



# Insight

## *Wayne Memorial Invests Time and Resources in New Technology*

by G. Richard Garman, Executive Director,  
Wayne Memorial Health Foundation

**A**LTHOUGH THE FALL weather has been delightful, with an abundance of opportunity to enjoy outdoor activities, the diminished daylight hours drive one indoors to reflect upon what has transpired in the year that is drawing to a close. To be certain, for the Wayne Memorial Hospital family, it is fulfilling to have served the community another year.

For Wayne Memorial Hospital's Clinical Lab and Imaging Services Departments, 2015 has been a year of remarkable advancement in new technology.

The Laboratory has acquired state of the art testing equipment that employs new and amazing technologies that will better serve its patients through utilizing molecular testing. Two new instruments manufactured by Cepheid and Biofire enhance and optimize the process for specimen collection and subsequent testing. Specimen collection has been simplified to using one specimen for each condition that the physician suspects and/or is already troubling the patient. The specimen is then introduced into the analyzer, which on a molecular level detects the DNA of the bacteria, parasite or virus that may be present in the sample. The new testing equipment accomplishes this within one hour.

As one might imagine at this time of year, a significant number of patients present in the Hospital's Emergency Room with severe cold-like, upper respiratory system problems. With the use of one blood sample, the assay will detect over 20 distinct viruses that cause these types of symptoms; all within one hour, and with 99.9% accuracy. This will result in shorter Emergency Room visits as the result of more rapid diagnoses. Also, the patient's care will be improved with the proper use or the non-use of antibiotics.



Antibiotic stewardship will be taken to a new level as a result of the deployment of this technology and through the correct use of antibiotics when treating sepsis. Traditionally, the patient presenting with sepsis type symptoms would be placed on a broad spectrum antibiotic that could be expensive and may have undesirable side effects. This new technology will allow the Laboratory Department to determine the causative agent of the septicemia in an hour's time. It permits a more tailored approach to antibiotic selection at the beginning of treatment. This level of diagnostic technology is truly unique in a rural community hospital, providing physicians and their patients the best possible service and superior care.

The Hospital's clinical laboratory has been steadily growing in terms of technology, sophistication and volume of tests, therefore, making the new equipment a welcome addition at a surprisingly affordable price.

"Currently, we perform approximately 1.3 million tests each year, and that number is growing," stated John Romano, laboratory manager, Wayne Memorial Hospital. "The laboratory not only processes blood tests and other medical samples for hospital inpatients, emergency room and outpatients at the main campus, but also, specimens from seven different draw sites, 14 physician offices and several nursing homes throughout Wayne, Pike, Susquehanna and parts of Lackawanna counties."

The combination of this growing volume of laboratory testing, and the Hospital's participation in the Yankee Alliance, a group purchasing organization (GPO), in a collaborative endeavor whereby the Hospital purchases the testing reagents through the



GPO, the testing equipment is provided at no charge. In addition to offering the latest medical technology and the best patient care, the Hospital's business practices and partnerships permit it to bring optimum value to the community.

The Clinical Laboratory's counterpart at Wayne Memorial is the Imaging Services Department, a very important component of the unique patient care experience that has also been quite busy during the past year.

The department recently acquired a Toshiba Aquilion 160-slice PRIME CT Scanner to replace a 64 slice GE CT Scanner installed in 2006.

The new equipment, which cost about \$750,000, was purchased in part with monies from state gaming funds acquired through a partnership with Honesdale Borough from the Pennsylvania Department of Community and Economic Development.

A team consisting of Robert Brzuchalski, Imaging Services Manager; Dr. Timothy Farley, Imaging Services Medical Director; Mr. Doug Buchinski, Lead CT Technologist; and Dr. William Backstrom, the Chief Medical Officer of Foundation Radiology, participated in an 18 month search and evaluation for a replacement piece of equipment. The chosen unit is certified by the Medical Imaging Technology Alliance as having standard attributes related to radiation dose management and optimization. These patient safety features include automatic radiation exposure controls, reference protocols for both adult and pediatric populations, dose checking software and structured reports with dose measurements. The system offers an expanded large bore opening and the widest couch in the industry, permitting maximum patient comfort and the ability to accommodate a broader range of patients, from pediatrics to bariatrics.

