

Windber *Notes*

A Monthly Newsletter for CSSMCW and CSSIMMW Employees

February 2025

Joyce Murtha Breast Care Center Adds Certified Breast Health Navigator

The Joyce Murtha Breast Care Center (JMBCC) proudly stands as the only dedicated breast care center in the area. "Offering assistance, support, and coordination of care has always been at the core of what we provide for our patients," says Erin Goins, Director of Women's Services. "Recently, the JMBCC took an additional step by certifying a Breast Health Clinical Navigator through the National Consortium of Breast Centers (NCBC). This certification exceeds national requirements and provides our patients with the highest level of supportive care."

The certification process involves comprehensive online learning modules covering all aspects of breast cancer, including diagnosis, testing, surgery, and treatment. Participants must pass a rigorous test and undergo a one-on-one evaluation conducted by the NCBC.

A Breast Health Clinical Navigator serves as a vital liaison between patients, their families, and the health care team. Their role includes providing education, guidance, and emotional support while advocating for the patient's needs and preferences. One of the navigator's most important functions is coordinating follow-up appointments, explaining tests and results, and ensuring patients have a dedicated point of contact to address their concerns and questions.

Courtney Johnson, JMBCC's Certified Breast Health Clinical Navigator, brings eight years of experience at the center to her role. "I have seen so many patients overwhelmed by a breast cancer diagnosis," says Johnson. "When the opportunity to become certified in breast health navigation

arose, I was eager to take the course. I knew I could make a meaningful difference for patients from the moment their diagnosis changes the course of their lives."

Johnson's involvement begins with every patient scheduled for a breast biopsy. She often attends the procedure, providing support during a time of significant anxiety, as patients await their results. "Waiting for results is incredibly stressful, and that's one area where I can help as a navigator," Johnson explains.

For patients diagnosed with breast cancer, the Clinical Navigator collaborates with the JMBCC and Windber Hospital to coordinate appointments, schedule multiple tests on the same day, and deliver timely results. Johnson also assists with securing insurance authorizations and obtaining medical clearances from family and specialty physicians. "All of these tasks take time and patience," Johnson notes, "and they can be incredibly frustrating for patients, especially when they're not feeling well."

A patient's treatment plan may include surgery, radiation, chemotherapy, or a combination of these. Whether treatment



is local or out-of-town, JMBCC's Breast Navigator remains a key resource for ongoing support. Johnson adds, "In this role, I'm also able to connect patients with organizations and resources that can assist with travel and expenses they might not know about."

Goins emphasizes the importance of this program: "The JMBCC was founded on providing exceptional care. Having added a dedicated Certified Breast Health Navigator allows us to further enhance the personalized support and coordination we have always strived to offer our patients."

Cardiac Rehabilitation
Week
5

Ambulatory Care
Nurses Week
5

Phlebotomists Recognition
Week
7

Hospice Volunteer
for More than 3 Decades
9



February Birthdays

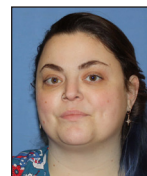
2/1 Shawnee Makin
 2/2 Carla Hazzard
 2/4 Katie Miller
 2/5 John Rutledge
 2/6 Elliot Smith
 2/7 Lori Jacobs
 2/8 Gieta Gresh
 2/10 Carolyn Dusack
 2/10 Katerina Mock
 2/12 Melissa Kauffman
 2/13 Amy Lushko
 2/13 Amanda Taylor
 2/13 Sean Gdula
 2/13 Megan Zolnosky
 2/14 Eric Glessner
 2/14 Erica Zabrocky
 2/15 Megan Lintz
 2/15 Jared Mangus
 2/16 Laura Angello
 2/16 Lori Cover
 2/16 Jordan Poruban
 2/16 Natalie Folton
 2/18 Julia Barton
 2/20 Kimberly Murtha
 2/20 Anita Gibbons
 2/20 Jordyn Sukenik
 2/21 Bethany Walerysiak
 2/22 Michael Moslak
 2/23 Hailey Sanders
 2/24 Linda Benning
 2/24 Derek Shilcosky
 2/24 Joshua Goins
 2/25 Kelly Adams
 2/27 Kimberly Shaffer
 2/27 Jillian Stormer
 2/28 Ryan Kegg

Welcome to Windber!

January New Hires



Kelly Fritz
 Licensed Practical Nurse,
 Wing III Inpatient Unit



Vanessa Shelmire
 Patient Care Tech,
 Wing III Inpatient Unit



John Kamzik
 Hospital Supervisor,
 Nursing Administration



Justin Short
 Director,
 Wing III Inpatient Unit



Paula Kociban-McKee
 Membership Coordinator,
 HealthStyles



Stanley Wozniak
 Software Business Analyst,
 CSSIMMW



January Retirement

20 Years Don Loughran



February Anniversaries



39 Years Christine Thomas
 28 Years Regina Yonish
 26 Years Monica Petak
 24 Years Michelle Pipan-Kush
 23 Years Linda Kuzminsky
 13 Years Traci Duso
 9 Years Danielle Warshel
 9 Years Jennifer Goga
 8 Years Jennifer Blazosky
 6 Years Daniel Sewak
 3 Years Brandi Querry
 3 Years Jessica Barclay

3 Years Justin Campbell
 3 Years Tonya Kaufman
 3 Years Emily Andrekovich
 3 Years Emily Shanklin
 2 Years June Hutsky
 2 Years Erik Niel
 2 Years Emily Burkhard
 2 Years Matthew Kot
 1 Year Nicholas Freedman
 1 Year Dave Rich
 1 Year Brandon Solnosky



Available Positions

Join our team or share the opportunities with your family and friends.



