Stroke Awareness Month

The Neuroscience Service Line at Conemaugh Memorial would like everyone to help us promote National Stroke Awareness Month this May. There is a lot of excitement being generated within the program as we get ready to begin our interventional therapy services at Conemaugh Memorial. This will allow us to provide more options for improved stroke care. The benefits of this therapy are quicker treatment times and better outcomes related to stroke. Endovascular treatment may also minimize the disabling effects, improve function, as well as preserve mental capacity after stroke. We are proud that we will be offering this service right here in our community as well as surrounding communities.

A recent change to the stroke acronym FAST, adds two additional symptoms to look for in patients who are potentially having a stroke. “The new stroke acronym BE FAST was developed to help catch some more rare symptoms of individuals experiencing stroke symptoms,” said Dr. Nicholas Lanciano, Neurologist. “The faster and earlier people can identify the possible signs of stroke the quicker they can seek out care for treatment. This change allows for more people who might be candidates for acute stroke treatment to recognize their symptoms and be able to receive that treatment.”

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May is Trauma Awareness Month

This year’s national theme: “Firearm Injury Prevention: Everyday, Everyone, Everywhere”

From the website for the American Trauma Society (ATS):

The American Trauma Society chooses an area of focus each year for trauma month. This year’s focus is Firearm Injury Prevention. Deaths and injuries caused by firearms can happen in any community, to anyone, and at any time. According to the Association of State and Territorial Health Officials (ASTHO):

- Firearm injury and death claims the lives of eight children and 75 adults each day in the U.S.
- Over 39,773 people died as a result of firearm violence in 2017—one person every 13 minutes.
- That same year, almost two-thirds of all firearm-related deaths were suicides.
- Interpersonal violence accounts for approximately one-eighth of medical care spending on injury in the United States.

The ATS recognizes that communities will assess the type of firearm injuries and deaths that impact their area and focus their prevention efforts in that area. To support these efforts, the Injury Prevention Committee of the ATS collaborated with the STN to identify five key areas of concern and assembled resources for trauma centers, hospitals and their communities to choose from as they prepare their own initiatives this May and year-round. These five key areas are:

- Firearm Safety Practices
- Urban Violence
- Stop the Bleed
- Hunter Safety
- Firearms and Suicide

As a community of hospital-based injury and violence prevention professionals, the ATS understands that to have impact, programs need to address all age groups, fit the characteristics of the community (urban, suburban or rural), include families and their children in school and at play, and connect with the behavioral health issues so many face today throughout the nation. Firearm injury prevention is not a sole source problem.

Keystone Trauma and Emergency Management Summit (KTEMS)
May 22 and 23, 2019
Thank you to everyone who registered to attend! See you there!
Events and Announcements

LifeTalent Annual Education
A reminder that annual education for 2019 has been assigned in LifeTalent.

Please complete courses by June 30, 2019.
Contact Joan Colbert or Diane Kennedy with any questions.

Like Our Facebook Pages!
We have started a Facebook page for each hospital within our system.
Like our pages for health information, news, employee recognition, and photos!

www.facebook.com/Conemaugh
www.facebook.com/ConemaughMeyersdale
www.facebook.com/ConemaughMiners
www.facebook.com/ConemaughNason
www.facebook.com/ConemaughPhysicianGroup

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 June edition is May 27.
Safety Story - Computer Reminder

All employees are reminded to log-off or lock your computers when you walk away from a work station. Ensuring patient privacy and retaining confidential information is a priority. For questions, please talk with your manager. Thank you!

Stroke and Trauma Awareness and Education

**Stroke and Trauma Awareness Fair**
Friday, May 17, 9 - 11 am, Conemaugh Memorial - Atrium
Theme: New Endovascular Services starting in June 2019

**Community Education**
Monday, May 20, 6 pm, Conemaugh East Hills - Community Rooms
Education panel discussion facilitated by Dr. Nicholas Lanciano
Stories from two stroke survivors from the same family
Watch for additional stroke education on Facebook, internal TVs, and in the display cases by the Gift Shop.

