



Insight



Community Health & You

Part II

by G. Richard Garman, Executive Director

IN ADDITION TO working with local school districts for 20 years in the award winning “Together for Health School Program” that we reported on in the previous issue, Wayne Memorial Health Foundation has helped support and at times collaborated with at least 17 other different public wellness and community programs through our Mini Grant Program. While the grants are not large (up to \$5,000), they often help worthy programs start up or continue their good work. Since 2008, eleven organizations have received awards with a dollar value of over \$49,000. The grants are available to 501(c) 3 tax-exempt organizations focused on disease and injury prevention and good health for all in the Wayne Memorial service area. Here is a glimpse at a few of the inspiring mini grant projects you, our generous benefactors, helped support.

Cancer Patients Navigating the “System”

IMAGINE LOSING YOUR job at age 63, finding another part-time position but having no health insurance at a time in life when health screenings, particularly for cancers such as colorectal cancer, are especially important. Thanks to the community-based Cancer Patient Navigation Program at the Northeast Regional Cancer Institute, Judy M., who lives alone on a very limited income, was able to obtain those screenings. Judy said she had always paid her way until she lost her job. She truly appreciated that she was treated with dignity by the Navigation Program, “I was not made to feel bad for needing this kind of help.”

The Cancer Patient Navigation Program, which received aid from the Foundation’s Mini Grant Program this past year, facilitates access by low income residents to



Dr. Gay Turns 100
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Fore!
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“This is a wonderful program. Without organizations like yours, we would be lost souls.”
—Molly T.,
Cancer Navigation Patient

colon, breast and cervical cancer screenings, while also establishing medical homes—primary care providers—for the targeted population. The Patient Navigation Program identifies financial resources, negotiates for free or reduced-cost care, coordinates with medical practices and organizations to address issues such as transportation, child care, or other obstacles to cancer screenings/care—and much more!

Since the program started, according to Director Laura Toole (left in photo above), participating practices have selected over 1,950 patients who were not current in their recommended cancer screening programs. More than

755 participants are now enrolled at various points in the navigation continuum. Over 550 screenings were completed during calendar 2013!

The number and the depth of the unsolicited, positive comments received from the participants has been extraordinary. Patient Molly T. commented, “This is a wonderful program. Without organizations like yours, we would be lost souls.”

On behalf of the Cancer Institute, Toole thanked Wayne Memorial Health Foundation for supporting what she called “this critical initiative.” Indeed!

Learning to Swim

HOW IMPORTANT IS it to learn how to swim? When you consider the many rivers, lakes, streams and area pools in our community, you would probably agree, it can be a lifesaver when you least expect it. It’s also fun. Through our Mini Grant Program, the Wayne Memorial Health Foundation has had the privilege of being able to offer funding for swimming lessons to the children in the Honesdale Communities That Care (CTC) program in four out of the last seven years.

One of the youngsters in the 2013 program was terrified of deep water, but as CTC Executive Director Kathy Grandjean told us, the swim program changed his life. Instructors at the Carbondale YMCA validated his respect for water while encouraging him to handle the situation. “When he (finally) jumped in the pool, his smile lit up the room and the lifeguards high-fived him like he had just set a world record,” said Grandjean, “Life is good especially when we have moments like this!”

CTC itself grew out of a life-changing moment in 1995, when an area family man was killed at the hands of an 18-year-old cocaine addict. Shocked and saddened community members, with the help of the local Ministerium, came together to form CTC. Known as an “after school enrichment program,”



CTC takes a proactive approach to teaching young people to model behavior that is respectful to adults, peers and oneself. Almost 140 children have participated in the Learn to Swim Program, enjoying physical exercise while learning water safety techniques and building self-confidence around water.

CTC has also helped parents and caregivers like working grandmother Lynn Gormley, who worried about what would happen to her grandson after school. "I truly thank you for all of your support and patience," Gormley wrote Grandjean, "When they say it takes a community to raise a child, they are right. You've cooked with him, helped him with countless crafts and holiday projects. He was even lucky enough to go to the YMCA to enjoy swimming lessons."

Wayne Memorial Health Foundation helped touch many lives with this program!

The Dangers of "Sexting and Texting"

WELCOME TO THE 21st century! Technology—computers, cell phones, the internet in general—are very much a part of our society. The Wayne Memorial Health Foundation's Mini Grant Program has partnered with the Victim's Intervention Program (VIP) to provide risk reduction programs for our community's youth, including "The Dangers of Sexting and Texting" and "Break the Cycle—Empowering Youth to End Dating Violence."

