

# everyday

CELEBRATING THE NEW

# CENTER FOR ORTHOPAEDICS

Evangelical's patients praise its orthopaedic services as new facility opens to the public



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## Welcome to the New Home for Orthopaedics

A strong orthopaedic program at Evangelical is nothing new. Starting years ago as a partnership with SUN Orthopaedics, the program has grown annually as more and more individuals find themselves dealing with orthopaedic conditions ranging from sports medicine injuries to arthritis to total joint replacements and complicated spine issues.

What is new is the way we are looking at the service of orthopaedics. It would be easy to let a good thing be, but at Evangelical we don't settle for just average—we reach for excellence!

It was with that vision that we took on the construction of a new practice location for the main SUN Orthopaedics office in Lewisburg. What could be more convenient for our patients than to have a Center for Orthopaedics right on the campus of the Hospital? Patients will now be in close proximity to where they may need to have labs completed, additional imaging, or even surgery.

And with the move comes the opportunity to not only increase practice space, privacy, and functionality, but also to look at what we do well and improve it through more modern equipment and catering to patient needs.

We're excited about the new Center for Orthopaedics that will officially open for patient care on Monday, June 25, 2018. But before that, we'd love for you, the community, the people for whom the Center was built, to join us on Thursday, June 14, 2018, for our open house from 3–7 pm.

We're providing tours, opportunities to speak to the professionals who will be using the space to provide care, a raffle, giveaways, and more. We do hope you'll join us for a few hours of celebration as we put down our welcome mat and invite you inside our new home for orthopaedics.

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

Kendra Aucker  
President and CEO

## Introducing Endocrinology of Evangelical

Evangelical Community Hospital recently added Endocrinology of Evangelical to its host of services. Under the lead of endocrinologist Michael Adler, MD, FACE, the new practice is temporarily located in the Surgical Specialists of Evangelical building at 25 Lystra Rogers Drive, Lewisburg.

Dr. Adler specializes in treating disorders of the thyroid, pituitary, adrenal, and parathyroid glands, as well as diabetes and osteoporosis. Dr. Adler works with patients toward the overall goal of treating the entire patient and restoring normal balance to health.

Dr. Adler is board certified in internal medicine and endocrinology, diabetes, and metabolism by the American Board of Internal Medicine. He is also a fellow of the American Association of Clinical Endocrinologists.

A professional headshot of Michael Adler, a man with short brown hair, wearing a white lab coat over a blue shirt and a patterned tie. He is smiling.

Michael Adler,  
MD, FACE



# On the Move!

Mobile Health of Evangelical is taking healthcare on the road! The specially equipped bus travels to locations in the most rural areas of Centre, Clinton, Juniata, Lycoming, Montour, Northumberland, Snyder, and Union counties. Community Health staff and healthcare professionals deliver primary care, women's health, cardiac care, and routine and comprehensive screenings at the stops based on what is scheduled for the day.



## WHERE'S THE BUS?

To learn more about where the bus will be stopping, visit [evanhospital.com/MobileHealth](http://evanhospital.com/MobileHealth) or call **833-251-0187**.

## YOU MAKE EVANGELICAL THE HOSPITAL IT IS

The Hospital has been built on a foundation of giving by individuals who believe in its mission for accessible and affordable healthcare. Year after year, individuals and businesses continue to reach out and generously become part of the future of Evangelical.

With the new Center for Orthopaedics in place at 210 JPM Road, it's easy to see how support of the Hospital continues to allow the addition of new and improved services. In recent years, patients have seen expansion of the cardiovascular program, the opening of the West Branch Medical Center, and the addition of Urgent Care and Mobile Health as services that speak directly to their health needs.

There is much on the horizon for Evangelical. You can be part of the progress by giving your gifts in any size. Every donation helps Evangelical with greater healthcare outreach, delivering care to the people who need it most, through its programs, services, modernization, and growth.



