

Windber *Notes*

A Monthly Newsletter for CSSMCW and CSSIMMW Employees

April 2025

Autism Acceptance Month

April is Autism Acceptance Month, a time dedicated to promoting understanding, inclusion, and support for individuals with Autism Spectrum Disorder (ASD). This year holds special significance as the Autism Society of America commemorates its 60th anniversary with the "Autism Is" campaign, highlighting the diverse experiences within the Autism community and emphasizing the importance of evidence-based support.

Autism Spectrum Disorder is a complex, lifelong developmental condition that affects communication and interaction in unique ways for each individual. Early recognition of autism's signs and understanding typical developmental milestones are crucial for parents and caregivers to provide timely support.

In alignment with this mission, CSSMCW's pediatric therapy team offers integrative therapies—including physical, occupational, and speech therapy—for children with various impairments, including ASD. Our dedicated therapists collaborate to help each child reach their fullest potential. To learn more about how our services can benefit your child, please contact our Pediatric Therapy Team at 814-467-3465.

As we observe Autism Acceptance Month, let's commit to fostering an inclusive society where individuals with autism are supported and empowered to thrive.



Healthcare Volunteer Week

National Volunteer Week was established in 1974 to recognize and celebrate the efforts of volunteers across the country. It is a time to honor and thank volunteers for their commitment to patient care and their compassion toward patients, staff, and the community.

Currently, there are about 100 volunteers that volunteer for the hospital, Windber Hospice, and Windber Health Care Foundation Auxiliary. Thank you to all of our volunteers. Your commitment to patient care and selfless acts of kindness helps us improve patient care every day.

Health Care
Observations
4

Helping Hands
Fund
5

In Case You
Missed It
6

Grateful Patient
Comments
8



April Anniversaries

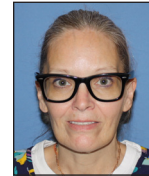
40 Years	Cynthia Brumbaugh
40 Years	Renee Adams
24 Years	Niomie Collins
24 Years	Mark Chaney
20 Years	Erin Goins
20 Years	Amy Hoopes
20 Years	Jon Dusack
20 Years	Michele Kline
14 Years	Thresa Kostan
12 Years	Carol Booth
11 Years	Morgan McCombie
11 Years	Jocelyn Brant
10 Years	Shannon Faith
8 Years	Tonya McCool
8 Years	Melanie Meier
7 Years	Rachel Cassidy
7 Years	Shanna Lesneski
7 Years	Preston Lehman
7 Years	Kristy Wilson
5 Years	Danielle Shaffer
5 Years	Greg Whorral
5 Years	Michael Moslak
4 Years	Mikaela Poorman
4 Years	Xiaoying Lin
4 Years	Jodi Youngdahl
3 Years	Michele Shawley
3 Years	Diane Weyant
3 Years	Gieta Gresh
3 Years	Paige Leftwich
3 Years	Craig Hall
3 Years	Holly Rutledge
2 Years	Bruce Hess
2 Years	Carol Mihalaki
1 Year	Paul Tedeski
1 Year	Michael Grossman
1 Year	Mckenzie Toth
1 Year	Daretta Paul

Welcome to Windber!

