

# foundation focus

VOLUME 34 | SPRING 2020



**EARLY DETECTION  
HELPS COACH BEAT THE  
CLOCK ON CANCER.**

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**UPMC** LIFE  
CHANGING  
MEDICINE

**SUSQUEHANNA**  
HEALTH FOUNDATION



## Susquehanna Health Foundation

1001 Grampian Boulevard | Williamsport, PA 17701

### **Vice President of Development**

*Sherry Watts*

wattsse2@upmc.edu  
570-320-7464

### **Major & Planned Gifts Officer**

*Stephanie Steinbacher*

steinbachersl@upmc.edu  
570-320-7041

### **Major & Planned Gifts Officer**

*Kristen Lorson*

lorsonke@upmc.edu  
570-320-7463

### **Senior Development Officer**

*Valerie Trego*

tregova@upmc.edu  
570-320-7465

### **Development Coordinator**

*Anna Thompson*

thompsonac6@upmc.edu  
570-320-7612

### **Development Associate**

*Kelly Regan*

regankm2@upmc.edu  
570-320-7026

### **Executive Assistant**

*Susan Rider*

ridersl@upmc.edu  
570-320-7460

## LETTER FROM FOUNDATION BOARD CHAIR

# Keith Kuzio

Over these last few months of the Coronavirus pandemic, I'm certain that most of us have witnessed and perhaps directly experienced the critical role that local access to high-quality health care plays in saving lives and in promoting the physical, mental, and emotional well-being of our communities. What motivates the many doctors, nurses, administrators, staff, volunteers, fundraisers, and donors to do what they do? We may never know, but in good times and in bad, let's be thankful and show our appreciation for the vital, positive impact they provide in our community. In times such as these, we might also wonder — how can I help ensure that excellent health care resources will always be available close to home?

To offer a response, please let me share how and why I became involved in philanthropy and fundraising for the Foundation and why I enjoy serving as chair of the Susquehanna Health Foundation Board so much. I joke that it's because I like asking people for money, but the truth is, I have an emotional connection to UPMC in the Susquehanna region.

In 2008, I watched my father receive exemplary care from the providers of this great health system as he battled a terminal illness. I reflected often about how these fleeting moments — brief exchanges, glances, and heartfelt gestures — soothed the soul on the most difficult of days. I also thought about how many other people had sat in that same seat, watching a loved one receive the type of compassionate care that's become the standard here. And then I wondered — how I could help?

I was passionate about what the health system was doing in our region. The first campaign I was involved with helped to raise \$15.5 million, leading me to assume the role of campaign chair for a subsequent campaign that would raise \$7.5 million. We built a new building, modernized existing facilities, and added specialized equipment with the money that we raised.

But the health system's integration with UPMC changed our direction substantially. We evolved into an organization that raises support for a health system

serving a 12-county region. I was honored to stay on as board chair and play a role in what we're calling the re-establishment of the Foundation board, agreeing to spearhead our first regional capital campaign: the *Susquehanna Strong* Comprehensive Campaign.

This new regional board alignment has allowed us to grow in size and reach but remain steadfast in focus, which is exactly where we want to be. We're off to a great start with the current campaign, but we need your help to reach our fundraising goal of \$5 million this year.

Our laser focus is giving back to the community we call home by continuing to support world-class health care in our own backyard. Even though we live in a rural part of the state, our community delivers the type of innovation and services typically found in larger metropolitan areas like Pittsburgh or Philadelphia. The Foundation board aims to ensure that residents of this region receive excellent care close to home, because the size of your town shouldn't dictate the quality of your medical care.

We have an aging Baby Boomer population transitioning into a time in their lives that brings a need for more care than ever before. When you pair this impending need for expanded services with a reduction in government and private payor reimbursements, the future looks bleak. But members of our community can change that with a donation to the *Susquehanna Strong* Comprehensive Campaign. Today's donations have a direct impact on tomorrow's patients through the innovative services that will be available to them.

It's important for those in our community to know that, when they give to Susquehanna Health Foundation, their donations always stay local and benefit residents of the Susquehanna region. This campaign is truly about neighbors helping neighbors and influencing the future of our community, to assure that on any given day, health crisis or not, you'll find services you need right here at home.

Please help our community prosper by donating to the *Susquehanna Strong* Comprehensive Campaign today.



# BATTLING BACK

**A colonoscopy, early detection, and close-to-home care got Ryan Cioffi back in the game.**

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**T**he Centers for Disease Control and Prevention says that colorectal cancer screening is increasing, but, according to its 2018 report, about one-quarter of adults still have never received a screening as recommended. More specifically, nearly 22 million adults aged 50 to 75 — those who are the most susceptible to the disease — have never been screened.

The condition, more commonly known as colon cancer, is the third most prevalent cancer diagnosed in men and

women and is the third-leading cause of cancer-related deaths in the United States.

Unlike pancreatic cancer — a disease that rarely presents symptoms until it's too late and for which there is no diagnostic screening — colon cancer offers a handful of signs (a change in bowel habits, rectal bleeding, dark stools, and abdominal pain, among others) and preventive measures that make beating it possible.



A colonoscopy, a procedure used to detect abnormalities in the colon and rectum, is known as the gold standard in colon cancer screening. It involves sedating the patient and the insertion of a long, thin, flexible tube with a camera into the rectum.

It's hard to say whether it's panic over what the procedure might uncover, the procedure itself, the prep — which involves a liquid diet and the use of prescription-strength laxatives — or a combination of all

three, but few elective screening exams cause patients such heightened anxiety.

It was that stigma around the procedure — the fear of the unknown and the physical toll of the process — that almost kept **Ryan Cioffi** from having a colonoscopy. But an instinct that something might be off with his body gave Ryan the courage to go through with the test that would end up helping to save his life.

## Some Things You Just Can't Plan For

The 36-year-old has a firm belief that everyone needs a little luck. But he also believes people make their own luck and write their own stories.

Ryan's story begins in Williamsport, where he was born to **Ronald** and **Patricia Cioffi**. He recalls being a curious kid, one who liked to ask questions and poke holes in arguments. He grew up taking family vacations with his parents, brother, **Chris**, and sister, **Morgan**. A self-proclaimed sports nut, he played basketball and baseball throughout his childhood, and the Cioffi boys and Ron would drive to New Jersey on Sundays in the fall to watch the New York Jets play football. To this day, Ryan is also a diehard fan of the New York Mets and Notre Dame Fighting Irish football.

A graduate of Williamsport's Loyalsock Township Senior High School, Ryan remained in-state for college to attend and graduate from West Chester University in suburban Philadelphia. He later became a financial advisor with Ameriprise Financial, finding success in helping clients achieve their financial goals through detailed life planning.

Along the way, he met the love of his life, **Tiffany**. A decade of wedded bliss has brought the Cioffis two sons, **Braydon** and **Brycen**, along with the type of love and laughs usually reserved for the silver screen.

But the guy who spends his professional life helping clients plan for their futures had no idea what was in store for his.

## A Hospital Visit and a Phone Call

In what some might consider to be a bit of foreshadowing, the weather in Williamsport on September 17, 2018, was cloudy for most of the day. Pockets of light rain cooled temperatures that sat slightly higher than the historical average. "Gloomy" would have been an appropriate way to describe the Susquehanna Valley sky.

On that day, the colonoscopy that Ryan had undergone days prior was the furthest thing from his mind. After all, his symptoms were minor — the occasional bloody bowel movement, but certainly nothing to be concerned about for a healthy and physically fit man in the prime of his life.

Enter more foreshadowing.

Ryan happened to find himself in a hospital that day, but he was there only to visit his grandfather, **Nick Cioffi**, who days earlier had been admitted to UPMC Williamsport with pneumonia.

With his grandfather resting comfortably nearby, Ryan received a call on his cell phone. It was UPMC gastroenterologist **Puneet Basi, MD**, who had performed his colonoscopy, calling to deliver the results. Suddenly, Ryan — husband, father, middle school basketball coach, Little League baseball coach, and financial advisor — learned that he had colon cancer.

## 14 Inches and 29 Pounds

After speaking with Ryan by phone, Dr. Basi dropped everything to meet with Ryan and his family. He quickly connected Ryan with UPMC colorectal surgeon **Jasneet Bhullar, MD**, for treatment.

On December 3, 2018, Dr. Bhullar performed a nine-hour colon resection surgery at UPMC Williamsport to remove 14 inches of Ryan's sigmoid colon.

For Ryan, recovery was mentally and emotionally grueling.

"The days following the surgery were the most painful and anxious days I have had in my life," he says. "It was difficult to walk up and down the hall of the hospital because of the pain."

During the procedure, the surgical team had also removed 13 lymph nodes for testing to learn whether Ryan's cancer had spread. His body weakened and racked with pain, Ryan endured four more days of mental anguish as he awaited the results.

Ryan was ecstatic to learn that each of the extracted lymph nodes tested negative for cancer, but his recovery was still an uphill battle. He lost 29 pounds in December alone, his once-robust frame turning frail and gangly.

*continued on page 8*





## Life After Cancer

The first few months after surgery weren't easy, but they seldom are for someone who goes through what Ryan did. But receiving good news during his routine follow-ups and having a strong support system surrounding him helped Ryan to feel like himself again — or at least a new version of himself.

Part of his new normal included gaining the confidence that the cancer was actually gone, something that Ryan struggled to grasp in the months immediately following his surgery. He also had to learn to adjust his diet to accommodate the changes to his colon.

"If I said I was strong every day, I would be lying," Ryan says. "Leading up the surgery, I had many bad days. I let negative thoughts creep into my mind and take over my mood. It was difficult at times for me to stay positive."

Fortunately, Ryan didn't have to walk through these difficult experiences on his own.

Tiffany was with him at every appointment, accompanied him on visits to UPMC Hillman Cancer Center in Pittsburgh, where he also received care, and slept each night by his side while he was in the hospital. She also gave him a journal, which provided a cathartic outlet and a place for Ryan to write his thoughts about his cancer journey.

