we must adapt to a population health model of care, shrinking government reimbursements, rising technology costs, predicted shortages of healthcare providers and an aging population, just to name a few.

As a member of the Board of Directors of Susquehanna Health since 1994 and the current chairman, I know that Susquehanna Health has been preparing for this challenge for some time. Thanks to excellent leadership from President Steve Johnson, Susquehanna Health's Board of Directors and management are adept at studying, anticipating and preparing for the future while remaining focused on the community's current needs, even as change in healthcare is occurring with a tsunami force.

By design, our leadership has positioned Susquehanna Health to succeed in this time of transformation. Our health system has invested in state-of-the-art facilities and technology, recruited and retained highly qualified healthcare providers, embraced a patient-centered culture and remained in good financial health. It

is constantly evaluating delivery models, including collaborations and affiliations with other healthcare providers, to bring state-of-the-art healthcare innovations to our community and capture cost-saving efficiencies. Experience, however, has taught us that we are never finished. We must constantly monitor changes in government regulations and reimbursement, and trends in the utilization of healthcare, to position Susquehanna Health to manage, and not be managed by, future changes.

Susquehanna Health has achieved its goals through the contributions and support of many people throughout our community, from our highly competent and dedicated healthcare providers and service partners to more than 750 volunteers who assist in the delivery of care and the individuals and businesses that have given more than \$35.5 million in the last 10 years to support critical healthcare projects. For all of this, we are grateful.

As we consider the possibility of other alliances and affiliations, it's worth noting that working hand-in-hand with our community over the years is Susquehanna Health's most valued partnership. We thank the individuals and businesses that made it possible to move from planning for to thriving in this moment, and we ask for your continued generosity and support for all those moments in the future.

Sincerely,



Ann S. Pepperman

Chairman, Board of Directors, Susquehanna Health

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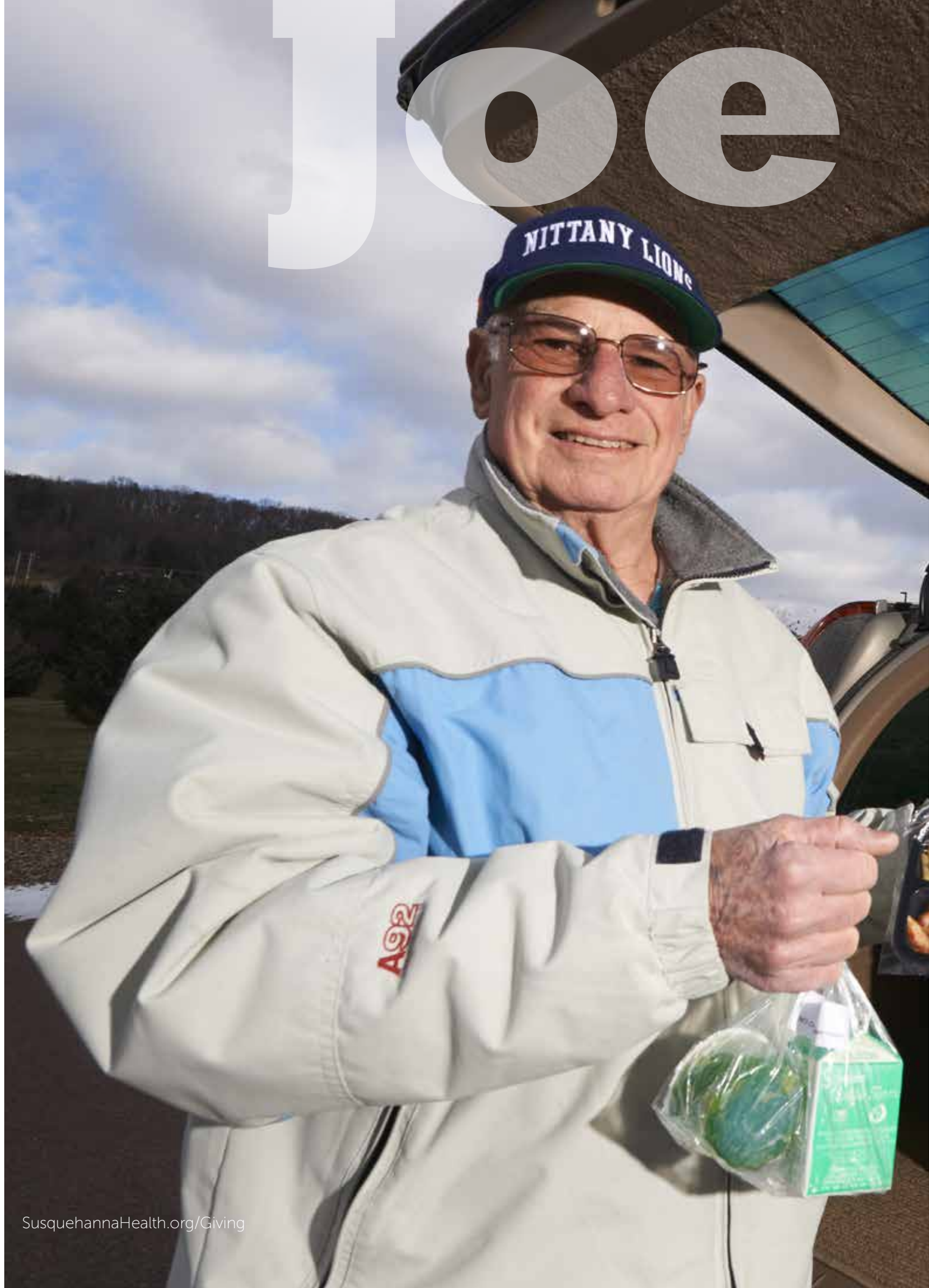
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Joe



Hunt

Active Volunteer is Back in Service Thanks to Hip Replacement Surgery

New Technique Enables Joe Hunt to Return More Quickly to Delivering Meals and Tending His Garden

Since concluding a rewarding career as an engineer with GTE Sylvania Electric 23 years ago, **Joe Hunt** has remained incredibly active, volunteering with several community programs and pursuing his hobbies, including walking and gardening. When mobility issues started to slow him down,

Joe turned to Susquehanna Health Bone & Joint Institute to help restore the spring in his step.