March New Hires



Alicia Archangelo
Physical Therapist,
Windber Sports Complex



Heather McBee
Certified Nurse Aide,
Hospice Home Care



Michele Charlton
Registered Nurse,
Wing III Inpatient Unit



Marcy Swallow
Secretary,
Windber Sports Complex



Shawn Hanna
Nurse Extern,
Wing III Inpatient Unit



Cody Weaver
Security Guard,
Security



Harry Jenkins
Director,
Operating Room



Jessica Widmann
Lab Tech,
Laboratory



April Birthdays



4/1	Barbara Livingston	4/10	Kimberly Oleksa	4/18	Marissa Long
4/1	John Kamzik	4/11	Trudi Brown	4/18	Caleb Myers
4/2	Alexandra Novak	4/11	Gregory Kutsick	4/19	Patricia Snyder
4/3	Katelyn Moran	4/11	Daniel Sewak	4/20	Angela Blough
4/3	Jordan Makin	4/12	Jeffrey Lavanier	4/21	Albert Chromy
4/6	Thomas Anders	4/12	Zoe Horvath	4/21	Tonya McCool
4/6	Amanda Bowers	4/13	Tyshaun James-Hart	4/22	Anne Zolnosky
4/6	Jesse Stratton	4/13	Regina Yonish	4/22	Kayla Baldwin
4/7	Rosemary Brant	4/13	Tammy Susko	4/23	Michele Rozich
4/8	Traci Feist	4/13	Leah Fox	4/23	April Hicks
4/8	Carolee Thomas	4/14	Marlene Singer	4/23	Rebekah Phillippi
4/8	Michael Vuckovich	4/15	Gloria Webb	4/24	Cynthia Brumbaugh
4/8	Kelsey Stewardson	4/15	Helen Bair	4/25	Diana Grabill
4/8	Hope Paros	4/15	Nicole Kuhar	4/25	Sheila Cooper
4/9	Pamela Stossel	4/17	Paula Ridilla	4/28	Leah Askey
4/9	Randi Keim-Smith	4/17	George Lashinsky	4/30	Brenda Spinelli
4/9	Jessica Kutruff	4/17	James Reavel	4/30	Stephanie Thiel
4/10	Kristine Marisa	4/17	Austin Pudliner	4/30	Kristen Russo
4/10	Erik Niel	4/18	Kimberly Carrick		
4/10	Ming-Wen Hu	4/18	Teresa Bullington		



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.

Credentials Coordinator

Coordinates physician credentialing process and provides administrative support.

LPN - Med-Surgical/Telemetry

Provides care and clinical oversight.

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. (\$5,000 sign on bonus for full-time, \$2,500 for part-time)

RN - CCU/Med-Surgical/Telemetry

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 POSITION

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.

Registration Clerk - Patient Access

Registers inpatient, outpatient, and emergency room patients.

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
Rachael Frazier

Centralized Scheduling

Lori Jacobs

Dietary

Nikki Stiles

ER

Caleb Myers
Craig Hall

HealthStyles

McKenzie Baer

Home Health

Michelle Corradini
Natasha Barto
Codi Rose

Hospice

Michelle Bobak
Jessica Rauchet
Helen Bair
Bonnie Bendel-Costa

Patient Access

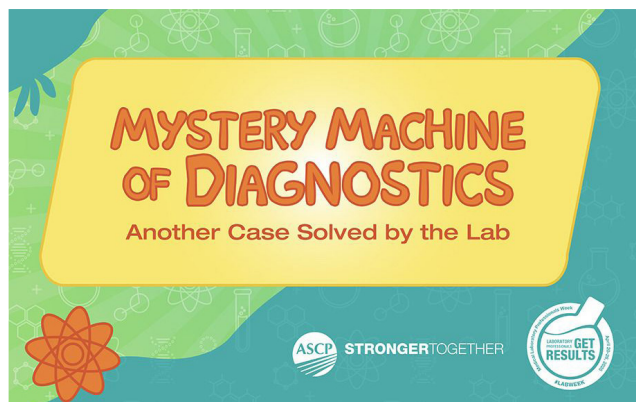
Dawn Clark
Jennifer Darr
Christine Wilkins

WindberCare Surgical

Amanda Taylor
Amy Plummer
Melissa Spisak
Zoe Horvath

Wing III

Vanessa Shelmire
Tammy Susko
Sarah Hamaty
Jordan Makin



Medical Laboratory Professionals Week

**APRIL 20-26
2025**

Medical Laboratory Professionals Week (MLPW) is an annual celebration of medical laboratory professionals and pathologists who play a vital role in health care and patient advocacy. In its 50th year, Medical Laboratory Professionals Week takes on a fun, Scooby-Doo inspired twist with the theme "Mystery Machine of Diagnostics: Another Case Solved by the Lab"! Just like the Mystery Machine solved mysteries, our labs are the "Mystery Machine of Diagnostics," solving medical mysteries to ensure patient well-being.

Thanks to our Lab team for their hard work!



Access Week, held **March 30–April 5**, honors the vital contributions of Patient Access teams. These professionals play a crucial role in a hospital's success by gathering accurate patient demographics and insurance information at registration. Their work ensures timely payments, reduces penalties, and supports the hospital's financial health.

