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

CareNotes

Celebrating 30 Years of Air Medical Transport Service

Conemaugh Health System is pleased to celebrate 30 years of life-saving air medical transport with its partnership with MedStar. Based in Somerset, the MedStar air medical transport program provides emergency response in a sixty mile service radius in the Laurel Highlands. In 30 years of serving the area, MedStar has transported approximately 12,000 patients including trauma, cardiac, neuro, OB, and neonate. MedStar is owned and operated by Air Methods, and staffed by Conemaugh flight nurses and paramedics. In addition to providing emergency response services, MedStar also assists in the transfer of patients from the referring facility to the receiving facility.

“MedStar is vital to the care we provide as a Level One Trauma Center,” said Storm Nagle, Pre-Hospital Manager at Conemaugh Memorial. “This specialized team helps to get patients to us quickly while providing care in-route to the hospital. Especially in trauma situations, their quick response and ability to rapidly transport patients often means the difference between life and death.”
Events and Announcements

SHOWING THIS AUGUST: New Commercials!

Join us for a sneak peak of our new commercials and recruitment video! Details will be sent to employees via email.

5K Walk – 5K Run – 10K Run – Kids Fun Run
Saturday, September 28, 2019

Summers Best 2 Weeks Opens at 8 am
Lollipop Kids Fun Run Begins at 9:15 am
10K Run Begins at 9:45 am
5K Run and 5K Walk Begins at 10 am

Register at conemaughqueclassic.com

Conemaugh.org
Weight Loss and Diabetes Prevention Program

The CDC has provided additional grant funding for any Conemaugh Health System employee at risk of developing diabetes to participate in a free personal health coaching lifestyle improvement program.

Hope 80/20 is a FREE on-line lifestyle improvement health coaching program that you can complete from the privacy of your own home, on your own time schedule, 100% online! Participants typically average 10-20 lbs. of weight loss in the first 6 weeks, among many other health benefits!

This program is valued at $500, but COMPLETELY FREE to qualified Conemaugh Health System employees applicants.

Visit https://hope8020.com/freecourse/ to learn more.

Conemaugh Miners Lunch and Learn

Stop the Bleed
August 23
11:30 am - 1 pm

Facilitators will be Jessica Svidergol, MSN, RN, CCCC and Raquel George, BSN, RN, Trauma Coordinator.

To register, call 814.247.3395

Recognition Dinner
Monday, October 21
5:30 pm Social Hour • 7 pm Dinner
Frank J. Pasquerilla Conference Center
301 Napoleon Street, Johnstown, PA
Invitations will be distributed in coming weeks.

OSHA Course

Conemaugh Memorial Employees:

The Fall OSHA course has been assigned to all Conemaugh Memorial staff and contract staff in LifeTalent with a due date of 11/30/19.

Please do not wait until November to complete the online course.
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.

August 2019 Recipient

Congratulations, Dr. Vena!
Orthopedic Surgeon

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.
Conemaugh Nason Q2 CDI Physician Award

The Clinical Documentation Improvement (CDI) Program wants to recognize one physician every quarter for their outstanding documentation.

Dr. Angela Rowe, Orthopedic Surgeon and Chief of Staff, has demonstrated improvement by adding “key descriptive terminology” to her documentation that increases the patients’ severity of illness. Congratulations!

SupremEd Volunteer Program

The 2019 SupremEd Volunteer Program for aspiring physicians was held for six weeks during June and July. The program included a weekly speaker series where participants received education and career advice from a variety of medical professionals, a session in the Medical Skills Learning Center Simulation Lab, and completion of a minimum of 24 volunteer hours. The participants volunteered as Ambassadors, Concierges, and Comfort Cart Attendants.

Seated (L to R): Lexi Zazvrskey, Gina Miller, Sidney Kakabar; Standing (L to R): Thomas Syphan, Haley Lucas, Logan Holler, Dane Difiore

Teachers Tour Conemaugh Meyersdale

Teachers from school districts across Somerset County recently toured Conemaugh Meyersdale as part of an educators industry tour held in Meyersdale. Prior to the tour, teachers sat down with Heather Smith, CEO, and discussed area healthcare careers and the skills need to enter a competitive workplace prepared to succeed.
Support Group Picnic

On Thursday, July 18 participants of the East Hills Support Groups celebrated “Red, white and YOU” with a themed outdoor picnic. Participants socialized, played themed games, and enjoyed a picnic meal. For information about support groups visit www.conemaugh.org/supportgroups.

TEAM Recognition - Good Sam 4

“Thank you for the exceptional care given to my mother. I watched you treat her with such dignity. Your care and compassion was so appreciated and important for me to see.”

-- Family of a Patient

“Our father spent his last days in your care. You provided him with comfort, dignity, and respect as he progressed through the dying process. We genuinely appreciate your support educating us and understanding when we needed quiet family time.”

-- Family of a Patient

“It takes a very special soul to extend this great kindness and compassion to others. Especially, to ones you know are on their final journey and ones you are meeting for the first time. I am eternally grateful for all of the compassion and care that you gave my dad and in turn support to me as well. Because of you he passed with dignity and peace. It’s a gift I will treasure. Thank you for your compassion, care, and professionalism in caring for our father.”

-- Family of a Patient
Arts for Healing Flower Donation

Thanks to a very special donation, Conemaugh’s Arts for Healing participants recently received beautiful fresh flower arrangements. Participants were welcome to take the flower arrangements home or share flowers at Conemaugh East Hills. For further information about the Arts for Healing program please contact Barbara Duryea bduryea@conemaugh.org

Creating Excellent Workplaces for our Employees

Continuing Education Opportunities

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<tr>
<th>Date</th>
<th>Educational Activity</th>
<th>Time</th>
<th>Location</th>
<th>Registration</th>
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Sudden Cardiac Death Awareness Conference

October 19, 2019
Seven Springs Mountain Resort

Information and registration at https://calendar.conemaugh.org/event/sudden-cardiac-death-awareness-conference-2/
Conemaugh Nason Employee Picnic
Conemaugh Health System Employee Newsletter

August 2019

Conemaugh Meyersdale Employee Picnic

Conemaugh Memorial Employee Picnic

Conemaugh.org
Conemaugh Nason Food Drive

During this year’s employee picnic, Conemaugh Nason staff collected non-perishable food items to donate to the local food bank. Thank you to all employees who donated for your generosity!

Stop the Bleed Education

Steve Kutchman, Respiratory Services Manager at Conemaugh Miners, conducted a Stop the Bleed class on July 25, 2019 at the Cambria County Courthouse for the Sheriff’s Department. Hands-on education was provided regarding how to control bleeding for an injured patient and increase the patient’s chance of survival until medical help arrives.

ALS Walk Participation

Conemaugh Health System has provided regional ALS services for the past 18 years. These services are a collaborative effort with the ALS Association of Western PA. The Conemaugh ALS clinic is one of four recognized specialty clinics in Western PA. Services include direct patient care services with a multidisciplinary team and board certified neurologist. A free monthly support group for individuals with ALS, their families, caregivers, and friends is offered. This casual forum is a chance to find out about the latest clinical trials, learn new ways to ease the physical and emotional stress of ALS, or just get together with special friends who truly understand the ALS journey. Teleconferencing capabilities are available to those who are unable to attend but would like to participate. For further information about the ALS clinic or support group, email bduryea@conemaugh.org.
Ensuring Fiscal Responsibility

Construction Updates

Conemaugh Ebensburg

Conemaugh Somerset

Molecular Lab

School of Nursing

Conemaugh.org