"We are enhancing the patient experience with dose levels that are as low as reasonably achievable," stated Dr. Farley. "In addition we are utilizing faster exam times to provide for greater patient comfort."

In addition, the department acquired a Shimadzu Digital Radiography Portable Unit during the most recent calendar year. This unit also allows high quality x-rays to be acquired in a shorter amount of time using less radiation.

"The new unit allows the clinician to see images

instantly," said Brzuchalski. "Thus, allowing the treating physicians to diagnose and begin treatment plans more rapidly."

This particular unit is mobile and can be used in the Emergency Department, Operating Room or patient bedside. Patients who are acutely ill will not need to be moved into a radiographic suite in order to obtain a radiographic exam. The unit utilizes a wireless network and the image is transmitted into the PACS system immediately. Once again, Dr. Farley and his team examined several different vendors including GE and Fuji Medical Systems before selecting the Shimadzu unit.

Last but certainly not least, the department acquired a Konica Computed Radiography Unit for the Route 6 office in Waymart. This unit offers state of the art radiology services at our outpatient center in that community. For patients living in Waymart and the surrounding community, this means convenient access to general radiology services in a setting with ample parking and very minimal wait times. Seamless integration with the Hospital's electronic medical record (EMR) and radiology information systems (RIS) allows for continuity of care throughout the healthcare system.

The three pieces of imaging equipment described in this article required an investment of over \$650,000 in addition to the approximately \$250,000 provided through grant funds. However, the Hospital Board Leadership believes that the community and our patients deserve the very best.

As Wayne Memorial Hospital implements and evaluates its acquisitions of 2015, there are no thoughts of complacency or self-satisfaction but rather continued pursuit of the most advanced technology available. The Hospital is proud to announce that during 2016 the establishment of a Heart and Vascular Center will come to fruition offering services such as cardiac catheterization, angioplasty and stenting under the direction of Raymond Resnick, MD, FACC, FSCAI, a 20 year veteran in interventional cardiology. Additionally, the Hospital's Master Facility Plan calls for a heliport to be built in 2016 to pave the way for a Level IV Trauma designation.

*Cover photo—left to right: laboratory technologists Sheila Hunt and Ann Marie Franco are shown with Wayne Memorial Laboratory's new molecular testing equipment.*

*Photo above—left to right: Timothy Farley, MD, medical director Imaging Services; and Radiology Technologists Doug Buchinski, Michelle Murray and Chelsea David with the new 160-slice Aquilion PRIME CT scanner.*



## Wayne Memorial's Laboratory Services Medical Director Retires

**AFTER 14 YEARS** as the Medical Director of Wayne Memorial's Laboratory Services and decades in the service of medicine, Lillian Hynes-Longendorfer, DO, officially retired on October 30th.

Members of her hospital family attended a reception in her honor to bid her good luck and wish her well with her science fiction novel writing. Dr. Longendorfer's debut novel, *The Quad Consortium* and *The Sword of Bale*, was published in 2014. During the reception she signed copies as she spoke fondly of years spent at Wayne Memorial. "It was a pleasure working here," said Dr. Longendorfer, "the Lab is very busy and sees a lot more than most community hospitals of its size. It was challenging and ultimately satisfying to be a part of the WMH Lab."

*Photo: Lillian Hynes-Longendorfer, DO, hands WMH CEO David Hoff a signed copy of her sci-fi novel at her retirement party at the hospital.*

## Sibyl Irwin, MD, Becomes Wayne Memorial's New Medical Director of Laboratory Services

**HONESDALE NATIVE** Sibyl Irwin, MD, board certified physician in Pathology and Dermatopathology, has been appointed as the Medical Director of Wayne Memorial Laboratory Services following the retirement of Lillian Longendorfer, DO.

