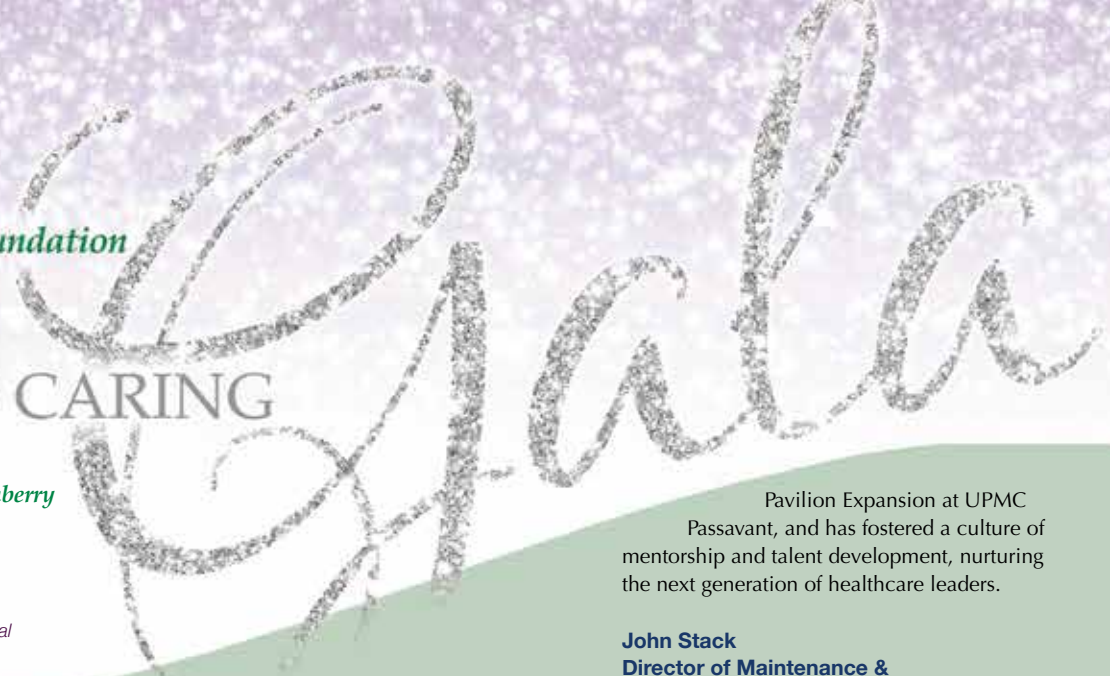




Passavant Hospital Foundation

NINTH ANNUAL LEGACY OF CARING



Thursday, September 19, 2024 at DoubleTree by Hilton Pittsburgh-Cranberry

175
60

Celebrating 175 years of Passavant Hospital and its 60 years in the North Hills

This year's Legacy of Caring Honorees are:

Karen Barkey, MD
Physician – UPMC Passavant Radiology
26 Years of Service

Dr. Barkey is recognized as being a role model to all in the UPMC Passavant community. She is a wealth of knowledge and is always available to answer questions and provide guidance to co-workers and patients. She values her UPMC Passavant team and regularly shows her appreciation to them with lunches and gifts. She provides meals for the homeless and elderly in the community and serves on the Mission Support Committee of Passavant Hospital Foundation, helping to select grant awardees throughout the year.

Kathleen Bryte, MSN, RN, OCN
Advanced Clinical Education Specialist / Patient, Family & Community Education Nurse – UPMC Hillman Cancer Center at UPMC Passavant
14 Years of Service

Ms. Bryte is a pillar in the oncology department through her expertise and willingness to help educate patients and staff about any oncology-related topic. She has devoted time and energy for the betterment of the community through her work on health fairs and clinics such as the Smoking Cessation Program. She does not see her work as a "job" but more of a "calling."

Daniel D. Crawford, Community Member

Mr. Crawford's an accomplished and dedicated member of the UPMC Passavant community. As a veteran of the U.S. Army and Senior Vice

President/Financial Advisor at Morgan Stanley, he has utilized his skills and leadership abilities for the betterment of others. His philanthropic achievements have benefitted healthcare charities, education, the arts, and wildlife conservation. His steadfast support of UPMC Passavant stands as a testament to his unwavering dedication to the health and wellness of our local community.



James V. Kunkel, MD
Physician – UPMC Passavant Anesthesiology
36 Years of Service

Throughout Dr. Kunkel's time at UPMC Passavant, he has been the beacon of medical excellence, leadership, and mentorship. He embodies the highest standards of patient care. He is a loyal supporter of the Passavant Hospital Foundation and the University of Pittsburgh, which reflects his commitment to education, research, and community health initiatives.



