# foundation focus

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UPMC LIFE CHANGING MEDICINE

SUSQUEHANNA HEALTH FOUNDATION



## If the past decade had an album,

# “Progress” would certainly be one of its defining tracks.

I can still remember saving up to buy a record when I was younger. Records may no longer be how most of us listen to music, but there’s something about hearing an old song that can instantly take you back. You remember where you were, what was happening in your life, and sometimes even how you felt.

Recently reflecting on my time at the Foundation has been a bit similar.

It’s been ten years since Susquehanna Health joined UPMC, opening a new chapter for health care across north central Pennsylvania. So much has happened along the way, yet certain moments stand out and remind me of the remarkable progress we’ve made.

Together, we’ve faced challenges, welcomed new possibilities, and seen ideas become realities for countless patients and families throughout our region.

Throughout this journey, Susquehanna Health Foundation has had the privilege of connecting community generosity with opportunities to strengthen care. Philanthropy has brought meaningful projects to life, including renovations to The Gatehouse, inpatient rehabilitation facilities, and the Cardiac Rehabilitation Gym, as well as expanded cancer services and leading-edge technology.

Its influence reaches far beyond those advancements. Scholarships, staff education and professional development opportunities, residency programs, and partnerships with local schools have helped cultivate today’s workforce while inspiring tomorrow’s. Many students who first explored health care careers through these initiatives now serve patients throughout our system.

That same spirit can also be seen throughout the communities we serve. PulsePoint and the placement of more than 100 automated external defibrillators (AEDs) have bolstered emergency response efforts, while collaborations across the Northern Tier have brought mobile health services, wellness initiatives, and healing spaces closer to home.

As you read this issue, you’ll find even more examples of what can happen when people invest in something larger than themselves. The greatest hits of the past decade belong to all of us. **Thank you for being a part of them.**

Regards,

Sherry Watts

Sherry Watts
President, Susquehanna Health Foundation

## Susquehanna Health Foundation

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# A WORK OF HEART

*Renovated cardiac rehabilitation spaces are strengthening hearts and building community in Williamsport and Wellsboro.*

When **Mary "Peachie" O'Connor** walked into the newly renovated Cardiac Rehabilitation Gym at UPMC Williamsport for her photograph, it didn't take long before she was surrounded by familiar faces.

Staff members stopped what they were doing to say hello. Patients greeted her like an old friend. Soon, the room was filled with laughter and conversation.

For Peachie, the moment captured what cardiac rehab has meant to her for years.

"It's like a family," she says.

While cardiac rehab helps patients regain strength after serious heart events, Peachie knows it offers something just as important: connection. It's a place where people celebrate milestones, encourage one another through setbacks, and notice when someone hasn't been around.

That sense of community comes naturally to the retired nurse and self-described "ball of energy." Throughout her life, relationships and service to others have been central to who she is. After surviving a widowmaker heart attack and undergoing multiple cardiac procedures, she found herself leaning on those connections in a new way.

At the Cardiac Rehabilitation Gym, she discovered knowledgeable professionals who helped her exercise safely, rebuild confidence, and regain strength. She also found people who understood firsthand the fears and challenges that can follow a serious cardiac event.

Today, donor-funded improvements at UPMC Williamsport and UPMC Wellsboro are giving these communities even more room to grow.

## What Is Cardiac Rehabilitation?

Cardiac rehabilitation is a medically supervised program for people recovering from heart attacks, cardiac surgery, and other serious heart conditions. Through monitored exercise, education, and personalized support, patients build strength, improve their health, and reduce their risk of future heart problems.

For many participants, however, the benefits extend beyond physical recovery. Cardiac rehab provides encouragement, accountability, and connection with others who have been on a similar journey.

That's why these renovations mean so much to **Robyn Diakite, MSN, RN, CV-BC**, unit director for Noninvasive Heart and Vascular Testing at UPMC in North Central Pa.

After 13 years in her role, she knows that successful recovery depends on more than equipment alone. It requires a space where patients feel supported, motivated, and empowered to reach their goals.

## The Cardiac Rehabilitation Gym Renovation and Expansion at UPMC Williamsport

In July 2026, UPMC Williamsport completed a yearlong renovation and expansion of its Cardiac Rehabilitation Gym. The nearly $1-million initiative was funded entirely through donor support to Susquehanna Health Foundation. Construction was completed in phases, allowing patient care and services to continue without interruption.

"The project doubled the size of our gym and completely transformed the environment," Robyn says.

The expansion came at an important time. In 2025 alone, the program recorded 8,785 patient visits, an average of nearly 60 people each day. Of those visits, 3,763 were monitored sessions for patients in the acute phase of recovery, while 5,022 were maintenance visits for individuals who chose to continue exercising after completing the monitored program.

# A Heart Stronger Than Ever: Peachie's Story

Five years ago, Peachie O'Connor's life changed in an instant. She experienced a widowmaker heart attack and received a stent. In the years that followed, she was fitted with a combined pacemaker-defibrillator and had two additional cardiac catheterizations. Today, at 81, Peachie is a testament to the value of cardiac rehabilitation and continues to enjoy the benefits of the Cardiac Rehabilitation Gym at UPMC Williamsport.

## What Is a Widowmaker Heart Attack?

A widowmaker heart attack occurs when the heart's main artery is completely blocked, cutting off blood flow to a large portion of the heart muscle. Because it can be especially dangerous when treatment is delayed, prompt medical attention is critical.

Not all heart attacks present the obvious signs most people are familiar with, which was the case with Peachie. She did not have the typical symptoms of chest pain, shortness of breath, or swelling of the extremities. "I just felt a strange weakness and dizziness. I never thought it was a heart attack, and I had never been really sick before," she recalls.

Symptoms like Peachie's can occur in women and may be easier to overlook. Looking back, she is grateful she received the care she needed when she did.

For an energetic, community-minded person who was always on the go, the diagnosis was difficult to process. Along with recovering from her heart attack, Peachie was also navigating coronary artery disease, cardiomyopathy, and congestive heart failure. Even so, she considers herself blessed to have survived and remains focused on living life to the fullest.

## New Cardiac Patient Meets New Rehab Facility

Peachie found the rehab program to be well organized, and the newly remodeled facility and state-of-the-art equipment impressive. "Patients are thoroughly evaluated before we start, including a monitored walking and stress test, to see what each of us is physically capable of," she explains. "The staff helped me learn how to use the machines, adjusting time and speed as my strength improved."

That individualized approach helped ease her concerns and build confidence as she progressed through recovery.

The program's sense of connection was equally reassuring. Shortly after arriving for rehab, Peachie discovered she already knew one of the nurses from years earlier.

"When I came in, she said, 'Oh my gosh, Peachie, we worked together way back at Divine Providence,'" she recalls with a laugh. "They are that friendly with all the patients. If you miss a few sessions, they'll ask where you've been. Not to be nosy — but because they care."

As a former coronary care nurse herself, Peachie has a unique perspective on the quality of care provided by the cardiac rehab team.

"Everyone is so knowledgeable, professional, and supportive. They encourage you every step of the way and provide wonderful guidance on how to exercise safely."

## More Than a Place to Heal

Peachie believes that the rehab gym community is special. She compares the atmosphere to a social club, where patients become friends and support one another. "It's therapeutic in itself, us coming together as a group. We help each other overcome our common fears and hurdles as cardiac patients," she reflects.

And this camaraderie carries on outside of the gym. After a recent health setback that included hernia repair, Peachie looks forward to returning to monitored cardiac rehab.

"When I see people around town, they'll say, 'Peach, when are you coming back?'" she says with a smile. "It lifts me up to know they care about and miss me."

For Peachie, every session offers multiple benefits.

"I get a lot out of going to rehab, and I enjoy it," she says. "You're exercising, improving your range of motion and balance, talking with people, having fun, and strengthening your heart all at once."

## Advice to Others Starting Cardiac Rehabilitation

In addition to her cardiac rehab community, Peachie has leaned on the support of family and friends throughout her recovery. She calls her husband, **Tom**, her rock. Married for 56 years, the couple has always cheered each other on.

"Socializing, to me, is a form of therapy," she says. "It helps me stay mentally and emotionally strong. You can't forget that part of healing."

Peachie also credits her faith and positive outlook with helping her navigate life's challenges. "I try not to dwell on my condition," she says. "Instead, I focus on what I need to do to have the best quality of life possible."

Her advice to others beginning their own cardiac rehabilitation journey is simple:

"Ask questions, learn about your options, and make the decisions that feel right for you."







"I am highly impressed that we were able to transform the existing floor plan into this beautiful gym," says Robyn. "On the surface, the area is more open and attractive, with new paint, flooring, and artwork. But what stands out most to me are the improvements that make it safer and more functional for our patients."

Among those enhancements are:

- An **automated entrance door** that improves accessibility
- Greater spacing between equipment through a **more efficient layout**
- **Additional storage** that helps keep supplies organized and out of walkways
- An **upgraded monitoring station** that allows staff to better observe patients throughout the facility
- **Recessed floor outlets** that reduce tripping hazards caused by electrical cords

"We also incorporated some nice additions, such as a cold-water bottle filling station and dedicated areas for organizing patient charts and supplies," she adds.

Additional upgrades include an enhanced sound system, a new education room, a private consultation space, and offices for team members. The result is a space that feels inviting and inspiring.

## Where Recovery Becomes Community

The Cardiac Rehabilitation team conducts seven hour-long classes every Monday, Wednesday, and Friday (on Tuesdays and Thursdays, the gym is also available for pulmonary rehab). On cardiac rehab days, the team can accommodate up to 12 patients on cardiac monitors per class, a total of 84 per day.

Patients are referred to cardiac rehab following events such as:

- Cardiac bypass surgery
- Cardiac catheterizations with intervention (including stents)
- Congestive heart failure
- Myocardial infarctions (heart attacks)
- Valve surgeries

The team first assesses a patient's baseline and then prescribes an individualized exercise regimen. "Typically, patients participate three times per week for 12 weeks of monitored sessions," explains Robyn. The sessions include education on healthy lifestyle modification, blood sugar control, medications, and emotional support. After the 12 weeks of monitored sessions, patients are invited to stay on as maintenance participants, who may continue to use the gym and enjoy the benefits of exercise, access to specialized health care professionals, and socialization. "Some patients have been walking through these doors three days a week for more than 20 years," says Robyn. "We are absolutely family."




