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UPMC Susquehanna

SUSQUEHANNA
HEALTH FOUNDATION



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Gratitude

FOR THE PAST AND THE FUTURE

The past 10 years have been exciting as UPMC Susquehanna has witnessed a lot of growth. I am eager to share that the next five years are shaping up to be equally thrilling. As we anticipate new services, new buildings, expansions, upgrades, and new technology, we can ensure that everyone who walks through our doors continues to receive the best health care available. We continue to deliver life-changing medicine while we set our sights on an even bigger vision, and all of that is made possible by you, our donors.

In our 2018 Impact Report, we focus on the generosity of our community. Because of you and the more than 4,000 members of our community who gave, we were able to raise more than \$3 million. These numbers exemplify your strong loyalty and commitment to the care we provide, and we are extremely grateful for that. We are pleased that all donations to Susquehanna Health Foundation continue to support our local entities and are managed by our local Foundation team.

Over the past year, I have heard so many amazing stories from our patients and their families about the positive impact they have experienced through the care they received here. In return, they are searching for an opportunity to show their gratitude. Frequently, they find that opportunity through the Foundation. This is one of the many reasons I love what I do and why our Foundation exists.

Sharing these stories can be a part of the healing process for our patients and their families, and the stories often are motivational for our clinical teams. We hope that you will consider sharing your story to help us celebrate a special caregiver who made a difference in your life. So many of you have already gone above and beyond that by also supporting us financially.

On behalf of Susquehanna Health Foundation and UPMC Susquehanna, I want to thank you for your continued support. Because of you, we are delivering the most advanced health care close to home.

Sincerely,



Sherry Watts
Vice President of Development
Susquehanna Health Foundation

TAKING CANCER CARE TO THE NEXT LEVEL

A \$13-million investment positions UPMC Susquehanna to treat more patients closer to home

Project Details



Project Need

Today, the UPMC Hillman Cancer Center in Williamsport cares for 1,250 new patients per year for a total of 43,000 procedures annually. Expansion is essential to accommodate a growing demand for the Center's services.

Clinical Areas

The project involves expansion and renovation of a significant portion of the Center's existing exam rooms, offices, and support staff areas.

The new space also will accommodate new physicians and advanced practice clinicians.

Chemotherapy Infusion Services

Plans include six new chemotherapy bays and four private chemotherapy treatment rooms.

In March, the UPMC Hillman Cancer Center in Williamsport earned a distinction that only 23 other U.S. accredited hospitals achieved — the Commission on Cancer's 2018 Outstanding Achievement Award. UPMC Hillman Cancer Center in Williamsport was the only program recognized in Pennsylvania. Earning this award from the American College of Surgeons Commission on Cancer® puts UPMC Hillman Cancer Center in Williamsport in the top of all cancer programs nationwide.

Over the next two years, this award-winning Cancer Center is poised for a \$13-million expansion and renovation project in Williamsport that's designed to improve the patient experience and allow more people across UPMC Susquehanna's 12-county service area to receive award-winning cancer care without having to travel beyond the region.

"UPMCHillmanCancerCenterstandsforunsurpassed excellence in cancer care," says **Michelle Gaida**, executive director, Cancer Care Services, UPMC Susquehanna. "We're taking the battle against cancer to the next level, building on our mission of providing world-class care for patients close to home."



Enhanced Connection with Nature

In addition to soothing, natural colors to make treatment and waiting areas more pleasing for patients and their loved ones, interior and exterior improvements will increase views of Nature and improve privacy.

Patient Experience Enhancements

A new main entrance will welcome medical oncology and radiation oncology patients, creating convenient access from the front of the facility. In addition to improving wayfinding for patients and their families, enhancements will include kiosks in waiting areas to expedite check-in.

Pharmacy Upgrades

The improvements will expand and renovate the existing pharmacy to make treatment preparations more efficient.

SUSQUEHANNA
HEALTH FOUNDATION



"We believe that cancer patients should receive their treatment as close to home as possible," says **Stephanie Dutton**, chief operating officer, UPMC Hillman Cancer Center. "That's why, for many years, UPMC Hillman Cancer Center has focused on establishing quality cancer centers in many locations, including Susquehanna, so that patients can receive the highest quality of cancer care no matter where they live."

UPMC Hillman Cancer Centers in Williamsport and Wellsboro currently have six medical oncologists with a seventh joining this summer, many of whom are triple board certified in medical oncology, hematology, and internal medicine. The care team includes four advanced practice providers. The Center also has two board-certified radiation oncologists.

"We're giving our patients increased access to renowned cancer specialists, cutting-edge research in immunotherapy, more than 300 leading-edge clinical trials, and the most advanced technology for cancer detection and treatment," says Michelle.

With major facility enhancements set for Williamsport and the entire UPMC Hillman Cancer Center network behind them, UPMC Hillman Cancer Centers in northcentral Pennsylvania are equipped to deliver world-class cancer care to all those who need it.

Accreditation History

UPMC Hillman Cancer Center in Williamsport has a long-standing accreditation history with the American College of Surgeons (ACoS) Commission on Cancer® accreditation:

- **1981** — achieved Comprehensive Cancer Center status
- **2018** — received gold-level commendation through 2021 for UPMC Susquehanna's comprehensive community cancer program — the only cancer center in Pennsylvania to achieve gold-level status for that time period
- **2019** — earned the Commission on Cancer's 2018 Outstanding Achievement Award

The Hillman Name

UPMC Hillman Cancer Center is one of the largest integrated community cancer networks in the United States. Backed by the collective strength of UPMC and the University of Pittsburgh School of Medicine, UPMC Hillman Cancer Center has more than 60 locations throughout Pennsylvania and Ohio, with cancer centers and partnerships in Italy, Ireland, Kazakhstan, and China.

Consistently ranked by *U.S. News & World Report* for excellence in cancer care, the more than 2,000 physicians, researchers, and staff are leaders in molecular and cellular cancer biology, cancer immunology, cancer virology, biobehavioral oncology, and cancer epidemiology, prevention, and therapeutics. UPMC Hillman Cancer Center is transforming cancer research, care, and prevention — one patient at a time.



UPMC Hillman Cancer Center

At a Glance

UPMC Hillman Cancer Center is internationally recognized for its leadership in the prevention, detection, diagnosis, and treatment of cancer.

