

Windber Notes

A Monthly Newsletter for CSSMCW and CSSIMMW Employees

March 2025

Girls Night Out Altoona Delivers \$50,000 Donation to JMBCC

Matching their largest donation to date, The Girls Night Out Altoona, Inc. (GNOAI) committee presented a check for \$50,000 to the Joyce Murtha Breast Care Center (JMBCC) in support of patient care services. Each year the committee hosts an annual fundraising dinner that brings together breast cancer survivors, family, friends, and supporters. They hosted their 16th annual event in October at the Blair County Convention Center in Altoona with 1,100 people in attendance.

"Girls Night Out Altoona, Inc. raised an impressive sum this year - \$240,000! We are so grateful for the committee's continued support and dedication to increasing breast cancer awareness and helping patients in our community," said Kim Oleksa, CSSMCW Foundations/Development Administrator.

GNOAI has been raising funds for the JMBCC since 2008. Since then, they have contributed more than \$549,000 to



the breast care center. Their generous donations have helped to fund Pink Ribbon Care, a program that provides assistance for patients who are unable to pay for breast-related health services - including mammograms, follow-up diagnostic services, and genetic counseling.

To date, GNOAI has raised and donated more than \$1.7 million. Proceeds from this year's event have been split between four organizations they support - the JMBCC, Penn State Hershey Cancer Institute, Magee Women's Specialty Center at UPMC Altoona, and The Bob Perks Fund. ■

The logo for National Athletic Training Month (NATM) is displayed on a blue background. On the left, the text "NATIONAL ATHLETIC TRAINING MONTH" is written in white and orange, with "ATHLETIC TRAINING" in orange. Below this, "Champions in Health Care" is written in white, and "MARCH 2025" is at the bottom. On the right side of the logo is a white caduceus symbol.

Athletic trainers (ATs) are health care professionals who provide medical services for active patient populations. From injury prevention and enhanced wellness to rehabilitation and return to activity, ATs are essential to health care in work, life, and sport. March is National Athletic Training Month (NATM), a time to celebrate the essential role that athletic trainers play in health care.

From concussions and sprains to general medical conditions, ATs are "Champions in Health Care." As culturally competent health care professionals, athletic trainers are equipped to prevent, diagnose and treat a variety of health issues, often providing necessary preemptive, emergency and lifesaving care for all.

We'd like to thank our athletic trainers for their essential role in providing quality health care every day!



March Anniversaries

- 36 Years James Dressick
- 30 Years Melissa Jones
- 27 Years April Hicks
- 24 Years Kimberly Shaffer
- 17 Years Connie Zupon
- 16 Years Thomas Kurtz
- 13 Years Kelly McCune
- 12 Years Gregory Kutsick
- 7 Years Teodorico Heckman
- 7 Years Codi Rose
- 6 Years Karlynn Boyer
- 5 Years Danette Teeter
- 5 Years Megan Bencie
- 5 Years Barret Ferre
- 5 Years Benjamin Melikant
- 4 Years Tiffany Meden
- 4 Years Randi Keim-Smith
- 3 Years Leora Miller
- 3 Years Desiree Dunn
- 3 Years Abbigale Evans
- 3 Years Kaija Holtzman
- 3 Years Emily Ivock
- 2 Years Tasha Kline
- 2 Years Mandy Evans
- 2 Years Alycia Dallot
- 1 Year Mandy Elbayly
- 1 Year Tyshaun James-Hart
- 1 Year Brianna Dorchak

Welcome to Windber!

