

SACH ECHO LAB RECEIVES THREE-YEAR ACCREDITATION

In 2008, Shamokin Area Community Hospital (SACH) was granted provisional accreditation for one year by the Intersocial Commission for the Accreditation of Echocardiography Laboratories (ICAEL). ICAEL has once again approved SACH for accreditation, but this time it is for three years. SACH has been approved again based on their high quality patient care and quality of diagnostic testing. The new three-year accreditation will last until September 30, 2011.

When the initial one year provisional accreditation was given, the three year accreditation was pending on SACH submitting more information on patient standards. When the information was sent, ICAEL reviewed and approved it, and then SACH was awarded the full three-year accreditation.

The ICAEL accreditation process is completely voluntary. Accreditation signifies that the facility has been reviewed by an independent agency, which recognizes the laboratory's commitment to superior patient care and testing for the diagnosis of heart disease.

The SACH lab was one of the first one thousand echocardiography laboratories in the United States, Canada, and Puerto Rico to be recognized for its commitment to patients, and its provision of diagnostic testing. Now, the ICAEL has accredited approximately

2,200 echocardiography laboratories and nearly 3,400 sites to date.

Some insurance companies require a patient to go to a facility that is ICAEL accredited for the exam to be covered. SACH is proud to be one of the few facilities that are ICAEL accredited.

Echocardiography is a complex imaging technique that relies on the experience and training of both the physician and sonographer. Their interpretive and technical abilities determine the diagnostic accuracy of an echocardiographic examination.

Corinne L. Klose, RN, vice president of patient services, applauds

the dedication of SACH echocardiography coordinator, Paula Schleich, LPN, RCS. "We are very fortunate to have Paula as our echo coordinator," said Klose. "She has been a registered cardiac sonographer for 20 years and is very knowledgeable not to mention wonderful with her patients."

Schleich has been with SACH since 2002 and works cooperatively with many departments throughout the hospital, mainly, cardiac rehabilitation. She is eager and always willing to discuss her field of medicine. "Echocardiography is very interesting indeed," she stated.

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Shamokin Area Community Hospital's echo lab has been granted a three-year accreditation by the Intersocietal Commission for the Accreditation of Echocardiography Laboratories. Dr. Joseph A. Gascho, medical director of echocardiology (left), and registered cardiac sonographer, Paula Schleich, proudly pose with the recently acquired certificate of accreditation.

SACH HOSTS TELL-A-FRIEND CAMPAIGN

An unfamiliar phone call can oftentimes be bothersome.

However, on May 7, area women received phone calls from unfamiliar voices that could have saved their lives.

Shamokin Area Community Hospital (SACH) joined forces with the American Cancer Society (ACS) in holding the phone campaign, Tell-A-Friend, to promote breast cancer awareness and encourage women to get a mammogram.

In past years, over 350 calls were made in a four hour period of time. This year, women ages 57 through 62 were the focus of the phone campaign since it is important that women over the age of 50 realize that they are at risk of developing breast cancer.

Breast cancer is the second leading cause of cancer deaths in women today and is the most common cancer among women, excluding non-melanoma skin cancers. Every three minutes a woman is diagnosed with breast cancer.

Although seventy percent of all breast cancers are found through breast self-exams, not all lumps are detectable by touch. Thus, regular mammograms are recommended. Mammography is a low-dose X-ray study that can detect breast cancer up to two years before it is large enough to be felt. When breast cancer is found early, the five-year survival rate for a localized stage is 98 percent.

Over two and a half million breast cancer survivors are alive in America today. It's statistics such as this that make campaigns like this one so important.

Hospital volunteers and staff were on hand to place calls for the Tell-A-Friend campaign, which stressed the importance of breast cancer self-awareness and how an annual mammogram can save lives.

"The Tell-A-Friend campaign is a great way to remind women to schedule their mammogram," said Francine Adams of Coal Township. Adams was one of the hundreds of area women called during the campaign hours. "I usually schedule my mammogram yearly, but this year has been a busy one, so I kind of put it off. I'm so glad the hospital is doing this because now it's all taken care of and I just have to show up for my appointment."

