Merry Christmas and Happy Holidays to all of our employees, families, patients, and visitors!

Wishing you health and happiness in the new year!
CareNotes Has a New Look
Incorporation of High Five Guiding Principles

In August 2018, a table of contents was reintroduced on the cover page to help employees navigate stories more easily in each edition of CareNotes. Stories are organized in alignment with our High Five Guiding Principles. Each section will have a heading identifying the guiding principle associated with the included stories.

This helps showcase the great work our employees are doing to support our guiding principles, and show how everything we do - large projects and the small details - impact the care we provide for the patients in our communities. Thank you for all you do!

High Five Guiding Principles
Delivering high quality patient care
Supporting physicians
Creating excellent workplaces for our employees
Taking a leadership role in our communities
Ensuring fiscal responsibility

Display Cabinet Reservations
Display cabinets by The Gift Shop at Conemaugh Memorial are available for reservation throughout 2019. Each reservation is for a one-month period. Cabinets can be used for recognition months, health education / information, and sharing good news.

Contact Stacy Roberts, Marketing Communications, at SRoberts4@conemaugh.org to reserve your month early. Space is limited. First-come, first-serve.

Submit Your Stories
To submit stories for CareNotes, please send text and photos to Stacy Roberts, Marketing Communications, at SRoberts4@conemaugh.org.

Deadline to submit stories for the January edition is December 20.
The Extra Mile Award recognizes physicians who routinely give of themselves to enhance the lives of individuals within Conemaugh Health System, patients, families, and the community.

The award is given to a current physician each month by the Physician Recognition Team.

December 2018 Recipient

Congratulations, Dr. Raymond!

Family Medicine

To view nominations and videos for our recipients, visit www.conemaugh.org/ExtraMileAwardWinner.

To nominate a physician for the Extra Mile Award, or to learn more, visit www.conemaugh.org/ExtraMileAward.
Practice Merges with Internal Medicine Clinic

Due to extended leave of absence, Dr. Pruchnic’s internal medicine practice will be merging with the Internal Medicine Clinic effective January 1, 2019. His patients have been notified that their records will be transferred to the clinic for continuation of care. However, if they wish to transfer to another practice his staff will be available until December 31 to receive their medical record release. During his tenure, Dr. Pruchnic has also served the endocrinology community. This portion of the practice will be closing on January 1 and it was recommended to his patients to immediately arrange for care with another endocrinologist. The Conemaugh Diabetes Institute is available to support those with diabetes as well as their primary care physician during this transitional period. For questions, contact Conemaugh Physician Group Administration at (814) 534-1630.

Welcome New Physicians

Dr. Mehran Langroudi
Conemaugh Nason Physician Group - OB / Gyn

Dr. Emil Dib
Conemaugh Physician Group - OB/Gyn

Dr. Amanpreet Sandhu
Conemaugh Physician Group Pain Management

Dr. Renee Arlow
Conemaugh Physician Group Breast Surgery

Dr. Mehran Langroudi
Conemaugh Nason Physician Group - OB / Gyn

Dr. Emil Dib
Conemaugh Physician Group - OB/Gyn

Dr. Amanpreet Sandhu
Conemaugh Physician Group Pain Management

Dr. Renee Arlow
Conemaugh Physician Group Breast Surgery

Dr. Yaser Kalash
Conemaugh Physician Group Cardiology

Dr. Muhammad Imtiaz
Conemaugh Physician Group Pulmonary / Critical Care

Dr. Damian Clossin
Cambria Somerset Radiology Group Radiology
Graduate Medical Education Renovations

The Resident quarters began renovations in September. The residents lounge, kitchen, seven call rooms, and computer room were temporarily relocated to E6. A ribbon cutting was held at the completion of construction. A new floor, lounge, and kitchen area were renovated.

Delivering High Quality Patient Care

Conemaugh Nason Cath Lab Update

Construction continues on schedule. Cath Lab education sessions were held recently. Cardiac Care Champions were recognized during the sessions. Cardiac Care Champions will be identified by the Red Heart Pins on their badges. Additional Cardiac Care Champions will be added in the future. Cath Lab education is required for all Clinical Licensed Personnel (RNs and LPNs) who will be participating in the care of Cath Lab patients, either before or after the procedure. For those who were unable to attend the class, videos can be found under the Nason Education Tab. All four videos must be viewed. After viewing the videos, please make arrangements to meet with Jenn Shade, Danielle Smith, or Meg Flick for hands-on education, post education test, and competency sign off.