February New Hires



Travis Byers
Housekeeper,
Environmental Services



Jordan Makin
Registered Nurse,
Emergency



Alexandra Deckard
Registered Nurse,
Operating Room



Trey Moss
Registered Nurse,
Wing III Inpatient Unit



Cody Goggin
Systems Support Analyst,
MIS



Sue Poole
Software QA Analyst,
CSSIMMW



February Retirement

18 Years Barb Amenti



March Birthdays



- | | | |
|----------------------|----------------------------|-----------------------|
| 3/2 Amy Plummer | 3/13 Paul Tedeski | 3/19 Brianna Dorchak |
| 3/3 Melissa Smith | 3/13 Jessica Klosky | 3/20 Mandi Golden |
| 3/4 Rose Penatzer | 3/13 April Vivian | 3/21 Jaclynn Hauger |
| 3/6 Jaclyn Springer | 3/13 Mikaela Poorman | 3/22 Makenzie Roberts |
| 3/7 Katherine Garman | 3/14 Elizabeth Hunsberger | 3/23 Stanley Wozniak |
| 3/7 Misty Urban | 3/14 Remi Dallot | 3/23 Mark Rhodes |
| 3/8 Mary Szczur | 3/17 Jennifer Hartland | 3/23 Sarah Hamaty |
| 3/8 Susan Shuss | 3/17 Emily Bahorik | 3/24 Beth Holdsworth |
| 3/9 Kaitlynn Hughes | 3/18 Heather Pudliner | 3/25 Marie Haggerty |
| 3/9 Abbigale Evans | 3/18 Mandy Elbayly | 3/25 Hannah Wirfel |
| 3/11 Molly Vargo | 3/18 Mitchell Johnson | 3/27 Tracy Walker |
| 3/12 Richard Sukenik | 3/18 Taylor Palmer | 3/29 Deborah Boyer |
| 3/12 Kathleen Kalina | 3/19 David Bencie | 3/29 Brandy Rumsey |
| 3/12 Barret Ferre | 3/19 Brianne France-Layton | 3/30 Debra Allison |



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 Inpatient Unit

Provides nursing care to patients.

Clinical Systems Analyst

Oversees clinical information systems and ensures proper functioning components.

Director - Surgical Services

Responsible for 24-hour management of surgical services.

Medical Assistant – WindberCare Surgical Associates

Provides clerical support.

Medical Office Secretary – WindberCare Surgical Associates

Provides clerical support.

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]

Performs radiographic procedures using independent judgment.

RN - Ambulatory Surgery

Provides care and teaches patients and families home care skills.

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

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.

Sterile Processing Technician

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

PART-TIME POSITIONS

LPN - Med-Surgical/Telemetry

Provides care and clinical oversight.

Patient Care Tech - CNA or LPN - Med-Surgical/Telemetry

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

RN - Hospice Inpatient Unit

Provides care and teaches patients and families home care skills.

CASUAL POSITIONS

CNA – Hospice Home Care

Provides basic nursing care to patients within their home setting.

Medical Tech or Medical Lab Tech

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

Security Guard

Ensures the safety of the hospital, hospital grounds, and CSSIMMW.

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



Centralized Scheduling

Beth Harris

Home Health

Melissa Jones

Hospice

Claudine Croyle
Shannon Dixon

Maintenance

Gene Heiser

Ortho Clinic

Marissa Long
Lisa Burkardt
Alicia Morgan
Tanesha Lopez-Ben

Registration

Mary Hyland

Security

Mike Moslak



Food Connects Us

2025 NATIONAL NUTRITION MONTH®

National Nutrition Month is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Food Connects Us." Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

Registered Dietitian Nutritionists (RDNs) and Nutrition and Dietetics Technicians, Registered (NDTRs) play a critical role in helping people understand the connection between the foods individuals and communities eat, and how these foods impact health throughout life. ■

REGISTERED DIETITIAN NUTRITIONIST DAY - MARCH 12

National Registered Dietitian Nutritionist Day is an annual celebration to increase awareness of the professionals who work in nutrition and their commitment to helping people to lead happy and healthy lives. In today's fast-paced world, it is common to make easy choices when it comes to food. These professionals take the time and effort to remind us that a little effort with healthy choices can mean a longer life! Nutrition is a science that can be difficult to understand. A Registered Dietitian can break the science down into language that makes sense and helps hospitals, schools, community centers, nursing homes and more to plan proper meals for those that they serve. The day is set aside to acknowledge their work, but also to bring awareness to their messages.