Diabetes Support Group

**Tips for Managing Your Diabetes Medications**
Stephanie Thomas, PharmD, BCPS, CDE, Clinical Pharmacist
Thursday, June 6, 2019
1 pm or 6 pm
Conemaugh East Hills
Pre-registration required. Call (814) 534-6800, Option 1

Save the Date

**Stroke Conference**

Management of the Acute Stroke Patient
November 15, 2019
Frank J. Pasquerilla Conference Center
Johnstown, PA

Correction from April’s Edition

A photo was included in the April edition of CareNotes for the Parkinson’s Support Group. The heading was inaccurate and listed “physician” when it should have said “pharmacist”.

Conemaugh.org
2019 Mercy Award Winners

Deborah Sanders
Speech Therapy
Conemaugh Memorial Medical Center

Deborah Hegedus
Medical Imaging / Radiology
Conemaugh Miners Medical Center

Deanna Thompson
Nursing
Conemaugh Meyersdale Medical Center

Melanie Clapper
Environmental Services
Conemaugh Nason Medical Center
Supporting Physicians

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.

May 2019 Recipient

Congratulations, Dr. Weimer
Emergency 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.
Conemaugh Memorial Physician Named PA Emergency Medicine Physician of the Year

Jennifer Savino, DO, Conemaugh Physician Group – Emergency Medicine, has been named Physician of the Year for 2019 by the Pennsylvania College of Emergency Physicians (PACEP) Board of Directors. The award recognizes emergency clinicians of unusual merit who pursue the ideal of emergency medicine (pacep.net). “It is a true honor to have been nominated and selected as Emergency Physician of the Year for Pennsylvania,” said Dr. Savino. “We have a strong team at Conemaugh, everyone working together. We strive each day to meet the needs of our patients and keep advancing with best practices for emergency medicine.” Dr. Savino is the Chair for the Department of Emergency Medicine. To be eligible for this award, the physician must uphold high professional standards, maintain an active clinical practice of emergency medicine, practice and promote high quality emergency medical care, promote the public image of emergency medicine, and be active in community service and education. In addition to Dr. Savino’s recognition, Daniel Wehner, MD, former chair of Conemaugh Memorial’s Department of Emergency Medicine earned the PACEP David Blunk Award for Outstanding Contribution to Emergency Medicine. The recognition is the highest that can be awarded by the PACEP and is the equivalent of a lifetime achievement award. The award recognizes a physician who has made a significant contribution to the practice or body of knowledge of emergency medicine, or has provided exceptional advocacy to enhance the delivery of emergency care in Pennsylvania (pacep.net). “We have outstanding physicians at Conemaugh, and it’s gratifying to see two of them recognized,” said Dr. Susan Williams, Chief Medical Officer, Conemaugh Health System. “We are proud to offer the quality of care, expertise, and technology that people expect in larger cities, right here in Johnstown.”

Medical Staff President Honored

Dr. Angela Rowe, Medical Staff President for Conemaugh Nason Medical Center, has been named the WISE (Women Involved in Scholarship and Empowerment) Women of Blair County 2019 Business and Professional Woman of the Year.
Physician Appointed to Board of Trustees

Congratulations to Dr. Robert Sawicki, who was recently appointed to the Board of Trustees of the United States Brain Injury Alliance. The mission of the United States Brain Injury Alliance is to engage the community in preventing brain injuries and improving lives, through awareness, prevention, advocacy, support, research, and community engagement. www.usbia.org.

2019 Regional Research Symposium Winners

Case Report of Original Research Meaghan Marley, MD, "Recovery of Brain Stem Function After Declaration of Brain Death."

Oral Presentations Jill Argotsinger, Pharm D, "Retrospective Review of Procalcitonin Interpretation at a Community Teaching Hospital." (1st place)

Poster Case Study William Aukerman, MD, "Exuberant Ductolobular Hyperplasia as the Primary Histological Finding in A Patient with Idiopathic Gigantomastia."

Poster Original Research Daniel Urias, MD, "Outcomes of open Carpal Tunnel Release (oCTR) with No Tourniquet compared to oCTR with Tourniquet."

