



Passavant Hospital Auxiliary members pose with Santa at the "Lights of Love" Tree. Pictured, from left to right: Louise Moffett, Jean Muth, Carol Koontz, Bev Aufman, Jan Abbott and Santa (Bob Weir).

“Lights of Love” tree honors and memorializes loved ones while benefitting hospital patients

For the 32nd year, the “Lights of Love” tree was displayed in UPMC Passavant’s lobby throughout the holiday season. Each light and every dove ornament memorialized or honored a special person for a small donation.

Proceeds benefit the Passavant Hospital Auxiliary, which uses the funds to buy things like the Patient Transport Department’s ergonomic wheelchairs for easier in-and-out access; AccuVein illumination devices that provide

great vein visibility for IV access for the Cardiovascular Services/Radiology Departments; and more. This year, \$2,140 was raised, and will be used to benefit UPMC Passavant Hospital patients, their families and hospital staff.



Join our 2019 team in the Dick's Sporting Goods Pittsburgh Marathon!

Passavant Hospital Foundation's 2018 Contributing Charity Team — comprised of 21 doctors, nurses, hospital staff and community members — raised \$4,857 for the Foundation's mission during last year's Dick's Sporting Goods Pittsburgh Marathon.

The 2019 marathon hosts a week-end of events from May 3–5, 2019. Participants in the marathon, half marathon, marathon relay, 5K, kids marathon, or pet walk can join our team. Call 412-748-6641 or e-mail posaaa@upmc.edu to learn more about the benefits of running for Passavant Hospital Foundation — including free race registration!

The Foundation is partnering with CCAC North Campus to provide a variety of free health and wellness education programs for the public

Physicians, clinicians and researchers will provide free, up-to-date medical information in layperson's terms during a variety of upcoming interactive sessions. Classes will be held at CCAC North Campus in McCandless. Registration is required by calling 412-788-7546.

Save Your Shoulder: Surgical and Nonsurgical Treatments for Shoulder Pain
Tuesday, March 19, 2019 6:30 – 8:30 PM YEB-340-1450

John Richmond, MD, orthopedic surgeon and sports medicine specialist with Tri Rivers Musculoskeletal Centers, will discuss common shoulder injuries, non-surgical treatments, and surgical options. A question-and-answer session will follow the presentation.

Update in the Management of Breast Cancer
Tuesday, April 16, 2019 6:30 – 8:30 PM YEB-341-1450

Breast cancer is the most commonly diagnosed cancer worldwide. Each year, it is estimated that 252,710 women in the United States will be diagnosed with breast cancer, and more than 40,500 will die from it. Kiran Mehta, MD, and Jennifer Osborn, MD, of UPMC Hillman Cancer Center at UPMC Passavant, will discuss breast cancer screening protocols and the latest treatment options.

Update in Pulmonary Medicine
Tuesday, May 21, 2019 6:30 – 8:30 PM YEB-342-1450

Peter Kochupura, MD, pulmonologist at Pulmonary Partners at UPMC Passavant, will discuss pulmonary conditions.

PASSAVANT HOSPITAL FOUNDATION

Making a vital impact on the health of our community

Funding life-saving devices for the Emergency Department

Passavant Hospital Foundation is funding point-of-care testing equipment in the Emergency Department's triage area, which allows doctors to run tests at the bedside of critically ill patients and obtain lab results within minutes. This enables physicians to identify life-threatening conditions rapidly, leading to quicker treatment and improved recovery rates. The devices can detect strokes, septic shock, and more.

Removing for safety, comfort

Passavant Hospital Foundation recently contributed \$575,000 to renovations on the orthopedic cancer and thoracic surgery patients receive their inpatient care. Improvements included new flooring for easier wheelchair maneuverability, improved lighting, and the removal of all 30 patient rooms.

Assisting patients in the greatest financial need

Passavant Hospital Foundation recently established a Patient Assistance Fund to help financially struggling in-patients pay for medications or equipment needed at discharge.

Improving patient outcomes by certifying nursing

Passavant Hospital Foundation's bedside Nursing Education Fund is their efforts to achieve certification in their specialty areas, such as emergency care. Research shows that certification improves patient



CJ and Matt Morrow, left, and Matt's cancer care team: medical oncologist Jennifer Osborn, MD; Libby Shumaker, MSN, RN, OCN; and radiation oncologist Kiran Mehta, MD.

How a hospital employee became a patient, then a generous donor

Matt Morrow, 51, is a senior manager in Information Technology at UPMC Passavant. He has worked at the hospital for 18 years, so when he was diagnosed with colorectal cancer two years ago, there was never any doubt where he would seek treatment.

“Like the commercials say, ‘I didn’t choose to get cancer, but I did choose UPMC,’” he says. “The people here are like family to me, and this is my second home.”

Since his diagnosis, Matt has endured 37 chemotherapy treatments, each lasting upwards of five hours.

“I’ve worked at the hospital all these years but now I realize what the patients go through,” he said.

The Keystone Oaks varsity football team, where Matt’s son, CJ, is a senior player, showed its support by accepting donations and selling wristbands and t-shirts for Matt’s fight against cancer. They sold out of 200 shirts and 200 wristbands in just two games.

“Two years later, people are still wearing them,” CJ says. “It’s great.”

Matt took the money that was raised — all \$1,250 of it — and donated it to the Passavant Hospital Foundation’s

Cancer Care Fund, which helps qualifying oncology patients get free wigs, medication, transportation to appointments and more.

“Now that I understand what people go through after a cancer diagnosis, I want to help,” Matt said. “I heard about one patient who had to spend \$25,000 on medicine alone. Donating to the Cancer Care Fund was one way I could help.”