Adams is a firm believer that

women over 50 should be getting a mammogram annually. "I remember watching a show on TV and they were talking about tests that can be performed to screen for cancer," added Adams. "The show made the statement 'Don't die from embarrassment' and I agree with that. I believe 100 percent in mammograms so I encourage all women to just get it done."

Although Breast Cancer Awareness month occurs each October, year-round awareness is extremely important and should not just be confined to one month.

"Until there's a cure...there's early detection," stated Kelley Morrison, education coordinator. "Our goal was to allow women who need mammograms, the opportunity to schedule one and I think we have been very successful tonight."

The Tell-A-Friend campaign was conducted from 4:00 p.m. to 8:00 p.m.



Shamokin Area Community Hospital in conjunction with the American Cancer Society conducted the Tell-A-Friend phone campaign to promote breast cancer awareness. Hospital staff and volunteers called hundreds of area women to encourage them to schedule a mammogram. Participating in the campaign were: (left to right) Alison Hart, Shelly Stellar, Susan Berger, Maxine Harvey, Victoria Mangiaruga, Kelley Morrison, Faith Neiter, Colette Wolfe, Brianna Lindstrom and Natalie Wolfe.

FIREWORKS SAFETY STRESSED

Beautiful, brilliant, and bright are three words that can be used to describe those summertime fascinations we call fireworks. However, one word that should be closely associated with fireworks is dangerous. Fireworks and celebrations go together, especially during the Fourth of July, but there are precautions you can take to prevent injuries. People do not recognize how dangerous fireworks can be when in an inexperienced hand.

Did you know that seemingly harmless sparklers account for more than one-half of all fireworks injuries in children age five and under? Burning as hot as 1800 degrees Fahrenheit, these captivating sticks of fire are hot enough to melt gold.

Eye injuries caused by fireworks are often severe and can cause permanently reduced visual acuity or blindness. Thousands of injuries are caused each year by legal fireworks, with bottle rockets being the most dangerous of them all. About two-thirds of fireworks-related eye injuries result from bottle rocket use. It may be illegal to buy bottle rockets in Pennsylvania, but people can get them, and do use them.

“The #1 injury we see in the ER due to fireworks is burns, primarily to upper extremities and the face,” said SACH emergency services nurse manager, Mark Williams, RN. “The numbers usually rise around July 4th.”

To keep the holiday from turning into a tragedy, eye doctors across

America encourage families to attend local public fireworks displays instead of using fireworks at home this July 4th.

Here are some other safety tips to keep in mind when using fireworks:

- Use fireworks outdoors only.
- Obey local laws. If fireworks are not permitted where you live, do not use them.
- Always have water handy (a bucket or hose).
- Only use fireworks as intended. Do not try to alter or combine them.
- Never re-light a “dud” firework. If the firework never goes off, wait 20 minutes and soak it in a bucket of water.
- Use common sense when using fireworks. Spectators should stay at a safe distance from the shooter, and the shooter should wear safety glasses.
- Alcohol and fireworks do not mix. Have a “designated” shooter.
- Only people over the age of 12 should be allowed to handle sparklers.
- Do not use homemade fireworks or explosives...ever!

“Leave fireworks to the professionals,” added Williams. “Even legal fireworks are dangerous.” With these tips, enjoy a safer Fourth of July!



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PHYSICIAN PROFILE...MEET DR. WILLIAM C. LEMASTERS



William C. LeMasters, D.O. is a board certified ophthalmologist, specializing in diseases and surgery of the eye.

As a physician, Dr. LeMasters recognizes the importance of working closely with your referring optometrist and family physician and communicates

with them regularly.

With two locations in Sunbury and Shamokin, Pennsylvania, LeMasters offers a wide array of services in a comfortable relaxed atmosphere. He has been practicing medicine for approximately 28 years in and around this community.

When asked what inspired him to pursue a career in ophthalmology, LeMasters credited his brother Thomas, as a key-motivating factor in his decision.