Dr. Irwin praised her predecessor in anticipation of her new role, "thanks to the professionalism and organization of Dr. Longendorfer, I expect my years at Wayne Memorial to start off very smoothly. I can only hope to be as well-respected and well-received as she is among the laboratory staff and our patients."

Dr. Irwin, formerly a Rickard with several siblings residing in the area, graduated from the University of Scranton with a Bachelor's in Communication and followed up with two years post-baccalaureate work at the Scranton based university. She attained her medical degree in 2005 from Jefferson Medical College in Philadelphia, where she also completed a residency in pathology and a fellowship in dermatopathology (a subspecialty in dermatology and pathology).

Most recently, Dr. Irwin was employed in private practice with Pathology Associates of NE PA in Throop. She is also an associate professor of Pathology/ Dermatopathology at The Commonwealth Medical College in Scranton.

Wayne Memorial Hospital's Laboratory is fully accredited by The College of American Pathologists and The American Association of Blood Banks. The lab performs more than 1,000,000 tests a year and offers phlebotomy services in seven convenient locations. For more information, visit [www.wmh.org](http://www.wmh.org).

*Photo: Sibyl Irwin, MD, Pathologist and Dermatopathologist.*



### CONTRIBUTIONS

*August 1, 2015 to October 31, 2015*  
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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## Top Scores

### MEN – TOP THREE SCORES

Joe Havranic – 87  
 Chet Layou – 86  
 Fred Leber – 85

### WOMEN – TOP THREE SCORES

Sidney Kropasky – 50  
 Clea Chang – 50  
 Molly Rodgers – 45

### YOUTH (UNDER 18) – TOP THREE SCORES

Ethan Podunajec – 73  
 Luke Kropasky – 71  
 Jack Brown – 56

## Winning Teams

### TEAM 1

Dave Prout, Fred Leber, Ralph Leber,  
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### TEAM 2

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### TEAM 10

Owen Kapalski, Jr. and Owen Kapalski,  
 Sr., Bob and Jason Kropmko, Dan Hazen

## Gun Raffle

Congratulations to our lucky Gun Raffle winners. Over 530 tickets were sold. Raffle prizes were acquired through Heberling Sport Shop.

The Crossbow was provided courtesy of Tim Barber, president of Winchester Archery.

