

# everyday

HEADED

# BACK<sup>TO</sup> HEALTH

Talking candidly about breast cancer and timely screening

Expedited joint recovery program gets patients home quickly

Hospice brings comfort during final stages of life

Contributors talk about supporting the PRIME project

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## Joint venture—the new face of health and wellness

Evangelical Community Hospital, Geisinger, the Miller Center for Recreation and Wellness, and the Greater Susquehanna Valley YMCA have come together to make a positive, lasting impact on the health and wellness of the region.

Evangelical and Geisinger will form their first joint venture at the Miller Center. The center will be transferred to the joint venture, and the YMCA will be contracted to run the day-to-day operations. The joint venture will acquire an additional 6 acres around the facility to expand parking, make room for two new pools—one for competition and one for general aquatics—and create an enhanced full-day child care center that will also include afterschool care and more.

The new entity will be known as the YMCA at the Miller Center, powered by Evangelical and Geisinger.

Together, we will truly change the face of health, recreation, and wellness in this region. This coming together is a realization that we can accomplish something more than each entity could do on its own.

Clinical medicine, healthy lifestyle, and overall physical wellness are well-matched and can reap benefits for everyone of all ages.

The YMCA will handle the overall management of the facility, with all existing Miller Center employees retained as YMCA or Evangelical employees. Membership and programming from the YMCA Express in Lewisburg will merge at the Miller Center.

By coming together in one facility, the four organizations will be able to offer comprehensive and affordable wellness and recreation programs for all generations in the heart of the community.

A handwritten signature in black ink that reads 'Kendra A. Aucker'.

Kendra Aucker, President and CEO

## Rx Responsibility



If you find yourself with old or unused medications, prescribed or over-the-counter, properly disposing them helps prevent them from falling into the wrong hands and makes your home safer.

Evangelical Community Hospital is proud to support the Pennsylvania Prescription Drug Take-Back Program, which assists people with the disposal of these potentially dangerous drugs. According to the Pennsylvania Department of Drug and Alcohol Programs, the Drug Enforcement Agency (DEA) allows the following items to be disposed of through this program:

- Over-the-counter medications
- Prescription medications
- Prescription patches
- Prescription ointments
- Vitamins
- Pet medicines

Be sure to ask your doctor or pharmacist about the proper steps to take to ensure safe disposal of these drugs.



### AT YOUR DISPOSAL

Visit [evanhospital.com/drugtakeback](http://evanhospital.com/drugtakeback) to find a drug take-back location near you.

# ONE DAY TO BETTER

## JOINT REPLACEMENT EXPEDITED RECOVERY PROGRAM

Evangelical's expedited recovery program aims to have the patient at home within 24 hours after joint replacement surgery.

For 57-year-old Tod Hoffman of Dalmatia, a second knee replacement at Evangelical meant a shorter Hospital stay, but nothing short in the care process.

Hoffman, a patient of Charles Cole, MD, SUN Orthopaedics of Evangelical, experienced pain in both knees for a long time. After attempts at care through surgical alternatives like pain injections, Hoffman decided a joint replacement was the right move for him—and not only one, but two.

