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Accountability: Leadership means knowing the issues your customers face and sharing in the accountability for the issues, along with delivering viable solutions and the intended results. Amerinet is such a leader and is resolved to carry out its mission so that you can carry out yours. Amerinet is determined to impact the affordability challenges facing you and our nation's health care providers.

We know you share in our commitment to keep high quality health care affordable, and we invite you to take a new look at Amerinet. Call our Customer Service Center at 877-711-5600 or visit www.amerinet-gpo.com to learn more about health care's margin improvement innovator.

Sincerely,

Victor E. Samolovitch
CEO, Amerinet

SPECIAL FOCUS: Cardiology



Nuclear Scan Room #1



Patient Holding Room



Cath Lab A



Atrium Waiting Space

Excelsa Health – Westmoreland Hospital Opens Center for Cardiovascular Medicine

BY SCOTT O. HAZLETT, AIA, ACHA

After 6 months of intense construction, the new Center for Cardiovascular Medicine at the Westmoreland Hospital campus of Excelsa Health opened for patient care on January 15, 2007. This renovation project was a consolidation and expansion of cardiovascular diagnostic and treatment facilities on their Greensburg campus. The new center will allow Excelsa Health to better serve the growing need for cardiovascular

care in Westmoreland County and the surrounding region and it also complements the already well established Open Heart program at the hospital.

Included in the treatment area of the project are three Cardiac Cath Labs, one EP Lab and a 12-bed Pre- and Post-Procedure Holding Suite with support spaces. Space to add a 5th Cath Lab was reserved on the floor for future development if and when it is needed. Included in the diagnostic area are a new 64-slice CT scanner, two Nuclear Scan Rooms, an

Ultrasound Room, an EKG Room, and three Stress Test Rooms. Support spaces that are shared by both the diagnostic and treatment areas include Patient Waiting and Registration; Staff Lounge and Locker Rooms; Physician Reading Room; Staff Conference Room; Clean and Soiled Utility Rooms; Administrative Office; Catheter Storage; and Equipment Storage. Approximately 50% of the major equipment installed was purchased new which adds to the diagnostic and treatment capabilities available.

The goals of this project were two-fold; first, to provide comprehensive cardiovascular services in one location with a covered exterior entrance with a car drop off to make access to these services as user friendly and convenient as possible for the patients and their families; secondly, to consolidate these cardiovascular services, that were previously located all over the hospital, into one location to improve staff efficiency and reduce the duplication of support services that can now be shared. The result of this completed project is a win/win situation for both patients and staff.

The finishes were very carefully selected to create an upscale and very soothing atmosphere for patients and family members who are experiencing a very stressful visit. Warm earth and wood tones were used to make you feel at home and at ease. The cold stark whites and blues associated with hospitals were avoided. Soft greens, terra cotta, and creamy beige colors were used. A variety of carpets, ceramic tiles, and sheet vinyls with patterns were used on the floors to create interest and mark patient vs. staff zones. At the Open House, the warm, comfortable feeling given off by the finish palette was the talk of the night.

A few of the added jewels that sets this space apart is the full height glass curtain wall and vestibule at the entrance that lets in lots of daylight; the rich wood paneling in the entry vestibule and main public corridor; and the use of illuminated ceiling murals with beautiful sky scenes in the "Atrium" space next to the entrance and in the 64-slice CT Scan. In the Spring, when the weather breaks, the exterior landscaping and planting will be completed to complement the new exterior stone facing that sets the entrance to the CCVM

apart from the rest of the hospital.

Another bonus of the new location of this center is the great proximity to the other key services that support the cardiovascular program. The hospital size elevators located next to the Cardiac Cath Labs will take you directly to or from the Emergency Department on the floor above, as well as up to Imaging, the CCU, or the Surgical Suite on the floors above. Travel distance between these critical services has been reduced to the minimum for staff convenience and patient safety and is just an elevator ride away.

During construction, several major challenges were overcome to allow Excelsa Health to rehabilitate this floor into a state-of-the-art diagnostic and treatment facility. The previous occupant of the majority of this floor was the Radiation Oncology Department which left behind their linear accelerator vaults that had to be removed. The planned demolition of the heavily shielded thick concrete vaults was painfully slow and took approximately 3 months to remove in a piece-by-piece manner. Next, several bearing walls were encountered that had to be removed or altered, requiring structural shoring and re-support. Finally, since this floor is partially below grade, some ground water was encountered that had to be channeled, piped, and pumped away to prevent any future infiltration into the new space. Even with these challenges, the whole team, that included the Owner, Architect, Interior Designer, Engineers, and the Construction Contractors, worked together to solve each challenge as it arose and completed the project on schedule. The completed project was truly a credit to teamwork.

The final result of this project is a state-of-the-art 19,180 SF Center for Cardiovascular Medicine that will provide excellent care for the residents of Westmoreland County needing these services now and well into the future; and, best of all, housed in a very user friendly place.

Scott Hazlett, AIA, ACHA, is a Senior Associate at Burt Hill with 26 years of healthcare design experience, specializing in Cardiology projects. Scott can be reached at (724) 477-1244 or at www.scott.hazlett@burthill.com.



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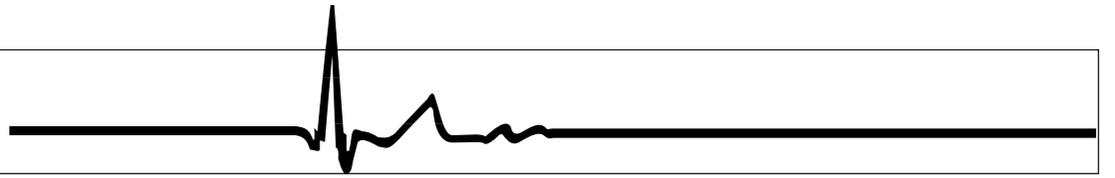
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The Excelsa Health Center for Cardiovascular Medicine Offers Many Ways to Fix a Broken Heart

The Heart. We all have one, despite those times when we're called "heartless." Our language and lives are imbued with reference to and symbolism of the heart. Poets muse about it. Musicians sing about it. Soldiers are awarded it for bravery. We embrace it on Valentine's Day and extend sympathy from it on one's last day.

Good thing the heart's a strong organ, because popular culture tells us that, from time to time, it's prone to ache, break, burst, bleed, throb, yearn, turn cold or sentimental for just a moment or over time.

From a medical standpoint, the heart is the part that pumps our life's blood throughout the body so we can live, work, play and love in good health. But what if something goes wrong? Can the heart be fixed? Can we ever stop it from "breaking"?

Through the Excelsa Health Center for Cardiovascular Medicine, more hearts and lives are being saved than ever before. From quick evaluation, diagnosis and rehabilitation at Excelsa Health's hospitals – Frick, Latrobe and Westmoreland – to top notch treatment, interventional work and open heart surgery, Excelsa Health's Center



Dr. Henry Childers

encompasses a full range of cardiac services while offering new procedures and technologies unlike any found in Westmoreland County.

One such procedure added to the cardiothoracic surgical repertoire at Excelsa Health is ventricular reduction surgery. This surgery reduces the enlarged area of the heart due to congestive heart failure or cardiomyopathy by removing a piece of the heart muscle and stitching

it back together.

Put more simply, the ability to pump blood efficiently is lost in the failing heart so the pumping ability decreases. The heart tries to compensate for the decreased pumping by becoming larger with the result of pumping blood less efficiently. The theory is, then, by reducing its size, the heart can then pump blood more efficiently.

The surgery was performed by Henry Childers, M.D., cardiothoracic surgeon at Excelsa Health Westmoreland Hospital.

"When the geometry of the ventricles are changed due to disease, the heart beats less efficiently and there's a reduction in blood flow, which can lead to the formation of clots and a risk for stroke, among other

things," noted Dr. Childers. "The idea is to remove the abnormal scar and restore all or some of the ejection fraction so the heart can function normally."

The surgery can serve as an alternative to a heart transplant in some patients.

This February, coronary CTA will begin as a joint project among the interventional radiologists, cardiologists and vascular surgeons at the Excelsa Health Center for Cardiovascular Medicine.

"For those patients with low to moderate risk who experience chest pain or have had equivocal testing in other non-invasive procedures, we can now offer this non-invasive means of imaging the heart and coronary arteries to evaluate suspected, abnormal activity without performing a catheterization" noted Todd Hrbek, M.D., interventional radiologist.

The patient undergoes a CT scan after having a contrast material injected into the veins. The heart images are done quickly, within a few cardiac cycles, with resultant high quality images. An exciting element of this technology may be the fruition of screening non-angina patients for heart disease, though not yet proven.

Also new on the cardiac horizon in the Center are the use of biventricular pacemakers, complex catheter ablations, carotid stenting, covered grafts, complex peripheral intervention, catheter-based arthroscopy and an endovascular aneurysm program.

"We are now doing more minimally invasive or non-invasive procedures, which can be especially beneficial for those who cannot tolerate open or more complex surgeries due to age and/or health status," noted John Ambrosino, M.D., vascular surgeon on staff at Excelsa Health. "For example, in 2006, we performed 20 endovascular aneurysm procedures with good results."

Typically, treatment for an abdominal aortic aneurysm has been invasive surgery. Now, minimally invasive, image-guided surgical techniques have allowed for a smaller incision, shorter procedure time and a reduced hospital stay of 24 to 48 hours, with a recovery time of one to two weeks as opposed to six to eight weeks with the open procedure.

Catheter-based arthroscopies, too, are performed within the auspices of the Center using the Fox Hollow Technologies device for plaque removal.

"This procedure, too, is a boon for patients," said Dr. Ambrosino. "Working like a 'roto-rooter', the device excises plaque from the walls of the arteries, alleviating narrowings and obstructions. This results in increased blood flow to the extremities with decreased pain and increased ambulatory distances."

For more information about the interventional Center for Cardiovascular Center, call (724) 832-4550.

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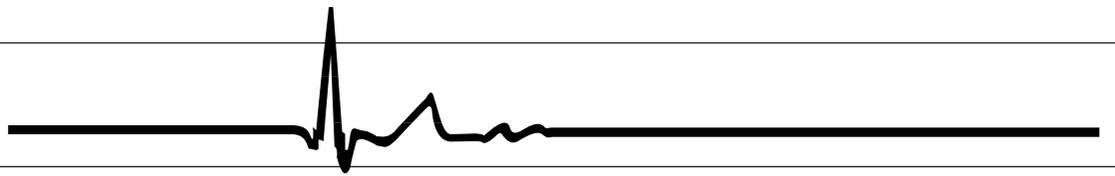


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(l-r) Pennsylvania State Senator J. Barry Stout; President and CEO Telford W. Thomas; Board Chairman Pat McCune; Pennsylvania State Representative Tim Solobay; and cardiologist Vivek Kumar, M.D.

WVU Hospitals Earns Top Performer Status

West Virginia University Hospitals has been named one of the top performers in the country in a groundbreaking Centers for Medicare and Medicaid Services (CMS), Premier Inc. pay-for-performance project that rewards hospitals for delivering higher quality care.

WVUH was rated in the top 20% of nearly 270 teaching hospitals in the clinical focus areas of heart attack care (acute myocardial infarction -AMI) and heart failure care.

Researchers Have Found That Screening Children For Heart Disease Risk Helps To Identify Parents Who Are at Risk

Screening children for risk factors associated with cardiovascular disease can help identify parents at risk for the condition, providing an opportunity for medical intervention in both children and their parents, according to research at Children's Hospital of Pittsburgh of UPMC.

Researchers studied a community-based sample of 94 families – including 108 parents and 141 children – and found child/parent association was strong for cardiovascular risk factors including body mass index, waist circumference, systolic blood pressure, triglycerides and total cholesterol. The study was led by Evelyn Cohen Reis, M.D., a pediatrician and researcher in the Division of General Academic Pediatrics at Children's.

Results of the study are published online in the December issue of *Pediatrics*, the official journal of the American Academy of Pediatrics. Among its findings:

- Parents of children with hypertension are nearly 15 times more likely to have hypertension than parents of children without the condition.

- Parents of obese children are six times more likely to be obese than parents of non-obese children.

- Parents of children with elevated triglycerides are five times more likely to have hypertriglyceridemia than parents of children with normal triglyceride levels.

“Because children access primary care more frequently than adults, screening them for cardiovascular disease risk factors can also help identify parents who are at risk,” said Dr. Reis, an Associate Professor of Pediatrics at the University of Pittsburgh School of Medicine. “Given the long lead time between the detection of risk factors and the onset of disease, universal screening of children would provide ample opportunity for intervention in children and their parents. The interventions could range from diet and exercise to medical treatment.”

HealthSouth Rehab Hospital of Altoona Gets to the Heart of the Community

HealthSouth Rehabilitation Hospital of Altoona (HSRA) has distinguished itself as the only rehabilitation hospital in the country that has received a triple JACHO certification in Brain Injury, Spinal Cord and CVA programs. The facility continues to excel and expand into other areas that are not easily recognized as points of interest for rehab hospitals.