## Amazing Local Generosity

***Supporting Cardiac Rehab at UPMC Wellsboro***

A longstanding champion of local health care, Friends of UPMC Wellsboro helped lead the effort to fund a state-of-the-art cardiac patient monitoring system and all equipment needed for the reopened Cardiac Rehabilitation Gym. Additional support was provided by:

- C&N Bank
- Blaise Alexander Family Dealerships
- The Charles Knox and Margaret Etner Foundation

While the gym serves people of all ages, most participants are in their 50s or older. "We had a mom in her 30s with postpartum cardiomyopathy who fully recovered after cardiac rehab. Our youngest patient was 22 years old, and the oldest hit 100 years old prior to retiring from the program," Robyn notes. As patients build strength and endurance through cardiac rehab, they often experience:

- Weight loss and reduced body measurements
- Increased muscle strength
- Better blood sugar and blood pressure control
- Improved mental and emotional well-being

Patients enjoy meeting new friends with a similar medical history, because they can empathize with each other over shared experiences. They also encourage each other's good, healthy habits.

For Robyn and her team, the most rewarding moments are often the simplest.

"We celebrate when patients tell us they can do things they once thought they had lost forever," she says. "Whether it's keeping up with grandchildren, hunting, chopping wood, doing laundry, or grocery shopping, those everyday victories are life-changing."



## The Cardiac Rehabilitation Gym Returns to UPMC Wellsboro

As plans move forward to reopen the Cardiac Rehabilitation Gym at UPMC Wellsboro by the end of 2026, excitement is building among staff. Through the annual Friends of UPMC Wellsboro campaign, donor support has made it possible to purchase a new cardiac monitoring system, and preparations are already underway to welcome patients back.

When cardiac rehab services were discontinued at UPMC Wellsboro several years ago, many patients were forced to travel farther from home for an important part of their recovery and long-term heart health. For residents of the Northern Tier, the loss of those services created a significant gap in local care.

**Jeffery Gilbert, DO**, cardiologist, UPMC Heart and Vascular Institute at UPMC Wellsboro, has witnessed those challenges throughout his time caring for patients.

"Not having anything to offer here in Wellsboro since before the pandemic hurt our community. It left our patients with the closest rehab options being in Troy or Williamsport, an hour or more away," says Dr. Gilbert.

For individuals recovering from a cardiac event or surgery, that distance often created barriers to participation.

Transportation concerns, travel expenses, and the commitment of making a lengthy round trip three times a week sometimes made rehabilitation difficult, if not impossible.

Dr. Gilbert believes restoring these services will make a lasting difference.

"I've seen firsthand how these programs can transform lives," he says. "Reopening cardiac rehab is a gift to our community. Patients will be able to recover closer to home, surrounded by familiar faces and local support."

One of the most rewarding aspects of Dr. Gilbert's work has been helping expand access to heart care in the Northern Tier, where these services have historically been limited.

"Ever since I came here a couple of years ago, I've watched the Heart and Vascular Institute team work incredibly hard to expand cardiology services," he says.

That dedication has not gone unnoticed. Community members frequently stop Dr. Gilbert to thank him for the care he has provided to them or their loved ones.

"Once I was at the grocery store with my 11-year-old, and a former patient came up to me with a heartfelt thank-you," he recalls. "As we walked away, my son looked up at me, wide-eyed, and said, 'Dad, you're famous!'"

Moments like that remind Dr. Gilbert why bringing cardiac rehab back to Wellsboro matters so much.

"The Cardiac Rehabilitation Gym and new monitoring equipment will provide many local families with a stronger path forward after a cardiac event. I'm proud to be part of making that happen."

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SusquehannaHealthFoundation.org/Donate







**GROSS WINNERS:**
(left to right) John Cattonu, Dave Schall, Cailyn Schall, Eric Schall



**NET WINNERS:**
Derek Chapman, Corey Smith
(not pictured) Erick Warburton, Joe Chamberlain

# 44 Years of Impact

On Monday, August 10, community leaders, physicians, volunteers, sponsors, and golfers gathered at the Williamsport Country Club for the **44th Annual Susquehanna Health Foundation Invitational Golf Tournament**. For more than four decades, the outing has brought people together in support of local health care, becoming one of the region's longest-running fundraising traditions.

Despite a powerful summer storm that interrupted play, participants embraced the unexpected and made the most of the day. Thanks to the generosity of everyone involved, the tournament raised **$145,000** to support enhancements to the **Hybrid Operating Room (OR) at UPMC Williamsport**.

## What Is a Hybrid OR?

A Hybrid OR combines advanced imaging and surgical capabilities in one highly specialized space, allowing cardiac and vascular teams to perform complex procedures more safely and efficiently. For patients, this can mean fewer treatments, less anesthesia, and access to advanced care closer to home.

## Combining Tradition and Innovation

This year's tournament also featured a first: an **online auction**. Donations from businesses and individuals gave participants the opportunity to bid on experiences, artwork, sports memorabilia, travel packages, and other sought-after items.

## Community Support Makes It Possible

The Foundation extends its heartfelt thanks to **Allison Crane & Rigging**, Tournament Host, for their long-standing commitment and leadership.

Special recognition also goes to our Platinum Sponsors:

- **Blaise Alexander Family Dealerships**
- **The Liberty Group/Ausley Construction Co.**
- **UPMC Williamsport Medical Staff**

Their generosity continues to sustain this event year after year.

To be part of next year's fun, please contact **Annie Fogleman at foglemana@upmc.edu**.



# THE DONOR REPORT

A note to our donors: If your name has been omitted or misprinted, please notify us and accept our sincere apology.

## SIGNATURE GIFTS

**Signature Gifts** recognizes individuals and organizations who made a commitment to Susquehanna Health Foundation with a contribution of $100,000 or greater. Donors are listed through **June 30, 2026.**

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# WELCOME HOME, KELLY



In August, Susquehanna Health Foundation welcomed a familiar face back to the team. **Kelly Regan** returned to the Foundation as director of development, a newly created position focused on strengthening fundraising efforts, fostering donor relationships, and helping shape future growth.

For Kelly, the opportunity feels a bit like coming home.

"Health care touches every family and every stage of life," Kelly says. "I'm honored to work alongside generous individuals who help ensure our community has access to exceptional care. Creating meaningful connections between donors and the causes they care about is what inspires me every day."

Kelly first came to the Foundation in 2016, where she played a key part in initiatives that connected donors with areas of greatest need. During her tenure, she helped identify major-gift opportunities, expand grateful patient programs, and strengthen the infrastructure behind fundraising efforts.

After gaining additional experience in nonprofit operations and higher education, Kelly has returned to advance the Foundation's philanthropic work and strengthen relationships with donors across the region.

A Penn State University graduate, Kelly holds degrees in Business Management and Workforce Education & Diversity. Outside of work, she remains active in the community through youth athletics and currently volunteers with the South Williamsport boys' soccer and basketball programs.

Kelly can be reached at 570-320-7026 or regankm2@upmc.edu.

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SUSQUEHANNA HEALTH FOUNDATION

# CORNERSTONE SOCIETY

**The Cornerstone Society** recognizes individuals who supported Susquehanna Health Foundation with a contribution of $10,000–$99,999. Donors are listed through **June 30, 2026.**

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*Mr. and Mrs. George I. Rodgers II
Run For Your Heart – William J. Burd
John R. "Jack" and Cynthia A. Schrader
John D. Shafer
Teresa A. Stackhouse
David Tanney
Kent and Sharon Trachte
James and Monica Turri
*William and *Marion Waldeisen
Dwight and Eunice Waltz Estate
Donald J. Webb Estate
Jerry and Barb Wertz
Patrick and Jennifer Wilson
Roger Yost and Jeff Mowery

## $10,000–$14,999

Anonymous (5)
Adam, Angie, Blaise, Naomi, and Brody Alexander
Colleen Alexander
*In Memory of Marie E. (Nicholas) Karstetter*
Steve and Jennifer Babcock
Meg Lamade Beckerman
*In Memory of Joanne J. "Johnny" Lamade*
Michael and Lori Beiter
*Phil and *Joyce Bower
*John L. Jr. and *Sarah H.B. Bruch
*In Memory of John L. and Mary Sprout Bruch*
*In Memory of Hugh J. and Ann Phillips Bubb*
Helen L. Bruner Estate
Jim and Carol Burd
Rosemary C. Carey Trust
Joseph and *Patricia Carter
*Steve and Ronna Cassotis
Alan and Patricia Cohick
Covington Church of Christ (Disciples)
Matt and Lisa Cramer
*Fred M. and *Shirley L. Dieffenbach
James and Susan Dinsmore
Timothy and Kelly Douglass
The Drollinger Family Charitable Foundation
*Mr. and *Mrs. John F. Dunham
***Charles and Erin Edmonds***
*Allen and Catharine Ertel
*Garth and Sue Everett
Jo-Anne Fawcett Estate
Chaplain Dave and *Carol Fishel
Pat and *Sam Fry
*In Memory of Ethel L. Chambers*
*Joseph B. and *Lillian M. Gehret
David Lee Gemberling
*Evelyn Lunt Gephart, *Norma Lunt Mullen, and E. LaRue Lunt
*In Memory of Ruth Lunt Forney*
Dr. John Grove and Deborah Grove, PhD
Darla Hardy
Elaine and Keith Harvey
Stephen and Martha Huddy
*Rob and Barb Hughes
*Joe Hume – Promotional Specialists
John L. Hunsinger
The Ronald Insinger Family
*In Memory of Ronald Scott Insinger*
The Jacobs Family
Barbara McKee Jarmoska
*Paul A. Jarrett
Catharine L. Keister
Patricia W. Kieser
James and Elizabeth Lazorka
Gloria M. Lundy and Heather L. Macdonald
*In Memory of Richard H. Lundy Jr.*
Pamela J. Lundy
Samuel R. Lush
William J. and Peggy McClain
Timothy McCusker
Robert K. and Dorothy White Mertz
Barbara J. Michael
Richard and Gina Michael
C. Edward S. and Karen D. Mitchell
James E. and Elizabeth Mothersbaugh
Andy and Brenda Nichols
*Bill and *Pat Nichols
G. Douglas and Marlene C. Parsell
Harry Plankenhorn Foundation
Alicia and Eric D. Pohjala
Charline M. Pulizzi
Florence Putterman Foundation
Joseph and Barbara Reynolds
Ronald and Lisa Reynolds
Joyce Lundy Rhodes
Paul H. and Tacie E. Rooney Jr.
Elva M. Schmidt, RN
James and Debra Schneider
Peter and Linda Schultz
Jeri Sims
Rita and John Spangler
Stony Fork Mennonite Church
Carolyn and Elliott Strickland
*In Memory of Jennifer Hammond*
Gertrude Strunk Estate
*Robert Schell Ulrich
*In Memory of Rita C. Ulrich*
The Eila Elizabeth Umstead Foundation
Anthony H. Visco Jr.
Luigi Vittorio Estate
Bob and Irenay Weaver
Marion Calvert Wright Estate
Jun Yang
Karen and David Young

Bold and italicized listing = new donor or new to giving level
*deceased donor

SUSQUEHANNA HEALTH FOUNDATION

# ENDOWMENT GIFTS

**Endowment Gifts** recognizes individuals and businesses that supported Susquehanna Health Foundation with a contribution of $25,000 or greater to establish an endowment. Donors are listed starting **January 1, 2019, through June 30, 2026**.

