

# foundation focus

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UPMC **LIFE  
CHANGING  
MEDICINE**

SUSQUEHANNA  
HEALTH FOUNDATION



## LETTER FROM **Frank Pellegrino**

In our region, the collective support of the community makes an impact on local health care. My involvement over the past decade as a Susquehanna Health Foundation board member has been incredibly rewarding. I am very proud to be a part of this organization and to help raise money for the health care needs in our region. My experiences interacting with the Foundation team and with the teams across UPMC in North Central Pa. has given me a front-row seat to witness the good work being done here.

I grew up Catholic, and am so proud of my faith, and owe a great debt of gratitude to the Sisters of Christian Charity. The Sisters were and are great educators, feeders of the poor, health care advocates, and providers. They are still one of the biggest reasons why my faith is so strong over the years. They were leaders in the creation of the Susquehanna Regional Health Care Alliance, bringing Divine Providence Hospital, Muncy Valley Hospital, and The Williamsport Hospital together to strengthen our rural region's health network. Faith-based charities like the Foundation are so important to community medicine. They provide the hope, devotion, and support that our medical teams need to continue providing valuable services and growth. It is great, and we are so fortunate that we

## Susquehanna Health Foundation

### Staff Information

**President**

*Sherry Watts, CFRE*

wattsse2@upmc.edu

570-320-7464

**Major & Planned Gifts Officer**

*Stephanie Steinbacher, CFRE*

steinbachersl@upmc.edu

570-320-7041

**Major & Planned Gifts Officer**

*Kristen Lorson*

lorsonke@upmc.edu

570-320-7463

**Senior Development Officer**

*Valerie Trego*

tregova@upmc.edu

570-320-7465

**Development Associate**

*Kelly Regan*

regankm2@upmc.edu

570-320-7026

**Executive Assistant**

*Tammy Button*

button@upmc.edu

570-320-7460

retained this connection to our faith-based mission and the spirit of charity through Susquehanna Health's transition to UPMC in North Central Pa.

As a developer and entrepreneur who has invested in many regional businesses, I find it very rewarding to give back to the place I call home. In addition to my service to the Susquehanna Health Foundation, I am also involved with the Central Pennsylvania Food Bank, First Community Foundation Partnership of Pennsylvania, Pennsylvania College of Technology, St. Boniface Church, the Community Arts Center, Lycoming College, St. John Neumann Regional Academy, the Hiawatha, the Boy Scouts, and the Williamsport Municipal Airport Authority. While these philanthropic and community-focused endeavors all have great meaning for me, the Susquehanna Health Foundation and its staff hold a special place in my heart. This dedicated team is always prepared and respectful to board members, donors, and gift recipients. The money they raise is remarkable, as is how those dollars are applied for optimal benefit and impact. Life-changing medicine is within our sights, and it is so important to be partnered with a player that is world class in every aspect.

Over the years, I have perhaps been most impressed with the growth of the Foundation's endowments. These funds provide support for the long-term success of health care in our community. I believe endowments are the wave of the

future for community health networks like ours because they provide perpetual support. These lasting legacies are gifts to future generations.

I believe that we must teach our younger generations how to give to charities wisely, and to do this early on. We must show them the rewards of donating, and also explain the processes involved. Even the youngest adults just starting out on their own can begin their philanthropic journeys by supporting a cause or two that are meaningful to them. The same is true for people who are more established in life and livelihood — it's never too late to start giving back.

I want to take this opportunity to challenge others to help where they can, whether that be financially or through the gift of their time and talents. The Foundation will continue to focus on supporting programs, equipment, and staff education to ensure our community has access to the latest and best health care possible, and you can join them. Why not start your legacy today? You will not be disappointed.

Warm regards,

**Frank G. Pellegrino**

Vice Chair and Treasurer  
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# Empowering Our EMS to Better Serve the Community

Support for our emergency medical service (EMS) programs is critical for the rural communities that make up the UPMC in North Central Pa. region.





Educating rural communities about what to do during emergencies is very important. So is providing first responders with the medical tools and training they need to assess, treat, and transport patients in those communities. “EMS services are in crisis across the country, so donations to fund them are lifesaving measures,” says **Tony Bixby**, director of Prehospital Services, UPMC in North Central Pa., and chief of Susquehanna Regional EMS. “We continue to face rising costs to operate and equip our ambulances, inadequate reimbursement rates, and a shortage of EMS staffing, both career and volunteers – something that was trending this way even before the COVID pandemic.”

“If we cannot get the right care and equipment to our patients in a timely manner during an emergency, it decreases our ability to improve patient outcomes. That’s what’s at stake when we don’t have the means to fully support our EMS programs,” says Tony.

Exciting new initiatives and equipment have recently made their way to regional EMS teams, including UPMC’s Minutes Matter bystander training, PulsePoint® lifesaving tools, LUCAS® chest-compression systems, trauma surgical kits, and more than 100 automated external defibrillators (AEDs) placed in public spaces. We are lucky to have caring individuals, families, and businesses supporting many of our EMS programs. Without their generous donations, none of this would have been possible.

## Minutes Matter Training Program

UPMC launched Minutes Matter to provide community members with access to basic emergency information and education about lifesaving interventions. The initiative focuses on what bystanders and other community members can do to help if they find themselves at the scene of an accident, cardiac arrest, overdose, or other crisis situation. The training covers many important topics, from calling 911 and knowing what to tell the dispatcher to clearing a path for emergency professionals. It also covers basic emergency skills so everyday people can help before an ambulance or other first responders arrive. Minutes Matter offers free 90-minute classes with hands-on training for:

- 1. Sudden Cardiac Arrest:** basic hands-only CPR, automated external defibrillator (AED), etc.
- 2. Bleeding:** using a tourniquet, other measures
- 3. Drug Overdose:** Narcan deployment, recognizing accidental overdose, etc.
- 4. Suicide and Crisis Prevention:** Calling 911 or 988, communicating with a person in crisis and with first responders as a witness with information, etc.



**Minutes Matter** was developed after seeing the success of a national educational program called STOP THE BLEED®, with the intent of including more scenarios where bystanders can help, according to Tony. He points to an accident earlier this year involving a tractor-trailer that went over an embankment as a perfect example of how this training can save lives.

In May, **Dr. Richard Poole**, Williamsport Area School District assistant superintendent, witnessed a bad tractor-trailer accident on Route 15, where a vehicle had plunged down an embankment. He was able to help save the life of the accident victim thanks to tourniquet training he had previously taken through UPMC. “He helped the severely injured man with a significant arm injury and the passenger until the EMS team could get there,” says Tony. “Minutes literally mattered.”

“Dr. Poole’s quick, skilled response is a testament to how UPMC’s Minutes Matter and STOP THE BLEED programs can make a profound impact in rural communities,” adds Tony. “Minutes Matter empowers bystanders by teaching them how to respond to life-threatening emergencies related to opioid overdose, mental health crisis, cardiac arrest, and uncontrolled bleeding.” Lives can be saved and medical outcomes can be improved when someone knows how to administer effective CPR, or how to use an AED, Narcan, or a tourniquet.



### PulsePoint® Technology Activating Citizen Support in Emergency

UPMC in North Central Pa. has partnered with Lycoming County and Clinton County to provide PulsePoint Respond® and PulsePoint AED Registry® to support the area’s first responders and residents through smartphone apps. PulsePoint Respond alerts subscribers to emergencies that occur around them in their communities, so those who can provide emergency assistance can get to the scene quickly. This empowers everyday citizens to provide lifesaving assistance to victims of sudden cardiac arrest. App users are also alerted to the location of the nearest accessible AED, thanks to PulsePoint AED Registry. It’s free to sign up as a PulsePoint user, and the technology is currently being used in more than 5,000 communities nationwide.

“This lifesaving technology is a great complement to the Minutes Matter program,” says Tony. “It activates the community to help until the EMS can get there, which can mean the difference between life and death in some of the more remote areas within our north central Pa. region.”

The program is funded by Foundation donors. Since its launch, **Lamar Advertising** has generously helped promote the PulsePoint program through its billboards.



## Hands-Free Chest Compression Assistance With LUCAS® Devices

Used in EMS, trauma bay, and emergency department (ED) settings, LUCAS Chest Compression Systems provide constant, hands-free compressions for people in cardiac arrest, so that EMTs and other medical professionals can do more to stabilize and treat patients. The device is battery powered and looks a bit like a plunger when it is strapped to the center of the chest, according to **Dr. Jeff Myers, DO**, EMS medical director, emergency services, UPMC in North Central Pa. UPMC Outpatient Emergency Department at Lock Haven and UPMC Wellsboro's emergency department now have these devices, as well as several ambulances in the three-county region in north central Pennsylvania consisting of Lycoming, Tioga, and Sullivan Counties. LUCAS devices are a huge help in rural locations, where staffing might be more limited.

"Traditionally, paramedics and EMTs would need to apply chest compressions manually at the scene and in transit," says Dr. Myers. Every two minutes of hands-on compressions requires the person doing them to swap out with a new person who has a fresh set of hands to maintain the steady, even movements necessary to support blood flow to the heart and brain. "With the LUCAS device, we eliminate the need for constant switching. This means it takes fewer people to keep the process going, and the first responders with the patient can focus their attention and energies on other urgent needs," says Dr. Myers. In addition, the devices can help reduce the risk of EMT injuries.

## Six Trauma Surgical Kits Geared Specifically for Our Communities

Trauma surgical kits (also called "go bags") contain medical instruments and supplies for emergency physicians and paramedics. Six kits have been deployed in key locations throughout the areas that Susquehanna Regional EMS serves. These kits are designed and stocked specifically to meet the frequent needs of rural ambulance-call scenes, such as farm accidents, trail rescues, and motor vehicle crashes.

Dr. Myers was key in getting the trauma surgical kits for the EMS program, and they were partially based on his past experience as an emergency physician. The kits contain equipment for surgical procedures that might have to be done by a doctor at the scene of an emergency, before the patient can be transported for medical treatment. "EMS physicians can be called to treat life-threatening injuries that cannot wait for the patient to be relocated to a hospital setting," says Dr. Myers. Field amputations, suturing wounds, and other surgical procedures are examples of why these kits were created for emergency physicians in the field.

"The kits that Dr. Myers helped put together are great for specialized emergencies and other situations where a doctor is on scene and needs specific equipment and tools to care for patients beyond the scope of a paramedic," says Tony. "With UPMC Williamsport being a Level II Trauma Center, we even have the capability to bring a trauma surgeon or emergency physician to the scene, if needed to utilize these kits."