HSRA feels very strong about informing the public on the many aspects of heart disease; the statistics further validate the need for formal education.

The Pennsylvania Department of Health documents:

- 36,063 Pennsylvanians died from heart disease in 2004 (16,908 males, 19,155 females).
- Deaths from heart disease exceeded the number of deaths from cancer (29, 218), accidents (5,091), and chronic liver disease and cirrhosis (1,064), combined.
- Ninety-nine Pennsylvanians died per day in 2004 from heart disease.

*Source- Pennsylvania Vital Statistics 2004

HSRA recognizes the significant occurrence of heart disease within the commonwealth. The facility continues to educate their inpatients as well as the outpatient community on the many facets of heart disease that affects the population that they service.

The Cardiac Team, led by Program Champion Jim Janosik, instructs all Inpatients on the various aspects of heart disease. During the instruction period, patients and families are introduced to team members from Physical Therapy, Occupational Therapy, Staff Dietitian, Counseling and Nursing departments. Each of these individuals speak to the audience on a specific area of heart disease management such as energy conservation, setting up a daily routine, stress reduction, low fat/low sodium diets and information on the many medications that a cardiac patient may be prescribed. The group is given additional instruction on the importance of when to notify “911” and how to be an informed patient. The session is followed by a question and answer time for the participants.

Rehab liaison, Julie Decker, R.N., acts as a community educator for heart disease. The scope of the community education ranges from a general overview of heart disease, women and heart disease and the outpatient management and education of heart failure patients. Decker has spoken at various venues throughout the community on these subjects in both formal and informal settings.

With the ever increasing number of victims of heart disease, it is the goal of HealthSouth Rehabilitation Hospital of Altoona to continue to assist in the education of the community it has served for over twenty years in order “to return them to work, to play, and to living”.

For more information, contact Cindy Watters at (814) 941-3379.

The Washington Hospital Receives \$250,000 Grant for Cardiac Equipment

Pennsylvania Senator J. Barry Stout and Pennsylvania Representative Tim Solobay are pleased to announce that The Washington Hospital has received a \$250,000 grant from the Pennsylvania Department of Public Welfare. The grant funds will be used to purchase cardiac surgical and diagnostic equipment.

“These funds will enable The Washington Hospital to continue to provide the community with high quality cardiac care right here close to home,” said hospital President and CEO Telford W. Thomas. “On behalf of the hospital staff and Board of Trustees, I thank Sen. Stout and Rep. Solobay for their continued dedication to improving health-care for the residents of southwestern Pennsylvania.”

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An Insiders View: How Important Is Coordinated Care?

As healthcare professionals, our goal is to provide the best possible care for our patients. A multi-disciplinary approach can help ensure that all patients' care needs are identified and appropriately treated; but, what happens when care is disjointed, unorganized, and uncoordinated? Do patients notice when they receive fragmented care? Do they understand the implications? Is it important to them that their primary care physician is aware of each sub-specialist's care plan? Who is ultimately responsible for maintaining care coordination?



BY KEVIN MIRACLE

Working in the healthcare field, I felt in control of my situation. What followed made me doubt my level of control and raised my level of concern as a very informed healthcare consumer. I experienced increased levels of complex diagnostic testing and lab work as I was referred from one sub-specialist to another. I, like many other members of my generation, expect immediate access

to results and an understanding of next steps so we can plan our busy lives around the inconvenience of healthcare issues.

Through this process I was hit with the stark reality that the healthcare system did not react with the sense of urgency that I expected. Results were not available in a timely manner, communication between the sub-specialists did not happen, and my primary care physician who is deemed to be the "coordinator of care" was not viewed as the "captain of the ship."

I'm sure you can imagine my frustration with this scenario. Being a member of the healthcare field, I knew what needed to occur to improve the coordination of my care plan, so I took the initiative to meet with my PCP in order to ensure that I was receiving well-coordinated care in a timely manner. But, how would a patient without a healthcare background handle this situation? Could non-compliant patients with frequent readmissions and/or frequent return visits to their primary care physicians be the result of fragmented care?

Corazon recommends the following strategies to improve the care processes at your organization, thereby improving the cost and quality of cardiovascular care:

Involve Case Management – Many hospitals have case managers who work closely with the physicians to coordinate inpatient care; however, my experience has led me to realize that a counterpart in the outpatient setting would improve care plan integration.

Involve System PCPs – Corazon believes that PCPs oftentimes serve as the 'gatekeeper' for cardiac disease, and should play an active role in making sure

their patients receive coordinated care. This will help reduce the number of readmissions and frequent visits to PCP offices, while hopefully resulting in decreased cost of care.

Ensure outpatient testing is timely – One of the challenges hospitals face is scheduling out-patient procedures. Through close evaluation of the processes patients go through when trying to schedule examinations, hospitals can work to improve patient throughput and improve satisfaction. Timely report submission to the PCP also plays a key role in this process. Corazon recommends that the scheduling processes, staffing ratios, throughput, and physician interpretation turnaround times are continually monitored.

Realizing that hospitals have a limited impact on the care coordination of patients in the outpatient setting, it is essential that hospitals do as much as possible to work with physicians to provide timely services and rapid turnaround on reports. Customer satisfaction, both internally and externally, will help the coordination process improve.

By working with physicians to provide coordinated care, patient satisfaction will no doubt increase. Hospitals will likewise benefit from process improvement, decreased unnecessary readmission rates, and less frequent overlaps in care between and among specialty physicians and PCPs.

Personally, my care was finally coordi-

nated, and I am well on my way to recovery. With close care coordination and medical management at the hospital, along with patient lifestyle modifications, we can all work together to reduce the risks and incidence of advanced cardiac disease. At Corazon, we will continue to work with organizations across the country to improve their care process so that other patients won't experience similar frustrations. Based on this experience, I am even more motivated to work with my colleagues and clients to create outstanding cardiovascular programs – in terms of efficient operations – so as to ensure timely, high-quality care for all.

For readers not in the healthcare field, I encourage you to use a network of friends and family who are involved in healthcare as resources and advocates should the need arise. I am sure they would be willing to give advice, and even help navigate the often complex healthcare bureaucracy system.

Wishing you a healthy and prosperous 2007!

Kevin is a Consultant at Corazon, a national leader in specialized consulting and recruitment services for CV program development. For more information, call (412) 364-8200 or visit www.corazoninc.com.

I recently had the misfortune of experiencing uncoordinated cardiac care, and found myself extremely frustrated with the healthcare systems and processes that I have worked so hard to improve during my career.

In my role as a consultant, I spend a lot of time on airplanes—a veteran "road warrior." Recently, I became ill on a flight returning from a client visit. I was sick and a bit frightened as I made an immediate appointment to see my Primary Care Physician (PCP) to determine what was going on. After the typical diagnostic test and blood work, a referral to a cardiologist was made. After my visit with the cardiologist, additional testing was ordered to evaluate my ongoing symptoms.



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Larry Rhodes, M.D. West Virginia University



Originally from Charleston, W.Va., Dr. Larry Rhodes has worked with infants and young children for years, helping diagnose and treat congenital heart defects that used to be universally fatal. About one in 150 infants is born with a heart defect. With treatment, 90 percent will survive to adulthood.

According to Dr. Rhodes, "There are currently about 800,000 adults in the country today who had congenital heart disease as children. Most of them are leading healthy, normal lives." Rhodes has played an important part in developing the techniques that created the large population of adults who survived childhood heart problems.

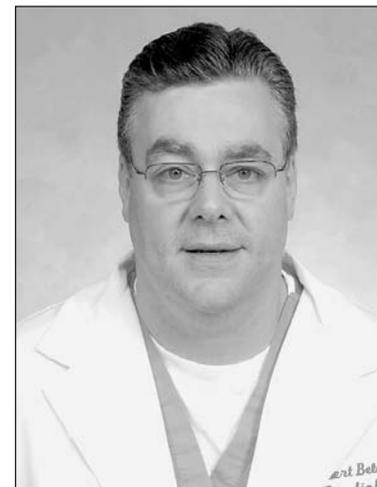
Board certified by the American Board of Pediatrics, and the sub-board of Pediatric Cardiology, Dr. Rhodes specializes in electrophysiology. He offers a full range of diagnosis and treatment, including tilt table, radio frequency ablation, pacemakers, and implantable cardioverter defibrillators.

Rhodes graduated from the WVU School of Medicine in 1984 and trained in pediatric cardiology and electrophysiology at Boston Children's Hospital. There he worked with one of the medical teams that developed the use of radiofrequency ablation of abnormal heart rhythms in children. Rhodes and his team treated more than 800 children with the radiofrequency technique at Boston Children's Hospital.

Rhodes also taught at the Harvard Medical School for a year and served as medical director of the Cardiac Intake Center and director of cardiac electrophysiology at University of Pennsylvania School of Medicine from 1995-2005.

Rhodes and his wife, Terry, have two children, Amanda and Joshua. In his spare time, he likes outdoor activities, including hunting and fishing. Rhodes also serves as an annual counselor at Bob Hartley's Camp Mountain Heart near Ripley, West Virginia.

Robert J. Beto, M.D. West Virginia University



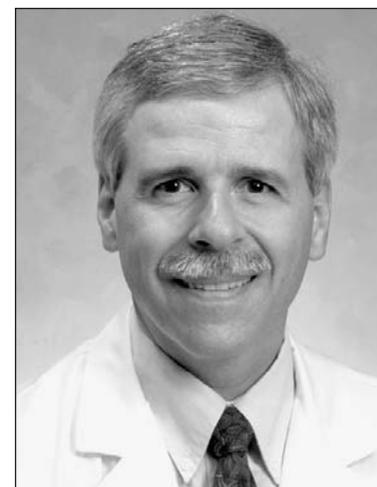
Dr. Beto, an interventional cardiologist who holds degrees in both medicine and pharmacy, has been a member of the West Virginia University faculty since 2003, and has provided heart care to thousands of patients from across West Virginia since 1999. Beto previously served on the Governor Manchin's Committee on Public and Rural Health, and in 2006, he was named section chief of cardiology in the West Virginia University School of Medicine.

The WVU Heart Institute provides care to people from all over the state and region. The faculty includes expert cardiologists, surgeons, radiologists, vascular specialists, pediatric heart specialists and others including Beto, who work as a team to provide each patient with the highest level of care.

Beto treats patients with diseases of the heart or blood vessels, often using special techniques and instruments to open blocked arteries and improve blood flow while reducing the need for open heart surgery. He provides qualified patients with medicated stents, the latest breakthrough in interventional cardiology. Medicated stents feature wires that are coated with a drug that prevents regrowth of blockage, often eliminating the need for a repeat procedure at a later date.

Other specialty services Dr. Beto provides are: diagnostic catheterization for evaluation of coronary artery and valvular heart disease, intravascular ultrasound and flow wire available, therapeutic catheter based procedures including balloon angioplasty and stenting, balloon valvuloplasty, peripheral artery angiography and angioplasty with stenting, renal artery and lower extremity angioplasty stenting, preoperative cardiac evaluation prior to noncardiac surgery, interpretation of both invasive and noninvasive cardiac testing, and noninvasive cardiac evaluation with stress/nuclear and stress/echocardiogram.

Anthony Morise, M.D. West Virginia University

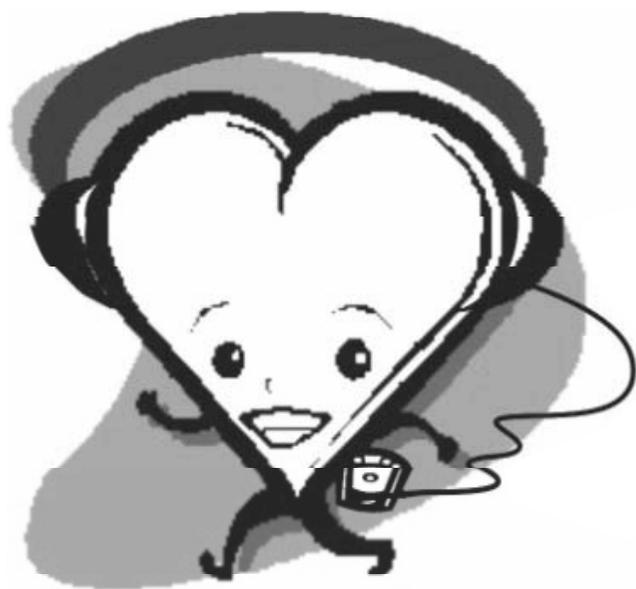


Before Dr. Anthony Morise ever considered a career in medicine, he was majoring in physics at the University of Vermont. After undertaking a work study position as an EKG technician, Morise decided upon medical school instead. In 1980, Morise chose West Virginia University as his next career move because of the outstanding academic programs. However, Vermont is still a significant place in his life, "I met my wife there and we have family who live in Vermont so I try to visit at least once a year."

Morise is currently one of the 64-slice CT imaging physicians at WVU. The imaging system provides detailed images of the heart's anatomy and coronary circulation and can detect potential heart problems before patients experience symptoms. The Cardiac CT Scan procedure is painless, quick, and requires only the injection of a contrast dye.

