

Western Pennsylvania Guide to Good Health

FREE
WINTER 2024

**WHS Diabetes
Education Seeks
to Engage Patients**

**St. Clair Health's
Pharmacy Is
Reducing Costs
and Errors**

**UPMC Opens
Connect
Center in
Monroeville**

**Medical Profiles:
OB/Gyn
Dr. Joseph Meyn
Dr. Karrah Dattilo**

**Gala to Help
Raise Critical
Funds That
Support
Children and
Families**

*St. Clair Health Offers
Hope for Patients with
Cardiac Amyloidosis*

*Treating AFib
at Heritage Valley
Health System*

**Employment
Opportunities
in Healthcare**

Senior Guide
See pages 34-41



FIGHT THE FLU

by getting you and your family vaccinated.
Visit your doctor, Federally Qualified Health Center, local
pharmacy or the Allegheny County Health Department
for your vaccine. Learn more about flu at
AlleghenyCounty.US/Flu



Hartley-Rose Building
425 First Ave., 4th Fl.
(Entrance on Cherry Way)
Pittsburgh, PA 15219

412-578-8062



ADVANCED

Orthopaedics & Rehabilitation



8 EXPERIENCED DOCTORS, EACH SPECIALIZED IN SPECIFIC ORTHOPAEDIC CARE & PROCEDURES.

Joint Replacements, Sports Medicine/Arthroscopic Surgeries, General Orthopaedics, Orthopaedic Shoulder, Arthroscopic, Sports Medicine, Regenerative Orthopedics, Foot/Ankle Surgeries and Hand Surgeries

724-225-8657
ADVANCEDORTHOPAEDICS.NET

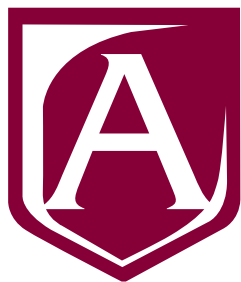
LOCATIONS

WASHINGTON • CHARLEROI • MCMURRAY • PITTSBURGH • WAYNESBURG

Advanced Orthopaedics and Rehabilitation complies with applicable Federal civil rights laws and does not discriminate on the bases of race, color, national origin, age, disability or sex.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-808-9008 ID 22593393
注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-888-808-9008 ID 22593393



Leader in Orthopaedic Care



ADVANCED Surgical Hospital

A PHYSICIAN OWNED HOSPITAL

Advanced Surgical Hospital has much to offer:

- Premier Destination for Orthopaedic and Spinal Surgery •
- Conveniently located off of I-70 in Washington PA •
- Private Inpatient Rooms •
- MRI, Arthrograms, Physical Therapy, Occupational Therapy – Hand Specialists •

A S H O S P I T A L . N E T

Advanced Surgical Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. (TTY: 711)
Advanced Surgical Hospital cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. (TTY: 711)
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-808-9008 ID 67115549 (TTY: 711)
Advanced Surgical Hospital 遵守適用的聯邦民權法律規定, 不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-888-808-9008 ID 67115549 (TTY: 711)

COVID-19 (coronavirus disease 2019) is a disease caused by a virus named SARS-CoV-2. COVID-19 most often causes respiratory symptoms that can feel much like a cold, the flu, or pneumonia. COVID-19 may attack more than your lungs and respiratory system. Other parts of your body may also be affected by the disease.

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, they may contaminate surfaces they touch.

Most people with COVID-19 have mild symptoms, but some people become severely ill. This includes people who are older, are immunocompromised, have certain disabilities, or have underlying health conditions.

The best way to keep yourself and your loved ones protected from COVID-19 is to get the updated vaccine. COVID-19 vaccines help our bodies develop immunity to the virus that causes COVID-19 without us having to get the illness. CDC recommends the 2023–2024 updated COVID-19 vaccines: Pfizer-BioNTech, Moderna, or Novavax, to protect against serious illness from COVID-19.

There are many additional ways to protect you and your loved ones from severe illness caused by COVID-19. Staying home when sick, covering your cough, cleaning your hands, wearing a

Get Your Updated COVID-19 Shot!



mask indoors, and creating proper ventilation in your home or workplace are a few ways to take prevention measures. If you have been exposed to COVID-19, it is recommended to take proper isolation and testing steps.

> The **Allegheny County Health Department Immunization Clinic** in downtown Pittsburgh offers all three COVID-19 vaccines. Appointments and walk-ins are accepted regardless of insurance status. Vaccines are available at no cost to patients that are uninsured. Call us at **(412) 578-8062** to learn more or make an appointment!

Visit www.alleghenycounty.us/Services/Health-Department/Immunizations to learn more about COVID-19 and other services our Immunization Clinic offers.



DO YOU NEED HELP WITH YOUR GAS BILL?

WE'RE HERE FOR YOU.



Low Income Home Energy Assistance Program (LIHEAP)
Peoples Customer Assistance Program (CAP)

Call **1-800-400-WARM (9276)** or visit peoples-gas.com/help to learn more.



St. Clair Health's Pharmacy Is Reducing Costs and Errors, and Increasing Efficiency

By Andrew Wilson

Anyone who has ever undertaken a home renovation knows there can be a big difference between doing the job cheaply or doing the job right. When St. Clair Health elected to streamline and update its pharmacy department, it elected to do the job right.

Updating the pharmacy was the challenge given to Bob Reynolds when he became director of St. Clair's pharmacy in May 2021. St. Clair has a history of innovation, as it was a beta site in 2003 for the first automated robot for the pharmacy but that was 20 years ago. When Reynolds looked at the pharmacy, he felt the shelves and packaging in the pharmacy were "old school."

"It was a unique opportunity to look at automation and investigate the various products on the market," said Reynolds. "Our administration had the foresight to buy the complete package."

Automating the system does not mean that machines do everything. Reynolds says that humans still manage the system, but now there is an automated process and barcode scanning when the physician orders the medication, the pharmacy supplies it, and it is administered to the patient.

"There is scanning technology used at every step, and that ensures the right patient receives the right medication at the right dosage at the right time," he said. "This decreases the possibility of medication errors significantly."

Buying the complete package for the pharmacy meant a hefty investment in pharmacy services, but to attempt to upgrade it only partly could end up being more costly.

"When you elect to only replace certain things, there is always something missing, so we asked ourselves, 'what if we replace everything?'" said Reynolds. "We are only three to four months into the new system being fully operational and we are already seeing benefits."

Reynolds says the benefits St. Clair is reaping is threefold: better cost control, a better handle on inventory and ordering, and reducing the chances of medication errors.

"The scanning technology is utilized at every step where it is possible to catch an error," he said.

One of the frequent criticisms of greater automation in the workplace is that it will do away with jobs. Reynolds dismisses this notion. He said pharmacy automation doesn't take jobs away because people are still needed to manage the system. Efficiency facilitated through automation has allowed pharmacists to take on other roles.



"It has changed the role of the pharmacist from something like an operational factory worker to a member of the clinical team and allows us to use our knowledge to provide better patient care," he said. "For example, the pharmacy has begun to take on medication reconciliation."


When a pharmacist does a medication reconciliation they are looking to identify and track medications the patients are currently taking as the patient transitions through care and identify potential drug interactions or adverse effects. Patients sometimes have multiple doctors and use multiple pharmacies, and because of that, it can be difficult to detect discrepancies. With the pharmacy automation now being used at St. Clair, there is a better chance for the pharmacist to catch these problems and avoid medication errors.

"We looked at our system from a medication safety perspective," said Reynolds, "and now St. Clair and our patients are reaping the benefits."

St. Clair Health is a nationally recognized, integrated health system with more than 2,500 employees and 600 physicians serving 500,000 residents of the region. It encompasses St. Clair Hospital; St. Clair Medical Group—a growing multispecialty physician group; St. Clair Health Foundation; and other related entities. St. Clair is a top decile performer in patient safety, clinical outcomes, patient satisfaction, and value. With its main campus in Mt. Lebanon, St. Clair also offers health care services at three out-patient centers in Mt. Lebanon, Bethel Park, and Peters Township. As a leader in high value healthcare, St. Clair accepts all major insurances.



For more information, visit **St. Clair Health** on the web at www.stclair.org.



Need help picking... a doctor, healthcare facility or any other health, wellness or fitness service ?

Check out our online **Healthcare Directory**



Hearing Health

Tinnitus: 'We're Training the Brain to Hear Other Sounds'

By Lois Thomson

Do you suffer from tinnitus? If so, you are not alone. The National Institute on Deafness and Other Communication Disorders estimates that approximately 10 percent of the U.S. adult population — more than 25 million Americans — experiences some form of tinnitus.

Tinnitus is a common problem that occurs when a person experiences a ringing sensation or other noises in one or both of the ears. The noise isn't caused by an external sound, and other people usually can't hear it.

Michael J. Rametta, MS, owner of Rametta Audiology & Hearing Center, said there are varying degrees of tinnitus: approximately 5 million sufferers consider it to be burdensome, while 2 million find it to be debilitating. Rametta pointed out that while there are two schools of thought as to what causes the problem, "90 percent of people who have tinnitus have an underlying case of hearing loss."

One thought is that the brain is manufacturing the noises because there's an absence of sound as a result of the hearing loss. "That's one thought, that the brain is just creating it. The other is that — there are little hair cells in your inner ear that move when your ear receives sound waves, and the brain interprets these signals as sounds. These hair cells are straight up and down when you are born, but they can get bent as you age or are exposed to loud sounds on a regular basis." (He cited singer Huey Lewis and Metallica drummer Lars Ulrich as having hearing loss and tinnitus.) If the hair cells become bent, they can send random impulses to the brain, which can be interpreted as tinnitus.

While Rametta said there is no cure, approximately 88 percent



Michael Rametta, owner of Rametta Audiology & Hearing Aid Center, said tinnitus repeatedly ranks as the number one disability among returning military service members, just ahead of hearing loss. His company has been serving the Alle-Kiski Valley area for more than 60 years, and has offices in Squirrel Hill, Tarentum, and Vandergrift.

have been helped so that the tinnitus no longer seems to be there — and this may be done with hearing aids. Hearing aids can help by making other sounds louder and the tinnitus therefore less noticeable. For example, they may increase the sound of a background noise in your home, like the hum of a ceiling fan. If hearing aids make it easier for you to hear, it may be easier for your brain to ignore the tinnitus. As Rametta said, "Nobody can cure it, but I just deal with how we help it. We're training the brain to hear other sounds."

He added, "Some people have tinnitus but do not have enough hearing loss to justify a hearing aid. We do have a lower success rate when a person doesn't have hearing loss; in those cases it's probably 50 percent. The solution usually is wearing a very inexpensive hearing aid that has tinnitus technology built into it."

> For more information, call (724) 224-6811 or visit www.ramettahearing.com.



Give your brain what it needs

Stay sharp in every moment with Oticon Real™



www.ramettahearing.com

416 4th Ave, Suite 100 • Tarentum
(724) 224-6811

141 Columbia Ave, Suite 200 • Vandergrift
(724) 567-7381

FITNESS

A Healthier New You: New Year's Resolutions for Fitness and Wellness

by Katy Walker

As the calendar turns another year, resolutions for a healthier lifestyle take center stage. Crafting effective New Year's resolutions for fitness and wellness involves setting achievable goals, embracing variety, and prioritizing both physical and mental well-being. During your journey this year, I suggest that you look back at these next eight steps.

THESE STEPS WILL HELP YOU GUIDE NOT ONLY YOUR GOALS FOR THE YEAR, BUT YOUR SUCCESS!

Realistic Goals

You want to start with small manageable steps to achieve your 2024 goals. Steps such as increasing your daily steps or incorporating more vegetables onto your plate. Realistic goals should build a foundation for lasting change.



Diverse Fitness

Break out of your comfort zone this year and try new exercises such as Pilates or cycling. Engaging different muscle groups will create variety throughout your workouts which will prevent burning out and maintaining interest towards your goals.

Mental Well-being

Take a moment each day and prioritize your stress reduction and mindfulness. Incorporating meditation or deep breathing exercise into your daily routine will help you balance both your mind and body.