See full descriptions and application instructions at windbercare.org/careers

FULL-TIME POSITIONS

CNA - Hospice Home Care

[also available as Casual]

Provides basic nursing care to patients within their home setting.

CNA - Hospice Inpatient Unit

Provides nursing care to patients..

Hospital Supervisor - Clinical Services

Coordinates and monitors patient care, and acts as administrative representative.

Medical Tech or Medical Lab Tech

[also available as Casual]

Performs testing, equipment maintenance, quality control, maintains records.

Medical Assistant - WindberCare

Surgical Associates

Provides clerical support.

Medical Office Secretary - WindberCare

Surgical Associates

Provides clerical support.

Patient Care Tech - CNA or LPN -

Wing III Inpatient Unit

[also available as Part-time]

Assists the RN with the patient, transcribes orders, and performs clerical duties.

Phlebotomist

Performs customer service tasks, specimen collection in hospital and off site.

Physical Therapist - Early Intervention / Pediatrics

Helps prevent, correct, and alleviate impairment and functional limitations.

Radiology/CT Tech

[also available as Part-time & Casual]

Performs radiographic procedures using independent judgment.

RN - CCU/Med-Surgical/Telemetry

[also available as Part-time]

Provides routine nursing care for the critically ill or critically injured patient.

RN - Home Health

[also available as Casual]

Provides nursing care and patient and family education.

RN - Hospice Home Care

[also available as Casual]

Provides care and teaches patients and families home care skills.

RN - Operating Room

Provides care while in the surgical suite.

Sterile Processing Technician

Performs sterilization, assembly, and storage of medical supplies and equipment.

PART-TIME POSITIONS

RN - Hospice Inpatient Unit

Provides care and teaches patients and families home care skills.

CASUAL POSITIONS

Mammography Tech - JMBCC

Performs radiographic procedures.

Speech Therapist

Plans, develops, and administers speech therapy services.

Speech Therapist - Home Care

Plans, develops, and administers speech therapy services.

Save your 'Caught You Caring' awards for rewards!

How to give a 'Caught You Caring' card:

1. Download recognition cards on Wintranet.
2. Fill out the card with the employee's information & how you caught them going above and beyond their role to provide care and compassion to patients or co-workers.
3. Send recognition cards to Jennifer Blazosky in HR - Mailbox C-32.

Redeem your cards (valid for 12 mos. from date on card) by contacting Jennifer Blazosky in HR.

- 4 cards for café coffee or soda voucher, 6 cards for café \$5 lunch voucher, 10 cards for CSSMCW logo cup



ASU

Emily Ivock

Community Based Palliative Care

Robert Chippie

Hospice

Chris Thomas
Shannon Dixon
Michael Patterson
Niomie Collins
Melanie Meier

Lab

Leah Ann Fetsko

Maintenance

Maintenance Team

Patient Accounting

Carol McClemens



Everything You Need to Know About Heart Disease



February is known for hearts and valentines, but more importantly February is a good time to take stock of your heart health. Understanding what causes heart disease and how to prevent it is a good way to start!

FACT: Heart disease is the leading cause of death in the US.

FACT: Heart disease is the leading cause of death for WOMEN, accounting for 1 of every 5 deaths.

FACT: Heart disease results in about \$252 billion in annual healthcare expenses in the US.

FACT: Heart disease can be prevented with simple lifestyle changes.

WHAT IS HEART DISEASE?

Heart disease encompasses many conditions of the heart.

- Coronary artery disease – due to blockage in the blood vessels of the heart
- Heart attack – caused when the blood flow in the heart arteries slows or stops
- Irregular heartbeats (arrhythmias) – untreated irregularities can increase stroke risk
- Heart muscle disease – occurs with major heart damage
- Heart valve disease – when any valve in the heart has damage or is diseased

WHAT ARE THE SYMPTOMS?

Symptoms can vary from person to person and can differ between men and women. Unfortunately, many people may not know they have heart disease until they experience more aggressive symptoms that lead to a heart attack. Symptoms can include:

- Chest heaviness, pain, or discomfort

- Upper back or neck pain
- Arm pain or radiating pain that moves
- Heartburn or indigestion
- Nausea or vomiting
- Shortness of breath
- Fatigue that is different than just being “tired”
- Fluttering feelings in the chest (palpitations)
- Dizziness, which can signal issues with your blood pressure

Symptoms can be one or a combination of many occurring at the same time or over a period of time.

ARE YOU AT RISK FOR HEART DISEASE?

Almost half of people in the US have high blood pressure, high cholesterol or use tobacco. These are the most common risk factors. Additional risk factors include:

- Diabetes
- Obesity and being overweight
- Diet that is high in fat and processed foods
- Physical inactivity
- Excessive alcohol use

The more risk factors that someone has, the more risk for developing heart disease.

HOW IS HEART DISEASE DIAGNOSED?

When someone has signs or symptoms suspecting heart disease, a doctor will perform a couple of basic tests:

- Electrocardiogram (ECG or EKG) – Records each heartbeat, looking at how fast or slow, and also for signs that indicate a blockage.
- Echocardiogram – Uses sound waves to create detailed images of the heart in

motion and how blood moves through the heart and its valves.

- Exercise or stress tests – When a patient walks on a treadmill while an EKG monitors any changes to the heartbeat or heart rhythm. If the patient can not walk on a treadmill, medication is given to stress the heart, giving the doctor the same information.
- Blood work – When heart damage occurs, enzymes are detected in blood work. Cardiac enzyme tests are done over a period of 24-48 hours.

HOW IS HEART DISEASE TREATED?

Treatment for heart disease varies based on symptoms and diagnosis. Medication can be prescribed to control symptoms and prevent complications.