We appreciate all you do each day!



Health Information Professionals Week, **April 21–25, 2025**, honors the dedicated experts who manage, protect, and ensure the accuracy of health data. Their work is essential in maintaining patient records, supporting quality care, and safeguarding sensitive information.

Join us in celebrating these behind-the-scenes heroes who keep healthcare running smoothly!



ADMINISTRATIVE PROFESSIONALS' DAY

National Administrative Professionals' Day recognizes the professionals who keep offices running smoothly every day. The day recognizes those employees who keep offices organized and efficient. While organization is key to their success, their flexibility and ability to handle the unexpected make them valuable to any business.

They are truly the glue that holds us all together, and for that we thank you!

April is OT Month



April is Occupational Therapy Month, celebrating the vital role of occupational therapists in rehabilitation and daily function. Whether recovering from injury or managing long-term wear, these specialists provide exercises to restore mobility and independence. From simple movements like getting out of bed to complex transitions, they ensure safe, effective recovery. Their expertise strengthens muscles, offers solutions when challenges arise, and improves quality of life for all ages.

Thank you to our Occupational Therapists for your dedication to patient-centered care!



Did you know that we have a fund to help employees who are facing financial challenges or have experienced a death in the family?

It's called the Helping Hands Fund, and it's funded by donations made by CSSMCW and CSSIMMW employees like you. By pooling our resources, we can make a difference in the lives of others.

Contributions are usually made through payroll deduction on an ongoing basis, but lump sum contributions are also accepted via check. All donations are tax deductible. A

committee comprised of contributing members meets regularly to review requests and make distributions.

You can participate in Helping Hands in several ways!

1. Donate - any contribution makes a big impact!
2. Join the committee to help with fund distribution decisions.
3. Request funds for an employee in need.

"No act of kindness, no matter how small, is ever wasted."

Helping Hands Form

Name: _____ Today's Date: _____

Dept.: _____ Phone: _____

☐ **I'd like to donate** to the Helping Hands Fund by: ☐ Enclosed Check ☐ Payroll Deduction

☐ **I'd like to join** the Helping Hands committee to help with fund distribution.

☐ **I'd like to request funds** for a co-worker: _____
(Recipient Name)

What event triggered this hardship? (Please be specific. Examples: illness, spouse laid off, etc.)

What is the greatest area of need? (Examples: utility payments, medical expenses, travel expenses for medical care, food/clothing, etc.) _____

All information on this form is considered confidential and is not to be shared. You may be contacted if additional information is necessary. You will be notified of the committee's decision after the next regular meeting.

Please submit your completed form to Amanda Weaver in the Pharmacy - mailbox C41.

**Helping Hands
Committee Use:**

Date Rec'd: _____ Rec'd by: _____ Date Voted: _____ # Voting Members: _____
Approved or Declined. If declined, reason: _____ Amount Distributed: _____



News & Events

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



▲ Windber Hospice volunteers lovingly create Memory Pillows like this one, made from a piece of clothing, a favorite blanket, or even a well-worn apron. These special keepsakes serve as a comforting reminder of a loved one, bringing back memories of their warmth and presence. ❤️ We are honored to offer this heartfelt gift as part of our commitment to compassionate care.

► Thank you to 1st Summit Bank Employee Foundation for their \$1,050 donation to the JMBCC. By purchasing and wearing the "Just Cure It" shirt, employees were eligible to wear jeans each Friday in October.





Walk-Through Basket Party

May 9

8 AM - 6 PM

May 10

9 AM to 1 PM

WindberPlace at CSSMCW

600 Somerset Ave., Windber

SMOKE 'EM UP BBQ FOOD TRUCK WILL BE ON-SITE MAY 9 FROM 10 AM - 4 PM

Baskets: \$5 for 26 chances

| Bonus Baskets: \$5 for 5 chances

WINNERS DRAWN: May 10 at 1:15 PM on Facebook Live (CSSMCW Page) and will then be contacted.

BASKET PICK-UP: May 11 from 10 AM - Noon.

Proceeds benefit



Chan Soon-Shiong
Medical Center
at Windber

Windber Hospice



DEPARTMENT UPDATES



AMBULATORY SURGERY UNIT

- **Congratulations** to Emily Ivock for her new role as ASU Charge Nurse!