“I owe my brother Thomas, 3 years my senior, a debt of gratitude for the way my career turned out,” said LeMasters. “While Tom planned to ‘be a doctor’ from a very young age, I did not. It was during my time of navigating through college when my brother Tom was accepted to medical school. My eyes were opened that I could do the same and thankfully, I did.”

LeMasters explained that in his first year of medical school, he did a summer preceptorship at Gladden Hutton Hospital in Lehighton.

“Having studied anatomy and other basic science courses, but little true medicine at the time, I found my time most rewarding in the operating rooms,” said LeMasters. “It was there that I was able to observe Ben Houser, Jr., MD, who formerly practiced at Shamokin Hospital, perform a phacoemulsification cataract surgery, a technique then in its infancy.”

From that time of witnessing the delicate microsurgery onward, Dr. LeMasters began his career path toward ophthalmology.

LeMasters would go on to receive his degree in medicine from PCOM (Philadelphia College of Os-

teopathic Medicine) in 1981. He went on to do a residency at Geisinger Medical Center’s Department of Ophthalmology from 1982-85.

“My greatest gratitude goes to my friend and mentor Robert G. Notz, M.D. Geisinger ophthalmology, formerly chief of that service, who shared his surgical and clinical skills with me and instilled the confidence necessary to become an accomplished eye surgeon, as he has for countless residents since,” added LeMasters.

When asked what the most challenging aspect of being an ophthalmologist was, he explained that his reply was not exclusive to ophthalmology.

“With medicine in general, administering a small medical practice has become very stressful and time consuming due to the imposition of government rules and regulations and the interference by insurance companies and HMOs in patient care,” said LeMasters.

On the other hand, he was quick to point out the joys of being a physician.

“What I enjoy most in my ophthalmology practice is the great pleasure I get from seeing my patients express their thrill with the improved vision they recover so soon after cataract surgery,” added LeMasters. “With our modern techniques, high success and rapid recovery, cataract surgery has truly become a feel good surgery for patient and doctor alike.”

When asked for ONE health tip to give to the general public, LeMasters stressed awareness when it comes to glaucoma.

“People with a positive family history of glaucoma need to be screened for the disease,” he noted. “The vast majority of people who are under treatment for glaucoma will have their vision preserved. Glaucoma unfortunately is generally a disease with no symptoms for the patient until the disease is quite advanced. Successful outcomes require its early detection.”

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SKIN CANCER...WHAT YOU NEED TO KNOW

With everyone trying to look and stay young these days, it is important to know that up to 90 percent of the visible changes that are commonly attributed to aging, are caused by the sun. Nonetheless, instead of worrying about looking “old” from the sun, you should be worrying about your chances of skin cancer.

According to the Skin Cancer Foundation, one in five Americans will develop skin cancer in the course of a lifetime. More than one million skin cancers are diagnosed annually, it is the most common form of cancer in the United States.

There are three main types of skin cancer. Basal cell carcinoma, squamous cell carcinoma, and malignant melanoma.

Basal cell cancer is sometimes called non-melanoma skin cancer. This cancer is the most common type of skin cancer in Caucasians. It very seldom occurs in people with darker skin. Basal cell cancer usually appears as a small, fleshy bump on the head, neck, or hands. However, there are times when these “fleshy bumps” appear on the trunk of the body, and when they do, they usually show as flat growths. Basal cell cancer is often easily detected and has an outstanding record of successful treatment.

You are at most risk for basal cell cancer if you have light hair, eyes, and complexion, and do not tan easily. A second type of skin cancer is squamous cell carcinoma. Squamous cell carcinoma is also referred to as non-melanoma carcinoma. This type of skin cancer may appear as nodules, or as red, scaly patches of skin. This is also usually found on people with fair skin. Squamous cell carcinoma is generally more aggressive than basal cell carcinoma. According to the American Academy of Dermatology, the cure rate for squamous cell carcinoma is 95 percent, when properly treated.

Squamous cell is most often found on the rim of the ear, face, lips, and mouth. However, it can spread to other parts of the body.