An Impressive Network

- More than 110,000 individuals treated each year
- More than 60 centers in Pennsylvania and Ohio
- More than 2,000 physicians, researchers, and staff

Driving Clinical Innovation

- Employs the latest innovative technologies:
 - o Intensity modulated radiation therapy (IMRT)
 - o RapidArc®, TrueBeam™ STx, CyberKnife®M6™, and positron emission tomography/computed tomography (PET-CT) planning, pioneered by UPMC physicians
- Created Via Oncology Pathways, a unique web-based technology to help physicians optimize patient outcomes

Research

- A National Cancer Institute (NCI)-designated Comprehensive Cancer Center
- Ranked 14th in NCI funding among NCI-designated centers, including grants focusing on head and neck, lung, and skin cancers and a shared grant in ovarian cancer
- Leaders in molecular and cellular cancer biology, cancer immunology, cancer virology, biobehavioral oncology, and cancer epidemiology, prevention, and therapeutics
- 10 NCI Cancer Center Support Grant (CCSG)-supported programs and 13 CCSG-supported shared resources that provide services to investigators at UPMC Hillman Cancer Center

Accolades

- University of Pittsburgh ranked fifth in NIH funding among universities nationwide
- UPMC ranked 14th on the *U.S. News & World Report* Best Hospitals Honor Roll and ranked among the best in the country for cancer care in 2017
- One of the largest U.S. health care networks to be recognized by independent organizations for quality, consistency, and outcomes in comprehensive cancer care

Commercial Ventures

- Actively forging long-term partnerships with technology and health care industry leaders
- Acts as a hands-on equity partner, using its more than \$14-billion integrated global health enterprise to develop and evaluate products and services designed to improve health care delivery

International Centers and Partnerships

- UPMC San Pietro FBF Advanced Radiotherapy Center and Salvator Mundi International Hospital in Rome, Italy
- UPMC Whitfield Cancer Centre in Waterford, Ireland
- UPMC Hillman Cancer Center Villa at Maria in Mirabella Eclano, Avellino, Italy
- Planned facility in Cork, Ireland (2019)
- Collaborations with the National Research Oncology Center, Astana, Kazakhstan; RusSing Med Holdings, Moscow, Russia

“We believe that cancer patients should receive their treatment as close to home as possible.”

— **Stephanie Dutton**

Chief Operating Officer,
UPMC Hillman Cancer Center

Teaming Up to Support Cancer Patients



“ This is a homegrown effort,
developed over several months from
an identified community need. ”

- Krista Paternostro Bower
*Chairman and Founder of the
Paternostro Family Foundation*



Women who lose their hair while undergoing treatment at the UPMC Hillman Cancer Center in Williamsport can now receive free custom turbans and head covers thanks to a new program made possible by a Williamsport family foundation and a Montoursville entrepreneur.

The program, known as K2, is the result of an innovative partnership between the Paternostro Family Foundation and Arrow and Thread Handmade Designs.

“Those battling cancer face many challenges when managing the side effects of treatment,” says **Michelle Gaida**, executive director, Cancer Care Services, UPMC Susquehanna. “Hair loss can be a stressful, heart-wrenching experience. Many people do not realize how much their image is tied to their hair until they start to lose it. Head covers, such as those provided by Arrow and Thread and the Paternostro Family Foundation, are a stylish way to empower and energize survivors and provide them with a way to manage the emotions of hair loss,” Michelle says.

The program’s K2 name has deep significance to principals from both partnering organizations. **Krista Paternostro Bower**, chairman and founder of the Paternostro Family Foundation, lost both her sister and father to cancer. **Alicia Boyer**, owner of Arrow and Thread Designs, was inspired by her mother, who is currently fighting a terminal disease.

“We named the program K2 in memory of my sweet sister, Kathleen, and in honor of Alicia’s mom, Karen,” Krista says. “They represent the strong and courageous women who will be the recipients of these head covers. K2 is also the name of the world’s second tallest mountain, and those who climb it show great perseverance and resiliency.”

“My mom is an exceptionally strong woman with a history of making the best of everything she is given,” Alicia says.

Each qualifying patient will receive two free head covers that Alicia hand tailors. The Paternostro Family Foundation will underwrite the cost of the head covers, and Arrow and Thread Designs will provide them at a discounted price.

Both partners agree that the fact that the program was developed locally and will have a local impact makes it all the more significant.

“This is a homegrown effort, developed over several months from an identified community need,” Krista says.

“It’s such a special opportunity, and we are so excited and committed to providing a unique program for the women in our community,” Alicia says.

“Partners who realize the importance of keeping donations local are critical to supporting our friends, families, and neighbors on their healing journey,” says **Sherry Watts**, vice president of development, Susquehanna Health Foundation. “We are grateful that K2 has chosen our patients at UPMC Susquehanna to be the beneficiaries of these thoughtful head covers that help them feel beautiful.”

THE DONOR REPORT

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

SIGNATURE GIFTS

Signature Gifts recognizes individuals and organizations who made a commitment to Susquehanna Health Foundation with a contribution of \$100,000 or greater. Donors are listed through **December 31, 2018.**

\$5,000,000+

Anonymous

\$2,500,000–\$4,999,999

Employees of UPMC Susquehanna
Laurel Health Foundation
The Donald B. and Dorothy L. Stabler
Foundation
In Memory of Judge Malcolm Muir

\$1,000,000–\$2,499,999

Doris and Fred Diehl Estate
First Community Foundation
Partnership of Pennsylvania
Catharine A. Harrison Trust
Dr. and Mrs. Francis M. Powers Jr.
Ward Manufacturing LLC

\$500,000–\$999,999

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Christine H. Himes Estate
The Klingerman Family

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In Memory of James H. Lamade

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Muncy Valley Health Care Foundation

Muncy Valley Hospital Auxiliary

*Barbara W. Taber

UPMC Susquehanna City Hospitals
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The Williamsport Hospital Auxiliary

\$250,000–\$499,999

Blaise Alexander, Adam Alexander and
Aubrey Alexander

**Anesthesia Associates of
Williamsport**

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Marty

In Memory of John B. Gibbons

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Foundation

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Fairfield Auto Group

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Wolyniec Construction, Inc.

In Memory of James T. Wolyniec Sr.

John and Sue Young and Young
Industries

In Memory of Kline A. DeWire

1



2



3



2019 Lifetime Achievement Award Honorees

On Friday, May 17, UPMC Susquehanna will honor **Donald J. Leathers, MD; William H. and Mary “Sis” Fish;** and the **staff of UPMC Hillman Cancer Centers in Williamsport and Wellsboro** with Lifetime Achievement Awards for their tremendous impact on health care, our community, and our health system.

1 PHYSICIAN AWARD

Donald J. Leathers, MD

Donald J. Leathers, MD, first set foot in Williamsport Regional Medical Center in 1990 as a pathologist for Williamsport Pathology Associates. He currently serves as medical director of the laboratory at UPMC Susquehanna Soldiers + Sailors and UPMC Cole, and continues to provide coverage at UPMC Williamsport.