Let's recognize our Registered Dietitians for all they do!

Pulmonary Rehab Week

March 9-15, 2025

Pulmonary Rehabilitation Week aims to educate the community about the role of pulmonary rehabilitation in enhancing the quality of life of individuals with chronic lung disease. This year's theme, "Inhale, Exhale, Be Well" honors individuals who struggle to overcome shortness of breath and the pulmonary professionals who work every day towards a path for better health.

Pulmonary Rehabilitation at CSSMCW is an outpatient program designed for patients who suffer from chronic lung disease. This includes not only COPD and asthma, but pulmonary hypertension, pulmonary fibrosis, black lung disease, cystic fibrosis, and lung cancer. The program involves exercise, education, support, and nutrition to help patients cope physically, mentally, and socially with the disease. Patients become more independent; build strength and endurance; eat healthier; and learn more about their lung disease, which can decrease hospital admissions.

If you or someone you know has chronic lung disease, CSSMCW's Pulmonary Rehabilitation can help. The program is nationally certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

For more information call 814-467-3782 or visit www.windbercare.org to read how Pulmonary Rehab has helped others. ■



Thanks to our Pulmonary Rehab team for their hard work!

Heart Month Seminars



▲ On February 26, Drs. Samir Hadeed & Jude Mugerwa held a free educational seminar. Attendees learned about the causes, signs, symptoms, and possible treatment and prevention of cardiovascular disease, peripheral vascular disease, and atrial fibrillation. Additionally, Cardiac Rehab staff offered blood pressure screenings, and Cath Lab and Dietary staff set up educational displays and were available for questions.



▲ On February 18, Molly Vargo, CRNP with WindberCare Surgical Associates & Bariatrics held a free educational seminar titled "The Weight of Heart Health." Attendees learned 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%.



SOCIAL WORK
**COMPASSION
+ ACTION**

**March is
National Social
Work Month**

We are celebrating Social Work Month in March. People enter the social work profession because they genuinely care about other people. However, social workers have the education, training, and expertise to empower people so they can live to their full potential. That is why the theme for 2025 is "Compassion + Action." They help make our society a better place to live. Social workers touch millions of lives each day and it is likely a social worker at some time will assist you, a family member, or a friend.

Thank you for your hard work and dedication!

COLON CANCER ALLIANCE | **Dress In Blue Day™**

Dress in Blue Day is Friday, March 7.

In support of Colorectal Cancer Awareness Month, we invite you to wear blue every Friday in March!

March is Colorectal Cancer Awareness Month

In February 2000, President Clinton officially dedicated March as National Colorectal Cancer Awareness Month. Since then, it has grown to be a rallying point for the colorectal cancer community where thousands of patients, survivors, caregivers and advocates throughout the country join together to spread colorectal cancer awareness by wearing blue, holding fundraising and education events, talking to friends and family about screening and so much more.

Colorectal cancer, or CRC, is a disease of the colon or rectum, which are parts of the digestive system. CRC is the fourth most common cancer in the US among men and women combined. However, unlike most cancers, colorectal cancer is often preventable with screening and highly treatable when detected early. The five-

year survival rate for colorectal cancer found at the local stage is 90 percent, compared to 14 percent for colorectal cancer found at distant stages. Each year, about 150,000 Americans are diagnosed with this disease and more than 50,000 die.

Most cases of colorectal cancer occur in people ages 45 and older, but the disease is increasingly affecting younger people. Colorectal cancer may develop without symptoms.

Be sure to watch for warning signs, including:

- Rectal bleeding, dark or black stool
- Diarrhea and/or constipation
- Narrowing of stool
- Persistent abdominal discomfort (cramps, gas, pain, or feeling bloated)



- Anemia
- Unexplained weight loss
- Weakness or fatigue
- Nausea or vomiting

If you are 45 or older and at average risk, it's time to get screened. Schedule your colonoscopy today. ■

Are you putting off your colonoscopy?

Don't delay any longer.