## Benevolent Care

### $250,000–$499,999 Level

**Karen Steinbacher Endowment**
Dave Steinbacher

## Cancer

### $100,000–$249,999 Level

**Joe and Carolyn Hume Endowment**
Joe and Carolyn Hume Estate

### $25,000–$49,999 Level

**Ausley Construction Co., Inc. Endowment**
Ausley Construction Co., Inc.

**Dr. William J. and Laura H. Martin Endowment**
Dr. William J. and Laura H. Martin

**Christopher M. and Denise M. Plankenhorn Endowment**
Chris and Denise Plankenhorn

## Cardiac

### $100,000–$249,999 Level

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

## Cardiac Rehabilitation

### $100,000–$249,999 Level

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

### $25,000–$49,999 Level

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

## Clinical Excellence

### $1,000,000+ Level

**Clinical Excellence Endowment**
Friends of UPMC in North Central Pa.

### $100,000–$249,999 Level

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

**Margaret Benner Reese and Charles L. Reese Endowment**
*Mike and Barbara B. Hudock

**John and Sue Young Endowment**
Friends of John and Sue Young

### $50,000–$74,999 Level

**C&N Endowment**
C&N

**Sisters of Christian Charity Endowment**
Frank G. Pellegrino
*In Honor of Sister Judith Blair*
*In Memory of Sister Mary Stephen Christian*
*In Memory of Sister Felice Donelin*
*In Honor of Sister Rosamund Eibach*

**Dr. Hani J. Tuffaha and Family Endowment**

### $25,000–$49,999 Level

**R. Edward and Linda Alberts Endowment**
R. Edward and Linda Alberts

**Sue and Charlie Duchman Endowment**
Sue and Charlie Duchman

**Birch and Annmarie Phillips Endowment**
Annmarie Phillips

**Kenneth and Kathryn A. Smith Endowment**
Robert P. and Kathleen R. Walker

**Albert R. and Judy E. Styrcula Endowment**
Albert and Judy Styrcula

**Susquehanna Community Bank Endowment**
Susquehanna Community Bank

**Paul H. and Margaret M. Walker Endowment**
Robert P. and Kathleen R. Walker

## Colorectal and General Surgery

### $25,000–$49,999 Level

**William P. and Lorraine Manos Endowment**
William P. and Lorraine A. Manos Foundation

## Emergency Department

### $25,000–$49,999 Level

**Mark and Rebecca Huffman Endowment**
Mark and Rebecca Huffman

## Emergency Medical Services

### $25,000–$49,999 Level

**Dr. Gregory and Mrs. Marilyn Frailey Endowment**
Greg and *Marilyn Frailey

**Robert and Lanea Ruffaner Endowment**
Robert E. Ruffaner
*In Memory of Lanea P. Ruffaner*

## Hospice and The Gatehouse

### $1,000,000+ Level

**Donna E. Sayah Endowment**
Donna E. Sayah

## Hospice and Palliative Care

### $50,000–$74,999 Level

**Dr. Alexander Nesbitt Endowment**
Friends of Dr. Alexander Nesbitt

### $25,000–$49,999 Level

**Jacobs Family Endowment**
The Jacobs Family
*In Memory of Russell and Patricia Jacobs*
*In Honor of Dr. Alexander Nesbitt*
Frank G. Pellegrino
*In Honor of Sister Mary Ann Jacobs*
*In Honor of Sister Teresa Ann Jacobs*



*deceased donor





# ENDOWMENT GIFTS

## Kathryn Candor Lundy Breast Health Center

### $100,000–$249,999 Level

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

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

### $25,000–$49,999 Level

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

## Laboratory and Pathology

### $50,000–$74,999 Level

**Laboratory and Pathology Endowment**
Friends of UPMC Lab and Pathology

**Dr. Sheldon M. Schwartz Endowment**
Dr. and Mrs. Sheldon M. Schwartz

### $25,000–$49,999 Level

**Dr. Donald J. Leathers Endowment**
Dr. and Mrs. Donald J. Leathers

## Neurological Institute

### $100,000–$249,999 Level

**Johnny Mackison Endowment**
Anonymous

### $25,000–$49,999 Level

**Dr. Fadi B. Sweiss and Family Endowment**
Dr. Fadi and Jessica Sweiss

## Pediatric Rehab

### $100,000–$249,999

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

### $50,000–$74,999

**Pediatric Rehab Endowment**
Friends of UPMC Pediatric Rehabilitation in Williamsport

## Pharmacy

### $25,000–$49,999 Level

**Julie Barner Endowment**
Friends and Family of Julie Barner

## Radiology

### $25,000–$49,999 Level

**Dr. and Mrs. Chan Yoon Family Endowment**
Dr. Chan Yoon
*In Memory of Karen Yoon*

## Rehab Services

### $25,000–$49,999 Level

**Erin and Marshall Welch Endowment**
Erin and Marshall Welch

## Rural Health Care Access

### $25,000–$49,999 Level

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

## Scholarships

### $100,000–$249,999 Level

**Rosalie Kaleda Scholarship Endowment**
Rosalie F. Kaleda

## Special Purpose

### $25,000–$49,999 Level

**Children's Literacy Endowment**
Dr. Michael, Joshua, and Matthew Gross
*In Memory of Mary "Rickie" Gross*

**Dr. Robert and Phyllis Yasui Endowment**
Anonymous

## Trauma and Acute Care

### $50,000–$74,999

**William P. and Lorraine Manos Endowment**
William P. and Lorraine A. Manos Foundation

### $25,000–$49,999 Level

**The Elefant Family Endowment**
Dr. and Mrs. Elefant
*In Memory of Reuwen Elefant*

## Unrestricted

### $25,000–$49,999 Level

**Charles and Donna Johnson Endowment**
Steve and Mary Ann Johnson

**John and Jean McDermott Endowment**
Steve and Mary Ann Johnson

## UPMC Muncy and Muncy Place

### $25,000–$49,999 Level

**Daniel C. Berninger Endowment**
The Muncy Bank & Trust Company

**Maralyn Lloyd Endowment**
Richard H. Lloyd

## UPMC Wellsboro

### $25,000–$49,999 Level

**Bill and Shirley Hebe Endowment**
Bill and Shirley Hebe

## UPMC Williamsport Family Medicine Residency

### $50,000–$74,999

**UPMC Williamsport Family Medicine Residency Endowment**
Friends of UPMC Williamsport Family Medicine Residency

### $25,000–$49,999 Level

**Dr. John A. Pellegrino Endowment**
The Pellegrino Family – Deb, Steve, Frank, and Mary

## Urology

### $25,000–$49,999 Level

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

## Women's Health Needs

### $25,000–$49,999 Level

**The Manchester Family Endowment**
George Manchester, Brenda Terry-Manchester, Morgan Manchester-Ritchie, Meredith Manchester, & Alec and Maggie Fantaskey













# 2026 Lifetime Achievement Awards Event

Honoring a lifetime of service, leadership, and generosity, Susquehanna Health Foundation's 11th Annual Lifetime Achievement Awards recognized two physicians whose contributions have left a lasting mark on health care across north central Pennsylvania. Held on May 15, the event celebrated **Gregory Frailey, MD**, and **Barbara Heere, MD**, while also acknowledging the donors who help advance UPMC services and facilities throughout the region.

Dr. Gregory Frailey received the Physician Lifetime Achievement Award for his distinguished career in emergency medicine and his influence on EMS systems. For more than three decades, he served in numerous roles within UPMC, including emergency physician, medical director of Prehospital Services, and medical director emeritus of Susquehanna Regional EMS.

As a generous member of Susquehanna Health Foundation's Caduceus Society, Dr. Frailey and his late wife, Marilyn, established the **Dr. Gregory and Mrs. Marilyn Frailey Endowment** to provide lasting support for EMS education, readiness, and innovation. Each year, he continues his philanthropic efforts by recognizing EMS, Sports Medicine, Family Medicine, and Nursing team members for their behind-the-scenes efforts to keep athletes and the community safe during the Little League Baseball World Series™.

Dr. Barbara Heere was also honored with the Physician Lifetime Achievement Award for her decades of dedication to patient care, physician mentorship, and community leadership. An internal medicine physician, she cared for patients in Williamsport for more than 30 years. After opening her independent practice in 1984, she joined Williamsport Internal Medicine in 1992 and remained there until retiring in 2018.

Beyond her clinical practice, Dr. Heere played an important role in training future physicians as an attending physician with the UPMC Williamsport Family Medicine Residency Program. She also remains a committed supporter of Susquehanna Health Foundation through the Signature Gifts Society, Caduceus Society, and Legacy Society.

# BUSINESS & INDUSTRY GIFTS

**Business & Industry Gifts** recognizes businesses that supported Susquehanna Health Foundation with a contribution of $5,000 or greater. Donors are listed through **June 30, 2026.**

## $1,000,000+

Anonymous
First Quality Enterprises, LLC
Ward Manufacturing LLC

## $250,000–$999,999

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

## $100,000–$249,999

AutoTrakk, LLC
C&N
Dominion Foundation
EuroOptic Ltd.
Hudock Capital Group, LLC
iHeartMedia
Jersey Shore State Bank
Lamar Advertising of Williamsport
M&T Bank
PPL Foundation
PRIMUS Technologies Corp.
Reynolds Iron Works, Inc.
Shell Exploration & Production Company
Silvertip, Inc.
Welliver McGuire Inc.
Wolyniec Construction, Inc.
*In Memory of James T. Wolyniec Sr.*

## $50,000–$99,999

ABS Building Systems Integrators, LLC
Alexander Building Construction Co.
Anadarko Petroleum Corporation
Bayard Printing Group
BSC Mechanical, Inc.
Ciocca Toyota of Williamsport
George E. Logue LLC
Gift Box at UPMC Muncy
Glenn O. Hawbaker Inc. Charity Golf Outing
John Savoy & Son, Inc.
Larson Design Group
Lundy Construction Co., Inc.
Lycoming County Board of Commissioners
Lycoming Engines
National Fuel Gas Company Foundation
Pennsylvania College of Technology
PPL Electric Utilities
Quandel Construction Group, Inc.
Ronald McDonald House Charities of N.E.P.A., Inc.
Savoy Contract Furniture
Susquehanna Community Bank
Weis Markets, Inc.
Woodlands Bank

## $25,000–$49,999

AllOne Foundation
ARAMARK Healthcare
Ausley Construction Co., Inc.
Baker Tilly Virchow Krause, LLP
BB&T
Beiter's Home Center
Construction Specialties, Inc.
*In Honor of Construction Specialties, Inc. Staff and Families*
Costy's Energy Services
Data Papers/KBF Print Technology
Fairfield Auto Group
First Citizens Community Bank
Forrester Environmental, Inc.
Fry's Plastic
Gilmour Arts
Glenn O. Hawbaker, Inc.
Interior Construction Specialists, Inc.
Kintra Wealth, formerly Evergreen Wealth Solutions
L.F. Driscoll Company, LLC
Little League International
Martin Rogers Engineering Consultants
Mattel Children's Foundation
McCarty-Thomas Funeral Home, Inc.
*In Memory of Richard G. Thomas*
McNerney, Page, Vanderlin & Hall
Murray Motors – Brian Peace and Bill Brown
Pennsylvania Academy of Family Physicians Foundation
Repsol Oil & Gas USA, LLC
Santander Bank
Shell Appalachia Charity Golf Tournament
Stantec
Tura L.P.