## Lifesaving AEDs Made Possible Through Donors' Support

An automated external defibrillator (AED) is a portable device that helps people who are experiencing sudden cardiac arrest. It delivers an electric shock through the chest to the heart when an abnormal rhythm is detected, changing the rhythm back to normal. If cardiac arrest is not treated within minutes, it can lead to death, which is what makes having AEDs readily available in public spaces so important. In rural settings, AEDs are even more critical.

With this in mind, **First Quality**® stepped in to provide funds to purchase 100 AEDs for distribution throughout Lycoming and Clinton Counties. The company donated \$165,000 for the AEDs. This initiative also includes Minutes Matters training for those at the locations receiving the devices.

The First Quality group of companies has two campuses in Clinton County, located in McElhattan and Lock Haven. It manufactures personal care and household paper supplies, such as Prevail® incontinence products, Panda® bath tissue, Plenty® paper towels, and Cuties® baby diapers. The company has supported UPMC in the region for years, including relief efforts during the COVID-19 pandemic. “We have some employees who are part of the volunteer EMS program, and we are so grateful for their dedication to our

communities,” says **Shane Scanlan**, plant manager for First Quality in McElhattan. “Most of us are familiar with UPMC Williamsport in some way, whether we’ve personally received care there or know someone who has.”

“First Quality was approached by Susquehanna Health Foundation about the need to make AEDs more readily accessible within Clinton and Lycoming Counties,” says **Bill Garbrick**, plant manager for First Quality in Lock Haven. “We were happy to support the initiative because we recognize that access to AEDs can help save lives. And, increasing access also helps support our first responders in the region, who work so hard to keep our communities safe.”

The Foundation also received additional support for this initiative from **Woodlands Bank** to purchase the protective cases and boxes needed to house the new AEDs. Additionally, **Ward Manufacturing** donated funds for six AEDs to be placed in Tioga County.

The wonderful support from businesses and individuals across the region is not lost on Dr. Myers. “I’ve been here since 2021, and this is by far the best EMS program I have ever worked with in all of my professional career. The fact that the community is so steadfast in their support of EMS is a big factor. We are able to assist more patients in dire need and save lives because of it.”



# 42<sup>nd</sup> ANNUAL



The 42nd Annual Susquehanna Health Foundation Invitational Golf Tournament teed off August 12 at the Williamsport Country Club. This year's tournament raised more than **\$147,000 to support a new Electrophysiology Lab at UPMC Williamsport.**

The tournament has had a cumulative impact of more than \$2.8 million through 42 years of individual and corporate sponsorships.

**Thank you to all the sponsors, players, volunteers, and committee members for making this year's tournament another success.**

We would like to extend a special thanks to our tournament host, Allison Crane & Rigging in memory of Larry Allison Sr., and our platinum sponsors: Ausley Construction Co., Inc./The Liberty Group, Blaise Alexander Family Dealerships, Lundy Construction Co., Inc., UPMC City Medical Staff, UPMC Health Plan, and UPMC.

## Electrophysiology Lab

The UPMC Heart and Vascular Institute in North Central Pa. offers advanced electrophysiology (EP) — specialized cardiac care that treats disorders of the electrical activity and rhythm of the heart. A brand-new EP lab at UPMC Williamsport will improve patient access, upgrade local technology, and enhance the lifesaving care available in our region.

This expansion includes:

- New heart catheter navigation and mapping system
- Enhanced heart rhythm recording technology
- Improved x-ray imaging and visibility, which helps decrease radiation exposure
- Optimized ultrasound system using acoustic data acquisition and image formation to break the barriers of conventional ultrasound imaging

Our electrophysiologists will use the EP lab for procedures such as ablation, cardioversion, pacemaker and defibrillator implantation, and ECG monitoring such as a loop recorder, as well as studies used to evaluate and map the heart's electrical activity.



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, 2024**.

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## UPMC Employees Awarded Tuition Assistance for RN Degrees Through Clinical Excellence Endowment

Congratulations to our amazing employees **Carlie Shaner**, **Aeron Schnure**, **Jacquela Moore**, and **Serena Chapman** on receiving tuition assistance as they pursue their registered nurse degrees!

This support comes from our Clinical Excellence Endowment, reflecting our donors' dedication to the recruitment, retention, and education of our clinical staff at UPMC in North Central Pa. Your generous investment in our staff helps ensure we continue providing the highest quality care for our patients. We extend a heartfelt thanks to our donors for their unwavering support for growing our own employees!



GRATEFUL PATIENT SPOTLIGHT:

# Robert Gilson

**O**n a fateful day this past spring, **Robert Gilson** found his new purpose in the most unlikely of places. As he sat in the waiting room of the UPMC Hillman Cancer Center in Williamsport, a slightly anxious looking young woman there for a follow-up appointment was sitting across from him. “I love your sweater,” she said with a smile, despite the nervousness she must have been feeling. It made Robert smile too, which was a gift as he awaited his next treatment for metastatic prostate cancer. The young lady was soon called in for her appointment, but the effects of her simple act of kindness lingered in Robert.

It was just last October when Robert was diagnosed, thanks to the proactive efforts of his family physician, **LeeAnna Lyne, DO**, of UPMC Family Medicine Loyalsock. She had noticed a large elevation in his prostate-specific antigen (PSA) levels in routine tests and got him an appointment with urologist **David Kurz, MD**, the very next day. The PSA screening allows for early detection of prostate cancer, and Robert’s numbers had come back at 35 ng/ml, well above the desired normal level of 4 ng/ml.

Thankfully, Robert’s cancer was caught early. “Dr. Lyne has been my doctor for about 10 years now, and she is just

amazing. She cares about my wife and I like we are family and has really gotten to know us as patients and as people,” says Robert. “She follows up on things that she notices and gets right on it. She also gave me a couple of calls to keep me encouraged.”

Dr. Kurz connected Robert with oncologist **Abdalla Sholi, MD**, regional medical director for medical oncology at UPMC Hillman Cancer Center. “These doctors are the best of the best, and they really took the time to look at my situation and explain what my next steps would be,” says Robert.

By the start of December, Dr. Sholi had laid out a treatment plan for him, and his expertise, dedication, and kindness have benefited Robert to this day. Under the reassuring care of the Hillman team, his treatment plan is working: as of this August, Robert’s PSA level has gone from 49ng/ml at the start of his treatment to zero. These days, he comes into the center monthly for a blood test, a consultation, and a shot, and he continues to take a daily medication as prescribed for his cancer treatment.

### An Impactful Gift and a New Purpose

Robert made his first gift through the Susquehanna Health Foundation this summer to show his immense gratitude for Dr. Sholi and the many physicians, nurses, and medical care providers at Hillman. He feels very fortunate to have had such wonderful care through his cancer treatment journey, and wanted others to have the same access, regardless of their situation in life. He gets emotional when he talks about how, at the lowest point in his life, the outpouring of love and support from people near and far meant the world to him. It gave him the hope and strength to get through his cancer treatment and not give up.

“It blew me away. There had been a complacency in my life up until then, but the wave of love I felt from so many people, it changed me,” says Robert. “I now see God’s purpose in us. We are here to help one another.” That was to be Robert’s newly found inspiration moving forward.

### Saying Thank You, Giving Hope

“How do I say thank you for all Hillman has done for me?” That was the question Robert posed to his wife Laura one day. As a cardiovascular disease patient herself, **Laura**, knew firsthand about the high-quality health care and support that UPMC in North Central Pa. provides. She is grateful for the experience and personal touch that interventional cardiologist **Leslie**

**Webb, MD**, at the UPMC Heart and Vascular Institute puts into her care. The couple met in 1981, when Laura was a teacher’s aide and Robert was a police officer. When Robert retired from his police duties after 25 years of service, he worked as a substitute teacher for the Williamsport Area School District for 13 years. With such deep roots in the community, it felt right for them to donate to the UPMC Hillman Cancer Center in appreciation for all that they do, so that the team could continue to provide assistance and hope for other families touched by cancer.

The Gilsons feel that their donation is a way of saying thank you to the cancer center team that took such good care of Robert, and to the UPMC community overall that continues to provide the highest level of care for all patients. Working together with the Foundation, they are able to help others receive the kind of quality cancer treatment and care that Robert so appreciates. Things like the blanket warmers in the infusion suite, massage chairs, cooling caps (to help reduce hair loss during chemotherapy), treats and meals offered by Hillman staff and volunteers, support groups for cancer patients and survivors, and even logistical types of support for those who need it.

“Everyone at Hillman is so nice, it’s sort of like going to church in a hospital setting,” says Robert. It really helps put patients at ease during difficult times. Even the building’s design and architecture create a soothing, comforting environment that is decidedly less institutional than a traditional hospital. Robert sees this thoughtfully designed space as offering patients and their families just a little more peace. This is impressive considering the state-of-the-art treatments and advanced imaging technology the facility is known for having. “They really think of everything patients need,” he reflects.

“It’s a special place for people who really need one while they battle cancer,” Robert says. To illustrate that point, he reflects back to that day with the young woman who loved his sweater. He recalls that when she came out of her appointment, she was elated with the good news she had just received from her doctors. She buzzed around the waiting room, hugging everyone there. “We all shared her joy and hope. It was magical. I like to think our donation will help give every cancer patient at least a little bit of that feeling, too.”

# 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, 2024**.

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St. Luke Lutheran Church  
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*In Memory of Frederic E. Sanford, MD*  
*In Memory of Martha Jane Sanford*  
Charles and Mary Santangelo  
Eugene A. Seelye  
Mr. Steven T. Shearer and Dr. Heather Hill Shearer  
*In Memory of Daniel E. Hill*  
\*Joseph and Charmaine Shockloss  
The Staiman Families  
Mark and Betsy Trueman  
George James Tsunis  
Sherry and Jason Watts  
The Harry and Jeanette Weinberg Foundation  
Mary and Mike Wolf  
Woodcock Foundation for the Appreciation of the Arts, Inc.  
Ken and Stephanie Young  
Gregory and Mary Zeitler  
**\$15,000–\$24,999**  
Anonymous (2)  
Dan and Heather Allison  
\*John and \*Eva Mae Archer  
Christine A. Ballard  
Robert M. Barbour  
Dorothy M. Bartlow Estate  
Dean and Joy Barto  
Mike and Donna Bastian  
Robert C. Berfield  
\*Daniel and Rebecca Berninger  
Kenneth and Lulu Blessing Trust  
\*Diane Bookmiller  
Frank and Diane Brennan  
Amy R. Brent  
Michael and Tera Bush  
Warren J. and Mary Choate  
George V. Cohen  
Robert and Melissa Davis  
\*Peter and \*Rosemarie DePasquale

# CORNERSTONE SOCIETY

Richard A. Fry  
 Matt and Nichole Frye  
 A. William and LaVera G. Gehron Estate  
 Ronald M. Gilbert Jr.  
 Todd and Anna Griffith  
 Paul and Iva Heise  
 \*Harold and \*Joyce Hershberger  
 Ann M. Hocker  
 William and \*Sharon Hoffmann  
 Galen and Judy Houseknecht  
 Andrew and Megan Kelley  
 George and Terry Krezmer  
 Heather and Duane Lamper  
 Herman and \*Molly Logue  
 Ray and Shelly Mattie  
 Glenn C. Mechling  
 Stephen K. Millis and Fred Zercoe

*In Memory of Agnes Millis Zercoe*

Thomas and Gloria O'Connell  
 Mr. and Mrs. Edward H. Owlett III  
 Gary M. and Geneva Small Peck  
 Ms. Ann Pepperman and Senator Gene Yaw

Michael Rau and Marisa Rainey Rau  
 \*Lucile W. Reynolds  
*In Memory of Robert E. and William R. Reynolds*

Mr. and Mrs. George I. Rodgers II  
 Run For Your Heart – William J. Burd  
 John R. "Jack" and Cynthia A. Schrader  
 John D. Shafer

Abram M. and Dorothy M. Snyder  
 Foundation, Inc.