Matt’s medical oncologist, Jennifer Osborn, MD, was not surprised to hear of his generosity. “Matt’s cup is always half full,” she said, referring to his ever-optimistic attitude.

Helping patients breathe easier is one nurse's mission

Jaime Martin's grandfather died from lung cancer in 2012. For the last few months of his life, he had required portable oxygen.

"I remember a particular appointment taking longer than expected. Fortunately, the hospital was able to fill his portable oxygen tank so he could comfortably breathe for the car ride home," said Jaime, a nurse practitioner in the surgical department at UPMC Passavant.

Oxygen is not optional for this population and Jaime believes it should be readily accessible at all times.



Jaime Martin, MSN, RN, ACNP-BC, in the Department of Surgical Services at UPMC Passavant, led efforts to secure a grant from Passavant Hospital Foundation for complimentary portable oxygen tanks for oxygen-dependent patients to borrow on a short-term basis.

In the past, Jaime had encountered issues with patient discharge at UPMC Passavant because patients forget their portable oxygen tanks at home or the tank was not at an acceptable level for discharge.

"Many patients utilize portable oxygen for a variety of reasons and assume that the tank can be filled or provided by the hospital," she explained. "Unfortunately, this was not a service our hospital could provide, so patients often had to extend their stays, sometimes resulting in overnight admission to the hospital."

To remedy the situation, Jaime submitted a grant proposal through Passavant Hospital Foundation's Patient Assistance Fund.

She requested enough funding for three portable oxygen tanks, carts and regulators that could be loaned to patients on a short-term basis upon release from the hospital. She also asked for monies to cover the costs for on-going oxygen refills.



The Foundation approved the request and the equipment was delivered in November.

The tanks currently serve patients, completely free of charge, in multiple departments throughout the hospital.

"Our goal is to provide each patient we encounter with exceptional care and this service makes it possible to discharge patients to their homes with their oxygen needs met," Jaime said. "I want to thank the Foundation for making it possible."



Low-brass musicians of Pine Creek Community Band

Local musicians held concert to help nurses

The Pine Creek Community Band performed its annual "Sounds of the Season" holiday concert for a full-capacity crowd of 245 at the Passavant Hospital Foundation Legacy Theatre at Cumberland Woods Village on December 7.

The band has been supporting Passavant Hospital Foundation's Nursing Education Fund since the fund's inception in 2014.

"When we started, the band had 43 musicians. Today, we have 68. We're overflowing from the stage," laughed Mary Ellen Dougall, a euphonium player and president of the band.

A reception included refreshments, gift basket raffles, a special visit from Santa, and more. All together, \$7,800 was raised for the Nursing Education Fund, which was established by Passavant Hospital Foundation for nurses at UPMC Passavant who wish to advance their personal knowledge and skills — especially to earn certification in their medical specialty areas — and contribute to the hospital's mission of excellence in patient care.

It has funded \$39,437 in education and certification for 144 UPMC Passavant nurses.

"This is such a good cause," Mary Ellen said. "The nurses here are being helped to get education and certification, and that can only be good for the whole community."

When recovery is all fun and games

April is Occupational Therapy Month. To celebrate, therapists and aides at UPMC Passavant volunteered their time to hold the first-ever Game Night for their Rehab Unit inpatients on April 26, 2018.

Game Night provided physically and intellectually stimulating games — and a lot of fun and laughs — for those working hard to develop and maintain healthy bodies and minds.

The goal was to help improve the patients' experience in the hospital," explained Rehab Unit Supervisor Gabby Mosso, MOT, OTR/L, CPAM. "We tried to think of games the patients would have fun playing, and games they all could participate in, whether it was a low-level skill or high-level talent. It was less about intervention and more about fun," she said. "They had a great time. The event was very well received."

Patients competed in a variety of competitions, including corn hole, 'Name That Tune,' Wii bowling and much more in the rehab gym, while bed-ridden patients enjoyed card games, crossword puzzles and word searches.

All participants enjoyed a vast array of prizes, including reachers, grabbers,



Therapist James Cerny provides some extra support as a rehab patient plays a competitive game of Wii bowling during Occupational Therapy Game Night.

long-handled shoe horns, long-handled sponges, stress balls and hairbrushes.

"I thought Game Night was great. It was a lot of fun," said a rehab patient named Robert.

The fun and games were offered from 4:30 to 7 p.m. Between 80 and 100 patients participated.

"I know the patients loved it because they had to leave at 5:30 p.m. for

dinner, and by 5:45, they were already rushing back to the gym to play some more," Gabby laughed.

"I know the therapists loved it, too, because they asked me if we could hold a Game Night every month," Gabby added.

The therapists and aides worked hard to organize and coordinate another Game Night six months later in October, just in time for Physical Therapy Month.

"We called it 'Autumn Fest' and included some fall crafts in addition to the games," Gabby said. "It was just as fun and well received as the first Game Night!"

The climax of the evening was a giant game of Bingo in the rehab gym. After each round, winners got to choose their prize. By the end, they were grabbing handfuls of items from the prize basket.

"I won a great squeeze ball for my hand that was affected by a mini-stroke. I also got a deck of cards so I can play Solitaire or games with the kids later," Robert said.

Passavant Hospital Foundation provided most of the games and prizes for both Game Nights.

"I'd like to extend a big thank you to the Passavant Hospital Foundation. We couldn't have done this without them," Gabby said.

Passavant Hospital Foundation's **6th annual 8K Run/Walk** at North Park in August raised \$14,136 for the Foundation's mission! Participants, ranging in age from 9 to 83, braved the rain for a soggy but fun family event, pictured at left.

Save the date for the 7th annual Passavant Hospital Foundation Run/Walk on Friday, August 16, 2019 at North Park.