

# foundation focus

VOLUME 37 | FALL 2021



## FROM NEVER WALKING AGAIN TO WALKING DOWN THE AISLE

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## LETTER FROM SISTER TERESA ANN JACOBS

**W**hen you're in the midst of a global pandemic, finding a silver lining isn't easy. But I've always considered myself to be a glass-half-full person, and that outlook extends to my work as a Sister of Christian Charity, vice-chair of the Susquehanna Health Foundation board, secretary of the UPMC in North Central Pa. board, and chair of the *Susquehanna Strong* Comprehensive Campaign.

Despite our having to navigate COVID-19's lingering impact, things are going well at UPMC. We continue to manage our operations, improve our services, and serve our community in the best ways we know how. It's important that you know we aren't letting what's happening outside our facilities slow down the progress we've made inside them.

As chair of the Campaign, I've been fortunate to witness our momentum firsthand. With an aim of reaching \$11 million in donations, we've successfully raised more than \$9 million toward our goal. With those funds, we've made monumental upgrades to the UPMC Hillman Cancer Center in Williamsport, including expanding the number of chemotherapy bays to 28 and expanding and renovating physician exam rooms to accommodate the center's growing staff.

Other projects on our target list include renovating and enhancing our physical medicine and rehabilitation facilities

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with new, cutting-edge rehab equipment; private rooms; and innovative elements for patients who may have suffered a stroke, traumatic brain injury, fractures, burns, or multiple traumas.

Unlike starting from scratch and constructing new buildings, renovating our existing facilities allows us to use funds we receive more effectively. We're also developing endowment programs that enable donors to select a specific area of clinical expertise to support.

We continue to realize the deep commitment of generous individuals and businesses within our community who support health services for the people in our region, which is why we reinvest all of the funds we raise in projects and upgrades that benefit our community. For me personally, that's the most extraordinary part of being involved.

Of course, what I do as campaign chair and what the Susquehanna Health Foundation does as a philanthropic organization would be vastly different without our affiliation with UPMC, a relationship that we're thrilled to say has now reached its fifth anniversary.

Aligning with UPMC opened up the type of access that those of us associated with a philanthropic institution could only dream about.

As you may or may not know, all hospitals within UPMC share UPMC resources. Wherever the greatest need is, that's where the resources go. (This does *not* apply to your donations to the Susquehanna Health Foundation. *All* of your donations to us always remain local.)

Recently, we've been working with our colleagues at UPMC Children's Hospital in Pittsburgh to help advance emergency and specialty care services in north central Pennsylvania by connecting patients and physicians here with their colleagues in Pittsburgh and Harrisburg through telehealth and virtual consultation. We're also looking at our women's services in the region and how we can align with UPMC Magee-Womens Hospital in Pittsburgh to offer more specialized care and expand services available locally.

Our leadership and the Foundation board should be commended for their support, along with our frontline staff members who have risen (and who continue to rise) to the occasion in serving the people of this region in an exceptional manner.

As the health system's philanthropic arm, Susquehanna Health Foundation resides in a unique place, with footing in both health care delivery and fundraising endeavors to bring new ways of delivering care to people who need it the most.

Our wish is to remain connected to our donors at all times — not just during a formal campaign like *Susquehanna Strong*. If someone feels compelled and committed to generously gift their support for a particular area of expertise, we want our donors to know that we're ready and able to make that happen.

Everybody wants a good quality of life, and achieving that requires good health. That's why we're here — to better serve our community with each passing day.

1001 Grampian Boulevard | Williamsport, PA 17701

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# **LOGGING A MIRACLE:**

**HOW UPMC HELPED BRANDON DEVONSHIRE WALK AGAIN**





**G**rowing up in the Susquehanna Valley, **Brandon Devonshire** spent much of his formative years in the woods. For fun, he explored the area's thickets on foot, splashed through mud in jacked-up 4x4 trucks, and powered through muck on all-terrain vehicles.

Little did he know that he would experience a radically life-altering event in those same woods just a few years later.



## Twisted and Mangled

After graduating from Northeast Bradford High School and capping off an athletic career that included dominating performances in track, cross country, and wrestling, Brandon picked up odd jobs around town as a handyman. His work included typical handyman tasks — things like painting or fixing a leaky this or that — but it also took him back to the woods for some logging.

Eventually, Brandon found full-time work as a logger. On July 30, 2020, after he had been with the company for only about four months, tragedy struck.

"The company had wedged a skidder — which is like a tractor with a big claw that scoops the trees up and pulls them out of the woods — up against a tree," he recalls. "They asked me to come cut the tree down to free the skidder. Cutting the tree resulted in the pressure of the skidder pushing on it, pushing the tree over on top of me."

The impact thrust Brandon's head between his feet, leaving him — as he describes it — "all twisted and mangled." His fellow loggers had to cut the fallen tree to free Brandon, who remained conscious throughout the ordeal.

He attempted to stand but quickly realized he had no feeling in his legs and that his effort was futile. So were the attempts first responders made to keep Brandon from trying again to stand.

"They tried blacking me out with medicine because of the state I was in, but they couldn't knock me out, because my fight or flight was too high," he says. "It wasn't too bad because of the adrenaline, but I did start to get a little antsy waiting for the Life Flight to show up and get me out of the woods."





## A Flicker of Movement

Brandon ended up at a nearby hospital, where he underwent surgery that included the insertion of hardware to help correct the damage to his spine.

“The doctor came in three or four days after the hardware was installed and was scraping my feet and testing my nerves,” Brandon says. “I could just barely flicker my toe, and he was like, ‘That’s not a good sign.’”

With an official diagnosis of incomplete paraplegia, a term used to describe a paraplegic injury in which some mobility may still be possible, Brandon was told he would likely never walk again. But the decorated athlete and fierce competitor refused to believe that prognosis, leaning on a fighter mentality that he says made it hard for anyone — or anything — to keep him down.

## Small Steps Led to Big Ones

A week after his surgery, and with his ability to walk still in doubt, Brandon arrived at UPMC Williamsport for rehabilitation. There, he met physical therapist **Rhonda Foster**, occupational therapist **Charity Good**, and recreational therapist **Nancy Heimbach**.

The team worked daily with Brandon on various exercises they hoped would reignite the motor skills required for him to walk. They began slowly, with Brandon lying on a table and Rhonda moving Brandon’s legs as if he were pedaling a bicycle. Eventually, Rhonda started doing less of the pedaling, and, much to his surprise, Brandon began to do more.

“For the longest time, it seemed as if I wasn’t doing anything,” Brandon says. “I’d tell Rhonda, ‘This is all you!’ And she’d say, ‘No, no, I feel a little bit. I promise.’ Sure enough, we went from those little exercises to exercise bikes, then to my doing lunges while holding a handrail, all the way up to assisted walking.”

But helping Brandon regain his ability to walk wasn’t the only monumental milestone Rhonda and Charity helped him to achieve. They also played a role when Brandon proposed to his girlfriend, **Crickett**, during a therapy session by helping him to the floor for what Crickett thought would be play time with the couple’s three sons, ages 2, 3, and 5. However, instead of playing with the boys, Brandon got down on one knee and popped the question right there in the rehab room!

Although there were triumphs, such as the steps Brandon took about a month after arriving at UPMC and his engagement to Crickett, there was also plenty of heartache along the way. Brandon says little things that many of us take for granted, like effortlessly bending down to pick up a dropped piece of food from the floor, would cause his eyes to well up with tears.

“All of this was a real emotional roller coaster,” he says. “Being unable to move freely seemed pathetic to me, considering how capable I was before. But, at other times, I felt strongly that God gave me these moments to realize I hadn’t been paying attention to all the small things I was grateful for before.”

*continued on page 8*

# \$21-Million Physical Medicine & Rehabilitation Renovation:

## The Infrastructure to Provide Care at the Highest Level

**Tom Hoy**, administrative director of neuroscience and rehabilitation at the UPMC Rehabilitation Institute at Williamsport, understands what Brandon Devonshire means when he talks about the impact rehab at UPMC had on his recovery.

A physical therapist, Tom has been part of the UPMC team in north central Pennsylvania for nearly a decade. In his current role, he supports all rehab services at UPMC Williamsport — including inpatient rehab — and at UPMC's 16 outpatient clinics and acute care services across six campuses throughout the region. He's also been instrumental in the renovation of the UPMC Rehabilitation Institute at Williamsport.

"The health system becoming part of UPMC five years ago really helped make the renovation happen," Tom says. "UPMC sees the inherent value of inpatient rehabilitation and also appreciates that — in addition to stellar clinical care — the appropriate infrastructure was necessary to deliver that care at the highest level."

Tom and his team began the renovation process by defining the scope of what they needed and determining what key outcomes they could achieve as a result. With a modernization and expansion of physical medicine and rehabilitation, the project will dedicate 24,000 square feet to comprehensive rehabilitation services.

That scope includes an inpatient rehabilitation unit with 30 private rooms. All rooms will have their own bathroom, and both floors will have state-of-the-art rehabilitation gyms.

New robotics tools will advance traditional interventions involving sensorimotor function, while music therapy will address patients' physical, emotional, cognitive, and social needs. The renovation also will provide facilities for a low-level brain-injury program, the only one of its kind in Pennsylvania outside of Pittsburgh or Philadelphia.