“There’s longevity in my family. My mom lived to be 98, and my grandfather to 92, so I was thinking about my lifestyle over the long run. I’m a person who needs to stay active, so stopping everything because of the pain wasn’t an option.”

— Joe Hunt



Joe with Meals on Wheels recipient Kathryn Eck

Joe is having a great day when he’s on his feet and serving others. The 80-year-old Montoursville resident and his wife, Lois, enjoy long, brisk walks each day and volunteer with several community organizations. A favorite is Meals on Wheels, with which Joe has been involved since Lois recruited him and his SUV on a snowy day shortly after his retirement in 1993.

As Joe delivers food to recipients, he takes time to visit with them—knowing that, on some days, he might be the only person they talk to and the only reason they have food to eat. “I like interacting with people, and I can see that, sometimes, they’re pretty lonely,” Joe says. “It’s nice brightening someone’s day.”

Joe also plants, tends and harvests a garden that’s about the size of a basketball court. Together with his neighbor, he grows enough tomatoes, peppers, corn and other vegetables to share with family and friends, with plenty left over for Joe to freeze or can for the winter.



About 10 years ago, hip pain due to arthritis began interfering with Joe’s lifestyle. Medication helped for a time, but, by early 2012, Joe was losing ground. While taking his daily 1.5 mile walks with Lois, during which he previously had pushed the pace, he found himself struggling to keep up. He also had to limit his activity in the garden and stop to rest even while walking his daughter’s aging dog, Foster. Getting in and out of his car to deliver meals had become too painful, and Joe was frustrated to see his ability to participate in volunteer activities dwindling.

“There’s longevity in my family. My mom lived to be 98, and my grandfather to 92, so I was thinking about my lifestyle over the long run,” Joe says. “I’m a person who needs to stay active, so stopping everything because of the pain wasn’t an option.”

“My goal was always to get back to the lifestyle I had before the pain, and that’s pretty much where I am. I may have just turned 80, but I feel just like I did when I was 65.”

— Joe Hunt

Joe’s daughter, **Chris Hunt**, manager of surgical services at Susquehanna Health’s Divine Providence Hospital, urged him to see an orthopedic surgeon. With his daughter’s help, Joe chose **Dr. Mark Rackish** of Susquehanna Health Orthopedics.

Through imaging, Dr. Rackish showed Joe his deteriorating hip joints and recommended replacing both.

“Hip replacement is one of the most satisfying in terms of patients getting back to the function they had before their problems began,” says Dr. Rackish, who presented Joe with the option of an anterior surgical approach.

Surgeons at Susquehanna Health use the anterior approach in more than 90 percent of first hip replacement cases. Specialized equipment called a Hana® table allows access to replace hip joints from the front rather than the more traditional posterior approach. Without the need to cut through muscle and other tissue, the procedure is less invasive, promotes faster healing and typically makes the early phase of recovery less painful. As an added benefit, imaging during the procedure allows the surgeon to fit the joint precisely.

Following surgery, patients don’t need restrictive devices or have to avoid certain positions as they would immediately following hip replacements taking the posterior approach.

“While both the posterior and anterior approaches are excellent options with good long-term results, our patients are very happy with the short- and mid-term benefits of the anterior approach,” explains Dr. Rackish. “The availability

of that option is a direct result of Susquehanna Health’s significant capital investment in equipment and training, and it ties in well to the Joint Center’s goals.”

Joe liked the sound of a fast recovery. Following his left hip replacement in April 2012, Joe was one of the first patients in the newly opened Joint Center at Williamsport Regional Medical Center. Within a day of his surgery, physical and occupational therapists helped Joe use the therapy gym’s mock car, stairs and shower to practice important skills. A few days

later, he was able to go home using a walker. Within a week, Joe was able to get around needing only a cane for support.

The short-term advantages of the anterior approach were evident when, just one month after his surgery, Joe climbed to the top section of Penn State University’s Bryce Jordan Arena while attending his granddaughter’s graduation.

Following this successful experience, Dr. Rackish replaced Joe’s right hip in July 2012 with similar results.

Four years later, Joe doesn’t miss a step, whether it’s delivering meals, walking with Lois or harvesting vegetables from his garden. He credits his hip replacements with allowing him to regain his youthful pace.

“My goal was always to get back to the lifestyle I had before the pain, and that’s pretty much where I am,” Joe says. “I may have just turned 80, but I feel just like I did when I was 65.”

Benefits of Anterior Approach to Hip Surgery

- Faster recovery time
- Less discomfort during recovery
- Fewer restrictions during recovery
- One relatively small incision may result in reduced scarring





not your average

Joe

A Safer Way to Dispose of Unused & Expired Medications

Medication-Return Boxes Now Available at Susquehanna Health Retail Pharmacies

You now can safely dispose of any unused or no-longer-needed medications at newly installed medication-return boxes, available at both retail pharmacies located on Susquehanna Health campuses. You can deposit medications in the boxes at any time.

Susquehanna Health Pharmacy

Williamsport Regional Medical Center
740 High Street, Suite 1001
Williamsport, PA 17701

Health Services Pharmacy

Divine Providence Hospital
1201 Grampian Boulevard
Williamsport, PA 17701

Why is it important to ensure safe disposal of unused and no-longer-needed medications, especially narcotics?

