

everyday



**MAJOR
IMPROVEMENTS
UNDERWAY—**

Modernization program
enhances patient
experiences

p4

A CLOSE CALL

Responding to an
emergency with
gold-standard
surgical care

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Preparing for the future of healthcare

In October, we unveiled a new and unique way of delivering healthcare to our community. It's an approach that will serve to strengthen the extraordinary level of care already afforded to this region while preserving our ability to guide our own destiny.

In a time when hospital consolidations and acquisitions are the trend, Evangelical will remain an independent, community hospital. We will do so by focusing on what we do best and by strengthening our existing partnerships with Geisinger Health and Geisinger Health Plan.

Through this unique arrangement, Geisinger will make a capital investment in us and we will work with Geisinger to make healthcare delivery in our region more efficient, cost-effective, and simply better for the patients we serve.

Together, the two organizations will invest \$265 million over the next five years to enhance the health of our shared communities. In addition, Evangelical will share in Geisinger's IT innovations and enjoy an improved status with Geisinger Health Plan. In the future, we will explore joint ventures and other ways of meeting the emerging health needs of the communities we both serve.

I truly believe that remaining independent and strengthening our relationship with Geisinger are the best ways to serve our community and our patients. Doing what is best for our community and our patients always has and always will drive our decisions.

I look forward to the future of healthcare in the Central Susquehanna Valley.

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

Kendra Aucker, President and CEO

Family Medicine—Building Relationships

Family Medicine of Evangelical recently announced new options for patients seeking medical care for people of all ages.

The Hospital acquired Brookpark Family Practice, PC, located at 98 Reitz Boulevard, Lewisburg, in September. Operating now under the name of Family Medicine of Evangelical–Lewisburg at the same location, the practice and its staff join the Evangelical Community Hospital family of specialty practices. The expert staff of the new Family Medicine of Evangelical–Lewisburg includes Michael Brown, MD, and Jennifer Santo, PA-C.

In addition, Family Medicine of Evangelical–Milton welcomed Brian Michaluk, DO. He joins Ray Douglas, MD, at the practice, located at 946 Carpenter Road, and is accepting new patients. Board certified as an Osteopathic Family Medicine Physician, Dr. Michaluk comes to Evangelical from California where he served both as a primary and urgent care physician.

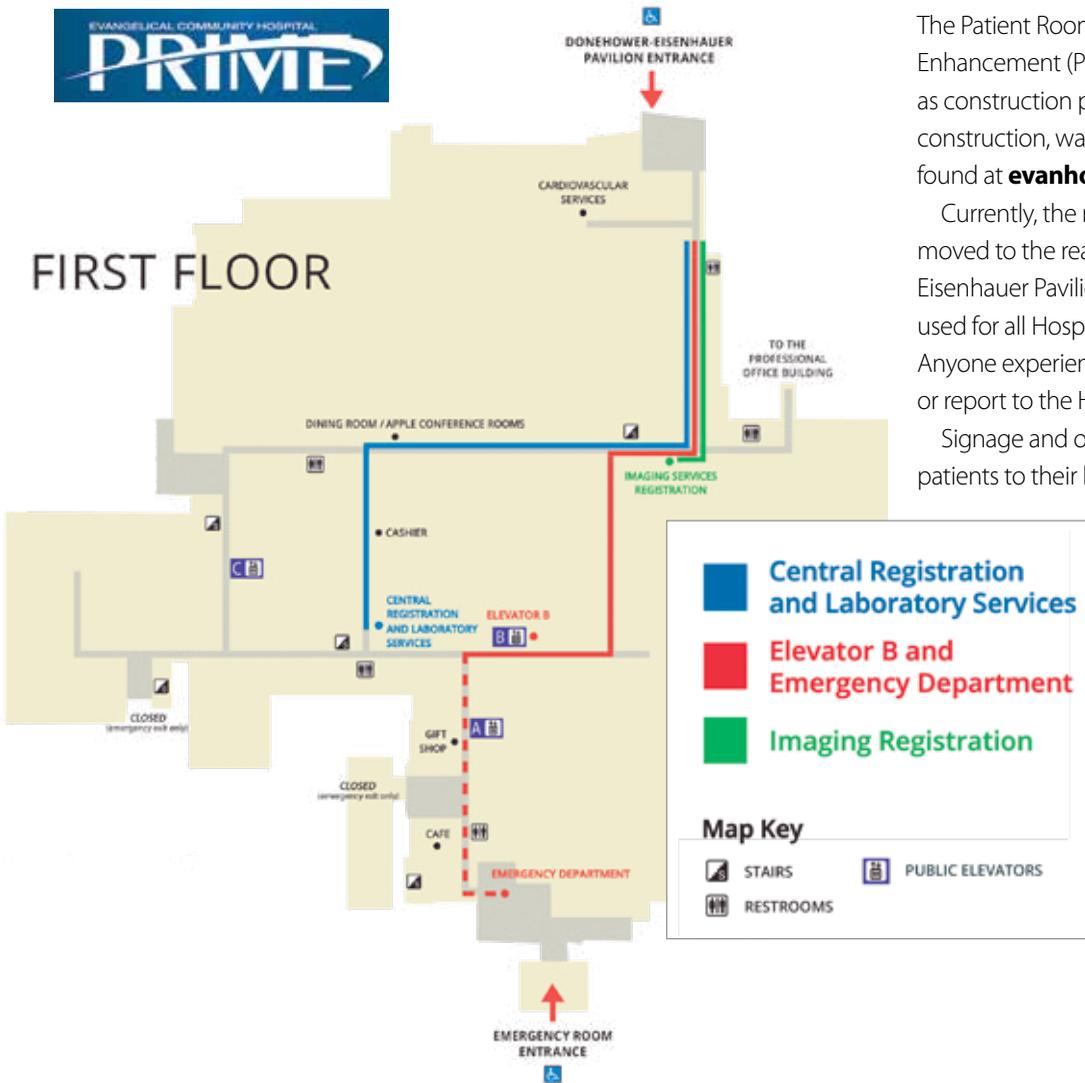
Family Medicine of Evangelical practices offer various specialties and are devoted to comprehensive healthcare for people of all ages—children to adults. Establishing a consistent family medicine physician is vital in maintaining good health through preventive medicine and treating the whole patient. Family Medicine's goal is to nurture an ongoing, patient-centered relationship that emphasizes individualized, integrated care over the entire lifespan of the patient.