Morise's special interests include: nuclear cardiology, exercise testing and cardiac MRI and CT imaging. He has taught classes at WVU on physical diagnosis, exercise physiology, and also given a variety of lectures on cardiology testing. He is board certified in internal medicine and cardiovascular disease.

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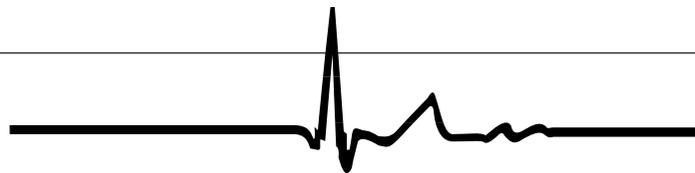
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American Heart Association Names James A. Shaver, M.D., 2007 'Peter J. Safar Pulse of Pittsburgh Award' Recipient

The American Heart Association, Pittsburgh division announced that James A. Shaver, M.D., esteemed scientist, clinician and educator will receive the prestigious "Peter J. Safar Pulse of Pittsburgh Award" for 2007.

Dr. Shaver opened the first cardiac catheterization laboratory at Presbyterian University Hospital and was Director of that laboratory until 1971. From 1971 until 1994, he served as Director of the Division of Cardiology at the University of Pittsburgh.

Currently, Dr. Shaver is professor of Medicine and Cardiology at the University of Pittsburgh Medical School and has been a member of the faculty since 1965. He continues to be active in the practice of adult cardiology and divides his time between teaching cardiovascular disease at the student, house officer, cardiac fellow and post graduate levels.

His clinical and research interests over the years have focused on valvular heart disease, adult congenital heart disease, hypertrophic cardiomyopathy and physiological basis of heart sounds and murmurs.

Dr. Shaver has trained and mentored more than 200 cardiologists, many of whom now practice in the western Pennsylvania area. He understood his stu-



dent's need for a strong role model and emphasized the importance of the art of medicine.

To ensure continued success in the reduction of cardiovascular diseases, in addition to the Pulse of Pittsburgh award, the James A. Shaver, M.D. Research Fund has been established to award promising scientists the opportunity to further their research in the field of cardiovascular medicine.

"The attending's example of compassion, humility, honesty and professional integrity are paramount to the development of the complete physician."

— James A. Shaver, M.D.

Dr. Shaver has been an active member in the American Heart Association at the local, state and national level since 1968. He participated in the research, professional education and executive committees of the former western Pennsylvania Heart Association and served as President in 1980-81.

It is for Dr. Shaver's dedication to the diagnosis, treatment and prevention of cardiovascular disease for over fifty years, for his leading roles in and contributions to the advancement of medical science, and for his commitment to the mission of the American Heart Association, that Dr. James A. Shaver has been selected as the 2007 "Peter J. Safar Pulse of Pittsburgh Award" recipient.

Steven Webber Named Chief of Pediatric Cardiology at Children's Hospital of Pittsburgh

Steven A. Webber, MBChB, was recently named Chief of the Division of Pediatric Cardiology at Children's Hospital of Pittsburgh, and Co-Director of Children's Heart Center. Dr. Webber has been an attending pediatric cardiologist at Children's for 12 years and is also Professor of Pediatrics at the University of Pittsburgh's School of Medicine.



Dr. Steven A. Webber

"We are extremely fortunate to have a physician of Dr. Webber's caliber leading our pediatric

cardiology program here at Children's Hospital of Pittsburgh," said David H. Perlmutter, physician-in-chief and scientific director. "As a long-time member of the Children's Cardiology department, he has helped to build one of the nation's premier pediatric cardiology programs. In addition, Dr. Webber's numerous clinical

and research contributions have helped him to become widely recognized as a leading authority in the field of pediatric heart and lung transplantation."

Dr. Webber leads the country's most comprehensive pediatric heart and lung transplant research program. He and his colleagues were awarded a \$14.5 million five-year grant from the National Institute of Health (NIH) to explore strategies to improve the outcomes of pediatric heart transplant

recipients who struggle with infections, tumors and organ rejection.

Children's Hospital of Pittsburgh's Heart Center has also partnered with the University of Pittsburgh, Carnegie Mellon University and industry to develop the next generation of ventricular assist devices specifically designed for use in children.

This work is supported by a contract with the NIH that was awarded to only five centers across the country. The pump will support the failing hearts of the smallest infants and children until new hearts become available. These mechanical support devices help patients grow stronger and healthier before surgery, improving their chances for a full recovery.

Dr. Webber is a founder member and current president of the International Pediatric Transplant Association (IPTA), the only society dedicated to transplantation in children. He also serves as co-editor of IPTA's journal, Pediatric Transplantation. He is immediate past-president of the Pediatric Heart Transplant Study, a research consortium of 30 leading pediatric heart transplant centers in North America. He is past chair of the American Society of Transplantation's Pediatric Committee, the society which awarded him the 2004 Fujisawa Clinical Scientist Achievement Award. Elected to the International Society for Heart and Lung Transplantation's board of directors in 2004, Dr. Webber is the only pediatric representative.

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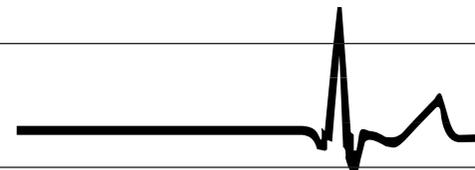


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Cardiology



Dreams Do Come True: Telemonitoring for Critical Care Patients

Hospitals have been utilizing on-site remote patient monitoring for many years. This typically consists of monitor technicians sitting in front of multiple EKG displays continuously observing the patients EKG wave forms and alerting the proper individuals of any changes or problems. This type of continuous patient monitoring still occurs but what if it could be taken to a higher level? This might look like improvements such as real time access to the patient's clinical data, ability to observe and communicate with the patient and staffing 24/7 by advanced critical care personnel. It may seem like a dream but for many hospitals this is a reality.



BY CYNDI HAVRILAK

The timing could not be better to investigate telemonitoring in light of:

- The aging population that increase critical care needs
- National patient safety standards emphasizing the importance of "intensivists" managed intensive care units
- National quality initiatives of pay for performance

Telemonitoring can assist hospitals in meeting the above listed demands. Remote critical care specialists add an additional layer of protection for the critically ill. The intent is not to reduce the current number of nurses or physicians staffing the intensive care units but provide continuous monitoring, trending of patient data and continuous access to critical care specialists. Patient data trending has been successful at detecting subtle patient changes facilitating early interventions to avoid life-threatening emergencies. Hospitals utilizing advanced telemonitoring list impressive improvements averaging:

- 25% reduction in mortality
- 15% reduction in ICU stay
- 35% reduction in expenditures

The financial return is obtained from improved patient outcomes and not from reimbursable services. Literature suggests that there are approximately 6,000 intensivists actively practicing in the United States enough to cover just 13% of ICU beds. It is predicted that due to the aging population four times as many intensivists will be needed. It is conservatively estimated that intensivist managed ICUs would save 53,850 lives each year in United States. This is significant since most telemonitoring services provide

intensivist-led care.

The rewards of advanced telemonitoring for intensive care patients are realized in both tertiary centers and community based hospitals. Tertiary centers provide care to the highest acuity patients who benefits from data trending with continuous access to critical care specialists. Community based hospitals reap the same rewards while access to critical care specialists builds confidence in providing care to the critically ill. In both settings a technology infrastructure is needed to offer these remote services.

Reimbursement incentives termed pay for performance are directed at improving patient outcomes. Organizational reimbursement is anticipated to be tied to the hospitals' compliance with established quality care standards. Cardiology measures are timing of reperfusion, percentage of aspirin, beta blocker and ace inhibitors given to acute myocardial infarction patients. Constant surveillance and data trending by the critical care specialist for acute cardiology patients should increase compliance with these established standards of practice.

Providing 24/7 access to critical care specialists for your critical care patients and staff may seem unobtainable but today's technology can make it a reality and one worthy of investigating.

Cyndi Havrilak is a Senior Consultant with Health Care Visions, Ltd., a cardiovascular consulting firm based in Pittsburgh, Pennsylvania. She can be reached at chavrilak@hcvconsult.com or (412) 364-3770 or visit www.hcvconsult.com.

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Cardiac Intensive Care Unit at Children's Hospital of Pittsburgh

BY JEFF FRASER

Years of performing complex heart procedures on some of the sickest children around leaves Victor D. Morell, M.D., convinced that expert pre- and post-operative care delivered by a team of pediatric cardiac intensive care specialists greatly improves his patients' chances of surviving and making a full recovery.

"It makes my life so much easier knowing that my patients are being cared for by a specialized group of physicians, nurses and respiratory techs," said Dr. Morell, chief of Pediatric Cardiothoracic Surgery at Children's Hospital of Pittsburgh. "They elevate the care my patients receive and that results in better outcomes."

For a hospital where heart defects are repaired in neonates, where toddlers with heart disease are transplant candidates and where highly skilled surgeons use ventricular assist devices as bridges to transplantation, it is essential that the pre- and post-operative care remains at an equally high level of sophistication.

Children's opened the region's first pediatric cardiac intensive care unit (CICU) in 2002 to provide specialized critical care to a fragile patient population that includes neonates, infants, older children and adults with congenital heart disease and acquired heart disease.

On most days, the unit is full – a fact that has not gone unnoticed by designers of the new Children's Hospital Lawrenceville campus. When the new hospital opens later this decade, the CICU will be expanded from its current eight-bed capacity to a 12-15-bed unit.

"It is an indication of demand, the complexity of the surgeries that are being done now and the need to provide these patients with more specialized care," said Ricardo Munoz, M.D., chief of Pediatric Cardiac Intensive Care at Children's Hospital.

The CICU is designed to the specific needs of pediatric cardiac patients. For example, it includes isolation rooms, which are of particular importance to heart transplant patients and other patients with immune deficiencies. All of the rooms in the CICU can be immediately converted into surgical suites when emergency operations are necessary.

But it is the training and experience of the CICU team that offers the greatest



Dr. Ricardo Munoz

"It makes my life so much easier knowing that my patients are being cared for by a specialized group of physicians, nurses and respiratory techs. They elevate the care my patients receive and that results in better outcomes."

– Dr. Morell

advantages. The training of CICU physicians spans pediatric medicine, cardiology and critical care medicine. They are experienced in treating a broad range of heart conditions as well as in managing general intensive care issues. Complementing these physicians is a specialized team of cardiovascular nurses. Thanks to the dedication and skill of these exceptional health professionals, the CICU has consistently been recognized for its excellence. In fact, for the last three years, the CICU has achieved the highest overall patient satisfaction scores in the coordination of care and services at Children's.

In addition, the CICU scored in the top 10 percent of units nationwide for excellence in inpatient pediatric services and quality of care, earning a 5-star customer service rating from Professional Research Consultants, Inc., a national physician

satisfaction rating group.

This level of specialization offers important benefits, including a deeper understanding of young heart patients, the complexities of their diseases and advanced treatments and medications; better monitoring of their conditions; more timely and accurate reading of symptoms that may suggest a developing problem; and more rapid and appropriate responses.

"Often, pre- and post-care capabilities are overlooked when evaluating a hospital's overall cardiac program," Dr. Munoz said. "But a specialized team can diagnose and deliver the right treatment at the right time. For example, our team can recognize very quickly any cardiac arrhythmia, treat it in a way that is appropriate for the child and his/her specific heart disease. That's important because we see children with a variety of congenital and acquired heart problems that require different approaches to treatment."

"Timing in intensive care is very important," said Constantinos Chrysostomou, M.D., intensivist in the CICU. "When things can change dramatically in seconds or minutes, you don't have the luxury of waiting for a consultant to come in."

Specialized knowledge and care is just as vital before an operation as after. "It is very important," said Dr. Morell, "that when I take my patients into surgery they are in optimal clinical condition. It improves their chances of survival."

The CICU also relies on the neonatal/pediatric transport team at

Children's. This specially trained and equipped team is deployed to transport high-risk neonates and critically-ill pediatric patients to intensive care units at the hospital as quickly as possible while minimizing the risk of complications during the journey. Studies show that transport teams trained in advanced pediatric and neonatal critical care improve the outcomes of these very fragile patients.

While the immediate concern is to provide a high level of care for today's patients, these CICU specialists also look to the future, conducting research to refine existing critical care strategies and to explore new ones. Children's is also one of the few hospitals in the nation to offer a pediatric cardiac intensive care fellowship program to train the intensivists of tomorrow.

"The Heart Center at Children's Hospital of Pittsburgh is one of the most comprehensive programs in the country," Dr. Munoz said. "Choosing a cardiac care provider is much more than just selecting a physician. We have built a complete program that combines world-class surgeons, cardiologists, intensivists, anesthesiologists, nurses and caregivers with state-of-the-art equipment that ensures our patients have the best chances for survival and long-term quality of life. In the end, that's all that really matters."

For more information about Children's CICU, visit www.chp.edu.