Schedule your colonoscopy today and find out what's happening in your colon. It can ease your mind. And if there is a polyp, removing it now can significantly lower your risk of developing colon cancer in the future.

It's important that you don't neglect your regular appointments and screenings. It's time to take care of you.

Choose CSSMCW, where your health is our priority.

March is Colorectal Cancer Awareness Month



Chan Soon-Shiong
Medical Center
at Windber

WindberCare Surgical Associates
and Bariatrics

CALL 814-467-3653 TO SCHEDULE AN APPOINTMENT:

TIMOTHY HORSKY, DO - General Surgery
ROBERT J. STOFFA, MD - Gastroenterology
HUGO VILLANUEVA, MD - General & Bariatric Surgery

VISIT WWW.WINDBERCARE.ORG/COLON TO LEARN MORE ABOUT OUR SERVICES.



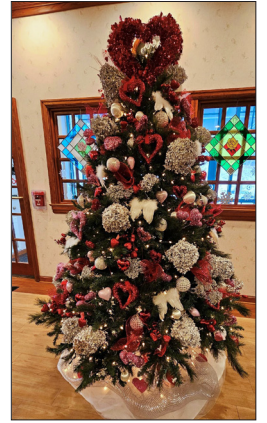
Thank you to all who share or interact with us on Facebook/Instagram/LinkedIn; sharing our posts with your family and friends (or inviting them to follow our page) helps us expand our reach and stay top of mind when they are looking for services.

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

🏠🌟 Registered Nurse Tiffany Meden from our Emergency Department had a blast presenting to a fourth-grade class at Windber Elementary about her career as an ER nurse. From saving lives to working with an amazing team, she shared inspiring stories that had the students engaged and curious—future healthcare heroes in the making! 🧑‍⚕️💙



❤️ This Valentine's Day, love and warmth fill our Hospice Inpatient Unit, thanks to our dedicated volunteers, Kathy & Nick Snitzer! They always put their hearts into decorating, and our beautiful tree—now adorned with heartfelt Valentine's décor—is a symbol of the compassion and care that surrounds our patients and families every day. 💖🌟



🧑‍🎓🌟 We were excited to welcome 9th graders from Forest Hills as part of our new Job Shadowing Program! They got a behind-the-scenes look at Chan Soon-Shiong Institute of Molecular Medicine at Windber, the lab, radiology, and the cardiac cath lab—exploring the many career paths in healthcare.

Programs like this give students hands-on exposure to the medical field, inspiring the next generation of innovators and caregivers. 💙 Learn more about our job shadowing opportunities: windbercare.org/job-shadowing-program



📺💙 Staying at the forefront of cardiac care! Our Cath Lab team recently attended an educational symposium to stay up to date on the latest advancements in screening, prevention, and treatment of cardiovascular disease. This continued learning ensures that Windber's Cath Lab remains a vital asset to our community, providing top-quality care to our patients.



📸 Exciting things are happening in our inpatient unit! RN students from Saint Francis University and Mount Aloysius College, along with LPN students from Greater Johnstown Career and Technology Center, are gaining hands-on experience through their clinical rotations at CSSMCW. 🧑‍⚕️🩺🧑‍⚕️



We're proud to support the next generation of healthcare professionals as they develop their skills and provide compassionate care. 💙





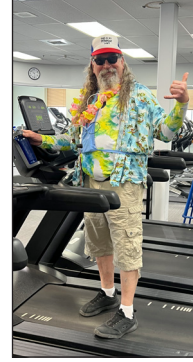
"Prior to cardiac rehab, I felt short of breath and out of shape. I now feel really good especially right after a workout. I don't get out of breath as easily and I don't feel as tired. The staff was wonderful and such a joy to work with. All were very knowledgeable and were genuinely concerned about my health."

Member Spotlight **KAREN VILGA**



★ As we continue celebrating HealthStyles Fitness Center's 25th anniversary, we're excited to highlight another amazing member this month—Karen Vilga! 🎉 Karen's journey began with cardiac rehab, and she has since embraced a healthier lifestyle, attending the gym regularly. The team at HealthStyles is so proud of her dedication!