There were nights that he called one of his parents at 2 a.m., he says, just because he was scared. Ryan also drew strength and inspiration from his mother-in-law, **Kelly Crowe**, who has fearlessly battled cancer for a decade. UPMC physicians and close personal friends — family medicine specialist **Krista Lazar, MD**, and her husband, cardiothoracic surgeon **Michael Lazar, MD** — made frequent visits to Ryan and Tiffany's home, where Ryan says he and his wife peppered the couple with questions for hours.

Then there are the UPMC medical staff members who treated his cancer, including Dr. Basi and Dr. Bhullar.

"I had no worries that Dr. Bhullar was going to be able to perform the surgery," Ryan says. "But more important than being a good surgeon, Dr. Bhullar is one of the most kind, caring people I have come across in my lifetime. He became a support system for me. He never left a room until my anxiety was lowered. I would talk to him about my fears and worries at length, and he always knew the right thing to say."



“THIS IS A COMMUNITY THAT CARES FOR ITS PEOPLE. IT RALLIES BEHIND PEOPLE WHEN THEY ARE MOST IN NEED. IT'S GENUINE AND SINCERE.”

— RYAN CIOFFI

## Working to Help Others

It's because of a colonoscopy and early detection that Ryan is alive and cancer-free today. A Williamsport native who received outstanding care close to home, he wants to do whatever he can to make sure others have that same access.

As a member of the Keystone Society — Susquehanna Health Foundation's annual gifts committee — Ryan is helping raise money in part for UPMC Hillman Cancer Center in Williamsport. His goal? To bring new doctors and new innovative technologies to the area to help save the lives of others fighting cancer in the Susquehanna region.

When asked what he treasures most in life, Ryan says that he loves interacting with all different types of people and hearing their stories. Somehow, the guy who overcame a bout with cancer, who now promotes health screenings for early detection, and who raises money to help cancer patients still says it is other people who amaze him.

"This is a community that cares for its people," Ryan says. "It rallies behind people when they are most in need. It's genuine and sincere."



# THE DONOR REPORT

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

## SIGNATURE GIFTS

**Signature Gifts** recognizes individuals and organizations who made a commitment to Susquehanna Health Foundation with a contribution of \$100,000 or greater. Donors are listed through **December 31, 2019.**

### \$5,000,000+

Anonymous

### \$2,500,000–\$4,999,999

Employees of UPMC Susquehanna  
Laurel Health Foundation  
The Donald B. and Dorothy L. Stabler  
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*In Memory of James H. Lamade*  
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The Park Home, Inc.  
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**Robert P. and Kathleen R. Walker**  
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### \$100,000–\$249,999

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Ronald J. Butler  
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Weisel Family Trust  
Welliver McGuire Inc.  
Wolyniec Construction, Inc.  
*In Memory of James T. Wolyniec Sr.*

# 2020 Lifetime Achievement Award Honorees

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On Friday, July 31, UPMC will honor **Dr. Donald Shaw, Thelma White, and the Sisters of Christian Charity of Mendham, N.J.**, with Lifetime Achievement Awards for their tremendous impact on health care, our community, and our health system.

## 1 PHYSICIAN AWARD

### Dr. Donald Shaw

A combination of a love of science and working with people led Donald Shaw, DO, to a nearly four-decades-long career in medicine. He grew up in Philadelphia, and during his residency, he was offered a two-year rural health scholarship to provide care in Blossburg and Mansfield through North Penn Health Services. Little did he know that northcentral Pennsylvania would capture his heart and become his new home for life.

Dr. Shaw served as an active member and leader of the medical staff at UPMC Wellsboro for more than 40 years. He joined the provider team in 1985 as director and instructor for Advanced Cardiac Life Support. A year later, Dr. Shaw combined his passion for sports and medicine to form the SSMH Sports Medicine Clinic — a natural progression given his experience as team physician for Mansfield University and Wellsboro High School.

Over the years, Dr. Shaw received many accreditations and board certifications, exemplifying his medical expertise and commitment to continued excellence in medical practice. In 2000, he was named director of Emergency Services and chairman of the Emergency Care Committee for Tioga Health Care Providers at UPMC Wellsboro, a role he would hold through the remainder of his tenure.

“Dr. Shaw’s leadership and guidance are still felt at the hospital even though he’s been retired for a few years now,” said Laura Coates, director, Emergency Department, UPMC Wellsboro. “He played an integral role in the forward thinking of the redesign and expansion of our ED in 2012 and established a new standard for emergency care in the Northern Tier.”

Not only was his leadership key in the UPMC Wellsboro Emergency Department expansion, but so was his commitment through a major gift to become a member of Susquehanna Health Foundation’s Caduceus Society.

**To recognize his dedication to his patients and commitment to providing care to our community, UPMC in the Susquehanna region will honor Dr. Donald Shaw with the Physician Award.**

## 2 TRUSTEE AWARD

### Sisters of Christian Charity

Established in 1849 by Blessed Pauline von Mallinckrodt, the Sisters of Christian Charity is a Roman Catholic papal congregation of consecrated Religious Sisters based in Mendham, New Jersey. In their ministry of health care, the Sisters founded Divine Providence Hospital in Williamsport in 1951, and, 40 years later, Muncy Valley Hospital entered into a partnership with Divine Providence Hospital, creating Providence Foundation, the region’s first Catholic health system.

In 1994, the Sisters of Christian Charity were integral in the formation of the Susquehanna Regional Healthcare Alliance, a new, not-for-profit organization created to seamlessly integrate the delivery of health-related services offered by the North Central Pennsylvania Health System, the parent organization of The Williamsport Hospital & Medical Center, and the Providence Health System.

In 2019, UPMC and the Sisters of Christian Charity celebrated 25 years of investment and collaboration modeled on patient-centered care and promoting faith-based servant leadership.

“Health care in the region would not be what it is today without the Sisters of Christian Charity,” said Steve Johnson, president, UPMC in the Susquehanna region. “Twenty-five years ago, the Sisters led a cohort of hospital and community leaders who put their faith in the alliance, the providers, and staff to help revolutionize health care in the region. Their patient-centered vision provided a foundation from which to extend a healing ministry across the entire northcentral Pennsylvania area. Over the years, the Sisters have continued to make many extraordinary contributions to the health system and continue to serve in leadership and staff roles alongside our employee family in caring for our community.”

**To recognize their efforts in the foundation of UPMC hospitals in the Susquehanna region as well as their role in advancing our mission, UPMC will honor the provincial superiors of the Sisters of Christian Charity from the past 25 years, Sister Mary Edward Spohrer, Sister Joan Daniel Healy, and Sister Maria Assumpta Shurer, with the Trustee Award.**

## 3 PRESIDENT’S AWARD

### Thelma White

Thelma White has a passion for helping others. A hard worker, Thelma can be found clocking in at the break of dawn for her volunteer shifts at UPMC Muncy, where she serves in four different areas and roles. In her 14-plus years as a volunteer, she’s logged more than 13,500 hours, not to mention the time she’s not tracking when she volunteers as a member of the Muncy Valley Hospital Auxiliary.

“Thelma provides exceptional customer service to patients and visitors, and does whatever she can to support our providers,” said Ron Reynolds, president of UPMC Muncy and UPMC Lock Haven. “Staff have shared with me that she encourages everyone to be their best and that it’s a privilege to work with her. Thelma is caring, compassionate, energetic, and one of a kind, and we’re blessed to have her at the hospital.”

Equally impressive as her donated time is Thelma’s financial generosity. She began donating to Susquehanna Health Foundation in 2000 and has made several major gifts to support the work of UPMC Muncy and the overall work of the health system. She is recognized as a major donor in the Cornerstone Society.

**To recognize her incredibly generous support, UPMC in the Susquehanna region will honor Thelma White 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, 2019.**

## \$75,000–\$99,999

Friend of the Breast Health Center  
E. Ruth Crist Estate  
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*In Memory of Richard H. Lundy Jr.*

***Pamela J. Lundy***

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Gertrude Strunk Estate  
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Robert Schell Ulrich

*In Memory of Rita C. Ulrich*

Anthony H. Visco Jr.  
Luigi Vittorio Estate  
Bob and Irenay Weaver  
Patrick and Jennifer Wilson  
Dawn and Gregory 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. Every dollar you give here stays here to benefit those we serve in our local communities. And, every dollar you give stretches a little further because of our 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 in the Susquehanna region, 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 in the Susquehanna region continue its mission to serve our community by providing outstanding patient care and to serve tomorrow's health system through clinical and technological innovation, research, and education.

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

\*deceased donor

**SUSQUEHANNA**  
HEALTH FOUNDATION





“Being in the Emergency Department for so many years, I would constantly see a person in their crisis ... But now I get to go out into the community and try to prevent these injuries.”

— Annalisa Negrea, RN  
Injury Prevention Coordinator

## YOUR CONTRIBUTIONS AT WORK: FATAL VISION GOGGLES

# Using Technology to Curb Distracted Driving

**T**he average time it takes a driver to check his or her phone, read a text message, or change the station on the radio is about five seconds. However, those five seconds can have ramifications that last for the rest of someone's life — and in some cases, they can even end one.

The National Highway Traffic Safety Administration reports that distracted driving claimed the lives of 3,166 people in 2017 alone, despite the presence of laws aimed at eliminating the practice.

For instance, Pennsylvania law has banned drivers from texting since 2012. Yet, data show that more than 18,000 distracted driver citations were issued over a five-year window from 2014 through 2018.

One of the most demonstrable ways to combat distracted driving is through interactive educational programs like those offered by UPMC Williamsport. **Annalisa Negrea, RN,**

injury prevention coordinator at UPMC Williamsport, says she recently started using simulation goggles during these sessions to mimic the effects of driving while distracted or impaired.