## LEARN MORE

For more information about Dr. Adler and Endocrinology of Evangelical, call **570-768-4646**.



## SUPPORT AFFORDABLE HEALTHCARE

If you're interested in learning how you can have an impact on having Evangelical continue as the community's hospital, please visit [evanhospital.com/support](http://evanhospital.com/support) or call **570-522-2685**.



FEATURE |  
new facility, expanded services

# Built around **THE PATIENT**

## EVANGELICAL CELEBRATES A NEW CENTER FOR ORTHOPAEDICS

### COMMUNITY OPEN HOUSE—COME SEE INSIDE!

The community is invited to an open house at the new Center for Orthopaedics, **located on the Hospital campus at 210 JPM Road.**

**On Thursday, June 14, 2018, from 3–7 pm,** guests will be treated to tours of the new space that was specially designed for orthopaedic care, and staff will be on hand to highlight features that promise an excellent patient experience. Light refreshments and giveaways will be part of the celebration!

Please join Evangelical as we proudly introduce the new home of SUN Orthopaedics of Evangelical.



Just as joints, muscles, and bones move, stretch, and grow, so has SUN Orthopaedics of Evangelical, the practice focused on helping patients with their own orthopaedic needs, including sports injuries, fractures, joint replacements, back conditions, and more.

In August 2017, understanding the growth potential of SUN Orthopaedics and the impact expanding and enhancing its space would have for patients, Evangelical Community Hospital began construction on the new Center for Orthopaedics.

The Center more than doubles the size of the practice in its 18,960-square-foot space, and is conveniently located at 210 JPM Road, on the campus of the Hospital. With ample parking and handicap accessibility, every aspect of the new Center has the patient in mind.

“Over the years, we’ve watched the need for orthopaedic services for people of all ages grow,” said Kendra Aucker, President and CEO of Evangelical Community Hospital. “To be able to look at an already strong practice that has been built on a foundation of quality and have the opportunity to expand and re-envision our patient experience for that type of care is exciting to say the least.”

The new Center features a patient drop-off point for individuals who may be experiencing mobility issues,

and welcomes patients with a modern entrance that takes them to the two floors dedicated to orthopaedic patients and staff.

A large patient arrival space has been designed for personalized check-in, catering to privacy when discussing the reason for being at the practice. The roomy waiting area and furnishings create a comfortable area to wait until being seen.

At the heart of the practice are 28 exam rooms, two X-ray rooms with their own waiting area, and special casting rooms. Patients can enjoy clear and open communication with their physicians thanks to integrated, state-of-the-art technology that takes patient X-ray images directly to monitors in the exam rooms. These visual references aid in explaining conditions and treatment plans.

“Our patients come first and there is no better way to affirm that than by catering to more personalized and efficient care in a new facility designed specifically for the purpose of orthopaedics,” said Matthew Reish, MD, one of the eight SUN Orthopaedic surgeons specializing in every orthopaedic condition from common sports medicine issues to more complex orthopaedic conditions.

“Instead of adapting our care to the limits of an existing facility, we’ve turned it on its head and designed a facility around a strong care model that works for both patients and providers,” said Dr. Reish. “We are excited by what we can offer our patients in the new Center.”

## OTHER LOCATIONS NEAR YOU

In addition to the Center for Orthopaedics at 210 JPM Road, SUN Orthopaedics of Evangelical has other convenient locations throughout the Susquehanna Valley.

### Elysburg

289 S. Market Street

### Lewisburg

Miller Center for Recreation and Wellness  
112 North 15th Street

### Selinsgrove

21 Susquehanna Valley Mall Road

### Williamsport

435 River Avenue



### PATIENT-CENTERED CARE

For more information on SUN Orthopaedics of Evangelical, visit [evanhospital.com](http://evanhospital.com) or call **570-524-4446**.