🎉 Our 25th anniversary celebration at HealthStyles Fitness Center is still going strong! To show our appreciation for our amazing members, we hosted Member Appreciation Days filled with special exercise classes, informative lectures and demonstrations, fun fitness challenges, healthy refreshments, and more! 💙💖 We also kept the energy going during Cardiac Rehab Week with exciting daily theme days! From Beach Day 🏖️ to Wear Red Day ❤️, both members and staff had a blast joining in on the festivities. Thank you to everyone who makes HealthStyles such a special place! Here's to 25 years—and many more to come! 🎉



National Doctors' Day

Thank you

Doctors' Day is an annual observance aimed at appreciating physicians who help save lives every day. The holiday first started in 1933 in Winder, Georgia, and since then it's been honored every year on March 30 which was the first anniversary of a doctor using ether anesthesia by Dr. Crawford W. Long. Today we continue to celebrate medical advances like these and thank all doctors everywhere who've spent so much time and energy mastering their field of expertise.

We at Chan Soon-Shiong Medical Center at Windber are proud to partner with a compassionate and committed team of physicians who provide care to our families, friends, and neighbors. Thank you on behalf of our team and the community members who benefit from your expertise and talent.

Wishing you a Happy Doctors' Day!



March 30



DEPARTMENT UPDATES



DINING SERVICES

- **Kudos** to the dining services staff for their hard work in dipping chocolate covered strawberries for hospital orders. They dipped more than 1,000 berries!

- 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.



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.



HEALTHSTYLES

- Employees are welcome to purchase items at the **HealthStyles Pro Shop** during business hours. Items include the below. New flavors are added on a regular basis!

- Celsius Energy Drinks
- Premier Protein Shakes
- Liquid IV packets
- Bottled water
- Protein sticks
- Protein bars: [Barebells, Kind, Think]
- 20 oz Shaker Bottles



- HealthStyles 25th Anniversary t-shirts (\$15/ea) and water bottles (\$5/ea) are for sale, while supplies last.



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.

March 14, April 11

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.



Next Deadline: March 17

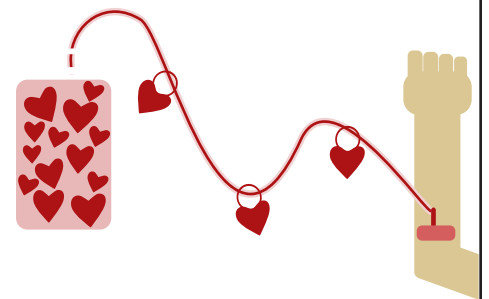
Submit updates, articles, or events to nsamuel@windbercare.org

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



Grateful Patient Comments

"The Pulmonary Rehabilitation staff offers genuine concern for the patients' needs and well-being. The facility is adapted to facilitate the need. All in all, it is an excellent experience."

"The staff at pelvic floor therapy is outstanding. Kathy (and all others who have worked with me) are extremely knowledgeable, professional, and they provide excellent care to address my issues. I cannot praise them highly enough. They are simply wonderful providers."

"This is such a great place for your GYN care. I have had many problems over the years and everything was handled so professionally and all staff was so informative and kind! 5 stars!!"

"My therapist was my angel. She was also very encouraging and positive concerning my physical therapy. It was a very stressful time in my life and I don't know what I would have done without her. I had several nurses, they were all great. I can't say anything negative about any of your employees. You have very competent people. Everyone was so pleasant!"

"I am also attending monthly Windber Hospice's grief support group. I am finding it extremely helpful to talk through my grief."

"This is an excellent Home Health. Damian was excellent in his care and explaining everything to me. Greg was my physical therapist and was excellent at helping me to get around quickly. Highly recommend these two people."

"All of our Hospice caregivers were great. Very caring. Hospice Chaplain Gieta Gresh was comforting in her words. She is a special person."