The goggles, manufactured by a company called Fatal Vision and purchased through donations, have been an integral part of the program's community education platform since last year. UPMC Williamsport has three different variations of the goggles — those that mimic alcohol impairment, marijuana impairment, and drowsy and distracted driving — each providing different effects for the user.

Annalisa is responsible for interacting with the community and providing education about injury prevention, especially relating to falls and motor vehicle crashes. Those efforts support UPMC Williamsport's goal of becoming Trauma Center Level II certified, which requires a robust community outreach plan.





**Funds are still being raised to purchase a driving simulator.  
If you would like to help, please contact the Foundation at 570-320-7460.**

“Being in the emergency department for so many years, I would constantly see a person in their crisis — the pain, the stress,” Annalisa says. “I saw people at their worst. But now I get to go out into the community and try to prevent these injuries.”

Most recently, that work has included offering teen driver safety programs at local high schools, where Annalisa deploys the Fatal Vision Goggles.

Pennsylvania has a blood alcohol content (BAC) legal limit of .08, but the alcohol impairment goggles Annalisa uses range from a mild impairment — the equivalent of a .06 BAC level — to a feeling of extreme impairment. She says it offers users a helpful perspective on how dangerous it is to drive after one or two drinks, even if your alcohol level is below the legal limit.

The exercise includes a mat that is placed on the ground like a sidewalk, with users asked to navigate the course as if they were driving. Annalisa says many of her participants fail to do so safely, even with the goggles at lower intensities.

But it’s the drowsy and distracted goggles that have been particularly impactful with younger participants. They work by blacking out the user’s vision for the four to five seconds it takes to read or send a text message.

“The distracted goggles are really neat because the goggles are Bluetooth-capable, and I have an app on my phone where I control the goggles,” Annalisa says. “I’ll set up an obstacle course, and I’ll ask the person to navigate it.”

Users receive commands such as “exit right” or “turn left,” with Annalisa timing how long it takes each participant to

complete the course and noting whether they did so safely. Once participants have had a taste of the course under ideal conditions, she ratchets up the distractions and watches as they attempt to match their previous performance.

While the goggles have changed the way UPMC Williamsport educates the community on the dangers of driving while distracted or impaired, Annalisa says the team would like to take things a step further. UPMC Williamsport hopes to add a driving simulator to its program that features a large screen, steering wheel, and pedals to replicate various conditions. The simulator’s distracted-driving mode would even allow participants to use their own phones for a more realistic experience. Using the simulator, a program demonstrator can alter the tightness of the steering wheel and pedals to recreate challenges drivers under the influence might face with their reactions and reflexes.

Like everything offered by UPMC Williamsport, the programs are the health system’s way of being a good community partner. Hospital leaders had that same goal in mind when they chose to pursue Trauma Center Level II certification.

“Becoming Trauma II certified will allow us to provide the best care to our patients,” Annalisa says. “Trauma services bring a lot of disciplines together. We can keep them in-house — meaning a Williamsport resident who gets injured can stay in Williamsport. That’s a great service to our community. And with the trauma designation comes the other side of it, which is education and injury prevention.”

# ENDOWMENT GIFTS

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

## Why is Susquehanna Health Foundation establishing endowments?

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

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

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

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

## How do I contribute?

You can contribute through the donation of cash, retirement plans, planned gifts, stock gifts, and IRA gifts. Although some endowments comprise many small gifts, major gifts are critical for endowment creation and growth and can be pledged over five years.

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

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

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

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

## Clinical Excellence

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

### George and Shirley Durrwachter Endowment

George and Shirley Durrwachter

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

### R. Edward and Linda Alberts Endowment

R. Edward and Linda Alberts

### Kenneth and Kathryn A. Smith Endowment

Robert P. and Kathleen R. Walker

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

Robert P. and Kathleen R. Walker

## Special Purpose

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

### Dr. Robert and Phyllis Yasui Endowment

Anonymous

## Unrestricted

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

### Charles and Donna Johnson Endowment

Steven and Mary Ann Johnson

### John and Jean McDermott Endowment

Steven and Mary Ann Johnson



# BUSINESS & INDUSTRY GIFTS

## Business & Industry Gifts

recognizes businesses that supported Susquehanna Health Foundation with a contribution of \$5,000 or greater. Donors are listed through **December 31, 2019.**

### \$1,000,000 +

Anonymous  
Ward Manufacturing LLC

### \$250,000–\$999,999

The Muncy Bank & Trust Company  
Verizon Wireless

### \$100,000–\$249,999

AutoTrakk, LLC  
Citizens & Northern Bank  
Dominion Foundation  
Hudock Capital Group, LLC

#### **iHeartMedia**

#### **Jersey Shore State Bank**

M&T Bank  
McCormick Law Firm  
The Park Home, Inc.  
PPL Foundation  
PRIMUS Technologies Corp.  
Reynolds Iron Works, Inc.  
Shell Exploration & Production Company  
Silvertip, Inc.  
TurnKey Construction, Inc.  
TurnKey Electric, Inc.  
Welliver McGuire Inc.  
Wolyniec Construction, Inc.

*In Memory of James T. Wolyniec Sr.*

### \$50,000–\$99,999

Alexander Building Construction Co.  
Anadarko Petroleum Corporation  
Bayard Printing Group

#### **Gift Box at Muncy Valley Hospital**

Glenn O. Hawbaker Inc. Charity Golf Outing

#### **Lamar Advertising of Williamsport**

Larson Design Group  
PPL Electric Utilities

#### **Ronald McDonald House Charities of N.E.P.A., Inc.**

Weis Markets, Inc.

#### **Woodlands Bank**

### \$25,000–\$49,999

Anonymous  
ARAMARK Healthcare  
Baker Tilly Virchow Krause, LLP

BB&T

Beiter's Inc.

Construction Specialties, Inc.

*In Honor of Construction Specialties, Inc. Staff and Families*

Data Papers/KBF Print Technology

Fry's Plastic

Glenn O. Hawbaker, Inc.

#### **I.C.S. Inc. - Eric Hine**

John Savoy & Son, Inc.

L. F. Driscoll Company, LLC

Lundy Construction Co., Inc.

McCarty-Thomas Funeral Home, Inc.

*In Memory of Richard G. Thomas*

McNerney, Page, Vanderlin & Hall

Santander Bank

Shell Appalachia Charity Golf Tournament

Stantec

Talisman Energy USA Inc.

Tura L.P.

### \$15,000–\$24,999

#### **Fairfield Auto Group**

Gilmour Arts

Lundy Industrial Realty, L.P.

McDonald's - Doug and Frani Doherty

#### **Muncy Self Storage**

#### **Murray Motors - Brian Peace and Bill Brown**

Norcen Industries Inc.

Pennram Diversified Mfg. Corp., Andrew and Karen Hooker

#### **Steinbacher Enterprises, Inc. - Matt and Joslyn Dougherty**

*In Honor of Dave and Karen Steinbacher*

Steinbacher Enterprises, Inc. - Dave and Karen Steinbacher

*In Memory of Mr. and Mrs. James Steinbacher*

*In Memory of Karen Steinbacher*

#### **Trojan Tube Sales and Fabrications, Inc.**

*In Memory of Jack Decker*

Wm. L. Robinson Concrete

### \$5,000–\$14,999

Anonymous

Aquarius Pool & Patio, Inc. - Gene and Mary Ann Schurer & Pam Keefer

Ausley Construction Co., Inc.

Berkshire Hathaway HomeServices  
Hodrick Realty

Billtown Mechanical Corp.

The Blessing Insurance Agency, Inc.

Brodart Co.

Central Equipment Company

Ruth Croyle and East End Lumber Company

Deerfield Charitable Trust

EmCare, Inc.

Forrester Environmental, Inc.

Fraternal Order of Eagles - Williamsport Aerie #970

G.R. Noto Electrical Construction, Inc.

The Herman O. West Foundation

Hermance Machine Company

Houseknecht's Machine & Tool Co., Inc.

J and M Construction Specialty, Inc.

Keystone Bingo Supply, Inc.

Keystone Data Systems, Inc.

L-3 Communications Electron Devices

Lezzer Lumber Co. - Pennsdale

The Liberty Group

#### **MetalKraft Industries, Inc.**

Mid-State Beverage Co. - Don and Betty Jo Heim

Montgomery Plumbing Supply Company

PATHS, LLC

Patterson-Brandt, Inc.

Penn Cabling Services, Inc.

Penn Recycling, Inc.

PMG Advisors, LLC

Quandel Construction Group, Inc.

Schneider Valley Farms Dairy

*In Honor of Schneider Valley Farms Dairy Employees*

SelecTrim Corporation, James Wood and Marcus Annicelli

Sher Properties, Inc.