# BACK IN MIRANDA MARKS ENJOYS PAIN-FREE DAYS AFTER A DISC REPLACEMENT ACTION



Miranda Marks,  
Selinsgrove.

In 2015, Miranda Marks, then 24, stumbled in a way that resulted in a herniated disc in her spine, sometimes called a slipped or ruptured disc. That led to Marks' first meeting with Matthew Eager, MD, SUN Orthopaedics of Evangelical. Dr. Eager recommended a discectomy, a surgical procedure to remove the damaged portion of a herniated disc, which prevents the disc from irritating or compressing nearby nerves and causing pain, numbness, or weakness.

**"I couldn't have asked for a better surgeon and recovery."**

"The surgery went well, and it would have been fine for a more sedentary person," Marks explains. "But about a year after my surgery, my job changed. I needed to do far more heavy lifting, which wasn't something Dr. Eager or I expected, so by 2017 the herniated disc came back. Only this time it came with unbearable pain. I couldn't stand up, get to work, or even walk my dogs. I was pretty depressed by the time I saw Dr. Eager again."

An MRI of Marks' back showed that the disc originally operated on had slipped once again. Studies have reported that

repeat surgeries for disc herniation occur in about 10–25 percent of cases. The disc no longer provided the necessary cushion between two vertebrae, and making matters worse, the disc was pushing against a nerve. "I could have done another discectomy, but since Miranda's lifestyle wasn't going to change, I felt that would only be another temporary fix," Dr. Eager says.

Dr. Eager recommended a lumbar total disc replacement, which meant he would replace the damaged disc in Marks' lower spine with an artificial disc. The goal is to restore optimal internal structural support and allow the patient to function normally.

A lumbar disc replacement is considered major surgery, so Marks took a few days to review her options. Eventually, she went with Dr. Eager's recommendation—and immediately after surgery, knew she'd made the right choice. "To my surprise, all of my nerve pain was gone. Completely gone! Dr. Eager changed my life."

For the next month, Marks went through physical therapy, slowly regained full mobility, and is now back on full duty at work. "I didn't think I would ever feel this good again," Marks says. "I couldn't have asked for a better surgeon and recovery."



# HIGH ENERGY

John McKenna,  
Montoursville.



## A BILATERAL HIP REPLACEMENT GOT JOHN MCKENNA UP AND RUNNING

John McKenna has always led an action-packed lifestyle. He played soccer in college, served his country for four years with the United States Marine Corps, and after leaving the military, went on to serve the Williamsport community as a police officer. Today he's on to a new career in construction. Through every position, he was also competing in 5k races, lifting weights, jumping out of planes, and mountain biking—to name but a few of this Montoursville resident's many activities.

By 2016, decades of high-octane action left McKenna with severe hip pain, which led him to Brian Batman, MD, SUN Orthopaedics of Evangelical. “When I

**“After about two weeks, I even started jogging.”**

met Dr. Batman, I could barely even walk up steps. My entire lifestyle went from being engaged to staying away from everything,” says McKenna.

Dr. Batman quickly concluded that both his patient's hips had sustained serious damage. “Both of John's hip joints had osteoarthritis,

or wear-and-tear arthritis, which damages the cartilage that covers the ends of bones and helps joints move smoothly,” Dr. Batman explains. “We normally do one hip replacement at a time, but because John is young and healthy, I performed a bilateral hip replacement, or both at once. It was a good decision for John because he wanted to get back to his active lifestyle as soon as possible.”

Total hip replacement involves a surgical procedure where the ball and socket of the hip joint are removed and replaced with artificial materials. A metal ball with a stem, called a prosthesis, is inserted into the thighbone and an artificial socket is placed in the cup-shaped part of the pelvis.