Work on the \$21.4-million project began in the summer of 2021 and is expected to continue through early 2024. Susquehanna Health Foundation is looking to raise \$3.5 million to complete the project as part of the *Susquehanna Strong* Comprehensive Campaign.

"We believe this is a once-in-a-lifetime opportunity," Tom says. "What's created here will continue to benefit the community for many years to come."

**If you're interested in making a difference and helping fund advancements in the type of life-changing care that enabled Brandon to get back on his feet, visit [SusquehannaHealthFoundation.org](https://SusquehannaHealthFoundation.org) to donate to *Susquehanna Strong* or use the enclosed envelope.**

## Moving in New Ways

Brandon and Crickett were married on July 10 of this year in Warren Center at a community park with charming pavilions and blossoming gardens. Before all eyes were on the bride, those in attendance watched as the groom happily walked down the aisle unassisted — a feat that, months earlier, seemed like an impossibility.

Since the accident, Brandon and Crickett have played host to his extended family for dinner several times a week. And while family has always been important to Brandon, he says the added time he spends with his nieces, nephews, and grandfather has never meant more.

With a goal of one day winning gold in the Paralympics, Brandon is now back to jogging and riding his bike, although he's learning to deal with stiffness and is accepting the reality that his body is still figuring out how to move in new ways. The lifelong athlete recently had a chance to show off some of his skills when he threw out the ceremonial first pitch at a Williamsport Crosscutters baseball game.

Brandon acknowledges that none of what he has been able to accomplish may have been possible without the help of Rhonda, Charity, Nancy, and **Melissa Michaluk, DO**, medical director of rehabilitation services at the UPMC Rehabilitation Institute at Williamsport.

“Dr. Michaluk understood me and how I wanted to push further and further,” he says. “The rehab experiences and people I met were life-touching in a big, dramatic way.”





# 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 **June 30, 2021**.

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Anonymous

### \$2,500,000–\$4,999,999

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Laurel Health Foundation  
The Donald B. and Dorothy L. Stabler Foundation  
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*In Memory of James T. Wolyniec Sr.*

# CEMENTING A LEGACY

## ONE GIFT AT A TIME

Tammy Weber, Past Chair of FCFP Board;  
Jennifer Wilson, President & CEO of FCFP;  
Karen Blaschak, Chair of Williamsport Lycoming Regional Advisory Board;  
Brian Bluth, Chair of FCFP Board



**Y**ou don't have to read between the lines to know the ultimate goal of the First Community Foundation Partnership of Pennsylvania (FCFP). That's because it's front and center in the organization's vision statement: Create powerful communities through passionate giving.

That's exactly what FCFP has been doing since its inception more than a century ago as the Williamsport Foundation, the state of Pennsylvania's first community foundation. In the many years since, the organization has worked with local philanthropists to improve the quality of life in north central Pennsylvania through perpetual stewardship of charitable assets.

"FCFP is a place where donors can create a permanent fund that continues to serve the community beyond their lifetime," says **Jennifer Wilson**, the organization's president and CEO. "We often describe FCFP as the keeper of philanthropic legacies."

Recently, FCFP made a significant contribution to Susquehanna Health Foundation in support of the *Susquehanna Strong* Comprehensive Campaign. FCFP's gift of \$625,000 was split between the recently completed expansion of UPMC Hillman Cancer Center in Williamsport and the renovation and expansion of UPMC Rehabilitation Institute at Williamsport, a project currently underway.

This financial commitment for *Susquehanna Strong* was just the latest in a long line of charitable contributions that FCFP has made to Susquehanna Health Foundation. According to Jennifer, throughout FCFP's history, the organization has disbursed \$6.8 million to Susquehanna Health Foundation and UPMC predecessor hospitals in Lycoming County. She cites the lengthy history between the two organizations, along with a tremendous community need for cancer care and rehabilitation, as reasons for FCFP's latest gift.

"UPMC has been a tremendous partner for us," she says. "We have done a variety of projects with UPMC, and it's so impactful because of the number of people the health system serves. It just feels like every dollar touches the community in such a far-reaching way."

FCFP has 391 privately established funds, 312 of which are endowed and managed in perpetuity to create a consistent grant stream to support local nonprofits. But the organization does not take lightly decisions regarding who receives FCFP grants or the amount of each gift. Recipients

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“We have done a variety of projects with UPMC, and it's so impactful because of the number of people the health system serves. It just feels like every dollar touches the community in such a far-reaching way.”

— **Jennifer Wilson**  
*First Community Foundation Partnership  
President and CEO*

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must complete a stringent application process, which includes multiple rounds of review, site visits, and an FCFP Board of Directors' vote.

"As a community foundation, we're very fortunate to have received a lot of unrestricted gifts in our early days," Jennifer adds. "Due to our age and investment earnings, we now have a pretty significant amount of unrestricted competitive grant making that we're able to offer on an annual basis."

Though FCFP has invested heavily in building a healthier community, the organization supports other facets of life in the Susquehanna region, including human services, recreation, education, art, culture, and economic development. The organization also offers volunteer opportunities for area residents interested in joining an advisory board and serving on competitive grant or scholarship panels.

A Williamsport native, Jennifer can't say enough about what FCFP does for the region, adding that the organization also offers meeting space and educational opportunities for other nonprofits in the area.

"It's amazing to me that, for more than a century, people have been establishing these little pockets of philanthropy," she says. "It's our job to ensure that the collective vision of those donors lasts forever. Nonprofits like UPMC help us achieve that goal."

# CORNERSTONE SOCIETY

The Cornerstone Society recognizes

individuals who supported Susquehanna Health Foundation with a contribution of \$10,000–\$99,999. Donors are listed through **June 30, 2021.**

## \$75,000–\$99,999

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Luigi Vittorio Estate

Bob and Irenay Weaver

Patrick and Jennifer Wilson

Marion Calvert Wright Estate

Karen and David Young

## In Pursuit of the Golden Hour

### UPMC Williamsport's Journey to Level II Trauma Accreditation

"The golden hour" consists of the vital moments following a traumatic injury — such as a fall, car accident, or gunshot wound — when immediate care can mean the difference between life and death. The golden hour is not necessarily 60 minutes, and time is of the essence: Every minute matters.

If you search for a map of Pennsylvania hospitals accredited to provide trauma services, you'll find more than 40 across the Commonwealth. However, much of the roughly 2,500 square miles comprising UPMC's 12-county service area in north central Pennsylvania is so rural that, often, trauma patients have not had sufficient access to lifesaving trauma care within the golden hour.

On July 16, the Trauma team at UPMC Williamsport learned that the hospital received Level II Trauma Center designation effective September 1. UPMC Williamsport is now one of just three trauma centers serving the 12-county region and is UPMC's sixth accredited trauma center in the state.

"Level II Trauma Center designation shows our commitment to advancing our knowledge base and our clinical abilities as critical care providers so that we can offer the highest quality care to patients during their time of greatest need," said

**Duncan Maitland**, CCRN, ICU, UPMC Williamsport.

# 2021 Lifetime Achievement Awards

14

**S**usquehanna Health Foundation's 6th Annual Lifetime Achievement Awards recognized major donors, individuals, and groups that have had a significant impact on UPMC in North Central Pa. and the patient care the health system provides each day.

This year's celebration was held at DiSalvo's Restaurant in Williamsport on two consecutive nights in May and was sponsored by UPMC and UPMC Health Plan. C&N Bank sponsored the entertainment.

The program began by recognizing new donors of \$10,000 or more and existing major donors who reached a new giving level. More than 130 individuals were recognized over the two nights. The community's ongoing support continues to bring life-changing medicine to north central Pennsylvania.

Following dinner, three honorees were recognized for their years of service, leadership, and commitment to health care locally — **Thelma White, Dr. Donald Shaw, and the Sisters of Christian Charity: Sister Maria Assumpta Shurer, Sister Joan Daniel Healy, Sister Mary Edward Spohrer, and Sister Joan Marie Aumand.**







### Physician Award – Dr. Donald Shaw

A combined 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 received a two-year rural health scholarship to provide care in Blossburg and Mansfield through North Penn Health Services. Little did he know that north central 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 throughout his career. He joined the provider team in 1985 as director and instructor for Advanced Cardiac Life Support. A year later, Dr. Shaw combined his passions 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,” says **Janie Hilfiger**, president of UPMC Wellsboro and UPMC Cole. “He played an integral role in the forward thinking of the redesign and expansion of our Emergency Department in 2012 and established a new standard for emergency care in the Northern Tier.”

In addition to his leadership of the UPMC Wellsboro Emergency Department expansion, Dr. Shaw also demonstrated his commitment to the health system 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 North Central Pa. honored Dr. Donald Shaw with the Physician Award.

## 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," says **Steve Johnson**, president, UPMC in North Central Pa. "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 north central 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 formation of UPMC hospitals in north central Pennsylvania as well as their role in advancing our mission, UPMC honored the provincial superiors of the Sisters of Christian Charity from the past 25 years: Sister Mary Edward Spohrer, Sister Joan Daniel Healy, Sister Maria Assumpta Shurer, and Sister Joan Marie Aumund with the Trustee Award.