#### **Sunbury Motors**

#### **Susquehanna Community Bank**

#### **Susquehanna Oral & Facial Surgery and Dental Implant Center**

Susquehanna Paper & Sanitary Supply Corporation

Wellsboro Electric

Wellsboro Rotary Club

Williamsport Moving Company

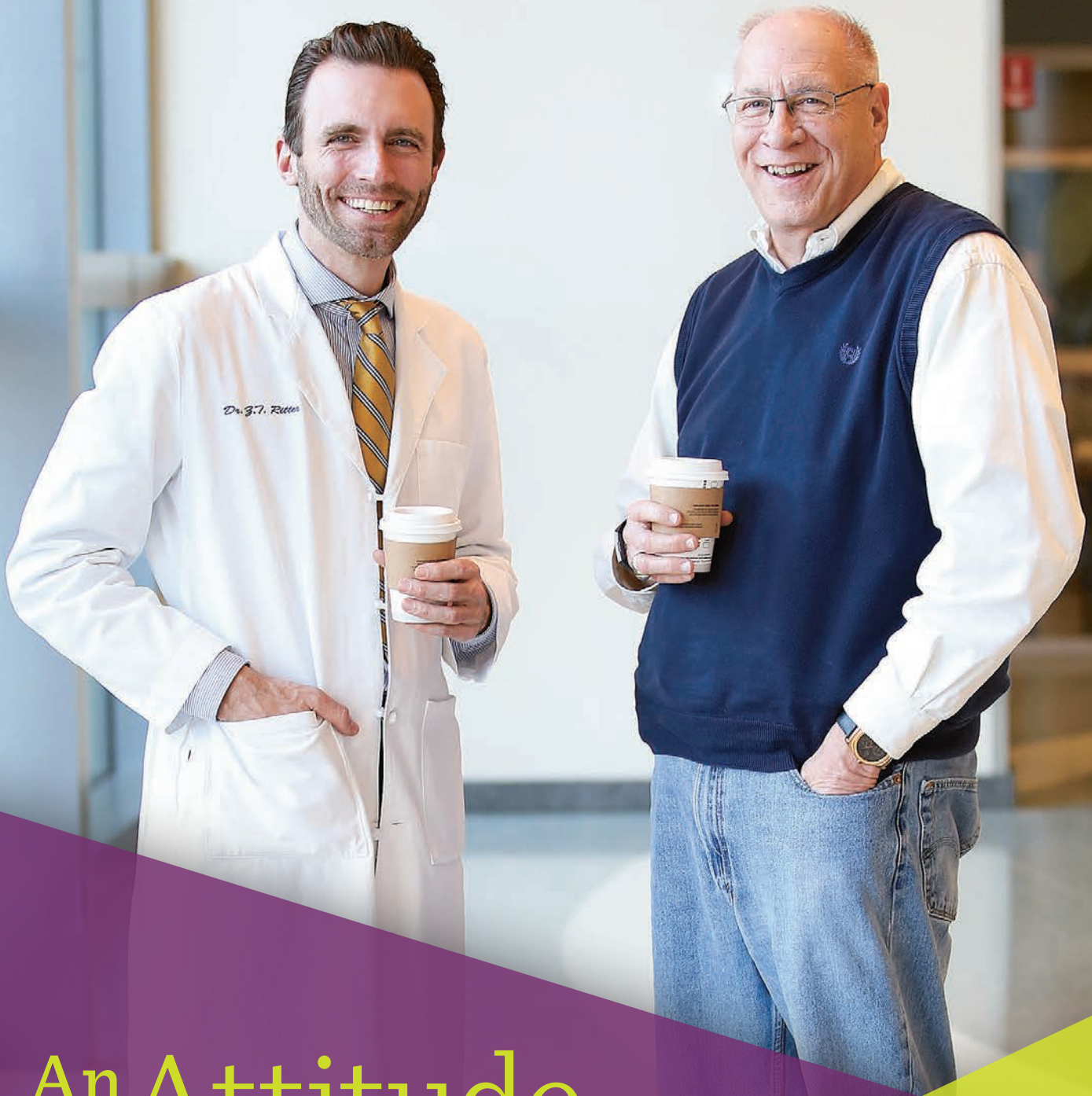


GRATEFUL PATIENT

# *spotlight*

FOUNDATION FOCUS | SPRING 2020

18



An Attitude  
of **GRATITUDE**

**T**he complications involved with diabetes can be wide-ranging and debilitating. There's increased risk for heart disease, bone and joint disorders, stroke, high blood pressure, skin conditions, and teeth and gum problems. Although those are some of the more common concerns, there are others that can be just as devastating.

Just ask **John Shafer** of Montgomery.

John, senior director of field operations North America for Stanley Access Technologies, learned firsthand how dangerous a simple cut to the foot can be for someone with diabetes. Unfortunately, that's a lesson he had to learn twice.

The reason foot abrasions have a tendency to become infected in someone who has diabetes is two-fold. First, they can be difficult to identify, because a blood sugar imbalance can cause pain or tingling in the foot — a condition known as neuropathy — someone with diabetes may not even notice when he or she has injured a foot. In addition, diabetes restricts blood flow, so a cut on the foot may be slow to heal because an adequate amount of blood isn't reaching the injured area.

The result can be an unnoticed, open wound that lingers to the point of infection.

After cutting his toe in 2013, John eventually found himself in the emergency department at UPMC Williamsport, where **Zachary Ritter, DPM**, immediately recognized the seriousness of the situation and operated on John's foot to remove the infection.

After a recovery that included a seven-day hospital stay, things returned to normal for John. Not one to sit still, he fanatically cheered for his beloved Penn State Nittany Lions. He attended celebrity chef nights at the Peter Herdic House in Williamsport. He participated in his church's choir, hosted dinner parties at his home, played volleyball, and indulged in his love of traveling.

Then, just before Christmas 2019, he suffered another foot wound.

This time the cut was on his other foot, but the infection was the same. John found himself back at UPMC Williamsport for a second surgery with Dr. Ritter. Afterward, he left with more than just a mended foot. He also had a heart full of gratitude.

Following that visit, John was so moved by his experience that he wrote a letter of appreciation thanking the UPMC doctors, nurses, and support staff who cared for him during his visits. John also donated \$10,000 to the Susquehanna Health Foundation in honor of Dr. Ritter — a donation his employer generously matched — for a total contribution of \$20,000.

John credits Dr. Ritter for more than just his surgical prowess and says the warm reception he received changed his entire outlook on health care.

"Honesty, I never really liked doctors and never liked going to the doctor," John says. "And while Dr. Ritter is serious and an expert in his field, he also has a personality and humor that are so special and make it easy to have a great doctor/patient relationship. A lot of people are afraid to go to the doctor, but his demeanor makes it easier to not be nervous or upset."

An alumnus of Mansfield University, John has been involved with fundraising efforts through his alma mater and understands the importance of philanthropy. He says that being on this side of the giving — after all the pain, anxiety, fears, "what ifs," two surgeries, and 10 days in the hospital — feels better than he ever could have imagined.

John has been at Stanley Access, a division of Stanley Black & Decker, for 33 years. He loves his job, even going so far as to say he's married to his career, and he appreciates the perks that an accomplished professional with a successful career that spans three decades might enjoy.

One of those benefits is the flexibility to live essentially wherever he wants, but the lifelong Pennsylvania resident, who was born in South Williamsport, says he wouldn't think of living anywhere other than the Susquehanna region.

John says he knew that his donation to Susquehanna Health Foundation would benefit others in the area he calls home, helping to enhance local care that consistently ranks among the state's finest. He cites UPMC's service, facilities, and patient outcomes as examples of how the health system shines in the Susquehanna region.

"This area's level of health care is great," John says. "We're fortunate to have it."

# 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, 2020.**

## \$500,000+

Dr. and Mrs. Francis M. Powers Jr.

## \$250,000–\$499,999

Anesthesia Associates of Williamsport

## \$100,000–\$249,999

Dr. and Mrs. Rodwan and Zokaa Rajjoub

Dr. Hani and Eiman Tuffaha

## \$50,000–\$99,999

Jean and John Burks

*In Memory of Joseph R. Calder, MD*

Dr. and Mrs. George A. Manchester

## \$25,000–\$49,999

Dr. and Mrs. John Becker

Dr. and Mrs. E. Lee Bellinger

Dr. Ronald E. DiSimone

Dr. and Mrs. Daniel R. Gandy

**Dr. Michael C. and Dr. Heather J. Gerst**

Dr. Barbara Heere and \*Dr. Bernard Butkiewicz

\*Dr. Ted and Jane Larson Jr.

Dr. and Mrs. David J. Lopatofsky

Dr. William C. and Beverly H. McCauley

Drs. Timothy and Kathleen Pagana

Dr. and Mrs. Donald Shaw

\*Dr. and Mrs. Gordon A. Shaw

*In Memory of Joseph R. Calder, MD*

Susquehanna Urologic Associates

Dr. and Mrs. Lawrence Tama

## \$15,000–\$24,999

Darius Abadi, DO

Dr. and Mrs. Victor P. Becker

James Bland, MD

Christopher and Susan Branton

Dr. Perry W. Doan

Dr. and Mrs. Donald J. Leathers

Dr. and Mrs. Michael Marceau

Adrienne McCallister, DO

Dr. and Mrs. Alexander R. Nesbitt

Dr. and Mrs. Anthony M. Nespola

**Dr. and Mrs. Zachary Ritter**

Dr. and Mrs. Warren L. Robinson

Dr. and Mrs. Sandeep and Maria Sagar

Dr. Phyllis Scott

## \$10,000–\$14,999

Anonymous

Dr. and Mrs. William R. Beltz

Dr. and Mrs. Mark D. Beyer

Drs. David and Susan Borys

Dr. and Mrs. Paul W. Braunegg Jr.

Dr. Tom and Rebecca Burke

Dr. Jill A. Burns

Dr. and Mrs. Leonard R. Collins

Dr. and Mrs. Scott D. Croll

Greg and Marilyn Frailey

Daniel J. Glunk and Margrit M.

Shoemaker

Dr. and Mrs. Edmund P. Guelig

Dr. and Mrs. Timothy Heilmann

Dr. and Mrs. Michael V. Hoffman

Dr. Renuka Kakarala and Dr. Sai B. Sajja

Dr. Charles D. Lamade

Dr. and Mrs. Albert G. Liddell

Dr. and Mrs. David B. Nagel

**Drs. \*Naresh C. and Anita Nagpal**

**Dr. Christine K. Nolan**

Dr. and Mrs. Harshad Patel

Jim and Peg Redka

Dr. Christopher Reilly and Dr. Teresa Bianco

Dr. René and Diana Rigal

Dr. Mohammad and Mrs. Margaret Shafique

Keith and Pam Shenberger

*In Memory of Lynn A. Overdorff Jr.*

*In Memory of Ann L. Shenberger*

Dr. and Mrs. F. Ardell Thomas

Dr. and Mrs. Stephen Weber

## \$2,500–\$9,999

Anonymous (8)

Bharat G. Adroja, MD

Dr. and Mrs. Carl R. Albright

Dr. and \*Mrs. David N. Ambrose

Charles and Karla Anderson

*In Memory of Albert Confer*

Dr. Elizabeth and Eric Anderson

Karen and Michael Belenko

**Shrilkumer Bhatt, MD**

Dr. Karen M. Brady

Dr. and Mrs. John V. Calce

Dr. William Cicio

Cornerstone Family Health, P.C.