COMPREHENSIVE HEALTHCARE SERVICES



For more information about Family Medicine of Evangelical and the locations available to patients, visit evanhospital.com.

Navigating during major improvements



The Patient Room Improvement, Modernization, and Enhancement (PRIME) project has officially begun, and as construction progresses, important updates on construction, wayfinding, parking, and more can be found at evanhospital.com.

Currently, the main entrance to the Hospital has been moved to the rear of the campus through the Donehower–Eisenhauer Pavilion. This primary access point should be used for all Hospital-related services EXCEPT for emergencies. Anyone experiencing a medical emergency should dial 911 or report to the Hospital Emergency Department entrance.

Signage and other directional tools are in place to guide patients to their locations, and volunteers are available to assist in wayfinding. Parking Lot F, near the Donehower–Eisenhauer entrance, is reserved specifically for patient use and convenience.

While some inconvenience associated with the construction project can be expected, when complete, patients will experience a more comfortable, homelike stay while healing.

Clear the Air(way)

Choking occurs when a piece of food or other foreign object gets stuck in the throat or windpipe, blocking the flow of air. The universal sign for choking is clutching the hands to the throat. Here are other indications of choking:

- Inability to talk
- Difficulty breathing or noisy breathing
- Coughing
- Skin, lips, and nails turning blue

If someone is choking, the American Red Cross recommends a “five-and-five” for first aid:

- Give five back blows between the shoulder blades with the heel of your hand while the choking adult is bent at the waist.
- Give five abdominal thrusts (also known as the Heimlich maneuver).
- Alternate between five blows and five thrusts until the blockage is dislodged.



LEARN MORE!



Learn CPR and First Aid at Community Health and Wellness. Visit evanhospital.com.

FEATURE

facility expansion

This year has been marked with milestones, including groundbreaking on the largest construction project in the Hospital's history. The PRIME (Patient Room Improvement, Modernization, and Enhancement) project aims to provide every patient a private room and bath during any inpatient stay. Also recently announced is the Enhancing the Evangelical Experience campaign that will help fund the building project along with other programs and services of the Hospital.