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.



Next Deadline: April 18

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

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

- **OPEN ENROLLMENT** is May 19-23. More information will be available in the May newsletter.
- **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.

April 11, May 9

WINDBERCARE SURGICAL & BARIATRICS

- **Weight Loss Surgery Support Group** - Join us on Tuesday, May 20 at 5:30 p.m. in Windber Place. Carol Booth, RD, LDN will present "Grocery Shopping Tips and Meal Planning." This support group is FREE for anyone in any stage of their weight loss journey. Questions? Call Gretchen at 814-467-3903.



*Join us for the
Spring Craft Show*

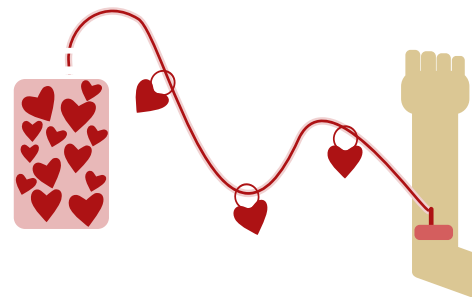
Thursday, May 1 • 8 a.m. - 2 p.m.
3rd Floor Connecting Corridor

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

"Dr. Hinson, Ben, Tiffany, Jennifer, and night staff: thank you so much for the outstanding care you provided to me. It was frightening having a 214 heart rate, but thank you for bringing it back to normal. You all went above and beyond to help me feel better. I pray God will bless you all and give you many wonderful years in your chosen profession. I will do my part to drink decaf. LOL"

"Kelly Adams and her staff were wonderful. The registration process was smooth and I didn't wait long to be seen. Kelly did a great job explaining injury & the x-ray results. She and her staff were beyond amazing. "

"The Joyce Murtha Breast Care Center is the best place I've been. So, so caring and super nice. I never want to go to get a mammogram anywhere else."

"I was put on two different meds by two different doctors who are really trying to help me. The meds, I believe, had side effects. These were for stomach issues and kidney disease. I got a really bad headache that just kept getting worse as the night went on. At 4:30 am, I was squeezing my head trying to ease the pain. I explained the situation and said I would have just grabbed aspirin but I didn't know enough about the new meds. Kristi was my nurse and another very kind woman put the IV in. Dr. Paul looked at my eyes with a light and said it was a migraine. He said he was going to give a cocktail of meds that should help. I was embarrassed that I was at an ER for a headache of all things. No one gave any negative comments about it. I was treated very well and can't thank these three people enough. I felt cared for and comforted. Thank all of you so much.

"I had an outpatient procedure yesterday and was incredibly impressed by the professionalism and compassion of the Ambulatory nurses and staff. Their kindness and attentiveness throughout the entire process made a significant difference in my experience. I truly appreciate their exceptional care. Keep up the great work!

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
Kim
Oleksa

POSITION:

Development &
Fundraising
Administrator

DEPARTMENT:

Foundation

YEARS OF SERVICE:

23 Years

What drew you to CSSMCW originally? And how has it changed?
I first started here as the front desk/membership coordinator at

HealthStyles. Then, I slowly started to get involved with the Foundation department and got to use my communication skills and community connections to be successful in fundraising.

Any favorite line from a movie?

"Do you understand the words that are coming out of my mouth?" - Rush Hour

What's the best vacation/travel spot and why?

Maui -It is beautiful! I wish I could live there... I love listening to the ocean and would enjoy the beautiful scenery!

What do you like to do in your spare time?

I love watching movies, going for long walks at the beach and reading smutty books!

What do you like to do on your days off?

Relax on the couch watching Hallmark movies.

What is the first concert you attended?

Bryan Adams at the Civic Area. When I was in middle school my best friend won 2 tickets on the radio. I'm still socked that my friend's parents just dropped us off by ourselves!

What is the first thing you would buy if you won the lottery?

A beach house.



Meet
Julia
Barton

POSITION:

Exercise Physiologist

DEPARTMENT:

HealthStyles

YEARS OF SERVICE:

3 Years

What do you love most about your job?

I love educating my clients as well as forming great relationships with them. There are way too many myths in the health and fitness industries, and

I am determined to pass on the correct and beneficial information so that people can achieve the results they want in a healthy and effective way.

