

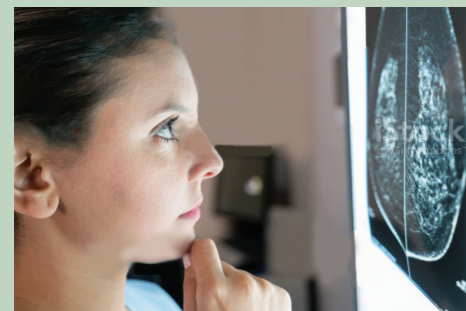
## Passavant Hospital Foundation to offer free health and wellness education programs for the public

Passavant Hospital Foundation is partnering with Community College of Allegheny County (CCAC) North Campus to provide a variety of health and wellness education programs for any and all members of the community. Each class is led by physicians, clinicians, researchers, and other experts on the specific topic, with ample time for questions and answers. All programs are FREE, but registration is required by calling 412-788-7546.

### Advances in Breast Imaging

Tues., Mar. 14, 2023 6:30 – 8:30 p.m.

Join Terri-Ann Gizienski, MD, chief of the Clinical Breast Division at UPMC, as she talks about new technologies in breast imaging, discusses current recommendations for breast imaging studies, and what radiologists look for on your breast imaging studies.



### Tick-Borne Diseases in Western PA

Tues., Apr. 11, 2023 6:30 – 8:30 p.m.

Learn about Lyme Disease, anaplasmosis, and other looming tick-borne diseases in the area. We'll review epidemiology and you'll learn about presentation and treatment options. This course is led by Libby Ernharth, MPAS, PA-C, Infectious Diseases.



**PASSAVANT HOSPITAL FOUNDATION**

9100 BABCOCK BLVD ♦ PITTSBURGH, PA 15237  
412-748-6640 ♦ PASSAVANTHOSPITALFOUNDATION.ORG

Join Passavant Hospital Foundation for a new education program called "Wellness Works." Each class, led by physicians and clinicians, provides up-to-date medical information with time for questions and answers afterwards. The sessions will be held at the Northland Public Library and are FREE but registration is required by calling 412-366-8100, extension 113.



### Common Hand Conditions: Diagnosis and Treatment

Thurs., Mar. 23, 2023 6:00 – 7:00 p.m.

Join Trenton M. Gause II, MD, orthopaedic hand, and upper extremity surgeon with Tri Rivers Musculoskeletal Centers, as he discusses the symptoms, causes and treatments for common hand conditions, such as carpal tunnel syndrome, trigger finger, Dequervain's Tenosynovitis, and various types of arthritis.

### Gardening Thyme: Avoid Aches and Pains While Gardening

Thurs., Apr. 27, 2023 6:00 – 7:00 p.m.

Join our physical therapist, Taylor Tisa Docherty, PT, DPT, OCS, CSCS, to discuss how to enjoy gardening with less pain and stress to your body. Learn about proper lifting techniques and the best tools to use. Anyone performing outdoor chores will benefit from this class!



**SAVE THE DATES**

**MAR 30 National Doctor's Day**  
Honor your favorite doctor by sending a note or making a contribution in their name to Passavant Hospital Foundation.

**MAY 6-7 Dick's Sporting Goods Pittsburgh Marathon**  
Join the Passavant Hospital Foundation Fundraising Team and help us hit our goal of raising \$5,000 to support our Cancer Care Fund, which helps qualified UPMC Passavant oncology patients afford medicine, food, shelter and transportation during their treatment. Contact Amanda Posa at Passavant Hospital Foundation at posaaa@upmc.edu or 412-748-6641.

**JUNE 5 36<sup>th</sup> Annual Golf Outing**  
Enjoy a day on the links at Treesdale Golf and Country Club while helping Passavant Hospital Foundation raise money for its mission.

**AUG 11-12 11<sup>th</sup> Annual 4K & 8K Run/Walk and NEW Family 5K Run/Walk**  
Passavant Hospital Foundation's 4K and 8K Run/Walk will take place on Friday evening, Aug. 11 at the North Park Pool Loop. An all-NEW Family 5K Wellness Run/Walk will be held the next day, on Aug. 12, at the UPMC Passavant Sportsplex at Graham Park in Cranberry Township.