Conemaugh Nason Cath Lab Ribbon Cutting • Monday, January 14, 2019
Delivering High Quality Patient Care

Conemaugh Somerset Groundbreaking

Wednesday, December 12
2 pm • Pine Haven Drive

Watch Conemaugh’s Facebook page for photos!

Breast Nurse Navigator

Congratulations to Missy Felton, RN, CN-BN, for earning her Breast Health Nurse Navigator certification. Missy assists patients to navigate breast cancer patients through their diagnosis and treatment by helping to eliminate barriers that prevent the patient from obtaining care she needs. Missy also provides community education including the importance of early detection. “I LOVE my job,” said Missy. “It is the most fulfilling, exhausting, fun, heart-wrenching, rewarding job I have ever had. It’s incredible being able to establish bonds with these patients.” Missy said she earned this certification so her patients know she is willing to go the extra step to be the best she can for them. Great job, Missy!

Apollo Merger Complete

The merger between LifePoint Health and RCCH HealthCare Partners is complete. The LifePoint Health system will meaningfully extend shared commitment to quality care to non-urban communities, while generating new opportunities for growth and partnerships. For our immediate purposes, the way Conemaugh patients access our hospital and healthcare providers will not change. Moving forward, our hospital will remain part of the Eastern Division of LifePoint Health, led by Jamie Carter under the leadership of Victor Giovanetti, Executive Vice President, Hospital Operations. We will continue to receive direction and support from LifePoint, with clinical and quality resources.

Conemaugh Nason Nurse Recognized for Patient Care

Congratulations to Conemaugh Nason’s Shaina Musselman for the acknowledgment on the Federation of American Hospitals Facebook page. She also received this year’s Mercy Award! Way to go!

Shaina Musselman
Occupation: CT Technologist, Radiol
Employer: Conemaugh Nason Medical Center
Community Involvement: Volunteer Firefighter, Gymnastics Coach, and Charity Fundraiser
Emergency Preparedness

Maintaining a Safe and Hazardous Free Work Environment is Everyone’s Responsibility

Please be cognizant of the following life safety items while treating patients and customers in our facilities.

- Do not block exit corridors, fire alarm pull stations, fire extinguishers or hose cabinets
- Do not use elevators during a Code Red drill
- Keep storage a minimum of 18” from finished ceilings in areas protected by automatic sprinkling
- Do not attach anything to finished ceilings
- Do not block open doors that have automatic door closers in place
- Electrical panels cannot be blocked (minimum of 3’ clear access is required)
- Do not defeat door latching
- Keep medical gas cylinders in identified holders and storage rooms
- Do not exceed 12 e-cylinders in a smoke compartment
- Keep lockset combinations secure: do not write on door frames or doors above locksets
- Be careful in soiled utility rooms-plastic caught on sprinkler heads has been observed
- Open flames are not permitted in any area
- Events are not permitted in any public lobbies, corridors, or exit ways unless approved
- Combustible decorations that are not fire-retardant are prohibited
- Trash receptacles larger than 32 gallons must be located in hazardous rooms
- Space heaters are not permitted in smoke compartments of patient sleeping or treatment rooms
- Do not leave operating microwave ovens unattended

Code Red Reminder

**Rescue**

**Pull**

**Alarm**

**Aim**

**Contain**

**Squeeze**

**Extinguish**

**Sweep**

conemaugh.org
Conemaugh School of Nursing Students Attend Conference

Senior and Freshman School of Nursing students attended the 66th Annual Student Nurses’ Association of PA (SNAP) Convention from November 14-16 in Harrisburg along with about 500 nursing students from Pennsylvania. The theme for the convention was Nurses: Advocates in Action. The students were able to network with other nursing students, talk with educational institutions to further their education, medical centers for future employment, attend a SNAP business meeting, attend presentations, and participate in the NCLEX Championship Bowl.

The seniors that participated in the NCLEX Championship Bowl were David Brendlinger, Tiffany Miller, Paige Close, Lindsey Crist, Allison Miller, and Zach Hafer.