Support System

Share resolutions with friends or family for motivation and accountability. Join fitness classes or online communities to connect with others who share your goals and are also in their own fitness and wellness journeys this year.

Consistent Habits

Establish routines aligned with your goals. Consistency turns positive behaviors into habits, increasing the likelihood of long-term success.

Celebrate Progress

View setbacks as learning opportunities and celebrate progress rather than fixating on perfection. A positive mindset contributes to sustained motivation.

Hydration and Nutrition

Focus on hydration and a balanced diet rich in fruits, vegetables, lean proteins, and whole grains. Proper nutrition fuels your body and supports fitness goals.

Quality Sleep

Aim for 7-9 hours of quality sleep each night. Establish a bedtime routine and create a conducive sleep environment for physical recovery and mental clarity.

New Year's resolutions for fitness and wellness set the stage for a healthier and more balanced lifestyle and wellbeing. By setting realistic goals, creating and establishing habits, and most importantly celebrating your progress, you can embark on a transformative journey toward a vibrant and happier you in the coming year.

> Katy Walker is a Fitness Supervisor, Township of Upper St. Clair. She can be reached at kwalker@twpusc.org or (412) 221-1099 ext. 6190.



THE COMMUNITY & RECREATION CENTER

AT BOYCE MAYVIEW PARK

- ◆ 2 Floors of Fitness Equipment
- ◆ Group Exercise Classes
- ◆ 1/8 Mile Indoor Track
- ◆ Indoor & Outdoor Aquatics
- ◆ Youth Programs and Camps
- ◆ Family Events

Stay Active.
Stay Healthy.

**3 Month
and Annual
Memberships
Available**

Join Our Team!

- Flexible Hours
- Team Environment
- Fun Atmosphere
- Facility Access

1551 Mayview Road • Upper St. Clair, Pennsylvania 15241
412-221-1099 • www.twpusc.org/recreationcenter



Are you protected against COVID?

The updated COVID-19 booster
provides the best protection
for you and your loved ones.

Call the Allegheny County
immunization clinic to
get your vaccine at

412-578-8062.



Hartley-Rose Building
425 First Ave., 4th Fl.
(Entrance on Cherry Way)
Pittsburgh, PA 15219
412-578-8062





By Andrew Wilson

Being newly diagnosed with diabetes may seem overwhelming, and the first question many people have is “Where do you start?”

“The biggest thing is education,” said Ashley Markle, RN, BSN, MBA, manager of diabetes education at Washington Health System (WHS). “The more people understand about diabetes and the disease process, the more beneficial it will be for their health.”

Diabetes is manageable, but for most people it necessitates making lifestyle changes in diet and nutrition, activity, and understanding the medications that must be taken daily. Each patient is different and so are the challenges that must be faced.

WHS recently revamped its diabetes education program to make it more engaging for patients. It begins with an initial assessment during a meeting with a diabetes educator. There are some basic objectives to be determined during this first meeting including assessing a patient’s diet and lifestyle to see if there are any barriers that might need to be overcome. But the primary objective of this first meeting is to listen to the patient and determine what they hope to achieve.

“At this first meeting, we will talk with a patient to determine what goals they have for managing their condition,” said Markle. “Understanding their goals is the most important thing in the beginning.”

Some patients may have goals that may take longer to achieve, but there are shorter term goals that can build toward the longer objective. For example, a patient’s A1C – an important measure of the average blood sugar reading over the past 90 days – may not reach the target measurement immediately, but by making recommended changes in diet and activity, it can gradually be lowered to the goal.

Classes are recommended for newly diagnosed diabetics. To lead or facilitate the classes, WHS has two dietitians, one registered nurse, one person who can discuss the emotional aspects of diabetes, and a pharmacist who can do a specific review of the medications patients are taking. Classes are three hours, three times a month, but WHS has changed the composition to be more of a discussion than a lecture.

“We wanted to make the classes more engaging,” said Markle. “If it’s not going to be something people want to do then it won’t be successful.”

To make each class more engaging, WHS uses conversation maps, which Markle likens to a board game like Candyland. As the educator and the patients sit around the map, they touch on the same topics that might have been covered in a lecture, but in a way that draws the patient in and helps them to see that their condition is manageable with the right approach.

WHS Diabetes Education Seeks to Engage Patients for Better Health



The map for the first class is called “On the Road to Better Managing,” and it introduces some key concepts and facts about how the body processes food, breaks it down into glucose, and how this process will affect the patient’s condition.

“This is a good class for first time patients with diabetes,” said Markle.

The second class is all about managing blood sugars. The main discussion points are when to monitor, what range is good, and how best to deal with both high and low blood sugars.

The third class is about healthy eating and continuing the journey. Discussion centers around the challenges that people face in both the short and long term. There are tips for managing and understanding blood sugars, as well as the long-term effects of diabetes.

“We encourage conversations about diet and nutrition, particularly when it comes to eating out,” said Markle. “We talk about what foods to eat in a restaurant, what to choose, and what is best to avoid.”

While WHS seeks to make the classes engaging and welcoming to all, they also realize that it can be intimidating for some newly diagnosed patients with diabetes to discuss their condition in a group setting. To ease this anxiety, WHS offers two solutions: one-on-one sessions are available, if that is preferred, but they also encourage patients to bring a support person with them to either the one-on-one or group classes.

Generally, the classes are covered by insurance, but Markle recommends that patients reach out to their insurance company first to determine if there is any additional cost for the individual.



If you have questions, or you would like more information about **Washington Health System Diabetes Education and Management Program (DEMP)**, contact the Out-patient Service Request line by calling **(724) 250-6262** or patients can visit the office located at 95 Leonard Ave. Bldg. 2, Suite 501 in Washington, Pennsylvania.

Introducing

Medical Profile

Karrah Dattilo, D.O., Joins Advanced Women's Care of Pittsburgh

By Nancy Kennedy

Advanced Women's Care of Pittsburgh recently welcomed Karrah Dattilo, D.O., to the practice. Dr. Dattilo is an OB/GYN who grew up in the South Hills and is delighted to return to this region to serve the community that she knows and loves.

Dr. Dattilo joined Advanced Women's Care in September 2023 after completing her residency at the University of Illinois Medical Center in Peoria, Illinois. She is a graduate of Lake Erie College of Medicine.

OB/GYN is a deeply satisfying and challenging medical specialty, Dr. Dattilo says. "The relationship between a woman and her OB/GYN is unlike any other relationship in medicine. It's usually very close and personal, as we are guiding women through some of the most significant events of their lives. This includes pregnancy and childbirth, but we also treat women for infertility, endometriosis, gestational diabetes, menopause-related issues and general health concerns. There are joys, but also sorrows: miscarriage and high-risk pregnancy, for example. Very often, it's a lifelong relationship, spanning every stage of a woman's life. We treat generations from the same family: young mothers, their daughters and even their grandmothers. It is based on trust and honesty and is a deeply personal relationship. If you have established a strong relationship with the patient, she will rely on you through both the good times and bad times."

Dr. Dattilo says that the OB/GYN is frequently the first person that a woman reveals her emotions and concerns to. "We recognize how vulnerable women are. They come to us for medical care, emotional support, guidance and education. For me, knowing that they trust us is a great, great privilege. That is one of the most satisfying aspects of my profession."

Inspiration for a career in medicine came to Dr. Dattilo from a close and beloved family member. "I became an OB/GYN because I was inspired by an aunt, Kimberly McMahon, who is an OB/GYN



"We recognize how vulnerable women are. They come to us for medical care, emotional support, guidance and education. For me, knowing that they trust us is a great, great privilege. That is one of the most satisfying aspects of my profession."

*-Dr. Karrah Dattilo,
Advanced Women's Care*

practicing in Chicago. She has been my mentor at every step of my career and she remains my mentor today. I was fortunate to be able to complete a clinical rotation with her; that was an amazing experience."

Dr. Dattilo sensed that she would be a good fit with Advanced Women's Care and at St. Clair Health, where, in addition to delivering babies she will perform her subspecialty, minimally invasive surgery, and treat women with stress urinary incontinence, a clinical focus of hers. Working at St. Clair Health is a dream come true for Dr. Dattilo, who has had close ties to the hospital since her teenage years. "I was a volunteer at St. Clair in high school. The hospital is very familiar to me. I am pleased to be back there, serving the hospital and my community as a physician."

Having given birth to her first child recently, Dr. Dattilo now shares that extraordinary experience with her obstetric patients. She delivered her baby at St. Clair, and thoroughly appreciates the excellent care she received in her turn as a patient. She advises her patients on living healthy lifestyles and managing stress, and sets a fine example by seeking balance in her own life. "Now that I am home, back in the South Hills where my family is, I am surrounded by support. Working full time as a physician and caring for a newborn can be stressful but I am fortunate to have family support. That enables

me to be at 100% when I am at work. I am very appreciative that my husband, who is a teacher, and our family make this possible."

"I want my patients to know that I am planning to be here long term. Advanced Women's Care is an outstanding practice whose members each have subspecialties, so there are lots of doctors to turn to when special expertise is needed."

Advanced Women's Care is a comprehensive OB/GYN practice with seven board-certified medical professionals providing the highest quality, state of the art obstetric, gynecologic and general health care for women of all ages. The practice was established in 1986 and serves Allegheny County, Washington County and Pittsburgh. At Advanced Women's Care, each patient is regarded as a whole person with individual needs, interests and goals.



To learn more, call (724) 941-1866
or visit www.advancedwomenscareofpgh.com.

Women's Health

Can I Stop Seeing My Gynecologist After a Certain Age?

The simple answer is, no. Doctors say that after menopause, women should continue to have annual exams that may be key to avoiding or treating health problems that are common in older women. Not only can diseases still be contracted at a senior age, but other problems can occur as well, such as vaginal tearing, as lack of estrogen after menopause can cause the walls of the vagina to thin.

If a senior woman engages in new sexual relationships after being widowed or divorced, she needs to be aware of the possibility of contracting sexually transmitted diseases. On the other hand, the fear of cancer can occur at any age, and if a woman experiences any bleeding after having gone six months without a period, she should check with a physician.

Perhaps the most common problem occurring in older women is bladder leakage or having to go to the bathroom more frequently. Many think this is just part of aging, but treatments are available, including retraining the bladder through therapies, medications or surgeries; most of the latter can be done as an outpatient.

In short, doctors believe women need gynecological care at every stage of their lives.



**Western Pennsylvania
Guide to Good Health**
www.guidetogoodhealth.com

PUBLISHER
Nancy Carroll Lammie

ACCOUNT EXECUTIVE
Paul Crowe

DESIGN & LAYOUT
JMC Graphics
(412) 877-5321

EDITORIAL MANAGER
Judy Gramm

CONTRIBUTING WRITERS
Kevin Brown
Ron Cichowicz
Daniel Casciato
Vanessa Orr
Nancy Kennedy
Lois Thomson
Andrew Wilson

WEB SITE DESIGNER
Keith Trageser
keith.trageser@gmail.com

**HOW TO REACH US:
ADVERTISE / SUBSCRIBE**
goodhealthmag@aol.com
(412) 877-5321

Like us on:
facebook.

The *Guide To Good Health* is published quarterly (4 issues per year) by JMC Publications. The contents of this publication may not be reproduced in whole or in part. All rights reserved. 2024

ADVANCED

WOMEN'S CARE OF PITTSBURGH, P.C.

At **Advanced Women's Care of Pittsburgh, P.C.**, we provide care for all stages of a woman's life. We have been a trusted source for obstetric and gynecologic care since 1986.

Our physician-owned practice is dedicated to providing patients with high quality, personalized care in a comfortable environment.

We're proud to help women meet their needs throughout their lives, from personalized fertility treatments, through prenatal and postpartum care, to menopause and beyond.

Experience the difference of personalized care in women's health - schedule an appointment today.

Our staff includes seven board-certified medical professionals.