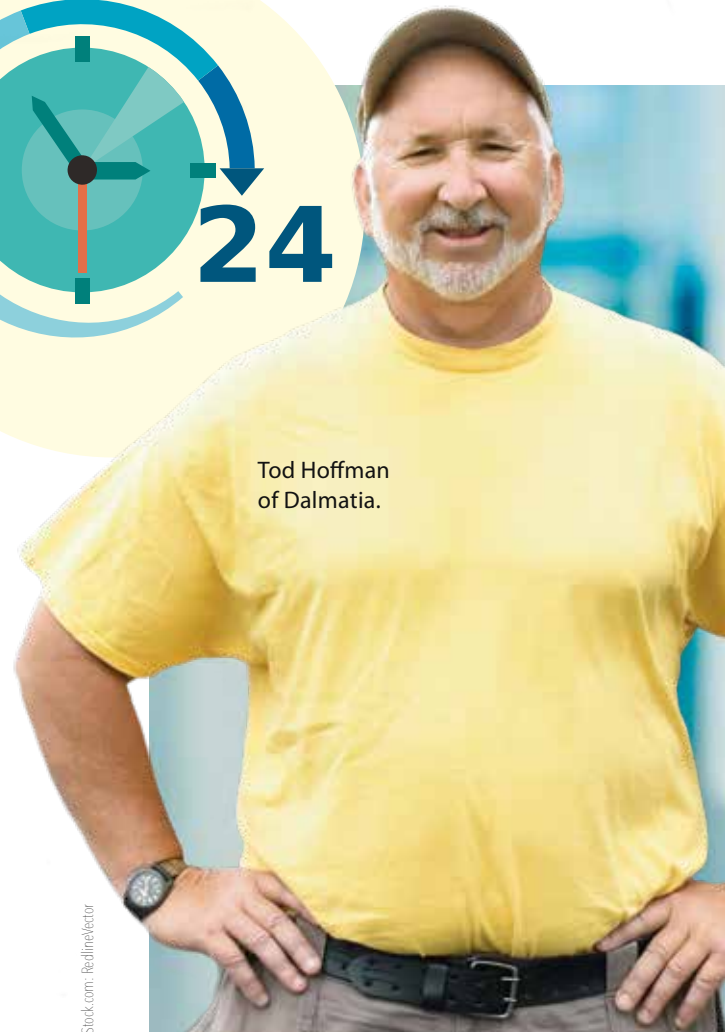
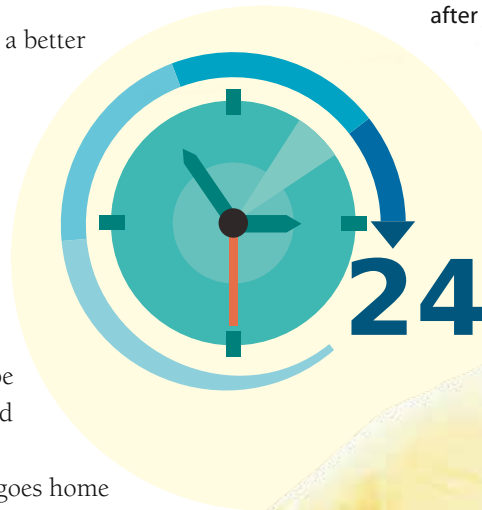
In November 2018, Hoffman underwent a left knee replacement, and in April 2019, he completed his goal for better movement with a right knee replacement. The only difference? The second one was done under an expedited recovery program aimed at caring, educating, and getting the patient home in a 24-hour time frame.

Just one day after the joint replacement surgery, Hoffman was dressing himself, practicing activities he would have to do at home, learning the exercises he would need to make progress between physical therapy sessions, and asking any and all questions he might have of the expert staff.

“I couldn't have asked for a better place to go—everyone was on my side and passionate about my improvement,” said Hoffman. “From the physician, to the office staff, to the inpatient staff—the entire treatment team—I was comfortable with my plan and glad to be home sooner working toward a full recovery.”

Just because the patient goes home within 24 hours doesn't mean the care stops. To help, Evangelical staff are available to answer questions at any time, provide a support system, and check in often to make sure the patient has what they need to work toward success.

After being through two knee replacements, Hoffman's advice is clear. “What really is important to remember is the patient has to be patient,” said Hoffman. “You take one day and then the next day, and after that you can feel yourself turning a corner, giving you hope. You take any setbacks that happen and overcome them.”



Tod Hoffman  
of Dalmatia.



### TAKE ACTION

For more information on expedited recovery joint replacements, contact SUN Orthopaedics of Evangelical at **800-598-5096**.



