



PASSAVANT HOSPITAL FOUNDATION

*Working Together
to Accomplish Extraordinary Things*



2017-18 ANNUAL REPORT



Lee Baierl from the Baierl Subaru dealership in McCandless, center, presented Mary Chess with a blanket. The dealership presented more than 100 blankets and notes of cheer to patients as part of the Subaru Loves to Care campaign. Also pictured is Libby Shumaker of UPMC Hillman Cancer Center at UPMC Passavant, far left.

Working *Together* to accomplish *Extraordinary* things

Passavant Hospital Foundation works hard every day to advance the health and wellness of our community. Our greatest successes, however, occur when we team up with our many selfless volunteers, generous donors and project partners like you. Here are some examples:

A hospital employee becomes a patient, then a donor

Matt Morrow, 51, is a senior manager in Information Technology at UPMC Passavant. He has worked at the hospital for 18 years. So, when he was diagnosed with colorectal cancer two years ago, there was never any doubt where he would seek treatment.

“Like the commercials say, ‘I didn’t choose to get cancer, but I *did* choose UPMC,’” he says. “The people here are like family to me, and this is my second home.”

Since his diagnosis, Matt has endured 37 chemotherapy treatments, each session lasting upwards of five hours.

“I’ve worked at the hospital all these years but now I realize what the patients go through,” he said.

The Keystone Oaks varsity football team, where Matt’s son, C.J., is a senior player, showed its support when team members sold 200 wristbands and 200 t-shirts for Matt’s fight against cancer.

They sold out in just two games. Donations also were given.

Matt took the money — all \$1,250 of it — and donated it to the Foundation’s Cancer Care Fund, which helps patients get wigs, medication and more. ■



Above, C.J. and Matt Morrow, left, and Matt’s cancer care team: Jennifer Osborn, MD; Libby Shumaker, MSN, RN, OCN; and radiation oncologist Kiran Mehta, MD.

Passavant Hospital Foundation’s mission and impact

Passavant Hospital Foundation’s Mission

Passavant Hospital Foundation supports UPMC Passavant, advancing the health and wellness of our community through education, outreach, and grant making.

Passavant Hospital Foundation’s Impact

Passavant Hospital Foundation advances the health and wellness of all our community by:

- ▼ Providing facilities, technology and equipment at our hospital to support excellence in patient care
- ▼ Offering support groups for families affected by a loved one’s addiction
- ▼ Presenting free health education seminars for all in the community, to promote personal well-being
- ▼ Forming community partnerships for greater impact on health concerns that affect us all

2017–18 Financial Highlights

Support to UPMC Passavant	\$ 1,828,463
Support to the Passavant Community	\$ 256,400
Total Mission Support	\$ 2,084,863

Sometimes, music is the best medicine

In 1998, sisters Elizabeth and Sarah Graf donated a baby grand piano to UPMC Passavant so beautiful music could fill the lobby and provide tranquility to patients and their families. For the next four years, Elizabeth, who was 96 years old at the time, came to the hospital as a volunteer to play the piano. When she died in 2007 at the age of 105, she left a trust fund that ensured the continued upkeep and maintenance of the instrument.

Today, the hospital boasts 30 volunteer musicians ranging in age from 15 to 82. They perform music nearly every day of the week on a variety of instruments, including the piano, guitar, keyboard, harmonica and accordion.

The program is sponsored by Passavant Hospital Foundation.

Lois Nicoletti, 77, has been playing the piano at Passavant for two and a half hours per day, three days a week since July 2011.



Craig Jansen volunteers to play the piano in the hospital lobby.

“Through the years, I’ve had a handful of ‘regulars’ who’d come by and I’d play a special song just for them. One lady came to the hospital every day to eat lunch. She’d always ask me to play Edelweiss. A man named Larry used to come on Fridays. I played Sonny Boy for him, and Gershwin and Sinatra songs for a gentleman whose name was Sam,” she said.

Craig Jansen, 69, first noticed the grand piano in the lobby after exiting a doctor’s appointment in 2016. He immediately signed up to volunteer. His repertoire consists mostly of new-age classical.

“I see this as something that’s a mood changer for the

patients and for the staff. It helps them relax,” he says.

As a family member of a patient in rehab, Martha Cornett found it wonderful to walk down the hall and hear the music and sometimes the singing, too. “It was relaxing — especially on stressful days,” she said.

“Studies have shown that music is a real stress reliever,” said Foundation President Anthony R. Savannah. “The music program at Passavant provides many opportunities for talented musicians to volunteer, but more importantly, it provides respite and diversion for patients and their families going through a stressful period in their lives.” ■

Sisters of Divine Providence partner with Foundation in the name of hospitality

Patients often travel to UPMC Passavant from other states for cancer treatment, open heart surgery and other care.