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John J. Kane Centers Teaming Up Against Diabetes

Treating diabetes is no simple task which is why the Kane Regional System is teaming up against the disease.

Kane's approach to treating the disease is to care for the entire person. The method ties together the services of a number of health care professionals who work in concert to not only minimize the symptoms, but also help the resident enjoy a richer quality of life.

"It's treating the whole resident, making their lives as full as possible," said Therapeutic Recreation Supervisor, Beverly Bauman. "We all look at the resident in a little different light, and we all see things a little differently. We want to look at how much the person can get out of life and how much fulfillment they can have."

Modern medicine, nutrition and physical fitness are all brought to bear by Kane's team. Each part of the treatment strategy aids diabetic residents in controlling the disease.

The medical part of the treatment includes regularly monitoring and regulating blood sugar levels. But also important is communication, not only among the medical staff but with the resident and the resident's family.

"There has to be communication between shifts, between all of the health care disciplines as well as with the doctor,"

said Janet Massimiani, Director of Nursing at Kane Ross. "We also have care conferences on a regular basis where we discuss routine issues other than emergency issues facing our residents."

"There is a lot of teaching that takes place with the residents and their families. Education is very important in treating this disease. For instance, some of the residents who have dementia may not be able to respond, so it is very important to involve the families. Any time there is an issue or change, the family is notified."

Ensuring that a resident is eating right is also important to the team's work. Proper diet aids a person with patient in two ways: It helps to regulate blood sugar levels and it helps to regulate weight, which helps to control the disease.

At the same time, it is important to consider that resident's quality of life, added Registered Dietitian Monique King.

"If you know you have a history of diabetes, it is better to take care of yourself with proper nutrition and weight control," King said. "However, with people in long-term care and other older patients, we like to look at quality of life and allowing them to enjoy the foods they do like eating. So it is a balance between affording them some of their favorite foods while keeping in mind the health accommodations their situation requires."

Encouraging and providing physical activity also serves two purposes, Bauman said. First, taking part in activities brings the patients into a group dynamic and the social interaction keeps their spirits high. Second, the light to moderate exercise afforded in activities helps in weight control and generally helps the patient to feel better physically.

"It helps keep their morale high," Bauman said. "Being in a long-term care facility, it's important to keep their morale up."

"As far as treating diabetes, exercise helps to keep their system operating on more regular basis and by losing weight; it brings blood sugar into control. If they're losing

weight, they aren't going to have to watch it quite as much and won't have the episodes of the sugar being out of control."

It's this teamwork, whole-body approach which the health care professionals strive for every day at the Kane Regional Centers that keeps Kane's diabetes-affected residents leading happy, active lives.

"The treatment is so individualized, depending on the type of diabetes they have and if they have complications from the disease," Massimiani said. "That's why it's so important that we operate as a team. Together with their doctor, we come up with a plan of health, establish goals and meet those goals."

Kiosks in Communities Empower Consumers' Healthcare



As the use of information technology rapidly grows in the healthcare industry, it is becoming imperative that not only clinicians have access and use it, but that consumers have access to health information, tools and resources.

Through the Health E Control (HEC) project, developed in part by The InforMedx Group based in Johnstown, consumer use of different web-based healthcare technology is being demonstrated, tested and evaluated in two different communities—the Department of Defense (DoD) and the private sector.

The project utilizes kiosks, or computer terminals, in public areas to provide consumers access to healthcare information, personal health journals and disease management tools online.

In conjunction with the Conemaugh Diabetes Institute, a member of the Conemaugh Health System (CHS), kiosks have been placed in 13 locations in Cambria and Somerset counties including the Greater Johnstown YMCA, The Senior Activities Center of Cambria County, Inc., Memorial Medical Center's Emergency Medicine Department and local pharmacies. The healthcare information and tools delivered through these kiosks concen-

trates on diabetes education and access to diabetic care.

"One of the goals of HEC is to use the kiosk technology to educate the public on diabetes management and to provide a diabetes risk-assessment tool to help community members determine if they are at risk for this disease," says Marc McCall, Project Director, The InforMedx Group. "People have taken the quiz on the kiosk and discovered they are at risk for diabetes. These results prompted them to follow-up with a physician, and they were in fact diagnosed with the disease."

HEC also evaluates changes in consumer behavior and health status as a result of using kiosk and web-based healthcare tools through pre- and post-knowledge quizzes.

"We want to engage consumers in self-care by providing sustained education and resources," says McCall. "We plan to use Conemaugh's website, www.conemaugh.org, to do this through different online health education and interactive web-based tools relating to diabetes. Using technology in this manner puts the power in the hands of the consumer; that's what we're trying to encourage and provide."

Military and UPMC Partnership Targets Diabetes Care

In partnership with the United States Air Force Medical Service, the University of Pittsburgh Medical Center (UPMC) has begun operating a diabetes outreach clinic at Wilford Hall Medical Center on Lackland Air Force Base in San Antonio to provide primary care and comprehensive case management for people with diabetes.

"My top priority is to reverse the diabetes epidemic the nation is facing today," said Congressman John P. Murtha, D-12th District, Pennsylvania, who as the ranking member of the House Defense Appropriations Subcommittee, is a strong supporter of diabetes initiatives, and was instrumental in making the clinic partnership possible through a substantial grant from the U.S. Department of Defense. "More than 43,000 people in the Air Force family have diabetes, a disease that robs victims of their quality of life and adds significantly to military health care costs, which have grown from \$10 billion to \$30 billion annually in recent years. In the civilian sector, treating diabetic patients costs us more than \$100 billion a year. The Wilford Hall program is part of our plan to reduce the human and financial toll caused by this disease."

Active-duty servicemen and women, their family members and military retirees under the age of 65 who receive care at the diabetes outreach clinic benefit from treatment protocols developed through evidence-based studies, and are invited to participate in future research efforts to improve diabetes care.

"Comprehensive, focused disease management for patients with diabetes enrolled in a model U.S. Air Force program should result in better control of this chronic disease. It should reduce complications, increasing the quality of life while decreasing the cost of treatment," said Col. (Dr.) Sven Berg, chief of the 59th Medical Operations Group medical staff at Wilford Hall.

"The diabetes outreach clinic will serve as a 'clinical platform' within which we can implement a variety of prevention, management and patient-education initiatives," said Linda Siminerio, Ph.D., Executive Director of the University of Pittsburgh Diabetes Institute. "Research shows that if patients at risk for developing diabetes make lifestyle changes, they can decrease their chance of progressing to diabetes by 58 percent. For those who already have diabetes, complications can be delayed – or even prevented – with proper treatment and education."

A Trilateral Approach to Diabetes Research

Researchers at the University of Pittsburgh School of Nursing study diabetes genetics, weight management, and adherence concerns



Lora E. Burke



Yvette P. Conley



Denise Charron-Prochownik



Janice S. Dorman



Judith Kaufmann

Researchers at the University of Pittsburgh School of Nursing are studying diabetes from the perspective of genetics, weight management, and adherence.

Lora E. Burke, PhD, MPH, RN, professor in the Departments of Epidemiology and Health and Community Systems is developing tools to help patients lose weight – and keep it off. Self-monitoring is the cornerstone of behavioral treatment. In two studies funded by the National Institute of Diabetes and Digestive and Kidney Diseases, Burke is working with investigators at the University of Pittsburgh, Stony Brook University in New York, and Emory University to identify the most effective approaches to self-monitoring. Burke is also working with Yvette P. Conley, PhD, assistant professor in the Department of Health Promotion and Development, to explore whether a variation in genes known to influence the risk of developing obesity are related to weight fluctuations, how body fat is distributed, and the development of insulin resistance and atherosclerosis.

Denise Charron-Prochownik, PhD, RN, CPNP, associate professor in the

Department of Health Promotion and Development, developed a computer-based program to educate adolescent females with diabetes about reproductive health and provide preconception counseling. READY-Girls educates and builds decision-making skills to help diabetic teen girls prevent unplanned pregnancies and avoid reproductive health complications. While diabetes can pose risks in pregnancy, advances in care and preconception counseling have greatly improved the outlook for these mothers and babies.

Janice S. Dorman, PhD, MS, associate dean for scientific and international affairs and professor in the Department of Health Promotion and Development, focuses her research on autoimmune disorders in families, specifically women's health and type 1 diabetes. A lifelong genetic epidemiologist, Dorman is collaborating with Denise Charron-Prochownik on a study that they recently submitted to the NIH for funding "Predictive Genetic Testing for Type 1 Diabetes: Educating Families and Nurses."

Genetic testing has become increasingly available, but patients may not truly understand what the results actually mean. Dorman noticed that families agreed to be tested for type 1 diabetes without full knowledge of what a genetic test for diabetes susceptibility can look for, and what the test is unable to reveal. Working with Charron-Prochownik the research team developed computer-based education modules to help family members understand the relationship between genetics and type 1 diabetes and make an informed decision about having genetic testing. They also developed education modules to help healthcare professionals describe the genetic test and explain the ramifications of learning about their results to their patients. Their ultimate goal is to have the modules available for Web-based education.

Judith Kaufmann, DrPH, CRNP, assistant professor in the Department of Health Promotion & Development, is researching chronic conditions in children with an emphasis on the growing problem of pedi-

atric obesity. She is interested in developmental differences in adherence to weight management initiatives in pediatric patients in primary care as well as the role of school health in screening, early detection, and intervention of health conditions related to childhood obesity.

An estimated 18.2 million people in the United States – 6.3 percent of the population – have diabetes, a serious, lifelong metabolic disorder that affects blood glucose levels. Research in the areas of genetics, weight management, and adherence at the University of Pittsburgh School of Nursing can help individuals with diabetes live longer and enjoy a higher quality of life.

Lora E. Burke can be reached at (412) 624-0966; Denise Charron-Prochownik can be reached at

(412) 624-6953; Yvette P. Conley can be reached at (412) 624-7641; Janice S.

Dorman can be reached at (412) 624-4793; and Judith Kaufmann can be reached at (412) 624-7188.

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Members of the AGH Central Line Team (from left to right); Lori Laux, Julie Gerstbrien, Cheryl Schumde, Erik Hoolihan, Kimberly Hicks, Lauren Beno, Jerome Granato and Joy Peters.

AGH Critical Care Nurses Receive National Award for Excellence in Patient Safety

Nurses in the Medical Intensive Care Unit (MICU) and Coronary Care Unit (CCU) at Allegheny General Hospital (AGH) have been selected to receive the American Association of Critical Care Nurses (AACN) prestigious 2007 Baxter Circle of Excellence Award for patient safety.

Bestowed annually to nurses or nursing teams that have demonstrated exceptional clinical performance and dedication to improving the quality of patient care, the Circle of Excellence Award recognizes AGH's successful implementation of patient care protocols in the MICU and CCU that have dramatically reduced the incidence of hospital acquired central line infections.

AGH's MICU and CCU nurses will accept the Circle of Excellence Award at the National Teaching Institute and Critical Care Exposition in May.

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Cancer Center Transplant Coordinator Receives National Certification

Londia Goff, R.N., B.S.N., a transplant coordinator for the Bone Marrow Transplant and Hematologic Malignancy Program at the West Virginia University Mary Babb Randolph Cancer Center, has received the highest certification in her field. Goff recently passed the Hematopoietic Transplant Coordinator national certification exam.



Londia Goff

Dr. Melissa Somma to Receive Merit Award

The American Pharmacists Association Academy of Pharmacy Practice and Management (APhA-APPM) has selected Melissa Somma, Pharm.D., assistant professor of pharmacy and therapeutics at the School of Pharmacy and director of the Rite Aid/University of Pittsburgh Patient Care Initiative, to receive its Merit Award in community and ambulatory practice. Dr. Somma was chosen based on her extensive contributions to community pharmacy practice.

Dr. Malcolm McNeil Awarded a Research Career Scientist Appointment

Malcolm McNeil, Ph.D., Distinguished Service Professor and chair in the department of communication science and disorders at the School of Health and Rehabilitation Sciences, has been awarded a Research Career Scientist appointment by the Veterans Administration (VA). The Research Career Scientist designation recognizes Dr. McNeil's achievements and contributions to the advancement of science, the VA research service and national and international research communities as well as his collaboration with and mentoring of other scientists. One of a select group of researchers to receive this highly competitive honor, Dr. McNeil will receive support for his study of the language disorder aphasia and the motor speech disorder apraxia, both of which frequently result from stroke.



Gathered in the central cooling plant at St. Elizabeth Health Center are from left (back row) HVAC professionals Gary Warino, Mike Kurgan; (front row) Tom Allen and Doug Broderick; Roger Farmer, maintenance manager; Wayne Tennant, VP support services; John Rudy, maintenance and engineering coordinator.

St. Elizabeth Garners Excellence in Energy Award

St. Elizabeth Health Center, a member of Humility of Mary Health Partners (HMHP), is the only hospital in Ohio to receive the 2006 Governor's Award for Excellence in Energy. The award honors individuals, businesses, and industries that have used innovative approaches to improve energy efficiency, the environment, and Ohio's economic competitiveness. Only 10 awards were presented statewide.