Abuse—According to the U. S. Food and Drug Administration (FDA), in 2007, 5.2 million Americans ages 12 years and older reported using prescription pain relievers for non-medical use, resulting in injuries or death from attempts at self-harm. Dave Slavin, PhD, Director of the FDA's Safe Use Initiative (2011), says that "about 55 percent of people who misuse or abuse prescription drugs get them from family and friends."

Accidental ingestion—According to the FDA (2015), "prescription medications such as powerful narcotic pain relievers and other controlled substances can unintentionally and accidentally be ingested by children and pets. This can cause overdosing and in some cases death." Unfortunately, this occurs mostly at home.

Environmental concerns—When people choose to dispose of medications by flushing them down the toilet instead of using safe disposal sites or programs, trace levels of drug residues have been found in surface water, such as rivers and lakes, and in some community drinking water supplies.

Resource: U. S. Food and Drug Administration. (2015).

Disposal of Unused Medicines: What you should know. Retrieved from www.fda.gov.

The Donor REPORT

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

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Signature Gifts recognizes individuals and organizations who made a commitment to Susquehanna Health Foundation with a contribution of \$100,000 or greater. Donors are listed through December 31, 2015.

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spotlight

Janet and Edward “Ted”

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Carol Williams
et

Owlett THEIR LEGACY LIVES ON

When several generations of a family live in a community, the community becomes like family. That's how **Janet** and **Edward "Ted" Owlett** viewed the town of Wellsboro, the place where they were born, lived and worked. Their love of community inspired them to make a final gift as part of their estate to benefit everyone—friends, neighbors, their church family, business associates and future residents as well as their own children, grandchildren and generations to come. That gift was a Signature contribution to Susquehanna Health Foundation that is being used to support high-quality healthcare at Soldiers + Sailors Memorial Hospital (SSMH).

Ted and Janet completed their educations outside of the area. Ted, a U. S. Navy veteran who served in World War II, graduated from Princeton University with an A. B. in economics and earned his law degree from the University of Michigan. Janet graduated from the National Cathedral School and studied music at the Cincinnati Conservatory of Music and the University of Michigan.

After returning to the area, Janet sang in the choir at the First Presbyterian Church of Wellsboro, where she and Ted were active members. She also participated in Wednesday Morning Musicals as well as the Friday Club, Wellsboro Foundation and Friends of the Green Free Library.

Ted followed in his father's footsteps, becoming an attorney and businessman while serving his community as a volunteer board member for a number of businesses and charitable organizations, including SSMH and its affiliate skilled nursing and rehabilitation facility, The Green Home.

Even after retirement, Ted remained interested in how changes in insurance and healthcare were affecting the fiscal health of his hometown hospital. Ted viewed SSMH as an economic engine in the community. He knew that a vibrant hospital was essential to businesses hoping to attract new employees and also to provide care for the retirees who were drawn to the area. Many area residents benefit from SSMH's updated Emergency Department as well as from the loving care received at The Laurels and The Green Home, where Ted and Janet lived during their later years.

Ted and Janet recognized that SSMH would need to continue its timely upgrades and expansions indefinitely just to keep pace with the increasing demand for services and continually changing healthcare practices. Their contribution supports those endeavors, assuring that others can enjoy the convenience of receiving high-quality healthcare in the community they called home.

Photo by Caleb Williams, Heritage Portrait Studio

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The Cornerstone Society recognizes individuals who supported Susquehanna Health Foundation with a contribution of \$10,000–\$99,999. Donors are listed through **December 31, 2015.**

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#GIVINGTUESDAY™

More than \$51,000 Raised on #GivingTuesday

On December 1, 2015, for the second consecutive year, Susquehanna Health Foundation participated in the national giving movement known as #GivingTuesday.

The Foundation is proud to announce that 141 donors contributed \$51,610 in just 24 hours during the event, which is held annually in proximity to the Thanksgiving holiday and the kickoff of the holiday shopping season.

We would like to thank all who participated in this collaborative fundraising effort on behalf of the Foundation, including matching-gift sponsors Hudock Capital Group, LLC, and an anonymous donor, as well as media and in-kind sponsors

Zac Baggett, Bayard Printing Group, iHeartMedia, Lamar Advertising and MoJo Active, for helping make the day a success.

The Foundation would also like to extend special thanks to local cancer survivor Jessica McDermott for taking time to share her story live during #GivingTuesday on the Gary Chrisman morning show on 102.7 KISS FM.

#GivingTuesday was founded in 2012 to inspire people to take collaborative action toward improving their communities by giving back in smarter ways to charities and other causes. Taking place the Tuesday after Thanksgiving, the event harnesses the power of social media to create a national movement of giving in the way Black Friday and Cyber Monday have become days dedicated to holiday shopping.

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Business & Industry Gifts recognizes businesses that supported Susquehanna Health Foundation with a contribution of \$5,000 or greater. Donors are listed through **December 31, 2015**.

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Dr. and Mrs. Anthony M. Nespola

Dr. and Mrs. Harshad Patel

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Dr. René and Diana Rigal

Dr. and Mrs. Warren L. Robinson

Dr. Phyllis Scott

Keith and Pam Shenberger

In Memory of Ann L. Shenberger
In Memory of Lynn A. Overdorff Jr.