Cardiac catheterization is a procedure that involves a flexible tube (catheter) inserted in the wrist or groin and guided to the heart. Dye is injected to check for plaque that may be blocking the heart arteries. If plaque is detected, an angioplasty procedure can be done to open the blocked artery.

Cardiac open heart surgery can be performed to remove or bypass blockages and also to repair /replace a heart valve if needed.

CAN HEART DISEASE BE PREVENTED?

A healthy lifestyle includes eating a low-fat diet, exercising regularly, and not smoking. CSSMCW offers community blood screens that can help you know the numbers that are important in being proactive against developing heart disease. Your fasting blood sugar, HDL, LDL, and total cholesterol numbers along with your weight, BMI, and blood pressure are all important for prevention and managing existing heart disease. ■

Thank you to our Cath Lab team for your dedication to cardiac care!



National Cardiac Rehabilitation Week is February 9-15. Join us to celebrate the life-saving impact of cardiac rehabilitation.

Cardiac rehab plays an important role in reducing the potentially devastating effects of heart disease and improving quality of life for patients and their families. Cardiac rehab combines exercise training, proper nutrition, and education to help those with heart conditions. It helps to speed recovery and strengthens the heart while lowering risk factors for heart disease.

Cardiac Rehabilitation Week, initiated by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), coincides with both Valentine's Day and American Heart Month in an effort to draw greater national attention to heart health. This year's theme, "And the Beat Goes On" honors the patients, families, and healthcare professionals who are dedicated to giving cardiac rehabilitation patients a new start.

Thanks to our Cardiac Rehab team for their dedication to heart health!

Ambulatory Care Nurses Week

A healthier world through nursing excellence, leadership, and innovation

FEBRUARY 3-7, 2025

Ambulatory care nursing is characterized by registered nurses caring for high volumes of patients in short periods of time, often dealing with issues in each encounter that can be unpredictable. These encounters encompass both collaborative and RN independent activities. Ambulatory care RNs address patients' wellness, acute illnesses, and chronic diseases. Ambulatory Care Nursing Week celebrates their dedication and expertise. ■

Thanks to our Ambulatory team who works together to provide the best care for our patients!





Windber medical fitness center marks its 25th anniversary

A medical fitness center in Windber is among the town's most beneficial amenities, resident Len LaPlaca said.

LaPlaca, 83, ranks HealthStyles Fitness Center along with the Joyce Murtha Breast Care Center and Windber Recreation Park as pillars of the small town.

"I've been a member for more than 20 years," he said. "It's the best-kept secret in Windber."

HealthStyles at 600 Somerset Ave., Windber, is celebrating its 25th anniversary this year.

The medical fitness center is a department of Chan Soon-Shiong Medical Center at Windber, which also operates the Joyce Murtha Breast Care Center.

The facility's sustainability over nearly three decades is a "testament to the strength of the community," said Tom Anders, director of rehabilitation services. "It started as a small operation and it's exploded to 2,500 members."

LaPlaca, who works as a landscaper, said the opportunity for socialization at the gym is equally important as the exercise.

"Isolation causes dementia," he said. "The bottom line – life is all about relationships."

A study published last year in the journal *SSM – Population Health* by Harvard University epidemiology professor Tyler VanderWeele examined how changes in loneliness and social isolation were associated with indicators of physical, behavioral and psychosocial-health outcomes.

Social isolation was predictive of mortality risk, according to the study.

"If you stay in your comfort zone, stay at home, there's not much difference between a grave and a rut. One is just deeper," LaPlaca said. "The relationships you acquire here are just as important as the exercise. It's a win-win when you are exercising and developing relationships."

HealthStyles members include general gym-goers from communities in Somerset and Cambria counties ages 12 to 90, as well as hospital patients whose gym membership is part of wellness programs through their insurance companies, said Angie Rokita, manager of HealthStyles and the hospital's cardiac rehabilitation program.

Patients of the hospital's pulmonary rehabilitation or occupational therapy "exercise through limitations," she said. Membership is all-inclusive of the fitness center's weights, cardio equipment, yoga classes and pool.

"HealthStyles has a multidisciplinary approach," she said. "It's not just working with folks for exercise. It's also about nutrition, stress management – treating the whole person."

Rokita and all trainers at HealthStyles are exercise physiologists.

"We are the only medical fitness center around town," she said. "People not only come to exercise, they are able to exercise with people with a background and learn to make lifestyle changes."

At the gym Thursday, some members glided on treadmills as if training for a marathon while others worked meticulously to recover from chronic conditions.

Kevin Shaffer, of Richland Township, said he is recovering from a car accident by following an exercise program at HealthStyles.

"Exercise is something that has helped me make progress with my balance that was lost from a vehicle accident," he said. "I have become more fit since joining and look to continue to strengthen my muscles so I can do more activities that require it."

"I continue to come to HealthStyles because the staff is very knowledgeable and helpful. They observe your activity to ensure you are doing the exercises correctly. Another factor that keeps me here is the other members of the gym. They are motivating, friendly and concerned about your well-being." ■



Article by:
Russ O'Reilly, *The Tribune-Democrat*

Photos by:
Thomas Slusser, *The Tribune-Democrat*

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We share some fun posts on Facebook/Instagram/LinkedIn. Thank you to all who share or interact with us on social media; sharing our posts with your family and friends (or inviting them to follow our page) helps us expand our reach and stay top of mind when they are looking for services.

I.C.Y.M.I.
in case you missed it



"Even our deer friend is joining in the HealthStyles 25th Anniversary celebration! 🐻🦌💡" (Thank you to Mike Moslak for sharing the photo!)



"Exercise is something that has helped me make progress with my balance that was lost from a vehicle accident I was involved in. I have become more fit since joining and look to continue to strengthen my muscles so I can do more activities. I continue to come to HealthStyles because the staff is very knowledgeable and helpful. They observe your activity to ensure you are doing the exercises correctly. Another factor that keeps me here is the other members of the gym. They are motivating, friendly, and concerned about your well-being."

