



Insight

Community Health & You

by G. Richard Garman, Executive Director

DEAR READERS... Over the past few years, we have had the pleasure of bringing you stories of numerous Wayne Memorial Hospital benefactors—individuals, couples, families and friends. We have profiled retirees, business owners and operators, professionals, laborers, Wayne County natives and people who have relocated here, in some cases from distant lands and countries, some who have endured harrowing experiences and more than their fair share of life's difficulties. Their stories have been fascinating and added to the richness of all our lives. Working with these generous and thoughtful people has been a joy.

It is now time to share the exciting stories of how the hospital family utilizes the resources of its benefactors to improve the quality of life and overall health of our community. We begin with...

Together For Health

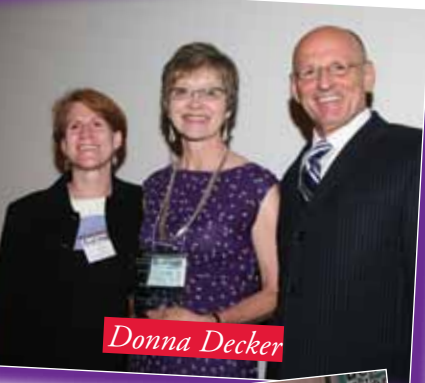
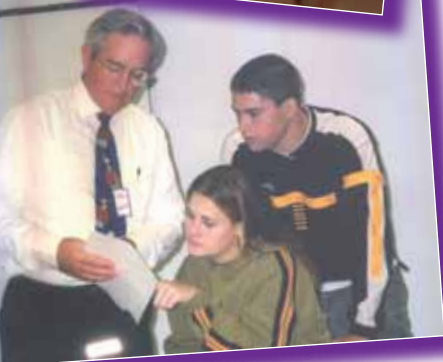
The name says it all: Together for Health. This local school-based program was one of the hospital's first and most recognized community health initiatives. The Together for Health story began in the 1995-96 school year when Dan O'Neill, Wayne Highlands School Superintendent at the time, contacted Mike Stershic, the former Director of Community Relations at Wayne Memorial and Donna Decker, RN, Wayne Memorial's Community Health Manager. Donna's position at the hospital was brand new.

"The best start to my community health experience was when Dan O'Neill asked me to help him make life REAL to Wayne Highlands High School seniors," said Donna. "His zeal and excitement about helping 'his students' be better prepared to live healthy disciplined lifestyles drove home the message that Wayne Highlands would be impacting the generations to come in our community."





Dan O'Neill



Donna Decker



Dan O'Neill was inspired by two events, one an education conference and the other, a frightening life experience. While returning from a visit with his daughter in Boston in 1994, driving on the Massachusetts Turnpike, O'Neill had a heart attack. Fortunately, he survived, but it also made him all the more committed to helping young people lead healthier lives. How? A year earlier, he and his wife, Alice, a former director of the hospital's Human Resources Department, had attended a national school board seminar. Dan recalled presentations about health-care and, in particular, diagnostic testing and education programs that could be conducted within schools to help detect life-threatening problems early on, as well as improve overall health awareness. He remembered hearing about a "body fat test" focused on cholesterol levels. Ideas began to form in his brain...

Dan recognized that "coupling a wellness program at the high school level with both diagnostic testing and disease prevention education was an endeavor worthy of consideration." It probably helped that Alice, who had left to become a professor and the Director of the Health Administration Program at the University of Scranton, had based part of her doctoral thesis on the development of a multifaceted university-based wellness program, which continues today at the University.

O'Neill felt his message was so important he shared it with fellow superintendents in the Wallenpaupack and Western Wayne School districts, Tom Piefer and Lou Zefran. Together—there's that word again!—the hospital and the superintendents became the catalyst for launching the program. The Together for Health School Program was born.

"I can still see the twinkle in Dan's eye as he said we will do cholesterol studies on them and wake them up to the facts," Donna continued, no small twinkle in her eye either! "Dan was always all about providing the student with the best knowledge available, and he had confidence they would make the



right choices. It truly was all about communicating the information in a way that the students would really 'get it.'"

Over the past 19 years, the Together for Health School Program has changed slightly to fit the times (it began with 7th and 11th grades and now involves 7th and 9th grades), but it remains focused on the same goals: to help young people make positive life choices. The program brings together both clinical and professional resources to give its young audience the tools to formulate the right decision—for their physical, mental and emotional health. During the first year, more than 2,000 students in Wayne Highlands, Wallenpaupack, Delaware Valley and Western Wayne School districts participated in the program. At times, Forest City Regional School District and Hancock Central School District students have also taken part.