Poster People’s Choice Joseph Bardinelli, MD, "Postpartum Cardiomyopathy-related Respiratory Failure and Cardiac Arrest Requiring CEMO: A rare disease presentation with a good outcome."
Conemaugh Memorial CPR Training
First Hospital in Region to Implement Training Technology

Conemaugh Memorial has been recognized for commitment to competency in high-quality cardiopulmonary resuscitation (CPR) training for employees. The Resuscitation Quality Improvement (RQI) program is a joint-venture of the American Heart Association and Laerdal Medical, united with a shared lifesaving goal and ensuring standard of care in hospital resuscitation. Six mannequin carts have been installed around the Conemaugh Memorial main campus that are used to practice CPR by staff. The mannequins are hooked up to computers where employees sign into their personal account prior to the demonstration. Once they perform CPR on the mannequin, it gives the employee feedback on pass-rate and areas to improve. The goal for staff is to master high-quality CPR with more frequent practice and real-time feedback. “Our compliance rate with the program after two quarters is 99.75%, which is outstanding,” said Gayle Denk, Manager of Medical Staff Support Services. “We implemented Basic Life Support (BLS) on RQI in July 2018 and have seen improvement in our rate and depth of compressions.” RQI gives employees the opportunity to enhance their skills through frequent practice. This leads to more confidence and better outcomes in a code situation. The state goal is to implement this technology in 90% of hospitals by 2020, which is projected to save over 50,000 lives through CPR. Learn more about RQI Partners at rqipartners.com.

Construction of D-Building

Conemaugh Memorial is pleased to announce plans for construction of the D building which will be located behind the M building and the area by the Ashman / Rose underpass on Flynn Street. No work has started, but equipment has been on-site as crews are locating existing infrastructure. Plans for the D building include a new ambulatory surgery unit, central sterile supply, and consolidated cardiovascular unit. Construction is expected to begin in 2020 and take approximately 18 months to complete. More to come as progress on the planning continues!
Conemaugh East Hills Women’s Imaging Earns American College of Radiology Accreditation

Conemaugh Memorial Medical Center’s Women’s Imaging Center at Conemaugh East Hills has been awarded a three-year term of accreditation in stereotactic breast biopsy as the result of a recent review by the American College of Radiology (ACR). Conemaugh was recognized for “excellent quality work” for clinical and phantom image submissions and there were no deficiencies. The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting ACR Practice Parameters and Technical Standards after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field. Image quality, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs are assessed. The findings are reported to the ACR Committee on Accreditation, which subsequently provides the practice with a comprehensive report that can be used for continuous practice improvement. “We are very proud to offer accredited women’s imaging services to our community,” said Cliff Dull, Director of Imaging at Conemaugh Health System. “Stereotactic breast biopsy is an important part of diagnosing breast cancer. This accreditation shows that we are providing quality biopsies that are in alignment with the best in the nation.” A breast biopsy is performed to remove cells — either surgically or through a less invasive procedure involving a hollow needle — from an area in the breast suspected to be cancerous. These cells are examined under a microscope to determine a diagnosis. In stereotactic breast biopsy, a special mammography machine helps guide the radiologist’s instruments to the site of an abnormal growth. “We treat our patients like family,” said Bill Smithtro, Operations Manager for the Department of Medical Imaging. “Breast cancer can be a worrisome and life-changing diagnosis. Our team makes each patient experience as simple and relaxed as possible, while we’re also helping the physicians to obtain and determine results of the biopsy.” The ACR, founded in 1924, is a professional medical society dedicated to serving patients and society by empowering radiology professionals to advance the practice, science and professions of radiological care. The College serves more than 37,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

Conemaugh Miners Education Series

Cambria County Suicide Task Force Members and QPR Suicide Prevention Trainers, Tracy Shultz, MS, Director of Operations and Michelle Younkin, Lead Coordinator, Southwest Region conducted a Lunch and Learn titled “Suicide Prevention” on April 26th at Conemaugh Miners.

Participants learned about the warning signs of suicide, how to help someone who is thinking about suicide, and resources available for suicide prevention.
Plain Language Emergency Codes
Go-live date for implementation: July 1, 2019

- Emergency codes used to notify healthcare facility staff of medical, facility, weather and safety / security emergencies vary significantly within our own health system, other facilities in Pennsylvania, and nationwide.
- There is a national trend toward standardizing hospital emergency notification codes as recommended by the Joint Commission in 2012. Best Practice for Emergency Management.
- To minimize the risk of confusion and possible adverse patient outcomes, as well as ensuring patient, employee, and public safety, Conemaugh will follow state and national recommendations and adopt the use of plain language for all emergency notification codes.
- Senior Leadership, PE Steering, PEC and Med Exec Committee has given approval.
- Working with sister hospitals for a unified, systematic approach to this process

There will be education through Life Talent beginning in May with a completion date of June 30, 2019 for ALL employees of Conemaugh Health System to complete.