To provide low-cost overnight accommodations for patients' families with limited means, the Sisters of Divine Providence have graciously opened their doors at the Kearns Spirituality Center, located on their campus across the street from the hospital. In partnership with Passavant Hospital Foundation, the center offers 27 semi-private air-conditioned rooms and three private suites to accommodate up to 60 people. Qualifying families are referred to the center by the hospital's Care Management Department. First consideration is given to those experiencing financial hardship, who live far away, need quick access due to their loved one's critical illness, don't drive, are elderly, or are alone as they support a hospitalized loved one.

Guests are asked to contribute \$40 per room per night, but no one is turned away for an inability to pay, thanks to the Sisters' mission and Foundation's support.

Gloria Virostek, a guest who stayed at the center for 20 days during her husband's final weeks of a prolonged illness, said, "The proximity of the Center allowed me to be by his side within minutes, which was truly a blessing from God." ■

Community members race, tee off, walk and dine to advance the Foundation's mission

Dick's Sporting Goods Pittsburgh Marathon

Twenty-one participants in the 2018 Dick's Sporting Goods Pittsburgh Marathon, half marathon, marathon relay, 5K, kids one-mile, and pet walk joined Passavant Hospital Foundation's Contributing Charity Team to raise \$4,857 for our mission.

31st Annual Golf Outing

A full course of 190 golfers from the community teed off at the Foundation's annual golf outing on June 11, netting a record-breaking \$137,000! The event took place at Treesdale Golf & Country Club.

5th Annual Run/Walk

New records for participation and fundraising were set when 268 community members took part in the Foundation's Run/Walk at the North Park Pool Loop on August 18 to raise \$15,135.

2017 Legacy of Caring Gala

The fourth annual gala, held at the Pittsburgh Marriott North in Cranberry on September 28, was a record-breaking success with a sell-out crowd of 460 guests and \$141,226 raised. More than \$25,000 was raised through a special appeal that evening to support the Cancer Care Fund and Patient Assistance Fund, which provide transportation, medication and more to patients. ■



John Weideman's family dedicated four new sleeper chairs — one from each of his children: Jason, Ryan, Mark and Maria. Above, Ryan poses with one of the new sleeper chairs.

Family dedicated room, chairs for other families' comfort

When Yvonne Weideman's husband was hospitalized with esophageal cancer in 2016, she spent 21 consecutive days and nights by his side. At the time, the hospital only had a few sleeper chairs for patients' families to use, so the chairs were always in high demand.



John Weideman

Yvonne's husband, John Weideman, died on February 8, 2017. He was 58.

His family used the memorial contributions they received to purchase four more sleeper chairs for use wherever they are needed in the hospital and to renovate a room on 6 South, in the heart of the UPMC Hillman Cancer Center at UPMC Passavant, for the comfort and convenience of other patients' families.

"When you have someone who's that sick, the cafeteria can seem very far away. This new Family Resource Room has a TV, refrigerator, microwave, coffee maker and plenty of comfortable seating. Scenic photos taken by John hang on the walls," Yvonne explained.

"We wanted to make a respite room for other families. John always took care of everyone else. That's what was so wonderful about dedicating this room in his memory," she concluded.

The room and sleeper chairs were blessed by Fr. Vincent Kolo and dedicated on December 18, 2017. ■

Passavant Hospital Foundation teamed up with North Hills Community Outreach to assist patients

A prolonged illness can drain a patient's finances. A breast cancer patient, for example, can expect to spend \$500 out-of-pocket for monthly medications to prevent blood clots and another \$200 per month for pills to calm nausea.

The Patient Assistance Fund, established by Passavant Hospital Foundation in 2014, helps financially challenged patients pay for necessary medications, medical equipment, transportation and more as they undergo treatment.

The Fund supported 25 patients this year with a total of \$6,932.

Since this year was especially difficult for patients with respiratory illnesses, the fund provided items such as a nebulizers and associated medications.

In the past few years, as part of the Patient Assistance Fund, the Foundation has partnered with North Hills Community Outreach to provide free bags of food

that hospital social workers can distribute to qualifying patients. The bags contain a three- to five-day supply of quick and easy-to-prepare meals, such as soups with crackers and pasta with sauce. New this year is the addition of special diet and gluten-free options plus fresh fruits and vegetables.

Since its inception, the Patient Assistance Fund has supported 72 patients with a total of \$17,566 in goods and services. ■



Ingomar Middle School teachers 'dressed down' to benefit Bridge to Hope

Teachers at Ingomar Middle School in the North Allegheny School District recently donated \$77 to Bridge to Hope, a support group for those impacted by a loved one's addiction to drugs or alcohol.