What inspired you to work in the medical field?

My passion for exercising and the physical/mental benefits that accompany it. I became a much more positive and energetic person once I started consistently exercising and eating healthy, and I want to help others realize that they are able to achieve these things too.

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

I always wanted to be a famous singer and pianist.

What do you enjoy doing when not working?

My favorite thing to do is volunteer at the Humane Society of Somerset County and socialize the animals as well as make sure they get their exercise. I also love playing my piano, powerlifting, reading, and spending time with my husband and our fur-babies!

What would most people be surprised to learn about you?

Before I went to college for Exercise Science, I went for music, and I trained under a professor from Juilliard.

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

I would pick ice cream without hesitation.

What are three words that best describe you?

Passionate, empathetic, and dedicated.



SPICY PORK TENDERLOIN SALAD

Ingredients

PORK:

- 1/2 tsp salt
- 1/2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1/2 tsp chili powder
- 1/4 tsp pepper
- 1 pork tenderloin (1 pound)
- 2 tsp olive oil
- 1/3 cup packed brown sugar
- 6 garlic cloves, minced
- 1-1/2 tsp hot pepper sauce

SALAD:

- 4-1/2 tsp lime juice
- 1-1/2 tsp orange juice
- 1-1/2 tsp Dijon mustard
- 1/2 tsp curry powder
- 1/8 tsp pepper
- 2 Tbsp olive oil
- 1/4 tsp salt
- 1 package (6 oz) fresh baby spinach

Recipe from [Taste of Home](#)

Preparation

1. Combine the salt, cumin, cinnamon, chili powder and pepper; rub over pork.
2. In a cast-iron or other ovenproof skillet, brown pork on all sides in oil, about 8 minutes. Combine the brown sugar, garlic and hot pepper sauce; spread over pork.
3. Bake at 350°, until a thermometer inserted in pork reads 145°, 25-35 minutes. Let stand for 5 minutes before slicing.
4. For vinaigrette, in a large bowl, combine juices, mustard, salt and pepper; gradually whisk in oil. Toss vinaigrette with spinach. Place spinach on serving platter; top with sliced pork. If desired, drizzle with pan juices.



Makes: 4 servings

NAKED FISH TACOS

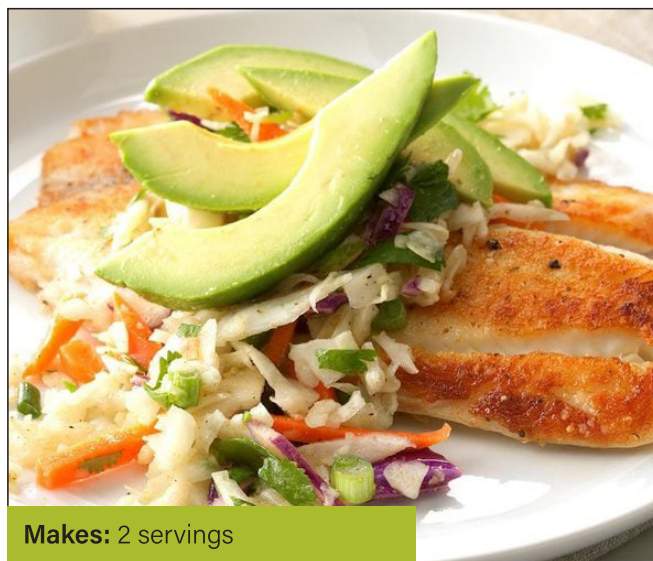
Ingredients

- 1 cup coleslaw mix
- 1/4 cup chopped fresh cilantro
- 1 green onion, sliced
- 1 teaspoon chopped seeded jalapeno pepper
- 4 teaspoons canola oil, divided
- 2 teaspoons lime juice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt, divided
- 1/4 teaspoon pepper, divided
- 2 tilapia fillets (6 ounces each)
- 1/2 medium ripe avocado, peeled and sliced

Recipe from [Taste of Home](#)

Preparation

1. Place the first 4 ingredients in a bowl; toss with 2 teaspoons oil, lime juice, cumin, 1/4 teaspoon salt and 1/8 teaspoon pepper. Refrigerate until serving.
2. Pat fillets dry with paper towels; sprinkle with the remaining salt and pepper.
3. In a large nonstick skillet, heat remaining oil over medium-high heat; cook tilapia until fish just begins to flake easily with a fork, 3-4 minutes per side.
4. Top with slaw and avocado.



