

When you need us, we'll be there.

ADDITIONAL NEWS AND INFORMATION

**Open House
at Tiadaghton Health Services**
Open House and cook-out at Tiadaghton Health Services! Join us for tours, food, and music on **Saturday, May 14 from 10:00 a.m. until 2:00 p.m. or Sunday, May 15 from 10:00 a.m. until 2:00 p.m.**



**Open House
at McElhattan Urgent Care**
McElhattan Urgent Care is having an Open House! Join us for a ribbon cutting, tours, and free food and music! **May 24 and 25 from 3:00 p.m. until 7:00 p.m.**



Brick Patio Fundraiser

For as little as \$100, have a brick engraved with your family name, the name of a loved one, or a famous quote! Bricks will adorn a new outdoor patio at the Jersey Shore Hospital. **Call 398-3103 for information.**



Crab Crackin' Fest

Save the Date! Saturday, August 27, 2011 is our 6th annual Crab Crackin' Fest at the Immaculate Conception picnic grounds in Bastress. All-you-can-eat fresh, hardshell crabs, barbeque chicken and more! **Call 398-3103 to reserve your tickets.**



Community Health Fair!
Join Jersey Shore Hospital and Manor-Care of Jersey Shore for a health fair from 9:00 a.m. until 2:00 p.m. on Thursday, May 19 on Thompson Street. Multiple vendors will be available with information and giveaways concerning health and wellness. The event is free and open to the public. **For questions, please call 398-3103.**

Did you know?

**National Hospital Week
is May 8-14.**

If you know someone who works in the healthcare field, be sure to say a **big**

ThAnk YoU!

to them this week!

HOSPITAL HAPPENINGS

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A Message From Our CEO



Hospital CEO, Carey Plummer

Greetings! Many exciting changes are taking place at Jersey Shore Hospital this spring. As you will see in this newsletter, our new Urgent Care Center at McElhattan will be opening very soon. We hope you will find this to be a positive addition to our community. Also, Tiadaghton Health Services, which is an outpatient laboratory, radiology, and physical therapy office located in Lock Haven, will soon be moving to a brand new, easily accessible, larger building. We hope you will join us for the open house events we have planned for Tiadaghton and the Urgent Care Center. In addition, I have spent some time these past few weeks in Harrisburg and Washington working to restore proposed cuts to hospitals and health systems. Budget time at the state and federal level are always challenging, but I believe a workable agreement can be made so that our hospital can continue to provide cost-efficient and skilled healthcare to our community. Stay safe this spring, and remember that we're always just a phone call away. We appreciate your comments, concerns, and questions.

~ Carey W. Plummer

Hospital to Open Urgent Care Center in May

An Emergency Room tends to be a busy place, especially during evening and week-end hours. In order to curb potentially long wait times and treat patients more efficiently, Jersey Shore Hospital is opening an Urgent Care Center.

typically less expensive than a traditional Emergency Room. The center will be staffed by mid-level providers (physician assistants, nurse practitioners, etc.), and supervised by a physician.

According to Jersey Shore Hospital Chief Nursing Officer Karen Zinobile, an Urgent Care



The new Urgent Care Center in McElhattan.

An Urgent Care Center is a walk-in clinic that provides quick, cost-effective care for non life-threatening injuries and ailments such as strep throat, fevers, common colds, seasonal allergies, minor injuries, insect bites, ear infections, cough, congestion, sinus infections, stomachaches, flu symptoms, migraines, nausea, rashes, and more.

Should you have chest pain, severe bleeding, head injuries, loss of consciousness, or other life-threatening symptoms, you should instead go directly to the Emergency Room of your local hospital.

No appointments are necessary to receive care at the center, and wait times are expected to be significantly less than at a typical Emergency Room. The center will treat both adults and children. Three examination rooms will be available, with an X-Ray room for extremity injuries.

In terms of cost, an Urgent Care Center is

Center in our area is definitely necessary.

"The wait times at many Emergency Rooms are high. This is due to the fact that an Emergency Room treats many types of injuries and acuity levels ranging from minor cuts to major heart attacks. An Urgent Care Center is designed to take the burden off of Emergency Rooms and patients by treating the non life-threatening injuries in a quick and cost-effective manner," Zinobile stated.

The Jersey Shore Hospital Urgent Care Center at McElhattan plans to open in mid May, pending Department of Health approval. The center is located at 560 McElhattan Drive in McElhattan.

■ Tiadaghton Health Services Relocating

Tiadaghton Health Services, an outpatient laboratory, physical therapy, and imaging clinic, owned and operated by Jersey Shore Hospital, is about to relocate to the Clinton Bowling Lanes complex.

Since the 1990s, Jersey Shore Hospital has provided laboratory, physical therapy, and imaging services in the Lock Haven market. Originally located on North Vesper Street in 1992, and then moving to the Clinton Plaza in 1993, Tiadaghton eventually leased space in the early 2000s at 610 High Street in Lock Haven.

Today, Tiadaghton Health Services is relocating to a new facility about two blocks away. The new office space, which is housed in a portion of the Clinton Lanes bowling alley owned by Paul Mahoney, boasts 5,244 square feet, over one and a half times the size of the former location.

The accessibility of the new building far exceeds Tiadaghton's former location. Patients will be pleased to see a nicely paved parking lot with multiple parking spots, and an easy ingress and egress from the main roadway. "We are excited to be moving into a brand new building with room to expand and adequate parking," said Jersey Shore Hospital President & CEO Carey Plummer.

Plummer is optimistic that the opening of the new location will occur during the first few weeks in May, pending Department of Health approval.

For more information, please contact Tiadaghton Health Services at 570-748-8034.