At the beginning of each school year, members of the school staff select charitable causes that have impacted them or inspired them. The individual who suggests a specific charity also promotes its cause by sharing information about its work with the entire school staff. The staff then raises money for that charity by wearing jeans to work on a specific day and donating \$2 or \$3 for the opportunity to "dress down." It's called Charitable Jeans Day.

Guidance counselors Darla Allerton and Lynne Earley requested a Charitable Jeans Day to benefit Bridge to Hope.

"We've listened to Bridge to Hope parents share their experiences. Their stories truly show just how powerful addiction is and how it impacts not only the individual, but the entire family. So, we chose to show our support for the work they do to assist and educate families in the throes of addiction," Darla said. ■

Local musicians held a holiday band concert that raised \$7,786 for the Nursing Education Fund

The Pine Creek Community Band gave a festive performance for a sold-out crowd at Passavant Hospital Foundation's annual holiday concert on December 8, which raised funds for the Nursing Education Fund at UPMC Passavant.

The event also featured a special visit from Santa and his elf, food samples provided

by Texas Roadhouse, plus a beautiful solo sung by Kathleen Layo, Senior Respiratory Therapist at UPMC Passavant.

The Nursing Education Fund was established by Passavant Hospital Foundation for nurses at UPMC Passavant who wish to advance their personal knowledge and skills — especially to earn certification

in their medical specialty areas — and contribute to the hospital's mission of excellence in patient care.

This year, the Fund disbursed \$5,145 to assist 14 nurses in gaining certification in their area of expertise. Since the Nursing Education Fund's inception in 2014, it has funded \$36,507 in education and certification for 129 UPMC Passavant nurses. ■



The UPMC Passavant Nursing Education Committee celebrated at the Sounds of the Season concert with Santa.

HOSPITAL SUPPORT

LiteGait® system improves rehabilitation outcomes

In January, the Rehab Services Department at UPMC Passavant obtained a new LiteGait® system through Passavant Hospital Foundation's Department Grant Program.

LiteGait is a postural control device – a means to give posture, balance, and weight-bearing assistance to patients who, for some neurologic, orthopedic or other reason, have lost their ability to deal with the dynamics of walking, including poor posture, poor balance or the inability to bear weight.

The LiteGait has been used to help stroke survivors regain strength in their legs and resume walking. It also has aided patients to acclimate to their new prosthetic limbs, or to strengthen deconditioned patients who have spent prolonged periods in bed.

The system provides a variety of benefits to both the patient and the therapists, including:

- enabling earlier gait training in the rehabilitation process
- providing better correction of asymmetric movement
- helping patients learn to walk with proper upright posture
- providing more efficient treatment
- improving balance, posture and sit-to-stand positions
- allowing therapy for patients previously not eligible for



Helen Lagleva, 85, lost function in her left side following a stroke. Amanda Varner, PT, DPT, NCS, assists her during physical therapy on the LiteGait system.

gait therapy due to the severity or complexity of their condition or cognitive level

- reducing the risk of falls for patients and the risk of injury to staff.

"I've seen people's strength come back quicker with this

equipment. Their walking looks better. That's important because our target is to help the patient look like they never had a stroke," said Amanda Varner, PT, DPT, NCS, staff physical therapist at the Centers for Rehab Services at UPMC Rehabilitation Institute at UPMC Passavant.

After suffering a stroke, Helen Lagleva, 85, lost function on her left side. With rehab, she was able to walk 70 to 90 feet down the hall. During her first session on the LiteGait, she walked 124 feet in the first two minutes.

"We love the LiteGait so much and are so grateful to the Foundation for giving us the grant to get it," Amanda said.

In the initial 10 months of having the LiteGait, the rehab unit used it with 64 patients in 111 total sessions for an accumulative 4,725 minutes.

"Using it in conjunction with our other therapy interventions led us to be one of the UPMC hospital system leaders in functional improvements as measured by the Functional Independence Measure," said Jeff Welk, PT, DPT, MPH, director of rehab services.

One patient, named Bill, arrived in rehab services after losing coordination in his right arm and leg, as well as his balance, due to a stroke.

"LiteGait allowed us to challenge Bill by having him walk without holding on to an assistive device, such as a walker," Jeff said.

During Bill's six physical therapy sessions, which lasted 30 to 45 minutes each with the LiteGait, he was able to walk as far as 3,713 feet per session, for a total of 15,296

feet. (In comparison, he could only walk 500 to 700 feet per session while walking in the hallways of the rehab unit without the LiteGait system.)