Conemaugh School of Nursing Students of the Month

Congratulations to recent recipients of the Student of the Month award from the Conemaugh School of Nursing. Recipient Damian Jeffers (pictured left) is a Freshman. Recipient Katlyn Bailey (pictured right) is a Senior. Congratulations!
Creating Excellent Workplaces for our Employees

Tis the Season for Food, Fun, and Festive Cheer

Holiday Music

Richland High School Orchestra
Tuesday, December 11
10:30 am in the Atrium

Piano players will be playing music daily in the Atrium
Monday and Friday - Rodney Eatman
Tuesday - Deborah Wylie
Wednesday - Harriett Miller
Thursday - Patrick Romano

Holiday Meals

Conemaugh Memorial, Main Campus * - Crossroad Cafe
December 13, 10:30 am – 3 pm and 9 pm – 11 pm

Conemaugh Memorial, Lee Campus * - Cafeteria
December 11, 11 am – 3 pm

Conemaugh Miners Medical Center - Conference Room
December 13, 11:30 am – 1:30 pm, 5:15 – 6:30 pm, and for the 11 pm - 7 am shift

Conemaugh Meyersdale Medical Center - Dining Room
December 20, 11 am – 1 pm
11 pm - 7 am shift (details will be provided)
Additional activities listed on next page

Conemaugh Nason Medical Center - Basement Employee Break Room
December 13, 11:30 am – 1 pm and 4:30 pm - 6 pm
December 14, 12 am - 1 am

* Conemaugh Memorial Main Campus Leadership will also distribute the holiday gift at these times. Employees will receive meal / gift cards through your manager sometime in early December. Off-site Conemaugh Memorial based department managers will receive monies for individual department celebrations and gifts sent. For questions, please call Kathy at x 3177.
Conemaugh Meyersdale Medical Center

Christmas Week

ACTIVITIES

EGGNOG AND HOT PRETZEL DAY (MONDAY, DECEMBER 17)
A holiday favorite, eggnog, and hot pretzels will be provided throughout the day starting at 10 a.m. in the Dietary Department.

EMPLOYEE CHRISTMAS BREAKFAST - (TUESDAY, DECEMBER 18)
Department Managers will serve breakfast to all employees from 6:30 a.m to 8:30 a.m. and again from 3:30 p.m. to 4:30 p.m. A menu full of breakfast favorites will be served.

CHRISTMAS COOKIE DAY (WEDNESDAY, DECEMBER 19)
A favorite day of all the employees. Bring in your own homemade cookies and sample other employees' cookies. Does everyone rave about your cookies? Then share your recipe with others.

MYMC CATERED HOLIDAY MEAL (THURSDAY DECEMBER 20)
Conemaugh Meyersdale Medical Center’s Administration will provide all employees with a catered lunch provided by Chuck Wagon. Lunch will be served in the medical center’s dining room from 11-1 p.m. and 3:30-4:30 p.m. Arrangements will be made for the 11-7 shift.

EMPLOYEE CAROLING AND PATIENT GIFTS - (FRIDAY, DECEMBER 21)
We’ll sing traditional Christmas Carols to patients and give them a gift. Anyone interested in caroling - we welcome any and all singers - should meet in the conference room at 10:30 p.m. We’ll leave to carol after a short rehearsal. While we make our rounds, we’ll drop off gifts to all the inpatients.

CHRISTMAS WEEK GIFTS
MYMC will give away gifts on December 17 - 21. Employees' names will be drawn randomly.

During Christmas Week, Conemaugh Meyersdale Medical Center employees are encouraged to wear red and green throughout the Christmas Season. Take time to participate in the fun and help spread the warmth and good cheer of the season.
Conemaugh Meyersdale Medical Center recently recognized all of its volunteers at a special luncheon held at Penn Alps Restaurant in Grantsville, Maryland. Special awards were presented to volunteers who reached various 500 hours milestones this past year.

Thank you to all staff for your hard work throughout the year!

Holiday Decorations

At Work:
- All decorations must be flame retardant and shall not exceed 10% of wall area
- No live greens are permitted
- No decorative lights are permitted
- Door decorations should be minimized and may not interfere with latching
- Nothing may be hung from the ceiling grid or a ceiling surface
- Nothing may be hung from sprinkler heads
- Exits cannot be blocked
- Emergency shut-offs, fire pull stations, hose cabinets and related cannot be blocked

At Home:
- Extension cords: do not piggy back
- Power strips: do not overload
- Use ground fault (GFI) outlets for outdoor lighting
- Do not overload circuits
- Dispose light sets with bare wires
- Do not use cheaper plugs (adaptors without a ground plug)
- Keep combustible items away from heat sources
- Do not use space heaters with exposed elements (temperatures over 215 degrees)
- Have your fireplace or wood stove inspected and cleaned every year

Leader Updates

Pharmacy Residency Program
Bret Chapman, Pharm D, BCPS, BCIDP has accepted the role of Director of the Pharmacy Practice Residency Program. In addition to serving as Director of the program, Dr. Chapman provides clinical services with the Antimicrobial Stewardship Program and Infectious Diseases. Dr. Chapman has been with Conemaugh Memorial Medical Center since July 2013.