**SEPT 21 8<sup>th</sup> Annual Legacy of Caring Gala**  
More than 400 participants attended last year's gala and helped Passavant Hospital Foundation raise more than \$130,000 for its mission. The next gala will be held at the DoubleTree by Hilton Pittsburgh-Cranberry.

**OCT 21 4<sup>th</sup> Annual Purse & Tool Bash**  
Join us virtually on FaceBook Live and Microsoft Teams on Saturday, Oct. 21 to bid on a vast array of power tools and designer purses, hand-bags and backpacks!

For details on all our upcoming events, go to [PassavantHospitalFoundation.org/Events](https://PassavantHospitalFoundation.org/Events)



**PASSAVANT HOSPITAL FOUNDATION NEWSLETTER**

Winter/Spring 2023

## Passavant Hospital Foundation invests in the future of quality health care



During the annual APP Academy at UPMC Passavant, Advanced Practice Providers (APPs) engage in two days of lectures, hands-on training, and expert panel discussions to sharpen their skills and stay abreast of the latest medical advancements.

While the demand for health care services continues to increase across the United States, the number of active physicians is decreasing. One solution to this dichotomy lies with Advanced Practice Providers (APPs).

An APP is a health care provider who is not a physician but is able to perform medical activities typically performed by physicians, such as conducting health exams; prescribing medications; ordering lab work, x-rays, and other tests; or helping patients manage chronic conditions like diabetes or heart disease. They are most commonly Nurse Practitioners (NPs), Advanced Practice Registered Nurses (APRNs), Registered

Nurse Anesthetists (CRNAs) Certified Nurse Midwives (CNMs), or Physician Assistants (PAs). They have master's or post-master's degrees, are board-certified, and fully licensed. All APPs complete 100 hours of continuing education every two years and undergo a rigorous re-certification process every 10 years. Since their introduction in the 1960s, APPs have collaborated with physicians to improve access to treatment and overall patient satisfaction.

There are 1,081 physicians and 485 APPs on staff at UPMC Passavant – McCandless and UPMC Passavant – Cranberry. "Most of our patients encounter an APP during

their stay, whether that stay is long or short," said Wende Goncz, DO, MMM, clinical director of Anesthesiology, and Medical Staff President of UPMC Passavant. "I witness the benefits of our APPs every day. They help us, as physicians, take better care of our patients."

Physician Assistant Lindsay Busch, PA-C, believes APPs thrive in their ability to improve communication, both amongst patients and other healthcare providers on the patient's team. "APPs often have a bit more time to spend at the bedside listening to patients and helping to explain their diagnoses and plans of care. We ensure patients aren't only getting the best medical care, but also that they truly understand and are comfortable with that care," she said.

While APPs at UPMC Passavant are busy supporting physicians and patients, Passavant Hospital Foundation is uplifting APPs by sponsoring events like an APP Academy and an APP Appreciation Week each year.

The APP Academy began in 2021 and is a two-day program providing medical lectures, expert panel discussions, problem-based learning modules, and hands-on training. Participation helps APPs sharpen their skills, stay abreast of medical advancements, and satisfy their continuing medical education (CME) requirements. UPMC Passavant is the only hospital to offer an APP Academy, and this year, 55 APPs and medical students from a variety of health care systems attended, some traveling here from as far away as Harrisburg, PA.

"The academy is an invaluable experience that improves APP learning, morale and retention," said Physician Assistant Megan Tomaino, PA-C. "One of the APPs from an outside hospital said, 'This is amazing. I've never worked for a hospital that offered anything like this for their APPs. I wish I worked at UPMC Passavant.' Investing in the APP Academy is investing in the UPMC Passavant APPs, which ultimately leads to better patient care."

Passavant Hospital Foundation plays a pivotal role in the academy each year.

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**Investing in the future of health care,**  
*continued from previous page*

"The Foundation helped with whatever we needed. They not only supported us financially, they also helped with planning, fielded phone calls for us, organized food, paid the CME fees, provided volunteers and directional signage, and allowed us to bounce ideas off of them. We're so grateful for that," said Theresa Celender, MPAS, PA-C, FAPACVS. She is a physician assistant at UPMC Passavant who served as the event's course director this year. "The academy was so successful, we're still getting positive comments about it many months later," she added.