### WINNERS

Sidney Kropasky – CZ – Redhead  
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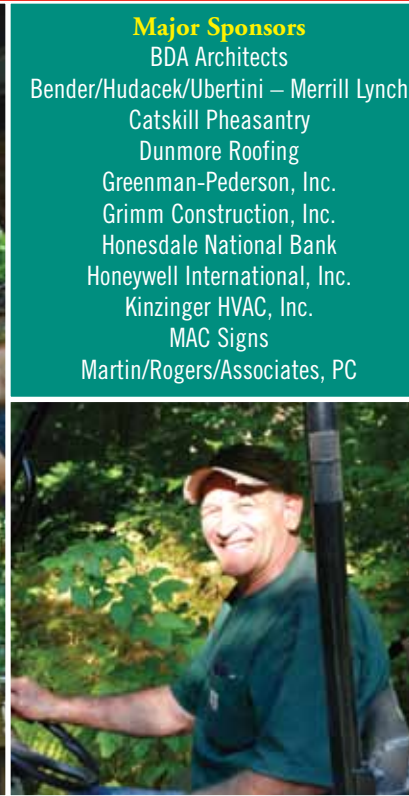
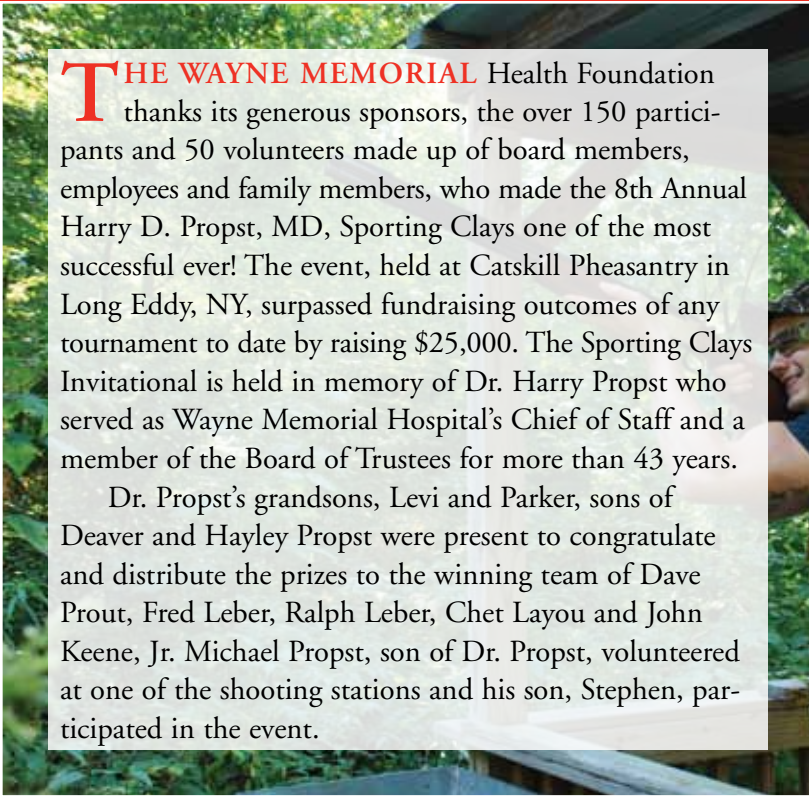


**T**HE WAYNE MEMORIAL Health Foundation thanks its generous sponsors, the over 150 participants and 50 volunteers made up of board members, employees and family members, who made the 8th Annual Harry D. Propst, MD, Sporting Clays one of the most successful ever! The event, held at Catskill Pheasantry in Long Eddy, NY, surpassed fundraising outcomes of any tournament to date by raising \$25,000. The Sporting Clays Invitational is held in memory of Dr. Harry Propst who served as Wayne Memorial Hospital's Chief of Staff and a member of the Board of Trustees for more than 43 years.

Dr. Propst's grandsons, Levi and Parker, sons of Deaver and Hayley Propst were present to congratulate and distribute the prizes to the winning team of Dave Prout, Fred Leber, Ralph Leber, Chet Layou and John Keene, Jr. Michael Propst, son of Dr. Propst, volunteered at one of the shooting stations and his son, Stephen, participated in the event.

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## *Pinnacle and Highland Practices to Become Part of WMCHC*



**BY THE END** of December 2015 both Pinnacle Health Partners and Highland Physicians Ltd., will officially become part of Wayne County's largest multi-group medical practice, Wayne Memorial Community Health Centers (WMCHC). The two practices, which have provided decades of care to patients in the Honesdale and Tafton areas, will increase WMCHC's number of family health centers to a total of nine. Under the same corporate roof, WMCHC offers seven specialty practices in the areas of surgery, cardiology, pulmonary/sleep medicine, obstetrics/gynecology, behavioral health, dental and neurology.

"As an organization, we are honored to have both of these practices join our 'family' of health centers," stated Frederick Jackson, executive director, WMCHC. "We look forward to delivering patients the same quality care they have come to expect with access to their current physician or provider."

Anticipated improvements for established and new patients include expanded insurance options, access to a patient portal, chcConnect, and smoother transitions to specialists within the WMCHC network.

WMCHC is a federally qualified health center and a clinical affiliate of Wayne Memorial Health System. For more information about WMCHC, visit [www.wmhc.org](http://www.wmhc.org) and click on the green button at the top.