Member Spotlight **KEVIN SHAFFER**



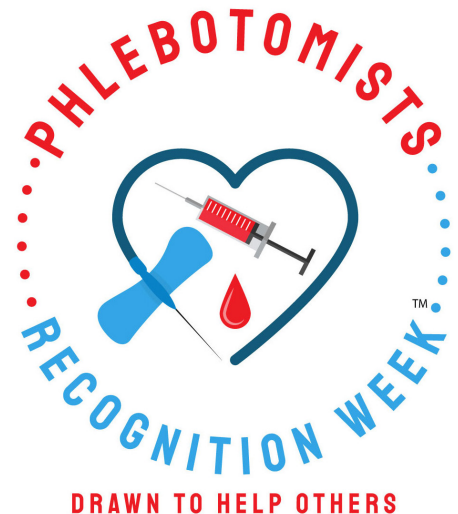
🌟 This year marks the 25th anniversary of HealthStyles Fitness Center! To celebrate, we're shining a spotlight on our incredible members each month. 🎉 This month, we're thrilled to feature Kevin Shaffer who has been making progress after a vehicle accident! 🏃‍♂️

Phlebotomists Recognition Week

A phlebotomist combines clinical and administrative responsibilities to draw blood from a patient for clinical or medical testing, transfusions, donations, or research. Phlebotomists collect blood primarily by performing venipunctures or, for collection of minute quantities of blood, finger sticks. Administrative duties include accurately preparing, coding, and organizing blood samples for analysis.

Since 1992, the healthcare community has honored the vital role and professional excellence that phlebotomists provide in the delivery of healthcare to patients. The 2025 theme, "Phlebotomists, Drawn to Help Others" emphasizes their commitment as a vital member of the healthcare team.

**Thanks to our phlebotomists for their
care and commitment to patient health!**



LOCAL ORGANIZATION RAISES FUNDS TO SUPPORT BREAST CANCER AWARENESS AND JMBCC

Conemaugh Township Area School District cheerleaders donated \$225 to the JMBCC from fundraisers during football season. They sold t-shirts, bracelets, and raffle tickets. The funds will provide financial assistance for patients in need; the latest equipment and technology needed to screen, detect, and diagnose breast cancer; and breast cancer awareness and education. **THANK YOU FOR YOUR DEDICATION!**



CELEBRATING Healthy Hearts

February: American Heart Month

Cardiac Rehab Week Feb. 9 - 15

Heart & Colorectal Awareness Month Shirts

Thank you to all who purchased shirts! We raised \$306 to support the CSSMCW Cath Lab & ASU. We have a limited supply (S-XL) of short sleeve t-shirts for sale in the Foundation Office.

**DON'T FORGET TO WEAR YOUR T-SHIRTS ON FRIDAYS IN
FEBRUARY & MARCH!**



FREE Educational Seminar: The Weight of Heart Health

with Molly Vargo, CRNP
WindberCare Surgical Associates & Bariatrics

Tuesday, February 18 ▪ 5:30 p.m.
WindberPlace

Learn about the disease of obesity and how you can reduce the effects of heart disease and other weight-related health problems with weight loss as small as 5 to 10%. Call 814-467-3653 to register by 2/11. Seating is limited.



FREE Educational Seminar: Cardiovascular Disease, Peripheral Vascular Disease & Atrial Fibrillation

with Drs. Samir Hadeed & Jude Mugerwa
Johnstown Heart & Vascular and CSSMCW Cardiac Catheterization Lab

Wednesday, February 26 ▪ 6 p.m.
WindberPlace

Learn about the causes, signs, symptoms, and possible treatment and prevention of cardiovascular disease, peripheral vascular disease, and atrial fibrillation. Call 814-467-3892 to register by 2/19. Seating is limited.





Davidsville octogenarian a hospice volunteer for more than 3 decades

Article & Photos by: Patrick Buchnowski, The Tribune-Democrat. Reprinted with permission.

"She said, 'Oh, Peggy, you're a natural caregiver.' I didn't think I could do it," Lichtenfels said. "I prayed about it and prayed about it, and the Lord has been helping me ever since."

Lichtenfels said she learned early that the best way to help the grieving is to be a good listener.

"Families are traumatized, families are in denial," she said. "When you sit and listen to them, and help them to understand what's going on and how our good Lord, even in dying, has it all planned out for us."

Lichtenfels said patients and their families appreciate her comfort and guidance.

"I've become their new best friend," she said.

Windber Hospice serves all of Somerset, Cambria and Bedford counties, and parts of Blair, Indiana and Westmoreland counties. The program averages 80 to 90 patients in homes and in the facility.

The volunteer program suffered a setback during the 2020 outbreak of the global COVID-19 pandemic.

"There was a whole year when we couldn't send volunteers out to check on families and patients to make sure they had food in the house," she said. "We tried to work around

it. We would shop, and the nurses and aides would take it to them."

Jessica Klosky has spent nine years as the bereavement and volunteer coordinator for the hospice and the hospital. She called Lichtenfels' work indispensable to the program.

"She's my everything," Klosky said. "She's my right-hand lady. She's special to this program, and special to the volunteers."

Lichtenfels and her husband, Ernie (1939-2016), were married for 57 years. Ernie Lichtenfels was the vice president of Moxham Lumber Co., 150 DuPont St., Johnstown, where he worked for 52 years.

The couple raised their four children and the four children they "inherited," Peggy Lichtenfels said.

"We were the godparents named in the will," she said. "I can write a book about raising eight teenagers."

These days, Lichtenfels needs a cane to get about. It doesn't stop her from volunteering.