Dr. T. E. Cullen and Bronwen Cullen

Joseph Daoko, MD

Dr. and Mrs. Gary M. Dincher

Drs. Dilip Elangbam and Subadani Angom

Dr. and Mrs. Joseph G. English

Durriya S. Esaa, MD

Dr. and Mrs. Todd W. Fausnaught

James R. Fick, MD

Mr. David and Dr. Lisa Galloway

Dr. and Mrs. Steven W. Geise

Dr. Kenneth I. Glaser

Dr. and Mrs. Russell Gombosi

Dr. Judith Gouldin and Mr. Anthony Parente

Nathan Hare, MD

Dr. and Mrs. Steven M. Hawley

Phillip Hlavac, MD

John and Veronica Jones

*In Memory of John and Dorothy Jones*

Dr. Muhammad Kashif

Dr. and Mrs. William F. Keenan

Dr. and Mrs. I. G. Kim

Dr. and Mrs. Kevin W. Kist Jr.

Georgios Klironomos, MD, PhD

Olamide Kolade, MD

Dr. John Kuri and Dr. Amy Wirtner

**Darshan Lal, MD**

The Lazar Family

Dr. Paul and Cynthia Leber

Dr. and Mrs. Joseph Lexon

David and Clayton Lightman

Dr. and Mrs. Eric Longenbach

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

Dr. Sabrina Mikita

Drs. Brad Miller and Cheryl Stayton

Robert L. Muller, MD

*In Honor of Dr. David N. Ambrose*

Dr. and Mrs. Mark G. Odorizzi

**Ayoola Oladejo, MD**

**Olufunke Oladejo, MD**



# CADUCEUS SOCIETY

Stuart M. Olinsky, MD  
 Dr. Mark and Mrs. Deborah Osevala  
 Dr. William and Cynthia Pagana  
*In Memory of Ann Pagana*  
*In Memory of Elizabeth Pagana*  
 Dr. and Mrs. Young W. Park  
 Dr. and Mrs. Frank W. Parker  
 Dr. and Mrs. William J. Peck  
 Dr. Robert and the Reverend Christine Purcell  
 Dr. Renee Quarterman  
 Jennifer Rager-Kay, DO  
 Navitha Ramesh, MD  
 Dr. and Mrs. William P. Reich

Dr. Herbert Roberts  
 Dr. and Mrs. Steven D. Rockoff  
 Eddie O. Rodriguez-Lopez, MD  
**Jason Scotti, MD**  
 Abdalla Sholi, MD  
 Zachary Simpson, MD  
 Dr. and Mrs. Rohit G. Singh  
 Dr. Thomas C. Smith and Suzanne Dively-Smith  
 Dr. and Mrs. Sam F. Stea  
*In Honor of Our Children*  
 Bernard and Sarah Steinbacher  
*In Memory of Karen E. Steinbacher*  
 Dr. Allan K. Stryker

Dr. Mohammad Tahir  
 Dr. Lawrence and Nancy Tomack  
 Dr. Peter and Rose Trevouledes  
 Dr. Frank E. Tulak  
 Dr. and Mrs. Thane N. Turner  
 Songoli C. Umeh, MD  
 Dr. and Mrs. Seth I. Weber  
 Rosemary Wiegand and Brett Homan  
 Dr. and Mrs. Daniel E. Wolfe  
 Edward G. Wyshock, MD



The friendship of **Heather McCormick**, **Denise Cordes**, and **Jenifer DeWald** grew during their time together in Williamsport and continues even though they now live in three different cities with many states in between them. Each year, the friends raise money for a cause, and this year they chose the Kathryn Candor Lundy Breast Health Center at UPMC Williamsport, Divine Providence Campus.

They first held a bingo fundraiser and then participated in Pledge the Pink, a three-day, three-island, 30-mile fundraising event in South Carolina with 1,500 others this past October. The trio raised nearly \$5,000 for the Breast Health Center, their

chosen breast cancer charity. Funds will go toward the purchase of a SOZO® machine, which helps identify the beginnings of lymphedema in breast cancer surgery patients far in advance of the condition being clinically detectable. In finding lymphedema in its earliest stages, SOZO helps patients preserve function and avoid extremely high-cost treatment and care management.

There is a monthly cost of \$1,000 for the Breast Health Center to have the SOZO Machine. If you're interested in supporting this ongoing need, please contact the Foundation at 570-320-7460, or make a gift in the enclosed envelope today.

# 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, 2019.**

## \$1,000–\$9,999

Abt Associates Inc.  
Helen L. Antrim  
Arnot Sportsmen Club, Inc.  
Dr. and Mrs. John Becker  
**Michael and Lori Beiter**  
Karen and Michael Belenko  
Tammy Jo Bellows  
**Bill MacIntyre Chevrolet Buick**  
Drs. David and Susan Borys  
Cathy T. Brendle  
Chaplain Tom Brokaw  
Natalie A. Buss  
Carol M. Cacchione  
Jean M. Cameron  
Mara L. Carpenter  
Nicholas and Carol Catino  
Central Susquehanna Community Foundation  
Clemens Markets Family Foundation  
Paula and Joshua Cummings  
Samantha A. Curles  
Howard Dean  
Matthew and Amy DeCamp  
Mr. and Mrs. R. Robert DeCamp  
Amber Depew  
Beth A. Dibble  
**Joan Dice**  
Annette M. DiEugenio  
Kathleen S. DiSalvo  
**Discovery Machine, Inc.**  
Frani and Doug Doherty  
Kelly Douglass, CRNP  
John and Shirley Eck  
**David and Patricia Errick**  
Carol Carson Evans  
Ashley L. Fedroff  
Jeffrey and Amanda Finke  
First Citizens Community Bank  
Jennifer K. Flick  
Florence Crittenton Service, Inc.  
Denise and Joseph Folmar  
**Greg and Marilyn Frailey**  
Richard A. Fry  
Gwen Frye Estate  
Michelle R. Gaida  
Gary's Furniture  
**Family of Joe Germino**  
Patrick and Joy Gilson  
Amy and Keith Goehring  
Julian W. Gombosi  
Carol Greene and Family  
April L. Hartzel-Lewis  
Jennifer and Julie Harvey  
Annabel J. Hepburn Estate  
Kenneth and Ann Hoover

Deborah E. Horriat  
Thomas W. Hoy  
Stephen and Martha Huddy  
Mark and Rebecca Huffman  
Charissa J. Hunt  
Jersey Shore Football Booster Club  
**Phil and Christine Johnson**  
Steven and Mary Ann Johnson  
Stacey M. Kacyon  
David and Gloria Karchner  
Catharine L. Keister  
Leah M. Kile Estate  
Carol Kitchen  
Ann L. Knauber  
Edwin J. Krejci  
Abbey M. Lepley  
**The Lindsay Family**  
Lock Haven Hospital Auxiliary  
Herman Logue  
**Denise Lorson**  
Stephen C., John W. and John C. Lundy Fund  
Michael and Annette Lupacchino  
John and Judy Maietta  
Dr. and Mrs. George A. Manchester  
Dr. and Mrs. Michael Marceau  
Kathryn S. Mason  
Ray and Shelly Mattie  
**Helen R. McCloskey**  
Amy McCorkel  
McDonald's - Doug and Frani Doherty  
Pat and Jim McGee  
Ron and Judy McKibben  
Joseph McTish  
Lindsay Michael, DO  
**Mid-State Beverage Co. - Don and Betty Jo Heim**  
**Robert R. Mincemoyer**  
Donna Mitten-Long  
Debra A. Morin  
**J. Dennis and Linda Murray**  
Murray Motors - Brian Peace and Bill Brown  
Drs. \*Naresh C. and Anita Nagpal  
Northcentral PA Estate Planners  
Mark A. Nyce  
Tom and Mary Owlett  
Melissa Pandolfi, PA-C  
Sandra Pecynski  
Frank G. Pellegrino  
Penn Oak Realty, Inc.  
Ms. Ann Pepperman and Senator Gene Yaw  
John E. Person III  
**Pledge the Pink Foundation - Denise Cordes, Jenifer Dewald, and Heather McCormick**  
Patricia J. Rambo

**Michael Rau and Marisa Rainey Rau**  
Andrea N. Reed  
Resounding Cymbals Performing Arts  
Ronald and Lisa Reynolds  
John W. and Anne Rich  
**Berta Robbins Estate**  
Seth M. Rogers  
Rogers Uniforms  
Sean and Cynthia Roman  
Joseph and Louise Rossi  
Rotary Club of Williamsport  
Connie L. Rupert  
The Slout Family  
**Terry Saulter**  
Richard and Elizabeth Schluter  
Schrader Architectural Products - Jack and Cindy Schrader  
**Dr. Phyllis Scott**  
Eugene A. Seelye  
Erin L. Shelinski  
Emily Shelley  
Chaplain Edward Siddle  
Mark and Connie Sitler  
**Dr. Thomas C. Smith and Suzanne Dively-Smith**  
Abram M. and Dorothy M. Snyder Foundation, Inc.  
Stephanie and Curtis Steinbacher  
Steinbacher Enterprises, Inc. - Matt and Joslyn Dougherty  
**Mark and Peggy Stepanski**  
Synergy Orthopedics  
Mable J. Tebbs  
Ashley L. Thomas  
Ronald and Carolyn Thompson  
Triad Foundation, Inc.  
Truck-Lite Co., Inc.  
Judith Tubbs  
**VanCampen Motors, Inc.**  
**WAHS Girls' Soccer Team**  
Ben Weiskopf  
Ats and Betty Lou Welker  
Tamara S. West  
Thelma B. White  
Williamson Road Foundation  
Williamsport Area High School Booster Club  
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continued on page 28

# 2019 Foundation Impact Report

YOU, as a donor, are essential to increasing services available and access to them at UPMC in the Susquehanna region. YOU meet the needs of our patients every day; providing resources for The Gatehouse to give our community members a place to pass peacefully with loved ones by their side; helping to expand the UPMC Hillman Cancer Center in Williamsport; providing for the developmental needs of children in our Nurse-Family Partnership program; increasing access to activities in our Senior Communities and enhancing their quality of life. YOUR impact in 2019 was big. **We received more than \$3.6 million in donations in 2019, but our donors committed more than \$5.1 million in support in 2019 because they see the need and support UPMC's vision to meet the long-term health care needs in our Susquehanna region.** There is so much more we can do and plan to do because of YOU ... thank you.