- For questions, please contact Storm Nagle at (814) 534-9063.

<table>
<thead>
<tr>
<th>EVENT TYPE</th>
<th>CURRENT CODE NAME</th>
<th>NEW PLAIN LANGUAGE CODE NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiac Arrest - Adult</td>
<td>Code Blue</td>
<td>Medical Emergency + Location</td>
</tr>
<tr>
<td>Cardiac Arrest in person 14 years or younger</td>
<td>Code Blue - Pediatric</td>
<td>Medical Emergency Pediatric + Location</td>
</tr>
<tr>
<td>Any deterioration in condition or concern for an inpatient, outpatient, visitor, or employee</td>
<td>Rapid Response + Location</td>
<td>Rapid Response + Location</td>
</tr>
<tr>
<td>Called per the discretion of the ER physician or rapid response team for anyone exhibiting stroke symptoms</td>
<td>Stroke Alert + Location CMMC ONLY</td>
<td>Stroke Alert + Location</td>
</tr>
<tr>
<td>Called per the discretion of the ER physician for anyone exhibiting trauma per the guidelines</td>
<td>Trauma Alert + ETA CMMC ONLY</td>
<td>Trauma Alert + ETA</td>
</tr>
<tr>
<td>Called per the discretion of the ER physician or rapid response team for anyone exhibiting cardiac symptoms suggestive of a STEMI</td>
<td>STEMI Alert + Location + ETA CMMC ONLY</td>
<td>STEMI Alert + Location + ETA</td>
</tr>
<tr>
<td>Evacuation</td>
<td>Code Amber</td>
<td>Evacuation + Location</td>
</tr>
<tr>
<td>Bomb Threat</td>
<td>Code Black – NASON ONLY</td>
<td>Bomb Threat + Location – facility specific on method of notification</td>
</tr>
<tr>
<td>Fire</td>
<td>Code Red with Fire Alarm Pull</td>
<td>Fire Alert + Location</td>
</tr>
<tr>
<td>Abduction or Elopement</td>
<td>Code Pink / Code Walker Code Amber – NASON ONLY</td>
<td>Missing Person + Descriptor (male or female + age) + location</td>
</tr>
<tr>
<td>Active Intruder or person perceived threat with a weapon</td>
<td>Code Grey Code Silver – NASON ONLY</td>
<td>Active Intruder + Location</td>
</tr>
<tr>
<td>Combative Patient/Person</td>
<td>Code Green or Code Orange</td>
<td>Security Alert + Location</td>
</tr>
<tr>
<td>Disaster with patient surge</td>
<td>Conval</td>
<td>Disaster Alert Trauma</td>
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<tr>
<td>Disaster with Chemical or Biological</td>
<td>Code White</td>
<td>Disaster Alert Chemical/Biological</td>
</tr>
<tr>
<td>Utility Failure</td>
<td>Code Brown</td>
<td>Utility Failure (water, sewage, IT) + Location</td>
</tr>
<tr>
<td>Weather Emergency</td>
<td></td>
<td>Weather Alert + Descriptor (snow, wind)</td>
</tr>
<tr>
<td>Haz Mat Spill</td>
<td>Code Purple – MINERS ONLY</td>
<td>HazMat Spill + Location</td>
</tr>
</tbody>
</table>
TEAM Recognition - Blood Bank

"Over the last several months, the Blood Bank department has experienced staffing losses due to retirements and resignations, and these were further compounded by an unexpected leave of absence. Blood Bank staff have done an exceptional job rising to the challenge by working together as a team to assure seamless care and service to our patients and providers. Staff have been creative with the schedule and worked extra hours. There have been several occasions where staff have brainstormed for coverage to allow other staff to be off. In the midst of difficult times, the group has remained upbeat and optimistic to "Make Communities Healthier"! They have found a way to "get it done". Most importantly, the group has truly cared for each other and grown as a team. We are humbled by their dedication and professionalism and couldn’t be more proud."

Share Your Stories!

If your department or group involved in community outreach for Conemaugh?
Share your photos and stories with us! Send photos and information to Stacy Roberts, Marketing Communications, at SRoberts4@conemaugh.org

Conemaugh Nason Legislative Visit

Tim Harclerode, CEO of Conemaugh Nason, gave State Representative Jim Gregory (80th Legislative District) a tour of Conemaugh Nason and discussed services offered for the community.