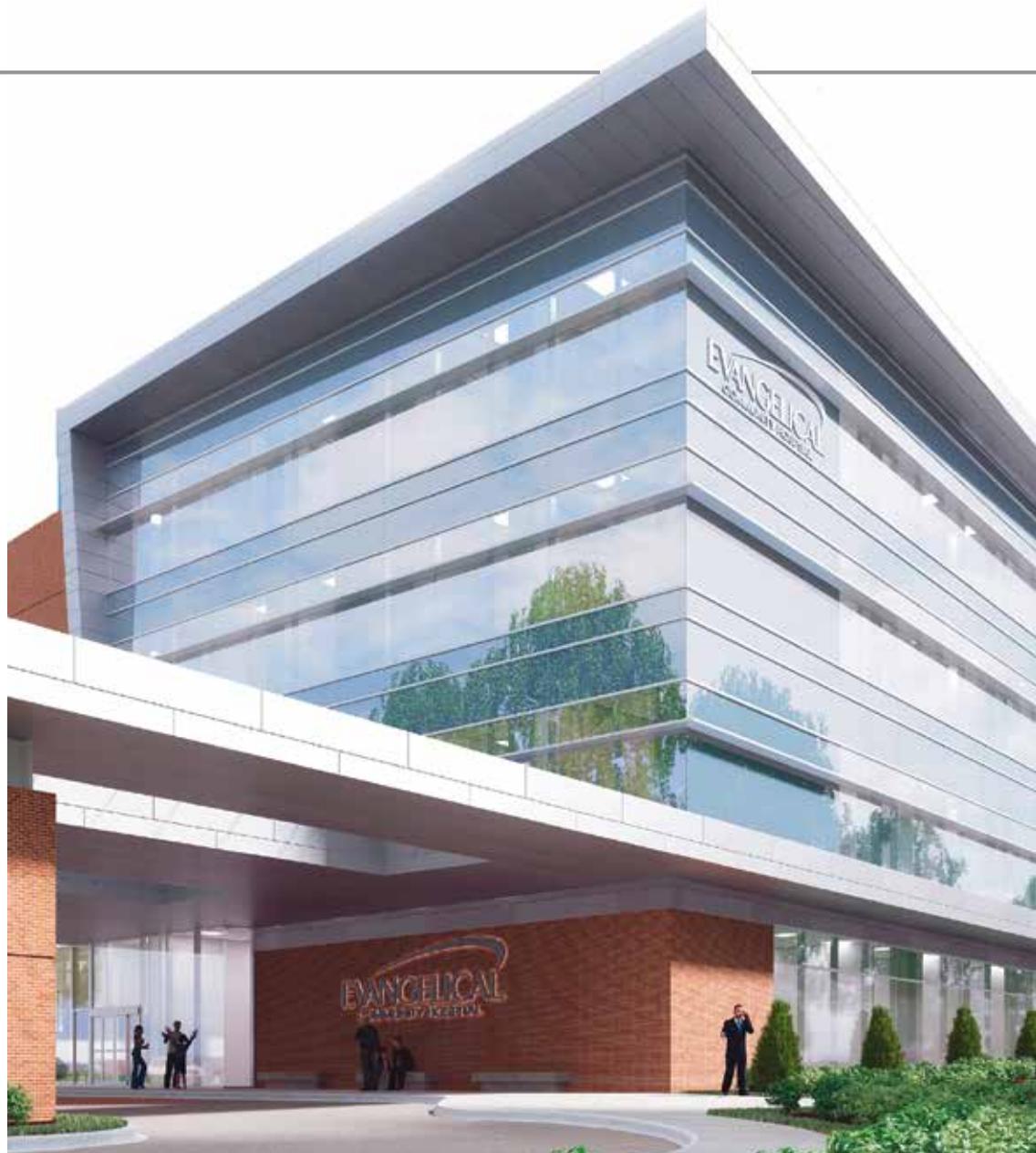
Jim and Carole App of Selinsgrove, early supporters of the PRIME project during the silent phases of the campaign, say they chose Evangelical as one of their charitable giving recipients because at Evangelical, "You are you and you're appreciated when you're a patient."

The key to their giving is simple. It comes down to ownership. It is a word Jim has applied to many aspects of his life with his wife of 59 years, a Registered Nurse. Though both are retired, they are active in their community and well aware of the role they play in shaping the lives of their children and grandchildren as well as taking ownership in how they can help to impact the community.

FEELING APPRECIATED

An original owner of LB Water, Jim still serves as Chairman of the Board. His philosophy on work is unique in today's world. The business is completely employee-owned, a factor that plays into employee commitment to the company and that runs through every value within the organization.

"I think there are two very important words in any customer service organization—'thank you.' Your customers make you who you



ENHANC

THE EVANGELICAL EXPERIENCE

A CAMPAIGN TO CARE FOR THE COMMUNITY

are and they need to know they are valued,” says Jim. “You feel appreciated and welcome at Evangelical, and people go out of their way to say hello or help you find your way.”

Says Carole, who has seen healthcare from the provider perspective during her nursing career: “At Evangelical, you’re always welcomed, the services

are accessible, and the facility is clean. These things endear you to Evangelical—the people and experiences make you feel comfortable and in good hands.”