■ Plummer Elected as Chair on Council for Small Hospitals

Jersey Shore Hospital President and CEO Carey W. Plummer was recently elected as the chairperson for the Pennsylvania Council for Small Hospitals.



The Council for Small Hospitals is a committee devised of small-hospital administrators from Pennsylvania, who serve as liaisons for hospital and health system issues. The Council is set up through the Hospital and Healthsystem Association of Pennsylvania (HAP).

According to the bylaws, the Council has the objective of promoting the understanding, interest and support of small hospitals, provides a forum for discussion regarding small hospitals, and assists HAP in promoting appropriate legislation, regulation and reimbursement for these hospitals.

The Council consists of 66 member hospitals. Membership is available to acute/general medical institutions that are members of HAP and have less than 150 beds and/or fewer than 5,000 admissions per year.

Topics for the Council's 2011 meetings may include issues pertaining to the following: patient and employee satisfaction, physician practice integration, Department of Health survey variances and other pertinent concerns.

Plummer also serves on HAP's IT Steering Committee and Quality Committee.

■ Pennsylvania Hospitals Essential to Economy

There are 257 licensed hospitals in the state of Pennsylvania, one of which is Jersey Shore Hospital. Hospitals—while also acting as a lifeline when it comes to people's health—are also extremely important to the state's economy.

Pennsylvania hospitals provide nearly 273,000 full and part-time direct jobs, and provide an additional 323,000 additional indirect jobs statewide. As of January 2011, hospitals in Pennsylvania contributed \$98.9 billion to the state's economy through total salaries and wages and through a ripple effect.

As the "baby boomer generation" reaches retirement age, there are going to be job shortages in the healthcare field. By 2016, it is estimated that the shortage of Registered Nurses in Pennsylvania will be as large as 38,000. And at the national level, the U.S. is expected to experience a full-time physician shortage of 124,000 by 2025.

Pennsylvania hospitals currently provide care to nearly 1.94 million inpatients, serve patients through 28.5 million outpatient visits, and evaluate more than 5.8 million people in their emergency departments. With that being said, the number of licensed acute care hospitals has declined by 16% since the year 2000. Therefore, fewer hospitals have to serve more patients.

According to the Pennsylvania Health Care Cost Containment Council, Pennsylvania hospitals and health systems provided \$807 million in uncompensated care last year, which reflects the growing number of uninsured patients. This is an 75% increase since 2001.

Pennsylvania hospitals recognize the need for health reform and are committed to working with physicians and other providers to improve the quality and value of healthcare. Lawmakers need to commit to continued investment in Pennsylvania's hospitals through adequate Medicare and Medicaid payments; invest in electronic health records; implement the federal Affordable Care Act to include insurance reforms; and remove legal hurdles to clinical integration, which allows hospitals to assure patients receive the right care in the right setting.

Information courtesy of the Hospital and Healthsystems Association of Pennsylvania.

■ Facts About Colorectal Cancer

Did you know that Colorectal Cancer, also known as colon cancer, is equally as common in men as it is in women? In turn, it is estimated that over 140,500 people were diagnosed with colorectal cancer last year (2010). Around 1/3, roughly 50,000, of those people will die from the disease.

Colorectal cancer is preventable and when detected early, can be very treatable. In fact, upon early detection, colorectal cancer is one of the most treatable forms of cancer there is.

So you might be asking, "Why is it then that 1/3 of the people diagnosed in 2011 will die from the disease?" This is simply because they did not take the proper steps to get checked for the disease.

With that being said, let's talk about some risk factors, ways to reduce risk, and early detection options that are available.

There are various risk factors that can contribute to getting colorectal cancer. Here are some of the most common:

- If you are a man or woman the age of 50 and older (unless you have a family history, in which you might be at risk earlier than that)
- People who use tobacco, are obese or are sedentary
- People with a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- People with a personal or family history of inflammatory bowel disease, such as long standing ulcerative colitis or Crohn's disease
- People with a family history of inherited colorectal cancer

Now that you have read the risk factors, there are also ways to reduce your risk. Even with a family history, you can help yourself by abiding by these risk reducers:

- Be physically active and exercise regularly
- Maintain a healthy weight
- Eat a high-fiber diet rich in fruits, vegetables, nuts, beans and whole grains

- Consume calcium-rich foods like low-fat or skim milk
- Limit red meat consumption and avoid processed meats
- Don't smoke.
- Don't drink alcohol excessively

Although these are not guarantees of not getting the disease, they can greatly reduce your chances.

So what do you do to ensure yourself that you do not have colorectal cancer? You simply need to be tested. There are different types of tests that can detect a problem with the colon. Here are a few:

- **Colonoscopy** – A procedure when the doctor will use an instrument called the colonoscope. It is a long (about 3 feet), thin (about 1 inch), flexible fiber optic camera that allows the doctor to visualize your entire colon.
- **Virtual Colonoscopy** – A procedure that uses an imaging technique called computerized tomography that takes a picture the abdominal organs and produces them into hundreds of cross-sectional images to see if there are abnormalities detected.
- **Fecal Occult Blood Test** – A procedure when the patient places a small stool sample on a chemically treated card or slide. A special chemical solution is then put on top of the slide to determine if there is blood in the stool (a common sign of colorectal cancer).

Remember, colorectal cancer is preventable, treatable, and beatable. Please make sure that you start getting regularly checked at the age of 50. In the cases where you have a family history of the disease, talk with your physician because it might be wiser for you to start getting checked earlier.



Steven Katz, DO is a board certified General Surgeon for Jersey Shore Hospital's Medical Association's group. For questions about this article or an appointment, please call 570-753-8077.