Dr. and Mrs. F. Ardell Thomas

Dr. and Mrs. Stephen Weber

\$2,500–\$9,999

Anonymous (6)

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Dr. and Mrs. David N. Ambrose

Dr. Elizabeth and Eric Anderson

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Karen and Michael Belenko

Drs. David and Susan Borys

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Eddie O. Rodriguez-Lopez, MD

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Dr. Robit Singh

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Bernard and Sarah Steinbacher

In Memory of Karen E. Steinbacher

Dr. Allan K. Stryker

Dr. Lawrence and Nancy Tomack

Dr. Peter and Rose Trevouledes

Dr. and Mrs. Thane N. Turner

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Rosemary Wiegand and Brett Homan

Dr. and Mrs. Daniel E. Wolfe

Edward G. Wyshock, MD

Your Contributions at Work

Donations Empower

Nurse-Family Partnership is empowering and transforming lives in Lycoming County, not only today and tomorrow but for generations to come. Nurse-Family Partnership is a program dedicated to helping first-time, low-income mothers succeed. This evidence-based home visiting program is backed by more than 30 years of research that proves families who participate in Nurse-Family Partnership have less chance of drug and alcohol abuse, better employment for mothers and better performance in school by the children. So, although this is a story of compassion and caring, the program also is scientifically sound.





Young Mothers

Your Contributions at Work

20



Nurse-Family Partnership at Susquehanna Health comprises six nurses with more than 107 years of combined nursing experience who have dedicated their careers to families in need in our community. These nurses conduct home visits with mothers on a regular basis, from early in their pregnancies until their children are two years old. The nurses provide education, support, coaching, mentoring and case coordination to give new mothers the tools they need to have healthy pregnancies and babies, and to be the best parents for their children.

Juliann Gombosi, RN, Manager of Nurse-Family Partnership/Maternal Child Home Care Services, says it all begins with developing a trusting relationship.

“Our nurses meet mothers where they are, in their home, but also in their circumstance,” Juliann says. “In order to make an impact, we need to be able to have open, sometimes tough, conversations surrounding their relationships, mental health and providing for a family. How can you talk to someone about such intimate issues without establishing a trusting relationship? You can’t.”

All nurses begin by establishing that trusting relationship, then they address individual needs and circumstances.

“Every mother has a different life situation and a different set of values, so we have to be respectful of each client’s desires and goals,” says **Jocelyn Confair**, RN. “We educate, support and try

to help all of our mothers to define life goals, but for each of them that looks a little different.”

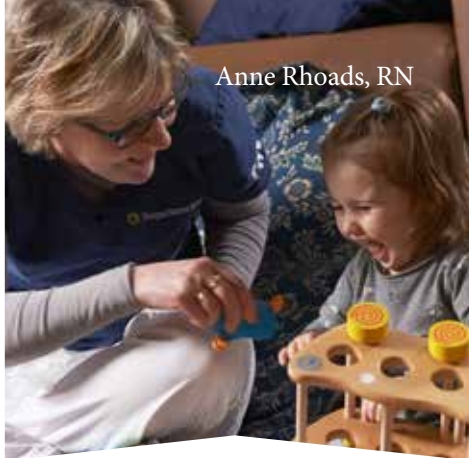
While helping these mothers is an essential part of the program, there is more. The education and resources the nurses provide have an effect on parenting, and often the mother’s relationship with the baby’s father. Evidence shows that Nurse-Family Partnership is breaking the cycle of low wages, welfare or worse by intervening with education, resources and inspiration for success. This intervention enables and empowers a mother to achieve more than the generation before her, and that achievement continues with her child.

Jernae D. and Tierney C. are two of the women whose lives have been impacted by Nurse-Family Partnership. Tierney is 23 years old and currently is enrolled in the program. Jernae, a graduate of the program, was just 15 years old when she learned she was pregnant and enrolled in the program. While their situations are different, there are a few common threads. Both women came from low-income, single-parent families, and both share similar feelings about the program. Jernae credits **Cindy Keiss, RN**, with her success in the years after she graduated from the program. Cindy has been a nurse with the Nurse-Family Partnership since it began in Lycoming County in 2001.

“Without Cindy, I wouldn’t have had the tools to succeed the way that I did. She was the only positive role model in my life, and she helped me realize that there is more to life — more to accomplish,” Jernae says.

While Tierney, whose daughter, Mya, is 21 months old, is still a part of the Nurse-Family Partnership, she has similar feelings toward the effect her nurse, **Anne Rhoads**, and the program have already had on her.

“I feel so lucky to have her here, dedicated to teaching me how to be a good mom,” Tierney says. “Anne helped me get a



Anne Rhoads, RN

better job, educates me on things babies do that I didn’t know and encourages me to keep going, reminding me that I’m Mya’s advocate.”

Teaching mothers to become advocates for their children is another key part of the program. Nurse-Family Partnership recognizes and promotes the importance of frequent assessments and screenings to better equip parents with knowledge and tools to foster their child’s learning and promote healthy development.

“We educate, support, and try to help all of our mothers to define life goals, but for each of them that looks a little different.”

—Jocelyn Confair, RN

According to The Center for High Impact Philanthropy at The University of Pennsylvania, the overwhelming majority of connections between brain cells are formed in early childhood and are strongly influenced by children’s relationships with their parents and caregivers and also their environment. If a child is exposed to an environment with little interaction with adults, and where fighting, violence and/or stress are present, his/her brain development suffers dramatically. Unfortunately, a child doesn’t get a second chance at brain

What does the societal impact look like? Three decades of research into the impact of Nurse-Family Partnership has shown the following outcomes:

48%
reduction in child abuse and neglect

56%
reduction in emergency room visits for accidents and poisonings

59%
reduction in arrests of children at age 15

67%
reduction in behavioral and intellectual problems in children at age 6

72%
fewer convictions of mothers when children are age 15

Your Contributions at Work



The impact of Nurse-Family Partnership has the potential to extend up to seven generations for every woman who completes the program.

development. With one in four U. S. children living in poverty, which usually creates a stressful environment, there is a need and an opportunity for the Nurse-Family Partnership to make a significant impact on lives in Lycoming County, and the program is doing just that.