In 2001, HMHP partnered with Siemens Building Technologies as part of a strategic plan to implement several facility improvements while reducing operating costs at St. Elizabeth. The plan included the construction of a new central plant for cooling; redesign and replacement of laundry operations; redesign of waste stream process including migration from incineration to a more environmentally friendly solution including autoclaves, reductions, re-usage, recycling, window replacements, lighting retrofits and water conservation.

Over the 2002-2005 year period, approximately \$5-million in utility and operational cost savings were realized. Reductions also were seen in the use of natural gas and electricity. In addition, various recycling efforts reduced the facility's production of solid general and medical waste.

Jewish Healthcare Foundation Awards More than \$1.5 Million in Grants

The Jewish Healthcare Foundation's board has approved more than \$1.5 million in grants, including an annual allocation of \$900,000 in block funding for the United Jewish Federation to support health-related programming among Jewish community organizations.

Another \$620,000 was allocated for various initiatives in healthcare education, healthcare policy and healthcare quality.

In the area of health education, JHF earmarked funding for Health Careers Futures and the Carnegie Libraries of Pittsburgh to offer a fellowship for librarians to obtain the specialized skills needed to research and organize consumer health information resources.

The Foundation board also approved a University Of Pittsburgh Medical School grant under which the Department Of Critical Care Medicine will develop and test new models for training physicians and nurses in effective palliative care and a grant to the University of Pittsburgh's Institute for Palliative Care to support continued convening of the Coalition for Quality at End of Life.

In the policy realm, JHF awarded a two-year grant to the Pennsylvania Medicaid Policy Center recently established by the University of Pittsburgh's Graduate School of Public Health. The award will help Pitt assemble the funding needed to match a challenge grant offered by the Pew Charitable Trusts.

Also included in the latest round of awards were previously announced grants to: Health Careers Futures, for starting a Center for Complementary Learning that would provide students with real-life exposure to healthcare occupations through partnerships between the region's schools and healthcare providers; and to Northwestern University's Kellogg School of Management to pilot a new patient safety curriculum in Southwestern Pennsylvania in partnership with the Pittsburgh Regional Health Initiative before embarking on a national rollout.

Saint Vincent Surgery Center Wins National Performance Award

Saint Vincent Surgery Center is proud to announce that Press Ganey Associates has named it a 2006 Summit Award Winner.

"Patient satisfaction is at the core of the Saint Vincent Surgery Center," according to Tom Elliott, senior vice president of Affiliated Health Services. "As an organization that adopted a Total Quality Management philosophy several years ago, it is gratifying to see that our efforts have resulted in high patient satisfaction scores and these types of Press Ganey awards."

COVER STORY: Jefferson Regional CEO Receives ACHE Regent's Award

Continued from page 1

medical center's board of directors, said it is easy to understand why ACHE chose Timcho for this prestigious award.

"Since the appointment of Mr. Timcho as president and CEO of Jefferson Regional Medical Center in 2003, the medical center has made great strides both clinically and fiscally. Mr. Timcho's leadership style has enabled the management team to function at the highest possible level. His integrity and pursuit of clinical excellence have set standards which the board and community can be proud of," Collins said.

Chet Phitayakorn, MD, president of the Jefferson Regional medical staff, said, "The medical staff has had the privilege of working closely with Mr. Thomas Timcho and has seen first-hand his passion for outstanding clinical care under his leadership. He has challenged the medical staff to work with him in providing the highest quality of care while maintaining patient safety and satisfaction as a priority. Putting patients first, Mr. Timcho has helped distinguish Jefferson Regional Medical Center in the fields of open heart, orthopedics and vascular surgery."

Timcho was appointed president/CEO of Jefferson Regional Medical Center after serving as the executive vice president and chief operating officer and the senior vice president and chief financial officer for the organization.

He has held several other healthcare leadership positions, including various executive positions at UPMC (1994 - 1999), and executive vice president and chief financial officer at Children's Hospital of Pittsburgh (1982-1994). Prior to Children's he was the executive in charge of the Health Care Consulting Division at Ernst & Young. His service as a first lieutenant with the Army included a tour of duty in South Vietnam.

Derwood B. Dunbar, Jr., FACHE, ACHE Regent for Southern, Central and Western Pennsylvania, and Karen Hartman, president of the Western Pennsylvania Chapter of ACHE, presented Timcho with the award. Candidates are evaluated on leadership ability, innovative and creative management, executive capability in developing their own organization and promoting its growth and stature in the community, contributions to the development of others in the healthcare profession, leadership in local, state or provincial hospital and health association activities, participation in civic/community activities and projects, and participation in ACHE activities and interest in assisting ACHE in achieving its objectives.

Other regional awardees include Gary A. Mosher, FACHE, executive director, System Services, Laurel Health System, Wellsboro; A. Gordon McAleer, Jr., FACHE, former president and CEO, Lewistown Hospital, Lewistown; and Thomas J. Murray, FACHE, president and CEO, Mount Nittany Medical Center, State College.

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Hospitals, Insurers Form Pennsylvania Health Care Quality Alliance

A group of Pennsylvania health care providers and insurers has formed a new organization, the Pennsylvania Health Care Quality Alliance, to foster transparency in health care and improve patient health. During the next year, the goals for the Alliance are to develop a consistent, uniform, statewide approach to measuring health care quality, and to report useful information to both providers and the public using measures that have already been developed and endorsed at a state or federal level, and leveraging existing data sources. The Alliance seeks to enable consumers and businesses in Pennsylvania to compare provider performance, help providers evaluate and improve the quality of their patient care, and enable insurers to evaluate the performance of their provider networks.

Alliance participants include the Hospital & Healthsystem Association of Pennsylvania (HAP), which represents more than 225 hospitals and health systems across the state, the Delaware Valley Healthcare Council (DVHC) of HAP, the Hospital Council of Western Pennsylvania (HCWP), the state's four Blue plans (Blue Cross of Northeastern Pennsylvania, Capital BlueCross, Highmark Inc., and Independence Blue Cross), the Pennsylvania Medical Society, and representatives from the Governor's Office of Health Care Reform, and the U.S. Department of Health and Human Services.

In December, the Alliance hired Erik D. Muther to serve as its first executive director. Muther has more than 12 years experience working with health plans, hospitals, and other health care organizations, with special expertise in program management and development. Prior to joining the Alliance, he was a senior manager with Accenture, Ltd.



Erik D. Muther

Foundation Pledges \$1.5 Million to the Emergency Department Capital Campaign at Sewickley Valley Hospital

The Sewickley Valley Hospital Foundation is pleased to announce a pledge of \$1.5 million from The William I. and Patricia S. Snyder Foundation. The gift supports the Emergency Department capital campaign at Sewickley Valley Hospital.

The gift from the Snyder Foundation is the lead gift to the capital campaign and takes the fund raising effort to \$4.7 million for the Emergency Department. In recognition of the Snyder's generosity, the new department will be named the Patricia S. Snyder Emergency Department in honor of Mrs. Snyder.

Prudential Preferred Realty's 2006 Make A Wish Campaign a Success

Prudential Preferred Realty raised \$70,000 in 2006 for the Make-A-Wish Foundation of Western Pennsylvania. Prudential's real estate employees and sales associates volunteered their time, sponsored raffles, auctions, dances, various sales and golf benefits to raise funds for the charity. Each branch office had individual goals for the year and determined how the funds would be raised.

Prudential Preferred Realty's CEO, Ronald Croushore presented the donation on December 14 during WSSH radio's Make-A-Wish promotion in downtown Pittsburgh.

Comfort Keepers and The Community at Holy Family Manor, Inc. Announce Opening of New Office

Comfort Keepers and The Community at Holy Family Manor, Inc. are pleased to announce the opening of a new Eastern Regional Office in Wilkins Township.

Comfort Keepers provides in-home, non medical care for seniors, the frail elderly and dependent individuals. Comfort Keepers is also located at Mt. Nazareth Center in Ross Township.

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SNAPSHOTS



Mary Velez (left), Wellness Director of OVMC & EORH and Lorrissa Wees, Wellness Coordinator OVMC & EORH with the SmartRx website.

NIH Research Program Underway at Ohio Valley Medical Center & East Ohio Regional Hospital

Ohio Valley Medical Center and East Ohio Regional Hospital will participate in a National Institutes of Health research program called "SmartRx: Your Prescription For Good Health". The hospitals were selected because of their recent 2005 Gold Well Workplace Award presented by the Wellness Council of West Virginia and nationally by the Wellness Councils of America.



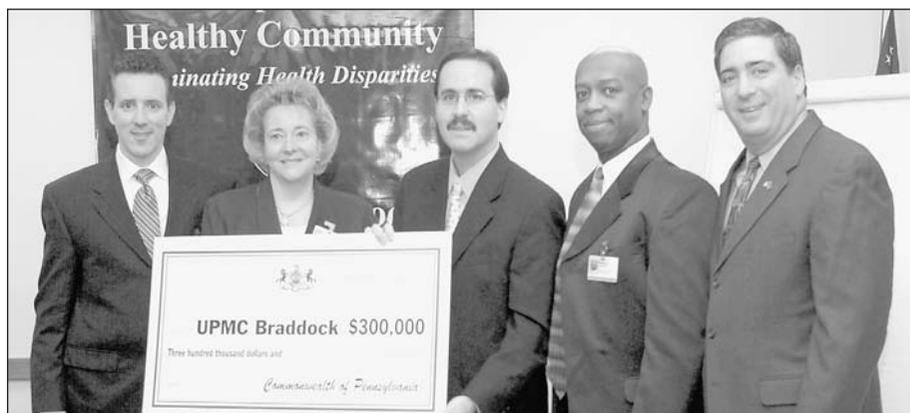
Ohio Valley Medical Center and East Ohio Regional Hospital Introduce New CT Scanner

Ohio Valley Medical Center in Wheeling and East Ohio Regional Hospital in Martins Ferry unveiled their newest weapons in the early detection of disease/illness with the introduction of two new revolutionary LightSpeed Volume Computed Tomography 64-Slice Scanners. The new CT Scanners, also called CAT Scans, improve diagnosis and treatment by creating 64 high-resolution anatomical images of the patient in a single rotation. Pictured l-r: Mark Kenamond, M.D., Radiologist at OVMC and EORH; Brian K. Felici, President and CEO of Ohio Valley Medical Center and East Ohio Regional Hospital; Vicki Novick, Director of Radiology Services at OVMC and EORH, at the unveiling of the new CT Scanners.

Birthing Center Obtains Advanced Ultrasound System



UPMC Northwest's Family Birthing Center has a new ultrasound unit that is helping staff members meet the needs of expectant mothers and their babies. Acquisition of the state-of-the-art General Electric LOGIQ 3 system was made possible through gifts that UPMC Northwest employees and others made to UPMC Northwest Foundation's 2006 Annual Appeal.



\$300,000 Grant Advances Steps to a Healthy Community

State Senator Sean Logan (center), accompanied by State Representative Paul Costa (far right) recently presented a state grant in the amount of \$300,000 to the UPMC Braddock Steps to a Healthy Community health disparities initiative at a dedication ceremony officially opening the hospital's new Steps to a Healthy Community office. Accepting the grant are (from the left) Mark Sevco, president, UPMC Braddock; Kim Fedor, coordinator, Steps to a Healthy Community; and Rodney Jones, vice president, Operations, UPMC Braddock, and facilitator of the Steps to a Healthy Community initiative.

National Groundhog Shadowing Day



Forty-five local high school students recently shadowed health care professionals at Memorial Medical Center as part of National Groundhog Shadowing Day 2007.

This day serves as an opportunity for young people interested in a career in health care to follow health care professionals one-on-one in a variety of health care settings.

Pictured: Britney Timulak, 10th grader, North Star High School, and Celene Mock, RN, Memorial Medical Center's Pediatrics Unit, stand by the bedside of two-month-old Richard Lindsay of Johnstown.



Pittsburgh's Ohio Valley General Hospital Dedicates \$30 Million Surgery and Maternity Center

In a ribbon-cutting ceremony attended by elected and appointed representatives and staff from federal, state, county and municipal offices, Pittsburgh's Ohio Valley General Hospital (Ohio Valley) officially opened its new Surgery and Maternity Center.

The new surgical floor has six operating rooms with two that accommodate orthopedic procedures and a seventh that is dedicated to urological procedures. The maternity floor has ten private in-patient rooms, four labor-delivery-recovery rooms, a specially-equipped room for C-sections, nursery and state-of-the-art security system. Construction

of the addition began in March 2005 and represents Ohio Valley's largest capital outlay since adding the Hospital's fourth floor in 1993. Pittsburgh-based Burt Hill designed the structure, and Burchick Construction Company served as general contractor.

The ribbon-cutting ceremony included (l-r) David Scott, Chief Operating Officer; William Provenzano, Hospital President; Edward Nicholson, Ph.D., Hospital Board Chairman; David Catalane, M.D., President, Medical Staff; Patrick Christy, M.D.; The Honorable Michael Finnerty; The Honorable Nick Kotik.