Likewise, a National APP Appreciation Week, which also debuted in 2021, recognizes the work of APPs and raises awareness of their unique roles in health care. The celebration at UPMC Passavant consists of lectures and other activities that provide APPs the opportunity to network and learn. Non-educational activities have included an ice cream social, a "Pups and Cups" party with canine volunteers and cupcakes, and an on-site yoga class. Approximately 250 APPs participated in the event this year.

Megan Tomaino coordinated the event and Passavant Hospital Foundation provided event planning and funding. "Many attendees commented that this was the first time they'd experienced any kind of APP-specific appreciation event. One APP said, 'This was the best week at work I've had all year. I loved all of it,'" said Megan. "We couldn't have done it without the Foundation's support."

"UPMC Passavant is a wonderful place to work, and is one of the strongest hospitals for APPs," added Physician Assistant Lisabeth Ernharth, MPAS, PA-C. "There really is a different feel here. APP collaboration and networks get stronger each year and the culture and leadership are so supportive. Because of this, communication and patient care improve, as does the clinical team. We couldn't have done it without the help of Passavant Hospital Foundation. They truly wrap themselves around the hospital and the community and ask the question, 'What can we do to support you?' And then they do it. They've made all the difference. They've helped make it all possible." ■



## Bridge to Hope offers support, guidance, and comfort to families with loved ones battling substance use disorders

One of the country's most unique models for a support group is Bridge to Hope, a weekly Passavant Hospital Foundation educational and support program based in McCandless Township. This peer-led group consists of members who have one specific experience in common: each has a loved one struggling with substance abuse disorder. The group focuses on its members' shared ideas, experiences, hopes, and successes. Meetings are free and open to any and all adults.

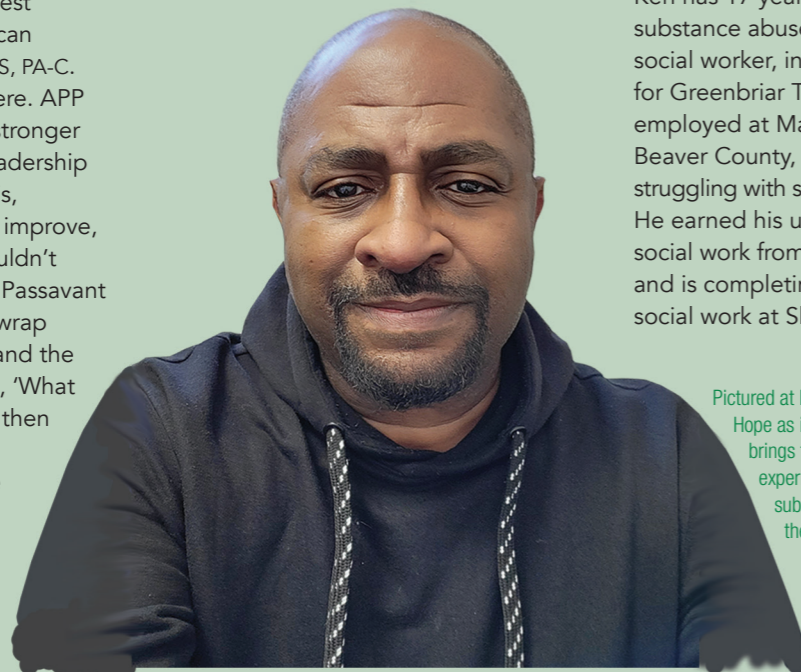
"Substance use disorders are a family disease," said Bridge to Hope Program Consultant Janine Sidoruk. "The stigma and isolation associated with it afflicts everyone in the family. Our group members

can call on each other for support and share lessons learned. Some things come up during our meetings that can't be engineered or predicted. Sometimes, a participant will share a situation they're going through with a troubled family member, and somebody else in the group will have already experienced the same thing. They share their story and offer reassurance and realities of what to expect going forward. Our group consists of people with boots on the ground, and they'll tell you exactly how it is."

The group has served more than 5,000 local families since it began in 1999. Last May, it welcomed a new facilitator — Ken Johnson of New Castle, Pa.

Ken has 17 years of experience as a substance abuse counselor, therapist, and social worker, including 14 years working for Greenbriar Treatment Center. Currently employed at Matrix Treatment Center in Beaver County, he works with women struggling with substance abuse and trauma. He earned his undergraduate degree in social work from the University of Kentucky, and is completing a master's degree in social work at Slippery Rock University.