*Photo above, left to right, Highland Physicians Jon Sternburg, MD; Paula Bennett, MD and William Dewar, III, MD are shown with Frederick Jackson, executive director of WMCHC following announcements that both Pinnacle Health Partners and Highland Physicians, Ltd. will join WMCHC. Photos at left: Michael Peterson, DO (first) Charles Aronica, DO (lower photo).*



## *Positive Healing for Pain Management Education Ongoing at Wayne Memorial*

**WAYNE MEMORIAL HOSPITAL** launched the first segment of an educational series on Positive Healing for pain management on November 23rd. Approximately 85 professionals consisting of doctors, therapists, nurses and other medical providers interested in blending traditional and alternative approaches to managing pain attended seminars throughout the day.

The Positive Healing series is part of a long-term strategy to address pain management in our community, said Donna Decker, RN, manager of Community Health at Wayne Memorial. "It's one of the underlying causes behind the heroin addiction crisis. Pain medicine is legally prescribed, easily addictive and gets into the wrong hands. When the supply is unavailable, the user turns to the streets. We are working to explore alternatives to help respond to the crisis."

Scott Epstein, MD, a physiatrist and Judy Terwilliger, RN, CMT, the founder of the Functional Bowen Therapy treatment for pain management, were co-presenters for the day. Dr. Epstein conducted a session entitled "Trigger Point Injections" while Terwilliger spoke about the concepts behind Functional Bowen Therapy and its benefits.

"Functional Bowen Therapy is often described as 'the missing piece' in multi-disciplinary approaches to pain," said Decker. "The key element is a muscle release technique combined with range of motion, hydrotherapy and other home-based therapeutics concepts."

Terwilliger, who resides in California, will be returning to Wayne Memorial in 2016 to teach courses in Functional Bowen Therapy to local health professionals.

*Photo: Judy Terwilliger, RN, CMT, Functional Bowen Therapy specialist, is shown giving an overview of the mechanics and efficacy of the Functional Bowen technique at a recent workshop held at Wayne Memorial Hospital.*

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*WMCHC Welcomes Providers*

**A S WAYNE MEMORIAL** Community Health Centers (WMCHC) continues to grow, additional providers have joined two of its family health centers—Hamlin and Northern Wayne. Honesdale Surgical Associates, a specialty practice within WMCHC, also welcomes a new physician assistant to its staff.



**NICOLE SKLARESKI, PA-C / Certified Physician Assistant / Hamlin Family Health Center:** Nicole Sklareski, PA-C, earned a Master of Science Degree in

Physician Assistant Studies from Marywood University and a Bachelor of Science Degree in Biology from The University of Scranton where she graduated cum laude. Fulfilling the role of dedicated walk-in care provider at the Hamlin Family Health Center, Sklareski, treats acute issues and refers patients needing ongoing care to their primary provider.



**ISE KANNEBECKER, CRNP / Certified Registered Nurse Practitioner / Northern Wayne Family Health Center:** Ise Kannebecker, CRNP, earned a Master

of Science Degree in Nursing from the University of Scranton's Family Nurse Practitioner Program. She holds two undergraduate degrees, a Bachelor of Science in Nursing from East Stroudsburg University and a Bachelor of Arts in Music from Smith College. Her diverse career in healthcare spans over 15 years. She has worked as a registered nurse in the OB/GYN and Medical/Surgical Units at Newton Memorial Hospital, Newton, NJ and as a Certified Music Practitioner at Geisinger Community Medical Center, Scranton. Kannebecker treats newborn to geriatric patients for primary care as well as offers women's health services utilizing a holistic approach.



**KATE KREMPASKY, PA-C / Certified Physician Assistant / Honesdale Surgical Associates:** Kate Krempasky, PA-C, earned a Master of Science Degree from

Marywood University's Physician Assistant Program and is certified by the National Commission on Certification of Physician Assistants. Prior to joining Honesdale Surgical Associates, Krempasky was employed as an Operating Room Physician Assistant at Wayne Memorial Hospital as well as a Physician Assistant in the hospital's Emergency Department.