The education mothers are receiving from their nurses is impacting their lives and, in turn, having a significant impact on their parenting skills and their children's brain development. This leads to positive changes in the children's behavior as they grow up. However, the education involved in this program is not just the nurses educating the mothers.

The learning goes both ways, and the value of this program is undeniable to both the mothers and the nurses.

"Working with young mothers is humbling," Anne says. "Some have barely two pennies to rub together, but they are survivors. I often wonder if I'd do as well if I were in their shoes."

Nurse-Family Partnership is a grant-based program, receiving funding from the Pennsylvania Office of Child Development & Early Learning (OCDEL)

and the Pennsylvania Department of Public Welfare. Government funding does not meet the entire financial need of the program; therefore, in-kind and community funding are essential for continued success.

Susquehanna Health provides a significant in-kind investment, and Lycoming County United Way has been a loyal partner in providing necessary funding. Nurse-Family Partnership also has received grants from the Tree House Fund and Pearls with a Passion Fund at the First Community Foundation Partnership of Pennsylvania, Ronald McDonald House Charities of Northeastern Pennsylvania, Weis Corporation and Citizens and Northern Bank. Community support has, and will continue to be, instrumental for Nurse-Family Partnership's success.

Although the near-term benefits of the program showcase its value, it is the long-term impact on generations to come that makes the Nurse-Family Partnership such a unique opportunity for giving. An investment in Nurse-Family Partnership is an opportunity to leave a legacy.

\$11,250

ensures that one of these women will have a nurse as a resource from 28 weeks pregnant until her child is two years old

Lycoming County Nurse-Family Partnership Demographics

- Median Age: 19 years
- Marital Status: 8% Married, 92% Unmarried
- Race: 13% African American, 71% White, 16% Other
- Median Household Income: \$16,000

To qualify for the program, women must meet the following requirements:

- First-time mom
- Income guidelines (WIC eligible or MA Managed Care Insurance)
- Fewer than 28 weeks pregnant

Help Break the Cycle of Poverty

1. Make a gift through the enclosed envelope for Nurse-Family Partnership.
2. Make a gift online at SusquehannaHealth.org/Donate

Wish List

DONATE TO MAKE A WISH COME TRUE.

Susquehanna Health Foundation has asked our patient care managers to share their wish lists—items that operational funding cannot cover this year. The Foundation is asking the community to provide the necessary funds, or a portion of the funds, to purchase the items below.

☐ Valet Services (any amount)

Susquehanna Health

Valet parking initially was started to assist patients and visitors during construction at Divine Providence Hospital and Williamsport Regional Medical Center. Patients and families have requested that Susquehanna Health continue this service. Any donation will help defray the costs and help enable us to continue providing this service.

☐ One HALO Sleep Sack \$7.05

The Birthplace

Safe sleep for babies is essential to prevent Sudden Infant Death Syndrome. Parents and caregivers should follow the ABCs of safe sleep by placing babies Alone, on their Back and in a Crib. The Birthplace, in collaboration with the Lycoming County Coroner's Office and Cribs for Kids, is committed to providing safe sleep education and HALO sleep sacks to all families and babies toward the goal of zero unsafe sleep-related infant deaths in our community. In a sleep sack, a baby is warm, swaddled and does not need any additional covering.

☐ Nurse-Family Partnership \$25

Susquehanna Health

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

☐ 60-Minute Oncology Massage \$50

Susquehanna Health Cancer Center

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

☐ Grief Support for One Child \$55

Heartworks

Heartworks is a free program for children ages 4 to 17 who have experienced the loss of a loved one. This gift will provide services for one child for one session.

☐ Assist Social Services with Helping Those Less Fortunate \$100

Williamsport Regional Medical Center

This program would allow social services and nursing to purchase a variety of items that patients do not have or are unable to obtain. Examples are a discharge prescription that is not covered by insurance, cab fare to return home, clothing to wear home, etc.

.....
If you would like to make a gift to purchase one or more Wish List items, please enclose your check in the magazine's attached envelope, and make a note of which item(s) you wish to fund. You also can make a gift online at SusquehannaHealth.org/Donate by making a note in the comments section.

Our Donors Are Making a Difference

Susquehanna Health provides essential programs and services to the residents of our region, but our work would not be possible without the generous support of friends like you who partner with us. Thank you for helping us to fulfill our mission and expand our vision.

When you give...

You celebrate life **683** individuals were honored through a tribute gift in 2015

You become our partner in healthcare **4,517** individuals, organizations and foundations supported Susquehanna Health in 2015

You leave a legacy **\$443,181** was donated through planned gifts and bequests in 2015

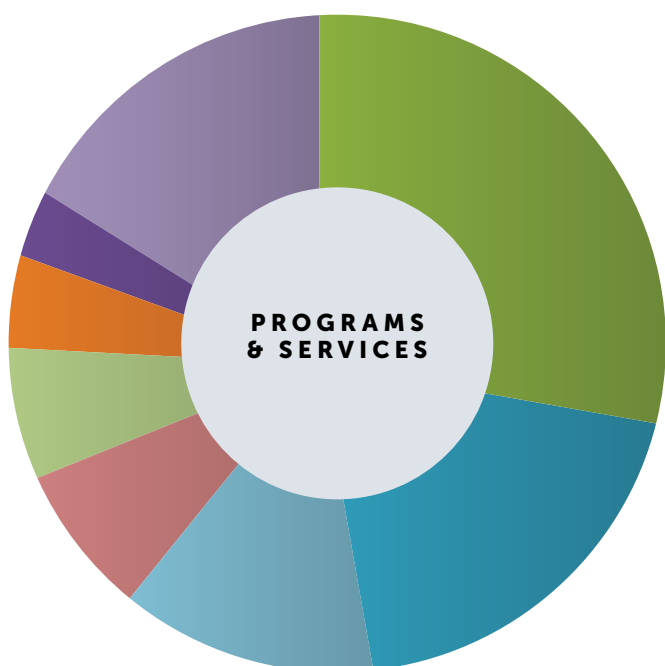


Susquehanna Health Employees and Medical Staff donated **\$513,630** in 2015.