"Research has indicated that 1,000 to 2,000 feet per day is ideal for patients during stroke recovery, which Bill was able to achieve because of the LiteGait. Ultimately, this improved his outcomes and recovery post stroke," Jeff explained.

Bill also used the LiteGait to perform leg exercises.

Therapists were able to challenge his muscles by securing him in a harness and having him step up onto an 8" block without support from his arms. This activity is extremely challenging and could not be performed safely without the use of the LiteGait system because the activity places the patient at risk of having his or her knees buckle, according to Jeff.

In addition, Bill was able to improve his walking speed, indicating his ability to ambulate in the community, rather than just within his own home.

"This was extremely important to Bill because one of his top goals was to walk at North Park with his wife upon discharge from the hospital," Jeff said.

"Special thanks to Passavant Hospital Foundation for the opportunity to partner together for the betterment of our patients," he added. ■

Passavant Hospital Foundation funded grants totaling \$232,224

In its seventh year of funding proposals submitted by hospital staff members for their departments, Passavant Hospital Foundation announced that 20 projects are being funded, thanks to a partnership between the Foundation, the Auxiliary and the hospital itself. The projects funded range in cost from \$850 to \$52,750.

"Every project funded improves patient diagnosis, treatment, comfort and/or safety, or significantly improves the working environment for hospital staff," said Anthony R. Savannah, foundation president.

New Nurses' Respite Room ultimately benefits patients

A \$4,500 grant from Passavant Hospital Foundation funded the renovation of space on the 4th floor of UPMC Passavant into a new Nurses' Respite Room which includes recliners, iPads loaded with mindfulness apps, disposable earbuds, an aromatherapy diffuser, and a seasonal affective disorder lamp that provides light that mimics natural sunlight to help staff who work on the night shift.

"The room provides opportunities for staff to have a quiet, relaxing space to decompress," said Shannon Seitz, BSN, RN, PCCN. "It's meant to assist employees in stress reduction

and promote well-being. Thirty-three requests were submitted and all proposals were vetted by the Foundation's Mission Support Committee.

Some of this year's grants were:

- \$52,750 for a portable ultrasound for use in critical care medicine, where a patient may be too critical to leave the ICU or a delay in having the assessment data may seriously affect a patient outcome. The portable ultrasound provides an immediate diagnosis so prompt intervention can be administered. The machine features high-resolution, all-digital technology and the

ability to retain data which could be useful for review and further intervention.

- \$39,200 for 17 chemotherapy chairs with heat, massage and safety features. One is a bariatric chair. "Patients receiving therapy can be confined to the chair for up to eight hours," said Libby Shumaker, MSN, RN, Director of Clinical Operations at the UPMC Cancer Center at UPMC Passavant. The chairs feature additional head room, infinite recline positions and swing-away arms to make patient transfer easier. ■

This leads to improved clinical outcomes and increased patient satisfaction."

"The respite room allows me to better care for my patients by giving me the opportunity to care for myself," said Alyssa Robertson, a professional staff nurse. The room also is used by support staff and physicians. ■



Nurses and their patients already are experiencing the benefits of a new Nurses' Respite Room.

SUPPORT TO PATIENTS AND THEIR FAMILIES

When recovery is all fun and games

April is Occupational Therapy Month. To celebrate this year, therapists and aides at UPMC Passavant volunteered their time to hold their first-ever Game Night for their Rehab Unit in-patients on April 26.

Game Night served as a great patient experience by providing both fun and physically and intellectually stimulating games for those working hard to develop and maintain healthy bodies and minds.

The goal of Game Night was to help improve the patients' experience in the hospital," explained Rehab Unit Supervisor Gabby Mosso, MOT, OTR/L, CPAM. "We tried to think of games the patients would have fun playing, and games they all could participate in, whether it was a low-level skill or high-level talent. It was less about intervention and more about fun," she said. "They had a great time. The event was very well received."

Patients competed in a variety of games, including corn hole, 'Name That Tune,' Wii bowling and much more in the rehab gym, while bed-ridden patients enjoyed card games, crossword puzzles and word searches.

All participants enjoyed a vast array of prizes, including



Therapist James Cerny provides some extra support as a rehab patient plays a competitive game of Wii bowling during Occupational Therapy Game Night.

reachers, grabbers, long-handled shoe horns, long-handled sponges, stress balls, hairbrushes and more.

"I thought Game Night was great. It was a lot of fun," said a rehab patient named Robert.

"'Name That Tune' was my favorite game. But the most important thing was that everyone here is so friendly and worked so hard to put this together. Everyone had a blast," he added.

The fun and games were offered from 4:30 to 7 p.m. Between 80 and 100 patients participated.