## President's Award – Thelma White

Thelma White has a passion for helping others. A hard worker, Thelma arrives at the break of dawn for her volunteer shifts at UPMC Muncy, where she serves in four different areas and roles. In her 16-plus years as a volunteer, she's logged more than 13,750 hours, not to mention the time she doesn't track 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," says **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 the time she donates is Thelma's financial generosity. A major donor in the Cornerstone Society, 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.

To recognize her incredibly generous support, UPMC in North Central Pa. honored Thelma White with the President's Award.

# ENDOWMENT GIFTS

**Endowment Gifts** recognizes individuals and

businesses who supported Susquehanna Health Foundation with a contribution of \$25,000 or greater to establish an endowment. Donors are listed from **January 1, 2019 to present**. All donations, including endowments, continue to remain local and benefit our north central region. For more information, or to donate, contact Susquehanna Health Foundation at 570-320-7460.

## Benevolent Care

\$25,000–\$49,999 Level

### **Karen Steinbacher Endowment**

Dave Steinbacher

## Cancer

\$100,000–\$249,999 Level

### **Joe and Carolyn Hume Endowment**

Joe and Carolyn Hume Estate

\$25,000–\$49,999 Level

### **Ausley Construction Co., Inc. Endowment**

Ausley Construction Co., Inc.

### **Dr. William J. and Laura H. Martin Endowment**

Dr. William J. and Laura H. Martin

### **Christopher M. and Denise M. Plankenhorn Endowment**

Chris and Denise Plankenhorn

## Clinical Excellence

\$100,000–\$249,999 Level

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

George and Shirley Durrwachter

\$50,000–\$99,999 Level

### **C&N Endowment**

C&N

### **Dr. Hani J. Tuffaha and Family Endowment**

\$25,000–\$49,999 Level

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

R. Edward and Linda Alberts

### **Birch and Annmarie Phillips Endowment**

Annmarie Phillips

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

Robert P. and Kathleen R. Walker

### **Susquehanna Community Bank Endowment**

Susquehanna Community Bank

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

Robert P. and Kathleen R. Walker

## Colorectal and General Surgery

\$25,000–\$49,999 Level

### **William P. and Lorraine Manos Endowment**

William P. and Lorraine A. Manos Foundation

## Emergency Medical Services

\$25,000–\$49,999 Level

### **Dr. Gregory and Mrs. Marilyn Frailey Endowment**

Greg and Marilyn Frailey

## Laboratory and Pathology

\$25,000–\$49,999 Level

### **Dr. Donald J. Leathers Endowment**

Dr. and Mrs. Donald J. Leathers

### **Dr. Sheldon M. Schwartz Endowment**

Dr. and Mrs. Sheldon M. Schwartz

## Scholarships

\$100,000–\$249,999 Level

### **Rosalie Kaleda Scholarship Endowment**

Rosalie F. Kaleda

## Special Purpose

\$25,000–\$49,999 Level

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

Anonymous

## Trauma and Acute Care

\$25,000–\$49,999 Level

### **William P. and Lorraine Manos Endowment**

William P. and Lorraine A. Manos Foundation

## 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

## Urology

\$25,000–\$49,999 Level

### **Dr. and Mrs. David Kurz Endowment**

Dr. David and Meghan Kurz



# ADVANCING CARE EVERYWHERE

» In the last five years, UPMC's affiliation with our hospitals in north central Pennsylvania has brought improved access to technological advancements and clinical research, connections to a large network of physicians, and the highest standards in clinical care to our communities. But what is UPMC?

UPMC is a health care provider and insurer based in Pittsburgh. It has facilities across the state, in New York and Maryland, and in several countries around the world. It's a large organization, connecting more than 92,000 staff members; 4,900 employed doctors; 700 doctors' offices and outpatient sites; 40 academic, community, and specialty hospitals; and many retirement, long-term care, and rehabilitation facilities.

We have a worldwide presence — and we are right here in your community, providing attentive, high-quality care to your families and our own.

## UPMC is Innovation

UPMC Enterprises is devoted to developing innovative products and technology to help create life-changing medicine. Our Enterprises division helps bridge the gap between scientific research and the advanced care you receive at your bedside.

We have pioneered medical advancements globally in many areas, including vaccines, transplants, robotic surgery, and immunotherapy.

Included among those achievements:

**1955** — World's first polio vaccine at University of Pittsburgh

**1984** — World's first heart-liver transplant

**1987** — North America's first gamma knife surgery

**1989** — World's first heart-liver-kidney transplant

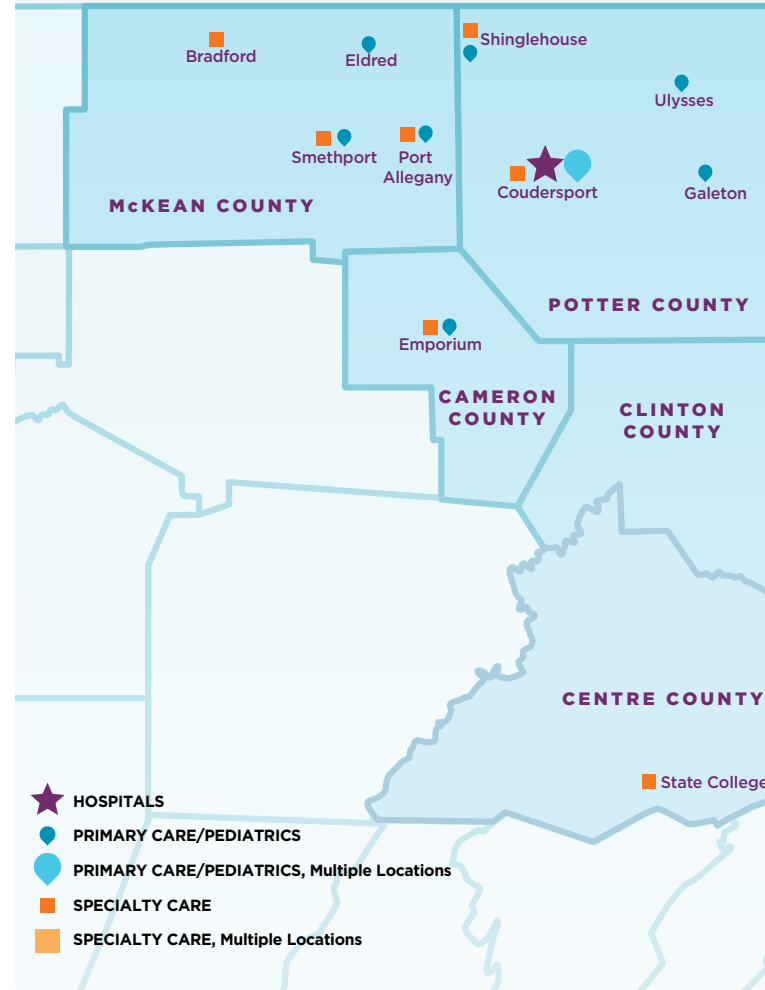
**1998** — World's first cell transplant to reverse stroke damage

**2008** — Pioneered robotic pancreatic cancer surgeries

**2011** — Developed concussion tests used by the NFL and the NHL

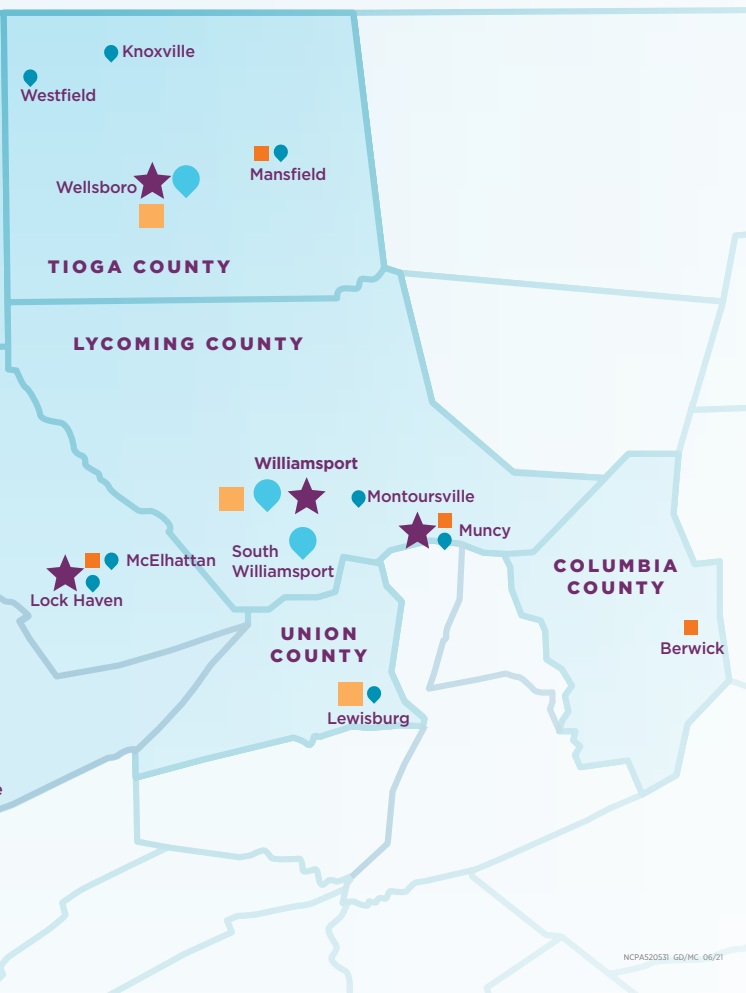
**2018** — Used immunotherapy to revolutionize transplant care

In **2021**, that innovative spirit continues. In May, a team of bioengineers from the University of Pittsburgh Rehab Neural Engineering Labs helped a man from Dunbar, Pennsylvania, experience tactile sensation with his mind-controlled robotic arm, improving his ability to interact with objects — another “world's first” moment.