2015 IMPACT REPORT

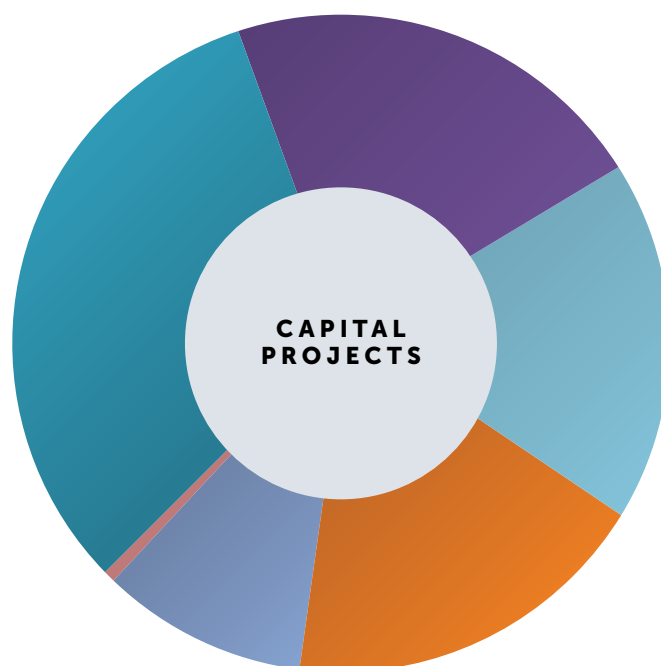
BREAKDOWN

OF CONTRIBUTIONS BY FUNDS



Soldiers + Sailors Memorial Hospital	\$238,389
Cancer Center	\$165,729
Breast Health Center	\$115,211
The Gatehouse	\$68,439
Home Care & Hospice	\$59,506
Muncy Valley Hospital	\$39,691
Scholarships & Awards	\$28,854
Other	\$135,194

\$851,013



Muncy Valley Hospital - Emergency Department	\$855,470
Continuing the Innovation Capital Campaign - Unrestricted	\$587,288
Williamsport Regional Medical Center - Health Innovation Center	\$482,828
Building for the Future Capital Campaign	\$474,300
Divine Providence Hospital - Bone & Joint Institute	\$261,599
Project 2012	\$10,055

\$2,671,540

TOTAL
\$3,522,553

*Represents donations received January 1 to December 31, 2015

KEYSTONE SOCIETY

The Keystone Society lists those who commit to contribute \$250 or more annually to Susquehanna Health Foundation. Listed below are all Keystone Society members through **December 31, 2015.**

Keystone Society Members

\$1,000–\$9,999

Adwave365
David and Rita Alexyn
American Legion Bitner-Bechdel Post #623
American Legion Riders Post #36
Gregory Anna
Helen L. Antrim
The Art Partnership, Inc.
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Ronald Beckman Jr.
BKD, LLP
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Drs. David and Susan Borys
Cathy T. Brendle
Amy Brent
Jeanette Brown and Brown Family & Friends
Joseph and Cheryl Bubacz
Carol Cacchione
William and Christine Carlucci
Nicholas and Carol Catino
George and Janice Cohen
Todd and Melissa Coolidge
Covenant-Central Presbyterian Church
Lois O. Cox
Bruce and Beverly Davis
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FNB Bank
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Richard A. Fry
Matt and Nichole Frye

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Leclerc
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Muncy Inmate Organization
Lee and Abigail Nesbitt

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Ronald and Lisa Reynolds
Annabelle T. and James C. Rogers Jr.
Sean and Cynthia Roman
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Richard and Elizabeth Schluter
Elva M. Schmidt, RN
Schrader Architectural Products - Jack and Cindy Schrader
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St. Luke Lutheran Church
Stantec
Earl W. and Ina G. Tabor Foundation
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Laverne and Janice Tyson
Ultimate Express Car Wash
The Valley Inn & Brewing Co.
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W. R. Sims Agency
Holly Wandell

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Williamsport Bureau of Fire and Police
 Williamsport Firefighters #736
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 Young Industries, Inc.
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 The Central PA Miata Owners Club's Disbanded Members
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 Ned and Marie Clark
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 Anthony Confer and Athina Confer
 Michael Creech
 Mark and Patty Davidson
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Christine DeLory
 Kellie Derryberry
 Carl and Lorraine DiParlo
Robert and Lynn Downing
 Andrew S. Drajem
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Charles and Brenda Edkin
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 Kathleen L. Enigk Estate
 Eric Stashak Photography
 Fairfield Auto Group
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 James and Barbara Fedele
 Jason and Pam Fink
 Robin and Ethan Fink
 Brady Finogle
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 Sam Sawyer
 Timothy E. Schoener
 Andrew and Kathy Schwartz
 Charles and Helen Schwarz
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 Timothy and Sylvia Shumbat
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 Laurie Smead
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 Ats and Betty Lou Welker
Bruce and Gladys Wells
 Connie Welshans
Lauren Wenhold
 Jamie Wieder
 Mrs. Donna Wilson
 Kimberly A. Wilson
 Donald N. Wilver Jr.
 Alex Winner