# HEADED **BACK** TO H

Selinsgrove resident  
Chrissy Findlay  
is back to her  
favorite activities  
after undergoing  
a lumpectomy for  
stage 1 breast cancer.



# HEALTH

CHRISSY FINDLAY SHARES THREE CRITICAL LESSONS SHE LEARNED FOR NAVIGATING A BREAST CANCER DIAGNOSIS

After lacing up her running shoes, 47-year-old Chrissy Findlay hit the same path she's been running for years. This time, though, felt special. "I felt like I was headed back to my life before cancer. The sun was shining and I felt amazing."

Findlay's journey to this amazing day began in February 2019 when her annual mammogram, conducted at Evangelical Community Hospital's Thyra M. Humphreys Center for Breast Health, eventually led to a diagnosis of invasive ductal carcinoma breast cancer. Within weeks, the Selinsgrove resident was scheduled for a lumpectomy. Just three weeks post-surgery, she was cancer-free—and sprinting toward a bright tomorrow.

Part of putting breast cancer behind her is doing what she can to help other women navigate the disease. And to do this, she shares three essential messages.

## MAKE YOUR HEALTH A TOP PRIORITY.

Findlay emphasizes the importance of annual mammograms. "My cancer was diagnosed at stage 1—the earliest and most treatable point. And it's not that I'm lucky. Detecting cancer at an early stage was the result of having an annual mammogram."

To help educate as many women as possible—both young and old—Findlay is determined to share her story. Perhaps she'll even give someone a lifesaving wake-up call—like the one she herself received. "I've always lived a healthy life, I've stayed active, and there's no breast cancer in my family," Findlay says. "So I kept putting off getting a mammogram. Then my father had a stroke. We watched this healthy, marathon-runner and yoga enthusiast decline and then pass away. It woke me up to the importance of taking care of my own health, so at 44, I scheduled my first mammogram. No one is exempt from disease."

## TAKE ADVANTAGE OF NEWER BREAST SCREENING TECHNOLOGY.

Breast screenings today include newer technologies that can better detect breast cancer—those technologies are available at Evangelical's Center for

## BREAST SELF-EXAM QUIZ

**How often should a breast self-exam take place?**

- A. Once a week
- B. Once a month
- C. Once a year

Answer: B—Once a month. A significant percentage of breast cancers are detected by women who feel a lump, so doing a regular breast self-exam is very important.

**Breast self-exams can only be done in the shower.**

- A. True
- B. False

Answer: B—False. Good breast self-exams can be performed monthly in the shower, in front of a mirror, or when lying down. All are good ways to familiarize yourself with what is normal for your breast tissue.



**When noticing changes in the breast, it's okay to just assume they are normal changes.**

- A. True
- B. False

Answer: B—False. Knowing what is normal for you and your own breasts is key in staying healthy. When you notice something different, report the changes to your healthcare provider and schedule a clinical exam for peace of mind.

**Breast self-exams are all that need to be done to prevent breast cancer.**

- A. True
- B. False

Answer: B—False. Self-exams are vital to maintaining health, but should be used in conjunction with yearly mammograms for women over the age of 40 and with ultrasounds for women with dense breast tissue.



Findlay says she always felt very connected to her remarkable healthcare team at Evangelical.



## LEARN MORE

For more information about breast health services and resources, go to [evanhospital.com/breasthealth](http://evanhospital.com/breasthealth).



Breast Health. Findlay feels, “Too many women don’t elect to take advantage of the opportunity for a closer examination.”

Findlay learned after her first mammogram at the Center for Breast Health that she has dense breast tissue. A technician called with the update and reassured Findlay that there was no cause for alarm. Almost 50% of women age 40 and older have dense breast tissue. However, the technician added, dense breast tissue makes it difficult to detect breast cancer, so it was recommended that Findlay have a whole breast ultrasound. Leaving nothing to chance, that’s what she did.

“This year the ultrasound showed something suspicious,” Findlay says. “I was called back in for a handheld ultrasound and within 10 minutes of that procedure, my doctor told me he wanted to do a biopsy.”