Goals Accomplished

The Together for Health School Program has three parts, beginning with a keynote address geared toward inspiring thought and changing behaviors. It is almost always a live drama. Presenters have included Saltworks Theater out of Pittsburgh, who performed "I am the Brother of Dragons." An intense story based on real life, it revolves around a family and aims to shatter the walls of denial surrounding drug and alcohol abuse and illuminate the path of recovery. This year, Rachel's Challenge was the keynote, and more than 10,000 students, teachers, school administrators and staff in four school districts experienced it. Another 2,100 people turned out for several evening community programs. Rachael's Challenge is designed to empower students and adults with skills and tools to combat bullying and allay feelings of isolation and despair by creating a culture of kindness and compassion.

During the second segment, participants complete a Personal Wellness

Profile, have their height, weight and blood pressure measured, and may also opt to have blood tests—lipid profile (total cholesterol, HDL and LDL, triglycerides), blood glucose and a complete blood count. One year, reported Donna Decker, a student who was not exhibiting any symptoms whatsoever was diagnosed with diabetes that required immediate attention. In another case, a student, who had a very high white blood count was discovered, after further testing, to have leukemia. Many students who did not realize that they had high blood pressure issues subsequently sought medical attention.

“There have also been instances of students with very elevated cholesterol levels whose parents, seeing the reports, had their own levels tested and discovered they also had dangerously high levels of cholesterol,” Donna said. In these cases, entire families were able to receive medical intervention sooner rather than later, thereby avoiding the risk of further damage, additional medical care costs and potential death—all goals of the Together for Health School program.

Resource Day, the third segment of the program, is comprised primarily of targeted workshops, the content of which is now based on the previous year’s summary of the Personal Wellness Profiles and testing results. For example, if the summary revealed that “unhealthy eating habits” was a top issue, a workshop on how to improve nutrition is made available. On another occasion, members of one school’s staff informed hospital representatives that students were over-using energy drinks. The program was modified to include an information session on

the realities and dangers of using such products.

The Personal Wellness

Profiles—all anonymous and confidential—have helped participating school districts glean a picture of their youth and modify curricula to address particular issues. When tobacco use was identified as a significant health risk, tobacco cessation programs and presentations were offered to students through the group, Take Action for Tobacco-Free Youth (TAFTY). The school districts have also used the data to modify breakfast and lunch offerings to provide a more balanced and nutritionally responsible diet. These programs were initiated by our local school districts well before federal statutes required such action!

Since 1995, the Together for Health Program has enhanced the lives of more than 20 thousand students and hundreds of school faculty, hospital staff, community volunteers, and parents. The program has received recognition by the Hospital and Healthsystem Association of Pennsylvania, Penn State University and the Community Rural Health Conference. The Rural Health Conference also recognized Donna Decker, RN, as the 2007 Community Rural Health Leader of the Year.

Perhaps most importantly, the accumulation of almost 20 years of data from the student profiles shows a significantly reduced rate of tobacco and alcohol usage among students—and that’s true “health reform.” Young people are making informed choices, taking personal responsibility for their health, enhancing their quality of life and reducing future healthcare spending.

YOU, OUR READERS, *must also take credit for all this “good news,” because it is thanks to you that Wayne Memorial Hospital is able to continue to serve both its patients and the community in which we all live and work. Thank you for your investment in your community hospital. And a special thanks to the O’Neills, who are the newest members of the Paul M. and Sandra Meagher Legacy Circle. For more information on how you can help, contact the Foundation at (570) 253-8272.*

CONTRIBUTIONS

August 1 to October 31, 2013

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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Saturday, September 21, 2013 at Catskill Pheasantry, Long Eddy, NY

NEAR-PERFECT CONDITIONS—temperatures in the 40s, cloudy but with only a threat of precipitation—greeted the 142 shooters and more than 50 volunteers who took part in this year's Sporting Clays Invitational. It was the largest turnout to date for the event. Gus Heberling, of Heberling's Sports Shop in Prompton, and Jeremy Gulley worked overtime to provide an adequate supply of ammunition. Three generations of Dr. Propst's family were on hand, including his son Michael and grandsons Mike and Andrew. Mike's wife Nancy, a Foundation Board member and Andrew's son, Charlie, cheered on the shooters.

Everyone enjoyed a feast afterwards prepared by Mike May and Bert Occulto, of Battista and Miguel in Moscow, PA.

Here's to next year — Saturday, September 20, 2014!