# WE'RE ADVANCING CARE EVERYWHERE AND DELIVERING IT CLOSER TO YOU.

To learn more, visit [UPMC.com/AdvancingCare](https://UPMC.com/AdvancingCare).



## UPMC is Research

Research is conducted in all specialties at UPMC to bring the best treatments to our patients. We work closely with the University of Pittsburgh Schools of the Health Sciences, a top-10 recipient of National Institutes of Health research funding in the United States. Through this research and our connection with the University, we are able to study the safety and efficacy of advanced options for care before implementing them throughout our facilities.

Several research projects from May include:

- Looking at genetic material as a cause of Alzheimer's disease
- Studying how specialized immune cells can repair damage and promote functional recovery after stroke
- Analyzing the efficacy of monoclonal antibodies in reducing hospitalization and death from COVID-19

Major areas of focus of our research are prevention, early detection, and treatments for cancers. UPMC Hillman Cancer Center is a National Cancer Institute (NCI)-designated Comprehensive Cancer Center. Our innovations have garnered national and international recognition in the fields of melanoma, brain, prostate, lung, head and neck, ovarian, and breast cancers. Through our clinical trials, patients benefit from early access to potentially lifesaving treatments.

## UPMC is Local

UPMC is all of those things and is all over the world. But we're also your hometown hospitals — the places you turn to when your child is sick in the middle of the night, when you need to find a safe place to care for your elderly father, when you need a hip replacement, or when your spouse needs heart surgery. With locations in Coudersport, Lock Haven, Muncy, Wellsboro, Williamsport, and surrounding locations, we are your neighbors.

## UPMC is Life-Changing Medicine

Each patient, no matter where they live, benefits from the expertise of not just their local physician, but from a connected network of physicians who work together to provide optimal care. The innovations we develop, the research used to ensure advancements are safe and effective, the international scope of our practice — they're about advancing care for our patients everywhere, and right here. And we're proud to be a part of that growing network.

# BUSINESS & INDUSTRY GIFTS

## Business & Industry Gifts

recognizes businesses that supported Susquehanna Health Foundation with a contribution of \$5,000 or greater. Donors are listed through **June 30, 2021**.

### \$1,000,000 +

Anonymous  
Ward Manufacturing LLC

### \$250,000–\$999,999

**McCormick Law Firm**  
The Muncy Bank & Trust Company  
Verizon Wireless

### \$100,000–\$249,999

AutoTrakk, LLC  
C&N  
Dominion Foundation  
EuroOptic Ltd.  
Hudock Capital Group, LLC  
iHeartMedia  
Jersey Shore State Bank  
Lamar Advertising of Williamsport  
M&T Bank  
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

#### **ABS Building Systems Integrators, LLC**

Alexander Building Construction Co.  
Anadarko Petroleum Corporation  
Bayard Printing Group  
Ciocca Toyota of Williamsport  
First Quality, Inc.  
George E. Logue LLC  
Gift Box at Muncy Valley Hospital  
Glenn O. Hawbaker Inc. Charity Golf Outing  
Larson Design Group  
PPL Electric Utilities  
**Quandel Construction Group, Inc.**  
Ronald McDonald House Charities of N.E.P.A., Inc.  
Susquehanna Community Bank  
Weis Markets, Inc.  
Woodlands Bank

### \$25,000–\$49,999

Anonymous  
ARAMARK Healthcare  
**Ausley Construction Co., Inc.**  
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  
Fairfield Auto Group  
Fry's Plastic  
Glenn O. Hawbaker, Inc.  
Interior Construction Specialists, Inc.  
John Savoy & Son, Inc.  
L. F. Driscoll Company, LLC  
Lundy Construction Co., Inc.  
**Martin Rogers Engineering Consultants**  
McCarty – Thomas Funeral Home, Inc.  
*In Memory of Richard G. Thomas*  
McNerney, Page, Vanderlin & Hall  
Repsol Oil & Gas USA, LLC  
Santander Bank  
Shell Appalachia Charity Golf Tournament  
Stantec  
Tura L.P.

### \$15,000–\$24,999

#### **BDA Healthcare Architects**

Deerfield Charitable Trust  
Egnuity, Inc.  
Evergreen Wealth Solutions  
Gilmour Arts  
Lundy Industrial Realty, L.P.  
McDonald's - Doug and Frani Doherty  
Muncy Self Storage  
Murray Motors - Brian Peace and Bill Brown  
Norcen Industries Inc.  
Pennram Diversified Mfg. Corp., Andrew and Karen Hooker  
Steinbacher Enterprises, Inc. – Dave and Karen Steinbacher  
*In Memory of Mr. and Mrs. James Steinbacher*  
*In Memory of Karen Steinbacher*  
Steinbacher Enterprises, Inc. – Matt and Joslyn Dougherty  
*In Honor of Dave and Karen Steinbacher*

Trojan Tube Sales and Fabrications, Inc.

*In Memory of Jack Decker*  
**Williamsport Moving Company**  
Wm. L. Robinson Concrete

### \$5,000–\$14,999

Anonymous  
Aquarius Pool & Patio, Inc. - Gene and Mary Ann Schurer & Pam Keefer  
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  
Elite Feet, Inc.  
EmCare, Inc.  
First Citizens Community Bank  
Forrester Environmental, Inc.  
Fraternal Order of Eagles - Williamsport Aerie #970  
G.R. Noto Electrical Construction, Inc.  
Herman and Luther's  
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.  
L3Harris Electron Devices  
Lezzer Lumber Co. - Pennsdale  
The Liberty Group  
**M & R Contracting, Inc.**  
Marcellus Shale Coalition  
MetalKraft Industries, Inc.  
Mid-State Beverage Co. - Don and Betty Jo Heim  
Montgomery Plumbing Supply Company  
Pappy Jack's Winery  
PATHS, LLC  
Patterson-Brandt, Inc.  
Penn Cabling Services, Inc.  
Penn Recycling, Inc.  
PMG Advisors, LLC  
R&L Housing Associates, Inc.  
Schneider Valley Farms Dairy  
*In Honor of Schneider Valley Farms Dairy Employees*  
SelectTrim Corporation, James Wood and Marcus Annicelli  
**SERVPRO of Broome County**