"The hospice care my son received was great. Windber is the best place to be. He wasn't there very long but I didn't know he didn't suffer. Thank you very much."

"Dr. James-Hart and her entire staff are phenomenal - they are always kind, caring, compassionate, and friendly, with exceptional skills. They are all a credit to their profession and a definite asset to your facility."

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

Employee

Spotlight



Meet
Jocelyn
Brant

POSITION:
Community Liaison

DEPARTMENT:
Home Health
& Hospice

YEARS OF SERVICE:
10 Years

What is your proudest moment at CSSMCW?

I'm very proud that since my time here, our Hospice program has grown from seeing patients in only two local nursing homes, to the ability to see patients in every nursing facility within the tri-county area we serve.

What do you like most about CSSMCW?

I really enjoy being able to talk with the public about our Home Care programs. We have community gems in what we offer in Home Health and Hospice, and it's always enjoyable to help raise awareness of what we offer. There are so many misconceptions about Hospice, it always feels good to open people's minds to the benefits of our program.

What did you want to be when growing up?

A veterinarian.

What are three things most people don't know about you?

...How about two things??? lol 1. I grew up on a beef cattle farm and spent every summer making hay as a child. 2. I love to crochet, I'm an old lady at heart.

Any favorite line from a movie?

"If you can dodge a wrench, you can dodge a ball."

Do you recall any embarrassing moment at work?

Many. One time I unknowingly exited a personal care home into a fenced/locked courtyard, only to find I was also locked out of the building, with no one around. I had to scale a fence to leave. I always hoped there weren't any cameras. Thankfully, I can laugh about it now. =)



Meet
Jennifer
Mlaker

POSITION:
Athletic Trainer

DEPARTMENT:
Sports Medicine

YEARS OF SERVICE:
7 Years

What would people never guess you do in your role at CSSMCW?

Counseling and mentoring.

Before working at CSSMCW, what was the most unusual or interesting job you've had?

Working with at risk youth.

If you were an animal what would you be?

Killer whale.

What's on your bucket list?

Ride an elephant bareback.

You're happiest when?

I'm in the barn with my horses.

THAI GREEN CURRY WITH SPRING VEGETABLES

Ingredients

- 1 cup brown basmati rice, rinsed
- 2 tsp coconut oil or olive oil
- 1 small white onion, diced
- 1 Tbsp finely chopped fresh ginger (about a 1-inch nub of ginger, peeled and chopped)
- 2 cloves garlic, finely chopped
- Pinch of salt
- ½ bunch asparagus, tough ends removed and sliced into 2-inch long pieces (to yield about 2 cups prepared asparagus)
- 3 carrots, peeled and sliced on the diagonal into ¼-inch wide rounds (to yield about 1 cup sliced carrots)
- 2 Tbsp Thai green curry paste*
- 1 can (14 oz) coconut milk (full-fat for a richer curry)
- ½ cup water
- 1 ½ teaspoons coconut sugar or turbinado (raw) sugar or brown sugar
- 2 cups packed baby spinach, roughly chopped
- 1 ½ tsp rice vinegar or fresh lime juice
- 1 ½ tsp soy sauce** (I used reduced-sodium tamari)
- Garnishes: handful of chopped fresh cilantro and red pepper flakes, to taste

Preparation

1. To cook the rice, bring a large pot of water to boil. Add the rinsed rice and continue boiling for 30 minutes, reducing heat as necessary to prevent overflow. Remove from heat, drain the rice and return the rice to pot. Cover and let the rice rest for 10 minutes or longer, until you're ready to serve.

2. Warm a large skillet with deep sides over medium heat. Once it's hot, add a couple teaspoons of oil. Cook the onion, ginger and garlic with a sprinkle of salt for about 5 minutes, stirring often. Add the asparagus and carrots and cook for 3 more minutes, stirring occasionally. Then add the curry paste and cook, stirring often, for 2 minutes.