Volunteer Services
Sister Carol Ann Ziecina is now overseeing both Volunteer Services and Spiritual Care Services at Conemaugh Memorial. She can be reached at x 3662 or x 9129.

Thank you to all staff for your hard work throughout the year!
on the ROAD
Reaching Out Across Departments

TUESDAY
DECEMBER 4
8:15 am • M7, Staff Conference Room
8:45 am • 6 Ashman/Rose Staff Elevator
9:30 am • Emergency Room Conference Room
10:30 am • Good Sam 4, Elevator
11 am • Good Sam 8, Elevator

THURSDAY
DECEMBER 6
9 am • Westwood Finance, Large Lunch Room
10:15 am • Crichton Rehabilitation, Lee Campus, Dining Room

Please join us at the upcoming On the Road Employee Meetings
We look forward to seeing you there!

Continuing Education Opportunities

<table>
<thead>
<tr>
<th>Date</th>
<th>Educational Activity</th>
<th>Time</th>
<th>Location</th>
<th>Registration</th>
<th>Target Audience</th>
<th>Credit Type</th>
<th># of Credit(s)</th>
<th>Cost*</th>
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<tr>
<td>4</td>
<td>ACLS (Update)</td>
<td>0800 - 1600</td>
<td>MMC/GS1040 - 1042</td>
<td>REQUIRED</td>
<td>Healthcare Providers</td>
<td>CME</td>
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<td>Grand Rounds - Obesity in America</td>
<td>0700 - 0800</td>
<td>MMC/CROSSROADS</td>
<td>OPEN</td>
<td>Physicians</td>
<td>CME</td>
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<td>Trauma M&amp;M</td>
<td>0700 - 0730</td>
<td>CP1000</td>
<td>CLOSED</td>
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<td>CME</td>
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<tr>
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<td>Trauma M&amp;M</td>
<td>0730 - 0800</td>
<td>CP1000</td>
<td>CLOSED</td>
<td>Physicians</td>
<td>CME</td>
<td>0.5</td>
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<tr>
<td>18</td>
<td>CPR (Basic Life Support) Healthcare Provider</td>
<td>0900 - 1200</td>
<td>MMC/GS1038</td>
<td>REQUIRED</td>
<td>Healthcare Providers</td>
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<td>21</td>
<td>Tumor Board</td>
<td>0700 - 0800</td>
<td>MMC</td>
<td>CLOSED</td>
<td>Physicians</td>
<td>CME</td>
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<td>21</td>
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<td>0700 - 0730</td>
<td>CP1000</td>
<td>CLOSED</td>
<td>Physicians</td>
<td>CME</td>
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<td>CME</td>
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<tr>
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<td>0730 - 0800</td>
<td>CP1000</td>
<td>CLOSED</td>
<td>Physicians</td>
<td>CME</td>
<td>0.5</td>
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DECEMBER 2018 – INNOVATIONS MENU

Available at
Crossroads Café – 3rd Floor, Clinical Pavilion
Conemaugh Memorial Medical Center, Main Campus

Cafeteria – Ground Floor
Conemaugh Memorial Medical Center, Lee Campus

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td>Spicy Clam Po’ Boy</td>
<td>Pierogie Nacho Bar</td>
<td>Burger Bar</td>
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<td>Wrap Bar</td>
<td>BBQ Shrimp Bar</td>
<td>Hospital Christmas Party</td>
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<td>BBQ Beef Sandwich</td>
<td>Chicken &amp; Biscuits</td>
<td>Home for the Holidays Bar</td>
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</tr>
<tr>
<td></td>
<td>Merry Christmas</td>
<td>Pasta Bar</td>
<td></td>
<td>Macaroni &amp; Cheese Bar</td>
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</table>
Conemaugh Miners Provides Education

Conemaugh Miners Medical Center hosted a “Know Your Numbers” Lunch and Learn on Friday, November 16. Joe Shetler, Exercise Physiologist, Nutrition and Health Coach, Conemaugh Health System facilitated the session. He explained that knowing your numbers is an important part of keeping your body healthy. Knowing your numbers can help you and your doctor know your risks and mark the progress you’re making toward being a healthier you. Those in attendance explored their routine blood screen results, what they mean and how to improve or maintain with age.