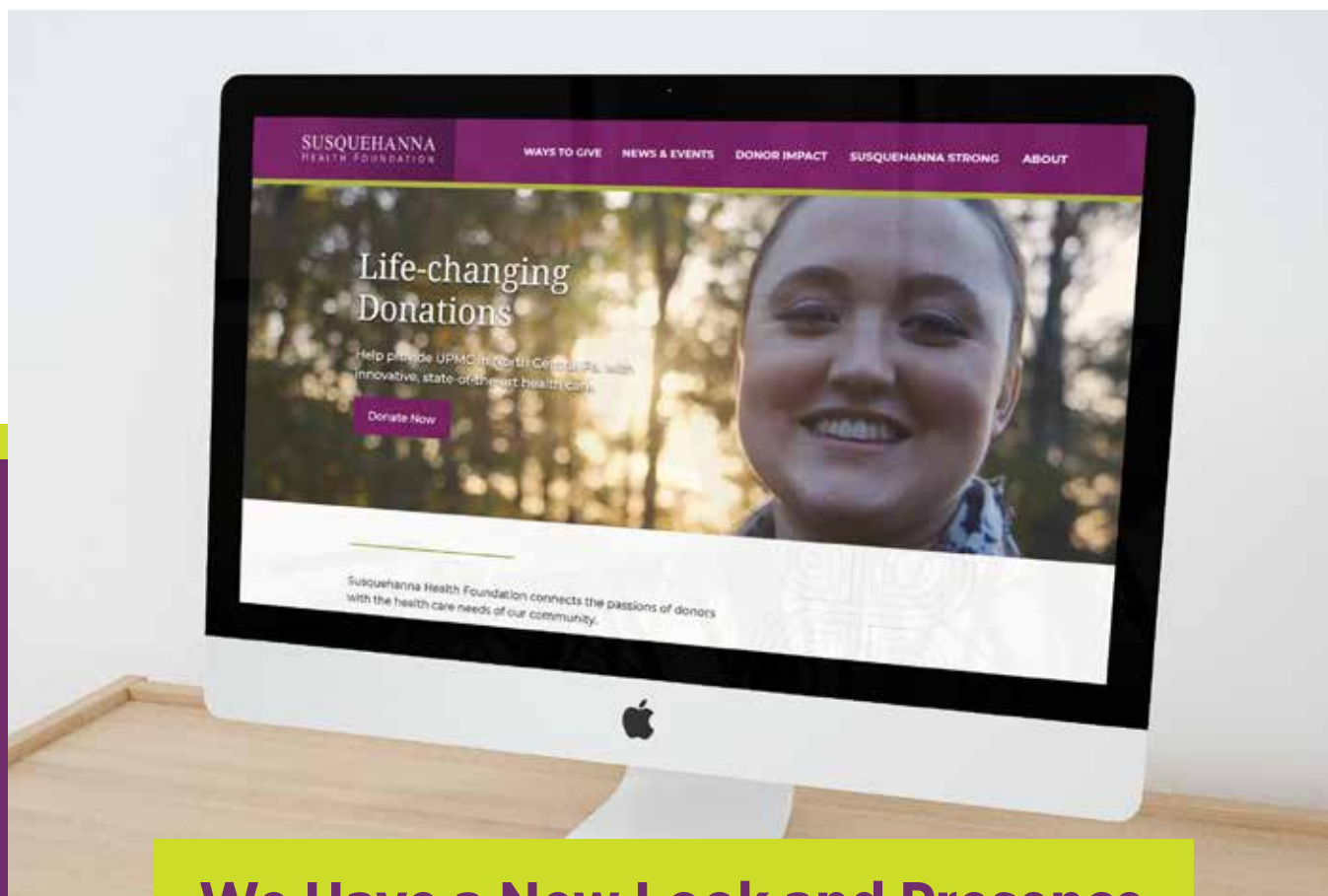


## BUSINESS & INDUSTRY GIFTS

Sher Properties, Inc.  
Stanley Black & Decker  
***State Farm***  
***Steinbacher, Goodall & Yurchak***

Stevens & Lee, P.C.  
Sunbury Motors  
Susquehanna Oral & Facial Surgery and  
Dental Implant Center

Susquehanna Paper & Sanitary Supply  
Corporation  
Wellsboro Electric  
Wellsboro Rotary Club



## We Have a New Look and Presence

Be sure to check out our new website, [SusquehannaHealthFoundation.org](https://SusquehannaHealthFoundation.org), to stay up to date on events, projects, and information regarding how your donations enhance health care in our region.

Also, the Foundation now has our own Facebook page for all things local — new services and doctors, current needs, donor impact, news, and more! We invite you to go to [Facebook.com/SusquehannaHealthFoundation](https://Facebook.com/SusquehannaHealthFoundation) and follow our page.



# A Full Plate

# of **GENEROSITY**

In some ways, you could say life has come full circle for **David Gemberling**.

The Sunbury native, who works as a dietary manager at UPMC Muncy, was exposed to hospital life at an early age. He grew up in a family that included nurses, learning by example the positive impact a hospital can have on a local community. Years later, he would have that experience firsthand as a high school volunteer at his local hospital.

Today, David oversees dietary requirements for patients, handling any concerns they may have related to food, hiring culinary team members, and working with the hospital's administration to manage catering needs. Serving in a role where health care and hospitality intertwine has inspired David to share not only his talents and abilities but also his resources with those in his community.

"Growing up, I came from a family that lived paycheck to paycheck," David says. "There wasn't a lot, but we did what we could. That stuck with me throughout the years. Now, I'm in a position where I can try to help other people, and I'm really passionate about better health for everyone."

A major donor to the Susquehanna Health Foundation, David is not only a member of the Cornerstone Society but also the first UPMC in North Central Pa. employee to use UPMC's new FreeWill tool, which allows the user to create a legally binding will at no cost in just a few minutes. The process is simple and includes an easy-to-complete questionnaire to help ensure donors can leave the type of lasting legacy they desire.





At 33, David initially dismissed the idea of creating a will. But after considering the events of the COVID-19 pandemic, and following the birth of his daughter, **Harper**, David began to consider the security that a will could bring to his family, including his wife, **Chelsey**, if the unthinkable were to occur.

“One day, I was sitting in my living room watching my daughter play, and it just really clicked,” he says. “‘What if something happened to me?’ You don’t like to think of things like that, but you should be prepared for them.”

With Harper’s future in mind, David recalled his upbringing and the impact local hospitals have had on his own life — from his daughter’s birth to his time working in culinary departments at UPMC Muncy and elsewhere, to the volunteer hours he accrued in high school. Immediately, he decided to include the Foundation as a beneficiary in his will.

A loyal supporter of the Foundation and a believer in its mission, David knows that his gift will one day be put to good use.

“The Foundation is built on solid principles,” he says. “It’s very transparent, and you know where your donations are going. People don’t always like to give [to charity] because they don’t know where their money is going. I love the fact that the Foundation allows you to pick exactly where your donation will go.”

David actively follows the Foundation’s *Susquehanna Strong* Comprehensive Campaign, especially the expansion of the UPMC Hillman Cancer Center in Williamsport, an effort he says he is incredibly proud to support. The project includes significant upgrades to the center’s clinical areas, chemotherapy infusion services, and pharmacy.

Whether it’s through his work in the kitchen or his generosity to the Foundation, David says his objective is the same.

“With everything I do, the end goal is to make things safer, more reliable, and more consistent for our patients and guests.”

# CADUCEUS SOCIETY

The Caduceus Society recognizes physicians who

made a commitment of \$2,500 or greater to Susquehanna Health Foundation. Donors are listed through **June 30, 2021.**

## \$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

Greg and Marilyn Frailey

Dr. and Mrs. Daniel R. Gandy

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

Dr. Barbara Heere and \*Dr. Bernard Butkiewicz

***Dr. David and Meghan Kurz***

\*Dr. Ted and Jane Larson Jr.

Dr. and Mrs. Donald J. Leathers

Dr. and Mrs. David J. Lopatofsky

Dr. William C. and Beverly H. McCauley

Dr. and Mrs. Alexander R. Nesbitt

Drs. Timothy and Kathleen Pagana

***Dr. and Mrs. Sheldon M. Schwartz***

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

Dr. and Mrs. William R. Beltz

Dr. and Mrs. Mark D. Beyer

Christopher and Susan Branton

Dr. Perry W. Doan

Dr. and Mrs. Michael Marceau

Dr. and Mrs. Anthony M. Nespola

Jim and Peg Redka

Dr. and Mrs. Zachary Ritter

Dr. and Mrs. Warren L. Robinson

Dr. and Mrs. Sandeep and Maria Sagar

Dr. Phyllis Scott

Dr. Donald J. and Susan Sweeney

## \$10,000–\$14,999

Anonymous

Karen and Michael Belenko

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

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

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. Thomas C. Smith and Suzanne Dively-Smith

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

Keri and Tom Albright

Dr. and \*Mrs. David N. Ambrose

Charles and Karla Anderson

*In Memory of Albert Confer*

Dr. Elizabeth and Eric Anderson

Shrikumer Bhatt, MD

Jasneet Bhullar, MD and Suman Bhullar, MD

James Bland, 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

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

Nathaniel Hare, MD

Dr. and Mrs. Steven M. Hawley

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.

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

Adrienne McCallister, DO

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

Stuart M. Olinsky, MD



# CADUCEUS SOCIETY

Dr. Mark and Mrs. Deborah Osevala

William and Cynthia Pagana

*In Memory of Ann Pagana*

*In Memory of Elizabeth Pagana*

Dr. and Mrs. Young W. Park

Dr. and Mrs. Frank W. Parker

Dr. and Mrs. William J. Peck

Dr. and Mrs. John A. Pellegrino

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

Abdalla Sholi, MD

Zachary Simpson, MD

Dr. and Mrs. Rohit G. Singh

Dr. and Mrs. Sam F. Stea

*In Honor of Our Children*

Bernard and Sarah Steinbacher

*In Memory of Karen E. Steinbacher*

Dr. Allan K. Stryker

Dr. Mohammad Tahir

Dr. Lawrence and Nancy Tomack

Dr. Peter and Rose Trevouledes

Dr. Frank E. Tulak

Dr. and Mrs. Thane N. Turner

Dr. and Mrs. Seth I. Weber

Rosemary Wiegand and Brett Homan

Williamsport Pathology Association

Dr. and Mrs. Daniel E. Wolfe

Edward G. Wyshock, MD



## UPMC Children's Hospital Continues Enhancing Pediatric Care in North Central Pennsylvania

25

UPMC has expanded pediatric specialty care services in north central Pennsylvania by offering virtual appointments with world-renowned pediatric specialists from UPMC Children's Hospital of Pittsburgh. UPMC in North Central Pa. providers caring for pediatric patients can coordinate a virtual telemedicine consultation for their patient with a UPMC Children's specialist in Pittsburgh. This service allows pediatric patients to connect seamlessly with UPMC Children's 400+ physicians across 33 subspecialties.

"This collaboration is giving our patients superior access to quality pediatric specialty care," said **Ashley Pence, DO**, medical director, pediatrics, UPMC in North Central Pa. "We are harnessing telemedicine technology to offer virtual specialty care appointments where children can receive care tailored to their individual needs."

This builds on a recent pediatric emergency care expansion that allows providers to consult with board-certified pediatric emergency medicine physicians at UPMC Children's via emergency department to emergency department, real-time, virtual telemedicine consultations — 24 hours a day, every day of the year.