"It helps me stay busy, and keeps my mind off my aches and pains," she said. "When you get older, you'll remember that old Peggy said, 'Every day is a new adventure.'" ■

For the past 36 years, Davidsville resident Peggy Lichtenfels has been caring for the terminally ill as a volunteer at Windber Hospice, 600 Somerset Ave., Windber.

Her affection when caring for patients remains unshakable.

"Most of our patients have six months or less to live," she said. "I know in my heart that I've tried my best to help people through this difficult time."

Lichtenfels, 85, shared her story with The Tribune-Democrat at the hospice at Chan Soon-Shiong Medical Center at Windber.

Windber Hospice was founded by Dr. Earl Shope in 1977 as the first hospice program in Pennsylvania and the first rural hospice in the country. Lichtenfels said her sister Frankie Bock was the first volunteer.

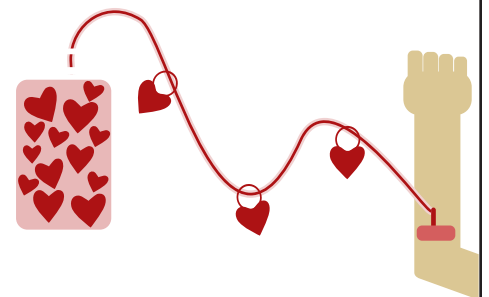
"My sister Frankie kept bugging me," she said.

UPCOMING BLOOD DRIVE

APRIL 17 ■ 9 AM - 1 PM ■ WINDBER PLACE

To schedule,
go to
vitalant.org:

- Click "Make an appointment"
- Enter group code **UW491** or search by zip code to find our drive
- If you cannot schedule online, please call 412-209-7000





DEPARTMENT UPDATES

CSSIMMW



• **Congratulations!** - Dr. Stella Somiari has been named President-Elect for the International Society for Biological and Environmental Repositories (ISBER). ISBER is the only global forum that addresses scientific, technical, legal, and ethical issues for biobanks and biorepositories. Dr. Somiari has been an integral part of that organization for many years. Read more about her appointment here: <https://icont.ac/50WOO>.

FOUNDATION/MARKETING

• **Dress Down Fridays** - To dress down on a Friday, you are asked to donate \$1 to the Foundation Office per week. The money is donated to a local charity to show our community support. If you have questions regarding appropriate dress, please speak with your manager or refer to the dress code policy on the Wintranet.

DRESS DOWN FRIDAYS - \$1

HEALTHSTYLES

• To help promote employee workplace wellness, **any CSSMCW or CSSIMMW employee may use the HealthStyles walking track at any time during fitness center hours** (M-Th 6am-8pm, Fri 6am-6pm, Sat/Sun 7am-2pm). All employees must visibly wear their employee ID badge while walking for identification and safety purposes.



HOME HEALTH & HOSPICE

• **Bereavement Support Group** - Join Hospice Chaplain Gieta Gresh the last Tuesday of every month for the Caring Group from 4-5 p.m. in Windber Place. The meetings are not just for people who lost loved ones in the Hospice program, but rather for anyone who has lost a loved one.

HUMAN RESOURCES

• **403(b)** - Dave Neumann, our 403(b) advisor with Empower Retirement, will be available for one-on-one appointments with employees from 8 a.m. to 5 p.m. on the dates below. Contact Dave directly at dneumann@seltzerfinancial.com or 814-533-1945 to schedule an appointment.

February 14, March 14

WINDBERCARE SURGICAL & BARIATRICS

• **Weight Loss Surgery Support Group** - Join us on Tuesday, March 18 at 5:30 p.m. in Windber Place. Molly Vargo, CRNP, CBN will present "Measuring Success without the Scale." This support group is FREE for anyone in any stage of their weight loss journey. Questions? Call Gretchen at 814-467-3903.



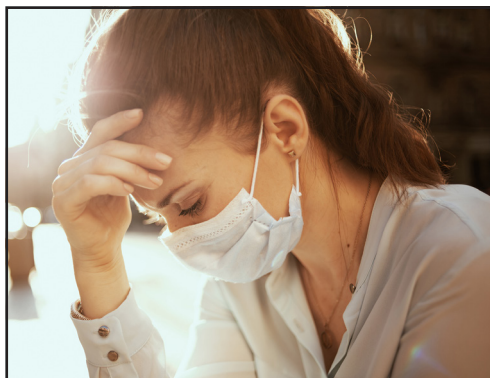
WING III INPATIENT UNIT

• **Congratulations!** - Danielle Cristobal was awarded this quarter's Wing III "Ray of Sunshine" award. Nominees are voted on by their peers and one award is given per quarter to staff on Wing III who demonstrate exceptional patient care and customer service. According to her coworkers, Dani always has a smile on her face while taking care of her patients; she gives excellent care to the patients on the Wing and has a positive attitude while doing it. She is an asset to Wing III as well as CSSMCW.



Next Deadline: February 17

Submit updates, articles, or events to nsamuel@windbercare.org



Employee Assistance Program Reminder

An Employee Assistance Program (EAP) is a voluntary, work-based program that offers free and confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/or work-related problems.

Employees have available to them at no cost three (3) counseling sessions per 12-month period. For additional information or to schedule a confidential appointment, please contact Megan Lintz at 814-467-3647.