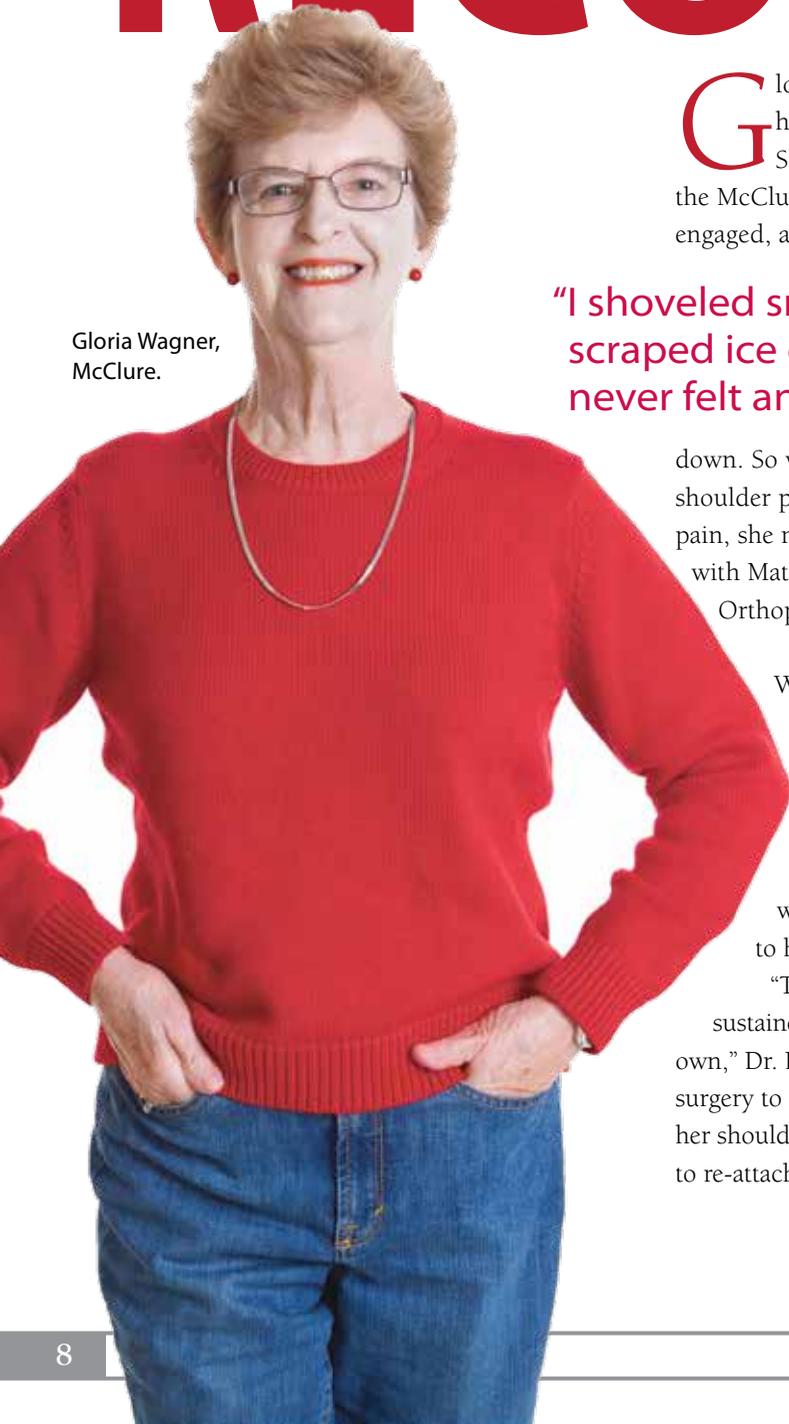
As for recovery, McKenna describes it as “unbelievable.” Two days post-discharge, he was off pain medication and had replaced his walker with a cane. He also started physical therapy almost immediately, going four times a week for about a month. “After about two weeks, I even started jogging a little bit,” McKenna recalls. “I can't say enough about Dr. Batman, his entire staff, and everyone at Evangelical Community Hospital.”