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



\$20

## Sippy Cups, Coloring Books, Stickers, and Toys

### *Pediatrics*

Suddenly being admitted to the hospital can be overwhelming, and items such as sippy cups, stickers, coloring books, and small toys can make a big impact on our youngest patients and their parents. Your support will help ease children's fears by providing items children often need during a hospital stay.

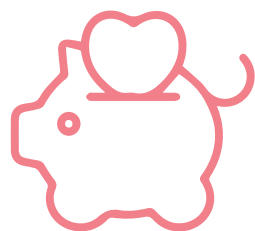


\$25

## Activities for Senior Communities

### *Muncy Place, Haven Place, and The Green Home*

Restrictions associated with COVID-19 have been challenging for many, especially residents of our senior communities where group activities have been on hold. We have more than 200 residents in continuous need of crossword puzzle books, word find games, playing cards, markers, gel pens, art kits, and hook rug supplies. Your donation will bring smiles to residents and help occupy their time in an enriching way.



\$40

## Benevolent Care Fund

### *All Patients*

The Benevolent Care Fund offers emergency, short-term financial assistance to patients of UPMC in North Central Pa. who would otherwise have no source of payment for prescription medications, transportation, infant care items, medical equipment and supplies, or medical co-pays. The goal of the Fund is to ensure that patients do not forgo or delay necessary care and can follow through with their treatment plans. Your gift will cover the average cost of helping one patient.



\$150 - \$1,650

## Cooling Caps

### *UPMC Hillman Cancer Center in Williamsport*

This donor-supported technology for chemotherapy patients uses chilled silicone caps that temporarily narrow blood vessels in the patient's scalp, reducing the likelihood of treatment-related hair loss. Studies and patient anecdotes indicate that hair loss is the chemotherapy side effect that 75% of patients undergoing the treatment fear most. By supporting cooling caps, you provide hope and support for patients while easing their fears. Cooling caps are 100% donor funded, and the demand is greater than we anticipated. Your donation will fund one treatment session up to an entire course of treatment for one patient. *See page 36 for more information on how the cooling caps work and the impact on our patients.*

# Wishes *Granted*



## **MamaRoo Baby Swings for The Birthplace**

The Level II Nursery at The Birthplace cares for babies born at 32 weeks or later who need more advanced care. MamaRoo Swings are used in the care of these delicate newborns. Your gifts provided two additional swings that have five unique motions to calm and soothe newborns.



## **Weighted Blankets for Inpatient Rehabilitation at UPMC Williamsport**

Traumatic Brain Injury (TBI) patients frequently suffer from insomnia. Weighted blankets provide deep pressure touch-stimulation therapy that can help patients fall asleep easier and allow them to stay asleep longer. Your gifts purchased weighted blankets to provide restful, healing sleep for these patients.



## **Board Books for Nurse-Family Partnership**

Reading to children is instrumental in their early development. Your gifts purchased board books for children and moms in the Nurse-Family Partnership Program. The program transforms the lives of vulnerable women who are pregnant with their first child until the child is two years old. Your support will help children and families meet developmental milestones and create lifelong bonds.



## **Transportation Costs for UPMC Hillman Cancer Centers in Williamsport and Wellsboro**

An often-overlooked barrier to health care is transportation to appointments, a critical need if patients are to access the care they require. Many of our patients undergoing cancer treatment have frequent, sometimes daily, appointments. To help ease this burden, especially in rural communities where public transportation is not an option, your gifts allow us to offer patients free van service to and from appointments. On average, the van transports 28 patients monthly, with some using the van daily for radiation treatments. Although donors have graciously given to support this service, it remains an ongoing need for our patients.



# KEYSTONE SOCIETY

The Keystone Society lists those who make a commitment to contribute \$250 or more annually to Susquehanna Health Foundation. Listed below are all Keystone Society members through **June 30, 2021**.

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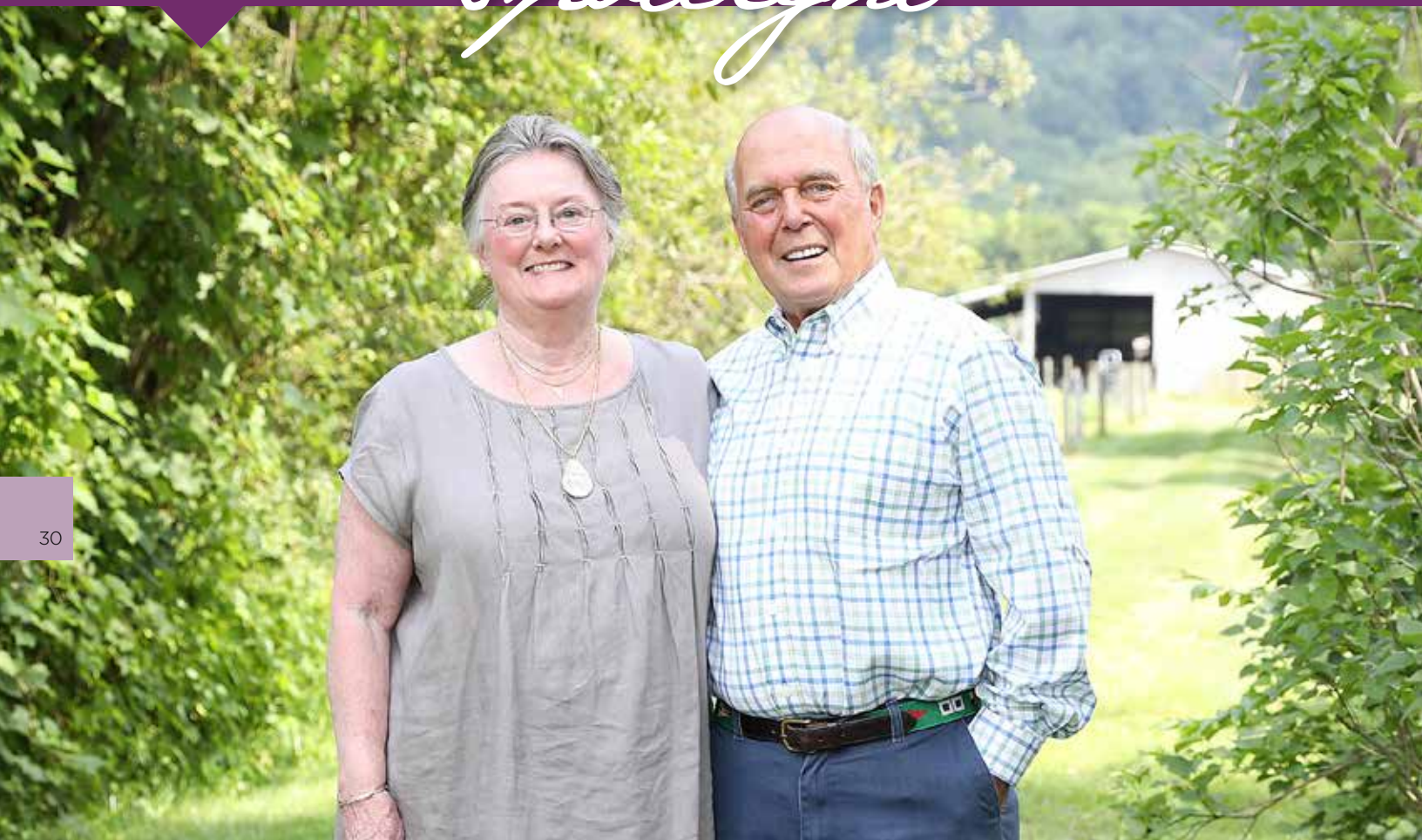
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# Championing the **CAUSE**





**J**ohn Rich is the type of guy who doesn't like to just sit around and do nothing. In fact, if you asked the Navy veteran and former merchant ship engineer to describe his lifestyle, the word physical would come to mind.

It wasn't unusual for John to be outside chopping wood on a nice day like January 20, 2014 — a day when the sun beamed brightly and there wasn't a cloud in the sky. His activity may have been normal, but what John says he felt when he returned to his house was anything but.

"I came home, unloaded my truck, and felt a little pressure on my chest," John says. "I thought, 'Something doesn't feel quite right. I'll lie down, and maybe I'll feel better.' That didn't work, so I got up and said to my wife, **Anne**, 'Could you drive me to the hospital? I think I might be having a heart attack.'"

Fortunately for John, Anne had other ideas and called 9-1-1. An EKG that emergency personnel performed shortly after they arrived confirmed that John's heart was indeed in distress. The man who had spent his life being active would leave for the hospital on a stretcher and with his skin a shade of gray that led Anne to believe he wouldn't be coming back.

When John arrived at UPMC Williamsport, cardiologist **Donald T. Nardone, MD**, informed him that he was experiencing a 98 percent blockage in one of his arteries. Dr. Nardone inserted a stent to improve blood flow and prescribed a regimen that included medication, a healthier diet, and more targeted exercise.

"It runs in the family," Anne says of John's heart attack. "His father had heart attacks and high cholesterol just like John."