Teresa A. Stackhouse  
 David Tanney

Kent and Sharon Trachte  
 James and Monica Turri

\*William and \*Marion Waldeisen  
 Dwight and Eunice Waltz Estate

**Donald J. Webb Estate**

Jerry and Barb Wertz  
 Patrick and Jennifer Wilson  
 Roger Yost and Jeff Mowery

## \$10,000–\$14,999

Anonymous (4)  
 Adam, Angie, Blaise, Naomi, and Brody Alexander  
 Steve and Jennifer Babcock  
 Meg Lamade Beckerman

*In Memory of Joanne J. "Johnny" Lamade*

Ronald F. Beckman Jr.

Michael and Lori Beiter  
 \*Phil and \*Joyce Bower  
 \*John L. Jr. and \*Sarah H.B. Bruch  
*In Memory of John L. and Mary Sprout Bruch*  
*In Memory of Hugh J. and Ann Phillips Bubb*

Helen L. Bruner Estate  
 Jim and Carol Burd  
 Rosemary C. Carey Trust  
 Joseph and Patricia Carter  
 \*Steve and Ronna Cassotis  
 Alan and Patricia Cohick  
 Covington Church of Christ (Disciples)  
 Matt and Lisa Cramer  
 Don and Debbie Creamer

*In Memory of Sister Jean Mohl*

\*Fred M. and \*Shirley L. Dieffenbach  
 Annette and Scott DiEugenio  
 James and Susan Dinsmore  
 Timothy and Kelly Douglass

**The Drollinger Family Charitable Foundation**

\*Mr. and \*Mrs. John F. Dunham  
 \*Allen and Catharine Ertel  
 Carol Carson Evans  
 \*Garth and Sue Everett  
 Jo-Anne Fawcett Estate  
 Chaplain Dave and Carol Fishel  
 Pat and Sam Fry

*In Memory of Ethel L. Chambers*

\*Joseph B. and \*Lillian M. Gehret  
 David Lee Gemberling  
 \*Evelyn Lunt Gephart, \*Norma Lunt Mullen, and E. LaRue Lunt

*In Memory of Ruth Lunt Forney*

**Robert and Laura Gilson**

Dr. John Grove and Deborah Grove, PhD  
 Darla Hardy  
 Elaine and Keith Harvey  
 Kenneth and Kristie Healy  
 Mark and Rebecca Huffman  
 \*Rob and Barb Hughes  
 John L. Hunsinger  
 The Ronald Insinger Family

*In Memory of Ronald Scott Insinger*

\*Paul A. Jarrett  
 Roger and Denise Jarrett  
 \*Joe Hume – Promotional Specialists  
 Gloria F. Karchner  
 Catharine L. Keister  
 Patricia W. Kieser  
 James and Elizabeth Lazorka

\*Maralyn E. and Richard H. Lloyd  
 Gloria M. Lundy and Heather L. Macdonald  
*In Memory of Richard H. Lundy Jr.*  
 Pamela J. Lundy  
 Samuel R. Lush  
 Erin Mincemoyer Martinko  
 William J. and Peggy McClain  
 Robert K. and Dorothy White Mertz  
 Barbara J. Michael  
 Richard and Gina Michael  
**Robert R. Mincemoyer**  
 C. Edward S. and Karen D. Mitchell  
 James E. and Elizabeth Mothersbaugh  
 Andy and Brenda Nichols  
 \*Bill and \*Pat Nichols  
 G. Douglas and Marlene C. Parsell  
 Harry Plankenhorn Foundation  
 Alicia and Eric D. Pohjala  
**Charline M. Pulizzi**  
 Florence Putterman Foundation  
 Brenda L. and Barry K. Rake  
 Joseph and Barbara Reynolds  
 Ronald and Lisa Reynolds  
 Joyce Lundy Rhodes  
 Paul H. and Tacie E. Rooney Jr.  
 Elva M. Schmidt, RN  
 James and Debra Schneider  
 Peter and Linda Schultz  
 Jeri Sims  
 Rita and John Spangler  
 Stony Fork Mennonite Church  
 Carolyn and Elliott Strickland  
*In Memory of Jennifer Hammond*  
 Gertrude Strunk Estate  
 \*Robert Schell Ulrich  
*In Memory of Rita C. Ulrich*  
 The Eila Elizabeth Umstead Foundation  
 Anthony H. Visco Jr.  
 Luigi Vittorio Estate  
 Bob and Irenay Weaver  
 Marion Calvert Wright Estate  
 Jun Yang  
 Karen and David Young

## EMS Receives Love and Support from This Dynamic Duo

*Area couple volunteer time and provide donor support to regional EMS programs.*

**T**om and Laurie Burkholder are long-time and passionate supporters of Susquehanna Regional Emergency Medical Services (EMS). Tom is a member of the Eagles Mere Volunteer Ambulance Association, where he is currently an emergency services technician (EMT). He also wears the hats of ambulance driver and ambulance association secretary, and is a member of the Eagles Mere Fire Company. Laurie is also a volunteer who gives her time to their local county food bank and other nonprofits. Supporting their community is simply part of their DNA, and there is a special place for EMS in their hearts.

“The EMS team is often the first line to the emergency department, which around here is sometimes a 30- or 40-minute ride away from the scene,” says Tom. “We service a large geographic area. Time is critical.” He is keenly aware of the importance of well-trained EMTs and well-equipped ambulances.

### Becoming Passionate EMS Supporters

“If you had asked me five years ago if this was what I would be doing, I would have said you were sorely mistaken,” says Tom with a chuckle. A lawyer by training, he sought to do something meaningful in retirement. When a friend asked him to become a driver for the local volunteer ambulance corps, he decided to try it out. The EMS experience has turned out to be an extremely rewarding one to him.

“You can get a call at three in the morning and have to respond just as quickly as if it were 10 in the morning,” says Tom. His ambulance unit responds to an average of 45 ambulance calls a year, which are mostly medical calls and some trauma events. Their service area includes the borough of Eagles Mere and Shrewsbury Township in Sullivan County, and they also assist neighboring municipalities on a mutual-aid basis dispatched through the Lycoming County Communications Center. “We are all small volunteer EMS programs in the same boat, and we help each other out,” he says.



Laurie says she is proud of the good work Tom and his volunteer EMS team do. “I see the need for emergency medical services in this rural area, and it is so different than suburban and urban locations,” she says. “I try to be a support system for Tom and his EMS friends. I know what they do is so important.” A call could involve anything from a farm accident or motor vehicle crash to a heart attack, fire or even a natural disaster. “You just never know.”

### Impactful Gifts to the EMS Program

Before retiring, Laurie made and sold handcrafted jewelry as a business for nearly 30 years. Tom is retired from the Trust Department at Woodlands Bank of Williamsport, where he served as vice president and department manager. They have two sons and four grandchildren. Theirs is a full life made even richer through local volunteering. They see how their donations through the Susquehanna Health Foundation positively impact their community, and that gives them great satisfaction, too.

“The Burkholder family are wonderful supporters of the EMS program who really understand the needs of our sprawling, rural community,” says **Jeff Myers, DO**, EMS medical director, emergency services, UPMC in North Central Pa. “Their heartfelt generosity has made it possible for our EMS program to help so many more people.”

Some of the EMS needs Tom and Laurie have supported with their donations include:

- **Surgical Field Kits:** Also called “go bags,” these kits contain medical instruments and supplies for emergency physicians and paramedics that are specific to the kinds of calls the EMS teams see in rural Sullivan and Lycoming Counties.
- **SANE Training:** Sexual Assault Nurse Examiner (SANE) training is specialized education in the care of patients who have been sexually assaulted, including how to collect evidence and specimens.
- **Fluid Warmers:** These portable warmers can be used to warm blood or other fluids before they are administered to patients to prevent hypothermia.

### Support for the Nurse-Family Partnership

Tom and Laurie have been donors to the Foundation for more than 16 years. In addition to the needs of the EMS, the Burkholders are generous supporters of the Foundation’s Nurse-Family Partnership (NFP), a community health program that helps transform the lives of women who are



Dr. Jeff Myers with a Surgical Field Kit



pregnant with their first child. “This is such a great program doing amazing work that flies under the radar a lot of the time,” says Laurie. In addition to donating money, the Burkholders have volunteered at the annual Nurse-Family Partnership picnic.

### Championing the Benevolent Care Fund

The Burkholders also contribute to the Benevolent Care Fund, which provides financial support to patients in need, so they can afford the medication, travel costs, and other expenses that can create economic barriers to necessary treatment and care. “The Foundation told us about what the Benevolent Care Fund does, and it really aligned with our values and desire to help those in need,” says Laurie.

Laurie and Tom get a sense of great reward from volunteering and providing financial support to address the urgent health and medical needs in their community. They see the challenges of providing EMS and other health care programs to the large rural territory in which they live, and they are doing something about it. “The people of this community are wonderful and deserve the best medical access possible,” says Tom. “Laurie and I are really proud to help the Foundation and UPMC deliver that.”