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February 24

Children's Hospital Presents Kid-a-Palooza

The 7th annual Kid-a-Palooza indoor festival presented by Children's Hospital of Pittsburgh of UPMC will take place on Saturday, Feb. 24 from 10 a.m. to 7 p.m. at the David L. Lawrence Convention Center, Downtown. This year, Kid-a-Palooza has expanded to include more than 100,000 square feet of booths. The exhibits will offer a mix of entertainment and important health information for families.

For more information, visit Children's Web site at www.chp.edu, then click on "For Parents." Or visit the Kid-a-Palooza Web site at www.kidapalooza.com for a free ticket offer available through Giant Eagle and the Mid-Atlantic Dairy Association.

March 6

"Quality Transparency: The Impact of Consumerism"

ACHE of Western Pennsylvania (ACHE/WP) and Western Pennsylvania Health Information Management Systems Society (WPHIMSS) are partnering again to bring a timely educational and networking event to healthcare management professionals. "Quality Transparency: The Impact of Consumerism" will be presented at 6:00 p.m. on March 6 at the McKesson Manufacturing Center in Warrendale, PA. Deborah McGivern, MBA, Vice President for Product Management and Marketing for McKesson Provider Technologies revenue cycle and hospital information systems products, will be the speaker. Her presenta-

tion will focus on the increase in consumerism and how it may necessitate providers to review and potentially modify their current means for communicating with the consumer, both before and after service. For more information, visit <http://westpa.ache.org> or <http://www.wphimss.org>.

March 20

UPMC Bedford Memorial Diabetes Symposium

UPMC Bedford Memorial is planning its 5th annual Diabetes Symposium, Tuesday, March 20, 9:30 am until 3:30 pm aimed at helping diabetics improve and maintain their health. The free event is entitled "Learn the Steps to Diabetes Control." Educational topics to be covered include Menu Selection, Label Reading, Blood Pressure, and Cholesterol. There will be programs on motivation for compliance with treatment plans and complications of Diabetes, as well as free foot exams, fat analysis, pulse ox testing, bone density testing, eye screenings, and blood pressure checks. The Diabetes Symposium will be at The Arena Restaurant, Business route 220, Bedford. To register, call Lori at (814) 623-3576.

March 22

Teleconference on Living With Grief: Before and After the Death

Each year the Hospice Foundation of America presents a nationally recognized distance learning program to individuals

throughout the country. This year, the teleconference, Living With Grief: Before and After the Death, will explore the most current theoretical perspectives on loss and grief as experienced by persons throughout a life-limiting illness and by survivors after the death.

This teleconference is ideal for psychologists, counselors, clergy, social workers, nurses and other health care workers, and funeral directors, educators, teachers and school-based personnel. The information will also be helpful to individuals who offer education on loss, grief, dying or death.

The teleconference will be broadcast Thursday, March 22 from 1:30 to 4:00 p.m. with a discussion by a panel of local experts until 4:30 p.m. The teleconference is free of charge and open to the public. It will be shown at Shadyside Hospital. For a small fee, CEUs are available for a number of professions. For more information or to make a reservation, call Family Hospice and Palliative Care at (412) 578-3666.

May 11

Northeast U.S. Healthcare Trade Faire & Regional Conference

The Northeast U.S. Healthcare Trade Faire & Regional Conference, sponsored by HIMSS Western PA Chapter also in cooperation with Hospital Council of Western PA, will take place on Friday, May 11 from 7:45 a.m. to 4:45 p.m. at the Hilton Pittsburgh, Ballroom level. Area healthcare IT executives, physicians, and other hospital and health system management staff should attend.

For more information, visit [\[caretradefaire.com/Pittsburgh/\]\(http://caretradefaire.com/Pittsburgh/\) or contact Robert Glanville at \(503\) 387-3120 or \[robert@healthcaretradefaire.com\]\(mailto:robert@healthcaretradefaire.com\)](http://www.health-</p></div><div data-bbox=)

May 19

Walk for a Healthy Community Presented by Highmark Blue Cross Blue Shield

The fifth annual Walk for a Healthy Community presented by Highmark Blue Cross Blue Shield will take place on Sat., May 19 at Heinz Field, Pittsburgh, PA.

The proceeds generated from the Walk for a Healthy Community will directly benefit 33 local nonprofit organizations. The walk is underwritten by Highmark so that 100 percent of the profits raised can be directed to the participating health and human service organizations.

Walkers can register by requesting a registration brochure from 866-620-WALK or www.walkforahealthycommunity.org.

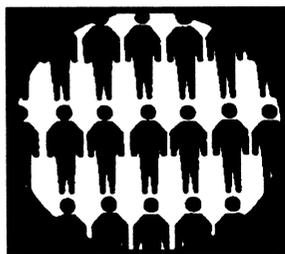
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The Healthcare Facilities Symposium & Expo is returning to the Windy City, Chicago, IL, for its 20th anniversary event! Don't miss the longest-running conference and exhibition focused on master planning, design & construction, evidence based design, sustainability, technology, guest services and operations in healthcare facilities. For more information, visit www.hcarefacilities.com or call (203) 371-6322.

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HealthSouth Harmarville Rehabilitation Hospital Names New CEO

HealthSouth Harmarville Rehabilitation Hospital has named Ken Anthony as its new administrator and chief executive officer.

Anthony, with more than 19 years of healthcare management experience, started his career at Harmarville in 1984. During his tenure at Harmarville, he was promoted from orthopedic program director to regional director and COO. In 1999, Anthony was named CEO at HealthSouth Rehabilitation Hospital of Sewickley. In 2003, he joined the West-Penn Allegheny Health systems as the Vice President of Operations at Allegheny General and was responsible for system-wide as well as hospital-based service lines.



Ken Anthony

Craig Maartmann-Moe Named Director of CRS McCandless

The Centers for Rehab Services (CRS) has named Craig Maartmann-Moe, M.P.T., as director of its McCandless facility. A specialist in orthopedics and sports medicine, Maartmann-Moe provides services in a variety of areas, including strength and conditioning, spinal manipulation and fitness and rehabilitation.

CRS is a partner of the University of Pittsburgh Medical Center (UPMC) and affiliated with the UPMC Institute for Rehabilitation and Research.



Craig Maartmann-Moe

HealthSouth Reaches Agreement to Sell Outpatient Rehabilitation Division

HealthSouth Corporation recently announced that it has entered into a definitive agreement with Select Medical Corporation, a privately-owned operator of specialty hospitals and outpatient rehabilitation facilities, to sell HealthSouth's Outpatient Rehabilitation Division for approximately \$245 million in cash. The transaction is expected to be completed in 60-90 days, and is subject to customary closing conditions, including regulatory approval.

HealthSouth's Outpatient Rehabilitation Division is a network of approximately 600 facilities in 35 states and the District of Columbia that provides high quality rehabilitative care for general orthopedic and sports injuries and conditions, as well as work-related injuries.

The execution of the agreement with Select Medical is the first step in HealthSouth's plan, announced in August 2006, to reposition the company as a "pure play" post-acute care provider.

Centers For Rehab Services Earns Elite Credential For Sports Physical Therapy Residency Program

The Centers for Rehab Services (CRS), a partner of UPMC, has become one of six Sports Physical Therapy Residency Programs designated by the American Physical Therapy Association (APTA) as an APTA-credentialed post-professional clinical residency program. APTA formally recognized the CRS residency program at the opening ceremonies of its "Combined Sections Meeting" in Boston on Feb. 14.

"We now join an elite group of six other organizations across the country offering a credentialed residency program for sports physical therapy," said Tara Ridge, P.T., M.S., S.C.S., director of the Centers for Rehab Services Sports Physical Therapy Residency Program.

According to Ridge, the CRS residency program exceeded the minimal requirements for credentialing due to its extensive access to academic and clinical resources. The APTA credentialing committee commended UPMC's successful dual relationship between its medical centers and academic programs.

"Our residency program's recent accreditation proves that CRS is a definite leader in the physical therapy field," said Freddie H. Fu, M.D., professor and chairman of orthopedic surgery at the University of Pittsburgh School of Medicine. "Physical therapy students choose to come here from across the country to learn from our top-rate professionals."

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EXTENDED CARE & ASSISTED LIVING

ASBURY HEIGHTS

For almost a century, Asbury Heights, operated by United Methodist Services for the Aging, has been providing high-quality compassionate care to older adults in Southwestern Pennsylvania. Asbury Heights is a faith-based, non-profit charitable organization, located in Mt. Lebanon. Through various accommodations, services and amenities, the needs of independent living residents can be met. For residents requiring more care, the continuing care community also offers assisted living, nursing and rehabilitative care. Alzheimer's specialty care and adult day services. The Health and Wellness Center is headed by a board certified, fellowship trained geriatrician. Residents may be treated by on-site specialists or retain their own physicians. Rehabilitative therapies are also available on-site. A variety of payment options are available to fit individual financial situations. The application process is very quick and easy and does not obligate the applicant in any way. For more information, please contact Joan Mitchell, for Independent Living; Suzanne Grogan for Nursing Admissions; or Kelley Ames for Assisted Living at 412-341-1030. Visit our website at www.asbury-heights.org.

BALDWIN HEALTH CENTER

Baldwin Health and Rehabilitation Center is located in a secluded, picturesque, but readily accessible, area of the South Hills, and provides care and services to meet the needs of each individual resident. As a fully equipped nursing home, Baldwin Health Center offers more than skilled nursing care and a broad range of rehabilitative/restorative services. We provide a clean, safe, comfortable, pleasant, supportive environment for our residents and their families. Care is tailored to meet the specific needs of the individual and administered in a competent and compassionate manner, 24 hours a day, seven days a week. Our excellent rehabilitation/restorative care staff, directed by a board certified physiatrist, works cooperatively with the entire healthcare team, within the capabilities or limitations, of the resident to enhance their physical and emotional quality of life to the fullest extent possible.

Kathy Dienert, Admissions Coordinator,
Richard Valentic, Administrator
1717 Skyline Drive, Pittsburgh, PA 15227
412-885-8400

BAPTIST HOMES OF WESTERN PA

Baptist Homes has been serving older adults of all faiths on its campus in Mt. Lebanon since 1910. Our mission is to offer a full continuum of enriched living, compassionate care, and benevolence to a broad spectrum of individuals. We are accredited by the Continuing Care Accreditation Commission (CCAC), and serve almost 300 adults with skilled and intermediate nursing care, Alzheimer's care, assisted living/personal care and HUD independent living. In addition, our residents have access to a full range of rehabilitative therapies and hospice care. Baptist Homes is a licensed Continuing Care Retirement Community (CCRC) and is Medicare and Medicaid certified. For more information, visit our website at www.baptisthomes.org or arrange for a personal tour by calling Pam Tomczak, Admissions Coordinator, at 412-572-8247. Baptist Homes is conveniently located at 489 Castle Shannon Boulevard, Pittsburgh, PA 15234-1482.

COMMUNITY LIFE

Living Independently For Elders

Community LIFE is a non-profit program that offers all-inclusive care that goes beyond the traditional boundaries of elder care. It allows seniors to remain in the community, maintain their independence, and allows them to enjoy their golden years at home. Community LIFE provides older adults with fully integrated and coordinated health and social service, usually at no cost to qualified individuals. Participant in the program are transported to our day health center on an as-needed basis, to receive healthcare and social services, meals, and participate in various activities.

The LIFE Center is staffed by a geriatric physician, RN's, physical and occupational therapists, dietician, social worker, and aides, and includes a medical suite for routine exams and minor treatments, some emergency care, therapy areas, dining/activity space, personal care area and adult day services. Community LIFE offers complete, coordinated healthcare for the participant, including all medical care, full prescription drug coverage, rehab therapies, transportation and in home care. If you or someone you care about is having difficulty living in the community, then call Community LIFE at 412-464-2143.

CONCORDIA LUTHERAN MINISTRIES

Concordia Lutheran Ministries, founded in 1881 is a continuing care retirement community that consists of three retirement apartment dwellings offering 328 one and two bedroom dwellings and two skilled nursing facilities, Oertel and Lund Care Centers on the Marwood Road campus numbering 196 beds with 24-hour nursing care; three assisted living facilities - Concordia at Ridgewood Place in Plum Borough; Concordia at The Orchard in Butler and Concordia at Rebecca Residence in Allison Park also providing skilled nursing; rehabilitation services, visiting nurses, Tele-CareGivers (a free service for people who are homebound), HomeHelp (affiliated with Presbyterian SeniorCare), Adult Day Services including Dementia Care, on-site child care, and the newest addition, Good Samaritan Hospice.

For more information, call 1-888-352-1571.

KANE REGIONAL CENTERS

The Kane Regional Centers, located in Glen Hazel, McKeesport, Ross and Scott, provide 24-hour skilled nursing care, rehabilitation services, specialty medical clinics and dedicated units for dementia care to the residents of Allegheny County. Admission to the Kane Regional Centers is based on medical needs and can occur within 24 hours, including weekends and holidays. Kane accepts a number of insurance plans well as private pay. To apply for admission to the Kane Regional Centers call (412) 422-6800.