Following his doctors' orders, John began frequenting UPMC Williamsport's Cardiac Rehabilitation Gym, a fitness center designed exclusively for UPMC cardio and pulmonary rehabilitation. There, patients in the acute phase of their rehab wear a heart monitor during their prescribed workouts, while staff review their vital signs via computer in real time.

After using equipment such as a treadmill and a rowing machine three times a week for 16 weeks, John

graduated to "maintenance" status, a designation for patients who have completed the monitored phase of their rehab and have elected to continue their wellness journey at the gym for a nominal fee.

"It's just beautiful," John says of the Cardiac Rehabilitation Gym. "What I love about it most of all is the fact that all the people there have come close to meeting their maker just like I almost did. There's no whining or sniveling or complaining. Everybody is upbeat and optimistic, and I just feed off of that."

The gym has more than 6,700 patient visits annually. The Cardiac Rehabilitation patients, along with John and others who are in maintenance status, rely on it to keep their hearts and lungs in working order. As early as 2023, the gym will relocate to an area directly inside UPMC Williamsport's East Entrance to make the facility easier for patients to access. It is part of a \$4-million renovation project funded in part through contributions made to the Susquehanna Health Foundation.

John, who cites the care of Dr. Nardone and UPMC Williamsport's focus on cardiovascular health as reasons he's alive today, was thrilled to support the cause. Thanks to a significant gift from John and Anne, the new Cardiac Rehabilitation Gym will be outfitted with an additional treadmill and an elliptical training machine for use by patients just like John.

"This donation goes straight into the community and our hospital, which we are so grateful for," Anne says.

A Woolrich native whose mother, a nurse, and father, a patient, met at the former Williamsport Hospital, John has spent much of his life in the area and understands the impact of community-focused health care.

John says he feels stronger and healthier than he did before his heart attack, which is why he says he can't think of a better cause to support than this one.

"I consider myself to be very fortunate to be so close to the hospital and to get the kind of treatment I receive when I go down there," John says. "We're blessed to have this facility."

# KEYSTONE SOCIETY

*continued from page 29*

## **\$500–\$999** *continued*

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YOUR CONTRIBUTIONS AT WORK:

# Scalp-Cooling Therapy Helps Chemo Patients Avoid Hair Loss

**F**ew experiences match the reaction people often have upon receiving a cancer diagnosis. Beyond concern for their own mortality, many patients' also fear losing their hair — so much so that 10 percent of cancer patients whose doctors recommend chemotherapy refuse the treatment or choose a less effective treatment.

To help alleviate their concerns, UPMC Hillman Cancer Center in Williamsport has introduced scalp-cooling therapy that uses special caps to reduce hair loss during treatment.

"Hair loss has tremendous psychological effects on our patients," says **Michelle Gaida**, director of cancer services,

UPMC Hillman Cancer Centers in North Central Pa. "People's appearance and looks do play a part in their decision-making as far as treatments are concerned. Hair loss can lead to social isolation and can affect a patient's self-image even more than breast surgery. It's incredibly important that we're not only treating the disease but also treating the whole person."

Michelle, who led the charge in researching cooling-cap technology and selecting Paxman® as UPMC's partner in north central Pennsylvania, notes that hair loss is the chemotherapy side effect that more than 75 percent of patients fear most.





Although not all chemotherapies cause hair loss — a condition known as alopecia — any patient undergoing the treatment at UPMC in North Central Pa. may request cooling-cap therapy at no cost. As long as the program remains 100 percent donor-funded, Paxman generously offers a 25 percent discount to the organization.

According to Michelle, fundraising for the cooling caps has been a community effort, with area businesses and residents taking active roles. Lead donor **Ciocca Toyota of Williamsport** helped jump-start the initiative with a gift of \$51,048. Foundation volunteer and community leader Maggie Roche was instrumental in the success by spearheading the community effort.

“We’ve made that commitment to our community and our patients,” Michelle says. “The community’s generous donations are what’s helped us make this possible, and our goal is to continue to raise enough funds for all future needs. The community goes above and beyond to make sure that our patients have everything they need.”

Most patients receiving the cooling caps are battling breast cancer, but the treatment works for any solid tumor. Men as well as women are benefiting from the therapy.

Patients interested in participating in the program complete an enrollment form, and staff custom fit each patient with a cooling cap based on a series of measurements.





Paxman provides instructions that walk patients through the prep they must do prior to wearing the cap. This may include wetting the hair or using a conditioner before applying the cap to increase its efficacy.

The technology works by temporarily narrowing the blood vessels in the patient's scalp, a process called vasoconstriction. This reduces blood flow and, along with it, the amount of chemotherapeutic drug that reaches the patient's hair follicles. Patients wear the cap for 30 minutes prior to the start of their chemotherapy treatment, throughout its duration, and for about 90 minutes after its conclusion while the drug circulates in the patient's blood.

The cooling-cap therapy requires very little intervention from UPMC personnel, allowing nurses and support staff to focus on areas of care where hands-on support is needed.

Success rates for cooling-cap therapy vary based on the type of chemotherapy involved. Between 40 and 55 percent of patients receiving anthracycline chemotherapy have retained their hair with the use of scalp cooling, while that number is higher — 70 to 90 percent — for patients receiving taxane-based chemotherapy.

"This treatment helps empower patients and gives them a little control over their situation," says **Donna Knouse**, nurse manager, UPMC Hillman Cancer Center in Williamsport. "This is something they can do to maintain their self-image and feel good about themselves as they go through treatment."

“The community’s generous donations are what’s helped us make this possible. They go above and beyond to make sure that our patients have everything they need.”

— **Michelle Gaida**  
*Director of Cancer Services, UPMC Hillman  
 Cancer Centers in North Central Pa.*

Both Donna and Michelle say they're proud that UPMC Hillman Cancer Center in Williamsport is the only cancer center in north central Pennsylvania to offer patients cooling-cap therapy.

"Everyone should be able to receive the same level of service no matter where you reside," Michelle says. "Our goal is to ensure patients don't have to travel to receive top-notch care. We want them to be able to get everything they need right here."

**The Foundation is seeking additional donors to ensure patients can continue receiving scalp-cooling therapy at no cost. If you would like to support the program, please visit [SusquehannaHealthFoundation.org/donate](https://SusquehannaHealthFoundation.org/donate) or use the enclosed envelope.**

## EMPLOYEE DONORS (iGIVE)

The **iGIVE** campaign recognizes current employee donors of UPMC in North Central Pa. Our employees have donated more than \$5.2 million since 2006. Listed below are all **new** donors from **January 1 – June 30, 2021**.

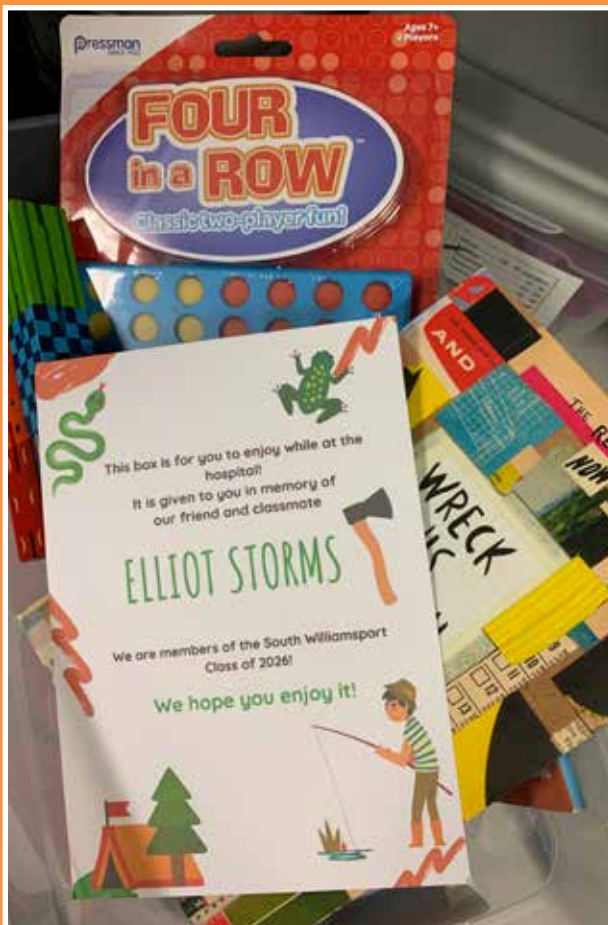
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Andrea N. Reed  
Aimee Reichenbach

Malinda Sawyer  
Lori Spencer  
Lisa Vargeson  
Stephanie Woodal



## Young Philanthropists – Remembering a Classmate

This past spring, the Kiwanis Club of Williamsport and members of the Montoursville Kiwanis teamed up to provide 127 Jared Boxes to UPMC in North Central Pa. The boxes are full of activities, books, and comforting items for children in the emergency department, hospital, and outpatient

settings. Members of the South Williamsport Class of 2026 filled many of the boxes in memory of their former classmate, Elliot Storms, who had a strong love of adventure and the outdoors.