Alex and Tracie Witter
 Kathy J. Wright
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 Young Men's Republican Club, Inc.
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Carl and Donna Zimmerman

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 Taanasa L. Alfred
 Dana S. Allanson
Donna R. Allen
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 Mary Ann Bellfy
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 Regina Bouse
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 Samantha Diehl
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Thomas DiGiacomo
 Dill Buttons of America, Inc.
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James Drvestep
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 Susan and Charles Duchman
 Linda K. Duda

Dena K. Dunlap
Rebekah Dunning
 Kalee L. Dupert
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 Virginia Eaton
 Samuel Eck
Bob and Linda Eckenrode
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Chelsea Egglar
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The Family of Wilbur M. Emig Jr.
 Alexandria Empson
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 Lynn Englert
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 Nicole English
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 Finger Lakes STPR Motorsports, LLC
Drs. David and Martha Finn
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 Greg and Marilyn Frailey
 Tina Fraley
 Kesha Frantz
 Thomas and Brenda Freeman
Friends, Co-workers and Former Co-workers of Fiserv
 Chanda Fritz
 Mary C. Froelich
Bernadette Fuentes
 Emily Gair
 Marc C. Galin
Carlo Gardner
 Kimberly Gardner
 Jodi Gates
 Thomas and Sarah Gehret
 George J. Hayden Inc. Electric
 Ashley Gerber
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Continued on page 33



New Surgery Center Puts Patients & Families at the



Valet parking, easy access from the lobby elevator and a bright and friendly reception area envelop patients in hospitality as they check into the new Surgery Center at Williamsport Regional Medical Center. The waiting area is prepared for every need—a closet for coats, a locker for valuables, spacious seating and the hospital's conveniently located Tower Café. The space is designed to be a calming environment that puts patients at ease as they're guided to the surgeons and caregivers who await them in the hospital's state-of-the-art surgical suites.



Center of Care



Located on the fourth floor of the Susquehanna Tower at Williamsport Regional Medical Center, the Surgery Center is the place for a variety of surgeries, from hip replacement to heart-valve replacement and outpatient procedures. The space provides additional operating rooms and, more importantly, minimizes stress for patients and families while promoting healing.

“This is best practice for patient-centered care across the nation,” says

Lori Beucler, Susquehanna Health Vice President and Chief Nursing Officer. “We’re very fortunate that, with community support and increased volumes for heart, vascular and orthopedic surgery, we are completing this space—which was included in original plans for the tower—one year ahead of schedule.”

Bringing all surgical care together allows Susquehanna Health to streamline processes and utilize staff, supplies and equipment more efficiently. The new center includes registration, a spacious and comfortable waiting area for visitors and a surgical suite equipped with the latest in imaging and surgical technology, including two catheterization labs, two electrophysiology labs, an additional cardio-thoracic operating room, two general operating rooms and a dedicated robotics operating room.

“Our goal with the Surgery Center design is to provide patient-centered care and improve patient and family satisfaction. By keeping the patients and their loved ones together longer, we reduce anxiety and also have more opportunities for education,” Lori says.

The patient’s loved one remains with him/her until surgery. Then, a nurse takes the patient to a nearby operating room. Knowing that hospital staff can reach them by cellphone if needed, those waiting for patients can visit an on-site Subway restaurant, the hospital’s cafeteria or the gift shop nearby. A private conference area for surgical updates and a concierge service are available for waiting families. For those traveling a long distance, the Hospitality Inn on the Williamsport Regional Medical Center campus offers convenient lodging.

Following a patient’s surgery, his/her loved one is able to quickly rejoin him/her in the post-operative area (for outpatients) or in an inpatient room, once the patient is settled.

“This design changes the patient experience to treat body, mind and spirit from the moment he or she arrives,” Lori says. “Our staff is beyond thrilled to be delivering care in this way.”

“The additional operating rooms help us expedite surgeries, provide more opportunities for innovation and give patients greater choice in scheduling.”

— Heather Haefner

At the Heart of the Surgery Center



A dedicated operating room for heart surgery and additional cardiac catheterization and electrophysiology labs within the new Surgery Center help cardiovascular and cardio-thoracic surgical services teams keep pace with increasing patient demand and the introduction of innovative procedures.

“We’re seeing our volumes grow and surpass all expectations. As the regional STEMI referral location, and through our affiliation with Cleveland Clinic, we’re drawing patients from a 21-county area and functioning like an academic center in a community setting,” says **Heather Haefner**, Susquehanna Health Heart & Vascular Institute Executive Director. Heather anticipates the hospital will perform more than 400 open-heart surgeries in 2016, a dramatic increase from just under 100 a few years ago.

“As we recruit cardiologists and other specialists, the additional operating rooms help us expedite surgeries, provide more opportunities for innovation and give patients greater choice in scheduling,” Heather says.

The new catheterization and electrophysiology labs mirror facilities at Cleveland Clinic’s Sydell and Arnold Miller Family Heart and Vascular Institute, the nation’s leading facility in providing cardiovascular care. The procedure rooms are based on best standards for safety and quality to minimize exposure to radiation for patients and staff.

\$250–\$499 *Continued from page 29*

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2016 Golf Tournament Dates

Breast Health Honoring Women Golf Tournament **June 6**

Sports Medicine Coaches' Invitational Golf Tournament **July 8**

Susquehanna Health Invitational Golf Tournament **August 8**

Muncy Valley Hospital Invitational Golf Tournament **September 9**

Soldiers + Sailors Memorial Hospital Pro-Am Golf Tournament **September 19**

TREE OF LIFE CLUB

The Tree of Life Club (TLC) is the employee giving club at Susquehanna Health. ☺ denotes Hour Club members. The Hour Club is an elite group that recognizes employees who make a tremendous commitment by giving back one hour of pay every pay. Listed below are all **new** TLC donors from **July 1 – December 31, 2015**.