# 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.**

## **Benevolent Care**

### **\$250,000–\$499,999 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

## **Cardiac**

### **\$100,000–\$249,999 Level**

**John and Anne Rich Endowment**  
John W. and Anne Rich

## **Cardiac Rehabilitation**

### **\$100,000–\$249,999 Level**

**Edward and Sherry McCabe Endowment**  
Edward and Sherry McCabe  
*In Memory of Michael McCabe*

### **\$25,000–\$49,999 Level**

**Patricia J. Rambo Endowment**  
Patricia J. Rambo

## **Clinical Excellence**

### **\$100,000–\$249,999 Level**

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

**Margaret Benner Reese and Charles L. Reese Endowment**

\*Mike and Barbara B. Hudock

### **\$75,000–\$99,999 Level**

**Sue Young Endowment**  
Friends of Sue Young

### **\$50,000–\$74,999 Level**

**C&N Endowment**  
C&N

**Sisters of Christian Charity Endowment**  
Frank G. Pellegrino

*In Honor of Sister Judith Blair*

*In Memory of Sister Mary Stephen Christian*

*In Memory of Sister Felice Donelin*

*In Honor of Sister Rosamund Eibach*

**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

**Robert and Lanea Ruffaner Endowment**  
Robert E. Ruffaner

*In Memory of Lanea P. Ruffaner*

## **Kathryn Candor Lundy Breast Health Center**

### **\$100,000–\$249,999 Level**

**John C. Lundy and Family Endowment**  
John C. Lundy and Family  
*In Memory of Peggy Lundy*

**Edward and Sherry McCabe Endowment**  
Edward and Sherry McCabe  
*In Memory of Michael McCabe*

### **\$25,000–\$49,999 Level**

**Kuzio Family Endowment**  
Keith and Jennifer Kuzio  
*In Honor of Janice D. Kuzio*

## **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

## **Pediatric Rehab**

### **\$100,000–\$249,999**

**Dr. and Mrs. Albert G. Liddell Endowment**  
Mary Fran Liddell

# ENDOWMENT GIFTS

## **Radiology**

**\$25,000–\$49,999 Level**

**Dr. and Mrs. Chan Yoon Family Endowment**

Dr. Chan Yoon

*In Memory of Karen Yoon*

## **Rural Health Care Access**

**\$25,000–\$49,999 Level**

**Dr. and Mrs. Zachary Ritter Endowment**

Dr. and Mrs. Zachary Ritter

## **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**

**The Elefant Family Endowment**

Dr. and Mrs. Elefant

*In Memory of Reuven Elefant*

**William P. and Lorraine Manos Endowment**

William P. and Lorraine A. Manos Foundation

## **Unrestricted**

**\$25,000–\$49,999 Level**

**Charles and Donna Johnson Endowment**

Steve and Mary Ann Johnson

**John and Jean McDermott Endowment**

Steve and Mary Ann Johnson

## **UPMC Muncy and Muncy Place**

**\$25,000–\$49,999 Level**

**Daniel C. Berninger Endowment**

The Muncy Bank & Trust Company

**Maralyn Lloyd Endowment**

Richard H. Lloyd

## **UPMC Wellsboro**

**\$25,000–\$49,999 Level**

**Bill and Shirley Hebe Endowment**

Bill and Shirley Hebe

## **UPMC Williamsport Family Medicine Residency**

**\$25,000–\$49,999 Level**

**Dr. John A. Pellegrino Endowment**

The Pellegrino Family – Deb, Steve, Frank, and Mary

## **Urology**

**\$25,000–\$49,999 Level**

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

Dr. David and Meghan Kurz

## **Women’s Health Needs**

**\$25,000–\$49,999 Level**

**The Manchester Family Endowment**

George Manchester, Brenda Terry-Manchester,  
Morgan Manchester, Meredith Manchester, &  
Alec and Maggie Fantaskey

## **Young Philanthropists: Mount Nittany 4-H Ag Club**

This past spring, more than 50 enthusiastic children from the Mount Nittany 4-H Ag Club came together for a heartwarming community service project. Their mission? To assemble Jared Boxes — care packages filled with toys, games, and activities designed to bring smiles to children receiving medical care. These thoughtful efforts remind us of the importance of teaching children the value of giving back.

Jared Boxes have been brightening the days of pediatric patients at UPMC in North Central Pa. for many years. Thanks to the generosity of service groups like the Mount Nittany 4-H Ag Club, as well as individuals throughout the community, we are able to continue supporting various hospital departments with these invaluable resources.



# 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, 2024**.

### \$1,000,000 +

Anonymous  
Ward Manufacturing LLC

### \$250,000–\$999,999

McCormick Law Firm  
The Muncy Bank & Trust Company  
The Park Home, Inc.  
Verizon Wireless

### \$100,000–\$249,999

AutoTrakk, LLC  
C&N  
Dominion Foundation  
EuroOptic Ltd.  
First Quality, Inc.  
Hudock Capital Group, LLC  
iHeartMedia  
Jersey Shore State Bank  
Lamar Advertising of Williamsport  
M&T Bank  
PPL Foundation  
PRIMUS Technologies Corp.  
Reynolds Iron Works, Inc.  
Shell Exploration & Production Company  
Silvertip, 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  
**Clinton Country Club/9 Irons**  
George E. Logue LLC  
Gift Box at Muncy Valley Hospital  
Glenn O. Hawbaker Inc. Charity Golf Outing  
John Savoy & Son, Inc.  
Larson Design Group  
Lycoming Engines

### **National Fuel Gas Company Foundation**

Pennsylvania College of Technology  
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  
AllOne Foundation  
ARAMARK Healthcare  
Ausley Construction Co., Inc.  
Baker Tilly Virchow Krause, LLP  
BB&T  
Beiter's Home Center  
Construction Specialties, Inc.  
*In Honor of Construction Specialties, Inc. Staff and Families*  
Data Papers/KBF Print Technology  
Evergreen Wealth Solutions  
Fairfield Auto Group  
First Citizens Community Bank  
Forrester Environmental, Inc.  
Fry's Plastic  
Gilmour Arts  
Glenn O. Hawbaker, Inc.  
Interior Construction Specialists, Inc.  
L.F. Driscoll Company, LLC  
Lundy Construction Co., Inc.  
Martin Rogers Engineering Consultants  
Mattel Children's Foundation  
McCarty-Thomas Funeral Home, Inc.  
*In Memory of Richard G. Thomas*  
McNerney, Page, Vanderlin & Hall  
Murray Motors – Brian Peace and Bill Brown  
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  
Lezzer Lumber  
Lundy Industrial Realty, L.P.  
McDonald's – \*Doug and Frani Doherty  
Muncy Self Storage  
Norcen Industries Inc.  
Pennram Diversified Mfg. Corp., Andrew and Karen Hooker  
Pittsburgh Penguins Organization  
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  
American Cancer Society  
Anthony Visco Jr. Architects  
**AssetMark Charity & Giving Fund**  
Axeman-Anderson Company  
Bennardi Barberio Dentistry  
*In Memory of Dr. Rudolph Bennardi*  
Berkshire Hathaway HomeServices  
Hodrick Realty  
Billtown Mechanical Corp.  
Blair Brothers Goldsmiths  
The Blessing Insurance Agency, Inc.  
Brodart Co.  
Central Equipment Company  
**Children's Development Center Endowment Fund at First Community Foundation Partnership of Pennsylvania**  
Clinton County Commissioners  
Ruth Croyle and East End Lumber Company

## BUSINESS & INDUSTRY GIFTS

Elite Feet, Inc. – Bonnie Dodge  
 EmCare, 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  
 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.  
 Pine Ridge Construction Management  
 PMG Advisors, LLC  
 R&L Housing Associates, Inc.  
 Schneider Valley Farms Dairy  
*In Honor of Schneider Valley Farms  
 Dairy Employees*  
 Gene and Mary Ann Schurer & Pam  
 Keefer – Aquarius Pool & Patio, Inc.  
 SelecTrim Corporation, James Wood and  
 Marcus Annicelli  
 SERVPRO of Broome County  
 Shaylor's Ponds & Patios  
 Sher Properties, Inc.

***Southwestern Energy Services  
 Company***  
 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  
 Tory Leather  
 Van Campen Motors, Inc.  
 Wayne Township Landfill  
 Wellsboro Electric  
 Wellsboro Rotary Club  
 West Pharmaceutical Services

## Expanded Options Help Patients with Spinal Cord Injuries



Thanks to the **Craig H. Neilsen Foundation**, patients recovering from spinal cord injury have expanded treatment options at UPMC in North Central Pa.

Last year, grant funding purchased an RT300 Leg, Arm, and Core Functional Electrical Stimulation Unit. It is completely customizable to target each patient's unique comfort, safety, and outcomes. Staff use it for inpatients at UPMC Rehabilitation Institute in Williamsport and outpatient therapy at UPMC Williamsport.

Functional electrical stimulation treatments have been proven to not only restore neurological function, enhance gait training, and reduce secondary complications in patients with neurological impairments including spinal cord injury, but they also provide a variety of other benefits including:

- Increased respiration and circulation
- Reduced expensive secondary medical conditions
- Enhanced emotional well-being

Donors frequently make new equipment and services available in our region, and for that we are most grateful.



# 2024 Lifetime Achievement Awards Event

**S**usquehanna Health Foundation's 9th Annual Lifetime Achievement Awards Celebration recognized major donors, individuals, and groups who have made a significant impact on UPMC in North Central Pa. and the patient care provided every day.

The event, sponsored by UPMC and UPMC Health Plan, took place at DiSalvo's Restaurant in Williamsport on May 17, with entertainment sponsored by C&N.

The evening began with the recognition of new major donors who contributed \$10,000 or more, as well as existing major donors who reached a new giving level or made an additional major gift. More than 75 donors were acknowledged for their contributions, which continue to bring life-changing medicine to north central Pennsylvania.

After dinner, **Ronald V. DeFeo Jr.** received the Trustee Lifetime Achievement Award for his years of service, selfless giving, and commitment to the enhancement of local health care. **Ronald L. Cimini** was honored with the Philanthropist Lifetime Achievement Award for his lifelong commitment to philanthropy, volunteerism, and community service.

"We are part of an incredibly generous community," said Sherry Watts, Foundation president. "Many individuals and organizations make selfless contributions of leadership, time, and resources. We are grateful for those who continue to give so much for the benefit of others."





# 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, 2024.**

## \$500,000+

Dr. and Mrs. Francis M. Powers Jr.

