

A HOLIDAY MESSAGE FROM THE PRESIDENT AND CEO

For the past two years, I have made reference to fictional characters related to the Christmas season - Ebenezer Scrooge and the Grinch. Both of these characters had a bit of a troubled past, but soon came around to experience the Christmas spirit. This year, I would like to continue with the Christmas character theme by talking about *Rudolph the Red Nosed Reindeer*.

Now you might ask, how does *Rudolph* fit into the picture? In many ways, *Rudolph* is the “poster deer” for persistence, determination and dedication to purpose. Born with a “perceived disadvantage” (bright red nose), he had to overcome ridicule from the “naysayers” who said he would never achieve his most important goal – to one day lead Santa’s sleigh. But how did *Rudolph* achieve his ultimate goal?

In the face of many obstacles, *Rudolph* did not give in, or give up in his pursuit of changing the way Santa delivered his gifts all around the world. *Rudolph* actually helped Santa find a better way to

guide the sleigh. In many respects, we can all be *Rudolphs* by helping to find a better way to serve those in need, and being a bright light for our community. Whether it’s delivering the absolute best health care around, or lending a hand to help the less fortunate this holiday season, the determination and dedication of *Rudolph* serves as a good reminder that we can all be “shining lights” to our Hospital, and in our community.

To each and every employee, physician, volunteer and Board member, thank you all for being a “*Rudolph*”. Your dedication and support is truly appreciated.

Have a very merry holiday season, and a Happy New Year!



TREE OF PEACE LIGHTING HELD

Shamokin Area Community Hospital (SACH) continued its holiday tradition of the Tree of Peace on December 10th.

The Hospital’s Board of Directors and Administration invited the public to participate in the annual tree lighting ceremony and caroling.

Support for Tree of Peace has grown considerably over the years. SACH employees, associates and community members have shown their support for the Tree of Peace by purchasing lights in the form of memorials and honorariums. The tree is located in the Memorial Garden at the main entrance of the

Hospital. A new tree was planted during the construction of the Memorial Garden courtesy of the SACH Auxiliary, and in memory of past Auxilians.



Each year, SACH offers different levels of lights that may be purchased. Levels offered for the Tree of Peace are Lights, Stars, Angels and Doves.

Numerous memorials are received each year and many people contribute to this worthy cause and the light of their loved one will be illuminated throughout the holiday season.

continued on page 3

AVOIDING THE “HOLIDAY BLUES”

For most people, the holidays are a time of year filled with parties, celebrations and social gatherings among family and friends. However, for many people, it is a time filled with sadness, self-evaluation, loneliness, and anxiety about an uncertain future.

Many different things can bring on the “Holiday Blues”. According to Shamokin Area Community Hospital’s (SACH) PATHways program director, Roseann Evans, it is not uncommon for the holidays to bring out a high level of both depression and anxiety.

“SACH’s Senior Behavioral Health Program has been open for over ten years, and has seen an increase in the number of admissions during the month of December,” said Evans. “Depression during the holiday season affects all age populations including children, adolescents, adults and the elderly.”

According to Evans, numerous reasons account for the “Holiday Blues”, dependent upon different circumstances.

“There are many factors that may lead to the exacerbation of symptoms of depression,” Evans noted. “In the case of children and adolescents, they may not receive as many presents from Santa Claus as other children. Some children may come from a single parent family due to divorce, or the death of a parent.”

As for adults, Evans listed numerous reasons for their holiday anxieties.

“In the case of adults, as well as the elderly, some factors may be financial strain, missing loved ones who have died or having no family at all, and lack of time to complete all the holiday preparations,” said Evans.

Among other reasons for this type of anxiety or depression seen around the holidays are: fatigue, unre-

alistic expectations, over-commercialization, excessive tension based upon balancing the demands of shopping, family obligations and houseguests may contribute to feelings of being overwhelmed and increased tension.

Among the symptoms of the “Holiday Blues” you may experience include: depressed mood, irritability, oversleeping/insomnia, decreased energy/fatigue, overeating, headaches and an increased consumption of alcohol and/or caffeine.

So how can one reduce some of the stressors that bring about the above symptoms?

According to Evans, it is oftentimes easy to give advice on the matter, but difficult for many to accept the advice.