Karrah Dattilo, DO

Mary Sims, MD

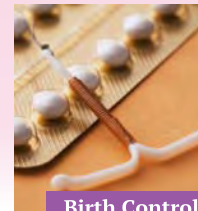
Michelle Harvison, MD

Amy Turner, DO

Douglas H. MacKay, MD

Stephanie Shaw Brown, MD

Kristen Peske, DO



Birth Control



Breast Cancer Prevention



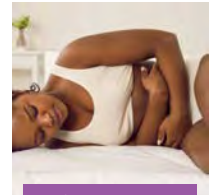
Pregnancy Care



STDs & Infections



Menopause & HRT



Pelvic Pain Endometriosis

Caste Village Office

Caste Village Shopping Center
5301 Grove Road, Pittsburgh, PA 15236
(724) 941-1866

St. Clair Health Office

1000 Bower Hill Road, Suite 213
Pittsburgh, PA 15243
(724) 941-1866

McMurray Office

3928 Washington Road, Suite 230
McMurray, PA 15317
(724) 941-1866

Our friendly, knowledgeable staff is ready to answer any questions you have about our services!



Treating AFib at Heritage Valley Health System

Atrial Fibrillation (AFib) is an irregular heartbeat or a condition in which the heart muscles fail to contract in a strong, rhythmic way. A racing, pounding heartbeat that occurs for no apparent reason should not be ignored, especially if accompanied with other symptoms such as shortness of breath, lightheadedness, dizziness, chest pain or unusual fatigue. AFib may affect your ability to perform daily activities and impact your overall quality of life. Listed below are some of the procedures performed by Heritage Valley Electrophysiologists to help patients diagnosed with AFib:

Atrial Fibrillation Ablation: AFib Ablation is a minimally-invasive procedure that uses hot or cold energy to create scars in your heart tissue where the arrhythmia, or irregular/abnormal heart rhythm, is occurring. At Heritage Valley, we use Cryoablation (cold) and Radiofrequency (hot) ablation methods. The scars help to block the transmission of the electrical signals that cause the atrial fibrillation. By re-establishing normal heart rhythms in people with certain arrhythmias, AFib Ablation can help to control the heart rate in people with rapid arrhythmias and reduce the risk of blood clots, strokes, heart failure or other health complications.

Hybrid Ablation: Hybrid Ablation is a minimally-invasive treatment that combines both surgical and catheter-based techniques. Since only a few small chest incisions are required for Hybrid Ablation, the risk of complications is significantly reduced when compared to traditional heart surgery. One step of a Hybrid Ablation involves surgery on the outside of the heart, called an Epicardial Ablation. The second step, performed six to eight weeks before or after, is called an Endocardial Ablation and targets the AFib signals inside the heart. This procedure lowers the risk of stroke by closing the part of the atrium where blood clots typically form. In addition, a successful Hybrid Ablation may help to improve your overall heart function and reduce the number of heart medications you need to take.

Implantable Cardioverter Defibrillator (ICD): An Implantable Cardioverter Defibrillator (ICD) is a small battery-powered device



typically placed on the left side of the heart, right under the collarbone. An ICD continuously checks the heartbeat and delivers electrical shocks, when needed, to restore regular heart rhythm.

Permanent Pacemaker: A pacemaker is a small, battery-operated device that helps the heart beat in a regular rhythm.

WATCHMAN FLX™ Technology: For patients diagnosed with AFib not caused by a heart valve problem, The WATCHMAN FLX™ Implant is designed to keep harmful blood clots from entering your blood stream, potentially causing a stroke, by permanently closing off an area of the heart called the Left Atrial Appendage (LAA). By implanting the WATCHMAN FLX™ into the heart (through a catheter placed into a vein in the upper leg) and closing off the LAA, the risk of stroke may be reduced and, over time, patients may be able to stop taking their blood thinners. While closing the LAA reduces stroke risk associated with AFib, it does not treat the AFib itself.

➤ For more information, visit the **Heritage Valley Heart & Vascular Health** webpage at <https://www.heritagevalley.org/services/heart-vascular-health/>.

To schedule an appointment with Electrophysiologists **Dr. Maninder Bedi, Dr. Christopher Kolibash, Dr. Ure Laura Mezu-Chukwu, or Dr. Glen Miske**, call (724) 773-4502.

UPMC Announces Heart Institute Expansion at UPMC Children’s Hospital of Pittsburgh

UPMC will construct a new Heart Institute at UPMC Children’s Hospital of Pittsburgh, elevating care and technology in pediatric cardiology for patients and their families.

The Heart Institute will be home to state-of-the-art clinical space with new cardiac catheterization labs, an interoperative MRI, inpatient and outpatient procedural and diagnostic and consultation spaces, plus waiting and reception rooms. The new 50,000-square foot, three-story addition will be built on the UPMC Children’s Lawrenceville campus.

“With this new facility, we will further advance our specialty care for our patients and families who travel here from near and far and who trust us to care for their children,” said Leslie Davis, president and CEO of UPMC. “This means more opportunities to improve and save more children’s lives as a top destination for pediatric cardiology.”





Heritage Valley Heart & Vascular Centers

Our Board-Certified Cardiologists, Electrophysiologists, Cardiothoracic and Vascular Surgeons offer a comprehensive approach to the diagnosis, management and treatment of cardiovascular and peripheral vascular disease. Heritage Valley's Heart & Vascular Centers offer extensive cardiology and vascular services, including:

- Atrial Fibrillation Ablation
- Barostim
- Cardiac & Pulmonary Rehabilitation
- Cardiac Computed Tomography (CT)
- Cardiovascular and Thoracic Surgery
- Diagnostic and Interventional Cardiology
- Diagnostic and Interventional Peripheral
- Electrophysiology (EP)
- Enhanced External Counter Pulsation (EECP)
- HeartFlow Analysis
- Hybrid Ablation
- Implantable Cardioverter Defibrillator (ICD)
- Insertable Cardiac Monitor (ICM)
- Patent Foramen Ovale (PFO) Closure
- Permanent Pacemaker
- Tilt Table Test
- Transcatheter Aortic Valve Replacement (TAVR)
- Transcarotid Artery Revascularization (TCAR)
- Watchman Flx Technology



Uniquely Connected. For Life.SM
HERITAGE VALLEY
HEALTH SYSTEM

[www.heritagevalley.org/
services/heart-vascular-health/](http://www.heritagevalley.org/services/heart-vascular-health/)



Heart Health

St. Clair Health Offers Hope for Patients with Cardiac Amyloidosis

By Andrew Wilson

Medical research is offering hope for a disease that was once thought to be hopeless, and St. Clair Health cardiologist Christopher Pray, M.D., FACC, is excited about the prospects.

“Cardiac amyloidosis is a rapidly progressing rare disease that was once thought to be a death sentence,” said Dr. Pray, who in addition to being Director of Non-Invasive Cardiology, Cardiac Imaging and Heart Failure Services at St. Clair Health has consulted and presented on the condition all over the country. “That has changed.”

In amyloidosis, Dr. Pray explains, certain proteins that are formed in the liver mutate and fragment. These fragments, known as amyloid fibrils, build up in the body – particularly in and around the heart – which then causes congestive heart failure. Because there is no way to eliminate the fragments once they’ve built up in the body, that’s why it was considered a death sentence.

Although rare, amyloidosis became a bit more familiar in Pennsylvania, particularly western Pennsylvania, when Pittsburgh Mayor Richard Caligiuri, Erie Mayor Louis Tullio, and Pennsylvania Governor Robert Casey all died from the condition between the late 1980s and mid-1990s. And unfortunately, the incidence of amyloidosis is increasing.

“We are actually detecting it in more patients than previously. We seem to have a really large number of patients with this condition,” said Dr. Pray, before adding some great news. “Thanks to advancements in the treatment of this disease, we can manage it as we would any other chronic condition.”

Before it can be treated, the first challenge is diagnosing it. The symptoms are similar to what is found in other forms of heart disease, as well as other conditions. Fatigue, shortness of breath, swelling of the limbs, neuropathy, and unexplained weight loss are just some of the possible symptoms. Even carpal tunnel syndrome and spinal stenosis could be signs of amyloidosis.

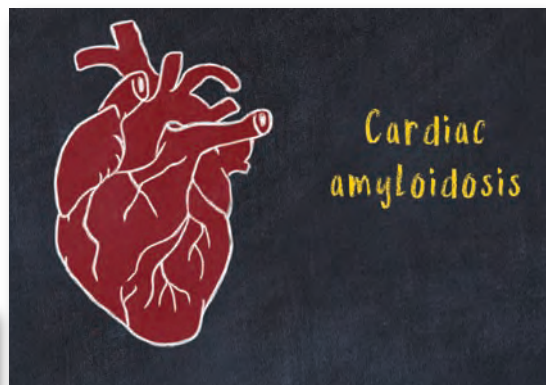
“There isn’t one exact sign, but more of a constellation of findings that point to amyloidosis,” said Dr. Pray. “The earlier that this can be diagnosed the better it is for the patients.”

One of the advances that has enabled more accurate diagnoses is the sophistication of cardiac imaging. Dr. Pray says that both nuclear imaging and MRI imaging can detect amyloidosis. Prior to the advances in cardiac imaging, one of the standard ways to dia-



“Thanks to advancements in the treatment of this disease, we can manage it as we would any other chronic condition.”

-Dr. Christopher Pray



gnose amyloidosis was by taking a biopsy from the patient’s heart.

“We are needing to do fewer and fewer biopsies,” said Dr. Pray. “Thanks to imaging, we are moving toward less invasive procedures.”

Most important, once amyloidosis has been diagnosed in a patient, there are treatments available that didn’t exist a decade ago. There are multiple drug therapies that can prevent the underlying disease process from occurring.

“There are four types of treatment,” Dr. Pray explained. “There are drugs that prevent fragmentation of the proteins, drugs that can turn off the gene that produces the proteins in the liver, and drugs that will scarf up the proteins that are produced. There are also promising advances in CRISPR technology, where the genes that produce the proteins can be modified.”

Although there is currently nothing available that might reverse any damage that has already occurred, once the drug therapy has begun, the

disease can be managed in the same manner as anyone else who experiences the beginnings of congestive heart failure would be prescribed: regular exercise in the cardiac rehabilitation gym, a low fat and low sodium diet, and no smoking.

“It’s really rewarding to be on my side of it and see the advances that have been made in such a short time,” said Dr. Pray. “It’s a real testament to the amount of research that has been done on this disease. I’m really proud of the work that we’ve done in western Pennsylvania to recognize amyloidosis and treat it well. Our patients can reap the benefits.”

> Dr. Christopher Pray is part of St. Clair Medical Group Cardiology, formerly known as South Hills Cardiology Associates. Each cardiologist has their own area of expertise to offer patients, but they are all driven by a common goal – to provide the best cardiovascular care to their patients and the community.

Dr. Pray sees patients at the following location(s):

1000 Bower Hill Road, Suite 7400, Pittsburgh, PA 15243
(412) 942-7780

3928 Washington Road, Suite 270, McMurray, PA 15317
(412) 942-7780

Westmoreland Transit's Ticketing App Makes Riding the Bus Easy!

WestMore Tix is the mobile ticketing application for public transit services in Westmoreland County, enabling you to purchase and display tickets on your Smartphone anytime, anywhere.

You can download the free app from the App store or Google Play and purchase tickets to use on the day of travel or store them in the secure mobile wallet for future use. Tickets are purchased using a credit or debit card, or via digital wallets such as Apple Pay.

When boarding the bus, select the ticket you want to use, activate the ticket, and show it to the driver.

> If you have any questions about using the WestMore Tix application, please contact the **Westmoreland Transit Center** at (724) 834-9282.

**MORE EFFICIENT
MORE CONVENIENT**

Buy your ticket with the
Westmoreland Transit App

Download from the App Store & Google Play

Download on the App Store GET IT ON Google Play

Westmoreland Transit WEST MORE TIX

**Westmoreland County Transit Authority
wishes you a**

Happy New Year!