*WMCHC  
Physician  
Recognized for  
Outstanding Care*

**JAMES G. CRUSE, MD,** primary care provider at Honesdale Family Health Center and the Honesdale VA Outpatient Clinic, recently received the Outstanding Primary Care Clinician Award from the Pennsylvania Association of Community Health Centers (PACHC). The award, which honors healthcare providers who have made significant contributions to vulnerable populations through improvement in quality, accessibility and/or patient outcomes, was presented during PACHC's Annual Conference and Clinical Summit held in early October.

Wayne Memorial Community Health Centers was also praised as an organization during the conference by former US Assistant Surgeon General Marilyn Gaston for having the only Federally Qualified Health Center based VA Clinic in the nation!

*Photo: Dr. James Cruse (center) is presented with the Outstanding Primary Care Clinician Award by Robert MtJoy, board chair, PACHC and Cheri L. Rinehart, president and CEO, PACHC.*





## WAYNE MEMORIAL HEALTH FOUNDATION:

### *Livin' in the House We've Given*

**S**HIRLEY AND BILL have been very generous with Wayne Memorial Health Foundation, yet for years they thought about doing something extraordinary. Acting on the advice of their attorney, 10 years ago they took that step by setting up a provision in their revocable living trust to give their house to Wayne Memorial Health Foundation when the survivor passes away. When they let us know it had been done, we were as thrilled as they were.

This was the significant gift Shirley and Bill wanted to make, yet it did not immediately remove anything of financial value. It gave them peace of mind that for any reason they could still fall back on the value of their home, if necessary.

Earlier this year, Shirley's brother left her a substantial inheritance, more than twice the value of their home. Also, Bill reports that in retirement he has become "a pretty good stock picker," discovering that his active management of their investments has produced "twice as many winners than losers."

Meeting with their attorney to update their trust, he suggested that they think about taking advantage of the current tax code by giving the house to charity now and continuing to live in it. He explained how it works:

They could deed their personal residence to Wayne Memorial Health Foundation using a retained life estate agreement. That agreement reserves the right for Shirley and Bill to use the property for the rest of their lives, called a life tenancy. Shirley and Bill will still be responsible for maintenance and repairs, to maintain insurance coverage, and pay property taxes. When the last life tenant passes away, Wayne Memorial Health Foundation takes possession to finalize the gift and then can sell or use the house as it wishes.

The attorney explained that the process was straight-forward. They would get an appraisal on the property to determine its current market value. Their joint life expectancy and other factors would determine the present value of the remainder interest given to Wayne Memorial Health Foundation. This amount is the value of the gift that Shirley and Bill can claim as an income tax charitable deduction.

The attorney pointed out that their timing was excellent, as the deduction calculation is very favorable right now. Statistically speaking, even though they are 80 years old and could anticipate living in the house for more than 12 years, the deduction worked out to be a significant portion of the value of the house. For them, it meant a large income tax refund in the current year and possibly in two future years.

If a retained life estate arrangement sounds like something you wish to investigate, or if you are considering any gift of real estate, our planned giving officer, G. Richard Garman, can help. Just call him at 570-253-8272.



## WMH Launches New Fall Prevention Initiative

**W**AYNE MEMORIAL HOSPITAL promoted Fall Prevention Month this past September by launching a new patient safety initiative. In order to increase patient and visitor awareness of fall hazards while in the hospital, a committee chaired by Judy Eisenhauer, RN, rolled out a campaign featuring a mascot dubbed “Steady Eddie.” Flyers depicting the cartoon character’s image were posted on nursing floors along with smaller replicas carrying the same message in all patient rooms. Additionally, to reinforce the importance of patients utilizing the call bell BEFORE they fall, a real-life “Steady Eddie” handed out “Call before you fall!” stickers to staff and visitors.