“If I would have to give advice, it would be the following: set limitations on present buying, including the people as well as the amount; set aside time to shop, bake cookies, etc.,” said Evans. “Do not feel obligated to attend every holiday function, but if you do, talk about your feelings with others close to you, especially thoughts about those loved ones who have died. Get an adequate amount of sleep and know your own limitations in order to take care of yourself!”

Evans concluded saying that the holidays are a magical time and that the number one thing to remember is what the true meaning of Christmas is, outside of all the commercialism, which many seem to forget.

Everyone deserves to share in the blessings of the holidays. But if the “Holiday Blues” turn black, know that the counselors at SACH’s PATHways program are available to you 24 hours a day. Call PATHways Senior Behavioral Health at 644-4393, and they will work to help you in your time of need.

continued from the coverTree of Peace Lighting Held

The names of each person honored or remembered are posted in the main lobby of the Hospital and acknowledgement cards were forwarded for gifts received.

Refreshments were served and musical entertainment was provided by the Our Lady of Lourdes Regional School Chamber Singers, under the direction of Amy Lazarski.

Each child in attendance received a holiday surprise, sang Christmas carols, and had their picture taken with Santa and his friend, the Grinch.

Proceeds from the Tree of Peace will support SACH's latest commitment to patient safety: the implementation of its new Electronic Medication Administration Record system (E-MAR). This advanced system will improve the quality of care for patients and enhance patient care by reducing the risk for potential er-

rors. It will also provide alerts for drug-to-drug interactions. The drug prompts will be an added communication tool for the staff to provide quality service.

SACH is very appreciative of the support of the community and thanks everyone who chose to participate in this year's Tree of Peace.

According to Jessica A. Trell, director of development and public relations, the Tree of Peace has become a holiday favorite for many. "The Tree of Peace is a tradition here at SACH and a favorite event amongst our community," stated Trell. "We always count our blessings, especially at this time of year. We are very fortunate to have the support of our community, so it is only fitting to take this moment and wish them all the many blessings of the Season and a prosperous New Year."



Our Lady of Lourdes Regional School Chamber Singers, under the direction of Amy Lazarski, performed for a crowd of over 100 during the Shamokin Area Community Hospital Annual Grand Illumination ceremony for the Tree of Peace. The Chamber Singers also lead the audience for Christmas caroling.



Thomas R. Harlow, FACHE
President, Chief Executive Officer

Randy B. Morris, FHFMA
*Vice President, Finance,
Chief Financial Officer*

Corinne L. Klose, RN
Vice President, Patient Services

Rick Flynn
Vice President, Human Resources

Robert D. Greco
*Director, Special Projects
Patient Representative*

Jessica A. Trell
*Director, Development
& Public Relations*

Helen C. Limbert
Executive Assistant

Suzanne Mace
Medical Staff Coordinator



General Information.....	644-4200
Cardiac Rehabilitation.....	644-4348
Case Management.....	644-4310
Education.....	644-4274
Emergency Services.....	644-4222
Human Resources.....	644-4321
Imaging Services.....	644-4250
Laboratory Services.....	644-4248
Occupational Medicine.....	644-4322
P.A.T.H. ways Inpatient.....	644-4393
Patient Accounts.....	644-4276
Public Relations.....	644-4586
Rehab Services.....	644-4272
Respiratory Services.....	644-4244
Social Services.....	644-4346
Specialty Clinics.....	644-4325
Volunteer Services.....	644-4357

NATIONAL MEDICAL STAFF SERVICES WEEK OBSERVED



Suzanne Mace

Shamokin Area Community Hospital (SACH) observed National Medical Staff Services Week from November 2nd-8th.

This special week takes time to recognize the importance and value of medical staff services professionals. In 1992, President George H. W. Bush issued a proclamation designating the first week of November as “National Medical Staff Services Awareness Week”, acknowledging and thanking these valued workers for playing “an important role in our nation’s healthcare system”.

When you visit a hospital, you see the doctors, the nurses and other medical personnel. What you don’t see are the people behind the scenes who make certain the credentials of all practitioners who are caring for you are correct and have been verified.

At SACH, Suzanne Mace, medical staff coordinator, ensures that by verifying credentials, all healthcare consumers receive care from practitioners who are properly educated, licensed and trained in their specialties.

Mace noted that her main goal and the primary goal of SACH is to maintain patient safety through the assurance

that physicians, medical associates and assistants working at SACH are properly trained.