Westmoreland Transit
724-834-9282

- Local bus service in Westmoreland County
- Commuter service to Pittsburgh
- Discounts for frequent riders
- Ages 65 + ride FREE

GO
Westmoreland
724-832-2706

- Shared-ride, Door-to-Door Transportation
- Servicing ages 65+, Medical Assistance recipients, Persons with disabilities, and Americans with Disabilities

UPMC Opens Connect Center in Monroeville

By Lois Thomson

"We want to meet people where they are." That, according to Tina Coles, is the reason UPMC decided to open its new UPMC Health Plan Connect Center in Royal Oaks Shopping Center on Golden Mile Highway in Monroeville. The center moved from its previous location in Monroeville Mall, where it had been for the past 10 years, and Coles said, "We wanted to be in the community with the people, we wanted to be a facility to come to."

And the people are coming. Since the opening in October, Coles acknowledged the center has been very busy, saying, "Right now we're in the throes of a busy season of open enrollment. This has been a good

time for us to see what traffic patterns look like here." She is pleased that many of the customers who visited the center in Monroeville Mall were now stopping in at the new location, but added, "I'm surprised at how many more we're getting in addition to our usuals who were coming to see us there."

One reason, Coles believes, is that the facility is situated in a spot between Allegheny and Westmoreland Counties, so it's accessible to people from both areas. "We've had a lot of people coming in from Westmoreland County who are happy we're a lot closer (than the mall). They love this space, they love how big it is, and they're excited to see what else we're going to be doing here."

While the Connect Center is not an Urgent Care Center where one can go to be checked for minor illnesses or injuries, it is a place where visitors can get answers to questions and assistance with a variety of issues. Coles explained, the team can help schedule appointments for services such as a flu shot or mammogram. They can also schedule appointments with a primary care



Tina Coles said the UPMC Health Plan Connect Center intends to plan more events in the coming year. "We'll be really excited to see additional programming and events we can hold in this space. Some of the things we're looking to include are health coaching – come and talk about such topics as diabetes education, healthy eating, smoking cessation. We're looking forward to that. The sky's the limit!"

physician, or offer help with finding a new doctor. In addition, if patients don't have

access to do a virtual appointment at home, the Connect Center offers a telehealth station so they can schedule an appointment with their doctor, then hold their virtual visit there. Visitors can also receive help with managing healthcare bills that they're not sure how to pay.

"Right now, we're making sure people are aware we're here, and we hope people will come and let us help them find the care they need. Basically, any guidance they're looking for, and would like in person care, that's what they can get from us here; we welcome that any time, all year long."

The UPMC Health Plan Connect Center is open Monday – Saturday, 9 a.m. to 7 p.m., and Sunday 11 a.m. to 5 p.m.



For more information, call (412) 290-1896 or visit www.UPMchealthplan.com/connectcenter.

Washington Health System Receives 2023 Press Ganey Human Experience Guardian of Excellence Award®

Washington Health System (WHS) recently announced that their outpatient practices, known as the WHS Washington Physician Group, received the 2023 Human Experience (HX) Guardian of Excellence Award® by Press Ganey, the global leader in healthcare experience solutions and services. This award is part of Press Ganey's annual ranking of top hospitals and health systems based on their performance in patient experience.

"We recognize WHS as a top-performing leader in healthcare for their commitment to delivering exceptional patient experience," said Patrick T. Ryan CEO and chairman at Press Ganey. "They understand the importance of placing patients, healthcare professionals, and industry partners at the core of our work. WHS turns words into action by fostering a future where exceptional healthcare experiences are not just goals, but tangible achievements."

As a winner of the Press Ganey HX Guardian of Excellence Award®, WHS is in the top 5% of healthcare providers delivering

a great patient experience, within the last year.

"To create a positive patient experience, it is essential for everyone to work together," said Stacey Rush, Director of Patient Experience at WHS. "This includes receptionists, schedulers, medical assistants, nurses, and providers. This award is a direct reflection of their hard work."

"Our mission at WHS is Great Patient Care, which means more than just providing you with excellent physical care but also ensuring a great experience inside any of our facilities," said Brook Ward, President and CEO of WHS. "Our devoted team of medical professionals embody our mission every day, which is reflected in this award for patient experience."



To learn more about WHS or to share your patient experience, visit whs.org.

Three reasons to change your Medicare Advantage plan right now



#1 in Member Satisfaction among Medicare Advantage Plans in Pennsylvania



5 out of 5 stars from Medicare for 2024



UPMC *for Life's* Excellent 5 out of 5-star rating from Medicare for 2024 means you can still change your Medicare Advantage plan right now. Here are three important reasons to consider UPMC *for Life*. You may be able to get more benefits, save money, or get better quality coverage.

- 1. Affordable costs.** Plans start as low as \$0 per month and come with \$0 copays for Tier 1 and Tier 2 prescriptions. Most plans offer the UPMC *for Life* Flex Spend Card, which gives you additional dollars to spend however you like on over-the-counter products, medical costs like doctor's office visits, dental services, eyeglasses or contacts, and hearing aids.
- 2. Doctor access.** We have a large network of UPMC and community doctors in your area. Our PPO plans give you national access to the doctors and hospitals you want.
- 3. High quality.** Not only has UPMC *for Life* earned an Excellent 5 out of 5-star rating from Medicare for both our HMO and PPO plans for 2024, but we have also been named one of the "BEST Insurance Companies for Medicare Advantage" in Pennsylvania for 2024 by *U.S. News & World Report* (10-20-23). Plus, earlier this year, UPMC *for Life* received the highest score in Pennsylvania in the J.D. Power 2023 U.S. Medicare Advantage Satisfaction Study of Members' Satisfaction with their Medicare Advantage health plan experience.



Talk to one of our expert Medicare Advisors today. Call toll-free: **1-844-895-8706 (TTY: 711)** seven days a week from 8 a.m. to 8 p.m.



Visit us at upmchealthplan.com/medicare or scan this code with your smartphone to shop online:



UPMC *for Life* UPMC Health Plan Medicare Program

Every year, Medicare evaluates plans based on a 5-star rating system. For more information, visit upmchp.us/awards. Results are based on award eligible plans in Pennsylvania by J.D. Power. For J.D. Power 2023 award information, visit jdpower.com/awards. Out-of-network/Noncontracted providers are under no obligation to treat UPMC *for Life* members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost sharing that applies to out-of-network services. UPMC *for Life* has a contract with Medicare to provide HMO, HMO D-SNP, and PPO plans. The HMO D-SNP plans have a contract with the PA State Medical Assistance program. Enrollment in UPMC *for Life* depends on contract renewal. UPMC *for Life* is a product of and operated by UPMC Health Plan Inc., UPMC Health Network Inc., UPMC Health Benefits Inc., UPMC *for You* Inc., and UPMC Health Coverage Inc.

Y0069_241586_M

Rehabilitation

At FYZICAL Therapy and Balance Center, Excellence and Inspiration Help You Get Your Life Back

By Nancy Kennedy

On December 21, 2020, Shellie Spero went outside to clear the snow from her car. She had no idea that this simple, ordinary act was about to change her life, in dramatic and irrevocable ways. Four days before Christmas, Spero slipped in the snow, falling hard and crushing her ankle. The accident resulted in multiple fractures, foot dislocation, numerous surgical procedures, immobility, pain, long hospitalizations and medical complications. For this athletic, energetic, nature loving young woman, the consequences of the accident were devastating.

Spero had no choice but to endure her long journey to recovery, but she deliberately chose to use the time to heal both her body and her life. She chose a new path – a life of giving to others, helping injured and ill people find strength and renewed health. She spent her own rehabilitation time educating herself and reflecting on the meaning and purpose of her life. Spero found her purpose and her passion in healing others. Today, she is the owner of FYZICAL Therapy and Balance Center in Bridgeville, a dynamic physical therapy facility that offers comprehensive services designed to restore functioning, independence, strength, and wellbeing.

“I was given a second chance to live and that inspires me to give



back and help others,” Spero explains. “I know how it feels to suffer a catastrophic change in your body. I was non-weightbearing for months and was dependent on others. I developed a huge deep vein thrombosis from my ankle to my groin that also broke off into a bilateral pulmonary embolism. Everyone told me I was lucky to be alive.” In such circumstances, Spero says, it is easy to believe that it's all over – that your life will never recover. But

she believes, in fact she knows, that you can not only get your life back, you can make your life even better than it was before your injury or illness.

Spero is certified in medical massage and nutrition, is a Reiki Master and is a life coach. The staff at FYZICAL includes Michelle Darnley, DPT, CLT, an expert in physical therapy and lymphedema treatment, and Marty Kountz, Patient Care Coordinator, plus skilled therapists who help with overflow. FYZICAL opened in December 2022 and is accepting new patients. FYZICAL has reimbursement arrangements with a number of commercial health insurance plans as well as Medicare and PA Medicaid. Although FYZICAL does not

Continued on following page



LOVE YOUR LIFE®

Get the most out of your healing journey.

Want immediate pain relief? **Mention this ad** to get a **complimentary Deep Tissue Laser** treatment with your initial evaluation!



Bridgeville

We are a woman-owned, independently owned business, proud to serve you and our entire community!

3127 Washington Pike, Suite 200
Bridgeville, PA 15017
P: (412) 785-0111
F: (412) 785-0117

Located in South
Fayette Township

www.fyzical.com/bridgeville-pa



To find out more about services at FYZICAL Bridgeville, or to make an appointment, contact us today!

CUSTOMIZED THERAPY

- Balance and Vestibular
- Orthopedic
- Women's/Pelvic Health
- Edema/Lymphedema
- Sports Rehabilitation
- BPPV
- Neurological/Parkinson's
- Chronic/Acute Pain
- Pre- and Post-Surgery
- Fibromyalgia/Arthritis
- Myofascial/Manual
- Concussion Management
- Repetitive Motion
- Accidents/Injuries
- Cardiopulmonary
- Muscle/Joint Issues
- Motor Skills
- Recurring Conditions
- MUCH MORE!

Continued from previous page.

have pediatric services, the facility welcomes adolescents and adults of all ages. FYZICAL offers comprehensive pain management services including Deep Tissue Laser therapy, which is excellent for tissue repair and adhesions and is the same device used by the Pittsburgh Steelers.

FYZICAL Therapy and Balance Center in Bridgeville is a bright, colorful space that features a wall with the words “Love Your Life” – a testament to the spirit of inspiration and optimism that permeate the facility. “We have a mission at FYZICAL: excellent patient care. We care for the whole person with an authentically holistic approach. You may come to us with knee pain, and we will address your pain but also educate you about healthy eating and stress management. We will give you emotional support. You will never feel like a number here; you will feel taken care of,” Spero promises. “At the end of your treatment, when you are free of pain or you are walking again, you can experience the joy of living again.”

A graduate of Penn State, Shellie Spero is a native Pittsburgher who grew up in the South Hills. She loves to hike, walk, travel, play tennis and spend time enjoying nature, especially with her nieces and nephew.



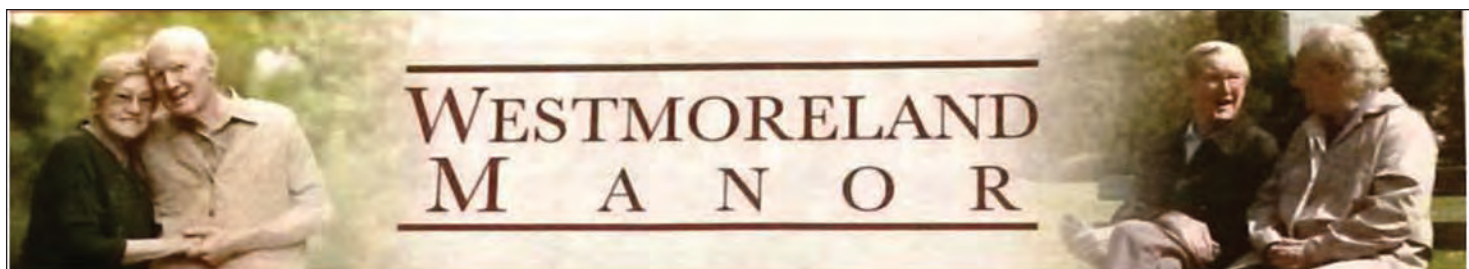
(l-r) Shellie Spero and Michelle Darnley, Ph.D.