Reminder: Elevator Etiquette

Please remember to be considerate of elevator use throughout all facilities.
• Allow individuals to exit elevator before trying to enter
• Step off of elevator for gowned patients and family members
• Hold door open to assist patients, guests, and colleagues

If you witness an employee missing the opportunity for proper etiquette, please remind them of providing an Ideal Patient Experience. Thank you!
Conemaugh Launches SMART Clinic to Further Assist Trauma Patients

Conemaugh Memorial Medical Center added a specialized trauma care clinic for geriatric patients called the SMART clinic - Senior Management of Agility and Rehabilitation in Trauma patient. The patients will be referred through the Trauma Service Line. Any patient over the age of 65 and has had sustained a fall, a motor vehicle collision, or balance related injury will be a candidate for the SMART clinic. SMART clinic has the goal to provide an organized approach to the management of fracture postoperative care, ensure compliance and safety for patients, and to provide a means of obtaining osteoporosis screening, and medications. In addition to the fracture care and osteoporosis screening, the SMART clinic will be utilized to reevaluate patients who are at risk for a subsequent fall, balance disorder, or those at risk related to lack of functionality due to bed rest or inactivity over extended periods of time. Patients will be evaluated on their physical strength, agility, and need for further physical therapy, and or medication adjustments. The SMART clinic is another step to ensure trauma patients have the best care possible. “In the future we hope to expand and include patients who can be referred by a physician for an evaluation,” said Kim Gorman, CRNP, Trauma Services. “The plan is to start out with the trauma patients and expand into primary care. However if there is a physician who wants to refer patient to the trauma clinic we would not decline them even in the early stages of this transition.” The program will soon accept patients who are less than 65 years of age who have sustained injuries from a fall or have a condition such as Parkinson’s that predisposes them to a fall risk, as well as those patients who have or are at risk for osteoporosis. Providing education in the evening hours is another way of expanding this process. Contact Trauma Services at (814) 534-9671 or the Trauma Clinic at (814) 539-8725.

Free Diabetes Prevention Program

Starts Monday, June 3 at Conemaugh East Hills

More than 84 million adults in the United States - that’s 1 in 3 - have prediabetes. With prediabetes, blood sugar is higher than normal but not high enough yet to be diagnosed as diabetes. People with prediabetes are at high risk for Type 2 diabetes.

You may have prediabetes and be at risk for Type 2 diabetes if you:
- Are 45 years of age or older
- Are overweight
- Have a family history of Type 2 diabetes
- Are physically active fewer than three times per week
- Ever had diabetes while pregnant or gave birth to a baby that weighed more than 9 pounds.

The Diabetes Prevention Program is a FREE evidence based lifestyle change intervention. The program supports individuals make achievable and realistic lifestyle changes and cut their risk of Type 2 diabetes by 58 percent. The program is a year-long with 16 sessions and 6 monthly follow-up sessions.

For further information about this FREE program, call the Diabetes Institute at (814) 534-6800.
Donate Life Month Activities

Thank you to all Conemaugh Health System employees who participated in Donate Life Month activities in April! The first-ever Donate Life t-shirt sale resulted in almost 800 shirts being sold! Thank you for your support of organ, tissue, and cornea donation!

Conemaugh Memorial

Staff on Good Sam 6 created a bulletin board about donation. Great job, Terry Riek, Judy Pelesky, and Karina Putman!

Conemaugh Miners
Conemaugh Meyersdale held its Flag Raising event on Monday, April 15. Denise Phillippi, a registration clerk at Conemaugh Meyersdale (holding flag, far left), served as this year’s guest speaker. Denise became a living kidney donor after her father’s, John Stevanus (holding flag, far right), bout with kidney disease. John received his kidney from a donor from Erie, Pennsylvania. Although Denise was not a match for her father, she still had a strong desire to assist those facing similar challenges to her father. She became a living donor when she donated her kidney to Tom Purvinsky (far right) from Pittsburgh. All three spoke at the event about the importance of registering as an organ, eye, and tissue donor.