“There are a lot of myths about falling,” says Eisenhauer. “For example, people think if they stay at home they can avoid falling. But over half of all falls take place at home—unsteadiness in the bathroom, slipping on a curled throw rug, missing a grab-hold due to poor lighting. Being aware of what could happen can help assure they don’t happen.”

The mantra to “Stay Steady. Stay Safe.” has been adapted to Wayne Memorial’s New Beginnings Birthing Suites with its own “Steady Betty” showing off her baby bump to identify with maternity patients.

*Photo: Steady Eddie (center) hands Susan Knickerbocker, nursing unit coordinator, (right) a “Call Before You Fall” button while making rounds with Judy Eisenhauer, RN, reminding staff to encourage patients to always use their call bell.*



## Chain Reaction Felt Community-Wide

**E**NTHUSIASM REIGNED DURING the area’s third Go Orange Day and first-ever Community Rally in the Spirit of Rachel’s Challenge, a national program inspiring kindness and acceptance of others.

Area school districts including Forest City Regional, Wallenpaupack Area, Wayne Highlands and Western Wayne each held Go Orange Day events with lively student assemblies. The community rally was held on October 22 in Waymart at the Salvation Army Conference Center where students, civic organizations and businesses linked individual chains to create a combined chain encircling the center multiple times and filling everyone with the true spirit of kindness.

Since 2013, when Rachel’s Challenge was introduced in the area, more than 10,000 local people have been exposed to the program based on the life and writings of Rachel Joy Scott, the first victim of the Columbine massacre. For more information about Rachel’s Challenge, visit [www.rachelschallenge.org](http://www.rachelschallenge.org).





**MORE THAN A DOZEN** veterans, local officials and Wayne Memorial Hospital staff gathered outside the hospital on December 7th to remember one of the darkest days in U.S. history, the bombing of Pearl Harbor, Hawaii. President Franklin D. Roosevelt called it “a date which will live in infamy.” The surprise attack by the Japanese claimed more than 2,000 lives and marked the official entry of the U.S. into World War II. The ceremony, led by VFW Post 531 and Wayne Memorial Health Foundation Executive Director G. Richard Garman included an audio rendition of the attack as well as readings of events that day. In addition to the Pledge of Allegiance, the group said a somber prayer and laid a wreath at the hospital’s memorial plaque dedicated to soldiers who lost their lives in World War I.

*Photo: Shown with heads bowed during Wayne Memorial Hospital’s annual service to commemorate lives lost at Pearl Harbor in 1941 are local veterans, officials and Wayne Memorial staff as a prayer is recited by Veteran Mike O’Hara.*

## Citations Received at Urging of Veteran

**TWO OF WAYNE MEMORIAL’S** finest were recognized by one of America’s finest in early November.

Linda Jones, RN and Victroia Borthwick, nurse aide were presented with citations for excellence from Pennsylvania Congressman Thomas Marino (R-10th) at the request of former patient and Vietnam War Veteran Harold “Butch” Wright following his hospital stay earlier this year. Wright who felt both women helped him “so much when I had a bad flashback of the war after surgery” petitioned Congressman Marino’s office to recognize the two Wayne Memorial staffers.

“I had a really hard night at this hospital back in April and these two ladies stayed with me and got me through it. They deserve a lot of thanks,” stated Wright who while serving as a U.S. Marine in 1967 and ’68 was wounded twice in the line of duty.

*Photo: Harold “Butch” Wright, a former U.S. Marine, with left to right Linda Jones, RN; Victoria Borthwick, Nurse Aide; Cathy Romaniello, rep. from Congressman Thomas Marino’s office; John Conte, director Wayne Memorial Facility Services; Margie Wright, Harold’s wife.*



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An Affiliate of Wayne Memorial Health System, Inc.

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In support of the healthcare mission of Wayne Memorial Health System, Inc., I wish to make a tax deductible gift in the amount of:

\$500    \$250    \$100    \$75    \$50    \$25    \$\_\_\_\_\_

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