> To learn more about the services at **FYZICAL Therapy and Balance Center**, visit www.fyzical.com/bridgeville-pa or call (412) 785-0111.

Caramelize Your Veggies for Sweet Eating

Everyone knows that healthy eating must include fruits and vegetables, and most people find fruit more appealing. To improve the taste of vegetables, *AARP* magazine says, you should caramelize them! Carrots, cauliflower, potatoes, and Brussels sprouts contain sugars that caramelize when exposed to high heat, making them slightly sweet and delicious.

To caramelize, roast the vegetables in your oven at 425 F for 20 to 30 minutes.



A Nurturing Environment for Rehabilitation and Long Term Care

Offering 24/7 Skilled Nursing Care

- Physical, Occupational, and Speech Therapies
- Comprehensive Respiratory Care including Tracheostomy & Non-Invasive Ventilation
- Respite and Hospice Care
- Surgical Recovery

Dr. Thomas DeGregory, Medical Director

www.westmorelandmanor.org

We also offer the Eagle Tree Independent Living Apartments in a Protective Environment

Schedule a tour TODAY!

**Admissions Department
(724) 830-4022**

2480 South Grande Boulevard, Greensburg, PA 15601



Introducing

Medical Profile

New WHS OB/GYN Dr. Joseph Meyn Is Glad to Be Back in Western Pennsylvania

by Andrew Wilson

After spending the past couple years working in the western United States, Joseph Meyn, M.D., a western Pennsylvania native, is excited to bring his obstetrics and gynecology (OB/GYN) practice to Washington Health System (WHS).

“It’s good to be home,” says Dr. Meyn, who grew up in Grove City, Pa. and earned two undergraduate degrees from the University of Pittsburgh. “My parents are getting older, so it’s good to be close to them in case they need help.”

Family is important to Dr. Meyn, a fifth-generation physician who understandably credits his family as the biggest influence on him pursuing a career in medicine. His family has a distinguished legacy, too, as his great, great grandfather was a physician in a rural part of Missouri and had such an impact on his patients’ lives that the county was named after him. This type of dedication to patients has also been passed down to him.

“I’ve found that the most important responsibility is to listen to your patients and be timely,” he said.

As an OB/GYN, he believes good prenatal care is the key to achieving the ultimate goal which is having a healthy baby. This can be especially true when dealing with a woman’s first pregnancy.

“First time mothers don’t know what to expect,” he said. “They have a lot more questions than a mother who has been through it before, but that’s absolutely okay. I always say that I like to deal with small snowballs instead of an avalanche.”

Dr. Meyn describes himself as a “lifetime learner” and a “voracious reader” and not just medical journals. He says he enjoys reading technical journals and history, particularly Greek and Roman history.

“I have had a very good liberal arts education. I have a very curious mind and like to learn new things,” he said, before adding



“WHS has a very good group of physicians, and we like each other and work together well. That benefits our patients. I’ve studied all my life to make sick people better, and I’m looking forward to having a positive impact and helping people.”

-Dr. Joseph Meyn

with a laugh, “You can’t get me out of a Barnes and Noble store in under an hour.”

When he’s not reading, he enjoys being outdoors and lists hiking, biking, hunting and fishing. “Being active outdoors has good mental health benefits,” he said.

Being a voracious reader is important not just for learning or enjoyment, but because medical science is growing at a rate rarely seen if ever.

“The volume of medical information doubles every few years,” said Dr. Meyn. “There is always something new being researched and developed.”

Dr. Meyn credits having worked outside of western Pennsylvania as giving him a great perspective on providing care to his patients.

“I’ve worked in a number of different systems both in Pennsylvania and out west,” he said. “Every place has its challenges.”

He says that one of the challenges that exists in the western U.S. is access to healthcare. While he enjoys working in more rural settings, the greatest problems can involve patients’ access to quality health care.

“People out west may live a hundred miles or more from the nearest hospital, and from the physician’s perspective, you need to have a good peer group to interact with,” he said. “Western Pennsylvania doesn’t have any problems with access or quality.”

One of the things he appreciates about WHS is the collegiality of the medical staff.

“WHS has a very good group of physicians, and we like each other and work together well,” he said. “That benefits our patients. I’ve studied all my life to make sick people better, and I’m looking forward to having a positive impact and helping people.”

WHS OB/GYN Care has a longstanding commitment to provide care to the women of Washington, Greene, and Allegheny counties and has been serving the tri-county area for more than 50 years. They provide a full range of comprehensive obstetrical and gynecological care to the community while still providing personalized attention to each patient.



For more information, please visit WHS on the web at www.ohs.org/obgyn or call (724) 225-3640.

SIGN UP TODAY TO RECEIVE YOUR DIGITAL EDITION OF THE GUIDE TO GOOD HEALTH
Log on to www.guidetogoodhealth.com or email guidetogoodhealthmag@gmail.com



Joint replacement before breakfast and home before dinner.

WHS Center for Orthopedic Excellence is the only local hospital in Washington and Greene County that offers same day discharge for your joint replacement.

With safe, effective pain management and home therapy starting the next day, we allow you to recover and focus on healing in the comfort of your own home. Our goal is to replace pain with relief because when knee and hip pain ends, life begins again.

WHS, orthopedic care that moves you!



Our Primary Care Physicians

WPHO, a partnership of 275 local primary care and specialist physicians and the Washington Health System, was founded in 1994 to assure access and availability of high quality healthcare within our community for your benefit and convenience. Look for these local physicians and healthcare services in your health plan's provider network. That way, you can receive the quality care you need at a location close to home.

Atlasburg

Dan G. Alexander, M.D. (I)
(724) 947-5535
Dan Alexander, MD

Bentleyville

Centerville Clinics, Inc. (F)
(724) 239-2390
Danielle M Zachar, DO

Burgettstown

Cornerstone Care (F)
(724) 947-2255
Jihad S. Irani, MD
Julie Orlosky, DO

Hickory/Burgettstown Family Practice PPCP (F)
(724) 356-2273
Michael Falcione, MD
Bruce Maskarinec, DO
Courtney McCoy, DO

California

Washington Health System Family Medicine-California (F)
(724) 938-7466
Ethan Kobe, MD

Canonsburg

Washington Health System Family Medicine-Canonsburg (F)
(724) 745-4100
Feroza Patel, DO
W. Paul Slomiany, MD
Monica Speicher, MD
Michael Zanic, MD

Rebecca L. Plute, M.D., P.C. (F)
(724) 746-7030
Rebecca L. Plute, MD

Carmichaels

Centerville Clinics, Inc. (F)
(724) 966-5081
Josefina Paderes, MD
Thomas Gregory Wittman, MD

Cecil

Washington Health System Family Medicine-Cecil (F)
(724) 873-7414
Trajan Barrera, DO
Sarah Duncan, MD
Caitlin Matthis, DO
Lauren O' Brien, MD
Bridget Peterson, MD
Mylaina Sherwood, MD

Claysville

Claysville Family Practice (F)
(724) 663-7731
Mark A. Mamros, MD
Elizabeth Oshnock, DO
Kristen Romesburg, DO
Brian Szklinski, MD
Sarah White, DO
Kailey Yancey, MD

Eighty-Four

WHS Family Medicine - Eighty Four (F)
(724) 228-2488
Kevin Boehme, MD

Fredericktown

Centerville Clinics, Inc. (F)
(724) 632-6801
Alvaro Changco, MD
Tara Lemaire, MD

Greensboro

Cornerstone Care (F)
(724) 943-3308
Matthew A Heselton, MD
Peter Lultschik, MD

Hickory

Hickory/Burgettstown Family Practice PPCP (F)
(724) 356-2273
Michael Falcione, MD
Bruce Maskarinec, DO
Courtney McCoy, DO

McMurray

Complete Family Care (F)
(724) 260-0830
Mark A. Mamros, MD
Elizabeth Oshnock, DO
Kristen Romesburg, DO
Brian Szklinski, MD
Sarah White, DO
Kailey Yancey, MD

Lamb Medical (F)
(724) 969-5262
Mary Lamb, MD

Washington Health System Primary Care-Lakeside (F)
(724) 969-1001
Matthew Diulio, DO
Lisa A Goss, MD
Robert Koschik II, MD
Ellen Phillippi, DO
Katherine M. Tadolini, MD

Monongahela

Christa Malinak, MD Family Practice (F)
(724) 565-5393
Christa Malinak, MD

Mount Morris

Cornerstone Care (F)
(724) 324-9001
Amber Renee Warren, DO

Republic

Centerville Clinics, Inc. (F)
(724) 246-9434
Tara LeMaire, MD

Rogersville

Cornerstone Care (F)
(724) 499-5188
John Allison, DO

Washington

Central Outreach Wellness Center *LGBTQ+ Focused Care*
(724) 249-2517
Kyle Duff, MD

Centerville Clinics, Inc. (F)
(724) 223-1067
Shweta Arora, MD
Maria R Bening, MD
Daniel Holt, MD
Jennifer Muhly, MD

Cornerstone Care - Pediatric Associates of Washington (P)
(724) 228-7400
Kyeiwaa Amofa-Boachie, MD
Edward Foley, MD

Cornerstone Care - Community Health Center of Washington (P)
(724) 228-1089
Tara L Braithwaite, DO

Internal Medicine and Geriatrics of Washington (I)
(724) 222-4464
Richard Hahn, MD
William Kottner, MD

PPCP Tylerdale (F)
(724) 222-7240
Sean Kelly, DO
William Sharpnack, DO

The Health Center for Integrative Medicine (F)
(724) 906-4798
Janine Rihmland, MD

Washington Health System Family Medicine-Neighbor Health (F)
(724) 223-3100
Ishwar Bhattarai, MD
Darcy Billisits Giger, DO
Donald Lee Ours, II, DO
Wesley Schettler, MD
Kimberle Vore, MD

Washington Health System Family Medicine-North Main (F)
(724) 225-9970
Kevin Boehme, MD
Sara Casile, DO
Ethan E. Kobe, DO
Carrie D. Schoonover, DO
Steffen Villarma, MD

Washington Health System Internal Medicine (I)
(724) 229-7570
Richard Hart, MD
Thomas Tambouratzis, MD

Washington Health System Washington Pediatrics (P)
(724) 250-6001
Michael Faust, MD
Tera Faust, DO
Benjamin W. Kleifgen, MD
Tina Lengauer, DO
Molly Philbin, DO
Richelle Sommerfield, MD

Waynesburg

Cornerstone Care Pediatric And Family Medicine Center of Way (P/F)
(724) 627-9696
John Allison, DO
Max Chen, MD

Washington Health System Family Medicine-Waynesburg (F)
(724) 627-8080
Lindsey Beabout, DO
Sherry Zimmerman, MD

WVU Medicine Children's Pediatric and Adolescent Care (F)
Daniel Alan Church, MD

HOSPITAL ORGANIZATION PROVIDER NETWORK

Our Specialist Physicians

We have offices conveniently located in the community.