During the 2010/2011 school year, VIP presented 57 different texting education programs and reached 1,423 students. The program taught the emotional and physical risks that can arise as a result of irresponsible phone use, how to appreciate that hitting the send button on a text is truly irreversible and the need to safeguard personal information. Students were also encouraged to consider the potential benefit of unplugging altogether and connecting more directly with those around them.



The other program, which focuses on dating violence, is a three-year initiative designed to reach 1,000 students a year. Studies show teen victims of dating violence are more likely to be depressed and do poorly in school. They may consider suicide, use drugs and/or alcohol, develop eating disorders or drop out of school.

Students study different topics each year, beginning with Dating Abuse 101. They probe questions such as, "Is jealousy a sign of love?" and "Is it ever okay to hit someone?" They also learn about the types of abuse, the cycle of abuse, warning signs and obstacles, as well as their legal rights and options and how to develop safety plans.

Health Resources & Nutrition

FOUNDATION MINI GRANTS have also helped educate entire families in other ways. The Wayne County Public Library System used its Wayne Memorial Health Foundation mini grant to purchase a broad range of health related books and DVDs appealing to women, men, teens and children for all seven libraries in the system. Library Alliance Executive Director Molly Rodgers said, "We divided up the funds so that each library directory could purchase material specific to their own community's needs."

The books covered topics from Diabetes, high blood pressure and Alzheimer's to weight control and how to feel fantastic. Titles included: Life

CONTRIBUTIONS

November 1, 2013 to May 31, 2014
Wayne Memorial Health Foundation accepts tax-deductible gifts throughout the year from individuals, corporations, organizations and foundations for the benefit of the Wayne Memorial Health System, Wayne Memorial Hospital and Wayne Memorial Long-Term Care.

Contributions from a generous and caring community are vital to sustaining well trained personnel and modern equipment and facilities. Memorials and gifts in honor of a family member or friend, and gifts recognizing an anniversary or other occasion, are ideal ways to express love, respect and honor for those special people in our lives. Such gifts also demonstrate your spirit of community. You are invited to direct your questions about special occasion gifts and other contributions to G. Richard Garman, Executive Director, Wayne Memorial Health Foundation, at (570) 253-8272.

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The Dime Bank



is Your Best Medicine; Deliciously G-Free; Kids, Carrots and Candy; The Early Identification of Autism Spectrum Disorders and The Melt Method (see your local library for details!).

The Foundation's investment in our area libraries meant that local families could borrow instead of purchase health resources, saving scarce dollars.

Still another Foundation mini grant helped the Family and Consumer Sciences Department at Wayne Highlands Middle School with various nutrition projects that included healthy snack introductions and demonstrations and "babysitting" days geared to teach seventh and eighth grade students how to care for younger siblings. In the 2012/2013 school year, 181 seventh grade students hosted five different Nutrition Fairs and a "Generation Celebration" that included sharing family recipes and traditions.

The Foundation's Mini Grant Committee

SO HOW DOES the Foundation decide to award a mini grant? Our volunteer committee of Foundation board members and the Chair of the WMH Community Advisory Board

solicit the community for worthy projects each spring and then select among the applicants.

"It's tough sometimes to pick and choose," said Sader, Mini Grant committee chair, "but it's really an act of love, too, because we know somebody somewhere in our community will benefit—a neighbor, a friend, a relative."

This year, the committee expanded its reach and received an unprecedented number of applications (13).

"The Committee has been gratified by the increasing response to our program," continued Sader, "It is essential that the non-profits in our community help each other. Our mission of prevention and education takes many forms and we hope our contributions provide an incentive to other groups to increase their efforts."

The Wayne Memorial Health Foundation thanks the committee members and you, dear readers, for all your support for your hospital and our community.

Photo below: Mini Grant committee members, left to right, Foundation Board members Maggie Niles, Suzanne Grady, Nancy Propst and Chair Martha Sader. Missing: Martha Wilson, chair Community Advisory Board.

"It is essential that the non-profits in our community help each other. Our mission of prevention and education takes many forms and we hope our contributions provide an incentive to other groups to increase their efforts."

—Martha Sader,

Chair Mini Grant Committee





Dr. Jim Gay Celebrates His 100th!