"I know the patients loved it because they had to leave at 5:30 p.m. to go eat dinner. By 5:45, they were already rushing back to the gym to play some more," Gabby laughed.

"I know the therapists loved it, too, because they asked me if we could hold a Game Night every month," Gabby added. "Unfortunately, there's too much planning involved to do it that often!"

Nonetheless, the therapists and aides worked hard and were able to organize and coordinate another Game Night six months later in October, just in time for Physical Therapy Month.

"We called it 'Autumn Fest' and we offered games again. We also included some fall crafts," Gabby said. "It was just as fun and well received as the first Game Night!"

The climax of the evening was a giant game of Bingo in the rehab gym. After each round, winners got to choose their prize. By the end, they were grabbing handfuls of items from the prize basket.

"I won a great squeeze ball for my hand that was affected

by a mini stroke. I also got a deck of cards so I can play Solitaire or games with the kids later," Robert said.

As the evening ended, a hearty round of applause erupted as patients expressed their appreciation for a memorable time.

Gabby Mosso is appreciative, too.

"I'd like to extend a big thank you to Passavant Hospital Foundation. We couldn't have done this without them," she said. "They provided most of the games and prizes for both of our Game Nights."

Anthony R. Savannah, president of the foundation, was happy to help.

"We saw the new partnership, with UPMC Passavant Rehab Services' sponsorship of Occupational Therapy Month as an opportunity to share our mission and engage in the patient and employee experience," he said. ■



Therapist Melissa Leonard assists a patient during a game of Plinko.

Grants provided funding for advancements in surgery, patient comfort

An average of 1,056 surgeries are performed at UPMC Passavant each month.

Passavant Hospital Foundation has provided funding for advancements in surgical services, with items that improve patient care and comfort, and support families while they wait as a loved one undergoes an operation, including:

- Glidescope® for better airway management during surgery
- Nerve block ultrasound for pain management, fewer non-productive needle sticks and less need for opioid pain-killers
- Ergonomic wheelchairs for easier in-and-out access
- Reclining chairs to provide patient comfort during lengthy cardiovascular diagnostic testing
- Waiting room recliners to provide comfort for patients' families
- Case tracking board in the cafeteria to keep families better informed of a loved one's surgical status when they step away from the surgery floor. ■

The Cancer Care Fund, established by Passavant Hospital Foundation, helps oncology patients

In August 2017, Kim Phillips was diagnosed with Stage IIB Vulvar Malignant Melanoma. She was 62 years old at the time and newly retired.

"I'm going to cry just thinking about it," she says.

Her gynecologist recommended that she immediately call Madeleine Courtney-Brooks, MD, MPH, who specializes in gynecologic oncology at UPMC Passavant.

"I went home and looked her up online. I read about how very qualified she is. Then, I went to meet her," Kim said.

"I've never met a doctor that I could be more comfortable with. When you're the patient and have never had a health issue except seasonal allergies, it sure feels good to have a doctor who pushes a chair up close to you, takes your hand, and talks to you like a human being."

Dr. Courtney-Brooks performed the surgery to remove Kim's tumor and all the affected lymph nodes, and will continue to meet with Kim for routine follow-up appointments every three months for the rest of Kim's life.

"Every time I go to see her and she walks into the room, I feel better already," Kim says.

While this kind of care is priceless, the costs associated with cancer care can be debilitating.

The Foundation's Cancer Care Fund helps financially challenged oncology patients



Madeleine Courtney-Brooks, MD, MPH, reviews a CT scan with Shannon Grabosch, a gynecologic oncology fellow at UPMC Passavant.

pay for basic needs during treatment, such as medication, wigs, housing, food, transportation and end-of-life care.

Since its inception in 2014, the Cancer Care Fund has assisted oncology patients with a total of \$13,500 in goods and services.

"Getting a cancer diagnosis is a source of great stress. Experiencing a financial burden on top of that only adds to the stress," says Dr. Courtney-Brooks. "The Cancer Care Fund helps alleviate that worry so patients can focus solely on healing." ■

COMMUNITY SUPPORT



"I'm pretty sure that roughly one-third of my life has been spent standing in the middle of a room wondering what I came in here for," said Larry Conley, this year's cancer survivor speaker. He was referring to the "chemo brain" phenomenon. "Even carrying a back-up brain doesn't help," he said.