His legacy will be one to inspire and impact generations to come.

Keith Lorenz
Vice President, Operations – UPMC Passavant
11 Years of Service

Raised in the North Hills, Mr. Lorenz grew up in the shadow of UPMC Passavant. Now, he's leading it with unparalleled leadership acumen, spearheading initiatives aimed at enhancing the health and wellness of UPMC Passavant patients and staff, while steadfastly steering UPMC Passavant towards becoming a beacon of excellence in healthcare for the Northern Allegheny and Southern Butler communities. He had an instrumental role in securing funding for the Specialty

Pavilion Expansion at UPMC Passavant, and has fostered a culture of mentorship and talent development, nurturing the next generation of healthcare leaders.

John Stack
Director of Maintenance & Engineering – UPMC Passavant
11 Years of Service

Mr. Stack's work enhances patient, visitor, and employee experiences at UPMC Passavant. He has led projects including the completion of a family lounge, physician office renovations, renovations providing new services to the community, and other improvements to the hospital's infrastructure. His work ensures the safety, operation, and reliability of the hospital for years to come.



Megan Tomaino, PA-C, Physician Assistant
UPMC Passavant Department of Anesthesia & Center for Perioperative Care
11 Years of Service

Ms. Tomaino has been instrumental in elevating the work of physician assistants and nurse practitioners. She leads Stop-the-Bleed training at the hospital and throughout the community, and helped create the Passavant Hospital Foundation Community Injury Prevention and Emergency Preparedness Program, which offers free community classes on essential life-saving skills such as CPR and more.



Nicole Wheeler, MD
Physician – Romano, Pontzer & Associates
20 Years of Service

Dr. Wheeler serves on the Medical Executive Committee and as Medical Director of Infection Prevention at UPMC Passavant. She helped build the Antibiotic Stewardship program at the hospital, and during the Covid-19 pandemic, she was instrumental in implementing UPMC system-wide recommendations at UPMC Passavant and advocating for the newest treatments.



PASSAVANT HOSPITAL FOUNDATION

Fall/Winter 2024



THE BRIDGE TO HOPE

Bridge to Hope facilitator Ken Johnson (left) has expanded the support group to include unique features, including therapy cooking classes with Chef Sofya Stearns (middle) and guest speakers like C. Thomas Brophy, DO, FASAM (right) who address the many facets of substance abuse disorder.

For 25 years, Bridge to Hope and Beyond Bridge to Hope have provided support and healing to families of those struggling with substance abuse disorders

Substance abuse disorders are a family disease. The stigma and isolation associated with it afflict everyone in the family.

One of the country's most innovative models for a support group is Bridge to Hope, a free, weekly educational and support program that is peer-led and consists of members who have one specific thing in common: they all have a loved one struggling with a substance abuse disorder. The group focuses on its members' shared ideas, experiences, hopes, and successes.

As a Passavant Hospital Foundation outreach initiative, Bridge to Hope has served more than 5,000 local families since its humble beginnings in 1999, when it consisted of a handful of families in Cranberry Township who were meeting in one member's garage to informally share stories about their experiences with loved ones' substance

abuse and the exacting toll it was taking on their families.

In 2005, the group partnered with Passavant Hospital Foundation, which provided funding, a more appropriate meeting space, and publicity so the group could serve more families.

"We came to Bridge to Hope several years into dealing with our son, who is an addict," said one participant who wished to stay anonymous. "We were desperate for help, but mostly we thought we were alone. We found in Bridge to Hope a remarkable group of people who all shared their experiences with us. It was through this collective wisdom that we began to understand what we could control and what we could not. And it was through the collective encouragement that we found the strength to control what we could for the betterment of our lives."

Mary Ann, another participant, said, "This group has been so beneficial to me. In the past few years, I've learned so much about addiction. Instead of being mad at my loved one, I've learned how to live and support him so much more without being an enabler. I've learned to set boundaries for my family and myself. I've made some incredible friendships along the way."

A sister group, called Beyond Bridge to Hope, is a monthly bereavement support group sponsored by Passavant Hospital Foundation that serves families who have lost loved ones to substance abuse. Facilitated by certified grief counselor Susan Wesner RN, MSN, CS, a psychiatric clinical nurse specialist at Western Psychiatric Institute and Clinic of UPMC, meetings are held on the second Wednesday of each month at 7 p.m. at the Passavant Hospital



PASSAVANT HOSPITAL FOUNDATION

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Bridge To Hope, continued from previous page

Foundation Conference Center at Cumberland Woods Village in Allison Park. Like Bridge to Hope, this support group is free, and is marking its 25th anniversary this year.