FAST

BEING WELL-INFORMED HELPED GLORIA WAGNER CHOOSE THE BEST SOLUTION FOR HER ROTATOR CUFF TEAR

# RECOVERY



Gloria Wagner, McClure.

**G**loria Wagner, 77 years young, has a packed calendar. She's an active member in the McClure community, socially engaged, and has no plans to slow

**"I shoveled snow last winter, scraped ice off the car, and never felt any pain."**

down. So when an ache in her left shoulder progressed to a debilitating pain, she made an appointment with Matthew W. Reish, MD, SUN Orthopaedics of Evangelical.

An MRI showed a tear in Wagner's left rotator cuff, which is the group of muscles and tendons that surround the shoulder joint. Dr. Reish was confident that surgery would help Wagner return to her active lifestyle.

"The type of injury Gloria sustained does not heal on its own," Dr. Reish explains. "She required surgery to regain optimal function in her shoulder, and that meant I needed to re-attach her torn tendon back onto

the head of the humerus, or upper arm bone."

After listening to Dr. Reish's recommendation, Wagner immediately scheduled surgery for May 2017. "It was wonderful how Dr. Reish explained every step of the procedure and what my recovery would be like," Wagner recalls. "Being so well-informed helped me feel very comfortable with everything Dr. Reish recommended."

Post-surgery was an equally positive experience. "During my first checkup with Dr. Reish, he showed me photographs of my surgery. How amazing!" Wagner says. "We also discussed physical therapy and how I could improve my recovery."

On Dr. Reish's recommendation, Wagner went easy on her left arm for one year post-surgery, since that's generally how long it takes for a repaired rotator cuff to fully heal. However, Wagner adds, she regained almost full mobility within three months of surgery. "I shoveled snow last winter, scraped ice off the car, and never felt any pain. I'm very impressed with the way Dr. Reish and his staff handled everything," Wagner says.

# PARTNERS FOR SUCCESS

PHYSICAL THERAPY AND ORTHOPAEDIC EXPERTS TEAM UP

When it comes to orthopaedic conditions, rehabilitation is key to working for a win. Collaborating directly with orthopaedic experts, Physical Therapy of Evangelical, with its 21 physical therapists and 13 physical therapy assistants, is available to patients at 11 locations throughout the area, helping them get back to the game of living.

“Our role is to provide education and assist with recovery,” said Tom Orren, PT, Outpatient Clinical Coordinator. “We work on physical mobility, but we also teach patients what they need to know to have the best outcome.”

Physical therapy can also be for strengthening or treating a condition before a procedure is required.

More often than not, the relationship between patient and physical therapist is one of depth that can last weeks, months, or even a year, depending on the condition.

For Aaron Barner, PT, DPT, OCS, Outpatient Clinical Coordinator, regardless of the length of treatment, the relationship is established by understanding the whole patient. “We take into consideration not only the condition and pain they are trying to relieve, but also what they want to achieve in their recovery, and what obstacles they may need to overcome to reach their goals,” said Barner.

Orren and Barner have helped with sports injuries, joint replacements, carpal tunnel, rotator cuff repair, spinal conditions, and recovery from a variety of orthopaedic procedures, both extensive and non-invasive.

“No two patients are the same,” said Orren. “In fact, I’ve seen patients who have both knees replaced at the same time and one joint recovers more quickly than the other.”

It’s because of these variables that each patient at Physical Therapy of Evangelical receives an individualized, comprehensive approach to their care. A treatment plan is created, taking into consideration the condition and/or procedure, how pain presents, goals, and the number of visits allowed by insurance.

“We are their coach during healing, using our expertise of knowing body mechanics. Some people have to be encouraged to work harder, and some we have to ask to slow down and not overdo it,” said Barner.

That means teaching proper technique, form, intensity, and frequency of exercises that are prescribed in an environment that is positive, full of encouragement, and heavy with motivation for best results.