Cancer Survivorship event provided laughter, support

The seventh annual UPMC Passavant Celebration of Survivorship on June 8 was attended by 540 cancer survivors and caregivers. More than 70 volunteers were on hand to serve dinner and assist in the event, including employees from local Kohl's stores, PNC bank, UPMC Passavant staff and family members,

and Passavant Hospital Foundation. Dancers from the local Arthur Murray Dance Studio provided a beautiful and entertaining exhibition. Dr. Josie van Londen shared wisdom about dealing with many different issues that affect cancer survivors at all stages of their journey, and Larry Conley shared his heartwarming and funny perspectives on being a cancer survivor, including the phenomenon known as "chemo-brain," which refers to changes in a cancer victim's ability to stay focused on a task, remembering events or names, or finding the right words, among other things.

A special recognition of all cancer survivors was observed, and attendees had the opportunity to make connections and share experiences.

A special take-away from the evening was a light-hearted, creative and resourceful 19-month calendar with tips, recipes and inspirational quotes for cancer survivors. ■



This butterfly was painted by the fingerprints of cancer survivors, guests and health-care givers at last year's UPMC Passavant Celebration of Survivorship.

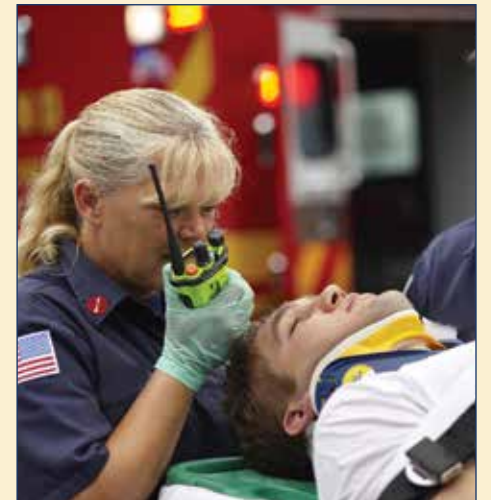


Calendars created by the UPMC Hillman Cancer Center at UPMC Passavant, were given away.

Passavant Hospital Foundation funded several community initiatives, totaling \$20,000 in 2018

The Foundation, in its commitment to excellence in partnerships for community health and wellness, funded several community initiatives this year, including:

- \$10,000 to provide inexpensive overnight accommodations at Kearns Spirituality Center (next to the hospital) for out-of-town patients' families, per referral from UPMC Passavant's Care Management Department. No one was turned away and accommodations were provided for 135 nights.
- \$7,500 to North Hills Community Outreach to support food and hunger programs, providing supplemental food or special diets (including gluten-free options, fresh fruits and vegetables) to low-income families and older adults in the community.
- \$2,500 to a local EMS company to upgrade radio communications from field units to the 911 dispatch center and NORCOM. This upgrade is aimed at improving patient outcomes during and after delivery of patients to the emergency department. ■



Beyond Bridge to Hope expanded its program

Beyond Bridge to Hope (BB2H), launched a new 6-week support-group program for members of the community.

The program supplements the monthly Bereavement Support Group meetings of Beyond Bridge to Hope (BB2H), an outreach program of Passavant Hospital Foundation that provides group support to those who have lost a loved one to addiction.

The group was led by Certified Grief Counselor Susan Wesner, RN, MSN, CS.

Program content was based on William Worden's four Tasks of Mourning: (1) To Accept the Reality of Loss; (2) To Work Through the Pain of Grief; (3) To Adjust to an Environment in Which the Deceased is Missing; and (4) To Find an Enduring Connection with the Deceased While Embarking on a New Life. ■

Foundation teamed up with Cancer Center to provide the community with free screenings and education

For years, Passavant Hospital Foundation has partnered with the UPMC Hillman Cancer Center at UPMC Passavant to help enhance the cancer prevention and cancer survivorship programs offered to the community. These include:

- **"CLIMB"**
CLIMB (Children's Lives Include Moments of Bravery) focuses on the emotional needs of cancer patients' children, and includes a six-week program of education and support. The event is co-sponsored by Passavant Hospital Foundation.
- **Smoking Cessation Program**
The Foundation supplies a week's worth of free nicotine patches and nicotine gum for participants.
- **Colorectal Cancer Screening**
Colorectal cancer is the second leading cancer killer in the U.S. However,

if everyone 50 years or older had regular screening tests, at least 60 percent of deaths from this cancer could be avoided. The UPMC Hillman Cancer Center at UPMC Passavant held a free, non-invasive colon cancer screening program in November 2017 that included a bone density test, blood pressure/circulation test and a take-at-home stool test for 51 participants ages 50-75 who hadn't had a colonoscopy for many years or ever. Participants also learned about the recommended guidelines for colon and other cancer screenings, smoking cessation, and cancer prevention and nutrition.