Grateful Patient Comments

"Cardiac Rehab has shown me the benefits of exercise. I was not doing enough exercise before I began rehab. Since completion, I have seen the benefits of exercising, more energy, more "get up and go". Facilities very well equipped and clean. Staff helpful, friendly. They provided the push to get me started." - Wayne

"Cardiac Rehab helped me feel better. I would come in feeling sore and tired and when I left I felt better. The therapists were very helpful and friendly that made me wanting to go to the therapy. I feel better since I did the program. I would recommend anyone to the rehab programs." - Robert

"Dear Dr. Csikos,

Thank you so much for arranging such an incredible shadowing experience for me. It was truly a five-star opportunity. I saw so much, met so many brilliant people, and gained insights I didn't expect. This experience, impossible without your thoughtful planning, has strengthened my determination to become a doctor. Take care and I hope your hospital continues to thrive! - Joey Xu"

"I wanted to send a quick note to let you know that we had a fabulous experience with our son at the Emergency Department! The staff were amazing, especially his nurses, Tiffany, Jennifer and Alicia! We could not have asked for better care!"

"I'd like to thank Lisa and Derek in radiology this morning for my nuclear medicine stress test. You both were awesome!"

"Thank you for everything you did for our family. We are a very close family and this was a very difficult time for us. The butterfly release was beautiful and it was nice to share it with everyone!"

"[Richland PT & Sports Performance] is excellent! They know what they're doing, they care, they're flexible and will work with you and make accommodations/change the plan when you're having a pain day. I've been to 2 other PT offices for minor injuries in the past; this place is by far the best. Highly recommend!!"

Did a patient have something great to say about an employee or services they received? Tell us! Share grateful patient comments with nsamuel@windbercare.org



25-MINUTE CHICKEN & VEGGIE ENCHILADAS

Ingredients

2 tablespoons canola oil
1 ½ cups chopped zucchini
1 ½ cups chopped yellow squash
½ cup chopped yellow onion
1 teaspoon minced garlic
1 ½ cups shredded, cooked chicken breast (about 4 1/2 oz.)
½ cup shredded, cooked chicken thigh (about 1 1/2 oz.)
5/8 teaspoon kosher salt
½ teaspoon black pepper
4 ounces Monterey Jack cheese, shredded (about 1 cup), divided
8 (6 inch) corn tortillas
Cooking spray
½ cup bottled salsa verde
Fresh cilantro leaves

Recipe from [Eating Well](#)

Preparation

1. Preheat oven to broil with rack 5 to 6 inches from heat. Heat oil in a large nonstick skillet over medium-high. Add zucchini, squash and onion, and cook, stirring often, until vegetables are tender and just beginning to brown, about 10 minutes. Add garlic, and cook 1 more minute. Add chicken, salt, pepper and 3/4 cup of the cheese; stir to combine. Cook until hot and cheese melts, about 1 minute. Remove from heat, and cover to keep warm.

2. Warm tortillas according to package directions. Place about 1/3 cup of chicken mixture in the center of each tortilla; fold tortilla around filling, and place, seam-side down, in a lightly greased (with cooking spray) 11 x 7-inch (or a 2-quart) broiler-safe baking dish. Pour salsa over enchiladas, and sprinkle with remaining 1/4 cup cheese. Broil in preheated oven until hot and bubbly, about 1 1/2 minutes. Garnish with cilantro.



Makes: 4 servings

PHILLY CHEESESTEAK STUFFED PEPPERS

Ingredients

2 large bell peppers, halved lengthwise, seeds removed
1 tablespoon extra-virgin olive oil
1 large onion, halved and sliced
1 (8 ounce) package mushrooms, thinly sliced
12 ounces top round steak, thinly sliced
1 tablespoon Italian seasoning
½ teaspoon ground pepper
¼ teaspoon salt
1 tablespoon Worcestershire sauce
4 slices provolone cheese

Recipe from [Eating Well](#)

Preparation

1. Preheat oven to 375°F.
2. Place pepper halves on a rimmed baking sheet. Bake until tender but still holding their shape, about 30 minutes.

3. Meanwhile, heat oil in a large skillet over medium heat. Add onion and cook, stirring, until starting to brown, 4 to 5 minutes. Add mushrooms and cook, stirring, until they're softened and release their juices, about 5 minutes more. Add steak, Italian seasoning, pepper and salt; cook, stirring, until the steak is just cooked through, 3 to 5 minutes more. Remove from heat and stir in Worcestershire.



Makes: 4 servings

4. Preheat broiler to high. Divide the filling between the pepper halves and top each with a slice of cheese. Broil 5 inches from the heat until the cheese is melted and lightly browned, 2 to 3 minutes.



Shovel Safely with Heart Disease

Information from American Heart Association



Weather forecasters may call it 'white fluffy stuff,' however, snow can be a bigger danger than many people may realize. According to the American Heart Association, research shows that the exertion of shoveling snow may lead to an increased risk of a heart attack or sudden cardiac arrest.

Numerous scientific research studies over the years have identified the dangers of shoveling snow for people with and without known heart disease. It is estimated that hundreds of people die during or just after snow removal in the U.S. each year.

If you have known or suspected heart disease or risk factors for heart disease, get someone else to do your snow removal for you.

However, if you must remove your own snow, the following tips are recommended to reduce increased risk from snow shoveling:

✱ **Wear a mask or scarf over your mouth and bundle up!**

Breathing/exposure to cold air causes constriction of blood vessels throughout the body, raising blood pressure and constricting the coronary arteries

✱ **Start slowly and pace yourself. Take breaks.**

Snow shoveling is mostly arm work, which is more demanding on the heart than leg work. While straining to lift heavy loads, you often unconsciously hold your breath, which causes heart rate and blood pressure to increase.

✱ **Push or sweep the snow rather than lifting and throwing it.**

Since you are mostly standing still while shoveling, your legs are not moving much which results in pooling of blood in the lower extremities, so it is not getting back to the heart which needs the oxygenated blood.

✱ **Use an automated snow blower rather than shoveling.**

While you should still proceed with caution and be mindful of how your body is feeling, research shows that using a snow blower raises the heart rate to around 120, compared to a heart rate of around 170 experienced while shoveling.