Each day, Mace takes on numerous management and administrative responsibilities at SACH, including: compliance with governing bodies (i.e. Department of Health, Centers for Medicare & Medicaid Services, etc.); revising the medical staff directory to keep everyone informed of who maintains privileges at the hospital; answering verification requests for appointment and reappointment for other facilities; credentialing new applicants and re-credentialing medical staff members every two years; notarizing employee or patient legal documents; faxes and mailings, coordinating and taking minutes at all medical staff meetings; and making reminder calls to physicians about meeting schedules.

It is also up to Mace to regularly provide updates on policies, procedures and bylaws, and she ensures that medical licenses, insurance, education and certifications are maintained and kept current. Mace also distributes hospital information to update physicians on any departmental changes; makes certain that surveys are given to physicians for input prior to when medical staff decisions are made; is in charge of agendas and books, and making calls for all medical staff meetings, along with collecting, coordinating and presenting performance improvement (PI) information for reappointments.

SACH appreciates Mace’s continued efforts as a vital part of this hospital’s healthcare team.

NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION MONTH

December is National Drunk and Drugged Driving Prevention Month (3D Month) by Presidential Proclamation. Though thousands of people die or are injured in alcohol-related motor vehicle crashes each year in the United States, effective measures to prevent these deaths and injuries do exist.

Quick Facts about Drunk and Drugged Driving:

- According to the National Highway Traffic Safety Administration 42,642 people died in traffic crashes in 2006 in the United States (latest figures available), including an estimated 13,470 people who were killed in drunk driving crashes involving a driver with an illegal Blood Alcohol Content (.08 or greater).

- An alcohol-related motor vehicle crash kills

someone every 31 minutes and non-fatally injures someone every two minutes.

- Drugs other than alcohol (e.g. marijuana and cocaine) are involved in about 18% of motor vehicle driver deaths. These other drugs are generally used in combination with alcohol.

- Each year, alcohol-related crashes in the United States cost about \$51 billion.

Most drinking and driving episodes go undetected. In 2005, nearly 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics. That’s less than one percent of the 159 million self-reported episodes of alcohol-impaired driving among U.S. adults each year.

continued on page 7

SAFE TOYS KEEP KIDS SAFE

The holiday season is a time when most toys and games are purchased for a household. Here are some tips from the National Safe Kids Campaign for buying safe toys for children:

- When selecting toys, consider the child's age, interests and skill level. Look for quality design and construction, and follow age and safety recommendations on labels.
- Consider purchasing a small parts tester to determine whether small toys may present a choking hazard to children under the age of three. Small parts testers can be purchased at toy or baby specialty stores.
- Toys are frequently recalled for safety reasons. Check the National Safety Kids Campaign website www.safekids.org for updates and information on recent toy recalls.
- Use mylar balloons instead of latex to eliminate the risk of choking or latex allergy reaction.
- Avoid toys with sharp points or edges, toys that produce loud noises and projectiles (such as darts).

- Avoid toys with strings, straps or cords longer than seven inches that may pose a risk for strangulation for young children.
- Avoid electrical toys with heating elements for children under the age of eight.
- Avoid cap guns that use caps that can be ignited by the slightest friction and can cause serious burns.

Other Tips to Keep Children Safe from Toy-Related Injuries

- Inspect toys regularly for damage and potential hazards such as sharp edges. Make any necessary repairs immediately, or discard damaged toys.
- Supervise your children to keep them safe from toy-related injuries. Get involved and actively play with your children rather than watching from a distance.
- Make sure toys are used in a safe environment.
- Teach children to put toys away safely after playing.

EAT RIGHT DURING THE HOLIDAYS

The holidays are a wonderful time to celebrate with family, friends and colleagues. But holiday events pose a special challenge for healthy eating and may have the unwanted result of weight gain. A recent study suggests that most Americans gain about a pound during the winter holiday season. While this might not seem like much, this extra weight can accumulate through the years and contribute to obesity later in life.

This year, whether you are a guest or holding a party yourself, try a new strategy by planning what, when and how much you can eat or serve at holiday events.

When attending a holiday buffet, select a variety of healthy foods that fit your meal plan.

If you are hosting a holiday gathering, try to offer a variety of low-fat, high-fiber foods. That means fresh fruits and vegetables, grilled or broiled lean meats, fish and turkey and chicken without the skin. Increase fiber content by serving whole grain breads and crackers, vegetables, fruits and dried fruits, or dishes including beans and legumes. Water and seltzer are both healthy; no-calorie beverages that can quench your thirst and help you feel full.