Allergy and Immunology

Kumar R. Patel, MD LLC.
(724) 224-5440
Kumar Patel, MD

Allergy & Asthma Care
(724) 483-2060
Nikhil Davé, MD

Anesthesiology

Keystone Anesthesia
Consultants, Ltd.
(724) 222-7167
Lee Bischof, DO
Gray Goncz, DO
James Massucci, MD
David Odasso, MD

Cardiac Electrophysiology

Regional Cardiac Arrhythmia, Inc.
(724) 222-0436
Maninder Bedi, MD
Christopher Kolibash, MD
Glen Miske, DO

Cardiology

Washington Health System
Cardiovascular Care
(724) 225-6500
Michael Pecora, MD
James Richardson, MD
Sun Scolieri, MD
Brian Staub, MD
Benjamin Susco, MD
Rekhi Varghese, MD
Jose Venero, MD

Cardiothoracic Surgery

WHS Cardiothoracic Surgery
(412) 647-2845
David Haybron, MD
Claudio Lima, MD

Dermatology

Vujevich Dermatology Associates
(724) 228-7006
Ryan Andrulonis, MD
Elizabeth Froelich, MD
Anthony J. Little, MD
John Orr, MD
Christie Regula, MD
Justin Vujevich, MD

Emergency Medicine

EmCare
(724) 223-3085
Richard Aprea, MD
Amarjith Mally, MD
Pascal Phares, MD
Thomas Pirosko, DO

Endocrinology

Allegheny Endocrinology
Associates
(724) 206-9734
Hemlata Moturi, MD

General Surgery

WHS General Surgery
(724) 229-2222
Hiram Gonzalez-Ortiz, MD

Washington & Waynesburg Inpatient Services

EmCare Northeast Region
(724) 579-1654
Laxmi Avula, MD
Linda Belayev, MD
Christian Bolea, MD
Andrew K. Etzel, DO
Chakra B. Gurung, MD
Rabih Hassan, MD
Brianna N. Kobe, DO
Kenechukwu Mezue, MD
Jason Misenhelder, MD
Rebecca Pepper, DO
Alycia Ann Petraglia, DO
Tamara Price, MD
Andria Smith, MD
Hany Samir Tadres, MD

Infectious Diseases

Washington Health System
Infectious Disease
(724) 206-9149
Atif Saeed, MD

Interventional Radiology

Interventional Radiology
Specialists, Inc.
(724) 223-3059
Carl DiGiorgio, DO
Jeffrey Hilger, MD
Philip Wildenhain, MD

Medical Oncology

Oncology Hematology Association
(724) 223-3816
Pritish Iyer, MD
Nitin Kapoor, DO
Mark Knestrick, MD
Gurprataap Sandhu, MD

Nephrology

Kidney Care Center
(724) 229-8834
Joseph DeJonckheere, MD
Amit Nahata, MD

Partners in Nephrology &
Endocrinology
(724) 228-1303
Shirley J. Dopson, DO
Christopher Alen Gisler, MD

Teredesai, McCann
and Associates, PC
(724) 228-2611
Elias Bahta, MD
Alonso Diaz, MD
Ameet Karambelkar, MD
Elizabeth Kurtz, MD
Suiwen He, MD
James McCann, DO
Nirav Patel, MD
Matthew Pesacreta, MD
Joshua C. Sysak, DO
Allen Wolfert, MD
Qizhi Xie, MD

Neurological Surgery

Allegheny General Hospital
Department of Neurosurgery
(724) 228-1414
E. Richard Prostko, MD
Matthew Shepard, MD
Nestor Tomycz, MD
Alexander Whiting, MD
Donald Whiting, MD
Chen Xu, MD

Neurology

Adult Neurology Center, PC
(724) 229-6195
Kent Berkey, MD
Bruce Cotugno, MD

Obstetrics/Gynecology

Washington Health System
OB/GYN Care
(724) 225-3640
Nicole Garcher, DO
Joseph Meyn, MD
William Mitsos, MD
Anne Roslonski, DO
Monica Smith, DO
Marianne Wizda, MD
Brittney T. Zeher, DO

Occupational Medicine

Washington Health System
Occupational Medicine
(724) 223-3528
Scott Leslie, MD

Ophthalmology

Southwestern Pennsylvania
Eye Center
(724) 228-2982
Erik Happ, MD
E. Ronald Salvitti, MD
Jennifer Salvitti Davis, MD
Sean Pieramici, MD

Washington Eye Center, Inc.
(724) 222-3937
Paul Caimano, DO

Oral/Maxillofacial Surgery

Western PA Oral & Maxillofacial Surgery
(724) 223-0579
Steven Krakora, MD, DMD

Orthopedic Surgery

Advanced Orthopaedics &
Rehabilitation, LLC.
(724) 225-8657
Armando Avolio, Jr., MD
Gregory Christiansen, MD
Derrick J. Fluhme, MD
John Gibbons, MD
Patrick McCulloch, MD
Sham Persaud, DPM
Vincent Ripepi, DO
Joseph Stracci, DO

Anthony C. Canterna, MD, LLC
(724) 222-5940
Anthony C. Canterna, MD

Steel City Spine & Orthopedic
Center LLC
(412) 206-6770
Jocelyn R. Idema, DO

UPMC-Orthopaedic Specialists, Inc.
(877) 471-0935
Mark Baratz, MD
Christopher C. Schmidt, MD

WHS Center for Orthopedic
Excellence
(724) 206-0610
Colleen Harriger, MD
Jeffrey Matheny, MD
Edward Poon, MD
Donald Ravasio, DO

Otolaryngology

Washington Ear, Nose & Throat, LLC
(724) 225-8995
Howard Goldberg, MD
Marcus Magister, MD
Edward Stafford, MD

Pain Management

Keystone Pain Consultants &
Interventional Spine Specialists PC
(724) 969-0191
Karthik Dwarki, MD
Richard Plowey, MD

Palliative Medicine

Washington Health System
Hospice and Palliative Medicine
(724) 223-3100
Jaime Nemeth, DO

Pathology

Pathology Associates of Washington
(724) 223-3137
Lawrence Lee, MD
Nathaniel Sherwood, DO
Songtao Wang, MD

(Our Specialist Physicians cont.)

Physical Medicine

Associates in Physical
Medicine & Rehabilitation
(724) 223-9270
Michael Platto, MD

Debra J. Panucci, MD, LLC
(724) 745-3908
Debra Panucci, MD

JW Medical Rehabilitation, LLC
(724) 743-5960
Julia W. Wilcox, MD

Plastic Surgery

Amelia Paré, MD
(724) 941-8838
Amelia Paré, MD

Podiatry

Canonsburg Podiatry Associates
(724) 746-1870
Kathryn Weldy, DPM

Cynthia B. Hatfield, DPM
(724) 222-8883
Cynthia Hatfield, DPM

Grossman Podiatry Center
(724) 222-5230
Adam Grossman, DPM

WHS Center for Orthopedic
Excellence
(724) 222-5635
Ryan J. Lerch, DPM
Nicholas Lowery, DPM
Alissa Renee Parker, DPM

Psychiatry

WHS Center for Mental Health
and Wellbeing
(724) 627-2756 Wayn.
(724) 579-1075 Wash.
Richard O. Ajayi, MD
Bryan Lockmer, DO

**Pulmonary & Critical Care
Medicine**

WHS Pulmonology, Thoracic
Surgery & CCM
(724) 222-2577
Mohamad Al-Abed, MD
Nadine Dandachi, MD
Ziad Ismael, MD
Cornelia Savopoulou, MD
Mark Sperry, MD

Radiation Oncology

Washington Health System
Radiation Oncology in Partnership
with UPMC Cancer Center
(724) 223-3788
Ziad Fawaz, MD

Radiology

Greater Washington Radiologists, Inc.
(724) 223-3300
Giovanna Aracri, DO
Kevin Birnie, MD
William Castro, MD
William Conroy, MD
Anthony Corsino, DO
William Downer, MD
Michelle Kirshen, MD
David Leukhardt, MD
Dina Novitskaya, MD
Wilson Pyle, MD

Thoracic Surgery

WHS Pulmonology, Thoracic
Surgery & CCM
(724) 222-2577
Mathew A. Van Deusen, MD

Transgender Medicine

Central Outreach Wellness Center
(724) 249-2517
Kyle Duff, MD

Sleep Medicine

WHS Center for Recovery &
Wellness
(724) 627-2756 Wayn.
(724) 579-1075 Wash.
Richard O. Ajayi, MD

Urology

WHS Urology
(724) 229-2424
Damon Hoffmann, DO
Alexander Katich, DO

Timothy P. Weyrich, MD
(724) 942-3963
Timothy Weyrich, MD

Vascular Surgery

UPMC Heart & Vascular
(412) 802-3333
Raymond Eid, MD
Lindsey M. Haga, MD

Wound Care

Washington Health System
Wound Center
(724) 223-6903
(724) 627-1600
Ryan J. Lerch, DPM
Nicholas J. Lowery, DPM
Alissa R. Parker, DPM



WASHINGTON HEALTH SYSTEM
whs.org

Additional list of services at convenient locations in Washington & Greene Counties

Washington

Washington Hospital
Inpatient and outpatient services
including:

- Cancer Care
- Emergency Care
- Hospice and Palliative
Medicine
- Heart, Lung and Vascular
Services
- Orthopedics and
Neurosciences
- Surgical Services
- Women's Health Services

Wifred R. Cameron
Wellness Center

- Health & Fitness Center
- Corporate Wellness Services
- Spa Harmony
- Live Well Yoga & Pilates

Medical Plaza - Wellness Way

- Outpatient Rehabilitation
- Physical Therapy
- Occupational Therapy
- Hand Clinic
- Speech Therapy

- Nutritional Services
- Wound and Skin Healing

**Outpatient Center - Neighbor
Health**

- Diabetes Education
- Family Medicine Center
- Laboratory
- Occupational Medicine
- Radiology

**Outpatient Center - Meadows
Landing**

- Women's Center
- Lab Services
- Tri-State Surgery Center

Greenbriar Treatment Center
Inpatient Drug and Alcohol
Rehab Services

Donnell House
Hospice Care
Palliative Medicine

Strabane Trails of Washington
Senior Independent Living

Strabane Woods of Washington
Senior Assisted Living

Canonsburg
Family Medicine Center -
Canonsburg And Laboratory
Services

Cecil
Outpatient Center - Cecil
Family Medicine Center
Diagnostic Center

Peters Township

Medical Plaza - Peters Township
Children's Therapy Center
Diagnostic Center

Waynesburg

Medical Plaza - Greene County
Laboratory
Radiology EKGs

Greene Hospital

Inpatient and outpatient services
including:
Cardiovascular Services
Diagnostics
Emergency Care

Greene Plaza

WHS Center for Mental
Health and Wellbeing

New Wellness Center Offers Wesley Family Services Staff, Community Services Focusing on Quality Whole Person Care

It's been a long day. After working on her feet all day and handling several stressful situations at work, Alicia clocks out at her job, and knows she needs a healthy way to wind down and reset.

Luckily – the solution – and the service – is nearby, in the form of Wesley Family Services' Wellness Center, located at Wesley's Pioneer location.

The Center is a microcosm of WFS's care model, Quality Whole Person Care (QWPC), embodied in one room. Here, all the senses are considered. Visitors are greeted with abundant greenery and plush, stylish chairs, completed with the relaxing sounds of a waterfall and even, at times, aromatherapy.

It's just one room, but its purpose is much bigger. Inside this space, WFS staff and members of the community work to access and address their personal wellness. For some, that looks like attending a yoga class. For others, they may brush up on their financial knowledge, or maybe learn a new skill like knitting or CPR.

Services are available to individuals already served by Wesley, as well as WFS employees, and community members.



Interested in attending an event or service at the Wesley Family Services' Wellness Center? Visit <https://wfspa.org/service/wellness-center/> to access a calendar of events.

By incorporating QWPC, the Wellness Center's purpose is to improve health outcomes and overall quality of life. This is accomplished by assessing and addressing both Behavioral Health (BH) and Social Determinants of Health (SDoH) needs and offering activities, workshops and groups related to Substance Abuse and Mental Health Services Administration's (SAMHSA) eight dimensions of wellness, which include intellectual, emotional, environmental, physical, social, occupational, financial, and spiritual needs.

Thanks to financial support from the Community Foundation of WC in partnership with the Westmoreland County Commissioners and Westmoreland County Department of Human Services, the Wellness Center opened its doors in September of 2023. The opening was benchmarked by an open house event and a visit from the Pennsylvania Department of Human Services Secretary Dr. Val Arkoosh.

Upcoming offerings include a homemade soap-making class, cardio sessions, mindfulness guidance, education on scams and fraud, overdose reversal education, gratitude journaling and more.



TRI-MEDICAL

ESTABLISHED 1993

Incontinence Solutions that Give you Peace of Mind

We offer quality products delivered directly to your home.