If you experience chest pain or pressure, lightheadedness, heart palpitations or irregular heart rhythms, stop the activity immediately. Call 9-1-1 if symptoms don't subside shortly after you stop. ■

UPCOMING COMMUNITY LAB BLOOD SCREENS

February 22, March 29

Richland Community Health Center - 1511 Scalp Ave., Richland

\$30 Community Lab Screen

Additional Tests Offered: PSA and Hemoglobin A1C - \$20 each • Vitamin D Level - \$35

All screens are Saturdays from 7-9 a.m., unless otherwise noted.

A 12- to 14-hour fast is recommended.

Call 814-467-3739 for appointment. Spaces are limited.



Employee

Spotlight



Meet
Terri
Meek

POSITION:
Nurse Manager

DEPARTMENT:
Ambulatory Surgery
Unit

YEARS OF SERVICE:
2 Years

What do you love most about your job?
Taking care of patients.

What inspired you to work in the medical field?

I wanted to help people feel better.

What would people never guess you do in your role?

Everyone that knows me knows I work hard at everything I do!

As a kid, what did you want to be when you grew up?

A nurse.

What do you enjoy doing when not working?

Watching my grandchildren, hunting, fishing, horseback riding, and the outdoors.

What would most people be surprised to learn about you?

That I am a grandmother.

If you had to eat one meal every day for the rest of your life, what would it be?

Pizza.

What three words best describe you?

Energetic, hard-working, caring.



Meet
Heather
Pudliner

POSITION:
Secretary

DEPARTMENT:
Physical Therapy

YEARS OF SERVICE:
4 Years

What do you love most about your job?
My coworkers, I've made such great friends here at Windber PT.

What inspired you to work in the medical field?

I have always enjoyed helping people.

What would people never guess you do in your role?

I'm part-time barista. 😊

As a kid, what did you want to be when you grew up?

An Art teacher, love being around kids and I dabble a little in art.

What would most people be surprised to learn about you?

I've been a vegetarian since I was 9 years old.

What are three words that best describe you?

Happy, Quirky, Fun.

What do you enjoy doing when not working?

I love being outside, hiking, drawing, painting, and hanging out with my family.

If you had to eat one meal every day for the rest of your life, what would it be?

Spaghetti. Of course, minus the meat sauce. 😊



Chan Soon-Shiong
Medical Center
at Windber

HEALTHSTYLES 25TH ANNIVERSARY CELEBRATION SALE

1. T-shirt, S-4XL

Gildan Softstyle - 64000

2. Crewneck Sweatshirt, S-4XL

Port & Company Core Fleece - PC78

3. Hooded Sweatshirt, S-4XL

Port & Company Core Fleece - PC78H



ROYAL, SPORT GREY



ROYAL, ASH



ROYAL, ASH

IMAGES ARE FOR REFERENCE ONLY. ACTUAL DESIGN SIZE, COLOR, AND PLACEMENT MAY VARY.

CHECKS PAYABLE TO: Windber Health Care Foundation								ORDERS DUE: FEBRUARY 2		
NAME:								DEPT:		
ADDRESS:								PHONE:		
ITEM	S	M	L	XL	2XL	3XL	4XL	QTY	PRICE EA.	TOTAL EA.
1. T-SHIRT, ROYAL									\$12	
2. T-SHIRT, SPORT GREY									\$12	
3. CREWNECK SWEATSHIRT, ROYAL									\$24	
4. CREWNECK SWEATSHIRT, ASH									\$24	
5. HOODED SWEATSHIRT, ROYAL									\$27	
6. HOODED SWEATSHIRT, ASH									\$27	
ALL PROCEEDS BENEFIT HEALTHSTYLES FITNESS CENTER.	ADDITIONAL \$2 FOR EACH 2XL								\$2	
	ADDITIONAL \$4 FOR EACH 3XL								\$4	
	ADDITIONAL \$6 FOR EACH 4XL								\$6	
CHECK ONE:		CHECK		CASH				TOTAL DUE:		

ORDER ONLINE AND PAY BY CREDIT CARD AT [STORES.INKSOFT.COM/HEALTHSTYLES25TH](https://stores.inksoft.com/healthstyles25th)

THANKS FOR YOUR ORDER! AN EMAIL WILL BE
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(814) 248-8780 Fax (814) 539-6139

ARTWORK

Full Front



Winter Wellness Walk

When: January 1 - March 31

Where: HealthStyles Track

Who: Participation is open to all CSSMCW & CSSIMMW employees and HealthStyles members

GOAL: Join in to walk a monthly cumulative 25,000 laps in recognition of HealthStyles 25th Anniversary!

No need to count laps - a laser counter will keep track!

Employees must visibly wear their employee ID badge while walking for identification & safety purposes.

Walk the track at any time during fitness center hours (M-Th 6am-8pm, Fri 6am-6pm, Sat/Sun 7am-2pm).



Girl Talk 101

A FREE class to help mothers & daughters navigate adolescence



Being a pre-teen girl can be tough. Being the mom or caregiver of a pre-teen girl can be tough, too sometimes. There may be subjects that can be uncomfortable to talk about. **Windber GYN Associates** is here to help both moms or caregivers and daughters navigate tricky topics of adolescence, such as puberty, menstruation, body changes & hygiene, and self esteem/self respect.

One-time class held on:
Thursday, March 20 at 5:30 p.m.

CSSMCW
Windber Place
600 Somerset Ave., Windber

Making Sense of Menopause

A FREE class to help women during this stage of their lives



Join us for some light refreshments as we talk about the obstacles of menopause and how to relieve symptoms. Topics will include hormone changes, natural and medication based symptom relief, sex during and after menopause, and osteoporosis prevention.