When the COVID-19 pandemic hit, support groups nationwide shuttered their doors and shut down completely, leaving people more vulnerable to despair during a time of isolation, un-



Bridge To Hope presents

C. Thomas Brophy, DO, FASAM

“How To Use This Information To Your Advantage”

Wednesday, October 16, 2024
7:00 – 8:30 PM

Passavant Hospital Foundation
Conference Center at
Cumberland Woods Village
in Allison Park, PA

certainty, and a record-breaking surge in substance abuse. But not Bridge to Hope. This group transitioned to a virtual format and continued to meet weekly online. In doing this, it was able to increase its reach again by attracting people from across the country who could access the group on-line and not be constrained by geographic location.

In 2022, Bridge to Hope welcomed a new facilitator, Ken Johnson. With 20 years of experience as a substance abuse counselor, therapist, and case worker, he currently serves as Director of Outpatient Services at St. Joseph Institute, in addition to his role with Bridge to Hope. He holds an undergraduate degree in social work from the University of Kentucky and a Master's degree in social work from Slippery Rock University. Since taking the reins of Bridge to Hope, he has implemented a number of new ideas and additional programs.

As the pandemic dissipated, Bridge to Hope resumed meeting in person on the last Wednesday of every month at the Passavant Hospital Foundation

Conference Center at Cumberland Woods Village in Allison Park; on the other three Wednesdays of each month, the group meets online for the convenience and ability to continue including people living outside the area. The online meetings are a time for members to share their trials and tribulations, and to receive ideas and support. The in-person meetings provide an educational component and feature experts who address topics relevant to substance abuse disorders and the importance of family members' self care.

A leader in the neuroscience of addiction, C. Thomas Brophy, DO, FASAM, is currently presenting a three-part series at Bridge to Hope that explained how the brain physically succumbs to drugs or alcohol, then literally mutates on a cellular level during addiction.

“Understanding this helps to show us the mountain that we're up against, and how it is actually quite ridiculous to think that something like that can be fixed by sending someone to rehab for 30 days and all will be back to normal,” Dr. Brophy said. Instead, people need to realize that treatment can oftentimes be a life-long process involving different approaches, techniques, and even medication.

Another popular in-person offering at Bridge to Hope is a therapy cooking class led by Chef Sofya Stearns on a quarterly basis.

“Often, when a person is in distress, the first thing they reach for is bad food like a big bag of

Bridge To Hope

is FREE and open to all adults.

For details, scan code or call 412-748-5120



chips, chocolate, cookies, or the worst-case scenario — binge drinking or smoking,” Sofya said. “But these are only temporary fixes.”

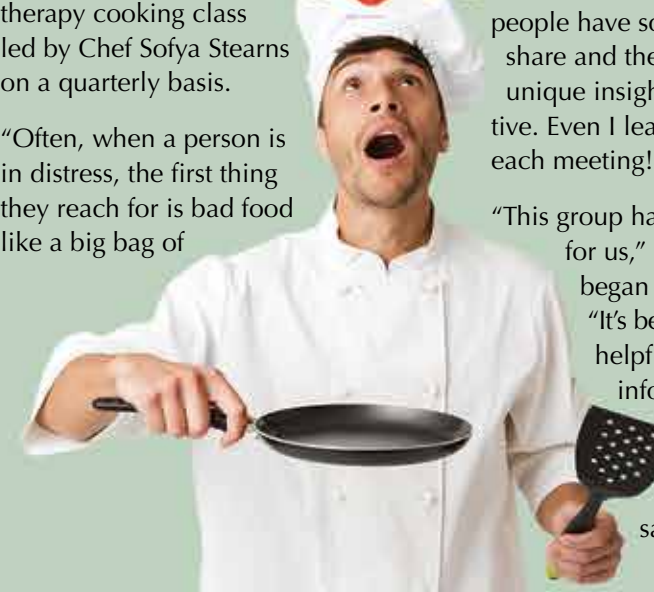
In therapy cooking classes, participants prepare and cook their own dish using aromatic ingredients like fresh dill or basil, and ingredients vibrant in color, like kiwi, bell peppers, oranges, peas and lemons — all of which are also rich in Vitamin C, a nutrient proven to be effective in helping people cope with depression because it produces serotonin, a natural hormone that creates a long-lasting feeling of happiness or well-being.