There are plenty of flavored waters on the market, just read the food label to ensure that it's a no-calorie or low calorie beverage. Seltzer mixed with fruit juices or hot apple cider also makes refreshing and colorful alternatives to other higher calorie holiday beverages.

If you're like most people, no matter how much you've eaten at dinner, there always seems to be room for desserts and sweets. You can still have your favorite holiday dessert, just cut down on the portion size and how often you eat these types of food. Fruit also makes for a great dessert – it tastes delicious, is filling and provides energy.

Increasing your physical activity during the holidays (even if it is in small amounts) can help control weight gain.

Remember, you can still enjoy the holiday season with its festivities and foods while keeping off the extra pounds through informed nutritious choices, controlled portion sizes and increased physical activity.

We at SACH, wish you a happy and healthy holiday season and prosperous New Year!

PHYSICIAN PROFILE...MEET DR. LLEWELYN WILLIAMS



In 2003, Dr. Llewelyn Williams arrived at Shamokin Area Community Hospital (SACH) and since that time, he has served this community as the Hospital's medical director of anesthesiology and pain management.

Dr. Williams joined SACH full-time after working for the Bloomsburg Hospital and Sunbury Community Hospital and Outpatient Center, where he was a staff anesthesiologist. In all, Dr. Williams has provided care for the surrounding community for the past ten years.

Dr. Williams is well-liked by his patients and colleagues and is known for his positive attitude and upbeat and energetic personality.

Since the age of 14, Dr. Williams wanted to be able to make a difference in people's lives after seeing his father dealing with kidney troubles.

He embarked on his journey in the medical profession and received his doctorate in medicine from St. George's University, Grenada. He completed his anesthesiology residency and medical internship through Allegheny University of the Health Sciences at Hahnemann Hospital in Philadelphia, and completed a pain fellowship at Case Western Reserve University Hospital in Cleveland.

As medical director of the SACH anesthesiology department, Dr. Williams is responsible for numerous things including: supervising the hospital's certified registered nurse anesthetists; developing and amending policies and procedures; establishing and maintaining procedures for the delivery of the appropriate standard of care in the department; serving as liaison between the department and the hospital's medical staff; maintaining appropriate medical and administrative records and reports; and participating in quality assurance and utilization review activities for the department.

Dr. Williams also cares for patients with pain concerns at SACH's Pain Management Clinic. He treats patients

for acute and chronic pain, and is known for his more interactive approach with those he treats to enhance their quality of life.

Dr. Williams is very comfortable giving medicines to treat pain, but is also a strong proponent of lifestyle changes to prompt healing. Dr. Williams stressed that eating healthy food such as fruits and vegetables, and drinking a good amount of water each day can help replenish one's body, which in turn, often leads to reduced pain.

"Unfortunately, pain is not a quick fix," said Williams. "Patients wanting to make a change need to be motivated and exhibit a desire to get better and thus, maintain a better quality of life."

The doctor is a member of the American Society of Anesthesiologists and the American Medical Association, noted that he feels there is a stark difference between "sick" care and "health" care.

"Hospitals too often simply provide sick care," stated Dr. Williams. "I believe that for a hospital to provide health care, they need to address not just the physical care, but the mental and spiritual care as well."

When asked what the most rewarding aspect of being a physician is, Dr. Williams said "seeing people get better"!

In his spare time, Dr. Williams enjoys playing tennis, racquetball and going to the gym. But something he is truly passionate about is his work with Three Angels Message Outreach located at 7 E. Sunbury St., Shamokin. He also regularly takes part in valuable community services, such as a Supper Club (taking place the first Monday of every month), Kids Club and Bible Study Club (which meets every other Tuesday from 6 pm till 7 pm).

Dr. Williams resides in Elysburg with wife Hannah, and sons, Christopher and James. The Williams family also eagerly anticipates the arrival of an adopted daughter during the month of December.

Dr. Williams is a true asset to this area, making a healthcare difference (physical, mental and spiritual) in the lives of those he interacts with each and every day.

NUCLEAR MEDICINE ESSENTIAL DIAGNOSTIC TOOL

Nuclear medicine is a very important branch of medicine and medical imaging.