Findlay remembers being frightened about the biopsy, but at the same time she was impressed with how quickly the Center for Breast Health team lined up every diagnostic test for her. “My nurse navigator explained everything,” she says. “At the same time, she understood that waiting around is not something a patient wants to do when talking about breast cancer. Everyone understood. That level of compassionate care set the stage for me. No matter what came next, I knew I was in good hands.”

## LEAN ON YOUR MEDICAL TEAM FOR STRENGTH.

Findlay’s third message is the toughest, she admits. “I learned that asking for help isn’t a weakness; it’s a sign of strength,” she says.

“The Breast Center nurse navigators, nurses, and doctors were always there for me—with information, education, and support throughout my diagnosis and treatment process. Often I didn’t even have to ask for help. They just seemed to appear with the encouragement and comfort I needed at that exact moment. I’m not sure how I would have made it through this journey without the Breast Center team. They were my rocks.”

When recalling the emotional care she received, Findlay quickly shares the fateful day when the call came that the breast biopsy was positive. “I remember falling into a chair and feeling panic I’d never known. It was only a 20-minute phone conversation, but my nurse navigator filled every minute with such compassion, empathy, and support. I was surprised at how hopeful I felt when the call ended.”

Then there was the meeting with John Turner, MD, FACS, Breast Surgeon and Medical Director of Cancer Services at Evangelical’s Thyra M. Humphreys Center for Breast Health. “My nurse navigator and my husband were both with me at the

meeting. We all listened to Dr. Turner explain everything—my disease, the lumpectomy process, and the radiation treatment I would need. He gave me so much time. I knew I wasn’t his only patient, but that’s how I felt.”

As for One Day Surgery at Evangelical, Findlay says it eased her recovery. “I had the lumpectomy in the morning and was home by 3 pm. I never felt rushed to get in and out of the Hospital. If I needed to stay, the doctors would not have discharged me. But at the same time, everyone at the Hospital was very supportive of me wanting to get home—to be in my own bed and with my family beside me.”

**“I’m not sure how I would have made it through this journey without the Breast Center team. They were my rocks.”**

### **CONNECTING WITH RECOVERY**

“It wasn’t an easy journey because there is so much information to absorb and understand,” Findlay recalls. “But I always felt so connected to this remarkable healthcare team. They were always ready to help me unravel what I needed to learn. I just had to phone or send an email and a response came before I knew it.”

That left Findlay free to focus on getting healthy, and, of course, getting back to running.

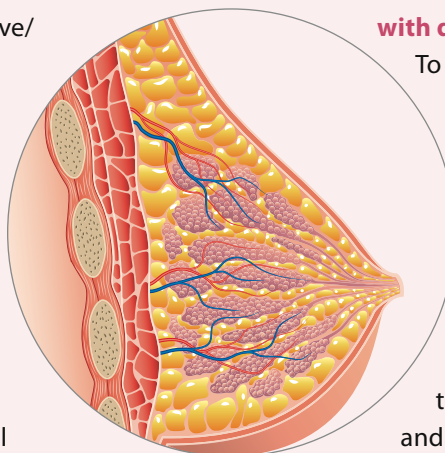
## **COMMON QUESTIONS ABOUT DENSE BREASTS**

### **What is a dense breast?**

Dense breast tissue means that the breast has less fatty tissue and more connective/fibrous and glandular tissue.

### **Why is it important to identify dense breast tissue?**

Nondense fatty tissue appears dark and transparent on a mammogram while dense connective/fibrous and glandular tissue appears white. Cancer also appears white on a mammogram. So dense breast tissue can mask cancer and make a traditional screening mammogram less effective at detecting breast cancer. For this reason, Evangelical’s Thyra M. Humphreys Center for Breast Health offers a number of technically advanced imaging options for breast health screenings and diagnosis.