## \$250,000–\$499,999

Dr. Barbara Heere and \*Dr. Bernard Butkiewicz

## \$100,000–\$249,999

Anesthesia Associates of Williamsport  
\*Dr. and Mrs. Albert G. Liddell  
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. David J. Lopatofsky  
Dr. and Mrs. George A. Manchester  
Dr. and Mrs. Zachary Ritter

## \$25,000–\$49,999

Jack and Dottie Bailey  
Dr. John and Donna Becker  
Dr. and Mrs. E. Lee Bellingier  
***Christopher and Susan Branton***  
Dr. Jill A. Burns  
Dr. and Mrs. Scott D. Croll  
Dr. Ronald E. DiSimone  
Dr. and Mrs. Elefant  
Greg and \*Marilyn Frailey  
Dr. and Mrs. Daniel R. Gandy  
Dr. Michael C. and Dr. Heather J. Gerst  
***Dr. and Mrs. Timothy Heilmann***  
Dr. David and Meghan Kurz  
\*Dr. Ted and Jane Larson Jr.  
Dr. and Mrs. Donald J. Leathers  
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 D. Shaw  
\*Dr. and Mrs. Gordon A. Shaw  
*In Memory of Joseph R. Calder, MD*  
Susquehanna Urologic Associates  
Dr. Fadi and Jessica Sweiss  
Dr. and \*Mrs. Lawrence Tama  
Dr. Chan Yoon

## \$15,000–\$24,999

Anonymous  
Darius Abadi, DO  
Dr. and Mrs. Victor P. Becker  
Dr. and Mrs. William R. Beltz  
Dr. and Mrs. Mark D. Beyer  
Drs. David and Susan Borys  
Drs. Brian and Jenny Broaddus  
Dr. Michael and Lydia Busada  
Dr. Perry W. Doan  
Cheryl Marceau and Dr. Michael Marceau  
Dr. Matthew and Ashley McClain  
Dr. and Mrs. Anthony M. Nespola  
Dr. Timothy and Debbie Pastore  
Dr. Shailesh and Deanna Patel  
Jim and Peg Redka  
Dr. and Mrs. Warren L. Robinson  
Dr. and Mrs. Sandeep and Maria Sagar  
Dr. Phyllis Scott  
Dr. Mohammad and Mrs. Margaret Shafique  
Dr. Robert and Sandy Silberg  
Dr. Donald J. and Susan Sweeney  
***F. Omar and Ana Tordilla***  
Williamsport Pathology Association

## \$10,000–\$14,999

Anonymous (4)  
Thomas R. and Keri L. Albright  
Karen and Michael Belenko  
Dr. and Mrs. Paul W. Braunegg Jr.  
Dr. Tom and Rebecca Burke  
Dr. and Mrs. Leonard R. Collins  
Daniel J. Glunk and Margrit M. Shoemaker  
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Drs. \*Naresh C. and Anita Nagpal  
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Dr. Christine K. Nolan  
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Keith and Pam Shenberger  
*In Memory of Lynn A. Overdorff Jr.*  
*In Memory of Ann L. Shenberger*  
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Dr. Mohammad Tahir  
Dr. and Mrs. F. Ardell Thomas  
UPMC City Medical Staff  
Dr. Richard and Mrs. Sharon Walter  
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## \$2,500–\$9,999

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Dr. and Mrs. Carl R. Albright  
Dr. and \*Mrs. David N. Ambrose  
Charles and Karla Anderson  
*In Memory of Albert Confer*  
Dr. Elizabeth and \*Eric Anderson  
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James Bland, MD  
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Dr. Ryan and Mrs. Amy Collins  
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Dr. and Mrs. Todd W. Fausnaught  
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***Glen T. Hofstrom, MD***  
Dr. Kenneth A. Hogrefe



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*In Memory of John and Dorothy Jones*

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*In Memory of Elizabeth Pagana*

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Dr. and Mrs. Frank W. Parker

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**Dr. Luan and Bethany Pham**

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Zachary Simpson, MD

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*In Honor of Our Children*

Bernard and Sarah Steinbacher

*In Memory of Karen E. Steinbacher*

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Dr. Lawrence and Nancy Tomack

Dr. Peter and Rose Trevouledes

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Dr. and Mrs. Thane N. Turner

Dr. and Mrs. Seth I. Weber

**Dr. Jeffrey and Valerie Wetstone**

Rosemary Wiegand and Brett Homan

Dr. and Mrs. Daniel E. Wolfe

Edward G. Wyshock, MD

## Welcome to the First Residents of the UPMC Rural Family Medicine Residency



To combat the shortage of physicians in rural communities, UPMC in North Central Pa. started the UPMC Rural Family Medicine Residency Program, and its first two physicians began their rotations in July.

**Ben Balin, MD, and Nicholas Ihnatenko, MD,** will spend their first year of the three-year program at UPMC Williamsport and will spend their final two years at either UPMC Cole or UPMC Wellsboro.

“We’re really trying to help with those access issues, which is why we’re designing this residency to help with health equity,” said **John Boll, DO,** director, UPMC Rural Family Medicine Residency, and associate director, UPMC Williamsport Family Medicine Residency.

Neither Dr. Balin or Dr. Ihnatenko ended up here by accident. They were interviewed and chosen out of 365 applicants. They were drawn in by the staff and current residents and are both passionate about family and rural medicine.

# LEGACY SOCIETY

The Legacy Society recognizes those who made a planned or estate gift to Susquehanna Health Foundation of \$1,000 or more. The “past” 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

Susan H. Beery  
 Steven and Maryjane Brown  
 Carol M. Cacchione  
 Rachal Diane Clark  
 Mr. and Mrs. Donald R. Creamer  
 Robert P. and Linda H. Crockett  
 Ron and Jeanne DeFeo  
 John and \*Janet Dougherty  
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 Jena and Jason Eggerton  
 Mitchell T. and Laura Marie Evans  
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 Mark A. Huffman  
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 Steve and Mary Ann Johnson  
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 Mr. and Mrs. Michael D. Karstetter  
 Raymond E. Kehrer Jr.  
*In Memory of Hilda and Raymond Kehrer Sr.*  
 Ruth and \*Ben Keller  
 Mr. and \*Mrs. George Koons  
 Dr. Bonelyn Kyofski  
 Nancy J. Lady  
*In Memory of Andrew Lady*  
 Christy and David Lassiter  
 Dorie LeVan  
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 E. LaRue Lunt  
 Dr. and Mrs. George A. Manchester  
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 Patricia J. Rambo  
 Ben and Ann Riles  
***William G. Ritter***  
***Robert E. and \*Lanea P. Ruffaner***  
 Donna E. Sayah  
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 James and Linda Scott  
 Jean Soars  
 Dave Steinbacher  
*In Memory of Karen E. Steinbacher*  
 Wade and Ruth Strong  
***Marsha C. Swartzlander***  
 Bill and Kim Van Campen  
 Mr. and Mrs. Richard A. Vanderlin  
 Matthew G. Wech  
 Thelma B. White  
 Dr. and \*Mrs. Chan Yoon  
 John and Lori Zeigler  
 Marie B. Zurinsky

## Past Members

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 Claire J. Anderson Estate  
 Ruth A. Anstadt Estate  
 John and Eva Mae Archer  
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 Margaret R. Brown Estate  
 Helen L. Bruner Estate  
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 Richard K. Burrows  
 Helen Callaghan Estate  
 Adelina Caporaletti  
 Rosemary C. Carey Trust  
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 William B. and Mary M. Cook Estate

Alice and Charles Corbett  
 Anne E. Cranmer Estate  
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 E. Ruth Crist Estate  
 A. Virginia Dannelley Estate  
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# LEGACY SOCIETY

Mary E. Krise Estate  
Sudie R. Ludwig Estate  
Elizabeth P. Lyon Estate  
Joseph N. Lytle Estate  
Robert B. and Virginia W. MacIndoe Trust  
Esther Malleson Estate  
Thomas J. Malloy Estate  
W. Robert Maust Estate  
Marguerite Mayer Estate  
Lona J. McConnell Estate  
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Mrs. Peter J. McGovern  
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Wilhelmina J. Myers Estate  
Donald A. Nyce Estate  
Ruth E. Ohnmeiss Estate  
Ted and Janet Owlett Estate  
Theresa M. Paternostro Estate  
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William Pickelner Estate  
Margaret A. Probst Estate  
Dr. and Mrs. Paul B. Reis  
*In Memory of Al J. Smith*

Robert K. Rewalt Estate  
Paul L. Ridall Estate  
Thomas J. Rider Trust  
Lulu B. Roat Estate  
Berta Robbins Estate  
Beatrice W. Royston Estate  
Walter and Marian Schell  
Joy M. Shaner Estate  
Rebecca E. Sherman Estate  
Sara J. "Sally" Short Estate  
Emily W. Simpson Estate  
Henry C. Sitler Estate  
Josephine Smith Estate  
Sidney A. Smith Estate  
John G. and Mabel M. Snowden Memorial Fund  
Louella B. Snyder Estate  
Marvin and Jean Staiman  
Anna D. Stapleton Estate  
Marion Stopper Estate  
Ralph B. Strawbridge Estate  
*In Memory of John W. and Sarah M. Strawbridge and Enjar and Clara P. Norman*  
Luther L. Stroup Estate  
Gertrude Strunk Estate

Barbara W. Taber  
W. Wendle Taggart  
Russell E. Tingue Trust and Emogene L. Tingue Estate  
Argeno and Eleanor Vannucci Estate  
Ross Vickers Estate  
Luigi Vittorio Estate  
Mary C. Vogel Estate  
Raymond F. Vogel Estate  
Jane Voneida Estate  
E. Louise "Petie" Waltman Estate  
Dwight and Eunice Waltz Estate  
**Donald J. Webb Estate**  
Charles G. Webb Trust  
Leonard G. Weber Estate  
Weisel Family Trust  
Charles N. Welshans Estate  
Eugene Welteroth Estate  
Helen Wilkins Estate  
Beatrice I. Winters Estate  
Marion Calvert Wright Estate  
Albert F. Young Trust  
Mary Louise Zimmerman Estate

## Can I Donate Stock to Charity?

An outright gift of stock to charity is simply a voluntary transfer of stock to a charitable organization.

Why consider donating stock from your investment portfolio to your favorite charity instead of writing a check?

- **First**, a gift of appreciated stock held for more than one year provides an income tax deduction. When you make a stock gift to charity, you are entitled to an immediate income tax deduction for the full fair market value of the stock at the time of gift, assuming you itemize deductions.
- **Second**, you also enjoy a tax advantage when you donate appreciated stock — you avoid capital gains taxes that otherwise would have been incurred on the potential profit from selling the stock. **For example**, suppose you donate XYZ stock worth \$25,000 to your favorite charity. The XYZ stock cost you \$12,000 when you purchased it four years ago. By donating the stock to the charity, you avoid the tax on the \$13,000 capital gain and receive a potential income tax deduction (depending on your adjusted gross income) of \$25,000, the full market value of the gift.

Once you have decided to donate stock to your charity of choice, the first step is to contact the charity receiving your donation for instructions on transferring your shares. Next, contact your financial institution or advisor to find out what requirements they have to initiate the transfer. Many institutions require a letter of instruction or authorization to complete the transfer. Also, it is important to note that many institutions have processing deadlines as year-end approaches.