The Foundation provided a colon-healthy breakfast of whole grains, muffins, fruit and yogurt for all attendees. It also provided all the publicity and advertising. ■

EDUCATION SUPPORT

Passavant Hospital Foundation partnered with CCAC North Campus to provide a variety of free health and wellness education programs for the public

Physicians, clinicians and researchers provided up-to-date medical information in lay-person's terms during a variety of interactive sessions held last spring at the Community College of Allegheny County, North Campus in McCandless. The sessions were free and open to the public.

Postoperative Pain Management

In March, Charles Luke, MD, MBA, FASAM, anesthesiologist and addiction medicine specialist, discussed the reasons for the 'multi-modal

approach' of acute pain care with colleagues Michael Pagnotto, MD, Denise Ludwig, RN, and Lisa Boelcke, RN.

Common Problems of the Foot and Ankle: Diagnosis and Treatment

Christopher Edwards, MD, foot and ankle orthopedic surgeon with Tri Rivers Musculoskeletal Centers, discussed and answered questions about plantar fasciitis, foot and ankle arthritis, bunions, hammertoes and neuromas in April. Conservative and surgical treatment options were reviewed.

What space travel can teach us about patient safety

Passavant Hospital Foundation co-sponsored a seminar titled "To Space and Beyond: What Space Travel Can Teach Us About Patient Safety."

About 150 physicians, nurses, social workers, attorneys and paralegals attended the event, which discussed the correlation between aerospace safety and patient safety.

"During the seminar, we received interesting information regarding NASA and their safety

process, as well as their missed opportunities. NASA and hospitals each need to assess and manage safety. It's vital that everyone develops a safety culture that doesn't place blame on any individual for reporting or questioning a process. We all need to report and evaluate every day. As with space travel and maintaining high quality in-patient care, we always look to improve," said attendee John Filipcic, MSN, RN.

Matthew Melis, aerospace engineer at NASA Glenn Research Center, and Paul Phrampus, MD, medical director of patient safety at UPMC, were speakers. ■

Diabetes 101

Presented by Kelley Szec, MSN, RN, CDE, programmatic nurse specialist in diabetes from UPMC Passavant, this lecture included facts about diabetes, high-risk groups, classification of type 1 and type 2 diabetes, diagnostic testing used to diagnose the condition, complications associated with uncontrolled diabetes, and the American Diabetes Association standards of care for individuals with diabetes. The session was held in May. ■

You are not alone

A workshop for families affected by substance abuse and addiction was held in October at Cumberland Woods Village. It provided families with the opportunity to interact with medical experts and professionals in the field of addiction. Medication-assisted treatment and family trauma were discussed, as well.

The workshop was free and open to the community. It was sponsored by Bridge to Hope, a weekly support group for families of people struggling with addiction. Bridge to Hope is an outreach program of Passavant Hospital Foundation. ■

Breaking points

Homework. College essays. Social media. Sports. Extracurricular activities. Part-time jobs. Volunteer work. Friends.

Teens' lives are jam-packed from the time they wake up until the time they can finally fall asleep. Just keeping up can be a daily struggle for some.

"Breaking Points" is a 30-minute documentary for adults that explores the stress and pressures our teens face every day, as well as the unhealthy ways that many of them cope, including abusing prescription stimulants.

Also, an expert panel conducted a question-and-answer session.

The free event, sponsored by Passavant Hospital Foundation and the Baierl Family YMCA, was open to the public. ■

La Roche teamed up with Passavant Hospital Foundation for seminars

"Get Healthy" was a free program held at La Roche College, located next to the Passavant Hospital campus, to provide free educational resources to the community. Workshops included: "Identify Symptoms of a Stroke," "Fit for Life," and "How to Manage High Blood Pressure." The event was sponsored by the Foundation. ■



DONORS AND VOLUNTEERS MAKE THE DIFFERENCE

Thank you to the following donors whose gifts were received between July 1, 2017 and June 30, 2018.

WM. A. PASSAVANT CIRCLE \$10,000 and above

Marilyn J. Cain, EdD
Charles A. Brooks Trust
Fred & Eva Kimmich Memorial Fund
Spang North Hills Passavant Hospital Trust
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Janet Barlett, Renee Full and Mary Sheehan, pictured left to right, bring hand-crafted, international, fair-trade jewelry, household goods and unique gifts from the Olive Branch store in Wexford to the hospital lobby to sell. The Olive Branch donates a portion of each sale to the Passavant Hospital Auxiliary. At their most recent sale, they raised approximately \$3,000.

Auxiliary continues to raise money for hospital patients, families and staff

This year, the Auxiliary raised \$30,038 to benefit the patients, families and staff of UPMC Passavant. Since 1961, the Auxiliary has raised and donated \$4,194,226. Fundraisers routinely are held in the UPMC Passavant Main Hallway and include jewelry sales, bake sales and more.