A STRONG FOUNDATION

Evangelical is the community’s Hospital, and through its long history, it wouldn’t be the success it is today without the support of the people who reside in the towns that make up the valley. Whether through financial support or by choosing the Hospital as a place of care, all of it supports the growth of the Hospital for future generations.

“A strong foundation for any community is built on two things: a good hospital (healthcare) and a good library system (education),” says Jim. “If you have those, success is found.”

And just like LB Water’s employee-owned approach, Evangelical’s work culture promotes the idea that each individual is part of the overall success of the Hospital. That includes supporting PRIME. Nearly 30 percent of the 1,800 employees are owning their part in the future of the Hospital by giving a donation.

Everyone can join the effort. Members of the community are invited to be part of PRIME through the Enhancing the Evangelical Experience campaign. The goal is to raise \$15 million toward the new building and \$3 million to support already thriving initiatives at Evangelical. Every dollar enables the Hospital to put the healthcare needs of the community first.

When asked why the Apps chose to support Evangelical, both Jim and Carole agreed. “Why wouldn’t you?” says Jim. “The Hospital provides a unique service to the community, one that supports and sustains health. It’s something everyone needs.”



Jim and Carole App of Selinsgrove, early supporters of PRIME.



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LEARN HOW YOU CAN HELP ENHANCE COMMUNITY HEALTHCARE

H To learn more about PRIME and the Enhancing the Evangelical Experience campaign, visit evanhospital.com/campaign or call 570-522-2685.

PRIME HIGHLIGHTS

- All private patient rooms and bathrooms
- Greater comfort
- Expanded services
- Improved space for family and visitors
- Designed for optimal safety and efficiency of care
- Flexibility to accommodate future services and technologies
- Strengthened ability to recruit and retain the best possible caregivers
- Ground broken in August 2018 and completion set for 2021
- Total projected cost: \$72 million

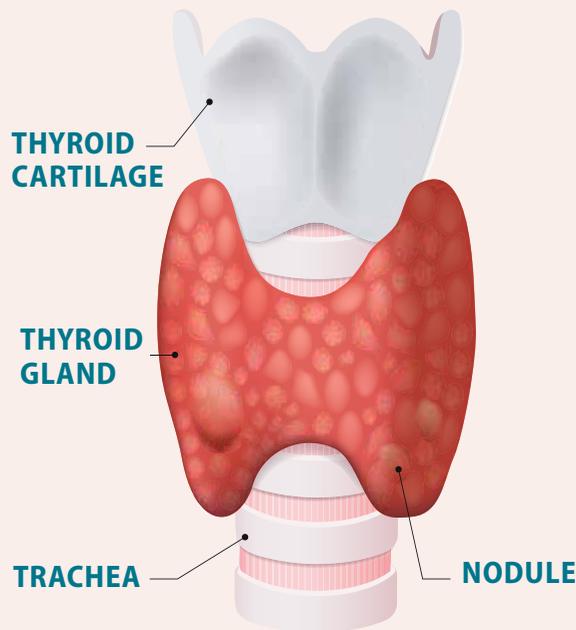
Protecting your Neck

THYROID NODULES ARE USUALLY HARMLESS, BUT THEY CAN INDICATE SERIOUS ISSUES

With the recent addition of Endocrinology of Evangelical as a service, the Hospital is now equipped to diagnose and treat disorders of the thyroid, pituitary, adrenal, and parathyroid glands. One of the more common issues Endocrinology of Evangelical handles is thyroid nodules—small lumps that grow on the thyroid gland in the neck—which may be an indicator of thyroid cancer.

“It was relatively rare for a patient to be diagnosed with thyroid nodules in the past because only a few had nodules you could find by touch,” says Michael Adler, MD, FACE, Endocrinologist. “Now people often have other imaging tests of the neck, so we’re finding more thyroid nodules.”

Women are four times more likely than men to experience thyroid nodules. In fact, Dr. Adler explains that when looking at women over the age of 40 with ultrasound, about half will have thyroid nodules. Fortunately, the vast majority of thyroid nodules—about 90 to 95 percent—are not cancerous. However, people with a history of thyroid cancer in their family are at higher risk, and screening can lead to early detection, and thus more effective treatment.



“Currently there are no recommended screening guidelines, but for people who have relatives—especially multiple relatives—who are affected, I think they should be examined,” says Dr. Adler.

Screening for thyroid nodules can be done simply through a physical examination and ultrasound. If potentially cancerous thyroid nodules are found, a biopsy is performed. Dr. Adler and his team can also do a state-of-the-art genetic test on the biopsied cells to determine if someone is at low or high risk for cancer, which can prevent unnecessary surgery.