Conemaugh Meyersdale Employees celebrated Blue and Green Day, Friday, April 12, with a dress down day in support of National Donate Life Month and the Center for Organ Recovery & Education.
Creating Excellent Workplaces for our Employees

Nurses Week, May 6 - 12
Special thanks to all of our nurses for all you do each day! Special activities are planned and will be announced for each hospital. Thank you!

Hospital Week, May 12 - 18

May 13
- Conemaugh Memorial - Main, Strawberry Social, Atrium, 1 - 3 pm
- Conemaugh Memorial - Main, Strawberry Social, Cafe, 9:30 - 11 pm
- Conemaugh Meyersdale - Popcorn Day
- Conemaugh Miners - Employee meal / Mismatched Monday
- Conemaugh Nason - Trail mix giveaway

May 14
- Conemaugh Meyersdale - Sundae and Banana Split Day
- Conemaugh Miners - Taco Tuesday
- Conemaugh Nason - Ritchey’s dairy lemonade or iced tea giveaway

May 15
- Conemaugh Memorial - Lee, Strawberry Social, Garden Court, 1 - 3 pm
- Conemaugh Meyersdale - Barbeque Employee Lunch
- Conemaugh Miners - Wacky Sox Wednesday
- Conemaugh Nason - Chips and salsa snack day

May 16
- Conemaugh Meyersdale - Conemaugh Spirit of Caring Day
- Conemaugh Miners - Favorite Team Thursday
- Conemaugh Nason - employee meal provided

May 17
- Conemaugh Meyersdale - Pie in the Face Day
- Conemaugh Miners - “Foto” Booth Friday
- Conemaugh Nason - Nason Pride Day and cake and ice cream

Anointing of Hands, Conemaugh Memorial
May 6: 6:45 am - OR; 10:50 am - School of Nursing; 12 pm - Meditation Chapel
May 7: 1 pm - 9 Ashman/Rose; 2:30 pm - East Hills
May 8: 10:30 am - Med Surg 7; 11 am - 10 Ashman/Rose
May 9: 12 pm - Lee Campus Chapel; 12:15 pm - Lee TCU; 12:45 pm - Lee Crichton; 1:15 pm - Select
May 10: 7 am - 7 Ashman/Rose; 7:30 am - 8 Ashman/Rose; 1 pm - 6 Ashman/Rose
May 13: 1 pm - Maternity/Peds/RICN; 6:30 pm - Second Shift (ALL AREAS)
May 14: 8:30 am - DEM; 9 am - Cath Lab; 9:30 am - GI Lab
May 15: 10:30 am - GS 8; 11 am - GS 7; 2 pm - GS 6; 2:30 pm - GS 4

Conemaugh Miners Anointing of Hands: May 8, 2:30 - 3:30 pm in Chapel
Recognition Weeks

Recent / Upcoming Recognitions

May: National Critical Care Awareness and Recognition Month

May: Oncology Nursing Month
May: Trauma Awareness Month
  - May 6 - 12: Nurses Week
  - May 8: School Nurse Day
  - May 12 - 18: Hospital Week
  - May 12 - 18: Neuroscience Nurses Week
  - May 15: Kangaroo Care Day; Skin to Skin
  - May 13 - 19: Nursing Home Week
    - May 19 - 25: Medical Transcriptionist Week
    - May 19 - 25: EMS Week

If your department or work group has a special recognition week or celebration day, please contact Stacy Roberts, Marketing Communications.

Conemaugh Nason Volunteers

Conemaugh Nason honored volunteers and awarded its Volunteer of the Year with a luncheon. Certificates for hanging flower baskets were presented to all volunteers. The 2019 Volunteer of the Year is Linda Steele. Linda has volunteered for 17 years, mostly working in the Nason Auxiliary Gift Shop. She also is a member of the Conemaugh Nason Patient Family Advisory Council. Thank you for all you do!

Hospice Basket Raffle

Thank you to all participants!