All the scores can be found on the hospital's web-site, www.wmh.org under the Foundation's Events tab, but here are some highlights:

Overall High Score

Fred Leber – 85

Youth Group Winner

Luke Krompasky – 84

Men's Division/Class A

Cliff Trumbo – 84

Class B

Don Chapman – 68

Class C

Nathan Houghtaling – 60

Class D

Bob Holeva – 53

Class E

Jim Pleviak – 47

Class F

Rick Elliott – 39

Ladies Division

Molly Rodgers – 50

Gun Raffle Winners

Dave Rees, L.B. Feduchak
and Barbara Griggs-Pratt





Thank You Henry & Bill

Wayne Memorial Health Foundation recognizes two longtime members of its Board of Trustees: Henry M. Skier and William Chatlos.

HENRY (HANK) M. SKIER was one of the five original board members of the Foundation when it incorporated in 1981 and served as Board chair from 1993 to 2007. Henry is president of A.M. Skier Insurance and A.M. Skier Reinsurance, Ltd., a leading national insurer and reinsurer of children's camps in the United States. Founded in 1920 by his father, Abram M. Skier, the firm is now in its third generation of Skier family leadership, with Henry's son Jeffrey (also a member of the Health Foundation Board of Trustees) and daughter Aimee sharing leadership of the companies. Henry is a founder of the New York State Children Camp Safety Group, founder of SAFETY underwriters, a consulting organization to the recreation industry, camp-ALERT-Network, an emergency management consulting organization, the Gene Ezersky Camp Safety College and founder of the Masters Degree Program in Camp Administration and Leadership at Touro University. Henry is a strong community advocate and we know he will continue to serve both WMH and Wayne County. Some of his other activities include board member of the Foundation for Jewish Camps, board member of the Dime Bank since 1982 and President of Congregation Beth Israel since 1985. Henry is also a founder of the popular Wildflower Art and Music Festival, as well as Harmony Presents at the Hawley Silk Mill.

WILLIAM (BILL) E. CHATLOS joined the Wayne Memorial Health Foundation Board of Trustees in May of 1996. Although Bill is retired, he remains an active investor and investment analyst. For 30 years, prior to 1981, he was a principal of Georgeson and Company, specialists in proxy solicitation and investor relations. A consultant to numerous states, Mr. Chatlos has appeared as an expert witness before state legislative committees regarding state takeover statutes, particularly in Idaho, Massachusetts, and Ohio. He has been a contributing writer to numerous books, including *Experts in Action*, *The Handbook of Public Relations* published by McGraw Hill and *Investor Relations – The Company and its Owners*, published by the American Management Association. He authored a chapter on "Inside Information and the Analyst" for the *Financial Analyst Handbook*. His article, "The SEC versus Investors on Tender Offers" appeared in the *Harvard Business Review*.

Both Henry and Bill brought their expertise and passion for a healthy community to the Wayne Memorial Health Foundation Board of Trustees. We are grateful for their unselfish service. While both are retiring from the board due to term limits, Foundation Executive Director G. Richard Garman hopes to continue to draw upon their knowledge and wisdom for committee work.

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WAYNE HEALTH Pharmacy and Medical Equipment, located in the Stourbridge Professional Complex at Maple Avenue and Route 6 in Honesdale, officially opened October 21, 2013. Operated by Wayne Health Services, a subsidiary of Wayne Memorial Health Foundation, the newly remodeled retail store combines a pharmacy with the existing durable medical equipment business.

"The pharmacy offers a new drive-thru option for prescriptions and over-the-counter medications," states Gary Beilman, board chairman of Wayne Health Services. "The marriage of the durable medical equipment store and pharmacy services brings expanded hours of operation and one-stop shopping to the community." One phone number, (570)253-6770, conveniently connects you to either the pharmacy or the medical equipment store.



INJECTIONS & MASKS – FLU SEASON IS HERE If you see staff at Wayne Memorial Hospital wearing protective masks, don't be alarmed, say hospital officials. "The masks are a precaution and are recommended by the Centers for Disease Control (CDC) during the flu season," explained Kay Daley, RN/Infection Control. During the influenza (flu) season, which generally runs from October 1 through March 31st of the following year, Daley said Wayne Memorial Hospital takes many steps to protect its patients, staff and visitors.



Wayne Memorial has campaigned heavily this year for all of its staff, particularly its clinical staff, to be vaccinated against the flu. Employees who are not vaccinated are required to wear a mask within six feet of patient care areas. Marcy Grimes, RN, is pictured demonstrating a mask.