Yes, the gift of stock to charity provides tax advantages. It is also important to note that gifts to charity provide you with the social and psychological benefits of giving back to the community.



**Christine M. Marrasso**,  
VP Investments, Financial Advisor  
Janney Montgomery Scott LLC  
Susquehanna Health Foundation  
Planned Gifts Committee Member

# 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.

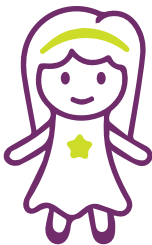


\$15

## Books for Patients with Cancer

*UPMC Hillman Cancer Center in Williamsport*

Our dedicated staff understands that receiving a cancer diagnosis can be an overwhelming experience for both patients and their loved ones. To help navigate this challenging journey, we keep a carefully curated selection of books available. Some books focus on helping teens and families with young children, while others provide hope. Your gift would provide one book for a patient.

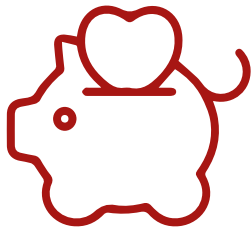


\$50

## Baby Doll for Dementia Patients

*Inpatient Care Floors*

Imagine being able to bring a smile to someone's face, ease their anxiety, and provide a sense of purpose — all with a single, heartfelt gift. Lifelike baby dolls have been shown to brighten the days of patients with dementia. These special dolls aren't just toys; they're companions that offer comfort, reduce agitation, and increase cooperation when receiving care. Your gift would provide one doll for a patient being treated at UPMC Williamsport.



\$65

## Benevolent Care Fund

*All Patients*

At UPMC in North Central Pa., we understand medical challenges can often be accompanied by financial stress. By offering emergency, short-term financial assistance, the Benevolent Care Fund ensures patients, who would otherwise have no means of payment, receive necessary care without delaying treatment or sacrificing basic needs. The fund helps cover the cost of physician-prescribed medications, transportation, infant care necessities, medical equipment, medical supplies, or copays. Your gift will cover the average cost of helping one patient, but any gift, regardless of size, can make an impact.



\$400

## Writing Workshop for Grief Support

*Heartworks*

Your gift would enable Heartworks, a free grief support group, to host a meaningful writing workshop. This workshop provides grieving children, teens, and their caregivers a safe space to express and process their feelings of loss. By offering a variety of tools to navigate their grief, we can support Heartworks participants in nurturing their emotional well-being during such a challenging time.



## Sensory-Friendly Spaces Enhance Pediatric Care

When primary care providers recognized the need to provide calm and sensory-friendly environments for pediatric patients with autism or sensory processing disorders, local donors **Ray** and **Shelly Mattie** answered the call. Thanks to their generosity, 11 UPMC in North Central Pa. family medicine offices now have sensory rooms, or carts stocked with sensory-friendly supplies, to decrease anxiety and improve the health care experience for patients and their guardians.

*“The sensory room has made all the difference for families with young children and those with special needs. Parents are delighted to have a welcoming space for their children, a space that supports curious, active minds and bodies. For children with special needs, we offer sensory toys and a bubble machine to help calm them, easing the anxiety of being in a medical setting. The wall caterpillar is a hit with all ages — everyone from babies to toddlers, school-aged children, teens, and even parents enjoy playing with the gears, wheels, and doors! We are extremely grateful to the Foundation and the Matties for providing us the means to make this a soothing, welcoming area for our families.”*

— **Dr. Jessica Osman**  
Site Lead Pediatrician



# 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, 2024**.

## \$1,000–\$9,999

### ***Anonymous***

#### ***Family of Pat Dominick Abrunzo***

Virginia R. Anderson  
 Mark Beard  
 The Eric Beiter Family  
 Karen and Michael Belenko

#### ***Deb Bierly and Family***

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Drs. David and Susan Borys  
 \*James W. and Cynthia Mengel Bower  
 Robert G. and Nancy C. Bowers  
 John and Diane Bradburn  
 Chaplain Tom Brokaw  
 Michelle L. Brooks  
 Dr. John and Liz Broshkevitch  
 William C. Brown  
 April M. Bryer  
 Amelia A. Buffington  
 Tom and Laurie Burkholder  
 Michael and Tera Bush  
 C&N  
 Jim and Bethann Campbell  
 Nicholas and Carol Catino  
 Alan Cipriani  
 Clinton County Community Foundation, Inc.  
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 Amber Depew  
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 Divine Retiree Travelers  
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#### ***Dotterer Dairy***

#### ***Dan Doyle***

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 Chris and Debbie Gathagan

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Davie Jane and Fred Gilmour

#### ***Dr. Davie Jane Gilmour***

Frank and Lynne Girardi  
 Robert and Lisa Glunk

#### ***Cheryl Maria Godfrey Memorial Fund at First Community Foundation Partnership of Pennsylvania***

George D. Golden  
 Natalie A. Grubbs  
 Carol Zablocky Hall  
 Hedrick Family Donor Advised Fund  
 Dr. Norm Hesser  
 Autumn S. Hill  
 Ann M. Hocker  
 Grace A. Hockman  
 Hal and Karen Hoose  
 Kenneth and Ann Hoover  
 Robert and Mary Ann Hoover  
 William M. Hoppel Jr.  
 Thomas W. Hoy  
 Alanna and Darwin Huck  
 Stephen and Martha Huddy  
 Hudock Capital Group LLC Corporate Advised Fund at FCFP  
 Humble Bumble Project  
 Bob Ireland  
 Jersey Shore GSV Little League

#### ***Jersey Shore High School Girls' Softball***

#### ***John Savoy & Son, Inc.***

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 Steve and Mary Ann Johnson  
 K's for Cancer  
 Stacey M. Kacyon  
 Stephen G. and Christine L. Kaiser  
 Kaiser Brothers

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 Andrew and Megan Kelley  
 Allen and Ashley Kiessling  
 Carol Kitchen  
 Heidi A. Kosmer  
 Janice D. Kuzio  
 Abbey M. Lepley

#### ***Becky Levi***

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 Craig and Rhonda Litchfield  
 Linda and Joe Loehr

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 Scott and Jean Lowery

#### ***Kenneth B. Lundy***

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 Muncy Inmate Organization  
 J. Dennis and Linda Murray  
 Murray Motors – Brian Peace and Bill Brown

#### ***Family of Sharon Myers***

Susan and Joseph Myers  
 Drs. \*Naresh C. and Anita Nagpal  
 Danut F. Neagu  
 Mark A. Nyce  
 Diana Nyman  
 Tom and Mary Owlett  
 Melissa Pandolfi, PA-C

# KEYSTONE SOCIETY

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 Jeri Sims  
 Mark and Connie Sitler  
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 Lori A. Snyder  
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**Kristy M. Teisher**

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 Judith Tubbs  
**The Family of Janet R. Ulmer**  
 USAA Federal Legislative  
 Jeffrey Verzella, MD  
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 Ben Weiskopff  
 Wellsboro Area School District  
**Kathryn C. Werner Estate**  
 Jackie and Arne Werts  
 West Pharmaceutical Services  
 Tamara S. West  
 Christine and Mark Wheary  
 Kevin Whitehill  
 Williamsport Area High School Booster Club  
**Patrick and Jennifer Wilson**  
 Lamont Withey  
 Samantha A. Witner  
**Mike and Mary Wolf**  
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**X50 Pilot Care Services**  
 Young Industries, Inc.  
**John and \*Sue Young and Young Industries**  
 Young Men's Democratic Club of Lycoming County, Inc.  
 Young Men's Republican Club, Inc.  
 Marie B. Zurinsky  
  
**\$500–\$999**  
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 Melanie K. Allen  
**Dr. Ryan Allen**  
 Curtis B. Anderson  
 Cynthia Anderson  
 Dudley and Debbie Anderson  
 Mary L. Anderson  
 Jeffrey D. Andrew  
 Jennifer L. Avery  
 Denise A. Ayers  
 Alice R. Bair  
**Rachel A. Baker**  
**Dr. Julianne Barrett**  
 Emily M. Bartlett

Oliver R. Bartlett  
**Skip Bassett, DO**  
 Kathleen A. Bechdel  
**Carol and Mike Beck**  
 Mary Ann Bellfy  
 Michele K. Bergman  
**Drs. Andrea and Ross Bickford**  
 Bill MacIntyre Chevrolet Inc.  
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 John and Karen Blaschak  
 Richard and Julie Born  
 Steve Bortz  
 Abbey Bower  
 Bower-Decker American Legion Post 251  
 Mona Boyer  
 Jennifer R. Boyles, RN  
 Cynthia Breon and Family  
 Krista L. Brown  
 Lynne M. Brown  
 Stephen and Madelyn Brown  
**Harrison (Jamie) Brownlee**  
 Barry and Jane Brucklacher  
**Roxanne L. Buss**  
 Carol M. Cacchione  
 Maxine Camp, Carolyn and Greg Saylor, Michael Camp, Cody and Leann Camp, & Fran and Rick Eberlin  
 David and Penelope Cappa  
 Dr. Patrick and Maureen Carey  
 Susan and Dan Carlson  
 Joann L. Chappell  
 Patricia A. Cioffi  
 Ryan and Tiffany Cioffi  
**Sue Clayton**  
 Dr. and Mrs. Leonard R. Collins  
 Jon P. Conklin  
 The Family of Jeff and Deb Cram  
 Theresa Cunningham  
 Rose Czap  
 Erin E. Daly  
**Debra L. Damaska**  
 Kory and Carnie Datres  
 Kristine Datres  
 Mark and Patty Davidson  
 Janelle F. Day  
 Matthew and Amy DeCamp  
 Ron and Jeanne DeFeo  
 Michelle Delp  
 Thomas W. Dempsey

continued on page 34



## Big Help from the Big Hearts of WAWHO

*A vibrant and diverse group of women in the Williamsport-Lycoming County area gathers their own funds monthly to make donations in support of others in their community*

If you look around the pediatrics department at UPMC Williamsport you will see the power of community support through a wide array of generous donations. A prime example is the well-stocked activities program with stuffed animals, art supplies, books, and more. These wonderful items come courtesy of a group of philanthropic, action-oriented women on a mission to help others. This same group of ladies also heeds the call for funding of the cooling caps program at the UPMC Hillman Cancer Center. Over the past 14 years, this organization has continuously offered their community help wherever it is needed.

**We Are Women Helping Others (WAWHO)**, aside from having one of the greatest acronyms in the entire north central Pennsylvania region, is also a female-fueled powerhouse force for good. WAWHO is a volunteer group of women who meet regularly in the Williamsport-Lycoming County area to gather up their own funds with which to make donations in support of others in their community.