“Dr. Leathers believes if we focus our attention and efforts on doing what’s best for the patient, everything else will fall into place,” says **David Borys, MD**, a friend and colleague of Dr. Leathers for nearly 18 years. “He’s caring, generous, and a truly good doctor.”

Dr. Leathers served as president of the City Medical Staff from 2008-2010. He has been active on many boards including the Divine Providence, Muncy, Williamsport and UPMC Susquehanna Boards of Directors, Susquehanna Health Foundation Board of Directors, and Susquehanna Ventures, Inc. Board of Directors. He also served as president of the Lycoming County Medical Society.

As members of Susquehanna Health Foundation’s Caduceus Society, Dr. Leathers and his wife, Deborah, served on the committee that helped raise funds for the *Count On Us For Life* Capital Campaign, which raised \$15.5 million for Project 2012.

To recognize Dr. Leathers’ dedication to his patients and commitment to providing care to our community, UPMC Susquehanna will honor him with the Physician Award.

2 PHILANTHROPIST AWARD

Bill and Sis Fish

Bill and Sis Fish of Fish Real Estate know that success is not measured by what you earn, but by what you give back to the community. During Bill’s 44-year career as a realtor and owner of Fish Real Estate, the agency grew to become the leading real estate provider in the region. Bill even convinced Sis, an alumna of the Williamsport Hospital School of Nursing and former registered nurse at Divine Providence, to sell real estate for 25 years. “The community gave us our livelihood, so it was only natural to want to give back,” Bill says.

Now retired and spending time in both Pennsylvania and Florida, the couple has a deeper appreciation for the health care available in Williamsport after suffering some recent health setbacks. Bill and Sis credit UPMC physicians **Michael Lazar, MD**, and **Sandeep Sagar, MD**, with saving Sis’s life.

“The health care in Florida doesn’t compare to UPMC,” Bill says. “We’ve always had great experiences, especially when Sis needed the Heart & Vascular Institute.”

Bill and Sis have donated to the Foundation both personally and professionally, as Signature Donors through Fish Real Estate with son Brent and his wife, Daria, and at the Signature level for personal giving. Both Bill and Sis were members of the Signature Gift Committee for the *Count On Us For Life* Capital Campaign. Sis also served as a member of the City Auxiliary and on the Susquehanna Health Foundation Board of Directors. In addition to their health care philanthropy, Bill and Sis donate to Pennsylvania College of Technology, First Community Foundation Partnership of Pennsylvania, and Hope Enterprises.

To recognize Bill and Sis Fish for their incredibly generous support, UPMC Susquehanna will honor them with the Philanthropist Award.

3 PRESIDENT’S AWARD

The Staff of UPMC Hillman Cancer Centers in Williamsport and Wellsboro

With two locations in Williamsport and Wellsboro, the staff of UPMC Hillman Cancer Center offers the same progressive cancer treatments you would find in major metropolitan areas, enhanced with personalized, compassionate care for each and every patient.

“Our organization draws on vast knowledge, experience, research, and UPMC Hillman Cancer Center’s extensive resources to provide the most advanced and inclusive physical, medical, and emotional care in northcentral Pennsylvania,” said **Steven P. Johnson**, president, UPMC Susquehanna, who selected the Cancer Centers for this year’s award.

The President’s Award isn’t the first award — and it won’t be the last — for the Cancer Centers in Williamsport and Wellsboro.

In March, the Center in Williamsport earned the Commission on Cancer’s Outstanding Achievement Award, a distinction only 23 other U.S. accredited hospitals achieved. In 2018, the centers earned the American College of Surgeons Commission on Cancer Gold Level Commendation for a comprehensive community cancer program, the highest level of accreditation in all categories.

But it’s our patients in Williamsport and Wellsboro who can best attest to the excellent level of cancer care they receive.

“I think it would’ve been a lot harder if I didn’t love the nurses at the Cancer Center,” says former patient **Barbie Barnes**. “They pamper you. I remember all of their names. When I was hospitalized after one of my chemo treatments — when my body was just breaking — **Charles Agbemabiese, MD**, came to visit me every morning before he went to work. It really helped me get through emotionally.”

To recognize the staff of UPMC Hillman Cancer Centers in Williamsport and Wellsboro for advancing the health system’s mission, UPMC Susquehanna will honor them with the President’s Award.

CORNERSTONE SOCIETY

The Cornerstone Society recognizes

individuals who supported Susquehanna Health Foundation with a contribution of \$10,000–\$99,999. Donors are listed through **December 31, 2018.**

\$75,000–\$99,999

E. Ruth Crist Estate
David and Jan Fisher
Friend of the Breast Health Center

\$50,000–\$74,999

Ron and *Rosie Cimini
*Katherine Stroehmann Crane
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\$10,000–\$14,999

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Phil and *Joyce Bower
*John L. Jr. and Sarah H.B. Bruch
In Memory of Hugh J. and Ann Phillips Bubb
In Memory of John L. and Mary Sprout Bruch

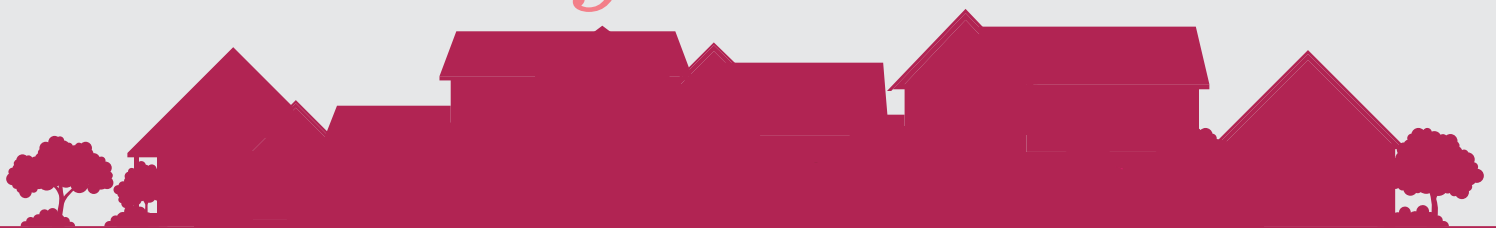
CORNERSTONE SOCIETY

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Marlene Parsell
 Alicia and Eric D. Pohjala
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In Memory of Frederic E. Sanford, MD
In Memory of Martha Jane Sanford
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 Anthony H. Visco Jr.
 Luigi Vittorio Estate
 Bob and Irenay Weaver
 Patrick and Jennifer Wilson
 Dawn Wright
 Marion Calvert Wright Estate

Your Donations Always Remain Local



When you give to Susquehanna Health Foundation, you can be sure that your donations will stay in our area. Although UPMC Susquehanna is now a part of UPMC, your gifts to Susquehanna Health Foundation will never leave our region.