We Provide:

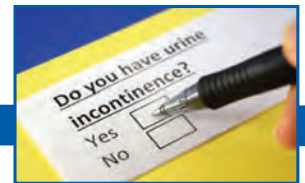
- Diapers and Pull-ups (sizes child through adult)
- Bladder Control Pads
- Reusable Underpads
- Disposable Underpads
- Intermittent Catheters

TRI-MEDICAL

800.541.0734

www.trimedonline.com

Office Hours... Monday - Friday
8:00 am - 4:30 pm



Tri-Medical has received the DME Exemplary Provider™ Accreditation from The Compliance Team™ every year since 2007 for achieving quality standards and excellence in healthcare.

Dealing with incontinence can be difficult at any age, but helping a child with a disability learn to manage incontinence can be especially challenging.

We participate with the following:

- PA Medicaid • Ohio Medicaid
- UPMC Community Health Choices
- Geisinger Family Health Plan
- UnitedHealthcare Community Plan
- Gateway Health Plan
- UPMC for You
- Amerihealth Community Health Choices
- PA Health and Wellness Community Health Choices

Let our professional staff help guide you every step of the way.



Children With Special Needs



Shake Your Booties, Back to the 80s Gala to Help Raise Critical Funds That Support Children and Families

Attention all you dudes and dudettes! The Children's Home of Pittsburgh & Lemieux Family Center is revving up for another exciting Shake Your Booties Gala this spring. We are heading 'Back

to The 80s' at The Rivers Casino on Saturday April 20, 2024 and you can go with them! This epic event will feature entertainment by the Pittsburgh band 'Totally 80s' and be emceed by CBS Sports reporter, Aditi Kinkhabwala.

Are you a 'bodacious' dancer or a 'maverick' with moves? Either way, Totally 80s, the Pittsburgh 80s tribute band will take you on a musical journey back to the heyday of MTV, Miami Vice, John Hughes movies, big hair, legwarmers, and the diverse music that defined a generation and lives on today! At Shake Your Booties, dance the night away with all your favorite pop/rock hits from artists such as Prince, Madonna, Journey, Duran Duran, Cory Hart, and Cyndi Lauper.

Event Emcee, Aditi Kinkhabwala, who some may know as a CBS sports reporter and frequent guest on The Fan podcast, instantly felt a connection to the mission of The Children's Home of Pittsburgh when connecting to the organization last year. The Children's Home is honored to have Aditi back to emcee the event for the second year in a row. She is a resident of the Pittsburgh area and a mother of two. Her genuine care and concern for the children and families served at The Children's Home is extremely apparent. Aditi's support in organizing this year's gala has been instrumental to the event's promised success.

Shake Your Booties will feature a night filled with live and silent auctions, mystery bags, wine toss, dancing, and an opportunity to help The Children's Home "Fund the Mission." Shake Your Booties is one of the biggest and best events of the year, with a goal to raise \$250,000 to enrich and grow all The Children's Home's programs: Adoption, Child's Way®, Pediatric VIEW, Family Centered Therapy Services, Counseling and Family Support Services, and the Pediatric Specialty Hospital, where no family leaves the hospital with a bill! The gala will be so good that all 80s babies will say "it's bad!"

> Are you ready to *Shake Your Booties Back to The 80s?*
You can help children and their families at **The Children's Home** by purchasing a ticket or a table, becoming a sponsor of the event or even donating an item to be auctioned off at the silent or live auction. For more information about the event or to purchase your tickets today, go to www.childrenshomepgh.org/SYB. See you back in the 80s!

Recognizing the Symptoms of Learning Disorders

Because young children may have difficulty expressing themselves, it can be hard to discover if they have a learning disorder. However, being aware of such a problem can have a vital impact on their learning success, so it's important to recognize any symptoms as soon as possible.

Learning disorders can come in a wide range of areas, including reading, writing, math, and socializing. Among the signs to look for are:

- Not being able to grasp such skills at or near the appropriate age levels
- Having trouble understanding and following instructions
- Lacking coordination while walking or playing sports
- Having trouble completing homework and assignments on time
- Acting defiant, angry or having extreme emotional reactions

While all children may experience trouble at times, parents or guardians should seek help if symptoms last for several months; the earlier a problem can be diagnosed the better, because the issue will likely worsen. If you have concerns, check with the school or with a private evaluator who may recommend an evaluation or tests. If an issue is determined, the professional may suggest extra help, like a tutor; accommodations in the classroom; occupational or speech therapy; or medicine or dietary changes.



COMING THIS SPRING IN THE GUIDE TO GOOD HEALTH: AUTISM

For information on editorial and advertising opportunities, email goodhealthmag@aol.com

Join Us For
SHAKE YOUR BOOTIES
BACK
TO THE **80s**
20 ▶ APRIL 2024

LEARN MORE AND PURCHASE
TICKETS TODAY



OUR ANNUAL GALA HELPS TO RAISE
CRITICAL FUNDS TO SUPPORT CHILDREN
THROUGH ALL OF OUR PROGRAMS

childrenshomepgh.org/syb



EVENT HOST
ADITI KINKHABWALA



SUPPORTING CHARITY CARE
FOR CHILDREN + FAMILIES



EVENT CHAIR
JULIA TAYLOR

Living Well With A Disability

Washington Office of Voices for Independence/TRPIL Unveils Grand Opening

By Lois Thomson



Voices for Independence/TRPIL CEO, **Shona Eakin** (Front Center), holds the ceremonial grand opening scissors, flanked by dignitaries/speakers (L-to-R): Longtime supporter of the organization, **Ed Morascyzk**, Former PA State Representative and longtime supporter of the organization, **Leo Trich**, Peters Township Chamber of Commerce Executive Director, **Amy Petro**, UPMC for You President, **John Lovelace**, Business Owner and Peters Township Chamber of Commerce board member, **Missy Harding**, longtime supporter of the organization, **Bracken Burns**, and members of PA State Representatives Natalie Mihalek & Guy Reschenthaler's offices.



Voices for Independence Wellness Center Coordinator **Matt Sabatini** (L) and Voices for Independence Director of Fitness and Wellness **Brian Petersen** (R) meet with Washington County Commissioner and longtime supporter of the organization, **Larry Maggi** (Center), in the newly remodeled UPMC Health Plan Wellness Center, while a consumer exercises in the background.

People who were familiar with the former YWCA building at 42 West Maiden St. in Washington, Pa., have been very appreciative of how renovations made by Voices for Independence (VFI) and Transitional Paths to Independent Living (TRPIL) have maintained much of the original structure. However, one look inside the building reveals features that are far more impressive. What's inside is a program and community center that will provide more resources and services to individuals with disabilities in the community, helping them to live more independently.

The Grand Opening took place Dec. 8. Steve Johnson, director of marketing for TRPIL in Washington and the affiliated VFI in both Washington and Erie, said there was a "great turnout from the public and dignitaries and people who helped with the capital campaign to get us where we needed to be for the funding renovations."

Johnson said UPMC Health Plan reserved naming rights for two areas in the building. "The UPMC Health Plan Wellness Center is a fully accessible fitness gym with dedicated personal trainers who can help provide adaptive workouts, and the UPMC Health Plan Internet Café is where people can access computers, use the printers, and meet with a dedicated café manager who can help them learn about using that technology and more."

Johnson said live demonstrations were featured in the UPMC Health Plan Wellness Center all day long, where people with disabilities were working out. "Having dignitaries and donors witness the live demonstrations was important, because they were able to see exactly how their support is impacting people." He pointed out that it was equally important for consumers to see somebody else with a disability exercising, and perhaps thinking, "If they can do that, maybe I can, too."

Continued on following page

Continued from previous page.

In addition, Johnson said there were live demonstrations of assistive technology – showcasing anything from an adaptive clip to hold a phone that would be mounted to a wheelchair, to a 3D printer working to build items people use every day. He added how heartwarming it was to overhear people saying how impressive the assistive tech area was, or that this might be a good fit for a family member.

Renovations have been in the works for years, and Johnson commented, "This building used to hold weddings, sock hops – it was fun to hear these stories. We're looking to continue the history of serving the community, just in different ways."

Johnson concluded, "Seeing people come in from all levels – from executives to end-users; from 'I'm familiar with you and your services,' to 'I remember when this used to be the YWCA,' it was great to see the community come together. No matter who visited that day, each person left with a greater understanding of what we did and how we could help them or a loved one, and that was the goal."



UPMC for You President **John Lovelace** (L) and UPMC CHC Vice President **Brendan Harris** (R) speak with Voices for Independence/TRPIL CEO **Shona Eakin** (Lower L) and Voices for Independence/TRPIL receptionist, **Dorinda Hill** (Lower R).

Steve Johnson said it was "great to see the looks on everyone's faces when they realized we maintained the integrity of the building, yet we're bringing something new to the mix like modern-day assistive technology, a modern-day accessible kitchen, a modern-day adaptable wellness center. All of these things were a great mix of the building's history, and going into the future with accessibility for folks with disabilities."

The facility is open Monday – Friday, 8:30 a.m. – 4:30 p.m.

For more information, call (724) 223-5115 or visit www.vficil.org.



BEFORE & AFTER SHOTS

of the building's fireplace/mantle, located in the newly remodeled UPMC Health Plan Internet Café, throughout the years. The first picture features the YWCA founders, and the last picture features former TRPIL CEO, **Kathleen Kleinmann** and current Voices for Independence/TRPIL CEO, **Shona Eakin**.

Introducing Nick Consoli, new Chief Development Director

By **Lois Thomson**

Following the December opening of the new Voices For Independence (VFI) and Transitional Paths to Independent Living (TRPIL) community center in Washington, Pa., VFI has hired Nick Consoli as chief development officer.

Consoli said that even though he just came on board a few weeks ago, he has already had a chance to observe the activity at the facilities and hear the amazing stories that are taking place in Western Pennsylvania through the programs offered. This year marks the 30th anniversary for VFI, and Consoli said that while different celebrations are planned, the most important thing for the organization is to remain focused on serving the disability community in the 27 counties where VFI operates.

Consoli will be working out of the new Washington office at 42 W. Maiden St., and will also spend time in the Erie office. He can be reached at (724) 223-5115 or nconsoli@vficil.org.



Nick Consoli



Careers In Healthcare

America Needs More Nurses Teaching Nurses, But the System Has to Change to Get Them

By Susan Kelly, EdD, MSN, RN, CNE, CHSE, CMSRN

Nursing isn't only taught in the classroom. It's taught by nurses working in the hospital caring for patients and showing students how it's done.

Nursing schools combine classroom learning with hands-on experiences, assigning students to clinical instructors — practicing nurses who can teach while working — for rotations in a clinical setting. A vital component to nursing education, these experiences provide nursing students invaluable skills needed to deliver safe and competent care.

But American medical care has a serious problem. The COVID-19 pandemic made the nationwide nursing shortage worse — and with it the shortage of clinical instructors and of nursing school faculty. The American Association of College of Nursing reports that significant faculty shortages, and not student interest, are limiting the number of students being admitted to nursing schools.

Barriers to teaching

New nurses learn from experienced nurses, and without enough nurses to care for patients, fewer experienced nurses will be available to teach as clinical instructors. Additionally, many nurse educators begin their careers as clinical instructors before going on the further education (a Master's in Nursing, called an MSN) that will qualify them to teach in a nursing school.

Unfortunately, graduate school is not an option for many nurses due to family obligations, finances or current career obligations. These are people who already teach and have much to offer, facing a barrier that affects them and, increasingly, all of us.

The Pennsylvania State Board of Nursing — which oversees regulatory mandates for nursing schools — and the Commission on Collegiate Nursing Education require nurses who teach for a school of nursing, college or university have a minimum education level of an MSN degree or an active plan to earn one in five years.

That usually makes sense. But during this unprecedented nursing shortage, this requirement impedes our ability to hire qualified clinical instructors — not to mention prepare more nurses.

I have had to turn away qualified nurses who are educators in the hospital but who do not hold an MSN. A highly qualified registered nurse (RN) who has obtained a master's in science in another discipline, even if they work at a hospital as a nurse educator or administrator, cannot teach clinical instruction unless they return to school to obtain the required MSN or a doctorate in nursing.

The reason? The graduate degree must be in nursing. Graduate degrees in public health, business administration or health care leadership are not acceptable.