## $15,000–$24,999

American Cancer Society
BDA Healthcare Architects
Children's Development Center Endowment Fund at First Community Foundation Partnership of Pennsylvania
Deerfield Charitable Trust
Lezzer Lumber
Lundy Industrial Realty, L.P.
McDonald's – *Doug and Frani Doherty
Muncy Self Storage
Norcen Industries Inc.
Pennram Diversified Mfg. Corp., Andrew and Karen Hooker
Pittsburgh Penguins Organization
Steinbacher Enterprises, Inc. – Matt and Joslyn Dougherty
*In Honor of Dave and *Karen Steinbacher*
Steinbacher Enterprises, Inc. – Dave and *Karen Steinbacher
*In Memory of Mr. and Mrs. James Steinbacher*
*In Memory of Karen Steinbacher*
Tioga County Board of Commissioners
Trojan Tube Sales and Fabrications, Inc.
*In Memory of Jack Decker*
Williamsport Moving Company
Wm. L. Robinson Concrete

## $5,000–$14,999

Anonymous
Anthony Visco Jr. Architects
AssetMark Charity & Giving Fund
At Home...In Aspen, Inc.
Axeman-Anderson Company
Bennardi Barberio Dentistry
*In Memory of Dr. Rudolph Bennardi*
Berkshire Hathaway HomeServices Hodrick Realty
Billtown Mechanical Corp.
Blair Brothers Goldsmiths
The Blessing Insurance Agency, Inc.
Brodart Co.
Central Equipment Company
Clinton County Commissioners
Ruth Croyle and East End Lumber Company







# BUSINESS & INDUSTRY GIFTS

Elite Feet, Inc. – Bonnie Dodge
EmCare, Inc.
Fraternal Order of Eagles – Williamsport Aerie #970
The Diane Gainer Cancer Fund
G.R. Noto Electrical Construction, Inc.
Herman and Luther's
The Herman O. West Foundation
Hermance Machine Company
Houseknecht's Machine & Tool Co., Inc.
J and M Construction Specialty, Inc.
Keystone Bingo Supply, Inc.
Keystone Data Systems, Inc.
L3Harris Electron Devices
Lake Erie College of Osteopathic Medicine
The Liberty Group
M & R Contracting, Inc.
Marcellus Shale Coalition
MetalKraft Industries, Inc.
Mid-State Beverage Co. – Don and Betty Jo Heim
Montgomery Plumbing Supply Company
Pappy Jack's Winery
PATHS, LLC
Patterson-Brandt, Inc.
Penn Cabling Services, Inc.
Penn Recycling, Inc.
Pine Ridge Construction Management
PMG Advisors, LLC
R&L Housing Associates, Inc.
Sanders Mortuary Ltd.
Schneider Valley Farms Dairy
*In Honor of Schneider Valley Farms Dairy Employees*
Gene and Mary Ann Schurer & Pam Keefer – Aquarius Pool & Patio, Inc.
SelecTrim Corporation, James Wood and Marcus Annicelli
SERVPRO of Broome County
Shaylor's Ponds & Patios
Sher Properties, Inc.
Southwestern Energy Services Company
Stanley Black & Decker
State Farm
Steinbacher, Goodall & Yurchak
Stevens & Lee, P.C.
Sunbury Motors
Susquehanna Oral & Facial Surgery and Dental Implant Center
Susquehanna Paper & Sanitary Supply Corporation
Texas Roadhouse – Williamsport
Tory Leather
VanCampen Motors, Inc.
Wayne Township Landfill
Wellsboro Electric
Wellsboro Rotary Club
West Pharmaceutical Services

# YOUNG PHILANTHROPISTS:

## A Senior Project Rooted in Kindness

When **Ava Miller** was searching for a meaningful way to complete her senior project at Central Mountain High School, she chose a cause close to her heart: bringing comfort to people undergoing cancer treatment.

Inspired by the experiences of her three grandmothers, **Sandy Cryder**, **Brenda Miller**, and **Dee Mundrick**, whose lives were touched by cancer, Ava set out to make a difference. With the support of family, friends, and community partners, she assembled and donated an incredible 250 comfort bags to patients receiving care at UPMC Hillman Cancer Center in Williamsport.

Each bag was thoughtfully filled with items designed to provide encouragement and distraction during treatment, including crossword puzzles, decks of cards, daily devotionals, and other helpful essentials. Skills of Central PA's Lock Haven Site Program donated water bottles, while family and friends contributed supplies and financial support. Ava's brother, Brice, also played an important role, generously donating all of the bags used for the project.

Ava dedicated countless hours to planning, collecting, and assembling every bag. Her motivation was simple: to brighten someone's day during a difficult time.

Those who know Ava describe her as someone who is always looking for ways to serve others. Beyond this project, she regularly volunteers at local nonprofits and community events.




*Ava Miller delivered 250 comfort bags to UPMC Hillman Cancer Center in Williamsport, providing patients with thoughtful items to offer encouragement during treatment.*

Sometimes a single act of kindness can touch hundreds of lives. Through her compassion and generous spirit, Ava did just that.

SUSQUEHANNA HEALTH FOUNDATION

# CADUCEUS SOCIETY

**The Caduceus Society** recognizes physicians who made a commitment of $2,500 or greater to Susquehanna Health Foundation. Donors are listed through **June 30, 2026.**

## $500,000+

Dr. and Mrs. Francis M. Powers Jr.

## $250,000–$499,999

Dr. Barbara Heere and *Dr. Bernard Butkiewicz

## $100,000–$249,999

Anesthesia Associates of Williamsport
*Dr. and Mrs. Albert G. Liddell
Dr. and Mrs. Rodwan and Zokaa Rajjoub
Dr. Hani and Eiman Tuffaha

## $50,000–$99,999

Jean and John Burks
*In Memory of Joseph R. Calder, MD*
***Greg and *Marilyn Frailey***
Dr. and Mrs. David J. Lopatofsky
Dr. and Mrs. George A. Manchester
Dr. and Mrs. Zachary Ritter
Dr. and Mrs. Sheldon M. Schwartz
Dr. Fadi and Jessica Sweiss

## $25,000–$49,999

Anonymous
Jack and Dottie Bailey
Dr. John and Donna Becker
Dr. and Mrs. E. Lee Bellinger
Christopher and Susan Branton
Dr. Jill A. Burns
Dr. and Mrs. Scott D. Croll
Dr. Ronald E. DiSimone
Dr. and Mrs. Elefant
Dr. and Mrs. Daniel R. Gandy
Dr. Michael C. and Dr. Heather J. Gerst
*Rickie and Michael Gross
Dr. and Mrs. Timothy Heilmann
Dr. David and Meghan Kurz
*Dr. Ted and Jane Larson Jr.
Dr. and Mrs. Donald J. Leathers
Cheryl Marceau and Dr. Michael Marceau
Dr. William C. and Beverly H. McCauley
Dr. and Mrs. Alexander R. Nesbitt
Drs. Timothy and Kathleen Pagana
Dr. and Mrs. Warren L. Robinson
Dr. and Mrs. Donald D. Shaw
*Dr. and Mrs. Gordon A. Shaw
*In Memory of Joseph R. Calder, MD*
Susquehanna Urologic Associates
Dr. and *Mrs. Lawrence Tama
Dr. Richard and Mrs. Sharon Walter
Dr. Chan Yoon

## $15,000–$24,999

Anonymous
Darius Abadi, DO
Dr. and Mrs. Victor P. Becker
Dr. and Mrs. William R. Beltz
Dr. and Mrs. Mark D. Beyer
Drs. David and Susan Borys
Drs. Brian and Jenny Broaddus
Dr. Michael and Lydia Busada
Dr. Perry W. Doan
Dr. Matthew and Ashley McClain
Drs. *Naresh C. and Anita Nagpal
Dr. and Mrs. Anthony M. Nespola
Dr. Christine K. Nolan
Dr. Timothy and Debbie Pastore
Dr. Shailesh and Deanna Patel
Jim and Peg Redka
Dr. and Mrs. Sandeep and Maria Sagar
Dr. Phyllis Scott
Dr. Mohammad and Mrs. Margaret Shafique
Dr. Robert and Sandy Silberg
Dr. Thomas C. Smith and Suzanne Dively-Smith
Dr. Donald J. and Susan Sweeney
F. Omar and Ana Tordilla
UPMC Williamsport Medical Staff
Williamsport Pathology Association

## $10,000–$14,999

Anonymous (4)
Thomas R. and Keri L. Albright
Karen and Michael Belenko
Dr. and Mrs. Paul W. Braunegg Jr.
Dr. Tom and Rebecca Burke
Dr. and Mrs. Leonard R. Collins
Dr. Ryan and Mrs. Amy Collins
Daniel J. Glunk and Margrit M. Shoemaker
Dr. and Mrs. Edmund P. Guelig
***Victoria L. Harness, DO***
Dr. and Mrs. Michael V. Hoffman
Dr. Renuka Kakarala and Dr. Sai B. Sajja
Dr. Charles D. Lamade
Morgan Manchester-Ritchie
Dr. and Mrs. David B. Nagel
Donald and Diane Nardone
Dr. and Mrs. Harshad Patel
Dr. Christopher Reilly and Dr. Teresa Bianco
Dr. René and Diana Rigal
Keith and Pam Shenberger
*In Memory of Lynn A. Overdorff Jr.*
*In Memory of Ann L. Shenberger*
Dr. Mohammad Tahir
Dr. and Mrs. F. Ardell Thomas
***UPMC Muncy Medical Staff***
Dr. and Mrs. Stephen Weber