Congratulations to all winners!
### 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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<td>1</td>
<td>Grand Rounds</td>
<td>0700 - 0800</td>
<td>MMC/CROSSROADS</td>
<td>OPEN</td>
<td>Healthcare Providers</td>
<td>CME</td>
<td>1</td>
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<td>3</td>
<td>Trauma M&amp;M</td>
<td>0700 - 0730</td>
<td>CP1009</td>
<td>CLOSED</td>
<td>Physicians</td>
<td>CME</td>
<td>0.5</td>
<td>N</td>
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<td>3</td>
<td>Surgery M&amp;M</td>
<td>0730 - 0800</td>
<td>CP1009</td>
<td>CLOSED</td>
<td>Physicians</td>
<td>CME</td>
<td>0.5</td>
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<td>Cardiovascular Symposium</td>
<td>0800 - 1530</td>
<td>Nemacolin Woodlands</td>
<td>REQUIRED</td>
<td>Healthcare Providers</td>
<td>PSNA, CME, EMS</td>
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<td>8</td>
<td>ACLS (Update)</td>
<td>0800 - 1500</td>
<td>MMC/GS1040</td>
<td>REQUIRED</td>
<td>Healthcare Providers</td>
<td>PSNA, EMS</td>
<td>6</td>
<td>Y</td>
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<td>10</td>
<td>Trauma M&amp;M</td>
<td>0700 - 0730</td>
<td>CP1009</td>
<td>CLOSED</td>
<td>Physicians</td>
<td>CME</td>
<td>0.5</td>
<td>N</td>
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<tr>
<td>10</td>
<td>Surgery M&amp;M</td>
<td>0730 - 0800</td>
<td>CP1009</td>
<td>CLOSED</td>
<td>Physicians</td>
<td>CME</td>
<td>0.5</td>
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<td>CPR (Basic Life Support) Healthcare Provider</td>
<td>0900 - 1200</td>
<td>MMC/GS2027</td>
<td>REQUIRED</td>
<td>Healthcare Providers</td>
<td>CME</td>
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<td>15</td>
<td>PALS (Update)</td>
<td>0800 - 1500</td>
<td>MMC/GS1040 - 1042</td>
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<td>Healthcare Providers</td>
<td>PSNA, EMS</td>
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<td>Trauma M&amp;M</td>
<td>0700 - 0730</td>
<td>CP1009</td>
<td>CLOSED</td>
<td>Physicians</td>
<td>CME</td>
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<td>17</td>
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<td>0730 - 0800</td>
<td>CP1009</td>
<td>CLOSED</td>
<td>Physicians</td>
<td>CME</td>
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<td>17</td>
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<td>MMC</td>
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<td>Keystone Trauma &amp; Emergency Medicine Summit (Day 1)</td>
<td>0800 - 1700</td>
<td>Nemacolin Woodlands</td>
<td>REQUIRED</td>
<td>Physicians/Nurses/EMS</td>
<td>PSNA, EMS</td>
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<td>Keystone Trauma &amp; Emergency Medicine Summit (Day 2)</td>
<td>0800 - 1700</td>
<td>Nemacolin Woodlands</td>
<td>REQUIRED</td>
<td>Physicians/Nurses/EMS</td>
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<td>Physicians</td>
<td>CME</td>
<td>0.5</td>
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<tr>
<td>24</td>
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<td>0730 - 0800</td>
<td>CP1009</td>
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<td>Physicians</td>
<td>CME</td>
<td>0.5</td>
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<td>31</td>
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<td>CME</td>
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<tr>
<td>31</td>
<td>Surgery M&amp;M</td>
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<td>CLOSED</td>
<td>Physicians</td>
<td>CME</td>
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*Cost = 0.5 Y, 1 Y, 6 Y, 7 Y

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**Conemaugh Meyersdale Opens Employee Gym**

Joe Shetler and Morgan Roberts joined Conemaugh Meyersdale’s Administration for a ribbon cutting ceremony at the new employee gym in the lower level of the medical center. The gym features cardiovascular equipment, free weights, and convenient hours. The gym is open to all Conemaugh employees. For information or membership information, contact (814) 972-6931.

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**Gold Star Winners**

Conemaugh Meyersdale Medical Center recently awarded the Caring Gold Stars to two employees during a reception held in the medical center’s dining room. The employees were recognized for their outstanding performance and service to Conemaugh Meyersdale’s patients. Employees receiving Gold Stars were Linda Haer and Chris Gombita.
2019 CONEMAUGH NASON MEDICAL CENTER FAMILY NIGHT
THURSDAY, JUNE 13, 2019

All Conemaugh Health System employees are invited to come be a part of the Altoona Curve game on Thursday, June 13th when the Altoona Curve play the Portland Sea Dogs. You can order tickets at a
SPECIAL DISCOUNTED RATE FOR ALL CONEMAUGH HEALTH SYSTEM EMPLOYEES!