Every dollar you give here stays here to benefit those we serve in our local community. And, every dollar you give stretches a little further because of UPMC Susquehanna's affiliation with UPMC and the additional health system resources it brings.

Each issue of the *Foundation Focus* shares stories of those who give and those who have been helped by those who have given. UPMC, UPMC Susquehanna, Susquehanna Health Foundation, and YOU — together, we can help in more ways than we may have ever dreamed possible.

Thank you for all that you do to help UPMC Susquehanna continue its mission of providing world-class health care to those in our community.



YOUR CONTRIBUTIONS AT WORK

It's Never 2 Late[®] (iN2L)

The Skilled Nursing & Rehabilitation Center at UPMC Susquehanna Muncy cares for residents with a broad spectrum of needs: the aging population, post-surgery patients undergoing rehabilitation, individuals with dementia, and patients on ventilators. The staff plans daily activities for residents, but due to patients' differing needs and abilities, it's challenging for workers to arrange activities that meet the needs of every resident. Staff members are passionate about improving each patient's quality of life, so it's no surprise that they're excited about a new, state-of-the-art engagement system that has proven to be beneficial and fun for the residents.

The new system, It's Never 2 Late (iN2L), combines touch-screen computers with intuitive, picture-based software and an extensive, continually updated content library to provide a personalized experience for each user. It can be used for therapy, family, or leisure purposes — individually or with a group.



Residents can interact with the system at their own speed, engaging in activities they prefer and achieving success. There are more than 4,000 activities, each combining entertainment with therapy, allowing staff to tailor the activity level and area of interest to each resident.

Some examples of the types of activities include:

- Games and puzzles (TV games, trivia, word and matching games, Bingo)
- Music, TV, and film (listening, sing-along, radio, movies, music maker)
- Travel (Google Earth, live web cams, travel videos)
- Lifelong learning (TED Talks, audio books, sign language)
- Sensory activities (aquarium, relaxation, bubble popper)
- Restorative therapy (exercise cycle, exercise videos)
- Spiritual (sermons, music, different faiths)

"These activities will improve the health of our residents, mentally and physically," says **Amber Bartlett**, assistant nursing home administrator. "We anticipate seeing a reduction in falls, use of psychotropic drugs, and feelings of loneliness, isolation, and boredom."

The benefits aren't all clinical — iN2L is also improving socialization, quality of life, and communication.

"Through an activity called 'My Story,' residents and their families can fill out information and upload photos and videos about the resident's life," says **Cassie Neidig**, lead activities associate. "Through that activity, those administering care can learn more about a resident, creating a connection that leads to a better relationship for care."



“We anticipate seeing a reduction in falls, use of psychotropic drugs, and feelings of loneliness, isolation, and boredom.”

— Amber Bartlett
Assistant Nursing Home Administrator



In addition to improving relationships between staff and residents, iN2L has already started creating new connections among residents. One of the iN2L activities is a flight simulator — a perfect fit for a resident who is a retired Navy pilot. Through conversations about the activity and his previous experience, he learned of other residents who also have connections to the Navy.

How is success defined for residents using the new system? In addition to documenting improvements in residents' cognitive function and socialization, and a decrease in patients' needs for psychotropic drugs, iN2L's ability to track each resident's level of participation and progress also provides insight into the system's success. The goal is for residents to respond to the activities and do them more frequently over time.

What does the iN2L system look like? There are several options to choose from. At the Skilled Nursing & Rehabilitation Center, there are two different models. The first model is connected to a 60-inch television in the center's activity room. The television is positioned 32 inches above the floor and includes an articulating device that can be used to reach higher parts on the screen. This model is great for small- or large-group activities. The second model is connected to a television on a flexible arm. The articulating arm can swing 90 degrees and

also straighten — making the system easily accessible to residents in bed who may have a limited range of motion and who may not be able to participate in group activities. This not only allows the system to be accessible to residents of varying ability levels but also accommodates individual as well as group activities.

“I'm big on accessibility,” says **Barb Morgan**, activities associate. “It's humbling to me that we've been able to provide the world to residents through this system.”

iN2L's scalable systems are currently installed at more than 2,000 senior living communities across the United States and in four other countries. Installed in November 2018, the iN2L system at UPMC Susquehanna Muncy was made possible through a gift from the Waldron Memorial Fund at the First Community Foundation Partnership of Pennsylvania and a matching gift from the Muncy Valley Hospital Auxiliary. For decades, these philanthropic community organizations have provided funding for buildings, equipment, and technology at UPMC Susquehanna Muncy.

BUSINESS & INDUSTRY GIFTS

Business & Industry Gifts

recognizes businesses that supported Susquehanna Health Foundation with a contribution of \$5,000 or greater. Donors are listed through **December 31, 2018.**

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The Muncy Bank & Trust Company
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In Memory of Mr. and Mrs. James Steinbacher
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Wm. L. Robinson Concrete

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In Memory of Jack Decker
Wellsboro Electric
Wellsboro Rotary Club
Williamsport Moving Company



Anne Welliver-Hartsing prioritizes supporting the communities her family's more than 120-year-old construction business is in — especially when it comes to health care.

"Our employees are also patients, and we want the best health care for them. UPMC Susquehanna continues to bring more advanced knowledge and improve facilities — and it's only going to get better."

Anne is president of Welliver, but she's been involved with the family business for 23 years, working her way up from a job in the finance department. The company began providing construction management, pre-construction, general construction, and design/build services in 1898. Today, Welliver is a well-established, fifth-generation, family-owned construction firm supported by a collaborative team of construction professionals, project managers, and subcontractors who bring world-class expertise, safety, leadership, and accountability to their projects.

The company's history with UPMC Susquehanna began more than 10 years ago, when Welliver partnered with Laurel Health System in Wellsboro to complete a construction project. In 2012, Laurel Health System became part of Susquehanna Health System, and the relationship between Welliver and the health system continued to blossom.

For Anne, the work Welliver does has always been about people and relationships.

"One of our chief estimators still keeps in touch with an individual who has since retired from UPMC Susquehanna," Anne says. "We enjoy building relationships

"UPMC Susquehanna continues to bring more advanced knowledge and improve facilities — and it's only going to get better."

— Anne Welliver-Hartsing
President of Welliver

that go above and beyond work — our company culture is one that cares about our customers' best interests."

Welliver has been supporting UPMC Susquehanna Soldiers + Sailors for several years, but the company's involvement with the health system doesn't stop there. Anne's search for other opportunities to support community health care led Welliver to become involved with events, including the UPMC Susquehanna Invitational Golf Tournament and the Helping Hands Raffle & Gala.