## $2,500–$9,999

Anonymous (5)
Bharat G. Adroja, MD
Dr. and Mrs. Carl R. Albright
Dr. and *Mrs. David N. Ambrose
Charles and Karla Anderson
*In Memory of Albert Confer*
Dr. Elizabeth and *Eric Anderson
Cindy and Terry Belles
Jasneet Bhullar, MD, and Suman Bhullar, MD
James Bland, MD
Dr. Karen M. Brady
Dr. and Mrs. John V. Calce
Dr. William Cicio
Cornerstone Family Health, P.C.
Dr. T.E. Cullen and Bronwen Cullen
Michael Desiderio, DO, and Darcie Desiderio, DNP, CRNP
Dr. and Mrs. Gary M. Dincher
Drs. Dilip Elangbam and Subadani Angom
Dr. and Mrs. Joseph G. English
Durriya S. Esaa, MD
Dr. and Mrs. Todd W. Fausnaught
James R. Fick, MD
Mr. David and Dr. Lisa Galloway
Dr. and Mrs. Steven W. Geise
Dr. Kenneth I. Glaser
Dr. and Mrs. Russell and Juliann Gombosi
Dr. Judith Gouldin and *Mr. Anthony Parente
Nathaniel Hare, MD
Dr. and Mrs. Steven M. Hawley
Glen T. Hofstrom, MD
Dr. Kenneth A. Hogrefe
John and Veronica Jones
*In Memory of John and Dorothy Jones*
Dr. Muhammad Kashif
Dr. and Mrs. William F. Keenan
Dr. and Mrs. I.G. Kim
Dr. Dana and AJ Kirschner



Bold and italicized listing = new donor, new to giving level, or new gift
*deceased donor





# CADUCEUS SOCIETY

Dr. and Mrs. Kevin W. Kist Jr.
Olamide Kolade, MD
Dr. John Kuri and Dr. Amy Wirtner
Darshan Lal, MD
The Lazar Family
Dr. Paul and Cynthia Leber
Dr. and Mrs. Joseph Lexon
David and Clayton Lightman
Dr. and Mrs. Eric Longenbach
The Lyne Family
Dr. Thomas J. and Reverend Dr. Lois D. Martin
Dr. Scott A. Mathias
Adrienne McCallister, DO
Dr. Sabrina Mikita
Drs. Brad Miller and Cheryl Stayton
Robert L. Muller, MD
*In Honor of Dr. David N. Ambrose*
Dr. and Mrs. Mark G. Odorizzi
Dr. Stuart and Judy Olinsky
*Dr. Mark and Mrs. Deborah Osevala
William and Cynthia Pagana
*In Memory of Ann Pagana*
*In Memory of Elizabeth Pagana*
Dr. and Mrs. Young W. Park
Dr. and Mrs. Frank W. Parker
Dr. and Mrs. William J. Peck
Dr. and Mrs. John A. Pellegrino
Dr. Luan and Bethany Pham
Adriana Polisano, MD, and Timothy E. Wirth, PharmD
Dr. Robert and the Reverend Christine Purcell
Dr. Renee Quarterman
Jennifer Rager-Kay, DO
Navitha Ramesh, MD
*Dr. and Mrs. William P. Reich
Dr. Herbert Roberts
Dr. and Mrs. Steven D. Rockoff
Eddie O. Rodriguez-Lopez, MD
Abdalla Sholi, MD
Zachary Simpson, MD
Dr. and Mrs. Rohit G. Singh
Dr. and Mrs. Sam F. Stea
*In Honor of Our Children*
Bernard and Sarah Steinbacher
*In Memory of Karen E. Steinbacher*
Dr. Allan K. Stryker
Dr. Lawrence and Nancy Tomack
Dr. Peter and Rose Trevouledes
Dr. Frank E. Tulak
Dr. and Mrs. Thane N. Turner
Dr. and Mrs. Seth I. Weber
Dr. Jeffrey and Valerie Wetstone
Rosemary Wiegand and Brett Homan
Dr. and Mrs. Daniel E. Wolfe
Edward G. Wyshock, MD

## The Past Decade's Greatest Hits

**Like any greatest hits collection, these are the moments that helped define the past decade. Thanks to the generosity of Susquehanna Health Foundation donors, meaningful improvements in care, technology, and access have touched communities across our region. Here are just a few of the milestones we've made possible:**

- The Susquehanna Strong Campaign, which raised $11 million to advance health care services in our community
- The creation of more than 55 endowments, ensuring lasting support for future generations
- Educational, professional development, and recognition opportunities for hundreds of health care employees
- High school co-op and nursing partnership programs that help develop tomorrow's health care workforce
- Major renovations to UPMC Williamsport Inpatient Rehabilitation, the Cardiac Rehabilitation Gym, and The Gatehouse
- A new linear accelerator for the Radiation Oncology Department at UPMC Hillman Cancer Center in Williamsport
- Cancer support and wellness programs serving women during and after treatment
- Partnerships with other local nonprofits, such as the Paternostro Cancer Foundation, We Are Women Helping Others, and the Tioga County Partnership
- Fill Your Trunk food opportunities for rural communities
- UPMC's Outpatient Emergency Department in Lock Haven, the only stand-alone ED in Pennsylvania
- Bringing PulsePoint to the region and helping place more than 100 AEDs throughout local communities
- Collaborative projects with Friends of UPMC Wellsboro, including a Mobile Health Unit and a new Healing Garden at UPMC Hillman Cancer Center in Wellsboro
- The creation of an Electrophysiology Lab to diagnose and treat heart rhythm conditions
- New equipment and expanded programming for Pediatric Rehabilitation
- Upgrades to Cardiac Rehabilitation services at UPMC Williamsport and UPMC Wellsboro
- The purchase of a SimMan® patient simulator to enhance training for critical care teams

*deceased donor

SUSQUEHANNA HEALTH FOUNDATION

# LEGACY SOCIETY

**The Legacy Society** recognizes those who made a planned or estate gift to Susquehanna Health Foundation of $1,000 or more, through June 30, 2026. The "past" designation distinguishes our members who have passed away but whose estate or planned gifts to the Foundation reflect the lasting legacy they left to help others.

## Current Members

Anonymous (4)
Susan H. Beery
Steven and Maryjane Brown
Carol M. Cacchione
Rachal Diane Clark
Don and Debbie Creamer
Robert P. and Linda H. Crockett
Naomi Cole Decker
Ron and Jeanne DeFeo
Dena Kay and Lee Richard Dunlap Jr.
Jena and Jason Eggerton
Mitchell T. and Laura Marie Evans
Ronald S. Ferguson
Chaplain Dave and *Carol Fishel
Timothy M. and Mary C. Gage
Lindsay and Derek Garner
David Lee Gemberling
Dr. Davie Jane Gilmour
Robert and Laura Gilson
Dr. Barbara Heere and *Dr. Bernard Butkiewicz
Alanna and Darwin Huck
Mark A. Huffman
Steve and Mary Ann Johnson
Rosalie F. Kaleda
Mr. and Mrs. Michael D. Karstetter
Raymond E. Kehrer Jr.
*In Memory of Hilda and Raymond Kehrer Sr.*
Ruth and *Ben Keller
Mr. and *Mrs. George Koons
Dr. Bonelyn Kyofski
Nancy J. Lady
*In Memory of Andrew Lady*
Christy and David Lassiter
Dorie LeVan
E. LaRue Lunt
Dr. and Mrs. George A. Manchester
Cheryl Marceau and Dr. Michael Marceau
Charlotte E. Maxwell
Edward and Sherry McCabe
*Mr. and Mrs. Peyton D. McDonald
Deborah K. Miklavcic
Thomas J. Moriarty
Danut F. Neagu
Betty H. Niles
Dr. Luan and Bethany Pham
*Birch and Annmarie Phillips
Dr. Robert and the Reverend Christine Purcell
*Brenda L. and Barry K. Rake
Ben and Ann Riles
William G. Ritter
Robert and *Lanea Ruffaner
Donna E. Sayah
Mr. and Mrs. Michael D. Scherneck
James and Linda Scott
Jean Soars
Dave Steinbacher
*In Memory of Karen E. Steinbacher*
Wade and *Ruth Strong
Marsha C. Swartzlander
Bill and Kim Van Campen
Mr. and Mrs. Richard A. Vanderlin
Matthew G. Wech
Dr. and *Mrs. Chan Yoon
John and Lori Zeigler

## Past Members

Anonymous (5)
Ruth D. Adams Estate
Claire J. Anderson Estate
Ruth A. Anstadt Estate
John and Eva Mae Archer
David W. Arndt Estate
Ruth S. Askey Estate
Howard R. Baldwin Jr. Estate
Estelle S. Bartlett Estate
Dorothy M. Bartlow Estate
Kathryn R. Biggar Estate
Gertrude M. Blatchley Estate
Kenneth and Lulu Blessing Trust
Diane Bookmiller
Virginia M. Bower Estate
Margaret R. Brown Estate
Helen L. Bruner Estate
Anne H. Bullock Estate
Richard K. Burrows
Helen Callaghan Estate
Adelina Caporaletti
Rosemary C. Carey Trust
Palma Colesanti Estate
Charles John Colocino Jr. Estate
William B. and Mary M. Cook Estate
Alice and Charles Corbett
Anne E. Cranmer Estate
Ralph R. Cranmer Estate
E. Ruth Crist Estate
A. Virginia Dannelley Estate
William H. Jackson Dawson Estate
Austin Deck Estate
Doris and Fred Diehl Estate
Mary G. Dore Estate
Richard M. Dore Estate
Frances E. Dorman Estate
John and Janet Dougherty Estate
James W. Dow Estate
William J. Dunlap Sr. Estate
Walter P. Eilers Sr. Estate
Kathleen L. Enigk Estate
Aurele B. Ewing Trust
Jo-Anne Fawcett Estate
Katherine M. Fetter Estate
Elizabeth K. Frederick Estate
*In Memory of William Frederick*
G. Alan and Priscilla D. Frey
Sarah J. Fry Estate
Gwen Frye Estate
Leonard F. Gajewski Estate
Lester Gehr Estate
LaVera G. Gehron Estate
George W. and Lillian B. German Testamentary Trust
Louise Goodman
Peter J. Goodwin
Amelia F. Grieco Estate
Charles R. Gross Estate
Mary Hanner Estate
Catharine A. Harrison Trust
Ralph and Mary Hart Endowment Fund
David A. Harvey Estate
Christine H. Himes Estate
K. Alan Himes Estate
Catharine Hollenbeck Estate
Ida A. Hoshauer Estate
Joe and Carolyn Hume Estate
Charles William Humphrey Estate
***Clarence and Lillian Iceman***
B.G. Johnson Estate
Rosetta C. Keefer Estate
Esther Kehler Estate
Leah M. Kile Estate
Matthew Kissell Estate
Mary E. Krise Estate
Sudie R. Ludwig Estate
***Stephen C., John W. and John C. Lundy Fund***
Elizabeth P. Lyon Estate