3. Pour the coconut milk into the pan, along with ½ cup water and 1 ½ teaspoons sugar. Bring the mixture to a simmer. Reduce heat as necessary to maintain a gentle simmer and cook until the carrots and asparagus are tender and cooked through, about 5 to 10 minutes.

4. Once the vegetables are done cooking, stir the spinach into the mixture and cook until the spinach has wilted, about 30 seconds. Remove the curry from heat and season with rice vinegar and soy sauce. Add salt and red pepper flakes (optional), to taste. Divide rice and curry into bowls and garnish with chopped cilantro and a sprinkle of red pepper flakes, if you'd like.

NOTES:

*Green curry paste: Look for it in the Asian section of the grocery store. I like Thai Kitchen brand. Not all Thai curry pastes are vegetarian, but this one is.

**Make it gluten free: Be sure to use gluten-free tamari instead of regular soy sauce.



Makes: 2-4 servings



2025's Best Diet: The Mediterranean

Information from the Reschini Group, Copyright 2025 Zywave, Inc.



For the eighth consecutive year, U.S. News & World Report named the Mediterranean diet the world's best overall diet. This diet can help support brain function, promote heart health, and regulate blood sugar levels. Research also suggests that this well-balanced eating pattern can help prevent some chronic diseases and increase longevity.

The winning meal plan emulates how people in the Mediterranean region have traditionally eaten, focusing on whole grains and heart-healthy fats. These foods are encouraged in the diet:

- Fruits (e.g., apples, bananas, grapes, melons, oranges, peaches, pears, and strawberries)
- Vegetables (e.g., artichokes, broccoli, Brussels sprouts, carrots, cucumbers, kale, spinach, onions, and sweet potatoes)
- Nuts and seeds (e.g., almonds, cashews, hazelnuts, macadamia nuts, pumpkin seeds, peanut butter, sunflower seeds, and walnuts)
- Legumes (e.g., beans, chickpeas, lentils, peanuts, and peas)
- Whole grains (e.g., barley, buckwheat, brown rice, oats, and

whole-wheat bread and pasta)

- Fish and seafood (e.g., crab, mussels, oysters, salmon, sardines, shrimp, trout, and tuna)
- Herbs and spices (e.g., basil, cinnamon, garlic, mint, nutmeg, rosemary, and sage)
- Healthy fats (e.g., avocados, avocado oil, extra virgin olive oil, and olives)

The meal plan also encourages poultry (e.g., chicken, duck, and turkey), eggs, cheese, and yogurt in moderation. Sweets, red meat, and other highly processed foods should be limited.

A nonrestrictive healthy eating regimen such as the Mediterranean diet may be easier to follow and stay committed to. After all, you can start building Mediterranean-inspired meals with foods you already love or by incorporating more fruits and vegetables into your meals and snacks.

U.S. News & World Report also ranked diets for 21 categories based on health and lifestyle goals, so [check out the full results](#). Talk to your doctor about any diet-related questions. ■

UPCOMING COMMUNITY LAB BLOOD SCREENS

March 29, April 26 ▶ Employees can utilize the community blood screen \$35 rate the Friday before each screen.

Richland Community Health Center - 1511 Scalp Ave., Richland

\$35 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.



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.

For a chance to win a gift card, sign the sheet at HealthStyles when you walk.

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



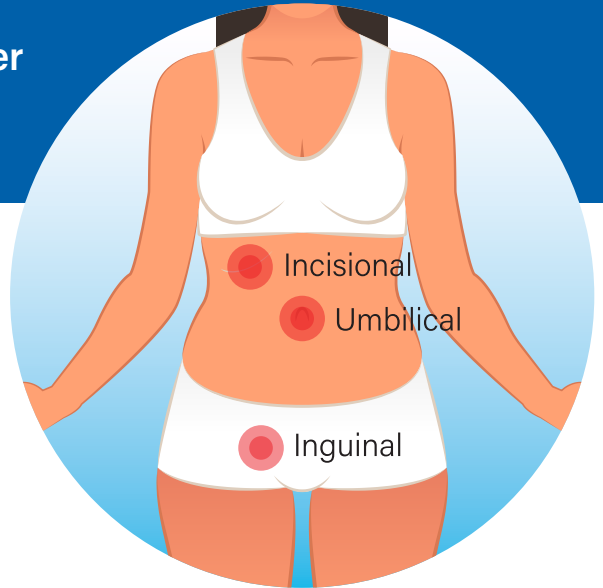
Join us for a **FREE Screening & Community Seminar**
with Timothy Horsky, DO