Offering the latest technology in thyroid treatment, such as these genetic tests, is part of Endocrinology of Evangelical’s comprehensive approach to care.

“With an expert thyroid surgeon as well as highly skilled staff in the radiology, pathology, and laboratory departments, we can provide the services needed by most patients with thyroid disease,” Dr. Adler says. “Our knowledge and expertise go beyond managing thyroid nodules and extend to other conditions of the endocrine system as well.”

PAIN IN THE NECK?

If you have a family history of thyroid cancer or other thyroid diseases, here are some symptoms to look out for:

- Change in voice
- Pressure or discomfort in the neck
- Difficulty swallowing, especially solid food
- Lumps that are visible when looking in the mirror and that move when you swallow

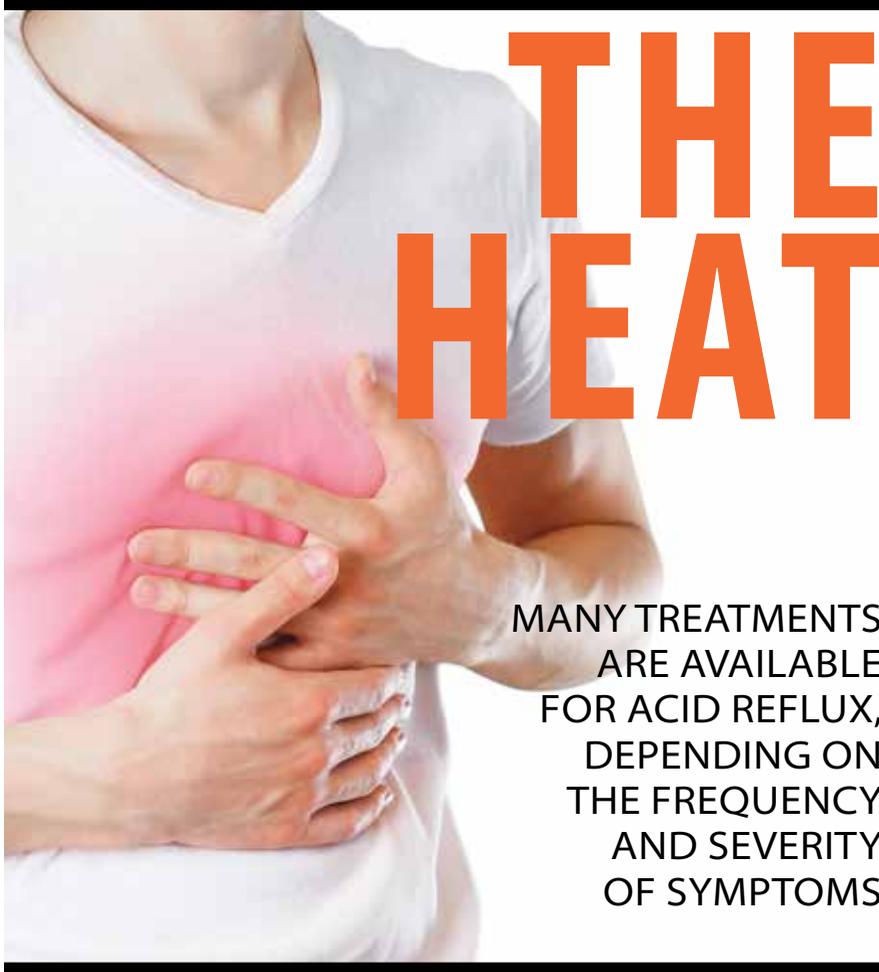
DON'T RISK YOUR NECK

For more information, call Endocrinology of Evangelical at **570-768-4646**.



TURN DOWN

THE HEAT



MANY TREATMENTS ARE AVAILABLE FOR ACID REFLUX, DEPENDING ON THE FREQUENCY AND SEVERITY OF SYMPTOMS

Do you frequently experience an acidic or bitter taste in your mouth, particularly after eating? Do you get chest pain or heartburn more than once a week? If any of these symptoms sound familiar, it may be time to see a gastroenterologist.

IS IT ACID REFLUX—OR SOMETHING MORE?

Many people have stomach troubles and heartburn—otherwise known as acid reflux—on occasion. However, experiencing symptoms at least twice a week could signal a more serious form of acid reflux called gastroesophageal reflux disease (GERD), says Joseph B. Gallagher, MD, Gastroenterology of Evangelical.