The third type of skin cancer is malignant melanoma. Melanoma is a disease of the skin, it occurs when cancer cells are found in the cells that produce color or pigment known as melanin. Melanoma is the least common form of skin cancer, but it is the most dangerous. Melanoma is most often found in adults, but it can be found in children and adolescents.

Even though melanoma has the lowest occurrence among the three types of skin cancer, it has the highest death rate. According to the Skin Cancer Foundation, melanoma is responsible for 75 percent of all deaths from skin cancer.

Melanoma is also most commonly found among people with fair skin, but it can affect all people of all different skin types.

If you have any of the following characteristics, you may be at an increased risk for melanoma:

- Blonde or red hair
- Blue eyes
- Fair complexion
- Family history of melanoma
- A changed or changing mole
- Many ordinary moles (more than 50)
- Many freckles
- Inability to tan
- Unprotected sun exposure

It is also important to keep in mind that moles that are present at birth are at a greater risk of turning into

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Caycee Kalinoski, of Coal Township, is examined by Dr. O. Fred Miller, III, dermatologist, during the Shamokin Area Community Hospital's annual skin cancer screening. Approximately, 200 individuals were screened by dermatologists from the Geisinger Health System in a three-hour period of time.

SACH CASINO NIGHT FUN FOR EVERYONE

Shamokin Area Community Hospital (SACH) recently hosted a Casino Night at Lazarski's Banquet Hall in Mount Carmel. Approximately, 150 people took to the gaming tables to try their hand at lady luck.

"Casino Night has fast become a favorite event for our community," stated Jessica A. Trell, director of development and public relations. "This is only the second year we've hosted a Casino Night, but it has grown in popularity."

Initially hosted by the SACH Auxiliary, a new committee made up of hospital staff and community members was formed to build upon last year's success. A change of venue was the first item on the agenda. "We knew from the success of last year's event that our Casino Night would grow by word of mouth," added Trell. "We had to move it to a place that would be able to accommodate even more gaming tables and have enough room to provide catering services. We're very fortunate to have Lazarski's Banquet Hall so close. They did a wonderful job assisting us with our event."

The committee also expanded the types of games for players on the casino floor. New this year was a Texas Hold 'Em tournament, Let It Ride and additional Black

Jack tables. Other featured games were roulette, craps, slot machines and money wheel.

"Casino Night truly has something to offer everyone," said Patricia Pensyl, vice president - relationship manager for FNB Bank, N.A. and committee member. "The beauty of this event is that if you have never gambled before, this event is the perfect opportunity to learn how to play these games of chance."

"First and foremost, Casino Night is a fundraising event for the hospital, but it is always important for us to remember that our guests at any event should enjoy themselves and be entertained," added Trell. "Casino Night was established with that objective in mind."

Dealers instructed players on how to play the games on the casino floor. "It's a no pressure situation," said Marie Augustine. "I thought that I'd come here and sit and watch my husband play because I had never played the games he likes before. But the dealer pulled me in, taught me what I needed to know and I played all night. There was no pressure since we were playing with fake money. My husband and I had a real blast!"

Tickets for Casino Night were pre-sold (and were available at the door), and cost \$25.00, which included food, beverages and \$2,000 "casino money". Tickets for the Texas Hold 'Em tournament were

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Approximately 150 people joined in the festivities for Shamokin Area Community Hospital's Second Annual Casino Night. Featured games of chance were Black Jack, roulette, craps, Let It Ride, a money wheel, slot machines, and new this year was a Texas Hold 'Em tournament.

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LeMasters has nothing but praise when asked about his time spent as a staff physician at Shamokin Area Community Hospital (SACH) over the years.

“The positive changes at SACH to both the physical plant and employee culture over the 24 years I have been on staff are just incredible,” he stated. “These improvements have come from the extremely hard work and cooperation of a strong administration, a core group of medical staff, dedicated board members and genuine team work from the staff of all levels at the hospital. I find my patients view SACH as their preferred hospital for their health care, as has my family.”

When it comes to his spare time, LeMasters joked that he is a ‘jack of all trades, master of none’, but puts family first.