SPECIAL RATE OF $6 FOR A GRANDSTAND SEAT

One employee from the hospital will be selected to throw out a first pitch before the game. This employee will be chosen by random drawing & will be notified prior to the game of the timing details for that night.

Please complete the form below, attach your check payable to Altoona Curve & send directly to the ballpark with the notation “Conemaugh Nason Night” marked on the envelope. Order forms are due no later than Monday, June 10th.

If you have any questions or need directions to the stadium, you may call Jess Knott at the Curve at 814.283.3130. See you at the ballpark!

CONEMAUGH NASON MEDICAL CENTER
NIGHT AT THE ALTOONA CURVE

Please mail this form to Peoples Natural Gas Field & make your check payable to Altoona Curve on or before Monday, June 10th.
(1000 Park Ave., Altoona, PA 16602 – Attn: Jess Knott)

Employee Name: _________________________________________________________
Phone Number: ____________________________________________________________________
Email: _______________________________________________________________________________
Number of Tickets (Children 2 & under do not need a ticket): ______________
Cost: $6 Per Person
Amount Enclosed: _________________________________________________________________
Check: ______________ Cash: ____________ Credit Card: ______________
Credit Card Number: ____________________________________________________________________
Exp. Date: ____________________________________________________________________________
# MAY 2019 – 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

<table>
<thead>
<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></td>
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<td></td>
<td>Carnegie Deli Sandwich</td>
<td>Italian Grinder</td>
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<tr>
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<tbody>
<tr>
<td></td>
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<td>Buffalo Chicken Salad</td>
<td>Roasted Red Pepper and Alfredo Pasta</td>
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<td></td>
<td>Ultimate BLT</td>
<td>Nashville Chicken Sandwich</td>
<td>Italian Panini</td>
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2019 HeartChase Event

This year, Conemaugh Health System was a premier sponsor of the Laurel Highlands HeartChase in Ebensburg, held on Saturday, April 27. Two teams from Conemaugh Health System competed ... and the winner is ... EVERYONE! The event raised $31,000 for the American Heart Association to raise heart health awareness. Conemaugh, the top fundraiser overall, raised $1,695 for the cause (beating out UPMC Altoona by a hair!) Conemaugh Miners was the top fundraising team for Conemaugh, with a close second by Conemaugh Nason! The HeartChase is a fun, non-competitive challenge course through the community. Teams receive a map to get from the start of the course to the finish, and they can earn points along the way by finding markers, and completing activities. The goal is to finish the course and earn the most points. The Conemaugh Miners team won our internal contest, collecting 7950 points in a series of offbeat and educational challenges, such as shooting arrows, doing CPR to the tune of “Baby Shark”, mastering yoga poses, competing in shuttle runs, and hunting for hidden fruits and vegetables. The Conemaugh Meyersdale team also made a strong showing, earning 7400 points! Everyone who participated agreed that despite the windy weather, it was a fun Saturday morning and a great team building activity. We hope to have many more teams competing next year! Great job, everyone!
DONATE TODAY

Items collected this month will be for our Comfort Cart!
The Comfort Cart is staffed by specially trained volunteers. All items provided to the patient are designated as single use and are theirs to keep. **Items needed include:**

- Small Puzzles (250-500 piece)
- Word Search/Puzzle Books
- Adult Coloring Books
- Colored pencils/markers
- Playing Cards
- Books
- Magazines

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

On Target for EBITDA

Conemaugh is on target to hit our earnings before interest, taxes, depreciation, and amortization (EBITDA) goals. This is important because it enables us to continue to make renovations and purchase equipment to provide quality care to our patients. We continue to look for efficiencies where we can. We compare well to our peers in Western Pennsylvania, but it is a challenging environment. Thank you to all staff throughout Conemaugh Health System for your continued diligence for identifying cost savings and utilizing supplies wisely.

Construction projects are currently underway throughout the organization. Here are just a few photos, but there is a lot happening on all of our projects!

Conemaugh Somerset
Steel beams are in place for the building.

Conemaugh Ebensburg
Concrete is being poured.

Conemaugh School of Nursing
Construction continues on the renovation to the Conemaugh School of Nursing. Great progress is being made to ensure our students have a great space to learn in coming semesters!