*Pictured at left, Ken Johnson joined Bridge to Hope as its new facilitator in May 2022. He brings to the group more than 17 years of experience working with those battling substance abuse disorders, as well as their families.*



Part of his master's program includes an internship as a forensic social worker with the Hampton Township Police Department, where he works alongside police officers to help address and de-escalate crisis situations, such as domestic disturbances or people under the influence of drugs and alcohol.

"Social workers often are drawn to areas that are near and dear to their heart. I've had family members struggle with drugs. I enjoy helping people get their lives back on track," said Ken.

He cited his experience and understanding of how drugs affect the human brain and how people can struggle during early recovery. "I've done a lot of work with families, and I can help educate them on what their loved one is going through. This knowledge can help families make more sense of what's going on," he said.

Janine appreciates all that Ken can offer to the families in Bridge to Hope. "He has the demeanor, education, training, and experience to help these families. He knows what's happening in the field now, understands all the cutting-edge practices, and is bringing that knowledge to our group," said Janine.

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**Substance abuse disorders are a family disease. The stigma and isolation associated with it afflicts everyone in the family. Our group members can call on each other for support and share lessons learned.**

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Currently, Bridge to Hope meets virtually each Wednesday at 7 p.m. "By meeting virtually, people from any geographical location can access the resources and support we offer," said Janine. "Plus, many find it to be more convenient."

Another support group — Beyond Bridge to Hope — was formed in 2013 to address families' grief due to the death of a loved one from substance use disorder. It's led by a bereavement specialist. The meetings are free and open to all adults. ■

**For details on either group, please go to [Bridge2Hope.org](http://Bridge2Hope.org) or call 412-748-6640.**



## Passavant Hospital Foundation awarded grants to improve the health and wellness of our community

### Northland Public Library received grant for two new AEDs

With nearly 70 staff members, 112 volunteers, and approximately 200,000 visitors each year, Northland Public Library is committed to providing a safe environment for everyone on the premises. In 2015, the library acquired a pair of automated external defibrillators (AEDs) for use in the event someone suffered sudden cardiac arrest.

Now nearing their expiration date, both AEDs will be updated, thanks to a generous grant from Passavant Hospital Foundation. The AEDs will be located in highly visible areas on both the lower and upper levels of the library, and clearly marked with bright signage. Staff will be trained on AED usage and CPR techniques.

"We're so thankful for the support of Passavant Hospital Foundation to help us keep our visitors and staff safe," said Amy Steele, executive director of Northland Public Library. "The new AEDs will help us fulfill our mission to enable, empower, and encourage lifelong learning and discovery in a safe, welcoming space for all."

### La Roche University's Center for Lifelong Learning received grant for new AEDs

Passavant Hospital Foundation awarded funds to La Roche University's Center for Lifelong Learning for the acquisition of two new automated external defibrillators (AEDs). The center opened last January, offering programs to more than 300 people aged 50–93 who want to continue learning and staying engaged without the stress of homework, tests or grades, plus another 100 youths engaged in athletic and academic camps at the center. As of January 2023, more than 290 community members were registered for upcoming programs.

"With an increased number of older adults on campus, in spaces like the swimming pool and Kearns Spirituality Center, it's crucial to ensure that we have the proper equipment and training in the event of an

emergency," said Jennifer Engel, executive director of the Lifelong Learning Center. "We applied for the grant because we knew of Passavant Hospital Foundation's commitment to the safety and health of the community it serves. We are so very appreciative of their support."

### North Hills Community Outreach was awarded grant for its Food and Hunger Program

Over the past 11 years, Passavant Hospital Foundation has supported North Hills Community Outreach's mission to address the needs of people in crisis, hardship and poverty in northern Allegheny County. The Foundation's latest grant will help provide supplemental food to low-income families and older adults, particularly through NHCO's organic garden, which, last year alone, provided 5,000 pounds of fresh fruits and vegetables to all three of NHCO's food pantries. Those food pantries, in turn, supplied nutritious food to 1,200 low-income families and seniors in the area.

"We couldn't do what we do without amazing partners and supporters like Passavant Hospital Foundation," said Tom Baker, executive director of NHCO. ■



*Volunteers at the North Hills Community Outreach food pantry in Millvale distribute fresh fruits and vegetables to low-income families and elderly adults.*