Windber GYN Associates is here to help!

One-time class held on:
Thursday, February 20 at 5:30 p.m.

CSSMCW
Windber Place
600 Somerset Ave., Windber

SPONSORED BY:




REGISTER TODAY!
Call 814-467-3176 or email
cdusack@windbercare.org




Chan Soon-Shiong
Medical Center
at Windber

Windber GYN Associates

WWW.WINDBERCARE.ORG/GYN



CDC Recommends Updated 2024-2025 COVID-19 and Flu Vaccines for Fall/Winter Virus Season



- It is safe to receive COVID-19 and flu vaccines at the same visit.
- Data continue to show the importance of vaccination to protect against severe outcomes of COVID-19 and flu, including hospitalization and death.

Updated 2024-2025 COVID-19 Vaccine Recommendation

- CDC recommends **everyone ages 6 months and older receive an updated 2024-2025 COVID-19 vaccine** to protect against the potentially serious outcomes of COVID-19 this fall and winter, whether or not they have ever previously been vaccinated with a COVID-19 vaccine.
- Receiving an updated 2024-2025 COVID-19 vaccine can restore and enhance protection against the virus variants currently responsible for most infections.
- COVID-19 vaccination also reduces the chance of suffering the effects of Long COVID.
- To date, hundreds of millions of people have safely received a COVID-19 vaccine under the most intense vaccine safety monitoring in US history.

Updated 2024-2025 Flu Vaccine Recommendation

- CDC recommends **everyone 6 months of age and older, with rare exceptions, receive an updated 2024-2025 flu vaccine** to reduce the risk of influenza and its potentially serious complications this fall and winter.
- September and October remain the best times for most people to get vaccinated.
- The composition of this season's vaccine has been updated with a new influenza A(H3N2) virus.

Our top recommendation for protecting yourself, your family, and our patients from respiratory illness is to get vaccinated. Plan now for you and your family to get both updated flu and COVID vaccines this fall, ahead of the respiratory virus season.

David Csikos, MD
Chief Medical Officer



Chan Soon-Shiong
Medical Center
at Windber

ANY WORKFORCE MEMBER MAY CONTACT THE COMPLIANCE HOTLINE TO REPORT A POTENTIAL COMPLIANCE ISSUE.

CSSMCW is dedicated to adhering to the highest ethical standards, and accordingly, recognizes the importance of compliance with all applicable state and federal laws. Therefore, healthcare compliance is something that every hospital employee should focus on throughout their work day. If you have an concerns, it is important that you report them. This allows our organization to be on top of potential issues and document our compliance efforts.

To report a potential compliance issue, contact the Compliance Hotline:

877-217-4779

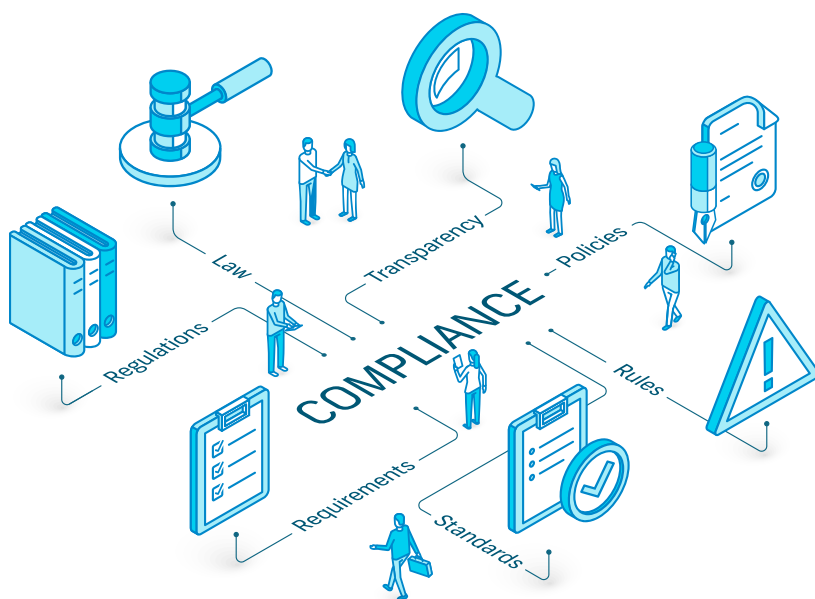
www.windber.ethicspoint.com

COMPLIANCE HOTLINE INFORMATION

- The Hotline is available 24 hours a day, 365 days a year.
- Calls are not recorded or traced.
- You may call the Hotline anonymously.
- Information obtained via the Hotline is forwarded to the CSSMCW Compliance Officer for investigation/follow-up.

HOSPITAL COMPLIANCE INFORMATION

- Telephone calls may also be made directly to the Compliance Officer by calling 814-467-3955.
- No acts of retaliation or reprisal will be taken against anyone, who in good faith, contacts CSSMCW Management, Human Resources, the Compliance Officer, or the Hotline to report an issue, problem, concern, or violation or to make an inquiry.
- Reporting does not protect individuals from appropriate disciplinary action regarding their own performance or conduct; however, self-disclosure will be viewed favorably and may reduce potential disciplinary actions.
- A Compliance Issue Report Form is available on the employee Wintranet page at <http://wintranet/SitePages/Compliance.aspx>



Welcome to Well360 Virtual Health



Save time and get care — wherever it's convenient for you. With virtual visits, you can see a provider for symptoms and conditions that can be treated from home. You can even have prescriptions and refills sent to your preferred pharmacy.*

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Good news: To keep all your health in one place, Well360 Virtual Health is now exclusively available in the **My Highmark app** under the **Get Care** section.



Just scan this QR code to download the app or visit the website at **MyHighmark.com** to get care today.



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