SusquehannaHealthFoundation.org/Donate

Bold and italicized listing = new donor or new to giving level
*deceased donor





LEGACY SOCIETY

Joseph N. Lytle Estate
Robert B. and Virginia W. MacIndoe Trust
Phyllis J. Maietta Estate
Esther Malleson Estate
Thomas J. Malloy Estate
W. Robert Maust Estate
Marguerite Mayer Estate
Lona J. McConnell Estate
Jay H. McCormick Estate
Mrs. Peter J. McGovern
Janet I. McQuillen Estate
Kenneth Meier Estate
Mary G. Mosser Estate
Wilhelmina J. Myers Estate
Donald A. Nyce Estate
Ruth E. Ohnmeiss Estate
Arlene R. Opp Estate
Ted and Janet Owlett Estate
Theresa M. Paternostro Estate
Larry Allen Persun Estate
William Pickelner Estate
Margaret A. Probst Estate
Patricia J. Rambo
Dr. and Mrs. Paul B. Reis
*In Memory of Al J. Smith*
Robert K. Rewalt Estate
Paul L. Ridall Estate
Thomas J. Rider Trust
Lulu B. Roat Estate
Berta Robbins Estate
Beatrice W. Royston Estate
Walter and Marian Schell
Joy M. Shaner Estate
Rebecca E. Sherman Estate
Sara J. "Sally" Short Estate
Emily W. Simpson Estate
Henry C. Sitler Estate
Josephine Smith Estate
Sidney A. Smith Estate
John G. and Mabel M. Snowden Memorial Fund
Louella B. Snyder Estate
Marvin and Jean Staiman
Anna D. Stapleton Estate
Marion Stopper Estate
Ralph B. Strawbridge Estate
*In Memory of John W. and Sarah M. Strawbridge and Enjar and Clara P. Norman*
Elizabeth G. Stroup Estate
Luther L. Stroup Estate
Gertrude Strunk Estate
Barbara W. Taber
W. Wendle Taggart
Russell E. Tingue Trust and Emogene L. Tingue Estate
Argeno and Eleanor Vannucci Estate
Ross Vickers Estate
Luigi Vittorio Estate
Mary C. Vogel Estate
Raymond F. Vogel Estate
Jane Voneida Estate
E. Louise "Petie" Waltman Estate
Dwight and Eunice Waltz Estate
Charles G. Webb Trust
Donald J. Webb Estate
Leonard G. Weber Estate
Weisel Family Trust
Charles N. Welshans Estate
Eugene Welteroth Estate
Thelma B. White
Helen Wilkins Estate
Beatrice I. Winters Estate
Marion Calvert Wright Estate
Albert F. Young Fund at First Community Foundation Partnership of Pennsylvania
Mary Louise Zimmerman Estate
Marie B. Zurinsky




# A GIFT THAT LIVES BEYOND A LIFETIME

**Even if you plan to live to 200, you still need a plan.**

When most people think about a will, they think about providing for family and loved ones. But a will can do something more. It can tell the story of what mattered most to you.

For many individuals, including Susquehanna Health Foundation in their estate plans is a deeply personal decision. It might stem from gratitude for care received, a desire to help future patients, or a wish to honor the memory of someone special.

**Supporters may choose to:**

- Include Susquehanna Health Foundation in their will
- Name the Foundation as a beneficiary of a retirement account
- Designate the Foundation as a beneficiary of a life insurance policy
- Establish a charitable trust
- Donate real estate, personal property, or other assets

Each option helps ensure exceptional care remains available close to home for years to come.

Beyond their financial impact, these gifts reflect the priorities, values, and generosity of the people who make them.



To learn more about planned giving opportunities, contact Sherry Watts at 570-320-7464 or Erin Welch at 570-320-7041.

SUSQUEHANNA HEALTH FOUNDATION






# HOPE, COMFORT, AND COMPASSION FOR CANCER PATIENTS

Few organizations embody the belief that we honor those we've lost by caring for others more beautifully than the **Paternostro Cancer Foundation**. Founded in memory of beloved daughter and sister **Kathleen "Kass" Paternostro Morgan** and family patriarch **Thomas Paternostro**, the organization has transformed grief into a lasting legacy of compassion, hope, and service. After losing Kass to cancer in 2012 and Tom to the disease just two years later, the Paternostro family committed themselves to helping others facing cancer.

Today, the Paternostro Cancer Foundation's impact can be felt throughout Lycoming County and beyond. Through direct assistance with utility bills and other essential household expenses, the organization helps ease some of the burdens that often accompany treatment. As a result, patients and their families can focus more of their energy on healing and recovery. The Foundation also awards annual scholarships to deserving high school students, carrying forward the values that Kass and Tom exemplified throughout their lives.

SusquehannaHealthFoundation.org/Donate









*"Be the things that you loved most about the people who are gone."*

## A Shared Commitment to Cancer Care

The Paternostro Cancer Foundation's work at **UPMC Hillman Cancer Center in Williamsport** began in 2014 with the launch of its Harnessing Hope care bag program. Inspired by Kass' own cancer experience, the bags are filled with thoughtful and practical items and distributed to newly diagnosed patients as a tangible reminder that they are not alone. The organization also provides complimentary head coverings to women experiencing hair loss, offering comfort and confidence during an especially difficult time.

In 2021, the Paternostro Cancer Foundation and **Susquehanna Health Foundation** came together to create Essence of You, a bimonthly wellness program for individuals and their caregivers receiving or recently completing treatment. The program offers a welcoming space to step away from appointments and procedures and focus on personal well-being. From art classes and skincare workshops to sound baths and movement-based activities, each session encourages participants to recharge and connect with others. Local businesses, instructors, and volunteers regularly share their time and talents, creating meaningful experiences that nurture both body and spirit.

## A Legacy That Lives On

More than a decade after its founding, the Paternostro Cancer Foundation continues to touch lives in meaningful ways throughout our region. Whether helping a family keep the lights on during treatment, providing care and dignity throughout the cancer journey, or building opportunities for joy and renewal, the organization remains rooted in the principles that inspired its creation.

Through its partnership with Susquehanna Health Foundation and UPMC Hillman Cancer Center, the Paternostro Cancer Foundation continues to honor the memories of Kass and Tom by doing exactly what they did throughout their lives: lifting others up, offering hope, and making a difference when it matters most.

To learn more about the Paternostro Cancer Foundation, visit paternostrocancerfoundation.org. If you are interested in participating in or volunteering with Essence of You, please contact the Susquehanna Health Foundation office.

SUSQUEHANNA HEALTH FOUNDATION

# KEYSTONE SOCIETY

**The Keystone Society** lists those who make a commitment to contribute $250 or more annually to Susquehanna Health Foundation. Listed below are all Keystone Society members through **June 30, 2026.**

## $1,000–$9,999

Anonymous
Blaise J. and Colleen Alexander
***Dan and Heather Allison***
Jeffrey D. Andrew
Anthony Visco, Jr. Architects
Bair Excavation Services LLC
***Chad S. Barner***
***Bruce E. Barrows***
Mark Beard
Karen and Michael Belenko
Bethel United Methodist Church Sewing Circle
Bike Run for Autism Awareness
Ed and Saundra Blackburn
John and Karen Blaschak
Stephen Bortz, PharmD
Robert G. and Nancy C. Bowers
Donald S. Boyles
The Dedicated Staff at the Breast Health Center
***The Brickyard Restaurant and Ale House***
Chaplain Tom Brokaw
Dr. John and Liz Broshkevitch
April M. Bryer
Tom and Laurie Burkholder
Stephanie T. Calder
Jim and Bethann Campbell
***John and Mary Cappello***
***Dr. Patrick and Maureen Carey***
Nicholas and Carol Catino
Nicoya and Justin Catino
Chick-fil-A Williamsport
Alan Cipriani
Catharine Cole
Susan and Robb Curry
Karen L. Daly
***Debra L. Damaska***
Howard Dean
Robert and Diann DeCamp
***Michelle Delp***
***Tawyana Dinsmore***
Dr. Ronald E. DiSimone
Divine Retiree Travelers
Frani Doherty
Lt. Col. Brian K. Dougherty
Dan Doyle
The Drollinger Family Charitable Foundation
Valerie A. Duff
***George and Shirley Durrwachter***
Kimberly and Michael Dzikowski
Chelsea M. Eggler
Estate of Richard C. Emerick
Carol Carson Evans
Fairfield Auto Group
Ashley L. Fedroff
Ronald S. Ferguson
First Citizens Community Bank
Greg and *Marilyn Frailey
Michelle R. Gaida
Terry and Mary Kay Gamble
The Gathering Quilters
Nancy L. Gehret
Cathleen S. Gibson
Davie Jane and Fred Gilmour
Robert and Laura Gilson
***Cheryl Maria Godfrey Memorial Fund at FCFP***
***Mary Louise Graziano Estate***
Natalie A. Grubbs
Carol Zablocky Hall
Paul and Iva Heise
Henry and Cally Herman
Beverly L. Hieber
Autumn S. Hill
Julie Hittie
Ann M. Hocker
Hal and Karen Hoose
Kenneth and Ann Hoover
Robert P. Hoover
Thomas W. Hoy
Stephen and Martha Huddy
***Humble Bumble Project***
***John C. Huyck***
***Roger and Denise Jarrett***
Jersey Shore State Bank
John Ryan Brewery
Junior League of Williamsport, Inc.
K's for Cancer
Stacey M. Kacyon
Stephen G. and Christine L. Kaiser
Rosalie F. Kaleda
Gloria F. Karchner
Marissa Keisling
Alice Kissinger
Carol Kitchen
***Cameron and Patricia Koons***
Heidi A. Kosmer
Janice D. Kuzio
Keith and Jennifer Kuzio
***L & M Music Co./Miele Inc.***
Nancy J. Lady
Abbey M. Lepley
Becky Levi
Lions Club – Montgomery
Liquor License Sales PA-NJ LLC
Craig and Rhonda Litchfield
Herman and *Molly Logue
Dr. and Mrs. David J. Lopatofsky
***Ted, TJ, Allison, and Jase***
*Norma Lunt Mullen and E. LaRue Lunt
***Rosemary C. Lunz***
Bob and Donna Lynn
Darlene M. Malischewski
Shannon L. Massey
Brian McClintock
Ronald and Judith McKibben