The Auxiliary's annual Lights of Love Tree was lit at UPMC Passavant at the beginning of the holiday season. The tree-lighting program featured music and a visit from Santa. Each \$5 donation provided a light on the tree in memory or honor of someone special; Doves of Love ornaments also were available for a donation of \$10 or more.

The Auxiliary also awarded \$8,000 in scholarships to four hospital volunteers this year:

- **Meghan McCreary** – volunteered 217 hours in the nutrition department.
- **Emily Schneider** – volunteered 315 hours in the emergency department and Patient Care Unit at the Cranberry Township campus.
- **Heya Lee** – volunteered 254 hours at the Information Desk.
- **Mahak Sethi** – volunteered 192 hours at 5 PAV – Patient Care Unit.



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Congratulations to our 2017 Legacy of Caring Gala honorees.

Passavant Hospital Foundation celebrated a Legacy of Caring

UPMC Passavant celebrated its 168th year of providing health care in the Greater Pittsburgh area and its 53rd anniversary in the North Hills during a gala event at the Pittsburgh Marriott North in Cranberry in September. Attended by a sell-out crowd of 460 guests, the event raised \$141,266 to support Passavant Hospital Foundation's 37-year mission of supporting the hospital and advancing health and wellness in the community.

Ten medical professionals, volunteers and community leaders who have played a vital role in growing UPMC Passavant into a world-class hospital were recognized with a Legacy of Caring Award:

- | | |
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| Theodore Crandall, MD | Jo Ann Hovis, RN |
| Cindy Emminger | Steven R. Jones, MD |
| Frank Finley | Margaret Lattanzio, RN, MSN, CCRN |
| Louis Heyl, MD | Judith Shisler, RN, OCN |
| Darlene Hills, RN, BSN, CCRN | Gayle Sklarsky, RN, BS, CCRN |

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| Richard S. Hamilton | Betsy Tedesco, DNP, RN, CEN, PHRN |

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- In Memory of Kerry S. Abram**
Jane S. Abram
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- In Memory of Micheline Alarie**
Yves Alarie
- In Memory of Addison Anderson**
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- In Memory of Agnes K. Marner**
Karen Marner

Continued on next page



Anne-Marie Alderson led a hidden stressors seminar at CCAC.

**PASSAVANT HOSPITAL FOUNDATION
EDUCATION / OUTREACH SPEAKERS**

- William D. Abraham, MD
- Whitney Adams, DNP, CRNP
- Anne-Marie Alderson, MBA
- Arun Antony, MD
- Ryan D. Ball, MD
- Lisa Boelcke, RN
- Michael Brocklebank
- Jeanmarie Daughterty, RN, ECN
- Bryan Doner, DO, CHWS, FAPWCA, FACHM
- Colleen Dyer, LCSW
- Christopher T. Edwards, MD
- Libby Ernharth, MPAS, PA-C
- Julie Evans, MSW
- Donna Galbraith, BSN, RN, CEN
- Maria Haffely, BSN, RN, ON, CTTS
- Alison Hall
- Baron Kim, SPT
- Erek M. Lam, MD
- Lauren A. Lanzio, AP
- Charles Lin, MD
- Denise Ludwig, RN
- Charles B. Luke, MD, MBA, FASAM
- Craig Maartmann-Moe, DPT, CSCS, Cert. MPT
- Alyson Mass, MS, CCC, SLP/L
- Connor McKenzie
- Matthew Melis
- Benjamin Morrow, MSN, RN, CCRN
- Dana Ordons, PA-C
- Michael Pagnotto, MD
- Chris Pfanstiel, CIU, ChFC, CFP
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- Amy Raco, DPT
- Elizabeth Rosemeyer, JD
- Val Satkoske, MSW, PhD
- Colleen Schomburg, MPT, WCS, CLT-Lana
- Radhika Shah, SPT
- Deb Shane, MSN, RN, SANE-A
- Daniel R. Sullivan, MD
- Roy Sullivan, PhD
- Kelley A. Szalc, MSN, RN, CCRN
- Sharon Taylor, MD
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- Jeffrey Welk, PT, DPT, MPH
- Linda Yellen, BSN, RN
- Abby Ziegler, MS, CCLS

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W. Cotton and Jane Mather

In Honor of Amy Mathieu
Marilyn J. Cain, EdD

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Raymond Probst and Gail Turner

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Albert Dascenzo
Robert Woods

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In Memory of Geoffrey Naylor
Sarah Jane Naylor

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Joann Norman

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UPMC Passavant Gyne-Oncology Division

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Dorothy Meeder

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Bernadette Pannunzio

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Verna M. Patsko

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Thelma E. Sherrett

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