JAMES "JIM" GAY, MD, a former Wayne Memorial Hospital board member and a retired neurosurgeon, and his wife Lillian celebrated his 100th birthday on June 23rd with about 100 of their closest friends and relatives in the David Katz Conference Center. In a speech, longtime Wayne Memorial Foundation board member and former hospital board chair Martha Sader said, "Knowing you and Lil is a 'never a dull moment' experience. Your contributions to the Hospital Board shaped a significant period in the growth and development of this institution." Sader went on to describe early morning faxes from Jim and many stories about everything from Christopher Columbus to the Mayo Clinic. Friends also donated a leaf in Jim's name on the Foundation's Giving Tree in the hospital lobby. Nancy Gumble and Ingrid Warshaw helped organize the fete with Sader, who led the entire crowd in "three cheers for Jim!"



Board News

THE WAYNE Memorial Health Foundation presented a "chair of thanks" to outgoing Board member William Chatlos, a retired investor relations consultant (seated) and welcomed three new members: Clayton LaCoe III, Kevin Burke and Leonard Schwartz.

Mr. LaCoe, originally from Clarks Summit, is the Superintendent of the Western Wayne School District. The married father of two has Masters' degrees in Biology and Chemistry from the University of Scranton and a doctorate in Educational and Organizational Leadership from the University of Pennsylvania.

Kevin Burke is the Personal Lines Supervisor at AMSkier Insurance in Hawley. A Honesdale High School graduate, Burke has a Bachelor's degree from Penn State. A father of three, his wife Pamela is a teacher.

Leonard Schwartz, a former Chairman and CEO of the Aceto corporation, and his wife Margery are the owners of the Hotel Wayne, the Hotel Café and the newly-opened Onyx Room in Honesdale.

Also leaving the Foundation Board this year: Henry Skier, owner of AMSkier and a founding member of the Foundation.

Ladies Flight**1st Place**

Barbara Gregory, Trish Alessi,
Nancy Johannes, Michelle Leunes (87)

Mixed Flight**3rd Place**

William Speicher, Matthew Barrett,
Kristy Tirney, Tracy Dutton (67)

2nd Place

Fred Jackson, Carol Jackson,
Wynter Newman, Chris Nebzdoski (66)

1st Place

Susan Mancuso, Don Mancuso,
Michael Mancuso, Jenn Mancuso (61)

Men's 4th Flight**3rd Place**

Ray Hebden, Tim Canjar,
Chris Besset, Scott Corwin (74)

2nd Place

Paul Madden, Ed Langendoerfer,
John John, Henry Melchinski (73*)

1st Place

Greg Capitolo, Rolf Sovik, Todd
Wolfenber, Josh Wolfenber (73*)

Men's 3rd Flight**3rd Place**

Tim Dailey, Sam Borgia, Gary Evan,
Thomas Dailey (71)

2nd Place

Larry Ferratti, Alex Vezendy, Alex Falney,
Marc Berardinelli (69*)

1st Place

Luke Woodmansee, Charles Curtin,
Jerry Dulay, Alan Dakey (69*)

Men's 2nd Flight**3rd Place**

Dick Quince, Jim Feeney, Frank Borelli,
Larry Leidel (66)

2nd Place

Henry Skier, Jeff Skier, Bruce
Schnittman, Spencer Williams (63*)

1st Place

Larry Budash, Felix Marzan,
Jason Moore, Ray Kovaleski (63*)

Men's 1st Flight**3rd Place**

Cory Lock, Ken Hoover, Tom Joyce,
Matt Hoover (61*)

2nd Place

Dr. David Tomazic, David Tomazic,
David Kern, Drew Sparks (61*)

1st Place

Paul Woelkers, Dan Nulton,
Chris Peters, Bob Klem (61*)

Skins

Cory Lock, Ken Hoover, Tom Joyce,
Matt Hoover (2 on Hole 13, \$200)
David Tomazic, David Tomazic, David
Kern, Drew Sparks (3 on Hole 14, \$200)

On Course Prizes

Men's Closest to the Pin #17
Paul Madden (2' 2")

Ladies Closest to the Pin #4
Carol Jackson (14' 7")

Ladies Longest Drive #2
Tracy Dutton

Men's Longest Drive #9
Don Mancuso

Straightest Drive #13
Fred Jackson





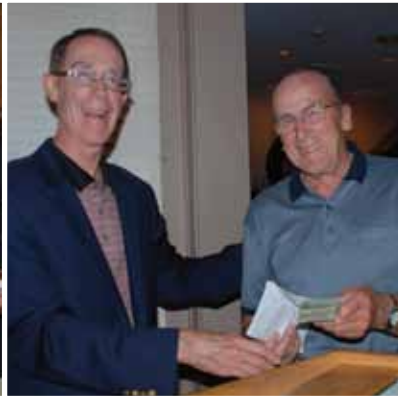
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A. and D. Heald