The hospital is also asking anyone with flu or flu-like symptoms – coughing, fever, sore throat, diarrhea, nausea—to please visit on another day when they are better.

The bottom line, Daley reiterated, is simple, "If you don't want yourself or others to get sick, get vaccinated."

Vaccines are available from healthcare providers, Wayne Memorial Home Health and Wayne/Pike Area Agencies on Aging, some pharmacies and community health centers such as Wayne Memorial Community Health Centers. For more information, visit www.wmh.org.

TRACKING NEW SERVICES IN WAYNE AND PIKE Wayne Memorial Community Health Centers opened new Behavioral Health and Dental Health services in Lords Valley this winter, both located in a new addition to the Pike Family Health Center. Staff for the much-anticipated facility includes board-certified psychiatrist Rashesh Dholakia, MD and dentist Stephanie Bloss, DMD.

And more openings are coming! In Hamlin, at the former Hamlin Elementary School, construction crews are reworking the interior (and the exterior) to locate primary care, including walk-in services, women's health, diagnostic x-ray and ultrasound and laboratory services. The Hamlin Family Health Center is scheduled to open in early spring. Stay tuned!





Celebrating Dr. Tietjen

A **"CELEBRATION OF LIFE"** for George Tietjen, MD, Wayne Memorial's longtime Chief of Staff and Chief of Surgery was held at the hospital on November 15th. More than 100 people turned out to remember a man known for his skill as a surgeon and his dry humor. Oral tributes were paid by both WMH CEO David Hoff and the current Chief of Staff William Dewar III, MD, along with Dr. Tietjen's sister Carol Chalmers and three nurses who worked closely with Dr. Tietjen over the years: Susan Zabady, Amy Krempasky and Peggy Nolan. The OR's Debbie Brooks, RN, sang a solo, "For Good," and the hospitals' three chaplains took part—Reverends Bill Rushik, Edward Erb and Deborah Rose. The Print Shop's multi-talented Kevin Palan helped with the music and wrote a poem for Dr. Tietjen. The well-respected surgeon passed away July 29th. He was at WMH for more than three decades. Most of his family attended the event and many said they were pleased with the remembrance of a man they loved so very much. A photo book was also on hand for guests to sign. It was eventually given to Dr. Tietjen's wife, Cinda Tietjen, RN.





Pearl Harbor Remembered at Annual Wreath Laying *“A date which will live in infamy”*

THIS YEAR'S WREATH-LAYING CEREMONY at Wayne Memorial Hospital on Friday, December 6th was dedicated to the memory of John Miklochik of South Canaan. The Pearl Harbor survivor, who had appeared at previous wreath laying events at the hospital, passed away in August at the age of 92. An Air Force veteran, Miklochik had always described December 7, 1941 as a beautiful morning until around 8am when “everything went to crap.” That was about the time the Japanese mounted their surprise attack on the U.S. Naval base in Hawaii, resulting in the deaths of more than 2,400 Americans.