### **What breast imaging options does the Center for Breast Health offer patients with dense breast tissue?**

To help identify breast cancer at the earliest and most curable stage possible, Evangelical’s Center for Breast Health offers the latest technology in mammography. The Center recommends a 3D mammogram for all women—particularly those with dense breast tissue—due to the technology’s clear, accurate, and high-resolution images. At Evangelical, a 3D mammogram may be combined with a 3D sono·v™ ABUS Platinum ultrasound or an MRI for high-risk patients, a system designed specifically for patients who have dense breast tissue.

# The Gift of Care

## CHOOSING HOSPICE AT THE RIGHT TIME

**A**cknowledging that a loved one is facing the end of his or her life is a heart-wrenching reality faced by many families. Often the person who is dying has been through a long series of treatments or has been in and out of a hospital for many months. When it becomes clear that there will be no cure for the illness, what should the person and their family do next?

Fortunately, there are people who can help. Hospice of Evangelical is

a team of healthcare professionals who are specially trained to help individuals in the last stages of life. Making the decision to enter hospice is a way to bring comfort and care to the person who is ill and to their family as well.

Studies have shown that hospice care can dramatically reduce certain physical symptoms such as pain, nausea, and shortness of breath, as well as ease depression.

Hospice of Evangelical includes a Medical Director, nurses, aides,

social worker, therapist, dietitian, pharmacist, and chaplain—covering the full spectrum of needs a family may have.

“We come to the patient and help with medications, personal care, and ordering and setting up medical equipment,” says Kay Holdren, Director. “Allowing us to take care of those things reduces the stress on caregivers, creating a better way to spend the time they have left with their loved ones.”

Medicare requirements must be met to begin a hospice program. “If a physician says that in the normal course of the disease, the person has six months or less to live, then the person can enroll,” Holdren says. Care can be provided in the person’s home, in a care facility, or in the Hospital.

Unfortunately, many families wait until the last weeks or days to request hospice care, which limits the benefits it can provide. One thing patients and families should think about is arranging for hospice care earlier rather than later, Holdren says.

“Enrolling as soon as those requirements are met means our team can build stronger, more meaningful relationships with the patient and their family. We can learn what works best for them according to their situation and be in tune with their own interpersonal dynamics, allowing us to cater the care to what they need the most.”

The care doesn’t end when the patient’s time with Hospice is over. “We are here to support the family after their loved one is gone,” Holdren says. “That support includes check-ins and listening, working with people through grief, and offering group and individual help when it is called for. That can extend months beyond a loved one’s death.”

**Hospice of Evangelical is a team of healthcare professionals who are specially trained to help individuals in the last stages of life.**



The team of experts at Hospice of Evangelical.



### LIGHTS OF LOVE

In July, Hospice of Evangelical celebrated 30 years of bringing hospice care to patients. Starting in November, the Annual Lights of Love appeal will support the program through donations made to light a tree at Christmas in honor or memory of loved ones. For more information, contact Hospice at **570-522-2550**.



# WHY I GIVE

Become part of the Enhancing the Evangelical Campaign, which supports the PRIME project and other community care programs



**WALTER AND SHIRLEY BOYER—  
DONORS AND VOLUNTEERS**

“Through our firsthand experience at the Hospital, we’ve seen the dedicated doctors, nurses, and staff working to ensure the highest caliber of care. Giving is just one way we can ensure that future generations have that care available to them at Evangelical.”



**THE MCNALLYS—  
IT’S A FAMILY AFFAIR**

“I give because I believe in the mission of this Hospital,” says Ryan McNally, Wellness Educator at Evangelical Community Health and Wellness. And he knows the mission well, considering mom, Krista McNally, Unit Assistant at The Family Place, is approaching three decades of employment at the Hospital.

For her, it’s really personal: “I was born here, my babies were born here, and many of my family members were cared for here. My sister received exceptional and compassionate end-of-life care here, so the question really is: Why wouldn’t I give?”