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“I didn’t actually pursue a career in this field, however, I love it. After 20 years, it’s still a diagnostic field that is evolving and technologically advancing.”

“Despite technology and advances in echocardiography, my patients are my top priority,” added Schleich. “Each patient case is unique. Patients are nervous and wary of undergoing a cardiac study so I try to put them at ease as much as possible by explaining what I’m doing and answering any questions they may have about the process.”

Dr. Joseph A. Gascho, cardiologist and echocardiologist, from Hershey Medical Center (HMC) is the medical director of SACH’s echo lab. Cardiologists from HMC see patients at SACH weekly in Specialty Clinic 2. Physicians from HMC as well as Geisinger Medical Center interpret the echocardiographic examinations that are performed at SACH.

Echocardiographic examinations are done to look at the heart and determine if there is any problem or cardiovascular disease. Cardiovascular disease, more commonly known as heart disease (disorders of the heart and blood vessels), is the number one cause of death in the United States. More than 2,500 Ameri-

“Family is number one,” said LeMasters. “Additionally, my brittany spaniel and I are avid upland bird hunters, particularly hunting ruffed grouse. I’m a novice fly fisherman and a hacker on the golf course. Racquetball entertains me two evenings a week.”

Residing with his wife Donna in their home in a rural setting between Shamokin and Sunbury, he takes great pride in his family. He was happy to talk about his two grown children, son William, who is enrolled at Bloomsburg University and daughter Kelly, currently living in Hershey, PA, employed by Well Span Health System in York as a midlevel hospital administrator.

Dr. LeMasters is a great asset to this community and well respected by his patients and medical peers. For more information about his practice, specialties etc., visit his website at <http://www.drlemasters.com/>.

cans die from cardiovascular disease each day. According to the American Heart Association, in the United States alone, there are almost six million hospitalizations a year due to cardiovascular disease, costing society over \$83.7 billion each year in health services, medications, and lost work time due to disability.

Cardiac structure and flow information provided by echocardiographic testing is useful in the detection and management in many types of heart disease. This noninvasive test has become one of the standard diagnostic tools in cardiology with an estimated 10 million echocardiograms performed annually in the United States. SACH alone performs approximately 1,300 adult, pediatric, stress and dobutamine stress echos per year.

The ICAEL was established with the support of the American Society of Echocardiography (ASE), the American College of Cardiology (ACC), and the Society of Pediatric Echocardiography (SOPE) to provide a peer review mechanism to encourage and recognize the provision of quality echocardiographic diagnostic evaluations by a process of voluntary accreditation. A non-profit organization, the ICAEL is dedicated to ensuring high quality patient care, and to promoting health care.

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pre-sold only and required an additional \$10.00 to buy in. Cash prizes were awarded to the winner of the Texas Hold ‘Em tournament and 50/50 drawing. Clarence Deitrick of Kulpmont, won the Texas Hold ‘Em tournament and Dolores Winterstein of Fredrick, MD, won the 50/50 drawing. Players on the casino floor could cash in their winnings for raffle tickets for a chance to win any of the 42 prizes that were donated for the event.

“We are extremely grateful for our many supporters who sponsored tables and prizes for our event,” said Trell. “Our prizes included many valuable items such as: gas grills, ipods, global positioning systems, Orioles baseball tickets, digital cameras and so much more.”

CASINO NIGHT SPONSORS

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Don Spieller
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Jessica & Robert Trell and family
Maureen & Stephen Zarick

HEADACHE AWARENESS...CHART YOURSELF TO RELIEF

More than just a “bad headache,” migraine pain and associated symptoms affect 29.5 million Americans. Headache is a legitimate neurobiological disease, and women are almost three times more likely to suffer from migraines than men. As part of this year’s theme, “Chart Yourself to Relief,” the National Headache Foundation (NHF) is encouraging migraine sufferers and their physicians to follow the “three R’s of migraine management.”

- **Recognize** migraine symptoms.
- **Respond** and see a healthcare provider.
- **Relieve** pain and associated symptoms.