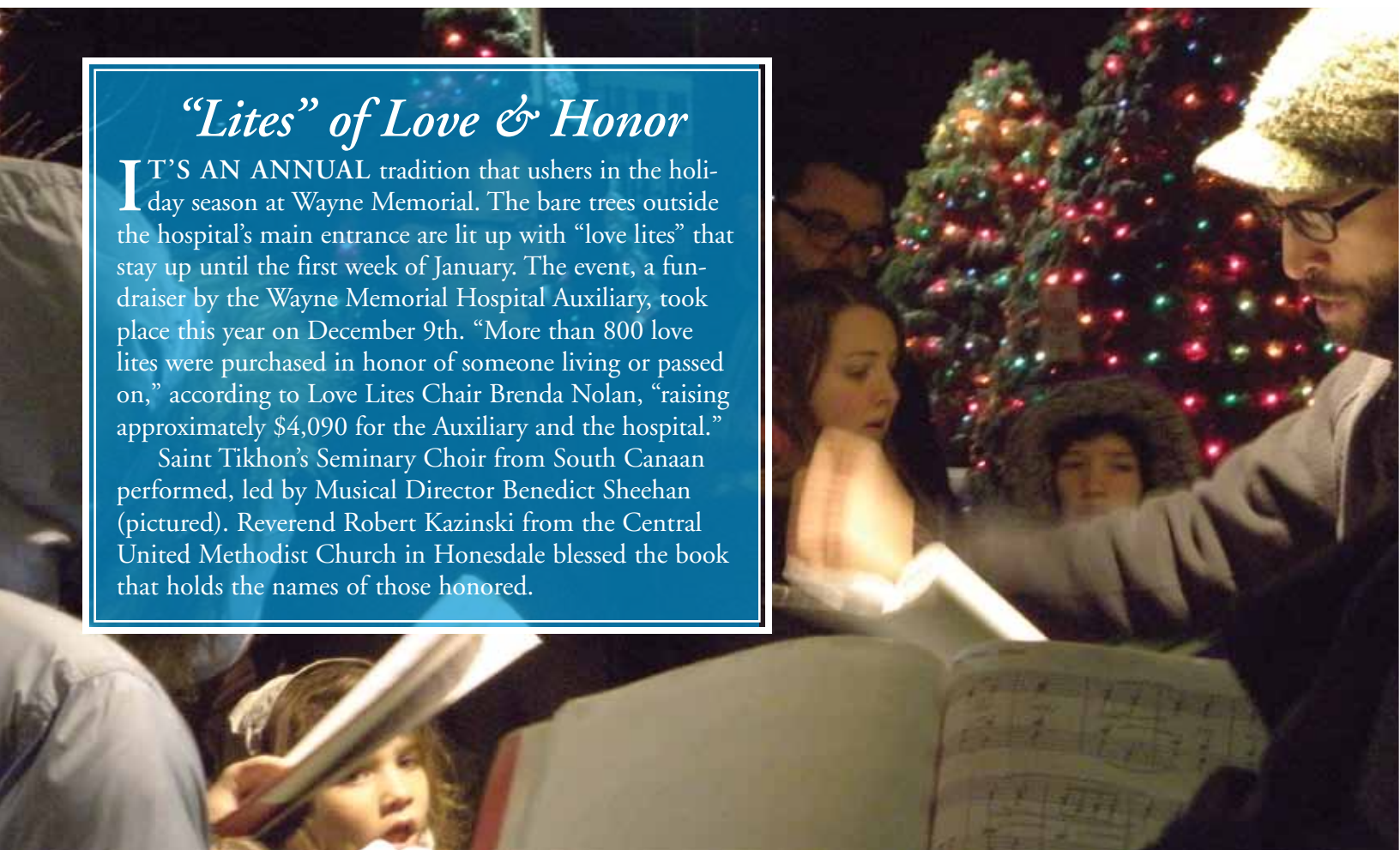
More than two dozen people turned out for the ceremony, including Wayne County Commissioners Brian Smith, Wendell Kay and Jonathan Fritz. Commissioner Kay took part in the readings, along with members of VFW Post 531 and Wayne Memorial Foundation Executive Director G. Richard Garman. Veterans of the Army, Navy, Air Force and Marines were present, including WMH employees who served their country.

The wreath was placed by WMH's Dave Glosenger and Commissioner Smith at the plaque that honors 55 World War I soldiers in whose memory the hospital was built.

“Lites” of Love & Honor

IT'S AN ANNUAL tradition that ushers in the holiday season at Wayne Memorial. The bare trees outside the hospital's main entrance are lit up with “love lites” that stay up until the first week of January. The event, a fundraiser by the Wayne Memorial Hospital Auxiliary, took place this year on December 9th. “More than 800 love lites were purchased in honor of someone living or passed on,” according to Love Lites Chair Brenda Nolan, “raising approximately \$4,090 for the Auxiliary and the hospital.”

Saint Tikhon's Seminary Choir from South Canaan performed, led by Musical Director Benedict Sheehan (pictured). Reverend Robert Kazinski from the Central United Methodist Church in Honesdale blessed the book that holds the names of those honored.





A Testament to Cardiac Rehab!

MORE THAN 200 people turned out for the 20th anniversary celebration of the Cardiac Rehabilitation Department at Wayne Memorial Hospital. The event on November 22nd included a toast to the unit's founder and manager, Nadine Greco, MS, and the dedicated staff over the years. Many were in attendance, including Lisa Seeuwen, Joan Badoud, Jean Dewar and Ann Marie Didato pictured below with Nandine Greco. Jim Hockenbury, director of Ancillary Services, along with CEO David Hoff, both spoke about Greco's and the hospital's commitment to cardiac rehabilitation. Designed to help patients who have experienced a heart event, cardiac rehabilitation focuses on exercise and education to help patients lead healthy productive lives. Greco and her current staffer, Ann Marie Didato, RN, welcomed new and former patients who could repeatedly be heard making comments such as, "You saved my life. I'm still here!"



Dr. Harry D. Propst Sporting Clays Invitational

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