“At its core, what we do is so simple, but very much needed,” says WAWHO co-founder **Maddi Dunlap**. “We pool our money each month and see what requests have come in for help, then we get moving. We are really good at mobilizing quickly to get things done. Our focus is to meet immediate needs.”

A motto they live by: Even small charitable donations can help move the needle to improve the community—it all adds up. “If this happened everywhere, with small groups like ours,” says Maddi, “it could lead to millions of dollars to help those in need.”

As simple as it appears, don’t be fooled by this streamlined model of charitable giving: WAWHO’s impact over the last decade and a half has been huge.

### A Brief History of WAWHO

In September 2010 a group of friends decided to come together for the purpose of helping others in need. At that very first meeting to launch their group, they collected small contributions among themselves and made a donation of \$57 to Women for Women International.

That first gift went toward sponsoring an impoverished female war survivor in Afghanistan, so she could get back on her feet. From these humble beginnings grew an amazing grassroots philanthropy.

“People gather all the time anyway, so this gives us an added rewarding purpose,” notes Maddi. She, along with co-founder **Penny Estes**, wanted to have a way to make a difference right here, right now. With small donations of roughly \$10 to \$20 per person each month, these women have done that.

“Many of us were enamored with the book *Half the Sky: Turning Oppression into Opportunity for Women Worldwide* [Nicholas D. Kristof and Sheryl WuDunn; Knopf, 2009],” says Penny. The book explores the oppression of women all over the world, and the solutions that can help them and their families. “The book became the unofficial springboard for WAWHO,” she adds, inspiring them to actively seek out ways to improve the lives of others. Even through the pandemic, the women gathered via Zoom video calls to raise funds and keep their philanthropic work going.

### WAWHO Making a Difference at UPMC Williamsport

In December 2021, the pediatrics department at UPMC Williamsport reached out to WAWHO. The request was for help stocking supplies for the pediatric department children’s activities: art supplies, stuffed animals, toys, and the like. According to Maddi, “We got the request, and WAWHO showed up!” The group immediately set out to collect items to donate, filling the department with wonderful supplies for patients to use to pass the time during their hospital stays.

Not long after that, WAWHO was approached about the UPMC Hillman Cancer Center’s cooling caps program. The caps help patients who are at risk of losing their hair through chemotherapy. In October 2022, WAWHO was able to provide \$500 to this program, one that is



100% donor funded, a true gift to patients going through cancer treatments.

In August 2023, WAWHO was back to support the hospital’s pediatric patients. The request this time: \$328 in books for the children’s library. “It was a WAWHO moment,” says Maddi. “We looked at each other and knew we had to do this for them. We are all readers, several of us are teachers, and many of us also support the library.”

WAWHO is able to build a network by having people come speak at their meetings about various community needs and charities that might benefit from their support. “We try to make a lot of connections within the community, and we have a pipeline for organizations that need support on a smaller scale,” says Maddi. For instance, Eat Share came to WAWHO seeking support for their program. It arranges meals for patients in need of short-term food assistance after a surgery or health emergency. WAWHO was able to provide funds so that Eat Share’s program could feed more people. “Everybody wins when we can offer help like that,” says Maddi.

Since its humble beginnings, WAWHO has raised more than \$77,000 in cash donations, and this does not include the noncash donations, such as purchased toys, books, nonperishable foods, and other items. Maddi estimates that at any given time 20-25 active members are ready to contribute. Attendance at monthly meetings is usually between 12-18 participants. “It’s extraordinary what we can do with each monthly meeting,” says Maddi. “I’ve been doing this a long time, and I still am in awe at how quickly we can turn a request for help into action.”

### Good Deeds That Reach Far and Wide in the Community

WAWHO’s impact is felt in many corners of the community. Every December, the women bring loose change they have gathered up at home to their last meeting of the year. They count the coins, and then make a food bank donation with the money. Over the course of 14 years, WAWHO has collected more than \$3,200

during the holiday season to give to area food banks, so that those in need have access to food and basic supplies through the winter.

Another holiday tradition for WAWHO is their Christmas donation program for the YWCA Northcentral PA’s Liberty House, a permanent supportive housing program for women and their children who are experiencing homelessness. WAWHO helps keep the holiday spirit alive at the shelter by providing gifts and cookies for the mid-December Christmas party put on by the YWCA staff for the families living there.

“We also want to make sure that the moms and women staying there get a special something for Christmas,” says Maddi. “The members of WAWHO make gift bags for each woman staying at the shelter, including things like robes, shower sandals, and other items.” Everything is wrapped up nicely and the gift bags are left at the door for each resident to find on Christmas morning. Over time, other groups have joined in for the holiday donations. “We are tickled to see that the giving spirit is catching on,” says Maddi.

### Giving and Growing

Every September, the women hold their annual “State of the WAWHO” meeting. “I love these anniversary events,” says Penny. The women talk about what they’ve accomplished, and what needs are out there currently that they could help fulfill. Requests have come in from all over as WAWHO’s reputation has grown, and word of mouth has reached the far corners of the region. Penny says that beyond WAWHO’s growth as a philanthropic group, each member has grown individually as well. In Penny’s sage words, “Once you know how powerful your help can be, how could you go back to not helping people in need?”

### Interested in Connecting With WAWHO?

If you are interested in learning more about WAWHO, please contact Maddi Dunlap at [madwoman951@gmail.com](mailto:madwoman951@gmail.com).



**We Are Women Helping Women has been collecting donations since 2010. Their impact has grown exponentially since their first group donation of \$57.**

**(FISCAL YEARS: SEPTEMBER – AUGUST)**

YEAR	TOTAL	CUMULATIVE TOTAL
2010-11	\$1,743	\$1,743
2011-12	\$2,510	\$4,253
2012-13	\$3,995	\$8,248
2013-14	\$3,837	\$12,085
2014-15	\$5,905	\$17,990
2015-16	\$6,295	\$24,285
2016-17	\$5,422	\$29,707
2017-18	\$6,311	\$36,018
2018-19	\$5,227	\$41,336
2019-20	\$5,776	\$47,021
2020-21	\$5,613	\$52,634
2021-22	\$9,071	\$61,705
2022-23	\$7,078	\$68,783
2023-24	\$8,423	\$77,206

# KEYSTONE SOCIETY

*continued from page 31*

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YOUR CONTRIBUTIONS AT WORK:

# Newborn and Women's Services

**Big happenings for Women's Health Services and The Birthplace as generous gifts bring Giraffe Incubator Carestations, noninvasive bilirubin meters, and a Mamava Pod to UPMC Williamsport locations.**

**T**hese are exciting times for UPMC Women's Health Services and The Birthplace at UPMC Williamsport. Several recent upgrades and additions have been made. These improvements were fully donor funded and are helping patients, their families, their medical teams, and even visitors to the hospital.

The Birthplace is more than just a state-of-the-art birthing facility. The unit's specially trained Level IIB neonatal intensive care unit (NICU) comprises a medical staff of board-certified pediatricians, neonatal nurse practitioners, and nurses offering the highest quality of care for high-risk newborns. Level II infants are born at 32 weeks of gestation or older, with a birth weight of

1500g (3.3lbs) or greater, and who are mildly to moderately ill with conditions or special needs, such as:

- Physiologic immaturity
- Signs of neonatal abstinence syndrome (NAS) / neonatal opioid withdrawal syndrome (NOWS)
- Breathing problems
- Jaundice
- Infections
- Feeding difficulties
- Needing IV therapy
- Requiring pharmacologic treatment
- Other medical conditions that are expected to resolve quickly



The Level IIB NICU also provides convalescent care to infants who were previously transferred to or born at a facility with a higher level of care. There were 120 Level II babies treated at The Birthplace in 2023.

Three of the newest improvements at The Birthplace are Giraffe Incubator Carestations, noninvasive bilirubin meters, and a lactation-supporting Mamava Pod.

### **Mamava Pod: Supporting Breastfeeding Moms**

Conveniently located on the third floor near the conference rooms and The Birthplace, the Mamava Pod is a private, comfortable space for staff, patients, and visiting mothers to pump or nurse. It has been utilized steadily since it was made available in May of this year. The pod provides a much better alternative to an empty corner, room, or bathroom for lactating women. “We know that breastfeeding has so many benefits for moms and babies, but it can be hard to do outside

of the home. Having one of these pods in our hospital will help promote and normalize breastfeeding in our community, and we are proud of that,” says **Brenda Terry-Manchester, MSN**, director of Women’s Health Services, UPMC in North Central Pa. “We are not just telling others to prioritize breastfeeding; we are actually doing it ourselves.”

The new Mamava Pod was fully funded by Foundation donors. It is enhancing both the patient and employee experience at UPMC Williamsport while serving as a reminder that nursing moms everywhere deserve our support.

“We have always been committed to addressing the real needs of the newborns, babies, and mothers in our care,” says Brenda. “All these generous gifts help us provide better care, improve outcomes, and promote healthier ways to live.”



## Giraffe Incubator Carestations: Helping Our Most Fragile Patients

The Giraffe Incubator Carestations are state-of-the-art neonatal environments. “They allow the NICU staff to care for several babies simultaneously, with each infant contained in an enclosed warm, peaceful space,” says **Katelyn Fowler BSN, RN, RNC-OB**, unit director at The Birthplace at UPMC Williamsport. “Thermoregulation is critically important to the care and development of neonates, particularly the preterm neonates that require the use of an incubator. This will help babies with their growth and development and provide an optimal environment.”

The Giraffe Incubator is ideal for caring for high-risk newborns. The innovative technology allows for better patient visibility. The dual access door panels and portholes allow for contact from many angles and positions. This type of incubator promotes healing while fostering close bonds between families and their babies.

The Giraffe Incubator’s integrated features include a rotating and pressure-diffusing mattress, a noise-dampening setup, an elevated base, and an in-bed scale. All this works toward the goal of sending babies home healthy and as quickly as possible.

Thanks to the generosity of donors **Rosalie Kaleda**, **AllOne Foundation**, and **Ronald McDonald House Charities of N.E.P.A.**, three Giraffe Incubator Carestations were added to The Birthplace. Previously, The Birthplace had only three incubators.





## Bilirubin Meters: Helping Babies Avoid Invasive Testing

Bilirubin is a yellow pigment produced in the body when red blood cells break down, and it is normally excreted by the liver. However, newborns can have high levels of bilirubin, also known as jaundice, which can lead to serious health problems. Traditional methods of measuring bilirubin levels involve taking blood samples, which can be painful and stressful for the baby — and also can pose a risk of infection. Thanks to new, noninvasive technology at UPMC Williamsport, monitoring bilirubin is now safer and less traumatic for infants.