## Foundation Contributions



**1,056**

tribute gifts honored or remembered 403 individuals



**4,134**

individuals, organizations, and foundations supported us



**\$1,397,318**

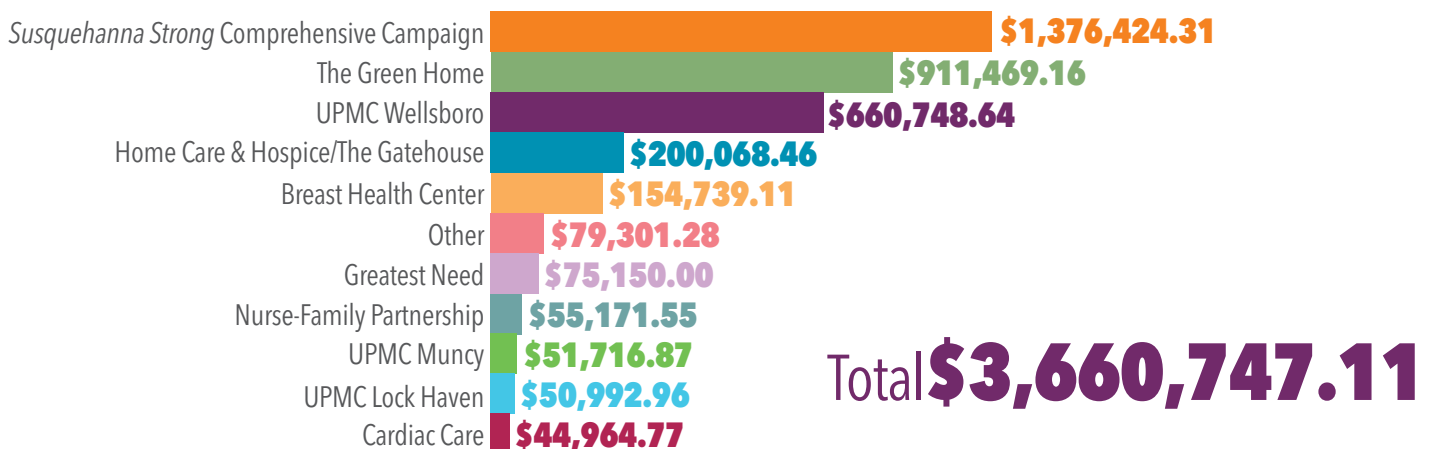
donated from planned gifts



**\$666,959**

UPMC Susquehanna employee and medical staff contributions

## Contributions by Fund





# Donate to Make a Wish Come True

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



**Any Amount**

## **Gas for Cancer Center Transport Van**

***UPMC Hillman Cancer Centers in Williamsport and Wellsboro***

One of the greatest needs for patients in our region undergoing cancer treatment is transportation. Your gift will help patients in need travel to their treatments.



**\$45**

## **Comfort Basket for Families of Organ Donors**

***Intensive Care Unit at UPMC Williamsport***

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



**\$100**

## **Books for Children**

***Pediatric and Emergency Departments***

Children are often afraid when they come to the hospital. When children aren't feeling well, a simple book can brighten their day or provide parents with a way to calm them. Your support will give children a book to read while they're being cared for and that they can take home with them after their visit.

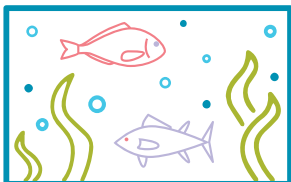


**\$200**

## **Capes for Breast Health Center Patients**

***Breast Health Center***

Patients at the Kathryn Candor Lundy Breast Health Center wear capes while undergoing screenings and testing. Your gift will help provide comfort for patients by purchasing new capes for the Center.



**\$800**

## **Seascape Magnetic Play Table**

***UPMC Williamsport Emergency Department***

Being at the hospital can cause children to feel anxious. Your gift will provide a large play table for the emergency department waiting room. This magnetic under-the-sea-themed table will allow children to play and express their creativity while they wait.

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# LIVING DONOR LIVER TRANSPLANTS

A lifesaving option at the right time

In some parts of the country, patients in need of a liver transplant have extremely limited options. For most, their survival depends on their being on the United Network for Organ Sharing (UNOS) national liver transplant waiting list and receiving a new liver from a deceased donor. Unfortunately, due to the long waits involved in the process, many patients succumb to their disease before a transplant is even possible.

Since 2018, that hasn't been the case for patients in northcentral Pennsylvania. That's when UPMC Williamsport opened the area's first — and only — Liver Transplant Evaluation Clinic. The clinic identifies suitable candidates for liver transplant and evaluates them for the procedure. The entire evaluation process takes place in the Susquehanna region, without the patient needing to travel to UPMC in Pittsburgh; however, patients in need of a transplant travel to Pittsburgh for surgery and the early stages of recovery.

One potential option for these patients is a living donor liver transplant, a procedure made possible because a healthy human liver can regenerate itself in as little as eight to 10 weeks, allowing an individual with a healthy liver to donate a portion of it to a match in need of a transplant.

## UPMC the National Leader

UPMC is the national leader in living donor liver transplantation. **On February 20, UPMC performed its 500th living donor liver transplant — more than any other medical center in the United States.** Living donors can be a friend, family member, or stranger. Of the 76 living donor liver transplants UPMC performed in 2019, nearly half involved a donor who was not biologically related to the patient.





## How the Program Works

Evaluations take place on the first Friday of the month during a five-hour appointment. With an emphasis on convenience, the Liver Transplant Evaluation Clinic uses technology to bring specialists to prospective patients in the Susquehanna region instead of them having to travel to meet with different specialists in Pittsburgh.

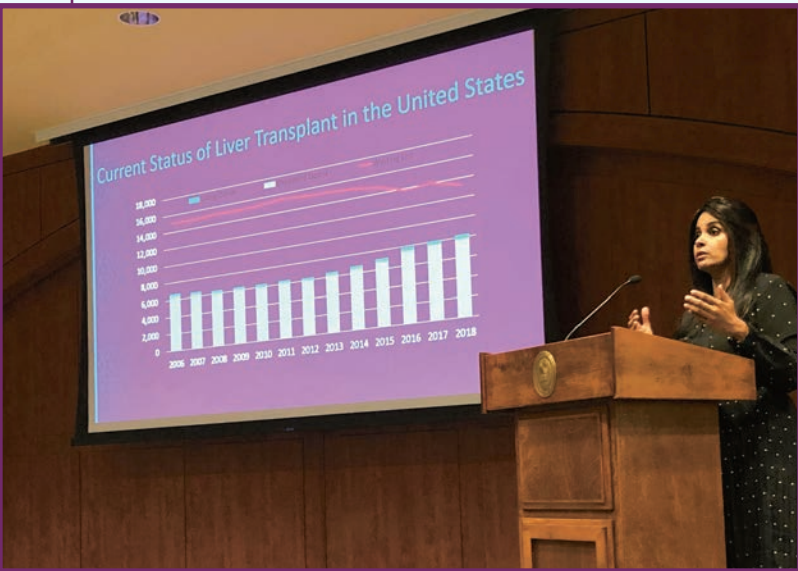
Through video conferencing telemedicine, donors and patients receive “face” time with a UPMC transplant surgeon in Pittsburgh as well as a pharmacist, nutritionist, social worker, and other members of the clinic’s multidisciplinary team.

**Swaytha Ganesh, MD**, medical director for UPMC Pittsburgh’s Living Donor Program at the Thomas E. Starzl Transplantation Institute, makes the 200-mile trek to Williamsport each month to perform the medical portion of the transplant evaluation. In addition, the clinic brings a phlebotomist on site during the appointment so patients don’t have to relocate to another part of the hospital to have blood drawn.

## A Transplant Sooner

“There are 5,000 to 6,000 liver transplants that happen in this country annually,” says **Puneet Basi, MD**, the Williamsport clinic’s hepatologist and a gastroenterologist. “There are more than three times that number of people who are on the liver transplant waiting list. As of 2019, which has the latest data, 25 percent of those individuals succumb to their liver disease while waiting for a liver. What the living donor liver transplant program does is allow patients to get a transplant earlier when they’re healthier.”

Dr. Basi and **Vivek Kumar, MD**, along with five physician assistants, oversee medical operations for UPMC Williamsport’s Digestive Disease Center. Their team refers patients with liver disease to the Liver Transplant Evaluation Clinic and also treats inpatients within the UPMC Williamsport facility. The Liver Transplant Evaluation Clinic is administered by the transplant team at the Thomas E. Starzl Transplant Institute and Dr. Ganesh.



*Swaytha Ganesh, MD, Medical Director for UPMC Pittsburgh's Living Donor Program.*

**Shannon Gottschall**, manager of operations for the UPMC Digestive Disease Center in Williamsport, has been with the health system for 13 years. In that time, she's worked in several different roles, including eight years as a practice manager, but Gottschall says she had a career awakening thanks to the work performed at UPMC Williamsport's Transplant Evaluation Clinic.