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Pauline Meinzer

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New Providers for Wayne Memorial Community Health Centers



Wayne Memorial Community Health Centers (WMCHC) welcomed Board Certified Family Medicine Practitioner **JAMES G. CRUSE, MD** to the Honesdale Family Health Center this summer. Dr. Cruse offers outpatient primary care services to adolescents and adults at the center's Stourbridge Medical and Professional Complex in Honesdale. A graduate of the Emory University School of Medicine in Atlanta, Georgia, Dr. Cruse was most recently employed as a family physician at North Atlanta Primary Care in Cumming, GA.

Dr. Cruse says he enjoys family practice because "it is really about the relationships with people. I basically get to talk to patients all day while I help them with their problems. Overall, it is very rewarding."

In its brand new Hamlin Family Health Center office, WMCHC also announced the arrivals of **DAVID WOOD, DO, FAAP** and **NORINA MANASSY, PA-C**.

Dr. Wood earned a medical degree from the Philadelphia College of Osteopathic Medicine and completed his residency through the Wyoming Valley Family Practice Program. Prior to completing his medical degree, Dr. Wood worked as a pharmacist in the Hamlin and Honesdale areas. He is also a veteran of the US Air Force, where he rose to the rank of Major. Dr. Wood most recently held the position of Medical Director of the Sullivan County



Medical Center, Laporte, PA. As a native of Dickson City, he is pleased to be "coming back to his roots to be with family."

Certified Physician Assistant Norina Manassy has over 15 years of experience as an internal medicine physician assistant. She provides primary care services to adolescents, adults and seniors. A graduate of the King's College Physician Assistant Program in Wilkes Barre, Manassy served as a PA-C in Greentown, PA prior to joining WMCHC.

Welcome to all three providers!





Wayne Memorial Hearing Solutions on the Road at the Wayne County Fair!

BOB GWYN, AuD, pictured here with the brand new mobile audiology van, performed more than 200 free hearing screenings at this year's Wayne County Fair. "It was a blast!" says Gwyn, "People really wanted to know all about us and Wayne Memorial."

Wayne Memorial Hearing Solutions received a grant, secured by Gwyn, earlier this year to purchase the van, which was later outfitted to include a hearing testing booth and equipment. Gwyn expects to take the mobile unit to Wayne Memorial Community Health Centers in Hamlin, Carbondale and Lords Valley this fall.

"We're able to do everything in the van that we do in our clinic on Main Street in Honesdale," Bob says proudly. "And we look forward to bringing our services out into the community."



Tele-Stroke Demonstration for Senator Toomey

PENNSYLVANIA U.S. SENATOR Patrick

Toomey (R) visited Wayne Memorial Hospital Wednesday, August 6th, to discuss veterans' services provided by Wayne Memorial Community Health Centers (WMCHC) and more services that could be provided by Wayne Memorial Hospital. WMCHC recently signed an agreement with the Wilkes-Barre VA Medical Center to open a veterans clinic in the Honesdale Family Health Center. Appointments are now being made for the Honesdale clinic with primary care providers.

The Senator was also treated to a demonstration of a new service at the hospital, tele-stroke, a real-time video-conferencing unit that connects an off-site specialist with a stroke patient. Senator Toomey is pictured with Jim Pettinato, RN, Wayne Memorial director Patient Care Services (left).



THE PURPLE RIBBON was cut on July 26th to mark the official opening of the Hamlin Family Health Center and Wayne Memorial Hospital Outpatient Services in Hamlin. Members of the Wayne Memorial Health System (WMHS) and Wayne Memorial Community Health Centers (WMCHC) boards, medical staff and administration, as well as representatives from the Chamber of the Northern Poconos, county, state and municipal governments did the honors. Also present were volunteers from the Lake Ariel Fire Department, Hamlin EMS and the Ledgesdale Dive Team. The Hamlin Family Health Center is open Monday through Friday for primary care, urgent care needs, women's health, X-ray and laboratory services. Expanded hours are soon to be announced!