"It's increasingly important for people to have the best health care close to them — and for them to feel good about the health care they're receiving," Anne says. "When you walk into a hospital or doctor's office, you're trusting those individuals with your well-being."

Welliver and UPMC Susquehanna share a passion for high-quality health care and a company culture that emphasizes community. That's sure to be a foundation for a relationship for years to come.

Anne Welliver-Hartsing

CADUCEUS SOCIETY

The Caduceus Society recognizes physicians who

made a commitment of \$2,500 or greater to Susquehanna Health Foundation. Donors are listed through **December 31, 2018.**

\$500,000+

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\$250,000–\$499,999

Anesthesia Associates of Williamsport

\$100,000–\$249,999

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Dr. Hani and Eiman Tuffaha

\$50,000–\$99,999

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Dr. and Mrs. George A. Manchester

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GIVING BACK KNOWS NO AGE LIMITS

At the age of 88, **Fanny Stempeck** has a busy schedule volunteering. She's active with TOPS, a women's missionary group at her church; AWANA, a ministry for children; and Trehab Community Action Agency in Wellsboro, a service provider and advocate for the low-income, unemployed, underemployed, elderly, and other at-risk groups.

Once a patient at UPMC Hillman Cancer Center in Williamsport, Fanny is now giving back to help those currently undergoing cancer treatment. She underwent treatment for breast cancer in 2012, and, after her diagnosis, she began her volunteer work with Trehab. Fanny has been cancer-free for six years and hasn't slowed down.

Each Wednesday, you'll find her at Trehab, teaching women to sew by hand and how to make lap quilts. A lifelong seamstress who once made all her own clothes as well as those for her children, Fanny is now sharing her gift with others. The group donates the quilts they create to UPMC Susquehanna Soldiers + Sailors, The Green Home, and other local non-profit organizations.

Susquehanna Health Foundation is grateful for those who volunteer, both at the hospital and in the community in hundreds of ways, all for the benefit of the patients of UPMC Susquehanna. These acts of kindness truly are instrumental to the work we do in our region.



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 **December 31, 2018.**

\$1,000–\$9,999

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The American Legion William B. Wilson
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2018 Foundation Impact Report

What started as a single hospital nearly 150 years ago has grown into an advanced network of world-class care, with seven locations across our 12-county region. This would not be possible without the philanthropic support of generous donors like you, our dedicated employees, and the commitment of our community. Together, we are instrumental in advancing our mission to extend God's healing love by providing outstanding patient care while shaping tomorrow's health care through clinical and technological innovation and education. Thank you for the impact you are making on our patients' lives every day.

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472

individuals honored or remembered with 1,228 tribute gifts



4,068

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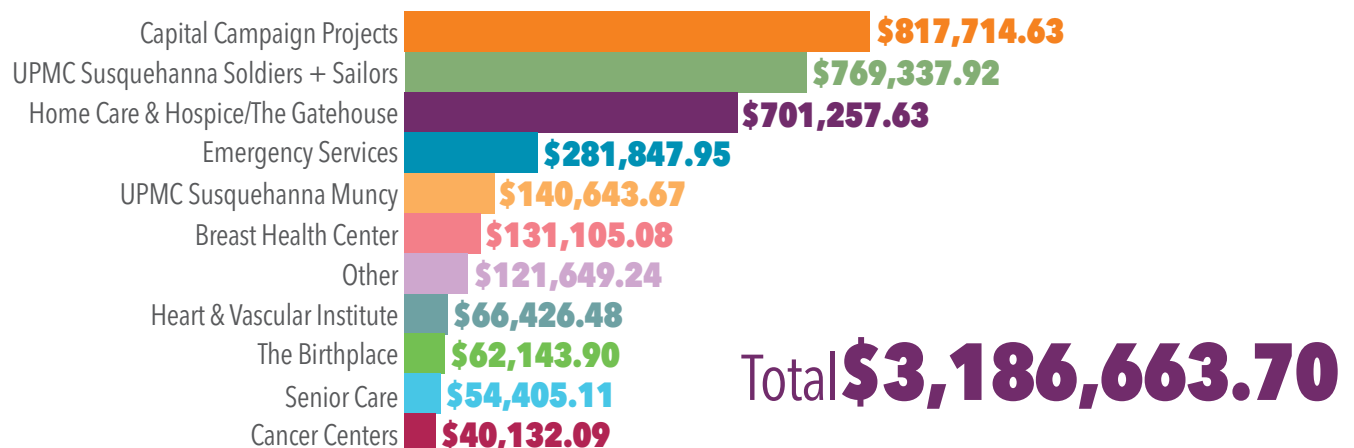
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Susquehanna Health Foundation asked our patient care managers to share their wish lists — items that operational funding cannot cover this year. The Foundation is asking the community to provide the necessary funds, or a portion of the funds, to purchase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



\$25

Children's Magazine Subscriptions and Books

Williamsport Family Medicine Residency

Going to the doctor can cause anxiety for a child. The Family Medicine Residency would like to add kid-friendly magazines and books to its pediatric waiting room and pediatric exam rooms. Your gift would provide children with the opportunity to read and learn while they're waiting for their appointments.



\$50

Rosebush for Healing Garden

UPMC Hillman Cancer Center in Williamsport

The Cancer Center's Healing Garden needs six new rosebushes. Healing gardens are known to reduce stress and anxiety for patients and their loved ones. Your gift to the Cancer Center's Healing Garden will provide a place of peace and tranquility for patients and their families.



\$75

Step2 Ride-On Cruiser

Pediatrics

Last fall, the Department of Pediatrics at UPMC Susquehanna Williamsport moved to a larger location. This dedicated space for pediatric patients includes a more spacious playroom. Your support in purchasing a ride-on cruiser will provide joy to children while they're healing and staying at the hospital.



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Adjustable Bassinet for C-Section Babies

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Adjustable bassinets allow mothers who have C-sections to be close to their newborns during a time when closeness matters most. The first moments of an infant's life are crucial to their development. During this time, a mother bonds skin-to-skin with her newborn, creating warmth and establishing an emotional connection.

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\$250–\$499 *Continued*

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Advanced Practice Providers:

Partnering with Physicians to Improve Care Access and Quality

30

Health care systems in rural areas nationwide have been working to manage costs and improve access to care, even as 2016 data from the American Association of Medical Colleges' Consumer Survey of Health Care Access showed that Americans living in rural communities were seven times more likely than those in urban areas to report they were unable to receive the care they needed. Among those who said they were unable to access care, rural Americans were twice as likely to report that cost was an issue and three to five times more likely to report a transportation problem as the cause. Presenting an additional challenge is the fact that, in rural areas, the number of physicians per capita is declining, while rural populations are older than those in urban and suburban regions and often require more care.