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By: Romey D. Fagnano, CPA of
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 Planned Gifts Committee Member

The Qualified Charitable Distribution provision allows taxpayers who are at least age 70 ½ to transfer up to \$100,000 from their IRA directly to a charitable organization. The transfer counts toward the donor's required minimum distribution; however, it does not increase the donor's adjusted gross income (AGI) for the tax year in which the donation is made. There are several potential benefits that can result from a lower adjusted gross income:

- Reduces the threshold for deductible medical expenses, which are only deductible to the extent that they exceed 7.5 percent of AGI (10 percent of AGI for those under age 65 and for everyone after 2016)
- May reduce the taxable amount of Social Security benefits for the donor (and spouse on a joint return)
- May help the donor avoid the phase-out of itemized deductions and personal exemptions and a surcharge for Medicare Part B and Part D premiums, all of which apply when AGI reaches certain levels that vary from year to year

- May help the donor avoid or decrease the net investment income surtax of 3.8 percent
- May help a donor who is still working avoid or decrease the Medicare surtax of .9 percent

In certain situations, the direct transfer also may help a donor avoid limitations imposed on the deductible amount of charitable contributions allowed for a particular tax year.

A taxpayer who is considering a qualified distribution should consult with a tax advisor to determine the extent of potential income tax benefits that may be realized in his or her particular circumstances.

It's a win-win. You reap a tax break and the satisfaction of knowing that your gift will help Susquehanna Health continue to provide lifesaving medical care for years to come.

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

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Friends Raise Funds for New Operating Room Lighting and Equipment

Friends of Soldiers + Sailors Memorial Hospital (SSMH) share a special commitment to our health system through an annual membership gift of \$100 or more.

This year, Friends has raised \$25,600 to help fund new lighting for SSMH's operating rooms.

The existing surgical suite at SSMH was placed into service in 1974. Over the past 40 years, the needs of surgeons as well as medical equipment and technology requirements have dramatically changed. The operating room project consists of replacing existing surgical lights with a combination of new LED lights and an equipment boom to increase available power outlets in two of the three ORs. The new lighting provides high-intensity and cool illumination without glare for the surgeons and surgical services team. The ceiling mount provides needed maneuverability,

including the ability to retain maximum lighting intensity over a greater range of working distances. Overall, the lights provide a safer environment for patients, physicians and staff.

This year's Honorary Chairs of the Friends Annual Campaign were Thomas and Mary Owlett. They both have played very active roles in our communities over the years and are incredible assets to and supporters of our health system. Committee members include: Roger Bunn, Jack Eckman, Phyllis Harman, Bonnie Kyofski, Anne McNaught, Irene Morgan, June Rudy, Sue Sticklin, Jody Thomas and Lillian Van Campen.

*deceased donor

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.

new d

40



Richard Conley, DPM

Foot & Ankle Specialist

Susquehanna Health Foot and Ankle Services in Wellsboro welcomes Dr. Richard Conley. He joins Dr. Stevan Anselmi at Soldiers + Sailors Memorial Hospital campus. Dr. Conley earned his medical degree from Kent State University College of Podiatric Medicine in Independence, Ohio and completed his residency at multiple Cleveland Clinic and University Hospitals Regional Medical Centers. He offers a wide range of services, from general podiatry to treatment of more serious conditions and traumas of the foot and ankle.



Elizabeth Klucka, DO

Geriatric Medicine

Susquehanna Health Medical Group welcomes Dr. Elizabeth Klucka, who is board certified in family medicine. She received her Doctorate of Osteopathic Medicine from Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania and completed her residency at Williamsport Family Medicine Residency program. Dr. Klucka joined the Post-Acute Care team; she is the medical director at Valley View Nursing Center and has an outpatient practice at Family Medicine at Montoursville.

Doctors



Ganga Ranasuriya, MD
Pulmonologist

Susquehanna Health Lung Center welcomes Dr. Ganga Ranasuriya to its team of providers. Dr. Ranasuriya joins Drs. Burke, Kist, McCauley and Ochieng, and Amy Grimes, CRNP. Dr. Ranasuriya is board certified in internal medicine. She completed both her residency and her pulmonary and critical care medicine fellowships at Cooper University Hospital in Camden, New Jersey.



Zachary W. Simpson, MD, CMD
Geriatric Medicine

Susquehanna Health Medical Group welcomes Dr. Zachary Simpson. He is board certified in internal and geriatric medicine and is a certified medical director for long-term care. He serves as the medical director of geriatrics in the nursing homes for Susquehanna Health. He received his doctorate in geriatrics from Thomas Jefferson University Hospital and completed his residency at Medical College of Pennsylvania, both in Philadelphia. Dr. Simpson is currently acting medical director at Rose View Center in Williamsport.

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Advancing the Fight***Honor a loved one or friend through a \$50 Gift
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By making a gift during our annual "Honoring Women" Fund Drive, you have the opportunity to recognize someone special whose life has been affected by breast cancer while helping women in our area receive the breast health care, treatment and education they need to prevent, detect and fight the disease.

The generosity of our community has offered hope and help to thousands of women who are living with breast cancer. Locally, breast cancer death rates have declined over the last two decades. This increase in survivorship is the direct result of breast health awareness and early detection of even the smallest tumors—made possible by the use of cutting-edge technology—and the work of dedicated breast health clinicians.

We will light and display a candle in honor or memory of your loved one during our Breast Health Golf Tournament dinner on Monday, June 6, 2016. The name of this individual also will be recognized as part of a special tribute section in the *Foundation Focus* special edition published this summer.

**Advance the fight for women in
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Tributes must be received by
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