Bold and italicized listing = new donor or new to giving level
*deceased donor





# KEYSTONE SOCIETY

Joseph W. McTish
Mid-State Beverage Co. – Don and Betty Jo Heim
***Miele Manufacturing Group***
***Ava Miller***
James and Debra Moff
***Lori H. Moore***
Murray Motors – Brian Peace and Bill Brown
Drs. *Naresh C. and Anita Nagpal
Kirk and Lucinda Naugle
Danut F. Neagu
Robert and Rikki Nevins
Mark A. Nyce
Tom and Mary Owlett
PA Coalition for Oral Health
Connie Packard
Melissa Pandolfi, PA-C
Max M. and Norma J. Peacock Trust
Diane D. Pelesh
Frank G. Pellegrino
Pennsylvania Skill Charitable Giving
Ms. Ann Pepperman and Senator Gene Yaw
***George and Gloria Powers***
Professional Excellence Council
*Brenda L. and Barry K. Rake
Jay and Julie Raup
Michael and Christina Reed
John W. and Anne Rich
Dr. and Mrs. Warren L. Robinson
Dave and Maggie Roche
St. Luke Lutheran Church
Seth M. Rogers
Sean and Cynthia Roman
Larry and *Nancy Sanders
Donna E. Sayah
Gene and Mary Ann Schurer & Pam Keefer
James and Linda Scott
Kay S. Seery
***SERVPRO of Broome County***
*Joseph and Charmaine Shockloss
Mark and Connie Sitler
The children of Louis S. Slack: Louis, Michael, Linda, and Grandchildren
Dr. Paul J. Smith
Dr. Thomas C. Smith and Suzanne Dively-Smith
Whitney L. Strosser
Susquehanna Health Retirees
Susquehanna Valley Big Twins Motorcycle Club
Kristy M. Teisher
Teresa Temple
Dr. and Mrs. F. Ardell Thomas
Todd D. Sterner Fund at The Alaska Community Foundation
Judith Tubbs
USAA Federal Legislative
***Lari J. Vickrey***
Ward Manufacturing LLC
***Dr. James F. Way***
We Are Women Helping Others
Christine and Mark Wheary
***Wildlife of Autism Foundation***
Heather M. Williamson
Williamsport Area High School Booster Club
Lamont Withey
Samantha A. Witner
Woodlands Bank
Dr. Chan Yoon
Young Men's Democratic Club of Lycoming County, Inc.

## $500–$999

Anonymous
Sharon R. Adams
Alexander Subaru Incorporated
H. William Alsted
Aly's Monkey Movement
American Legion William B. Wilson Post 572
Cynthia Anderson
Dudley and Debbie Anderson
Melissa S. Anderson
***Arnot Sportsmen Association, Inc.***
Jennifer L. Avery
Denise A. Ayers
Arlene M. Bachman
Jack and Dottie Bailey
Alice R. Bair
Rachel A. Baker
Julie Baloga
Michael Philip Barclay and Laurie Crockett Barclay
Emily M. Bartlett
Oliver R. Bartlett
John Q. Beauge
Kathleen A. Bechdel
***Beiter's Home Center***
Mary Ann Bellfy
Jennifer L. Bennett P.A.-C
Michele K. Bergman
Bill MacIntyre Chevrolet Inc.
***Randall and Connie Black***
***Jerry L. Blanchard***
Richard and Julie Born
Bower-Decker American Legion Post 251
Jennifer R. Boyles, RN
Christopher and Susan Branton
Cynthia Breon and Family
Krista L. Brown
Barry and Jane Brucklacher
Robert and Melissa Dauber, Tom and Janet Haney, Tina and Randy Knipe, & Dick and Diane Burns
Roxanne L. Buss
Susan and Dan Carlson
Ron and *Rosie Cimini
Sharon Clausen
Ernest and Brenda Coder
Jon P. Conklin
Teresa A. Conyers
***Kaytlyn Coppola***
Corey Creek Ladies Golf Association
Rose Czap
Erin E. Daly
Kory and Carnie Datres

Bold and italicized listing = new donor or new to giving level
*deceased donor

SUSQUEHANNA HEALTH FOUNDATION

# KEYSTONE SOCIETY

Mark and Patty Davidson
Janelle F. Day
Matthew and Amy DeCamp
Ron and Jeanne DeFeo
Michelle M. Deuel
Stephanie T. Deviney, CRNP
Linda Dibble
Danielle Dymeck
Donald L. Eggler
Brian M. Engel
***Bob and Jackie Engelhardt***
Lori Englert
Douglas A. Erdman
Alec and Maggie Fantaskey
Linda S. Farrer
***Barbara Jo Fenton***
***Chaplain Dave and *Carol Fishel***
Annie Fogleman
***Denise and Joseph Folmar***
Julie E. Foresman
Tom and Linda Gamble
Ryan Gardner and Erica Trimble
James and Lorraine Gates
Sarah Gensel
Matthew R. Godfrey
Monica Haefner
Brenda M. Hagedorn
Harry Hefty
Barbara and Ross Hemmendinger
Darlene Hepler
Becky Hess
High Company LLC
Kathleen C. Hill
Lucinda Hill
Amanda L. Hitchcock
Tim and *Anne Holladay
Pierre Hopson
Taren Hornberger
Billie Jo Houtz
*Rob and Barb Hughes
Dr. Victoria and Jason Hurwitz
***IOT team at UPMC***
Dennis and Patti Jackson-Gehris
Anthony Von Johnson
George and Joy Johnson
***Journey Bank***
Chelsea Kahley
***Bertha Keefer Family***
***Ruth and *Ben Keller***
Margaret C. Kelly
Caron Kenyon
Shelley R. Kerwell
Julie and Kody Kilpatrick
Daniel and Laurita King
Kimberley King
Jason G. Kling
Oscar and Shirley Knade
Geri Kono
Amy Kreger
Judith A. Krezmer
Heather C. Lanahan
Jordin R. Langin
***The Lario Family***
***Patricia A. Letterman Estate***
Lisa's Business Services, Inc.
James A. Longley
Katlyn M. Lutchko
Lycoming Engines Employees
Kay C. Lyman
Darrin and Sue Mahaffey
Rachel Makley
***Family of Janet R. Mann***
Lucas C. Mariano
Steven E. Marshall
Dorothy B. Martin
Scott and Carol Masteller
*Vincent J. and Susan E. Matteo
Theresa A. Mattie
Butch and Sue McCusker
***Carla M. McElwain***
Constance McFadden
Dr. Matthew J. Meeker
Jenifer L. Miller
The Miller Family
Clyde J. Mitstifer
***Montoursville Girl Scout Troop #60271***
Charlene Moore
James and Debra Muffly
Dean P. Muller
Joseph C. Myers
Joseph T. Naimoli
Nan's Kids Foundation
Nicole P. Nardi
***Donald and Diane Nardone***
National Sporting Companies
Sandra Niklaus-Eck and Ronald Eck
***North Central Church***
Ruth M. Nuss
The O'Briens
***PA Osteopathic Med Assoc Foundation***
Christian F. Paredes
Steve and Kathy Pellegrino
Kathryn A. Penfield
Brenda S. Peterman
Picture Rocks Lions Club
Ben and Lynn Plankenhorn & Family
Pneu-Dart, Inc.
W. Herbert Poff III
***Teri Priest***
Susan K. Prindle
RE/MAX West Branch
Andrea N. Reed
Walter L. Reese
The Family of Kay E. Reifsnyder
Resounding Performing Arts
***RidgeCrest Home Sales***
Angel E. Rivera-Weaver
***Gene C. Roberts***
Robert and Susan Ross
***Robert E. Ruffaner***
***Rust & Shine Unique Shopps***
Saint John's – Newberry United Methodist Church
Frederic G. Sanford, MD
Megan E. Saunders



Bold and italicized listing = new donor or new to giving level
*deceased donor

KEYSTONE SOCIETY

Carol Savoy, Savoy Contract Furniture and J. Savoy Realty Co., Inc.
Charles and Helen Schwarz
Sew Fine Quilters
Rich and Judy Shaffer
Laraine L. Shannon
Emily Shelley
Emily Shirey
Alexis L. Short
Laurie Smead
Elizabeth A. Stabley
Suzanne and David Stopper
Tanglewood Camping
***Michael and Janet Thierfelder***
Niccole C. Thomas
Tiadaghton Quilt Guild
***Jack and Mary Turner***
United Way of Southwestern Pennsylvania
***UPMC Children's Hospital of Pittsburgh Anesthesia Team***
Jerry and Joy Walls
***Peggy Waltz and Bob***
Webb Weekly
Harry and Rebecca Webster
Jackie and Arne Werts
Linda M. West
Kathy M. White
Betty J. Wilber
Williamsport Area High School Volleyball
Williamsport Electric Inc.
Williamsport Firefighters #736
***Laurie Wood***
The Family of Frank Woomer: Sara, Joshua, Justin, Zachary, and Matthew Woomer
Sherry Wyble

## $250–$499

Anonymous
Dawn Albright
Ruth A. Aldridge
***Alex's Evangelical Pharmacy Family***
Taanasa L. Alfred
Dr. Natasha R. Alligood-Percoco
Victoria G. Anderton
Dr. and Mrs. Stevan Anselmi
Jack Archambault
Karen A. Armson
The Art Partnership, Inc.
Brenda Aunkst
Terry L. Austin
Bald Eagle United Presbyterian Church
Erin R. Bannon
***Steve and Mary Barner***
Mike and Donna Bastian & Family
Brandy Bauman
Travis Baylor
Talia Beatty
Ginger Beaver
Gregory L. Beck
Michael and Lori Beiter
Ann S. Beitz
Laurie Bell
***Alexis Belzer***
Jeff and Cassie Bennett
Kyle Benson
Rebecca C. Berninger
Amy Bickhart
Aaron Bird
Kimberly Black
Miranda R. Black
Ken and Kitty Blessing
***Blue Star Moms***
Michael Bogert
Michelle Bohlin
Wendy A. Bonus
Bostley's Pre-School Learning Centers, Inc.
Sherri M. Bower
***Boxes of Hope***
Nicole Boyer
Curt and Donna Brennan
Abigail R. Breon
Ginny L. Brickley
***Brian Broughton***
Trisha Brown
Natalie A. Buss
Terry Bussard
Brian K. Buttorff
Carol M. Cacchione
Canton Area American Legion Auxiliary
Heather E. Carnahan
Beth A. Caviston
Jennifer L. Childs
Barry and Rochelle Clark
David Cline
Clintondale United Methodist Church
David J. Cochrane
Amy M. Collins
***Stephanie Confer***
Erin A. Cramer
Marisa L. Croteau
Spencer G. Cryder
Erika Dean
Joe and Judy DeGregorio
Kellie N. Derryberry
Candy and Steve Dewar
***Anna Dinkins***
Ann M. Doane
Richard Dowell, PhD
Jennifer Dremel Majetsky
Dashanka Drummond
Clay Dudash
Anna and Neil Dunlap
Dena K. Dunlap
Jim and Terry Dunlap
Dorian Dunn
Rebekah L. Dunning
Kalee L. Dupert
Kelly S. Eaton
Kelly J. Eck
Jack Eckman
Samantha M. Emick
Christopher D. Erdman
Curtis and Stephanie Fay
Jeffrey D. Feerrar
Craig and Sheila Fields