OAKLEAF PERSONAL CARE HOME

"It's great to be home!"

Nestled in a country setting in a residential area of Baldwin Borough, Oakleaf Personal Care Home provides quality, compassionate care to adults who need assistance with activities of daily living. As we strive to enhance the quality of life of our residents, our staff constantly assesses their strengths and needs as we help them strike that fine balance between dependence and independence. Oakleaf offers private

and shared rooms, all located on one floor. Our home includes a spacious, sky-lighted dining room, library, television lounges, sitting areas and an activity room. Our fenced-in courtyard, which features a gazebo, provides our residents with a quiet place to enjoy the outdoors, socialize with family and friends, and participate in planned activities. Upon admission, the warmth of our surroundings and the caring attitude of our staff combine to make Oakleaf a place residents quickly call "home". Please call for additional information, stop by for a tour or visit us on our website. www.oakleafpersonalcarehome.com
3800 Oakleaf Road, Pittsburgh, PA 15227
Phone (412) 881-8194, Fax (412) 884-8298
Equal Housing Opportunity

PRESBYTERIAN SENIORCARE

A regional network of living and care options for older adults throughout southwestern Pennsylvania. Services and facilities include skilled and intermediate nursing care, rehabilitation, personal care, specialty Alzheimer's care, adult day care, home healthcare, senior condominiums, low-income and supportive rental housing. For more information:

Presbyterian SeniorCare - Oakmont
1215 Hulton Road, Oakmont, PA 15139
412-828-5600
Presbyterian SeniorCare - Washington
825 South Main Street, Washington, PA 15301
724-222-4300

ST. BARNABAS HEALTH SYSTEM

St. Barnabas Health System offers a continuum of care at its two campuses in the North Hills. Skilled nursing care is offered at the 172-bed St. Barnabas Nursing Home in Richland Township, Allegheny County, and the 47-bed Valencia Woods at St. Barnabas in Valencia, Butler County. The Arbors at St. Barnabas offers assisted living for up to 182 persons. All three facilities offer staff-run, on-site rehabilitative services, extensive recreational opportunities, and beautiful, warm decor. Home care is available at the St. Barnabas Communities, a group of three independent-living facilities: The Village at St. Barnabas, The Woodlands at St. Barnabas and The Washington Place at St. Barnabas. The Washington Place, a 23-unit apartment building, has hospitality hostesses on duty to offer residents support as needed. St. Barnabas Health System, a non-denominational, faith-based organization, has a 106-year tradition of providing quality care regardless of one's ability to pay. For admissions information, call:

- St. Barnabas Nursing Home
5827 Meridian Road, Gibsonia, PA 15044, (724) 444-5587
- Valencia Woods at St. Barnabas/The Arbors at St. Barnabas
85 Charity Place, Valencia, PA 16059, (724) 625-4000 Ext. 258
- St. Barnabas Communities
5850 Meridian Rd., Gibsonia, PA 15044, (724) 443-0700, Ext. 247

WASHINGTON COMMONS

Washington Commons provides quality, compassionate care to older adults who need assistance with daily living activities. Our facility offers beautifully furnished private and companion rooms with private baths. It has large lounges with gas fireplaces, providing residents and their families a home-like atmosphere for their special visits. Our large fenced-in courtyard is an added attraction for residents who wish to spend time outdoors on warm, sunny days. Services offered include on-site licensed staff members 24 hours a day; physicians on-call; podiatry and dental services; full-time coordinated activities; complete laundry and housekeeping services; and a beautician on premises. Please call for additional information or a tour. • (412) 257-1137
528 Dewey Ave, Bridgeville, PA 15017 • washingtoncommons.com

WESTMORELAND MANOR

Westmoreland Manor with its 150 year tradition of compassionate care, provides skilled nursing and rehabilitation services under the jurisdiction of the Westmoreland County Board of Commissioners. A dynamic program of short term rehabilitation services strives to return the person to their home while an emphasis on restorative nursing assures that each person attains their highest level of functioning while receiving long term nursing care. Westmoreland Manor is Medicare and Medicaid certified and participates in most other private insurance plans and HMO's. We also accept private pay. Eagle Tree Apartments are also offered on the Westmoreland Manor campus. These efficiency apartments offer independent living in a protective environment.

Shelley Thompson, Director of Admissions
2480 S. Grande Blvd., Greensburg, PA 15601 • 724-830-4022

Home Care / Hospice

ASERACARE HOSPICE

(formerly Hospice Preferred Choice)

HPC provides services in Allegheny county and 5 surrounding counties. Care may be received at home or in extended care settings. The patient and family are the primary decision makers with assistance from the attending physician and the hospice team. The clinical expertise of our hospice team includes RN's, LPN's, home health aides, social workers, spiritual coordinators, bereavement specialists and trained volunteers which are available twenty-four (24) hours a day, seven (7) days a week. For more information, call (412) 271-2273 or (800) 570-5975.

CARE AT HOME

Care At Home caregivers provide private duty non-medical assisted living services in private homes, assisted living facilities, nursing homes and hospitals. Services include assistance with personal care, meal preparation, medication reminders, light housekeeping and companionship. Caregivers subject to in-depth interviews, extensive reference checks and criminal background investigation. Service available 24 hrs per day, 7 days per week. Serving most areas of Allegheny, Westmoreland and Armstrong counties. Initial assessment visit provided at no cost. For further information call 412-967-1112 or 724-339-1117.

CONCORDIA VISITING NURSES

Concordia Visiting Nurses provide skilled and psychiatric nursing, physical a, occupational and speech therapies, wound and ostomy care, respiratory therapy, nutritional counseling, infusion therapy, maternal/child care, in your own home. The TeleHealth Monitoring System is a free service that keeps you constantly connected to your doctor and HealthWatch personal response system is an electronic device designed to summon help in an emergency. Concordia Visiting Nurses pledged same day service, weekend referrals and evaluation visits for post-emergency room patients. It is a non-profit, Medicare certified home care agency that accepts most major insurances. Contact Concordia Visiting Nurses at 1-877-352-6200.

GATEWAY HEALTH HOSPICE

Gateway's hospice services remains unique as a locally owned and operated service emphasizing dignity and quality clinical care to meet the needs of those with life limiting illness.

Quality nursing and home health aide visits exceed most other agencies. Our commitment to increased communication and responsiveness to those we serve is our priority.

Medicare certified and benevolent care available. Gateway serves patients in Allegheny and ALL surrounding counties. Care is provided by partnering with facilities and hospitals in addition to wherever the patient "calls home".

For more information call 1-877-878-2244

INTERIM HEALTHCARE

Interim HealthCare is a national comprehensive provider of health care personnel and service. Interim HealthCare has provided home nursing care to patients since 1966 and has grown to over 300 locations throughout North America. Interim HealthCare of Pittsburgh began operations in 1972 to serve patient home health needs throughout southwestern Pennsylvania and northern West Virginia. IHC of Pittsburgh has been a certified Medicare and Medicaid home health agency since 1982. IHC provides a broad range of home health services to meet the individual patient's needs - from simple companionship to specialty IV care - from a single home visit to 24 hour a day care. IHC has extensive experience in working with facility discharge planners and health insurance case manager to effect the safe and successful discharge and maintenance of patients in their home. For more information or patient referral, call 800-447-2030.

1789 S. Braddock, Pittsburgh, PA 15218

3041 University Avenue, Morgantown, WV 26505

LIKEN HEALTH CARE, INC.

Established in 1974, is the city's oldest and most reputable provider of medical and non-medical care in private homes, hospitals, nursing homes, and assisted living facilities. Services include assistance with personal care and activities of daily living, medication management, escorts to appointments, ambulation and exercise, meal preparation, and light housekeeping. Hourly or live-in services are available at the Companion, Nurse Aide, LPN and RN levels. Potential employees must meet stringent requirements; screening and testing process, credentials, references and backgrounds are checked to ensure qualifications, licensing, certification and experience. Criminal and child abuse background checks are done before hire. Liken employees are fully insured for general and professional liability and workers' compensation. Serving Allegheny and surrounding counties. Free Assessment of needs available. For more information: call 412-816-0113, 24 hours per day, 7 days per week, see our website www.likenservices.com, or email cnemanic@likenservices.com. Cheryl Nemanic, Certified Care Manager General Manager, Private Duty Services, 400 Penn Center Blvd., Pittsburgh, PA 15205

TRINITY HOSPICE

Trinity Hospice offers comprehensive care focused on easing the physical, emotional and spiritual pain that often accompanies terminal illness. Trinity Hospice provides an alternative to routine home care and repeated hospitalizations. Offering outstanding care, the hospice team members are dedicated professionals and trained volunteers who specialize in meeting the individualized needs of terminally ill patients and families. For more information or to schedule an assessment, please call 1-888-937-8088.

2020 Ardmore Boulevard, Suite 210

Pittsburgh, PA 15221

www.trinityhospice.com

VITAS INNOVATIVE HOSPICE CARE® OF GREATER PITTSBURGH

Hospice of Greater Pittsburgh Comfort Care is now a part of VITAS Innovative Hospice Care, the nation's largest and one of the nation's oldest hospice providers. When medical treatments cannot cure a disease, VITAS' interdisciplinary team of hospice professionals can do a great deal to control pain, reduce anxiety and provide medical, spiritual and emotional comfort to patients and their families. We provide care for adult and pediatric patients with a wide range of life-limiting illnesses, including but not limited to cancer, heart disease, stroke, lung, liver and kidney disease, multiple sclerosis, ALS, Alzheimer's and AIDS. When someone becomes seriously ill, it can be difficult to know what type of care is best ... or where to turn for help. VITAS can help. For Pittsburgh, call 412.799.2101 or 800.620.8482; for Butler, call 724.282.2624 or 866.284.2045.

PUBLIC HEALTH SERVICES

ALLEGHENY COUNTY HEALTH DEPARTMENT

The Allegheny County Health Department serves the 1.3 million residents of Allegheny County and is dedicated to promoting individual and community wellness; preventing injury, illness, disability and premature death; and protecting the public from the harmful effects of biological, chemical and physical hazards within the environment. Services are available through the following programs: Air Quality; Childhood Lead Poisoning Prevention; Chronic Disease Prevention; Environmental Toxins/Pollution Prevention; Food Safety; Housing/Community Environment; Infectious Disease Control; Injury Prevention; Maternal and Child Health; Women, Infants and Children (WIC) Nutrition; Plumbing; Public Drinking Water; Recycling; Sexually Transmitted Diseases/AIDS/HIV; Three Rivers Wet Weather Demonstration Project; Tobacco Free Allegheny; Traffic Safety; Tuberculosis; and Waste Management. Bruce W. Dixon, MD, Director

333 Forbes Avenue, Pittsburgh, PA 15213
Phone 412-687-ACHD • Fax 412-578-8325 • www.achd.net

PEDIATRIC REHABILITATION PROGRAM

THE CHILDREN'S INSTITUTE

The Children's Institute (CI), located in Squirrel Hill, provides inpatient and outpatient rehabilitation services for children and young adults. Outpatient services are also provided through satellite facilities in Green Tree, Monroeville and Wexford. In addition, The Children's Institute offers educational services at The Day School to children, ages 2-21, who are challenged by autism, cerebral palsy or neurological impairment. Project STAR, CI's social services component, coordinates adoptions, foster care and intensive family support for children with special needs.

For more information, please call 412-420-2400.

The Children's Institute,
1405 Shady Avenue, Pittsburgh, PA 15217-1350
www.amazingkids.org

REHABILITATION

THE PT GROUPSM PHYSICAL THERAPY

Since 1978 THE PT GROUP has provided early evaluations and continuous progressive care under the same licensed therapist for orthopedic and neurological injuries and conditions. In addition, divisions are available treating serious workers' compensation injuries (Work Recovery Centers); pelvic floor dysfunction, incontinence, and lymphedema (Physical Therapy For Women) and balance and neurological disorders (Balance Therapy). We are not owned or controlled by doctors, hospitals, or insurance companies, but evaluate, and treat, and 000000home exercise programs, under hundreds of physicians' prescriptions covered by most of the work, auto and managed care programs. Call 1-888-PT-FOR-YOU (1-888-783-6796) or www.theptgroup.com.