# LEGACY SOCIETY

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

## Current Members

Mr. and Mrs. Donald R. Creamer  
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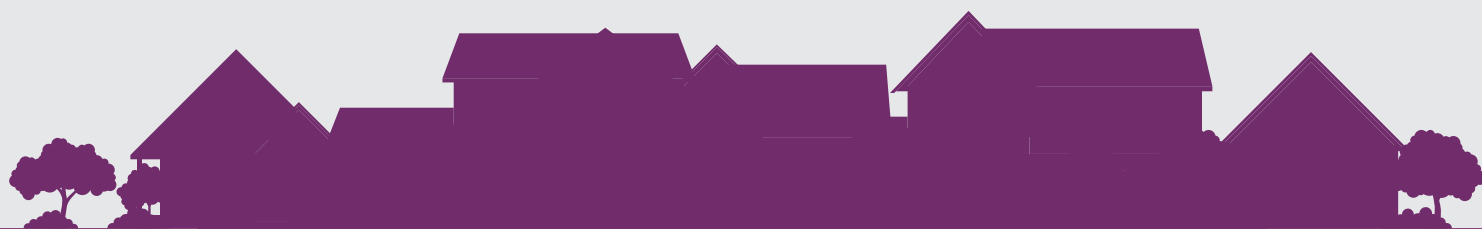
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Mary Louise Zimmerman Estate

# *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 North Central Pa., 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 North Central Pa. 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.

# New Tools to Support Your Future, Your Finances, and Your Community

The Foundation is excited to announce a new partnership we've formed with FreeWill. FreeWill has been featured in *Forbes* and *The New York Times* as a powerful tool to help you plan for your future while protecting the people, communities, and causes you care about. Through this partnership, we're excited to offer our community three free resources.

## Stock and IRA Gifts Made Easy

Our partnership with FreeWill provides our community with access to two new resources for creating smart, tax-savvy gifts. As end-of-year giving comes into view, if you wish to continue supporting the Foundation and the communities we serve, you can consider these options to help us create a healthier, more caring region.

Often, tracking down the paperwork necessary to complete stock and IRA gifts can be time-consuming and confusing. These free resources make learning about the tax benefits of these forms of giving — as well as the process of filling out the necessary forms — quick and easy. Plus, there's no need to provide sensitive security information. Most donors complete their gifts in 10 minutes or less!

1. **FreeWill.com/QCD/SHF:** If you are age 70.5 or older, a tax-free IRA gift can support every patient who walks through our doors, while reducing your future tax burden and helping you meet your required minimum distribution.
2. **FreeWill.com/Stocks/SHF:** Donating appreciated stocks to the Foundation can support the work of our doctors and caregivers — and help you save on two types of taxes.

## Why Have a Will?

Estate planning is an important task for people of all ages, but nearly 70 percent of American adults don't have an updated plan. We believe this is an issue that deserves our advocacy and support because estate planning enables you to designate guardians for your children and pets, dictate important health and safety decisions, and have peace of mind knowing that you've protected the people, entities, and assets you care about.

Through this new partnership, those in our community can visit **FreeWill.com/SHF** and create a will at no personal cost. If you'd prefer to finalize your will with an attorney, you can use the FreeWill tool to create a list documenting your wishes that you can later review with your attorney.

We hope that these resources will help provide you with peace of mind regarding your personal financial savings as well as your plans for your loved ones' future.

**If you have any questions about these resources, please contact Stephanie Steinbacher at 570-320-7041 or [steinbachersl@upmc.edu](mailto:steinbachersl@upmc.edu) or Kristen Lorson at 570-320-7463 or [lorsonke@upmc.edu](mailto:lorsonke@upmc.edu).**



*See page 22 to read about David Gemberling, an employee who was first to use FreeWill.*



# 39<sup>th</sup> ANNUAL



## A Hole in One for Patient Care

The 39th Annual Susquehanna Health Foundation Invitational Golf Tournament was held August 9 at the Williamsport Country Club. With 108 golfers, this year's tournament raised more than \$128,500 to benefit renovation and expansion of the UPMC Rehabilitation Institute at Williamsport.

Thank you to all of our sponsors, players, volunteers, and committee members for making this year's tournament another success. We would like to extend a special thanks to our platinum sponsors: Allison Crane & Rigging, Ausley Construction/The Liberty Group, Blaise Alexander Family Dealerships, UPMC Health Plan, and Williamsport Medical Staff at UPMC.

## UPMC Rehabilitation Institute at Williamsport

A \$21.4-million investment will transform the Rehabilitation Institute. It currently encompasses a single floor with 26 multi-bed patient rooms. Some rooms have as many as four beds, and few rooms contain bathrooms. Demolition and renovation of this space will provide a healing and safe environment featuring 30 private rooms on two floors. Each room will have a private bathroom. The renovation also will incorporate two new state-of-the-art rehabilitation gyms.

The Rehabilitation Institute draws patients who live as far as three hours away due to the advanced level of expertise our team provides. Annually, our inpatient rehabilitation team cares for more than 600 patients age 12 and older whose diagnoses include strokes, burns, fractures, brain injuries, and multiple traumas. The Institute's average length of stay for patients is 12 days.

The Rehabilitation Institute is:

- **Certified for spinal cord treatment**  
(one of only four facilities in the state)
- **Certified for brain injury treatment**  
(one of just 14 facilities in the state)
- **Certified for stroke rehabilitation**  
(the only organization in north central Pennsylvania with all three certifications)



# FRIENDS OF UPMC IN NORTH CENTRAL PA

Includes all contributions not listed in other giving levels.

These gifts were made **January 1 – June 30, 2021.**

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**Mary Alice Decoursey, CNM**

**UPMC OB/GYN | 570-321-3300**

Mary Alice Decoursey received her bachelor's degree in nursing from Loyola University in New Orleans, her master's degree in nursing from Case Western Reserve University in Cleveland, and her Nurse-Midwifery Certificate from the Frontier School of Midwifery and Family Nursing in Hyden, Kentucky. She is certified by the American Midwifery Certification Board. Decoursey sees patients at UPMC OB/GYN, 740 High Street, Suite 1004 in Williamsport.



**David Flynn, AuD**

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

Dr. David Flynn received his medical degree in audiology and his bachelor's degree in audiology and speech pathology from Bloomsburg University. Dr. Flynn sees patients at UPMC Ear, Nose, and Throat, 1705 Warren Avenue in Williamsport.



**Ronald Gross, MD**

**Trauma Surgery | 570-321-1980**

Dr. Ronald Gross received his medical degree at the New York University School of Medicine in New York. He completed his residency in general surgery at NYC Health + Hospitals/Bellevue, also in New York. Dr. Gross is a fellow of the American College of Surgeons as well as a member of the American Association for the Surgery of Trauma and the American Trauma Society. He treats patients at UPMC Williamsport, 700 High Street.



### **Colleen Law, DPM**

**Foot & Ankle | Williamsport – 570-321-2020 | Berwick – 570-759-1363**

Dr. Colleen Law received her medical degree in podiatric medicine from Temple University School of Podiatric Medicine in Philadelphia and completed her residency in podiatric foot and ankle surgery at St. Luke's University Health Network in Allentown. She is a member of the American College of Foot and Ankle Surgeons as well as the American Academy of Podiatric Sports Medicine. Dr. Law sees patients at UPMC Foot & Ankle Specialty Care, 1201 Grampian Boulevard, Health Services Building in Williamsport and at UPMC Specialty Care, Albright Footcare, 103 West 9th Street in Berwick.

### **Jeffrey Myers, DO**

**Emergency Medicine**

Dr. Jeffrey Myers received his medical degree at the University of New England College of Osteopathic Medicine in Biddeford, Maine. He completed his residency and fellowship training in emergency medicine at University at Buffalo School of Medicine and Biomedical Sciences in New York. Dr. Myers is a diplomate with the American Board of Emergency Medicine. He treats patients at UPMC Williamsport, 700 High Street.



### **Basilia Nwankwo, MD**

**Orthopaedic Trauma Surgery | 570-321-2020**

Dr. Basilia Nwankwo received her medical degree at SUNY Upstate Medical University in Syracuse, New York. She completed her residency training at Howard University Hospital in Washington, D.C. and her fellowship training at University of Louisville School of Medicine in Kentucky. Dr. Nwankwo is board certified in orthopaedic surgery with the American Board of Orthopaedic Surgery. She treats patients at UPMC Williamsport, 700 High Street.



### **Ankit Shah, DO**

**Cardiology | 570-321-2800**

Dr. Ankit Shah received his medical degree at the Edward Via Virginia College of Osteopathic Medicine in Blacksburg, Virginia. He completed his residency and fellowship training in cardiology at Rowan University School of Osteopathic Medicine in Stratford, New Jersey. Dr. Shah is board certified in internal medicine with the American Osteopathic Board of Internal Medicine. He sees patients at UPMC Cardiology in Williamsport, 740 High Street, Suite 2001 and in Mansfield at 416 South Main Street, Suite 2.



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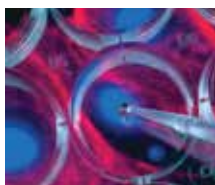
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World's first  
polio vaccine  
at University  
of Pittsburgh



World's first  
heart-liver  
transplant

### 1984



World's first cell  
transplant to reverse  
stroke damage

### 1998

### 2008



Pioneered robotic  
pancreatic cancer  
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Today, we're  
a connected  
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