**TODD AND JULIE STEFAN—  
REASONS RUN DEEP**

“Our goal is to see Evangelical reach its goals on strategic, clinical, quality, and financial levels—thereby strengthening the Hospital’s future within our community,” says Todd M. Stefan, MD, a vascular surgeon. “Most importantly, this expansion project will enable Evangelical to provide an optimal healing environment for patients.”

Julie says for her it’s about connection: “I was raised here and have a long-standing family connection with the Hospital,” Julie recalls. “My grandfather was on the original staff, and my father was also on staff at the Hospital. My grandmother and my mother were both volunteers and presidents of the auxiliary. Then I started working as a candy striper in high school and later as a nurse’s aide while in college for nursing.”  
“We’ve realized we have the opportunity to actually change someone’s life.”



**JOIN US IN GIVING**

For more information and to give, call **570-522-2685** or visit [evanhospital.com/support](http://evanhospital.com/support).

## EVENTS

### Coping with the Holidays

**Saturday, November 2, 10–11:30 am**  
Hospice of Evangelical, 235 Hospital Drive, Lewisburg  
FREE

### Talk with the Doc on Diabetes

**Tuesday, November 5, 5:30 pm light refreshments; talk at 6 pm**  
Evangelical Community Hospital Apple Conference Rooms at the rear of the O'Keefe Dining Room  
FREE  
Presented by Michael Adler, MD, FACE, Endocrinologist; Renee Hughes, Diabetic Educator; and Christina O'Rourke, Registered Dietitian-Nutritionist.

### Lights of Love

**Tuesday, December 3, 4–5 pm reception; tree lighting at 5 pm**  
Hospice of Evangelical  
235 Hospital Drive, Lewisburg  
Donations support the work of Hospice of Evangelical. The public is invited to attend.



2019 Lights of Love Honorary Chairpersons are Steve and Sharon Niles, Mifflinburg, who cared for Steve's mother, Betty, for six months using the services provided by Hospice of Evangelical.

## SCREENINGS

### Bone Density Screen

**Thursday, December 12, 1–3 pm**  
Evangelical Community Health and Wellness  
FREE

### Comprehensive Blood Screens

*Screenings below are \$50*

**Thursday, October 17, 7–10 am**  
Evangelical Community Health and Wellness

**Friday, November 8, 7–10 am**  
Mobile Health of Evangelical  
Burkholder's Farm Market  
Washingtonville

**Wednesday, November 13, 7–10 am**  
Valley View Rehabilitation and Nursing Center, Montoursville

**Friday, December 6, 7–10 am**  
Mobile Health of Evangelical  
Middlecreek Area Community Center  
Beaver Springs

**Tuesday, December 10, 7–10 am**  
Evangelical Community Health and Wellness

### Blood Pressure Screenings

*Screenings below are FREE*

**Wednesdays, noon–4 pm**  
**Fridays, 9 am–noon**  
Evangelical Community Health and Wellness

**Tuesday, October 22, 10 am–noon**  
Milton YMCA

**Wednesday, October 23, 9–11 am**  
Mifflinburg YMCA

**Tuesday, November 5, 10 am–noon**  
Sunbury YMCA

**Tuesday, November 26, 10 am–noon**  
Milton YMCA

**Wednesday, November 27, 9–11 am**  
Mifflinburg YMCA

## CLASSES

### AARP Smart Driver—8-Hour Full Course

**Thursday and Friday, October 24 and 25, 12:30–4:30 pm**  
Evangelical Community Health and Wellness  
\$15 for AARP members, \$20 for nonmembers  
This is an eight-hour driver safety course; four-hour sessions each day.