Against this backdrop, how are patients in rural communities like those in UPMC Susquehanna's 12-county service area receiving the high quality of care that they need? One important answer involves the vital role of advanced practice providers as part of the care team.

Also sometimes referred to as "mid-level" practitioners, they are more than just middle-ground providers, as they provide a different lens through which the entire care team can see the patient. It's through their advanced education, training, and certification that both nurse practitioners and physician assistants diagnose and assess illnesses and injuries, perform examinations, and provide treatment plans without direct supervision from a physician.

UPMC Susquehanna employs more than 100 advanced practice providers in primary care and many medical and surgical specialty and subspecialty areas, including cardiology, digestive diseases, and orthopaedics. The result — more patients have access to the care they need sooner and closer to home.

Patient: Chris Bull

Nurse Practitioner: Michelle Nickolaus, MSN, CRNP, AACC



UPMC Susquehanna Heart & Vascular Institute

When **Chris Bull** of Middlebury Center needed to find a new cardiologist after his pediatric cardiologist in New York told him it was time he had a provider with experience in treating adult patients, he never imagined his next heart specialist would be a nurse practitioner.

He admits he initially had some reservations.

"I'll be honest. I did at first, until I met Michelle," Chris says. "She did a very good job of explaining that I still have the cardiology team behind me, and that she has access to the team."

Not only that, but **Michelle Nickolaus'** own extensive background in cardiology as a nurse practitioner for 22 years includes 13 years with the Penn State Heart & Vascular Institutes' Program for Adult Congenital Heart Disease in Hershey, where she also served as an instructor of medicine at the Penn State Milton S. Hershey Medical Center — credentials that make her ideally suited to providing care for patients like Chris.

"With Michelle, if you take the title away from her name, you would never know she's not a full-blown cardiologist," Chris says. "She's very well versed in her field."

"Chris has a bicuspid aortic valve," Michelle says. "This valve looks like an inverted Mercedes Benz logo. The aortic valve has three leaflets that open like a circle. Some people are born with two leaflets fused together, a bicuspid valve. These valves open like a fish mouth.

We watch these for aortic dilation or enlargement and changes in the valve itself that might require surgery. It's kind of like watching your door hinge and the door that was made a little differently."

"I have no symptoms," Chris says. "The biggest fear is, with the differential pressure across the aortic valve, that can lead to heart enlargement or thickening of the wall of my heart."

Chris's condition doesn't require surgery as of now, but it does need to be monitored carefully. He sees Michelle and receives testing at UPMC Susquehanna's Medical Plaza at Mansfield and UPMC Susquehanna Soldiers + Sailors with an echocardiogram once a year.

"Chris needs someone to explain that the type of valve he was born with he could pass on to his kids," Michelle says. "He needs someone who knows that we need to monitor his condition, and he doesn't have to go to Pittsburgh, Hershey, or Philadelphia for care. The patients in the north need someone who will give them access to care, and we provide that access. We provide the coordination. We provide the education to get these patients with complex disease the care they need and keep them engaged as part of the team."

"Access to care has been easy," Chris says. "It's been very good in Mansfield. I actually had UPMC health insurance, so that has been a very easy transition as well. In the past, if you wanted to see that level of specialist, you'd have to make a multi-hour drive. Now, I'm able to go before work or at lunch time and just keep living my life."

Patient: Wanda Miller

Physician Assistant: Ashley Imrisek, PA-C



UPMC Susquehanna Digestive Disease Center

A retired medical staff coordinator from Texas who relocated to Cogan Station eight years ago, **Wanda Miller** knew about physician assistants but had limited contact with them as a health care provider until she met **Ashley Imrisek, PA-C**, of UPMC Susquehanna Digestive Disease Center.

"In Texas, at that time, we did not use PAs as any kind of health care provider," Wanda says. "They assisted the physician. They came by and checked on you, but it was never hands-on, so this was a new experience for me."

Wanda has a hiatal hernia and had been struggling with gastrointestinal esophageal reflux disease for years. She also had been experiencing digestive issues.

"I had an appointment with the doctor, and he had an emergency, so I saw the PA," Wanda says. "That was my first encounter with Ashley. I was completely, totally comfortable talking with her. She answered all my questions and helped me in every way possible. From that moment on, I realized I could interact with Ashley just about as well as I could with the doctor."

"Wanda initially came to me with digestive issues," Ashley says. "Over the years, she had tried different modalities and medications, and I thought that maybe she actually had been overmedicated. So I tried some different over-the-counter fiber treatment. It really seemed to help her."

"Ashley has been following me all this time, and she treats the whole person and is interested in everything else. She's just the best I've ever seen," Wanda says.

Ashley is one of five physician assistants who sees patients at the Center five days a week and works in collaboration with the Center's four gastroenterologists.

"To get an appointment with a doctor can take three to four months, just because their hours are so few in the office," Ashley says. "With a PA, you're able to have more access. Our sole job is to see patients. Sometimes we can get people in the same day or within 24 hours."

Ashley adds that the PAs also are able to spend more time with their patients, something the patients really seem to appreciate and that doctors aren't often able to do.

"I like to learn something about my patients — something that has nothing to do with what brought them to the office," Ashley says. "They're not defined by their symptoms or their diseases. I want them to know they're not a number."

Patient: Sean Conahan

Nurse Practitioner: Marc Galin, CRNP



UPMC Susquehanna Orthopaedics

A former construction worker who had his career cut short due to the toll his work took on his body, Hughesville resident **Sean Conahan** has had five orthopaedic surgeries involving his shoulder, knee, back, and neck — all at UPMC Susquehanna Williamsport Regional Medical Center. He likes to joke that, at this point, he has orthopaedic surgeon **Ronald DiSimone, MD**, and **Marc Galin, CRNP**, on speed dial.

Marc was the first nurse practitioner Sean had ever encountered, and, over the years, the two have developed a friendly provider-patient relationship. They discovered they even share the same birth date and cheer for the same college football team — Notre Dame.

"I think I probably have spent more time with Marc than I have with Dr. DiSimone," Sean says. "Marc has been awesome. If I don't feel comfortable with something he says, he never has an issue with asking Dr. DiSimone."

Dr. DiSimone says that when patients like Sean have questions or when Marc or one of the practice's other advanced practice providers needs him, his job is to stop what he's doing and be available to them.

"My obligation not only to the advanced practice providers but also to the patients doesn't change just because someone else is the primary care giver on that given day. My job is to stop what I'm

doing and to take care of whatever their needs are at the moment. And I do."