“While the most common symptoms of GERD are heartburn and regurgitation of food or liquids, other

symptoms can include trouble swallowing, chest pain, chronic coughing or wheezing, sore throat or feeling like there’s a lump in your throat,” says Dr. Gallagher.

Due to these varying symptoms and their severity, treating GERD is a unique process for everyone, so it’s important to talk to your primary care physician about your concerns. If necessary, your physician can then refer you to Gastroenterology of Evangelical.

A gastroenterologist can help determine the correct treatment for you. Dr. Gallagher recommends antacids if you experience heartburn up to a few times each month. If you’re experiencing multiple symptoms regularly and they’re relatively minor, he encourages lifestyle modifications such as avoiding fatty foods, alcohol, and caffeine; eating small, more frequent meals rather than three large meals; and not eating late at night.

If you are still experiencing symptoms after making lifestyle changes, a gastroenterologist can help you select a medication to help reduce or block stomach acid.

WHEN GERD IS MORE SERIOUS

Because GERD occurs when stomach acid flows into the esophagus—the tube that connects the stomach and the throat—the lining of the esophagus can become irritated or damaged, leading to complications such as ulcerations, bleeding, pain, or scar tissue that makes it difficult to swallow. If you are experiencing symptoms of GERD, it’s important that a gastroenterologist further evaluate your condition to recommend treatment options.

“Additional evaluations can include endoscopies, where we look into the esophagus for ulcerations, inflammation, or changes to the tissue,” says Dr. Gallagher. “We can also monitor how much stomach acid is coming up into the esophagus, and sometimes we’ll recommend that patients have their esophageal muscles evaluated.”

Those with more severe symptoms who are finding little relief from medication could have refractory GERD that is resistant to treatment, and might benefit from surgery. Anti-reflux surgery is minimally invasive and performed by general surgeons at Evangelical.

It’s important to address GERD symptoms since prolonged acid reflux can cause precancerous changes to the lining of the esophagus, which may lead to esophageal cancer.

ASK YOUR DOC



Talk to your physician about visiting Gastroenterology of Evangelical, or call **570-524-2722** for more information.

A CLOSE CALL

RESPONDING TO AN EMERGENCY WITH GOLD-STANDARD SURGICAL CARE

Stefanie Windzigi hadn't felt well for a few days—pushing through bouts of nausea, diarrhea, and headaches. “My symptoms were so generic,” the 35-year-old Watsontown resident recalls. “I figured it was a bug.”

So like the Energizer Bunny, she charged forward with her action-packed life. By day, she was a full-time mom, caring for her 5-year-old and 18-month-old daughters. By night, after Dad came home, Stefanie headed off to an evening retail job.

However, Windzigi's symptoms suddenly escalated into relentless, crippling stomach pain. Her husband came home from work, buckled the kids into their car seats, and carried his wife to the car. The family headed for the Evangelical Community Hospital Emergency Department.

A NEED FOR SPEED

Noting Windzigi's pain level, Hospital emergency medical staff immediately whisked her off for a

(L to R) Ava, Brynn, Stefanie, and Bill Windzigi. When Stefanie experienced crippling pain, her husband took her to Evangelical's Emergency Department. After imaging tests confirmed a gallstone, she underwent minimally invasive surgery to remove her gallbladder.

series of imaging tests. “I wasn’t the only patient there, but that’s how it felt,” she adds. “Everyone went out of their way to keep me calm, my husband was always in the loop, and the nurses kept my daughters busy with crayons and stuffed animals.”

Imaging tests soon confirmed an emergency situation, and Gary Ayers, DO, FACS, Surgical Specialists of Evangelical, stepped in. “A gallstone was lodged in the opening of Stefanie’s gallbladder. The organ was acutely inflamed and we had to remove it immediately,” he recalls.

MOVING FORWARD

Dr. Ayers and Windzigl agreed on a laparoscopic gallbladder removal, also called a laparoscopic cholecystectomy, which is a minimally invasive surgery that is today the gold standard to remove the gallbladder.

With the patient under general anesthesia, the surgeon inserts thin instruments, one with a lighted camera on the end, through four half-inch incisions, and guides them to the gallbladder, while watching what the camera captures on a monitor. When the instruments are in position, the surgeon removes the gallbladder through an incision and closes the cuts with a few stitches.

“Because laparoscopic surgery involves small incisions and complications are rare, we typically send patients home on the same day as the surgery,” Dr. Ayers says. “And postoperative recovery is faster and easier than old-school open surgery.