Bold and italicized listing = new donor or new to giving level
*deceased donor

SUSQUEHANNA HEALTH FOUNDATION

# KEYSTONE SOCIETY

Marrisha L. Finan
Kristine L. Finochiaro
First Baptist Church – Lock Haven
Betty L. Fisher
Jessie M. Fogelman
Katelyn L. Fowler
Kristen N. Funk
Furman Family
Kelly M. Gallagher
Cindy Gitchell
Dale Glover
Keith and Amy Goehring
Dr. and Mrs. Russell and Juliann Gombosi
Jennifer A. Gordner
The Family of Darryel Griffin
Matthew J. Groff
*Rickie and Michael Gross
Jay and Connie Grover
***Hasook and Sangmook Ha***
Betty Haase
Kristen Hakes-Kinley
Jessie Hamilton
Crystal L. Hanner
Dr. and Mrs. Michael Haraschak IV
Donald and Kathy Harris
Dr. Leo M. and Mrs. Debra A. Hartz
Steve and Phoebe Haupert
Sara Hencel
Samantha Henry
Theresa R. Hershberger
Christopher and Nadine Holladay
Timothy L. Holladay
Sheila Holleran
***William M. Hoppel Jr.***
Horizon Federal Credit Union
Kyrstin Hubbard
Valerie Huck
Correne Hufnagle
Michael and Jodi Huling
***Inpatient Behavioral Health Staff***
John F. Laedlein Lodge No. 707 South Williamsport
***Dajah Johnson***
***Phil and Christine Johnson***
***Steve and Mary Ann Johnson***
Taylor V. Jordan
Samantha L. Kalacinski
***Alexander J. Karney***
Kayla Keen
Raymond E. Kehrer Jr.
Seth and Susan Keller
Karen E. Kemmler
Jacqueline L. Kibler
Robin King
Jacqueline L. Kinney
Dr. and Mrs. Kevin W. Kist Jr.
Kiwanis Club of Muncy Area
Kiwanis Club of Williamsport
Kathryn Kleckner
Jennifer and Frank Klotz
Brenda Knarr
Alicia C. Knittle
Donna J. Knouse
Diane L. Kohler
Bill Kosmer
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YOUR CONTRIBUTIONS AT WORK:

# Critical Care SimMan®

*Critical care teams are now able to practice vital skills with a new high-tech simulation manikin making rounds throughout UPMC in North Central Pa.*

This past May, a mystery man (of sorts) joined the UPMC in North Central Pa. community in the form of a SimMan Critical Care manikin. This advanced patient simulator supports multidisciplinary clinical education across the health system. Using emergency and acute care scenarios, the SimMan helps clinical teams improve coordination and prepare for complex patient situations. The SimMan will travel throughout the region, providing hands-on training opportunities to staff at multiple campuses.

"We've had simulation manikins in the past, which we are fortunate to have received, but we've never had one designed specifically for critical care," says **Joshua Pauling, MSN, RN, CNL, PCCN,** director of Clinical Professional Development for UPMC in North Central Pa. "This is a huge win because we can simulate intubations, advanced cardiac monitoring, and many other critical care situations. That's especially valuable for some of our smaller sites, where opportunities to encounter these cases may be less frequent."

## WHAT IS A SIMMAN?

SimMan Critical Care is a training manikin designed to simulate a wide range of clinical conditions with a variety of physiological responses. Manufactured by Laerdal, a global leader in health care education and resuscitation training, the model offers advanced respiratory, cardiac, airway, and vascular access capabilities. It helps train students and health care professionals in the assessment and management of critically ill patients.

By simulating complex or life-threatening conditions such as sepsis, heart failure, and acute respiratory distress, SimMan helps clinicians practice managing high-risk patient conditions in a safe environment.

Members of the Clinical Professional Development team from across UPMC North Central Pa. participated in hands-on instruction to learn how to maximize the SimMan's capabilities.

"The new SimMan is significantly more realistic than many of the previous manikins I have worked with," says **Samantha K. Diehl, MSN, RN-BC, ONC,** lead clinical professional development specialist at UPMC Williamsport. "Its ability to replicate physiologic responses, changes in vital signs, and patient deterioration creates a highly immersive learning environment."

While simulation manikins have been used at Williamsport for years, the new SimMan offers a more advanced level of training. The ability to simulate changes in a patient's condition in real time allows clinicians to immediately see the impact of their assessments and interventions.

One of the greatest benefits of the SimMan is the ability to practice without risk to actual patients.

"The SimMan allows educators to tailor scenarios to specific goals, creating meaningful experiences for staff across a variety of clinical settings," notes Samantha.

## ADVANCED SIMULATION FOR CRITICAL AND TRAUMA CARE

Not all simulation manikins are created equal. UPMC selected the SimMan Critical Care because it offers functionality specifically designed for emergency, acute, and trauma care, with advanced capabilities that support high-acuity patient scenarios.

Learners can assess the SimMan just as they would a real patient, including evaluating heart sounds, lung sounds, pupillary responses, and other clinical findings. It also uses tetherless mechanical ventilation, enabling care teams to move through transitions of care from pre-hospital settings such as an ambulance or home to the intensive care unit, just as they would with an actual patient.

"I was surprised by how interactive and responsive this SimMan is," says Josh. "We can program the manikin to mimic stroke-like symptoms, including subtle signs that could be missed in a fast-paced environment. We can also simulate more dramatic symptoms, such as heavy sweating, nausea, or localized pain."

One major goal of the program is to make stroke recognition and response second nature for clinical teams.

"As a Primary and Acute Stroke Ready hospital, we are really excited to be able to train with a broader range of symptoms," Josh says. "We can now simulate stroke symptoms in a controlled setting, helping staff improve early identification and response."

The high-fidelity SimMan can also mimic breath sounds and other clinical findings that clinicians may rarely encounter in practice.

"We can perform CPR and deliver external shocks. If we want to evaluate a team's CPR performance, we can run an entire scenario from start to finish, including EKG assessment, resuscitation, recovery, and debriefing," says Josh. "Afterward, teams can assess pulses, heart sounds, and other clinical findings. We can also use software to program customized scenarios that the manikin then role-plays."



# Meet Pat,
## THE UPMC SIMMAN

Northern Tier clinicians were thrilled to have a state-of-the-art simulation manikin. So much so that they named the SimMan in honor of former Clinical Professional Development Director Pat McGee, who has since retired.

"She was a strong advocate for lifelong learning and professional development, and she played an instrumental role in beginning the process of obtaining the SimMan before her retirement," Samantha explains.

With the SimMan, teams can customize training experiences to fit their specific needs while refining critical skills.

"The SimMan software platform lets us pre-program scenarios designed to facilitate mock events. Our training specialists can now observe on-scene or remotely and provide coaching, feedback, and debriefing. It's incredibly valuable," says Joshua.

The software includes both pre-built scenarios and the ability to create custom training environments.

"We're working to standardize resources across the organization and within North Central Pa., so that patients can receive world-class care consistently, regardless of which ED you walk into," Josh notes.

Training priorities are identified in collaboration with unit leaders across the organization to ensure simulation exercises reflect current challenges and department needs. This approach helps staff maintain proficiency while keeping education aligned with patient care priorities.



## THE POSSIBILITIES ARE ENDLESS WITH SIMMAN

In addition to allowing administrators to create, edit, and track training scenarios, SimMan includes advanced critical care and respiratory intervention capabilities that support a wide range of educational experiences.

- **Advanced simulated symptoms of critical emergencies** (such as cardiac arrest, trauma, respiratory distress, complex multi-symptom failures)
- **Airway features**
- **Blood pressure and pulses** (realistic pulse points, synchronized with ECG)
- **Circulation**
- **Circulatory skills** (including simulated cyanosis)
- **CPR**
- **Catheterization, chest tube insertion (bilateral), and needle thoracentesis (bilateral)**
- **Extrication**
- **Eye features** (including simulated pupil responses, such as dilation and constriction)
- **Gastrointestinal** (including simulated bowel sounds, stomach distention, obstructions, and laryngospasm)
- **Immobilization**
- **IV drug administration**
- **Pharmacology functionalities**
- **Stroke symptoms presentation** (including facial droop, slurred speech)
- **Simulated bleeding from multiple sites** (accepts tourniquets)
- **Seizure simulations**
- **Simulated urine output** (adjustable)
- **Ultrasound compatibility**
- **Vocal sounds**
- **Wounds and trauma** (including extremely lifelike changes in physiological responses)

"We used to narrate many of the symptoms to trainees, which felt a little flat," Josh says. "Now the manikin presents those symptoms itself and can respond to staff. Clinicians must recognize the signs and determine the appropriate response on their own."

Because the SimMan is programmable, educators can create customized scenarios tailored to the needs of individual departments, units, and clinicians.

### RURAL HOSPITALS BENEFIT FROM SIMMAN TRAINING

Since its Level II Trauma redesignation in 2024, UPMC in North Central Pa. has remained focused on meeting the emergency, trauma, and critical care education needs of its regional hospitals and emergency departments. To support that effort, the SimMan began its first rotation at UPMC Williamsport in May and will travel between Williamsport, Wellsboro, Cole, Muncy, and Lock Haven.

"In some of our rural locations, staff may go a long time without caring for a ventilated patient or encountering other critical situations," says Josh. "SimMan helps ensure our teams can regularly practice these scenarios so they feel prepared when those patients do arrive."

Samantha adds, "Simulation-based education helps clinicians strengthen clinical judgment and communication before encountering similar situations in real life. By practicing emergency responses in a safe environment, staff are better prepared to recognize changes in a patient's condition and respond appropriately."

For rural hospitals and clinics, that preparation can ultimately improve readiness, safety, and patient outcomes.

The SimMan is a valuable resource for many clinical teams and will eventually support training in:

- Intensive care units
- Emergency departments
- Trauma teams
- Trauma step-down units
- Medical-surgical units
- Respiratory therapy departments
- Anesthesia teams

### A WISE INVESTMENT IN COMMUNITY HEALTH CARE

The acquisition of the SimMan represents an investment in both clinical excellence and patient care. Its technology gives health care professionals the opportunity to build experience before encountering rare but critical events.

"Investing in advanced simulation is an investment in the ongoing education of health care professionals and the quality of care provided to our community," says Samantha.







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