The physicians, scientists, technologists and others involved in nuclear medicine and molecular imaging help to improve and save lives as breakthroughs in diagnosis, treatment and research occur.

At Shamokin Area Community Hospital (SACH), nuclear medicine imaging has been conducted by nuclear medicine coordinator, Scott Edmeads, for the past four and half years. With over 36 years of experience in the field of radiology, Edmeads provides SACH and area residents in need of treatment with a wealth of knowledge and skill.

Approximately 750 studies related to nuclear medicine are performed each year at SACH. Typically, nuclear medicine procedures conducted at SACH include bone scans, lung scans, gall bladder scans, myocardial scans (which help detect heart disease), among others.

These studies are done with the department's Axis Gamma camera. This particular camera, which arrived in 2002, is equipped with a patient table that can accommodate patients up to 400 pounds.

And at SACH, the well being of patients is a top priority.

continued from page 4 National Drunk and Drugged Driving

There are actions that work to prevent injuries due to impaired driving. To further decrease alcohol-related fatal crashes, communities need to implement and enforce strategies that are known to be effective, such as:

- Sobriety checkpoints. Fatal crashes thought to involve alcohol dropped a median of 22% (with random breath testing) and 23% (with selective breath testing) following implementation of sobriety checkpoints.
- 0.08% Blood Alcohol Content laws. Fatal alcohol-related crashes showed a median decrease of 7% following the implementation of 0.08% Blood Alcohol Content laws in 16 states.
- Minimum Legal Drinking Age (MLDA) laws. Raising the MLDA, such as from 18 to 21, decreases crash-related outcomes a medial of 16% for the targeted age groups.

“Zero tolerance” laws for young drivers. One study found that fatal crash outcomes decreased 24% after implementation of “zero tolerance” laws.

Be sure to be responsible during this holiday season and educate your loved ones regarding the dangers of drunk driving.

In the past year, SACH's nuclear medicine department passed both Nuclear Regulatory Commission and Department of Environmental Protection inspections, further reinforcing the importance of safety at SACH.

The department recently began a partnership with GE Healthcare, which has helped cut costs. This partnership also has supplied the department with updated technology in the form of a dose-tracking system, which allows for computerized record-keeping.

Edmeads noted that patient comfort is always a top concern. Oftentimes, testing necessitates that patients lie down for a lengthy amount of time. Edmeads explained that interacting with patients during this time is very important since it helps alleviate many potential fears.

Nuclear medicine and molecular imaging has brought about many benefits to the healthcare environment. The dedication and commitment of those in the nuclear field of medicine are greatly appreciated by all those at SACH.

Area residents can take solace in the fact that they have a facility equipped with the latest technology and an experienced and accomplished nuclear medicine professional at their service.

MED/SURG SPONSORS HAT & MITTEN TREE



Members of the Medical/Surgical unit at Shamokin Area Community Hospital sponsored a Hat & Mitten tree to benefit area residents. Donations of hats, gloves and mittens were collected and will be distributed to the community through local agencies. Assisting with the project were: (left to right) Maryann Faust, RN, Debra Martin, CNA, Kathy Roush, RN, and Linda Dunn, LPN.

COMMUNITY SERVICE CONDUCTED AT SACH



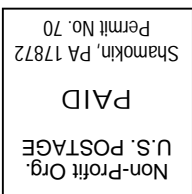
Confirmation candidates from Our Lady of Hope Church, Coal Township, volunteered to care for and winterize the new Memorial Garden at Shamokin Area Community Hospital. Participating in the community service project in October and November were: *(back, left to right)* Shannon Daubert, Rebekah Lyash, Nicole Komara, Emily Long, Kortni Koshinskie and *(front)* Riley Trell.

REHAB SERVICES MAKES CONTRIBUTION



Staff members of the Rehabilitation Services Center conducted a basket raffle during National Physical Therapy Month to raise funds to support Shamokin Area Community Hospital's Annual Appeal, which is the purchase of an Electronic Medication Administration Record system. In attendance for the check presentation were: *(back row, left to right)* Tara Wise, MSPT, Brenda Papp, secretary, Robert Veach, PT, director, Lynn Mozdy, PTA, *(front row)* Renee Popalis, COTA, Anne Renn, PTA, Barbara Snyder, PTA, Melanie Shoffler, OTR/L, and Jamie Badman, COTA.

-8-



Quality Care... Close to Home

4200 Hospital Road
Coal Township, PA 17866