Photo front row, left to right: Cathy Romaniello, district representative, Congressman Tom Marino's office; Milton Roegner, Wayne Memorial Health Foundation board chair; Attorney Hugh Rechner, WMHS Long-Term Care Board member; Wendell Kay, Wayne County Commissioner; Peter Rodgers, WMCHC board chair; Deborah Gillette, Northern Poconos Chamber executive director; Norina Manassay, PA-C, Hamlin Family Health Center; David Wood, DO, Hamlin Family Health Center; Lee Oakes, WMHS board chair; Frederick Jackson, WMCHC executive director; David Hoff, WMHS chief executive officer; Mary Ellen Bentler, Northern Poconos Chamber; Jimmy Swingle, Salem Township supervisor; Michael Clifford, WMHS chief financial officer; Dennis Lazar, manager, Wayne Health Services. Back row: John Romano, WMH Laboratory Services manager; James Hockenbury, WMH director of Ancillary Services; John Conte, director of WMHS Real Estate/Facility Services; Sal Giglio, development officer, Wayne Memorial Health Foundation; William Dewar III, MD, WMH chief of staff; Robert Brzuchalski, WMH Imaging Services manager; Dirk Mumford, WMHS Board vice chair; Joann Hudak, WMHS Board; Fred Birmelin, Lake Township supervisor; Karen Aughe, Northern Poconos Chamber; Richard Garman, executive director, Wayne Memorial Health Foundation.

Wayne Memorial/Luzerne Nursing Program Graduates 2nd Class

WAYNE MEMORIAL HOSPITAL proudly announced the May 22, 2014 graduation of its second class of nursing students from the Luzerne County Community College (LCCC) Nursing Program at Wayne Memorial. All 13 students in the class of 2014 passed their finals to earn Associate degrees in the Applied Science of Nursing from LCCC and are now ready to take Pennsylvania's registered nurse licensing exam. Nursing instructors Sharyn Vaughn, RN, Catherine Collins, RN, and Carol Van Orden, RN, say more than half the graduates accepted positions with Wayne Memorial.

"Going to school these past two years wasn't always easy," admitted new graduate Valerie Linde, Honesdale, "but I made it and I am so happy! I absolutely, absolutely love nursing!" Linde says she had been involved in the medical field for 17 years, but "this was my chance to have a degree behind me. I'm so thankful!"

The hospital started the school in 2010 with LCCC to "grow its own nurses" in response to a nursing shortage.

The first class graduated 14 students, and many are now working at Wayne Memorial.

Photo: left to right: Rachael Kominski, Valerie Linde, Dana Borkowski, Lynda McVeigh, Alyse Nicholoff, Wilson Dolph, Erin Burgess, Amy Reilly, Sarah Tigue, Krystle Lynn, Shannon Quinn, Rebecca Fitzgerald, Karyn Hatch.





“Power to Change” Tops Local Healthcare Breakfast

MORE THAN 125 people turned out July 25th for the annual Prevention Initiative breakfast, an event that brings together community leaders focused on improving the health of local residents. The Prevention Initiative is the local partnership branch of the State Health Improvement Plan Partnership (SHIP), of which Wayne Memorial Hospital is the lead fiscal agent. Donna Decker, RN, Wayne Memorial’s Community Health manager, welcomed the group and noted that many healthcare changes had been made in the last year, thanks to a 2013 Community Health Needs Assessment. This survey of 1,300 people in Wayne and Pike counties and the Carbondale area identified three priorities for improvement: behavioral health, substance abuse, and chronic disease. All three were addressed by speakers who included Rashesh Dholakia, MD, a board-certified psychiatrist with Wayne Memorial Community Health Centers (WMCHC); Wayne County Drug and Alcohol’s Melissa Wertman and Austin O’Malley; and WMCHC’s Executive Director Fred Jackson.

Keynote speakers John and Cheri Rinehart presented “Power Talk,” a program designed to show how changing the way you speak — substituting “challenge” for “problem” or saying “I will” instead of “I’ll try” — can change your life.

The breakfast was underwritten by the Link programs in Wayne, Pike and Carbon counties, all affiliated with local Area Agencies on Aging.

Group photo left to right: Margaret Ennis/Wayne County Behavioral and Developmental Programs and Early Intervention; Melissa Wertman and Austin O’Malley/Wayne County Drug and Alcohol; John Rinehart/Rinehart Consulting; Cheri Rinehart/President & CEO, PA Community Health Centers; Carbondale Mayor Justin Taylor; Donna Decker, RN/Wayne Memorial; Wayne County Commissioner Wendell Kay; Dr. Rashesh Dholakia; Wayne Memorial CEO David Hoff; Frederick Jackson/Wayne Memorial Community Health Centers; Pike County District Attorney Ray Tonkin.



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