Dr. DiSimone explains the benefits of being part of a surgical group that includes seven orthopaedic surgeons and 11 advanced practice professionals.

"It's basically divide and conquer," Dr. DiSimone says. "It's the mentality that we can disperse and do multiple things at the same time with competence on the patient care side."

Dr. DiSimone explains that one of the most important benefits of having advanced practice professionals available to care for patients is time, something that's critical for many orthopaedic injuries and conditions.

"We can give patients same-day access to care that would otherwise take weeks to get. Without advanced practice professionals, that access would not exist. They're providing a service that is indispensable with regard to delivering care when it's needed," Dr. DiSimone says.

"I can't say enough about the whole group, from Marc and the PAs to Dr. DiSimone, to scheduling," Sean says. "They've treated me unbelievably. I think I am in very competent hands when I see them."

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The iGIVE campaign recognizes current employee donors of UPMC Susquehanna. Our employees have donated more than \$3 million since 2006. ☉ denotes Hour Club members. The Hour Club recognizes an elite group of employees who make a tremendous commitment by giving back one hour of pay every pay. Listed below are all **new** donors from **July 1 – December 31, 2018**.

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Why it's important to notify the Foundation of your Legacy Gift

When you make a planned gift to benefit UPMC Susquehanna, you should share news of your gift with the Foundation for three important reasons:

- The communication allows us — together — to discuss how you want your gift to be used. Is there a special need or service you're passionate about where you want us to apply your gift?
- It allows us to ask how you would like us to recognize your gift. Recognizing your gift may inspire others to give. Also, it provides an opportunity for us to ask if you want your gift to be in memory of a loved one.
- Finally, it gives us a chance to thank you. Too often, we receive a legacy gift that we didn't know about in advance, and we miss having an opportunity to say thank you.

A legacy gift affects the future of health care in our community. Given the fast pace and ever-changing nature of health care innovation, your gift helps ensure that we have the resources we need to maintain the highest level of care. Knowing about your gift before we receive it allows us to plan for exciting changes to come.

Most legacy gifts come through a will, an estate-planning tool that carries out your final wishes and provides for your family and dependents. A will also can address different life circumstances as they change. However, a will is not the only way to make a planned gift to the Foundation. Other options include beneficiary designations for life insurance, retirement plans, IRAs, and mutual funds.

The Foundation is available to help answer questions you may have about making a legacy gift, but we encourage you to consult with your attorney or financial counselor. For more information, please call us at 570-320-7460.

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Friends of Soldiers + Sailors Annual Campaign

Thanks to the generosity of more than 150 donors, the Friends of Soldiers + Sailors Annual Campaign raised \$36,000 from the community. In addition, Citizens & Northern Bank and Truck-Lite provided a 25 percent match for the funds, resulting in another \$9,000 and bringing the total raised to \$45,000. The hospital will use the funds to purchase an innovative new operating table that will help provide better care to more than 3,000 surgery patients each year at UPMC Susquehanna Soldiers + Sailors.

THINK PINK

BREAST HEALTH WALL OF HONOR

Last fall, individuals had the opportunity to contribute to UPMC Susquehanna's Kathryn Candor Lundy Breast Health Center in honor or in memory of a loved one. For each gift, a pink mum and tribute placard were placed in front of the donor's chosen hospital to celebrate breast cancer awareness month. The tributes also were displayed on the Wall of Honor in the UPMC Susquehanna Williamsport Regional Medical Center, Divine Providence main lobby. Ongoing community support, through the Wall of Honor and annual contributions, makes the Breast Health Center's state-of-the-art technology possible. Includes gifts made from **July 1 – December 31, 2018.**

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DRIVE FOR A CAUSE

Last fall, automotive dealerships throughout northcentral Pennsylvania teamed up with Susquehanna Health Foundation to raise \$30,350 to support breast health. During the month of October, dealerships participated in Drive for a Cause and donated \$25 to UPMC Susquehanna's Kathryn Candor Lundy Breast Health Center for every new or used car sold.

"Many people are affected, directly or indirectly, by breast cancer," says **Sherry Watts**, vice president of development, Susquehanna Health Foundation. "Detection is the best tool in the fight against breast cancer. The funds from Drive for a Cause will support UPMC Susquehanna's goal to offer 3D mammography at all our imaging locations, which will improve our detection rates, especially for women with dense breasts."

Participating dealerships were:

- Blaise Alexander Family Dealerships in Lycoming County
- Fairfield Auto Group
- Murray Motors
- Sunbury Motors

The Foundation also would like to thank media sponsors iHeart Media, Lamar Advertising, and Webb Weekly for their in-kind contributions.





“The funds from Drive for a Cause will support UPMC Susquehanna’s goal to offer 3D mammography at all our imaging locations.”

- Sherry Watts
Vice President of Development

new doctors

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Alfred Bachiller, DO
Family Medicine | 570-326-8500

UPMC Susquehanna welcomes Alfred Bachiller, DO, to the Family Medicine team at UPMC Susquehanna. Dr. Bachiller earned his medical degree at the Philadelphia College of Osteopathic Medicine and completed his residency in osteopathic medicine at Niagara Falls Memorial Center in New York. Dr. Bachiller will see patients at SH Family Medicine at 1705 Warren Avenue, Suite 303, in Williamsport.

Philip Hlavac, MD
Neurosurgery | 570-321-2820

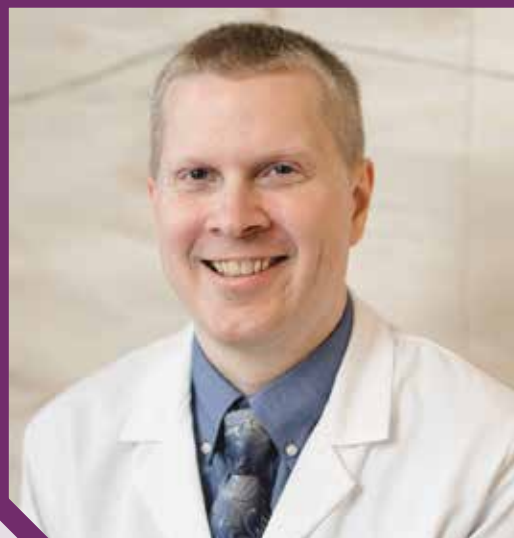
UPMC Susquehanna welcomes neurosurgeon Philip Hlavac, MD, to the neurosciences team. Dr. Hlavac earned his medical degree at Albany Medical College in Albany, New York, where he also completed his residency in neurosurgery. He is board certified by the American Board of Neurological Surgery. With more than 19 years of experience, Dr. Hlavac spent the last seven years as a neurosurgeon at Penn State Hershey Neurosurgery at Wyoming Valley in Wilkes-Barre before joining UPMC Susquehanna. Dr. Hlavac will see patients at the Neuroscience Center on the third floor of the Health Innovation Center, 740 High Street, in Williamsport.