"I feel like this has given me true purpose," Gottschall says. "We change people's lives. One patient came in before Thanksgiving and let everybody know how thankful he was for them and for them saving his life."

Fortunately for those patients, UPMC Williamsport's relationship with UPMC in Pittsburgh has changed the landscape for area residents. Instead of having to visit clinics in Philadelphia, Baltimore, or New York, patients in the Susquehanna region can be evaluated close to home without the logistics and expense of travel.

"The relationship between UPMC's Pittsburgh and Williamsport facilities has been mutually beneficial," says **Susan Piccirilli**, manager of transplant program development in Pittsburgh.

"The team in Susquehanna has been phenomenally supportive," Piccirilli says. "Dr. Basi, the PAs, everybody there has been a wonderful supporter of our clinic. They have referred us many patients, and they're sending them at the right time."

Dr. Ganesh emphasizes the need to educate the public and referring physicians about living donation.

She shares that adoption of living donor liver transplantation in the United States has been slow in comparison with the many Eastern countries that have embraced the procedure as an appealing alternative.

"A living donor liver transplant offers a lifesaving option at the right time so patients don't lose the window of opportunity," Dr. Ganesh says.

## Not Dependent on the National Waiting List

Liver patients receive a score based on an algorithm that takes into account their bloodwork, sodium, bilirubin level, and INR, which measures the patient's blood-clotting factor. The scoring system, called the Model for End-Stage Liver Disease (MELD- Na), is what's used to prioritize patients on the national waiting list.

But living donation can apply to any patient on the waiting list, regardless of MELD score. In the UPMC Living Donor Program, MELD is not a criterion for living donation because many patients are sicker than their MELD score can represent. Those patients still can have a living donor liver transplant.

Dr. Ganesh emphasizes that living donor liver transplantation also can be extended to patients outside of the conventional criteria of the UNOS waiting list.

"We have novel and unique indications where living donor liver transplantation is offered as the only lifesaving option to patients who otherwise could not receive a transplant elsewhere," Dr. Ganesh says. "Our entire program is successful because of the passion we have for living donation! We believe in living donor liver transplantation with conviction, and our goal is not to lose patients for lack of organs or organ shortage."

For more information about the UPMC Williamsport Living Donor Program, call 1-877-640-6746 to arrange an appointment.





## A Stranger Gave Dave the Gift of Life

**N**ot long ago, **David Kline** of Winfield was in a fight for his life after being diagnosed with chronic liver disease. A vital organ, the liver helps remove toxins from the body, and when damaged by underlying disease, genetic disorders, obesity, or alcohol abuse, it stops functioning.

Dave was diagnosed with cirrhosis caused by Alpha-1 Antitrypsin deficiency, a genetic disorder that can lead to liver disease. Ammonia levels in his body had risen to dangerous levels, making him very sick, combative, and confused. Dave and his wife, **Wanda**, made regular emergency department visits to manage his symptoms before meeting **Puneet Basi, MD**, hepatologist at UPMC Williamsport.

Dr. Basi leads UPMC's Williamsport-based Living Donor Liver Transplant Evaluation Clinic. It's through this clinic that Dr. Basi referred Dave to **Swaytha Ganesh, MD**, medical director of the UPMC Living Donor Program at the Thomas E. Starzl Transplantation Institute in Pittsburgh. Dr. Ganesh and other transplant specialists travel regularly from Pittsburgh to Williamsport to see patients with chronic liver disease. The specialists evaluate patients, assess their eligibility for living donor surgery, and care for them post-transplant.

"Before we started receiving care through UPMC, we were struggling," Wanda says. "Dave didn't think he would be able to travel for regular care, so being able to go to Williamsport gave us peace of mind."

In January 2019, Dave learned that his liver was functioning at only 20 percent of its normal capacity. His need for a transplant was critical, and his name was placed on the national liver transplant waiting list a month later.

On any given day, there are approximately 17,000 people in search of a healthy liver. Unfortunately, 25 percent of those on the waiting list will die before receiving a transplant.

However, unlike other organs, a healthy liver can regenerate, offering patients the option of receiving a living donation. During a living donation, a portion of the donor's healthy liver is transplanted to the patient, and the patient's unhealthy liver is completely removed. It's a serious surgery, but many patients and donors recover within eight to 10 weeks.

Patients and donors must be a match for each other. Dave and Wanda's children were among the first to be tested. Unfortunately, none was a match for their father. Fortunately, the family was able to tap into resources available through UPMC's Living Donor Champion Program to help in their search for a match.

Although doctors had prepared the Klines for a long wait on the transplant list, in March 2019, the Klines received the call they had been waiting for — officials had found a match. Dave underwent surgery on May 2, and, just 17 days later, he returned home with his new liver.

Dave returns to Pittsburgh every three months for follow-up appointments, but he receives all of his other tests and blood work locally at UPMC Williamsport.

Dave and Wanda are active in advocating on behalf of and helping raise awareness for organ donation, especially living donor organ donation.

"We know how hard it can be, and we want others on the wait list to know they aren't in it alone," Wanda says. "There are many ways to secure a donor, and we can all help each other. We hope sharing our story will make others aware of living donation and encourage more donors."

**Learn more about living donor liver transplants at [UPMC.com/LivingDonorLiver](https://UPMC.com/LivingDonorLiver).**

# EMPLOYEE DONORS (iGIVE)

The iGIVE campaign recognizes current employee donors of UPMC Susquehanna. Our employees have donated more than \$4.5 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, 2019**.

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

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*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 125 donors, the Friends of Soldiers + Sailors Annual Campaign raised \$32,000 from the community. In addition, Citizens & Northern Bank contributed \$4,500 in matching funds, bringing the total raised to \$36,500. The donations will purchase It's Never 2 Late for The Green Home. The system will augment the residents' daily activities and enhance their overall quality of life — both mentally and physically.

# DRIVE FOR A CAUSE

**C**ar dealerships throughout northcentral Pennsylvania teamed up with Susquehanna Health Foundation for our second annual Drive for a Cause event. During the month of October, participating dealerships donated \$25 to UPMC Susquehanna's Kathryn Candor Lundy Breast Health Center for every new or used car sold. This year, \$19,325 was raised to improve local breast cancer survival rates through educational programs, proactive screenings (which lead to early detection), improved treatments, and high-quality monitoring.

The Breast Health Center screens approximately 12,000 patients annually for breast cancer, performs an additional 13,000 imaging procedures, and completes nearly 10,000 patient visits each year.

"Breast cancer affects so many people, either directly or indirectly," says **Sherry Watts**, vice president of development, Susquehanna Health Foundation. "With October being Breast Cancer Awareness month, we wanted to give the opportunity for the community to support the care we provide locally and encourage women to take the time to schedule their mammograms. The participating dealerships united through this program to support breast health services and the fight against breast cancer in our communities."

Participating dealerships were:

- Fairfield Auto Group
- Bill MacIntyre Chevrolet Buick
- Murray Motors
- Sunbury Motors
- VanCampen Motors Inc.

Susquehanna Health Foundation also thanks media sponsors iHeartMedia, Lamar Advertising of Williamsport, and Webb Weekly for promoting Drive for a Cause.

**Webb Weekly**





## MEDIA SPONSORS



“We wanted to give the opportunity for the community to support the care we provide locally and encourage women to take the time to schedule their mammograms.”

Sherry Watts

Vice President of Development, Susquehanna Health Foundation

SUSQUEHANNA  
HEALTH FOUNDATION



CORNERSTONE SOCIETY

# *spotlight*



# A Culture of GIVING

**C**arolyn and Elliott Strickland have a total of five college diplomas between them, ranging from a pair of bachelor's degrees to the Ph.D. in educational psychology Carolyn holds from Pennsylvania State University.

Yet, despite all their schooling, the hours they spent buried in books, and their determination, drive, and sound decision-making, Carolyn and Elliott still believe luck played at least a small part in their success. Now, through their work in philanthropy, the husband-and-wife team hopes to provide opportunities for those who haven't been quite so fortunate.

The Stricklands are volunteers for the *Susquehanna Strong* Comprehensive Campaign for the Foundation's Keystone Society Committee and recently made a generous donation at the Cornerstone Society level.

But, philanthropy isn't new to Carolyn and Elliott.

Carolyn, a Pennsylvania native, and Elliott, who spent most of his youth in South Carolina, may have been raised in different environments, but both say they received exposure to a culture of giving from early on in childhood. Apparent in both households was a passion for community, the practice of lending a hand to neighbors in need, and a driving force to care for others as much as they cared for themselves.

From Carolyn's giving to her church as a child, to Elliott's support of the anti-apartheid movement in South Africa in the 1980s, to their joint funding of scholarships for minority college students, the Stricklands have supported a variety of causes over the years.

But, after losing a dear friend to breast cancer last fall, Carolyn and Elliott decided that a donation to the *Susquehanna Strong* Comprehensive Campaign in her memory was a loving way to honor their friend.

One goal of the Campaign is to raise money for the expansion of the UPMC Hillman Cancer Center in Williamsport, and the Stricklands hope their donation means fewer residents of the Susquehanna region will have to say good-bye to a loved one prematurely.

Carolyn and Elliott are committed to contributing what they can to make the community "strong, healthy, and happy," but it was their daughter, **Emma**, who was the one in need in March 2019 when she suffered a ruptured appendix.

What could have been a dire situation for the 15-year-old freshman at Williamsport's Loyalsock Township High School — and an extremely stressful time for her parents — was expertly handled by the acute care team at UPMC Williamsport. Not that they needed

a reminder, but for Carolyn and Elliott, the experience reinforced the importance of having quality health care available in their own backyard.

It was their employment in higher education that initially brought the Stricklands to Williamsport. Both work at Penn College, with Elliott serving as vice president for student affairs and Carolyn as vice president of enrollment management and associate provost.

More than 20 years after their arrival, the Stricklands are still here and are happier than ever.