## GET BACK IN THE GAME

For more information and available Physical Therapy locations, visit [evanhospital.com](http://evanhospital.com) or call 877-541-1417.

Aaron Barner, PT, DPT, OCS, (left) and Tom Orren, PT, team up with orthopaedic experts, other physical therapists, and PT assistants to create and implement individualized treatment plans for patients requiring physical therapy. Motivating patients is key to producing optimal outcomes.



## EVENTS

### Women's Health and Fitness Day

**DATE** Wednesday, September 26

**TIME** 10 am–3 pm

**LOCATION** Silver Moon Banquet Hall

**KEYNOTE SPEAKER** Julia Redkay, DO, FACOG, OB/GYN of Evangelical

**FEE** FREE

## SCREENINGS

### Comprehensive Blood Screens

**DATE** Thursday, June 21

**TIME** 7–10 am

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$40

**DATE** Wednesday, July 18

**TIME** 7–10 am

**LOCATION** Family Medicine of Evangelical, 412 W. Market, Middleburg

**FEE** \$40

**DATE** Thursday, July 26

**TIME** 7–10 am

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$40

**DATE** Tuesday, August 21

**TIME** 7–10 am

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$40

► This screening includes a lipid panel for HDL, LDL, total cholesterol, and triglycerides; a complete blood count; and CMP to assess blood sugar, electrolytes, calcium, protein, liver enzymes, and more.

## Blood Pressure Screenings

**LOCATION** Evangelical Community Health and Wellness

**DATES & TIMES** Wednesdays, noon–4 pm; Fridays, 9 am–noon

## CLASSES

### Safe Sitter® Babysitting Course

**DATE** Wednesday, June 27

**TIME** 8:30 am–3:30 pm

**LOCATION** The Miller Center for Recreation and Wellness, Lewisburg

**FEE** \$50

**DATE** Friday, July 13

**TIME** 8:30 am–3:30 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$50

**DATE** Friday, August 3

**TIME** 8:30 am–3:30 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$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.

## Staying Strong

**DATES** July 23–August 29

**TIME** 10:15–11:15 am

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$60 for the six-week session

► This six-week program is for women of all ages who are seeking a safe, fun, and challenging strength-training program. Sessions focus on improving bone density, muscle growth, flexibility, and balance, and include the use of light weights and body resistance techniques to help shape and tone.

## Six Weeks to Wellness

**DATES** Thursdays, August 23–September 27

**TIME** 6–7 pm

**LOCATION** Evangelical Community Hospital, Apple C Conference Room

**FEE** \$60 for the six-week session

► A certified health coach will lead you through a six-week course that keys in on the dimensions of health and wellness from goal setting to success. Each week will focus on a specific topic: goal setting and behavior change, social support, physical activity, nutrition, stress management, and overall well-being.

## Every Baby Needs a Laptop

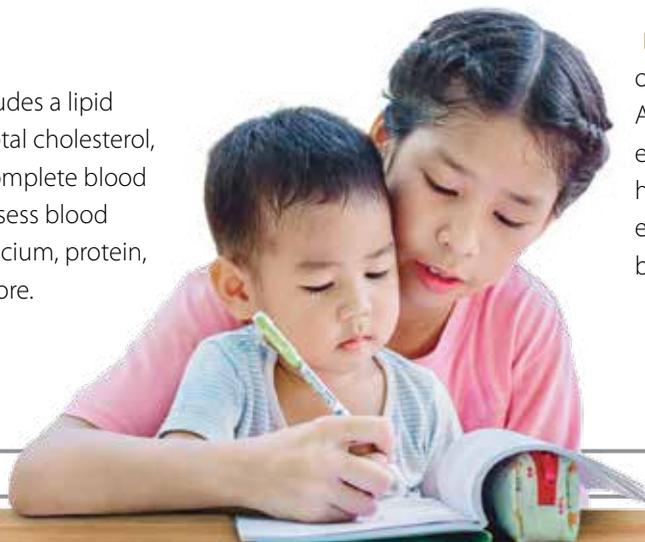
**DATE** Wednesday, June 20

**TIME** 6–7:30 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** FREE

► Join Lynn Fiedler, MEd, lifelong educator and co-author of the manuscript "Gifted 101: Unlocking the Mystery of Academically Gifted Education," as you and other parents explore how talking, singing, and reading to your baby helps them to grow, learn, and thrive. Classes are open to expectant parents, family members, and caregivers. A free book and other resource materials will be provided.