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

Nathaniel Hare, MD
Allergy | 570-320-7070

UPMC Susquehanna welcomes allergist Nathaniel Hare, MD, to Susquehanna Health Allergy at River Avenue. Dr. Hare earned his medical degree at Eastern Virginia Medical School in Norfolk, Virginia. He completed his residency in internal medicine at Dartmouth Hitchcock Medical Center in Lebanon, New Hampshire, and his fellowship in allergy and immunology at University of Iowa Hospitals and Clinics in Iowa City, Iowa. He is board certified by the American Board of Internal Medicine as well as the American Board of Allergy and Immunology. Dr. Hare most recently served as a provider with Allergy Partners of Lewisburg before joining UPMC Susquehanna. Dr. Hare will see patients at 451 River Avenue in Williamsport.



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Howard Katz, MD
Orthopaedics/Trauma | 570-321-2020

UPMC Susquehanna welcomes orthopaedic surgeon Howard Katz, MD, to the orthopaedic and trauma teams. Dr. Katz earned his medical degree at the University of Michigan in Ann Arbor. He is board certified by the American Board of Orthopaedic Surgeons. He is a member of the Orthopaedic Trauma Association, a fellow of the American Academy of Orthopaedic Surgeons (FAAOS), and a fellow of the American College of Surgeons (FACS). Dr. Katz has more than 30 years of experience as an orthopaedic surgeon and specializes in orthopaedic trauma surgery. Before joining UPMC Susquehanna, he served as chief of orthopaedic trauma and reconstruction and a general surgery attending physician at Saint Barnabus Hospital Health System Trauma Center in the Bronx, New York. Dr. Katz will see patients at SH Orthopedics, 1201 Grampian Boulevard, in Williamsport.





Georgios Klironomos, MD, MSc, PhD
Neurosurgery | 570-321-2820

UPMC Susquehanna welcomes neurosurgeon Georgios Klironomos, MD, MSc, PhD, to the Neurosciences team. Dr. Klironomos earned his medical degree from the University of Patras in Greece, where he also completed his residency in neurosurgery. He completed fellowship trainings in neuro-oncology, cerebrovascular surgery, and skull base/endoscopic skull base neurosurgery at the University of Toronto and at Lenox Hill Hospital in New York. Dr. Klironomos will see patients at the Neuroscience Center on the third floor of the Health Innovation Center, 740 High Street, in Williamsport.

Amitabha Mitra, MD
Plastic & Reconstructive Surgery | 570-326-8005

UPMC Susquehanna welcomes Amitabha Mitra, MD, board-certified plastic and reconstructive surgeon, to the Plastic & Reconstructive Surgery team. Dr. Mitra earned his medical degree at Calcutta National Medical College in Calcutta, India. He is board certified by the American Board of Surgeons in both plastic and general surgery. He is a member of the American Society of Plastic Surgery, American Association of Plastic Surgery, and American Council of Academic Plastic Surgeons, and is a fellow of the Royal College of Surgeons (FRCS) and a fellow of the American College of Surgeons (FACS). Before joining UPMC Susquehanna, Dr. Mitra served as professor and chief of plastic surgery at Temple University, Drexel University College of Medicine, and Hahnemann University Hospital, all in Philadelphia. Dr. Mitra will see patients at UPMC Susquehanna Plastic & Reconstructive Surgery at UPMC Susquehanna Williamsport Regional Medical Center, Divine Providence Campus, 1100 Grampian Boulevard, in Williamsport.



Jessica Osman, DO
Pediatrics | 570-321-1665

UPMC Susquehanna welcomes pediatrician Jessica Osman, DO, and the care team from Susquehanna Valley Pediatrics to UPMC Susquehanna. Dr. Osman will continue to see patients at Susquehanna Pediatrics at South Williamsport, 6 East Mountain Avenue, in South Williamsport. Susquehanna Valley Pediatrics has been serving the community since 2000. Dr. Osman received her medical degree from Philadelphia College of Osteopathic Medicine. She is board certified in pediatrics and also is a fellow of the American Academy of Pediatrics (FAAP) and a member of the American Osteopathic Association.



Adrienne McCallister, DO
Physical Medicine and Rehabilitation | 570-321-2600

UPMC Susquehanna welcomes Adrienne McCallister, DO, a specialist in osteopathic manipulative medicine and neuromusculoskeletal medicine, to the Physical Medicine and Rehabilitation team. Dr. McCallister received her medical degree from the University of New England College of Osteopathic Medicine in Biddeford, Maine, and completed her residency in osteopathic manipulative medicine and neuromusculoskeletal medicine at St. Barnabas Hospital in the Bronx, New York. She comes to UPMC Susquehanna from Berkshire Medical Center in Pittsfield, Massachusetts. Dr. McCallister will see patients at Physical Medicine and Rehabilitation located on the fifth floor, UPMC Susquehanna Williamsport Regional Medical Center, 700 High Street, in Williamsport.



Mark Odorizzi, DO
Pediatrics | 570-321-1665

UPMC Susquehanna welcomes pediatrician Mark Odorizzi, DO, and the care team from Susquehanna Valley Pediatrics to UPMC Susquehanna. Dr. Odorizzi will continue to see patients at Susquehanna Pediatrics at South Williamsport, 6 East Mountain Avenue, in South Williamsport. Susquehanna Valley Pediatrics has been serving the community since 2000. Dr. Odorizzi received his medical degree from Philadelphia College of Osteopathic Medicine and completed his pediatric residency training through the Navy at the Portsmouth Naval Hospital in Virginia. He is pediatric board certified and is a fellow of the American Academy of Pediatrics (FAAP) and the American College of Osteopathic Pediatricians (FACOP).



Casey Yossa, MD
Heart & Vascular | 570-321-2805

UPMC Susquehanna welcomes board-certified vascular surgeon Casey Yossa, MD, to UPMC Susquehanna's Heart & Vascular Institute. Dr. Yossa earned her medical degree at Drexel University College of Medicine in Philadelphia and completed her residency in general surgery and fellowship in vascular surgery at Allegheny General Hospital in Pittsburgh. Dr. Yossa is board certified by the American Board of Surgery in both general surgery and vascular surgery. Before joining UPMC Susquehanna, Dr. Yossa spent three years as a vascular surgeon at Trumbull Regional Medical Center in Warren, Ohio. Dr. Yossa will see patients at the Heart & Vascular Institute located on the third floor of the Health Innovation Center, 740 High Street, in Williamsport.



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