### AARP Smart Driver—4-Hour Refresher Course

**Thursday, November 14, 12:30–4:30 pm**  
Evangelical Community Health and Wellness  
\$15 for AARP members, \$20 for nonmembers

### Diabetes Education—What Is A1C?

**Wednesday, November 13, 3–4 pm**  
West Branch Medical Center  
FREE

### Safe Sitter® Babysitting Course

**Monday, December 30, 8:30 am–3 pm**  
Evangelical Community Health and Wellness  
\$50  
Safe Sitter® is geared toward 11-to-14-year-olds who are interested in babysitting. The class teaches lifesaving skills that prepare sitters to be home alone or to watch younger children.

## SENIOR STRONG HEALTH LECTURES

### Fall Prevention

**Tuesday, October 22, 2:30 pm**  
Evangelical Community Health and  
Wellness  
FREE  
Presented by Janine Fee, MS, MPT,  
Physical Therapist

### Understanding Pre-diabetes

**Thursday, November 7, 1 pm**  
Evangelical Community Health and  
Wellness  
FREE  
Presented by Kimberly Criswell,  
Registered Dietitian-Nutritionist

### Elder Law— Essential Documents

**Tuesday, December 3, 10 am**  
Evangelical Community Health and  
Wellness  
FREE  
Presented by Richard Scheib, JD,  
of Scheib Law Offices

## CHILDBIRTH EDUCATION CLASSES

### Consider Cloth

**Wednesday, November 13, 6–8 pm**  
Evangelical Community Health  
and Wellness  
FREE

### Prenatal Breastfeeding

**Wednesday, November 6, 6–8 pm**  
Evangelical Community Health  
and Wellness  
\$20

### Wednesday, December 11, 6–8 pm

Evangelical Community Health  
and Wellness  
\$20

### Newborn Care

**Mondays, November 11 and 18,  
6:30–8:30 pm**  
Evangelical Community Health  
and Wellness  
\$30

### Saturday, November 30,

**8:30 am–12:30 pm**  
Evangelical Community Health  
and Wellness  
\$30

### Prepared Childbirth

**Saturday, November 16, 9 am–4 pm**  
Evangelical Community Health  
and Wellness  
\$50

### Saturday, December 14, 9 am–4 pm

Evangelical Community Health  
and Wellness  
\$50

### Hello Baby

**Monday, October 21, 6:15–7:45 pm**  
Evangelical Community Hospital  
Apple Conference Rooms  
\$10 per family

### Monday, December 2, 6:15–7:45 pm

Evangelical Community Hospital  
Apple Conference Rooms  
\$10 per family  
Children ages 2–10 who are  
anticipating the birth of a sibling can  
learn about diapering, swaddling, and  
how to properly hold a baby. Children  
are encouraged to bring their favorite  
stuffed animal or doll.



istock.com: heidgelhog94



### JOIN US

For all health screenings,  
seminars, and classes,  
call Evangelical

Community Health and Wellness at  
**570-768-3200** to register, or register  
online at [evanhospital.com/events](http://evanhospital.com/events).

## NOW WELCOMING NEW PATIENTS!



## Kaitlyn Tyrie, MD Obstetrician and Gynecologist

OB/GYN of Evangelical specializes in women's  
healthcare including childbirth and the diseases  
and treatment of the female reproductive system.

Dr. Tyrie received her Doctor of Medicine degree  
from Pennsylvania State University College  
of Medicine, and completed her residency at  
Carolinas Medical Center, Charlotte, N.C. She is  
a member of the American Medical Association  
and the American College of Obstetrics and  
Gynecology.

**OB/GYN**  
OF EVANGELICAL™

To schedule an appointment,  
call 570-523-8700.



# COMING SOON...

## the YMCA at the Miller Center, powered by Evangelical and Geisinger



Evangelical and Geisinger will form their first joint venture at the Miller Center. The center will be transferred to the joint venture and the YMCA will be contracted to run the day-to-day operations. The joint venture will acquire an additional six acres around the facility to expand parking, make room for two new pools—one for competition and one for general aquatics—and create an enhanced full day child care center that will also include afterschool care and more.



**Follow us on social media.**