Transcutaneous bilirubin (TcB) meters are medical devices that are used to measure the level of bilirubin in the skin of newborn infants. They read the levels by shining a light through the skin and measuring the amount of bilirubin that is absorbed. “The use of TcB meters reduces the need for repeated blood draws, providing a gentler and safer way of monitoring bilirubin levels in newborns,” says Katelyn.

In addition to reducing the number of blood draws, the ability to accurately and quickly measure bilirubin levels with TcB meters helps to improve the quality of overall care. With more accurate and timely information about

bilirubin levels, health care providers are better equipped to make informed decisions about treatment and follow-up care.

Outpatient pediatric offices also benefit from having noninvasive bilirubin meters, according to Katelyn. “They no longer have to wait on lab results, and it provides a point-of-care testing option to promote more timely interventions.”

Reducing the number of blood draws with the use of TcB meters also has a positive impact on parents. “By providing a noninvasive method for monitoring bilirubin levels, TcB meters help to reduce stress and anxiety for parents who are concerned about their baby’s health.”

“These bilirubin meters are very accurate and save time, so we can get babies home with their parents sooner than before,” says Brenda.

Donations through the Foundation funded five bilirubin meters located at The Birthplace at UPMC Williamsport (A UPMC Magee-Womens Birth Center Location), pediatrics department at UPMC Williamsport, UPMC Williamsport Family Medicine Residency, UPMC Primary Care at Montoursville, and UPMC Primary Care at Pine Street (in Williamsport).

# EMPLOYEE DONORS (iGIVE)

The **iGIVE** campaign recognizes current

employee donors of UPMC in North Central Pa. Our employees have donated more than \$6.3 million since 2006. The ⌚ denotes Hour Club members, a group that recognizes employees who make a tremendous commitment by giving back one hour of pay every pay.

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# Clinical trials can be life-changing — even lifesaving,

and they are happening here at the UPMC Hillman Cancer Center in Williamsport.

**C**linical trials engage patients in new and ever-changing ways to treat cancers and to increase medical knowledge about the use of a drug or a combination of drugs and explore the safety and effectiveness of these treatments.

## Local Clinical Trials

UPMC currently offers patients access to more than 450 clinical trials across the health system's footprint, including UPMC Hillman Cancer Center in Williamsport. Phase II, phase III, and phase IV trials in medical and radiation oncology are offered in Williamsport and can usually begin at any point in a patient's cancer care if the patient meets specific trial criteria. Trials are available for most disease sites, including, but not limited to, breast, colon, lung, and prostate.

PHASE I trials must be completed at large academic medical centers, like UPMC Hillman Cancer Center in Pittsburgh.

PHASE II trials involve drugs that have been proven safe for people and effective in animals. In this phase, all patients in the trial receive the same standard-of-care treatment with the addition of the clinical trial drug or just the standard-of-care drug.

PHASE III trials compare the results of current standard-of-care treatments directly with the results of the trial drug treatment. They dig deeper into side effects and compare them to current treatments. If the new drug outperforms the existing drugs, it will be submitted to the FDA to determine if it will become a new standard-of-care treatment.

PHASE IV studies continue to look at the new treatment after it has been FDA approved and examine the treatment's risks, benefits, safety, and effectiveness over the long term.

In all four phases, the trial drug is paid for by the pharmaceutical company or sponsor providing the trial drug. The cost of the standard-of-care drug remains the responsibility of the patient and/or their insurance as would be the case if the patient was not participating in a trial.

## Some Key Benefits of Trials

- Everyone gets standard-of-care treatment
- Trial drug is free
- Access to new treatments before they are available to everyone
- Available at any point in your cancer care
- Contributing to future care for others who are diagnosed with cancer

## Why Clinical Trials

The staff at UPMC Hillman Cancer Center in Williamsport are all very passionate about clinical trials for different reasons, such as **Dr. Abdalla Sholi**, regional medical director and medical oncologist, who states, "Clinical trials are essential in improving treatments of many cancers. Any new drug will go through multiple trials to establish safety and effectiveness. We always say you are not a test subject, but you are granted early access to new drugs in addition to receiving the current best practice for treatment."

**Mary Bubb**, Clinical Trials Research Coordinator, says "Being a part of the UPMC clinical trials team is something I am very proud of; it is extremely rewarding knowing I am making a difference in cancer care by helping our patients and their loved ones. These trials at UPMC continue to find new and improved treatments, one which made it possible for my daughter to have recently reached her one-year cancer-free milestone. I am beyond thankful for those who choose to participate in clinical trials, and it is the reason why I continue in this role."

If you or your family would like more information on clinical trials, please reach out to your local UPMC Hillman Cancer Center by talking to your provider or calling and asking to speak to the clinical trials department.

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# *spotlight*





Any given morning, you can find **Wendy Bonus** just around the corner from the main entrance of UPMC Williamsport Divine Providence Campus. Wendy's career with UPMC started long before her shift back to bone densitometry in 2019. Before that she built her expertise in MRI, mobile x-ray, bone densitometry, and orthopedic radiography. We are lucky to call her an employee of UPMC in North Central Pa.

In our region, so many of our employees are our patients, and our patients are our neighbors.

Our employees provide incredible care to our patients every day. Perhaps even more incredible, more than 1,100 join Wendy in giving back through donations to an area that has impacted their life — more than \$400,000 each year, collectively. They all have a story to tell, but today we share Wendy's.

What inspires people to give? Sometimes it's in celebration or recognition, sometimes it's out of gratitude, and sometimes it's out of loss. For Wendy, giving back was part of her healing process after watching her husband, Dave, win his battle against cancer three times and a few years later, losing her best friend to cancer.

Wendy, like a lot of long-term UPMC in North Central Pa. employees, started giving in 2007 through the Tree of Life Club, the employee giving campaign that is now known as iGIVE. Wendy was drawn to the idea of helping to fund and create a healing garden outside of UPMC Hillman Cancer Center in Williamsport. She found comfort in the garden, knowing what she and her husband went through when he was first diagnosed in 1998 — their girls just 3 and 6, and their son on the way.

"I believe in doing for others, whether giving back to the community or those in need. It's just what we're supposed to do. I have been blessed with a good job and out of appreciation, I continue to support the areas near and dear to my heart — the healing garden and now The Gatehouse," says Wendy.

Wendy adds, "My best friend, Patti, passed in The Gatehouse, where she was comforted until her time here on earth was over. I continue to give to The Gatehouse to recognize the incredible staff there and what they did for my friend."

Who knew years ago, that when Dave stole Wendy's shoes to coax her to dance at the 8th grade Valentine's Day dance, it would lead to a lifelong love full of family, trials, and gratitude — all built on their strong faith. Now in the grandma (nene) phase of life, Wendy enjoys her three grandchildren ... and doesn't take a minute for granted.



Dave and Wendy Bonus with their grandchildren

“I believe in doing for others, whether giving back to the community or those in need. It's just what we're supposed to do.”

— Wendy Bonus

# new doctors



**Kerstin Bettermann, M.D., F.A.N.A., F.A.A.N.**  
**Chief, Neurology | 570-321-2820**

Dr. Kerstin Bettermann earned her medical degree and doctorate in neurophysiology from the University of Heidelberg, Germany. She completed neurology and psychiatry residencies in Germany, followed by a neurology residency and vascular neurology fellowship at Wake Forest University in North Carolina. Board-certified in both neurology and vascular neurology, Dr. Bettermann is a Fellow of the American Academy of Neurology and the American Neurological Association. Currently, she serves as chief of neurology for UPMC Neurological Institute in central and north central Pennsylvania, overseeing clinical operations at eight locations.



**Mark Beyer, D.O.**  
**Emergency Medicine**

Dr. Mark Beyer has provided emergency care in Muncy for almost 30 years. He received his medical degree from the Philadelphia College of Osteopathic Medicine, and completed his residency in emergency medicine at Memorial Hospital, York, Pa. He is board-certified by the American Board of Emergency Medicine. Dr. Beyer sees patients at UPMC Muncy.



**Michael Bonidie, M.D.**  
**Urogynecology | 570-321-3300**

Dr. Michael Bonidie received his medical degree from the University of Pittsburgh School of Medicine and completed his residency at Virginia Commonwealth University School of Medicine, Richmond. He is board-certified in female pelvic medicine and reconstructive surgery as well as obstetrics and gynecology by the American Board of Obstetrics and Gynecology. Dr. Bonidie sees patients at UPMC Magee-Womens in Williamsport, 740 High St., Suite 1004, Williamsport.



**Emily Delgado, D.O.**  
**Emergency Medicine**

Dr. Emily Delgado received her medical degree from the Philadelphia College of Osteopathic Medicine and completed her residency in emergency medicine at the University of Texas Health Science Center at Houston. She is board-certified by the American Board of Emergency Medicine. Dr. Delgado sees patients at UPMC Muncy and UPMC Williamsport.

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

**Geoffrey Hayden, M.D.**  
*Emergency Medicine*

Dr. Geoffrey Hayden received his medical degree from the University of Virginia School of Medicine, Charlottesville, and completed his residency in emergency medicine with Vanderbilt University Medical Center, Nashville, Tenn. He is board-certified by the American Board of Emergency Medicine. Dr. Hayden sees patients at UPMC Muncy and UPMC Williamsport.



**Scott Mathias, Psy.D.**  
*Rehabilitation Psychology | 570-321-2600*

Neuropsychologist Scott Mathias received his Doctor of Psychology degree from the Florida Institute of Technology, Melbourne, and completed a two-year postdoctoral experience in pediatric neuropsychology with Gray Neuropsychology Associates, Arlington, Texas. He is board-certified in clinical neuropsychology by the American Board of Professional Neuropsychology and clinical psychology by the American Board of Professional Psychology. Dr. Mathias sees patients UPMC Williamsport, 700 High St., Williamsport.



**Mak Sarich, M.D.**  
*Emergency Medicine*

Dr. Mak Sarich received his medical degree from Sidney Kimmel Medical College, Thomas Jefferson University, Philadelphia, and completed his fellowship training at the NYU Grossman School of Medicine, New York. He is board-certified by the American Board of Emergency Medicine. Dr. Sarich sees patients at UPMC Williamsport.



**Emily Suvock, D.O.**  
*Gastroenterology | 570-321-3454*

Dr. Emily Suvock received her medical degree from the Philadelphia College of Osteopathic Medicine. She also completed a residency in internal medicine and a fellowship in gastroenterology with Geisinger Medical Center, Danville. Dr. Suvock sees patients at UPMC Williamsport's Digestive Disease Center, 700 High St., Williamsport.



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