OUTPATIENT CENTERS

Apollo - 724-478-5651	McKeesport/N.Versailles - 412-664-9008
Blairsville - 724-459-7222	Monroeville - 412-373-9898
Derry - 724-694-5737	Moon Township - 412-262-3354
Greensburg - 724-838-1008	Mt. Pleasant - 724-547-6161
Greensburg West - 724-832-0827	Munhall - 412-461-6949
Harrison City - 724-527-3999	Murrysville - 724-325-1610
Irwin - 724-863-0139	New Alexandria - 724-668-7800
Jeannette - 724-523-0441	Penn Hills - 412-241-3002
Latrobe - 724-523-0441	Pittsburgh Downtown - 412-281-5889
Ligonier - 724-238-4406	Pittsburgh Uptown - 412-261-5650
Lower Burrell/New Kensington - 724-335-4245	

PHYSICAL THERAPY FOR WOMEN

Monroeville - 412-373-9898 Harrison City - 724-527-3999

BALANCE THERAPY

Blairsville - 724-459-7222	Greensburg - 724-838-1008
Harrison City - 724-527-3999	Irwin - 724-863-0139
Moon Township - 412-262-3354	New Alexandria 724-668-7800
Pittsburgh - Uptown - 412-261-5650	

WORK RECOVERY CENTER (FCE Scheduling)

Greensburg - 724-838-7111

OCCUPATIONAL THERAPY

Apollo - 724-478-5651	McKeesport - 412-664-9008
Harrison City - 724-527-3999	Monroeville - 412-373-9898
Irwin - 724-863-0139	Murrysville - 724-325-1610
Jeannette - 724-523-0441	Lower Burrell - 724-335-4245
Latrobe - 724-523-0441	Penn Hills - 412-241-3002
Ligonier - 724-238-4406	

SPECIALTY HOSPITAL

TIC[®], TRANSITIONAL INFANT CARE (T.I.C.[®]) HOSPITAL

Operates as a fully licensed acute care pediatric specialty hospital. Independent and not-for-profit, T.I.C.[®] was conceived as a bridge between Neonatal Intensive Care Units and the home. Provides excellent medical care to infants who are medically stable but not yet ready to go home, and develops the family's hands-on ability to deal with complicated treatment regimens. Staff includes 16 neonatologists, 19 pediatricians, a variety of physician consultants/specialists and exclusive R.N. staff with NICU and/or pediatric experience. The only facility of its kind in the country, T.I.C. is increasingly recognized as a model for delivery of a new level and type of care. Located near Fifth Avenue in Pittsburgh's Shadyside neighborhood, T.I.C. admits infants from across W.P.A., but also from the tri-state area and beyond. For more information, or to schedule a tour, contact:

Deborah Flowers Chief Clinical Officer
5618 Kentucky Ave.,
Pittsburgh, PA 15232 x 412-441-4884 ext. 219

T.I.C. is a program of The Children's Home of Pittsburgh.

Business Directory

APARTMENTS AND TOWNHOUSES

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1, 2, 3 Bedroom Apartments from \$540. 24 hr emergency maintenance, new windows, remodeled kitchen, laundry facilities, wall to wall carpet, extra storage, covered parking available, Keystone Oaks School District, 1% wage tax, close to trolley, swimming pool. 1000 Vermont Ave. Castle Shannon 412-563-RENT 412-561-4663

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- Fire protection design
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- Indoor air quality evaluations & remediation
- Construction management
- Commissioning
- LEED™ Design Services

For additional information please contact John R. Boderocco, P.E., President at 814/269-9300 or jboderoc@hflenz.com.

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 - Data Cleansing
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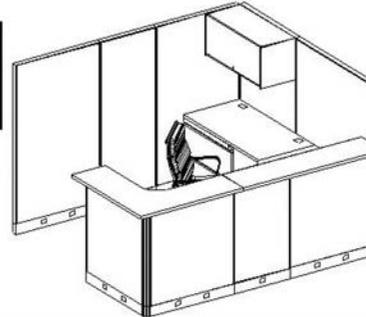
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Our goal is to provide you and your loved ones with superior care.



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North Versailles, PA 15137
Tel: 412-824-8336

EXECUTIVE LIVING

Reach 36,000 decision-makers in your regional market



Adams Township
\$939,000

Enjoy country club living on 1.4 acres in the Treesdale Golf Community! This Brennan built home is very spacious w/a 1st floor master & a 2nd floor master guest suite. The first floor offers a 2 story great room w/granite hearth & a top-of-the-line kitchen with granite counters, custom hickory cabinets and Viking stove & oven. Don't miss the recently finished 2nd floor GR/5th BR suite or the 10 zone sprinkler system & 4 car attached garage. #612969



Visual Tours at www.HoneywillTeam.com Call Linda Honeywill 412-367-8000 x237



Pine Township
\$324,900

Lavish lifestyle at an affordable price! This fantastic Sosso home is situated in the Treesdale Golf Community and offers 4 bedrooms, 2.5 bathrooms, an open floor plan and custom moldings. Home also boasts hardwood floors, 9 foot ceilings & living room with walk-in bay window. There is a cathedral master bedroom with 2 walk-in closets & vaulted master bath with whirlpool. Other highlights are the 3 car garage & wonderful level yard! #645078



Visual Tours at www.HoneywillTeam.com Call Linda Honeywill 412-367-8000 x237



Adams Township \$639,000

Stunning home has 12 foot ceilings throughout the first floor, a formal dining room with vaulted ceiling and den with beautiful built-in bookcases. New granite countertops, custom wood glass cabinets, a Viking grill top stove and a Viking double oven highlight the well-designed kitchen. First floor master bedroom boasts walk-out to a covered deck while the master bath offers Pantheon floor, Jacuzzi and oversized shower. Lower level has fabulous bar and entertainment area! Outside enjoy professional landscaping, a large wood deck, oversized patio and watching golfers tee off of the 1st hole of the Four Lakes Golf Course! # 649775



Visual Tours at www.HoneywillTeam.com Call Linda Honeywill 412-367-8000 x237



Prudential Preferred Realty

Pine Township \$449,000

MLS# 655469
The concept of flexible space was a significant part of the builder's design of this 4 bedroom, 2.5 bath custom built home. Highlights include open floor plan for easy entertaining, island kitchen with cherry cabinetry, study with coffered ceiling, walk-out lower level with enough space for play, media & exercise areas, ideal private yard on cul-de-sac street!



Gloria Carroll/Ruth Benson
412-367-8000 x242/589

Cranberry Township \$549,900

MLS# 655921
Each room of this 4 bedroom, 3.5 bath Colonial design is functional and comfortable. Features of this remarkable home include lofty ceilings, ideal natural lighting, glass French doors from foyer to study, well-designed kitchen with open morning room, decorative columns between living room and dining room, lavish master suite, finished walk-out lower level and more!



Gloria Carroll 412-367-8000 x242

Ohio Township \$575,000

MLS# 655049
This fantastic 4 bedroom, 3.5 bath home is positioned close to the Diamond Run Golf Course providing outstanding views of hole number 14. Features professional landscaping, formal living room and dining room extended by box bay area, private study with golf course views, spacious closets throughout, island kitchen with cherry cabinetry and much more!



Gloria Carroll 412-367-8000 x242

For more information, tour or brochure... Call Today

Gloria Carroll: (412) 367-8000 ext. 242 Joyce Douglass: (412) 367-8000 ext. 271
Ruth Benson (412) 367-8000 ext. 589 Patty Pellegrini (412) 367-8000 ext. 232

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Moon Township

245 Lake View Drive
\$895,000



Turn your dreams into reality - you'll fall in love with this prestigious five BR, 4.5 BA home featuring all of the most desirable amenities and located in the executive, gated community of Cherrington Pointe. Gleaming hardwood floors through the spacious, elegant first floor which is enhanced by a two story entry and living room and ceiling lines elsewhere of at least 10 ft. A luxurious master suite features fireplaces in both bedroom and bath. A gourmet maple and granite kitchen plus breakfast and family rooms grace the rear of the home and overlook the lovely, private yard and wooded cul de sac.

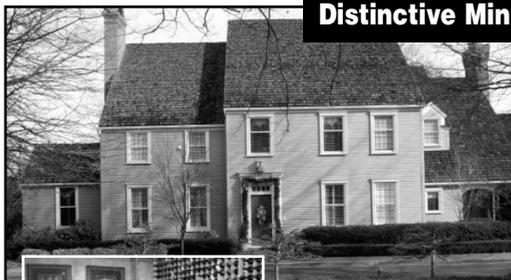
Please call for your private appointment to view this nearly new home's spectacular quality.



MARIEL MCBRIDE
412-262-5500



Distinctive Mini-Estate in Brighton Township, Beaver County \$1,500,000



Welcome to El Shaddai Drive in Brighton Township. This beautifully appointed mini-estate sits on over 4 acres and offers mature landscaping, gazebo overlooking bocce and tennis courts, a two-stall horse barn, and 4 car "hobby" garage. Enjoy the home's unique architecture while dining on the back deck with a built-in stainless grill. Inside, the 4 bedroom, 4.5 bath offers a soaring 2 story entry, dual staircase, smoking room/den, gourmet stainless-steel kitchen with dual appliances, and a solarium bar room fabulous for entertaining! Many unique features include imported marble/petrified wood tile in the Owner's Suite, finished lower-level which includes a wine cellar with tasting room, 3 car attached garage and a one car integral garage. Additional acreage is available. Minutes from the Beaver Medical Center and major routes!



Laurel Rae
RE/MAX Select Realty
724-933-6300 ext. 207

LaurelRae@remax.net • www.SelectHomeFinder.com

1032 Tierra Vista Drive Pine Twp., PA 15044

Handsome brick Provincial with curb appeal plus interior personality. Soaring ceilings and loads of gleaming hardwood define main level. 15x13 hearth room with skylights, guest suite with 9x9 lounge area and screened porch expand living space on first floor. Oversized study with glass French doors and built-ins. Fully-equipped peninsula kitchen with solid surface counters and breakfast area surrounded by windows add to the bright atmosphere. First floor laundry, two story great room with 2 sided gas fireplace. Master suite with cathedral ceiling, immense walk-in closet with built-ins, ceramic shower and whirlpool. Walkout lower level leads to gorgeous wooded backyard enhanced by curving Versa Lock walls. MLS # 641070



Chris Lange Coldwell Banker
(724) 776-2900 ext. 275
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Directions: Corner of Josephine & South 18th Street.



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x278



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x249

EAST

new falls village

New Townhomes in Plum Borough

Built by William & Clois Fears



OPEN SAT & SUN 1-4



Ready for immediate occupancy. • Starting from \$255,000

- Private cul-de-sac community
- Three bedrooms, minimum 2-1/2 baths
- 2,000 sq. ft.
- Manor House kitchen with island and pantry
- Heated ceramic tile floors in main and master bathrooms
- 9-ft. ceilings on first floor
- 2-car garage (4-car garage in middle unit)
- Heated community pool and pavilion

Jason Griffiths
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Directions: Parkway East to Rt. 22E (towards Murrysville), right Rt. 286 (Golden Mile Hwy.), left New Texas Rd. (Burger King), left Falls Village.

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NORTH

*New Construction in Wexford
Townhomes from the \$180s*



Builder Pays Buyer Closing Costs
Ask agent for details.



Directions: Rt. 19 in Wexford, go West onto Richard Rd. (behind McDonald's), right into Forest Oaks.

- Finished game room in select units
- Three bedrooms, 2-1/2 baths
- Second floor laundry
- 2-car garage
- Custom options available
- Elevators available in select units
- Community center with state-of-the-art kitchen and heated swimming pool
- \$98 monthly maintenance fee
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EXECUTIVE LIVING

Moon Township
2302 Myrtle Drive
McCormick Farms
\$1,800,000

Traditional elegance with today's amenities, this recently constructed custom design is reminiscent of a grand

European estate. This provincial home is truly a show piece of exemplary design and shares a unique two acre cul de sac location with only one other executive home. Detailing throughout includes crystal chandeliers, crown molding, trayed and cathedral ceilings, built-in handcrafted cabinetry, imported porcelain tile and granite. The first floor boasts a guest suite, fully paneled study with fireplace, enormous sunroom currently used as a luxurious workout area, gourmet kitchen with multiple dishwashers and refrigerators, sun-filled breakfast room, wet bar, back staircase and mud room with custom cherry lockers. A two story entry is highlighted by a sweeping curved staircase leading to a lavish master suite and sitting room with a bridge opening to five other suites and bedrooms. A formal governors drive presides over the magnificent front entry and also serves the four car garage. Professional landscaping, patios and terraces surround the home creating a gracious welcome to all who visit. **Please call for a private tour.**



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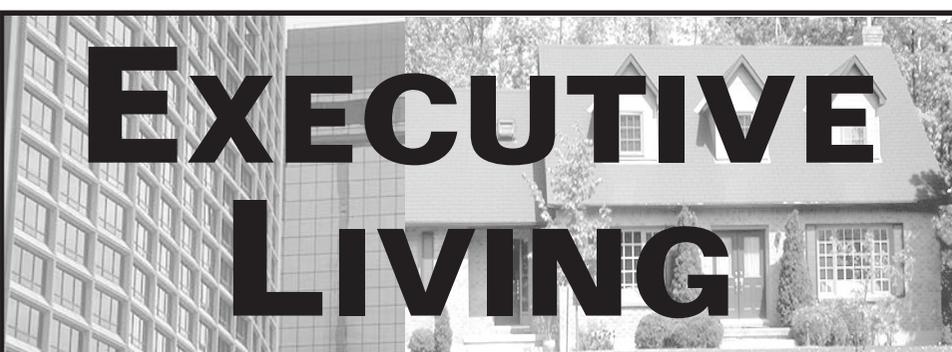
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