Treating Abdominal Hernias

TUESDAY, APRIL 1 • 5:30 PM

WindberPlace

Chan Soon-Shiong Medical Center at Windber
600 Somerset Avenue, Windber
(Top of 7th Street, next to Windber Hospice)



Do you think you may have a hernia?

- A hernia is the bulging of an organ or tissue through the wall of the cavity containing it.
- The most common sign of a hernia is a visible lump or bulge where you shouldn't have one, typically in your abdomen or at the top of your inner thigh.
- The bulge may form over a period of weeks or months, or may appear suddenly after completing certain activities, such as lifting heavy items, bending, straining, coughing, or laughing.
- You may feel a dull ache or sharp pain, pressure, or nothing at all.

Join us to learn if you have a hernia and what treatments are available.

Call 814-467-3653 to register by 3/25!

SEATING IS LIMITED.

PRESENTED BY

Timothy Horsky, DO, board certified in General Surgery, has been performing laparoscopic general and bariatric surgery since 1999. He is adept in a wide range of general surgical procedures such as gall bladder, hernia, and intestinal surgery and also has experience in performing upper and lower GI endoscopy.



Chan Soon-Shiong
Medical Center
at Windber

WindberCare Surgical Associates
and Bariatrics

WWW.WINDBERCARE.ORG/SURGERY

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:
Monday, March 20 at 5:30 p.m.
Monday, April 21 at 11 a.m.
Tuesday, June 10 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:
Tuesday, May 6 at 5:30 p.m.
Thursday, July 24 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

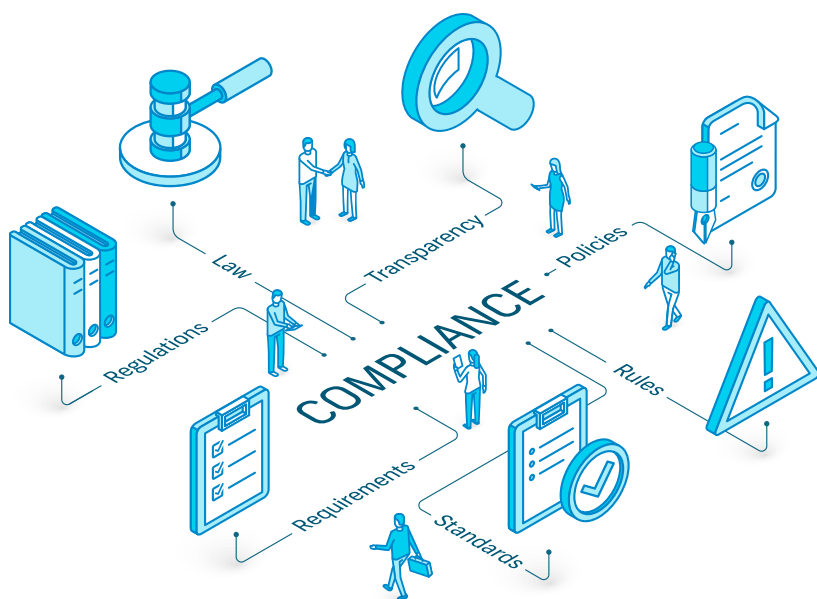
www.windber.ethicspoint.com

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.*

You also have virtual access to:

Behavioral health

Get the care you need to feel your best. Meet with a therapist or psychiatrist for services like talk therapy and medication management.

Urgent care

Doctors are available 24/7 to treat minor injuries and ailments like colds, flu, sprains, ear pains, and more.

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.



Because Life.™