A CLOSER LOOK

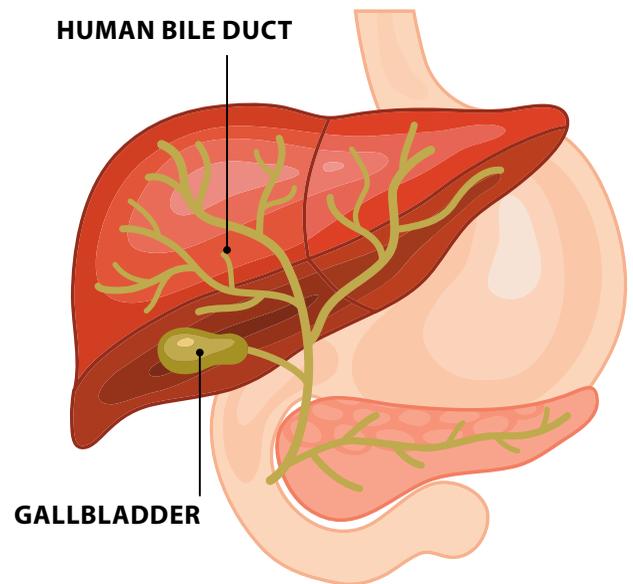
Windzigl is certainly not alone in her diagnosis. Approximately 800,000 cholecystectomies are performed annually in the United States, making gallbladder removal one of the most common surgeries. Fortunately, the body functions quite well without this organ. While a common occurrence, gallbladder disease can be tricky to diagnose, Dr. Ayers says. “Sometimes symptoms escalate swiftly—as in Stefanie’s case—or they come on gradually. And there’s a wide spectrum of symptoms.”

The following are symptoms that may indicate a diseased gallbladder and should be discussed with your primary care physician:

- Mild to severe abdominal pain that begins roughly 30 minutes after eating, lasts for about one hour, and then slowly tapers off.
- Nausea, diarrhea, or bloating along with abdominal pain.
- Pain that radiates to the right shoulder blade.
- Sharp abdominal pain after eating foods high in fat and lipids.

ALL SYSTEMS GO

Windzigl feels like her old self these days. She’s busy with her girls, loving her job, and enjoying pain-free days. “I was in serious trouble when I arrived at Evangelical—it was an emergency—but I can’t imagine getting better care anywhere,” she says. “The nurses and doctors made my family feel like we were part of their family.”



THE BENEFITS OF MINIMALLY INVASIVE SURGERY

- **LESS PAIN:** Small incisions tend to cause less postoperative pain and discomfort as well as a decreased need for pain relievers.
- **SHORTER HOSPITAL STAY:** Laparoscopic surgeries often enable patients to return home within hours of surgery and quickly resume normal activities.
- **LESS SCARRING:** Smaller incisions typically result in smaller, less noticeable scars.
- **LESS INJURY TO TISSUE:** There is usually less cutting, which expedites recovery.
- **HIGHER ACCURACY RATE:** The video-assisted equipment gives the surgeon better visualization and magnification of internal organs for greater accuracy.

LEARN MORE



Call Surgical Specialists of Evangelical at
570-523-3290.

EVENTS

Talk with the Doc on Heart Health

DATE Tuesday, February 5, 2019
TIME 5:30 pm FREE meal; Talk at 6:30 pm

LOCATION Evangelical Community Hospital, Apple Conference Rooms at the rear of the O'Keefe Dining Room

FEE FREE

► Learn about cardiovascular health—including risk factors, treatment, rehabilitation, lifestyle changes, and more—from Evangelical experts, including Petra Lynch, MD, Interventional Cardiologist; Thomas Krebs, MD, Family Medicine; Todd Stefan, MD, FACS, RPVI, Vascular Surgeon; Lisa Brinckman, Director of Cardiovascular Services; and Christina O'Rourke, Dietitian.

SCREENINGS

Heart Screen

DATE Friday, February 15, 2019
TIME 7–10 am

LOCATION Evangelical Community Health and Wellness

FEE FREE

Comprehensive Blood Screens

DATE Tuesday, December 11
TIME 7–10 am

LOCATION Evangelical Community Health and Wellness

FEE \$40

DATE Wednesday, January 23, 2019
TIME 7–10 am

LOCATION Sunbury YMCA

FEE \$50

DATE Tuesday, February 19, 2019
TIME 7–10 am

LOCATION Evangelical Community Health and Wellness

FEE \$50

Blood Pressure Screenings

LOCATION Evangelical Community Health and Wellness

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

CLASSES

Safe Sitter® Babysitting Course

DATE Thursday, December 27

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.