## Newborn Care

**DATES** Mondays, July 9 and July 16

**TIME** 7–9 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$30

**DATES** Mondays, August 6 and August 13

**TIME** 7–9 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$30

## Prenatal Breastfeeding

**DATE** Wednesday, July 11

**TIME** 6:30–8:30 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$20

**DATE** Wednesday, August 8

**TIME** 6:30–8:30 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$20

## Prepared Childbirth

**DATE** Saturday, June 30

**TIME** 9 am–4 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$50

**DATE** Saturday, August 4

**TIME** 9 am–4 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$50

**DATES** Thursdays, August 23–September 13

**TIME** 6–8 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$50



## Hello Baby

**DATE** Monday, July 9

**TIME** 6:30–7:45 pm

**LOCATION** Evangelical Community Hospital, Apple Conference Rooms A and B

**FEE** \$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.

## AARP Smart Drive— Eight-Hour First-Time Class

**DATES** Wednesday, July 18, and Thursday, July 19

**TIME** 5–9 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$15 for AARP members, \$20 for non-members

## AARP Smart Drive— Four-Hour Refresher Class

**DATE** Tuesday, June 26

**TIME** 5–9 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$15 for AARP members, \$20 for non-members

**DATE** Wednesday, August 15

**TIME** 5–9 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$15 for AARP members, \$20 for non-members

## SENIOR STRONG HEALTH LECTURES Exercise for Older Adults

**DATE** Friday, June 29

**TIME** 10 am

**LOCATION** Evangelical Community Health and Wellness

**LEADER** Ryan McNally, Wellness Educator

**FEE** FREE

## Brown Bag Medicine Reviews

**DATE** Wednesday, July 25

**TIME** 1–4 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** FREE (appointment preferred)

## Elder Law—Essential Documents

**DATE** Friday, August 10

**TIME** 10–11 am

**LOCATION** Evangelical Community Health and Wellness

**FEE** FREE

## Alzheimer Senior Helpers

**DATE** Tuesday, September 18

**TIME** 10–11:30 am

**LOCATION** Evangelical Community Health and Wellness

**FEE** FREE

## CPR AND FIRST AID CLASSES Heartsaver CPR Adult, Child, and Infant

**DATE** Wednesday, July 25

**TIME** 6 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$50

## Heartsaver CPR and First Aid Adult, Child, and Infant

**DATE** Thursday, August 16

**TIME** 8:30 am

**LOCATION** Evangelical Community Health and Wellness

**FEE** \$55



## JOIN US

For all health screenings, seminars, and classes, call Evangelical Community Health and Wellness to register at **570-768-3200**, or register online at **[evanhospital.com/events](http://evanhospital.com/events)**.

# WHAT'S NEXT for Evangelical Community Hospital?

EVANGELICAL COMMUNITY HOSPITAL

# PRIME

## Patient Room Improvement Modernization and Enhancement



### Starting Construction Summer 2018:

- The nearly 112,000-square-foot, 4-story new addition and 20,000 square feet of renovated existing space will make it possible for every patient to have their own room and a private bathroom.
- PRIME is expected to cost around \$72 million and take around 2 ½ years to complete.
- While the expansion will not change the Hospital's bed count, it will positively impact Evangelical's care delivery and improve the patient experience.



Patient Room



Unit Entry



Main Lobby