Conemaugh Meyersdale Donates to Senior Center

Conemaugh Meyersdale Medical Center Employee, Patient, and Community Committee led two different charitable campaigns that benefited local organizations. Conemaugh Meyersdale employees donated to help defray food costs at the Meyersdale Area Senior Center. Employees also donated supplies and monetary gifts to the Somerset County Military Family Support Group. The support group sends shoeboxes of home comforts to local military personnel stationed all around the world.

Diabetes Education

Staff from the Conemaugh Diabetes Institute presented an interactive session on Surviving the Holidays on November 14, which was World Diabetes Awareness Day. Topics included adapting holiday recipes and managing holiday stress.

Basket Raffle Donation

Conemaugh Miners Medical Center conducted a Cancer Awareness basket raffle during the month of October. Departments donated the baskets for the raffle. Cancer Awareness bracelets were also available for purchase. Thanks to the generosity of our staff and community members, $886 was donated to the 1889 Foundation to assist cancer patients with transportation and meal expenses.
Tell Us About 2019 Events!

Please send a list of upcoming community events, health fairs, recognition weeks, and education sessions for 2019 to Stacy Roberts, Marketing Communications, at SRoberts4@conemaugh.org. Include name of event, audience, start time, end time, location, date of event, and any additional information relevant to the event or those attending. Event information will be posted on Conemaugh’s website calendar and Facebook page at the discretion of the Marketing Communications department. Thank you!

**Holiday Parade**

Thanks to Conemaugh Memorial’s staff for participating in the holiday parade in Johnstown!

**Conemaugh Nason Attends Expo**

Conemaugh Nason staff attended a Healthy Resolutions Expo educating people to “Know Your Numbers!”

**Breast Cancer Awareness**

Conemaugh hosted the 67 Counties, 67 Women display at Conemaugh East Hills. A community health fair was also hosted to provide information about women’s health services.
Conemaugh in the Community

Kids Club at Johnstown Tomahawks’ Games

- Friday, December 14 - Winter Safety
- Saturday, December 15 - Acts of Kindness
- Sunday, December 30 - Giving Back
- Monday, December 31 - Sticking to healthy habits

Thank you to all staff, individually or as a department, who are making charitable donations to various organizations during the holiday season!

Chopper’s Kids Club

Chopper’s Kids Club, presented by Conemaugh Health System, hosted several games and health topics in November.

Concussion Prevention
Conemaugh provided safety tips about concussion and brain stress balls to kids.

Hand Washing
Information and a video featuring Chopper and Conemaugh’s Infection Prevention team was distributed to all Kids Club members before and during the game.

Keeping Your Community Healthy
Special thanks to Employee Wellness staff for providing information about staying healthy to keep a healthy community.

Imagination and Creativity
Kids stopped by to decorate foam picture frames and use their imagination - an important part to staying healthy!

Cold / Flu Prevention
Special thanks to Employee Health Office staff for providing tips about flu shots, including a video featuring Chopper getting a flu shot.

Say No to Drugs
Special thanks to New Visions staff for providing information and resources to fans during the game.

Importance of Learning
Kids stopped by the table and told us about something new they learned recently.
DONATE TODAY

This month we will be collecting gently used children’s books from Pre-K to middle school to benefit The Learning Lamp’s Book Festival sale. Please no textbooks, encyclopedias or magazines.

The boxes can be found at the following locations:
Conemaugh Memorial’s Atrium
Good Samaritan Building Main Lobby
Westwood Finance
Conemaugh Medical Park
Conemaugh East Hills
Ensuring Fiscal Responsibility

This section of CareNotes will be dedicated to sharing information about financial performance and the programs, people, and products that are helping us ensure fiscal responsibility!

This Month’s Fiscal Feature: EBITDA Explainer

EBITDA is one important measure of how we’re doing as a business, and you might hear this term in meetings. In short, it’s a measure of profitability. EBITDA stands for Earnings Before Interest, Taxes, Depreciation, and Amortization. How much have we earned before we fill out our tax returns?

This year our EBITDA of 10.59% was higher than budgeted due to all of our efforts at controlling expenses. So, for every dollar we were paid for patient care, we kept 11 cents, and this was a big improvement! Examples of savings include improved productivity, reduced travel expenses, supply cost controls, and reduced food cost at meetings. But, the story doesn’t stop there. We reinvested much of that money (about 9 cents of every dollar) back into the business as capital - land, equipment and building improvements. This infographic helps tell the story of how each dollar is used.

Thanks for all your EBITDA efforts!
Share your ideas for CareNotes “Fiscal Features” and we’ll try to include them in future issues!