While migraine sufferers are following the three R’s, the National Headache Foundation encourages sufferers to chart any pain, symptoms, treatments, etc. Keeping track of migraine experiences will help migraine sufferers easily identify what triggers their migraines, and what treatment alleviates their pain. Slowly but surely, they will begin charting themselves to relief.

Effective migraine management begins with a definitive diagnosis, and continues with trigger management, migraine prevention, abortion of migraine attacks, and pain management (including both traditional and complementary therapies -- relaxation, proper breathing, medication, and other methods).

Learning what triggers your migraine can be key when trying to prevent a migraine episode. Some common triggers are changes in weather or air pressure, light, hormone fluctuations or menstrual cycles, certain foods, smells (odors or fumes), motion travel, loud or sudden noises, dieting and eating habits, changes in sleeping habits, overuse of headache pain medications, emotional stress, and intense physical exertion.

Once you learn what your trigger is, avoid it as much as possible. This can reduce the frequency and severity of your migraine episodes and improve your overall quality of life.

When many people think "migraine" they think only of the pain. In reality, a typical migraine epi-

sode consists of four parts, referred to as phases or components.

The prodrome, sometimes called the “preheadache,” may be experienced hours or even days before a migraine episode. This can be extremely helpful to a migraine sufferer because it provides an opportunity to abort the episode. Some symptoms of the prodrome are food cravings, constipation or diarrhea, mood changes, muscle stiffness, and fatigue.

The aura is the most familiar of the four phases, usually lasting less than an hour. The symptoms and effects of the aura vary extensively. Some can be quite terrifying, especially when experienced for the first time. Visual symptoms such as flashing lights, spots, wavy lines, confusion, vertigo, olfactory hallucinations (smelling odors that aren’t there), and tingling or numbness of the face or extremities on the side where the headache develops are just a few of the symptoms.

The headache phase is next. Its effects are not limited to the head only, but can affect the entire body. This phase usually lasts from one to 72 hours. Headache pain is often on one side, but can switch sides or become bilateral.

Once the headache is over, the migraine episode is still not over. Next, is the postdrome, or postheadache. The majority of migraine sufferers take hours to fully recover, but some take days. Many people describe postdrome as feeling “like a zombie” or “hangover.” These feelings are often linked to medications taken to treat the migraine, but may well be caused by the migraine itself. Symptoms are, but not limited to, lowered mood levels, feelings of euphoria, fatigue, and poor concentration or comprehension.

Not all migraine sufferers experience all phases, or experience the same phases during every episode. For those who suffer from migraines, it can be a great advantage to learn these phases and their symptoms. Once you learn this, you have a better chance of avoiding the headache phase, and lessening migraine symptoms.

LIVE LIFE TO ITS FULLEST

At Shamokin Area Community Hospital (SACH), the occupational therapy department is committed to enabling people to “live life to its fullest,” which was also this year’s theme for Occupational Therapy (OT) Month. Occupational therapy helps people prevent, or live better with illness, injury, or disability.

With a combined 32 years of service, the SACH OT department is comprised of Melanie Shoffler, OTR (registered-occupational therapist), and certified occupational therapy assistants, Jamie Badman and Renee Popalis. Together they provide therapy services on the medical/surgical care unit, intensive care unit, skilled nursing facility, outpatient therapy clinic, and in the Center for Joint Replacement.

Their approach to patient care is simple... individualized patient treatment planning. Although every patient’s condition is unique, they understand that a treatment plan is also dependent on the values of the each patient. An individual must believe they have the ability to act on their own behalf to live a fuller, healthier, more active life. Through these beliefs, the OT staff can make a person’s disability or medical condition a thing of the past, and provide them with the skills that are needed to overcome their obstacles.

During occupational therapy month, SACH’s OT department held an annual community service project. This year, personal and toiletry items were collected to give to local personal care homes. Approximately 200 items were collected. SACH employees donated most of the items. The items that were collected were then divided and given to the Ann-Joachim House in

Kulpmont, Maple Leaf Personal Care Home in Shamokin, and Guardian Angel Personal Care in Coal Township.

Occupational therapy doesn’t only deal with medical concerns and conditions, it also helps people stay engaged in activities that give them pleasure or a sense of purpose regardless of any challenges they may have.