Makes: 2 servings



Feed your gut microbiome

Copyright 2023 UPMC Health Plan Inc.



This microbiome consists of trillions of microbes coexisting on your skin, in your mouth, eyes, lungs, and genitals. The gut microbiome receives the most attention, as digestive health is important to overall health.

A healthy gut microbiome keeps harmful agents out and allows healthy agents to populate. The microbes of the gastrointestinal (GI) tract digest nutrients, synthesize vitamins, and create fuel for cells that line the GI tract. A healthy gut microbiome also supports your immune response. When all is right in the GI tract, the good microbes keep the bad in check.

However, there may be times when the harmony is out of balance, known as dysbiosis. This imbalance can result from too few good microbes or an excess of bad ones, as in these scenarios:

- Frequent use of antibiotics
- Catching a gastrointestinal virus
- Taking potent medications
- Drinking or eating contaminated water or food
- Conditions such as inflammatory bowel disease

What can you do today to improve the health of your gut microbiome? It's all about your diet. Adding prebiotics (dietary fiber used as fuel by the microbes) or probiotics (foods with live beneficial microbes) can help.

To focus on fiber:

- Add more fiber-rich foods to your diet. Read food labels for foods with 3–5 g of dietary fiber per serving.
- Make easy swaps like wheat or whole-grain bread, pasta, cereals, and brown rice instead of the processed white versions.
- Make oats part of your daily breakfast: Add oatmeal, granola with yogurt, or oatcakes to your breakfast, or add oats to your smoothie.
- Eat more plants. Challenge yourself to eat half a plate of fruits or vegetables at lunch and dinner. Try plant-based protein sources like beans, peas, lentils, edamame, or tofu.
- Increase the variety! Choose fruits and vegetables from the different colors of the rainbow.

Include microbe-containing fermented foods:

- Make yogurt or kefir, a fermented milk drink, a regular part of your diet.
- Include fermented vegetables like kimchi and sauerkraut and fermented soybeans like miso, natto, and tempeh.
- Try kombucha, a sour-tasting fermented tea located in the grocery store's refrigerated section.

UPCOMING COMMUNITY LAB BLOOD SCREENS

April 26, June 28



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.



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, 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

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

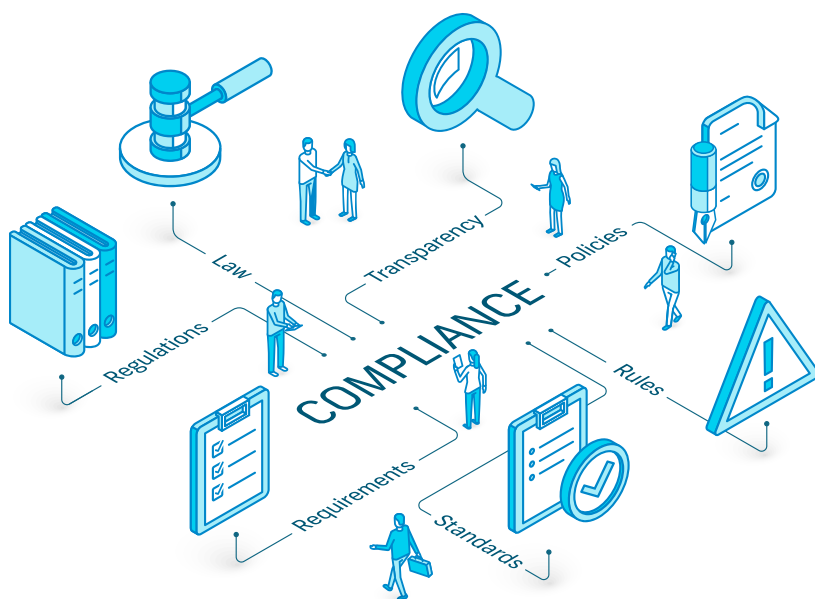
www.windber.ethicspoint.com

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.™