"Our area has so much to offer," Elliott says. "It's not perfect, but it gets better and better each day because there are good people doing great work for our community as a whole."

It's that chance to contribute to the community they're proud to call their own that excites Carolyn and Elliott about their roles with the Keystone Committee and why they were moved to donate to the *Susquehanna Strong* Comprehensive Campaign.

"We've tried to make volunteerism and philanthropy a focus of our lives," Carolyn says. "Over the years, our ability to give time and/or financial support has varied, but we always try to do what we can."



# new doctors

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



**S. Sree Kesan, MD**  
*Electrophysiologist | 570-321-2800*

Dr. Sree Kesan earned his medical degree from the University of Madras in India. He completed fellowships in electrophysiology at Indiana University School of Medicine in Indianapolis and at the University of Arkansas for Medical Sciences in Little Rock. He also completed fellowships in general cardiology at the University of Arkansas for Medical Sciences and at the University of Wales in the United Kingdom. He is board-certified in electrophysiology and cardiology by the American Board of Internal Medicine. Dr. Kesan sees patients at the Heart & Vascular Institute at UPMC Williamsport, 740 High Street, Suite 2001.

**Le Yu Khine, MD**  
*Endocrinologist | 570-320-7848*

Dr. Le Yu Khine earned her medical degree from University of Medicine 1 in Yangon, Myanmar. She completed her residency at Richmond University Medical Center in Staten Island, New York, and served a fellowship in endocrinology at Marshall University Medical Center in Huntington, West Virginia. Dr. Khine is board-certified by the American Board of Internal Medicine. She sees patients at UPMC Williamsport Divine Providence Campus, 1100 Grampian Boulevard, third floor, Williamsport.

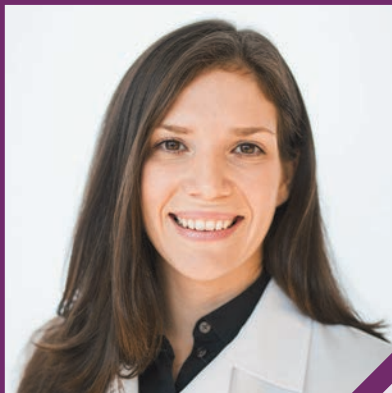


**Darshan Lal, MD**  
*Neurologist | 570-321-2820*

Dr. Darshan Lal earned his medical degree from Chandka Medical College, Larkana, Pakistan. He completed his residency in internal medicine at Interfaith Medical Center in Brooklyn, New York, and his residency in neurology — as well as his fellowship in clinical neurophysiology — at Hahnemann University Hospital in Philadelphia. Dr. Lal is board-certified by the American Board of Psychiatry and Neurology. He sees patients at UPMC Neurology, 740 High Street, Suite 3002, in Williamsport.







### **Kathryn Morton, MD**

***Ear, Nose, and Throat Specialist | 570-320-7474***

Dr. Kathryn Morton received her medical degree from Johns Hopkins University School of Medicine in Baltimore. She completed her otolaryngology residency at Icahn School of Medicine at Mount Sinai Hospital in New York. Dr. Morton sees patients at Ear, Nose, and Throat of UPMC, 1705 Warren Avenue, Suite 204-205, in Williamsport.

### **Olufunke Oladejo, MD, MPH**

***Pediatrician | 570-321-2810***

Dr. Olufunke Oladejo earned her medical degree from the University of Ibadan in Oyo, Nigeria, and received her Master of Public Health degree from Harvard University School of Public Health in Boston. She completed pediatric residencies at University College Hospital in Ibadan and New York Medical College in New York. Dr. Oladejo sees SAA patients at SH Pediatrics, 700 High Street, ninth floor, in Williamsport.



### **Mohamed Osman, MD**

***Pain Management Specialist | 570-326-8457***

Dr. Mohamed Osman earned his medical degree from the University of Missouri-Kansas City School of Medicine in Missouri and completed a residency in anesthesiology at the University of Florida in Gainesville. He also completed a fellowship in interventional pain management at Harvard Medical School, Beth Israel Deaconess Medical Center, in Boston. He is board-certified by the American Board of Anesthesiology. Dr. Osman sees patients at UPMC Williamsport Divine Providence Campus, 1100 Grampian Boulevard, second floor, in Williamsport and at SH Pain Management in Bloomsburg, 6850 Lows Road, Suite #325.

### **Navitha Ramesh, MD**

***Medical Director, ICU at UPMC Williamsport***

Dr. Navitha Ramesh earned her medical degree from The Tamil Nadu Dr. M.G.R. Medical University in India. She completed her residency training at Unity Health System/Rochester Regional Health in Rochester, New York, and her fellowship training at Mount Sinai, also in New York. Dr. Ramesh is board-certified in internal medicine, pulmonary medicine, and critical care medicine with the American Board of Internal Medicine. She holds a testamur status in advanced critical care echocardiography with the National Board of Echocardiography.





**Raymond Resnick, MD**  
*Interventional Cardiologist | 570-321-2800*

Dr. Raymond Resnick completed his medical training at SUNY Downstate Medical Center in Brooklyn, New York, and served his residency at Beth Israel Medical Center, also in New York. He completed fellowships in invasive and non-invasive cardiology at Long Island College Hospital in Long Island, New York, and in interventional cardiology at West Virginia University in Morgantown. Dr. Resnick is board-certified in interventional cardiology and cardiovascular diseases by the American Board of Internal Medicine. Dr. Resnick sees patients at the Heart & Vascular Institute at UPMC Williamsport, 740 High Street, Suite 2001.

**Morgan Rogers, MD**  
*Primary Care | 570-320-7800*

Dr. Morgan Rogers is a graduate of UPMC's Family Residency Center, where she served as chief resident. Dr. Rogers received her medical degree from The Commonwealth Medical College in Scranton. She sees patients at SH Family Medicine at Loyalsock, 1205 Grampian Boulevard, Suite 3C, Williamsport.



**Umar Tariq, MD**  
*Interventional Radiologist | 570-321-2800*

Dr. Umar Tariq earned his medical degree at the King Edward Medical College in Lahore, Pakistan, and he completed a residency in diagnostic radiology and a fellowship in vascular and interventional radiology at Geisinger Medical Center in Danville. Dr. Tariq completed a research fellowship in cardiac, body, and pediatric imaging at Stanford University in California. Dr. Tariq sees patients at the Heart & Vascular Institute at UPMC Williamsport, 740 High Street, Suite 2001.

## EMPLOYEE SPOTLIGHT:

# Megan Hollick

*Becoming a social worker in a hospice setting is something **Megan Hollick** seemed to be destined for. Through personal tragedies as well as her professional training, Megan has developed a deep understanding of what it takes to be in this line of work.*

### PERSONAL GRIEF SHAPED MEGAN'S PURPOSE

As the grief and bereavement coordinator at Susquehanna Hospice and a social worker at The Gatehouse at UPMC Williamsport Divine Providence Campus, Megan has always wanted to help others. Her desire began when her older brother died in a car accident when she was 17.

"Losing my brother and having felt that broken heart, having felt lost, and reaching out and wanting to find ways to move forward with my life while still remembering him, came full circle a few years ago after then losing my stepmom to an illness," Megan says. "For me being able to tie those two pieces together — professionally and personally — that became my niche."

Megan began her mission to help those in need by becoming a social worker 13 years ago. She worked in various roles in the field until discovering hospice care seven years ago. Though she hasn't looked back since, it took the death of her stepmother to strengthen Megan's passion for working within end-of-life care.

"Her final days snuck up on her so quickly. Her death was expected, yet unexpected," Megan says. "When she died, I had been working in hospice care for about a year. I found the experience of being on the other side of the line to be invaluable in helping me guide my family and my stepmom during her final days — just to be there as a presence to answer questions and to guide. Having that experience really solidified my wanting to be here, the importance of my being here to help people who are in their final days — not just patients, but also their loved ones."

### HELPING OTHERS FIND COMFORT, PEACE, AND CLOSURE

Megan has been with The Gatehouse inpatient hospice unit for the past three years. Located inside a hospital, the unit is different from all the others. There are only seven rooms, which are warm and comforting with a homelike feel. There is also a meditation room, a family room, and a kitchen where families and their loved ones can go to find a quiet place or have a cup of coffee.

The Gatehouse provides a short-term, general inpatient level of care — the highest level of care a person can have when it comes to hospice. Inside The Gatehouse, Megan and the team of doctors, nurses, care aides, chaplains, and volunteers provide 24-hour support to patients and their loved ones.

Patients at The Gatehouse have a life-limiting illness. They also have a life expectancy of six months or less and are experiencing symptoms that cannot effectively be managed outside of an inpatient setting.

"Pain and shortness of breath are some of the more common issues that we see," Megan says. "But patients can also be experiencing nausea, confusion, restlessness, or agitation. There are many things that could bring someone into our unit.

"In some cases, patients have been at home on hospice prior to coming to The Gatehouse. In other cases, they've come to the hospital for something like back pain or a stomachache, and they find out

they have stage 4 cancer. It's a bombshell that's been dropped on them," Megan says. "So, at either end of that spectrum, by the time they reach us, they're coming because they want to be comfortable so they can have a peaceful death. If going home is important — if their goal is to die comfortably at home — we want to help them achieve that."

Megan is 35, married, and has a family. She once had a patient who left a strong impression on her life because the patient was about Megan's age and had a husband and two children, one of whom was the same age as Megan's son.

"This patient in particular had a lot of life left to live, and she wasn't going to be able to live it," Megan says. "It was really important to me to help her and her family as much as possible. She was leaving a lot behind. I hope I was able to help bring her and her family peace at the end, as much peace and closure as you can have in that kind of situation — one that seems so unfair."

Megan believes that if she can help make even a small impact on just one person each day, she's achieved a win.

"When you work with those who are dying, you only get one chance to get it right. I feel privileged to be able to be here, doing this important work, with such a good team and in such a great place."



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