People of all ages receive occupational therapy to make living their daily life easier. Walking, eating, getting dressed, shopping, driving to work, and socializing are all things we do on a daily basis without even thinking, but for some people, it can seem near impossible to do any of these things unassisted.

Occupational therapists understand that it can be frustrating to lose an everyday function, and that is why they help people overcome their disabilities or medical conditions to get them back to actually living through the use of an individualized therapy plan. Therapists then work with their clients to achieve specific performance goals based on their needs.

Lower Northumberland County has a large and growing senior population, and every year, healthy people are living longer lives. Occupational therapy research proves that being healthy and active as you age, will improve your quality of life as well as lower your health care costs.

There are occupational therapy programs that focus on wellness and prevention, and these

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programs help seniors stay healthier and remain active in their homes and communities. According to the AARP (American Association of Retired Persons), more than four in five Americans, 45 years of age and older, say they would like to remain in their homes for as long as possible. Trained therapists can actually makes homes safer so people can live on their own longer. There are even ways occupational therapists can teach seniors new driving techniques that will keep them behind the wheel longer, as safe drivers.

Occupational therapists are employed by home health care services, outpatient care centers, offices of physicians, individual and family services, community care facilities for the elderly, government agencies, schools, and more.

Occupational therapists are people who not only touch the lives of the people they work with, but

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melanoma than those that appear over time.

The most common symptoms of skin cancer are:

1. A new growth on the skin.
2. A change in an existing skin growth.
3. A sore that does not heal.

Not all changes in skin are symptoms of skin cancer. Most moles and growths are harmless. The average person has dozens of moles or other skin growths that are benign, or non-cancerous.

You can perform a skin self-examination taking extra care for growths that may be melanoma. You can do this by keeping the “ABCD of Malignant Melanoma” in mind.

Asymmetry- when one half of the growth has a differ-

they improve their quality of life by successfully helping them to conquer their challenges.



Shamokin Area Community Hospital’s Rehab Services Center recently observed National Occupational Therapy Month. Members of the rehab services staff are: *(standing, left to right)* Brenda Papp, secretary, Tara Wise, MSPT, Robert Veach, PT, director, Anne Renn, PTA, Lynn Mozdy, PTA, Barbara Snyder, PTA, Allison Hauer, PT, *(seated)* Renee Popalis, COTA, Melanie Shoffler, OTR, and Jamie Badman, COTA.

ent shape than the other.

Border irregular- when the growth has scalloped or uneven edges.

Color varied- the growth is more than one color. Melanomas may be black, shades of brown and tan, and even have specks of red, white, and blue.

Diameter- the size of the growth is bigger than a pencil eraser.



Source: NCI Visuals Online. Skin Cancer Foundation. <http://visualsonline.cancer.gov/about.cfm>

If you see any of these signs with any of your moles or skin growths contact your healthcare provider immediately.

SACH's OT STAFF ASSIST AREA PERSONAL CARE HOMES



Shamokin Area Community Hospital's occupational therapy department collected personal hygiene items during National Occupational Therapy month to benefit residents of local personal care homes. Participating in the presentation were: *(from left to right)* Thomas R. Harlow, FACHE president and chief executive officer, Jamie K. Badman, COTA, René T. Popalis, COTA, Melanie J. Shoffler, OTR, and Allison Showver, director of Guardian Angel Personal Care Home in Coal Township.

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YOUTH GROUP DONATES TO SACH



St. John's United Methodist Church's Youth Group hosted a Rock-a-thon to raise money to support community not-profit organizations. Here Youth Group members presented a check for over \$600 to Thomas R. Harlow, FACHE, president and chief executive officer of Shamokin Area Community Hospital. Youth Group members participating were: *(left to right, front row)* Matthew Montgomery, Danielle Swank, Hayla Omre, Kirsten Kleman, RJ Gurba, Grayson Krieger, *(back)* Megan Sheriff, Evan Jamison, Stephanie Hile, Adella Doncheski and Jasmine Olvany.

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