Six Weeks to Wellness

DATES Thursdays, January 10–February 14, 2019

TIME 6–7 pm

LOCATION Evangelical Community Hospital, Apple C Conference Room

FEE \$60 for the 6-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.



Why Weight

DATES Wednesdays, January 2–February 6, 2019

TIME 6–7:15 pm

LOCATION Evangelical Community Hospital, Apple A Conference Room

FEE \$60 for the six-week session

► Why Weight is a six-week weight management program led by a certified health coach and registered dietitian. Topics covered include healthy meal planning, exercise, and behavior modification strategies designed to facilitate lifestyle change and gradual, lasting weight loss.

Every Baby Needs a Laptop

DATE Wednesday, January 23, 2019

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.

Yoga

DATE Tuesdays, January 8–February 12, 2019

TIME 2 pm, 3:30 pm, or 5 pm

LOCATION Evangelical Community Health and Wellness

FEE \$60

AARP Smart Driver— 4-Hour Refresher Class

DATE Wednesday, January 23, 2019

TIME 12:30–4:30 pm

LOCATION Evangelical Community Health and Wellness

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

DATE Thursday, February 21, 2019

TIME 8:30 am–12:30 pm

LOCATION Evangelical Community Health and Wellness

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

CHILDBIRTH EDUCATION CLASSES

Breastfeeding

DATE Wednesday, December 12

TIME 6:30–8:30 pm

LOCATION Evangelical Community Health and Wellness

FEE \$20

DATE Wednesday, January 16, 2019

TIME 6–8 pm

LOCATION Evangelical Community Hospital, Apple A and B Conference Rooms

FEE \$20

DATE Wednesday, February 13, 2019

TIME 6–8 pm

LOCATION Evangelical Community Health and Wellness

FEE \$20

Newborn Care

DATES Mondays, December 3
and December 10

TIME 7–9 pm

LOCATION Evangelical Community Health and Wellness

FEE \$30

DATES Mondays, January 7

and January 14, 2019

TIME 6:30–8:30 pm

LOCATION Evangelical Community Health and Wellness

FEE \$30

Hello Baby

DATE Monday, February 4, 2019

TIME 6:15–7:45 pm

LOCATION Evangelical Community Hospital, Apple A and B Conference Rooms

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.

Prepared Childbirth

DATE Saturday, December 1

TIME 9 am–4 pm

LOCATION Evangelical Community Health and Wellness

FEE \$50

DATE Thursdays, January 3–24, 2019

TIME 6–8 pm

LOCATION Evangelical Community Health and Wellness

FEE \$50

DATES Saturday, February 23, 2019

TIME 9 am–4 pm

LOCATION Evangelical Community Health and Wellness

FEE \$50

SENIOR STRONG HEALTH LECTURES

The Goodness of Whole Grain

DATE Thursday, December 13

TIME 9:30–10:30 am

LOCATION Evangelical Community Health and Wellness

SPEAKER Christina O'Rourke, Registered Dietitian/
Nutritionist

FEE FREE

Ask Me 3: Important Questions for Your Doctor

DATE Friday, January 4, 2019

TIME 10–11 am

LOCATION Evangelical Community Health and Wellness

SPEAKER Amy Minnier, RN, Wellness Educator

FEE FREE

Facts and Tips for Living with COPD

DATE Thursday, February 28, 2019

TIME 10–11 am

LOCATION Evangelical Community Health and Wellness

SPEAKER Courtney Matrey, Senior Helpers

FEE FREE

CPR AND FIRST-AID CLASSES

Heartsaver CPR Adult, Child, and Infant

DATE Wednesday, January 9, 2019

TIME 6 pm

LOCATION Evangelical Community Health and Wellness

FEE \$50

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

DATE Thursday, February 7, 2019

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 at **570-768-3200**
to register, or register online at
evanhospital.com/events.





Partnering with you **for health.**

FAMILY MEDICINE
OF EVANGELICAL™

3 Hospital Drive, Suite 214
Lewisburg
570-524-4242

412 W. Market Street
Middleburg
570-837-6163

112 Ironstone Drive, Suite A
Northumberland
570-473-0545

98 Reitz Boulevard
Lewisburg
570-524-4443

101 Meadow Green Drive
Mifflinburg
570-966-1122

935 Route 522
Selinsgrove
570-372-6102

7095 West Branch Highway
Lewisburg
570-524-5050

964 Carpenter Road
Milton
570-742-2300

INTERNAL MEDICINE
OF EVANGELICAL™

3 Hospital Drive, Suite 102
Lewisburg
570-524-7400

3 Hospital Drive, Suite 206
Lewisburg
570-524-4141