“Cooking is a form of art, and art is how we express ourselves. Each class is filled with fun, laughter, friendship, and good food. It's a big happy place for everyone,” Sofya added.

Bridge to Hope facilitator Ken Johnson sees the impact that this support group has on the lives of its members, and his goal is to reach even more families who could benefit.

“This is a wonderful group because people have so much knowledge to share and they provide so many unique insights from a family perspective. Even I learn something new at each meeting!” he exclaimed.

“This group has been such a godsend for us,” added a participant who began attending this past winter. “It's been so supportive and most helpful, giving us not only information and tips on how to cope, but also the kind of support that only someone in the same position can give.” ■



Sign up for a free health seminar!

Passavant Hospital Foundation, in partnership with UPMC Passavant, is providing a variety of health and wellness education programs that are free and open to all. Registration is required at PassavantHospitalFoundation.org or 412-748-6641.

Osteoarthritis of the Hand and How to Manage It

Thursday, September 26 • 6:00 – 7:00 PM • Northland Public Library

Megan Murray, OTR/L, CHT, UPMC Rehabilitation Institute, will discuss the types of arthritis that affect the fingers and thumb, plus treatment options.

Comprehensive Approaches to Skin Cancer Management

Tuesday, October 15 • 6:00 – 7:30 PM • Assembly Hall at UPMC Passavant

Learn the latest advancements in diagnosing, treating and preventing skin cancers from Melanie Ongchin, MD, FACS.

Solutions for Hip or Knee Pain... Including Robotic Joint Replacement

Thursday, October 24 • 6:00 – 7:00 PM • Northland Public Library

Discover ways to manage — and possibly eliminate — debilitating arthritic joint pain. Led by Alexandra S. Gabrielli, MD, orthopedic joint surgeon.

Everything You Need to Know About COPD But Were Afraid to Ask

Tuesday, November 19 • 6:00 – 7:30 PM • Assembly Hall at UPMC Passavant

Join Joann Kim, MD, FCCP, Pulmonary Partners — UPMC Passavant, to learn about Chronic Obstructive Pulmonary Disease (COPD). Bring your questions!

Neurological Surgical Navigation — Basics and Beyond!

Tuesday, December 17 • 6:00 – 7:30 PM • Assembly Hall at UPMC Passavant

Learn about the tools, strategies and status of minimally invasive surgical techniques from Kathryn Hoes, MD, MBS.

Passavant Hospital Foundation, in partnership with Passavant Hospital Auxiliary and UPMC Passavant, is awarding 18 grants totalling nearly \$275,000 this year

Passavant Hospital Foundation advances key health and wellness initiatives that support UPMC Passavant patients and their families, hospital staff and the community. Each grant funds a project that improves patient diagnosis, treatment, comfort, safety or significantly improves the working environment for staff. This year's grants include:

Department of Anesthesiology and Perioperative Medicine: the purchase of a Glidescope Video Laryngoscope that provides airway visualization to enable quick intubations across a wide range of patients and clinical settings.

UPMC Passavant Hillman Cancer Center: the acquisition of Photobio-modulation Laser Therapy to promote optimal healing of tissues and nerves, and treat pain.

Lifelong Learning Grant: for UPMC Passavant nursing education.

Cardiopulmonary Rehabilitation: the procurement of rower exercise equipment to help aid in cardiovascular strengthening.

To apply for a community grant, go to PassavantHospitalFoundation.org for application dates and deadlines.



Community Injury Prevention & Emergency Preparedness Program



Minutes Matter: program teaches easy ways to save lives as a bystander at the scene of an emergency

You never know when you might find yourself at the scene of an accident or other crisis situation. In an emergency, minutes matter, so even the most basic knowledge can help you save a life.

In 2020, UPMC began a program called “Minutes Matter” to provide people with access to basic life-saving skills. These classes are being offered for free to residents in northern Allegheny and southern Butler Counties through a Passavant Hospital Foundation outreach initiative called “The Community Injury Prevention and Emergency Preparedness Program.” These classes offer easy-to-remember instructions and hands-on training in the use of First Aid, CPR, Stop-the-Bleed®, the Heimlich maneuver, Epi-Pen and Narcan® use, and more. Developed by professional health-care workers at UPMC Passavant, each class enables bystanders to step into an emergency situation and start basic medical intervention before EMS arrives on scene.

Upcoming classes will be held on October 10 and 16 at the Passavant Hospital Foundation Conference Center located at Cumberland Woods Village in Allison Park.

Register by calling 412-748-6641 today!