Review standards


During this nursing shortage — a problem that affects patient care — we need to review the standards and offer practical solutions that will enable students to receive a quality clinical education. We need to examine the educational requirements for clinical instructors.

First, nursing could waive the required criteria of having or obtaining an MSN for clinical instructors without jeopardizing patient safety or diminishing nursing clinical education. (The



The American Association of Colleges of Nursing reports that significant faculty shortages, and not student interest, are limiting the number of students being admitted to nursing schools.


-Susan Kelly



NOW MORE THAN EVER NURSES ARE NEEDED.

WE'RE HERE TO HELP YOU REACH YOUR GOALS AS A NURSE.

[LEARN MORE](#)



DUQUESNE UNIVERSITY
School of Nursing

Continued on following page

Continued from previous page.

Post-Gazette has editorialized in favor of this.) Nurses with a bachelor's degree in nursing (a BSN) working at the bedside have the best clinical expertise to teach students at the bedside. The MSN could easily be postponed.

In K-12 education, Pennsylvania waived select certification criteria in order to hire teachers across the Commonwealth. Why can't the nursing profession be afforded similar solutions?

I recommend a two-year grace period during which BSN-prepared nurses be permitted to work as a clinical instructor without the requirement of enrollment in a graduate program. Instead, appropriate continuing nursing education seminars and webinars — which are offered by many institutions — can be required to further educate new clinical faculty on clinical teaching theory, skills and evaluation.

Second, we must review candidates who want to teach nursing holistically. Nurses with graduate degrees in public health or healthcare leadership can provide valuable insight, especially on

complex patient care after enduring a global pandemic.

Third, academic institutions and clinical partners must work to find solutions to help nurses who want to teach. They should consider offering substantial tuition remission and flexible scheduling to allow them time to teach. The grace period and flexibility will allow them to pursue higher degrees and eventually enter the classroom, and thus help to solve the nurse faculty shortage.

The drastic and worsening nursing shortage affects all of us as all of us will be touched by a nurse within our lifetime. A person who desires to be a nurse should not be turned away because of outdated and rigid barriers impeding highly qualified registered nurses who have the desire to teach the next generation of nurses.

> **Susan Kelly** is Clinical Associate Professor and Director of Undergraduate Clinical Faculty and Affairs, **Duquesne University School of Nursing**. For more information, contact nursing@duq.edu or (412) 396-6550.

Employment Opportunities



NOW HIRING CAREGIVERS IN YOUR AREA!

PAID TRAINING, PAID TIME OFF (PTO), COMPETITIVE PAY,
TIME AND A HALF ON HOLIDAYS WORKED, AND MORE!

724-223-5115 • APPLY NOW AT WWW.VFICIL.ORG OR SCAN THE QR CODE!



Western Pennsylvania Guide to Good Health

Place an advertisement for

Employment Opportunities in Healthcare



Take advantage of our distribution throughout the healthcare community and continuum of care to reach experienced healthcare professionals, nurses, caregivers and allied health professionals and healthcare support staff.

Advertise your
job openings and career
opportunities in the Western
Pennsylvania Guide to
Good Health.

Call 412-877-5321 or email
goodhealthmag@aol.com today
to place your ad.



Community LIFE,
a Program of All Inclusive
Care for the Elderly,
wants to hire YOU!

We are a staff focused organization with a 20+ year history of serving older adults in their homes and at our adult day centers.

We are seeking CNAs, Home Health Aides & Nurses throughout Allegheny and Westmoreland counties. We offer excellent pay and benefits, and many schedule options. Home Health Aides start at a minimum of \$16 or higher based on experience.

Find your new job at www.commlife.org/jobs

Honor Your Body Offers Couples Massage Workshops

By Lois Thomson

Most people would agree that communication is key when it comes to interaction with others, but Carrie Shaley believes that is especially true when it comes to couples massage. Carrie and her mother, Carol, founded Honor Your Body – an LGBTQIA+ small business – that has been open since 2015 in the South Hills of Pittsburgh.

Honor Your Body is a massage therapy business, catering to both individuals and couples. With regard to the latter, Carrie said, "We basically teach couples very simple things, because a lot of people don't know where to start or what to do to create intimacy and the therapeutic touch within their partnership."

She explained what takes place during a session: Clients watch while Carrie works with someone on the massage table, usually her mother or brother. She does the face, scalp, sub-occipital release (a technique that helps for headaches or neck or shoulder tension), and hands. "I demonstrate and talk through everything, while demonstrating on my mom or my brother. Then the client can mimic what I'm doing (on his or her partner), and I try to give step-by-step instructions on what to do."

She said the clients are fully clothed, and she doesn't touch them during the sessions. "The interaction is between them, so I feel if I interject physically into their space, that might disrupt their connection.

"We talk a lot about communicating with your partner as to



what feels good, what may not, how much pressure to use. I give little tips in this area that it might feel better to use more pressure, or less." For example, she said when she talks about massaging the scalp, she'll say medium to firm pressure is usually preferred, and slow movement, to really relax the scalp. "I will mention that this is one of those spots where communication is important – maybe they want more pressure or maybe they don't want as much."

She used her mother and brother as an illustration, saying that both have sinus issues, but when she works on her brother "I could lift his cheekbones off his face" because he wants more pressure. On the other hand, her mother prefers a more gentle touch. Carrie reiterated, "It's all very simple, but it's creating that communication and therapeutic touch within your partnership."

Continued on following page



Health and Healing through Massage Therapy

Couples Massage Workshop

In this massage therapy workshop, couples will learn several therapeutic massage techniques that they can utilize at home with their partner.

Techniques learned in this fun, hands-on workshop will cover massage of the face/scalp, hands, neck/shoulders, and feet (includes foot scrub and foot massage).

At the end of class, each couple will receive a basket of products for a Date Night at Home.

Special pricing for this workshop is \$150 per couple.

MASSAGE AND ENHANCEMENT SERVICES

- Therapeutic
- Oncology
- Prenatal
- Medical (Auto, WC, VA)
- Couples
- Aromatherapy
- Hot Stone
- Foot / Back Scrub
- Scalp and Cupping

DIY SOAP AND CANDLE MAKING LAB

- Candle Tins and Jars
- Melt and Pour Soap
- 1,000's of Soap Designs
- 100's of Soap and Candle Scents
- 100's of Colors

HANDCRAFTED BODY CARE PRODUCTS

- Goat Milk Soap
- Bath Bombs
- Bar & Liquid Soaps
- Shower Steamers
- Lip Care
- Lotion & Scrubs



Honor Your Body

WELLNESS

www.honoryourbodywellness.com • 412-212-0231
2961 West Liberty Ave, Suite 223 • Pittsburgh, PA 15216

Honor Your Body Continued from previous page.

Carol Shaley makes all of the lotions used in the classes. When clients first come in they are able to pick the lotion they would like to use from among dozens of scents. The classes last between 1 1/2 to 2 hours, depending on how many couples participate, and are offered Saturdays at 10:30 a.m. or 6:30 p.m., and Fridays at 6:30 p.m. Reservations may be made online.



At the end of the massage session, couples are given a gift basket to take home that contains the same materials used in the class – lotion, body butter, and foot scrub, along with a little heart soap and a massage candle. Also included is a sheet with instructions on everything that was gone over in the workshop – all perfect for a date night at home.



> For more information, call (412) 212-0231 or visit www.honoryourbodywellness.com.

Fun Facts About the Differences Between Men and Women

Despite the cries for equality between men and women, there are very real – and important – differences between the two sexes. These differences give each one unique strengths, and can help offer a better understanding of individual health needs.

Let's look at some of the physiological, biological, and nutritional – and fun – differences between men and women:

- Men's skin is typically thicker by about 25 percent.
- On average, men have more muscle mass than women, and those muscles are faster and more powerful. But women's muscles more readily resist fatigue and are faster to recover.
- The index finger is the second longest finger for most women, but men's ring fingers are often longer than their index fingers.
- A woman's circadian rhythm (physical, mental, and behavioral changes that follow a 24-hour cycle) is more likely to be six-minutes short of a 24-hour period.
- During exercise, women's primary fuel is fat, while for men, it's carbohydrates.



- Men have pronounced Adam's apples, because they have larger voice boxes that make the surrounding cartilage stick out more.

- Men and women carry different amounts of body fat. The higher body fat in women – about 10 percent – mostly supports reproductive composition. One example is when a woman's body fat gets too low, she stops menstruating.

- Women typically carry their body fat in their hips and thighs, while in men, fat tends to deposit around their stomachs.

- Men are more likely to be night owls,

while women function better during periods of sleep deprivation.

- Men are less sensitive to cold temperatures.
- With 50 more cells (neurons) in their olfactory bulbs – the part of the brain responsible for processing smells – women have better senses of smell. They also usually have more taste buds than men.
- On average, men are more likely to be colorblind, but their eyes also sense movement better. Women are better able to distinguish small differences in color.



REMEMBER
to sign up
for your **FREE**
subscription

Email guidetogoodhealthmag@gmail.com and SIGN UP for FREE digital edition and E-Newsletter

To receive your own copy direct mail, complete the following and mail to **Western Pennsylvania Guide To Good Health**
2574 Oldfield Avenue, Bethel Park, PA 15102

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____



Senior Guide

Senior Health
Senior Living • Senior Resources

LIFE Is About Helping Seniors Remain Independent and Safe in their Homes

By Andrew Wilson

While medical issues can force elderly people out of the homes they have lived in for years, concern over whether they can live independently and safely may start long before any health problem is discovered.



quality of life. Dr. Hebert explains that ADL may refer to non-medical issues like transportation, grocery shopping, cleaning the house, or bathing and personal care. “Someone from our team will assess what is necessary to keep the person safe at home.”

Deanna Guarnaccio, outreach supervisor for LIFE Pittsburgh, an all-inclusive program that helps older adults stay in their homes safely, says the calls they receive come from three main sources.

“Many times, it’s not just a medical issue that our patients have, but they need help with activities of daily living, what we refer to as ADL,” said Randy Hebert, MD, the medical director of Community LIFE, an all-inclusive program empowering older adults to remain in their homes, while preserving their dignity, independence, and

“When I describe the incoming calls we receive, I put them into three buckets,” she said. “There are older adults calling for help, adult caregivers who are calling for help, or referrals from physicians, hospitals, or assisted-living facilities.”

Continued on following page

YOU’RE SAFER AT HOME. YOU’RE SAFER... WITH LIFE.



LIFE Pittsburgh is an all-inclusive program for individuals 55+ who want to stay in their home, but need supportive services to do so. Our coordinated plan of care includes medical, social and daily living support. At LIFE Pittsburgh, seniors are treated with the respect and dignity they deserve. LIFE Pittsburgh goes beyond simply “treating medical problems” to actually improving the quality of life for most of our Participants. There is no cost to receive LIFE Pittsburgh services for those who qualify.



www.lifepittsburgh.org

412-388-8050 TTY:711

Continued from previous page.

With the U.S. population aging, there is a soaring demand for at-home care, and organizations like the Pennsylvania LIFE Provider Alliance (PALPA) works with LIFE (Living Independence for the Elderly) providers – like LIFE Pittsburgh and Community LIFE – across Pennsylvania to help seniors lead healthy, safe, and independent lives in their homes and communities.

Because everyone is different, the signals of when someone needs assistance may differ for each senior. Dr. Hebert and Guarnaccio both listed a few things that adult children or caregivers should be alert for.

- **Falls** – it may be just a misstep or a sign of a bigger problem.
- **Changes in behavior** – a home that was always kept neat, may appear in disarray.
- **Challenges to daily living** – laundry may pile up, meals not prepared, etc.
- **Cognitive issues** – bills go unpaid, some answers to questions may not make sense

“There are varying degrees of care needed for each person,” said Dr. Hebert, who added that some people require care more often than others. “Some people we will see several times a week and others we may only see once a month. We tailor our services to what type of interaction the person needs and wants.”

Both Community LIFE and LIFE Pittsburgh are much more than home-care agencies. Both will come to the person’s home and make assessments of what is needed for the senior to safely remain in their home.

“Some people may not appear to need more than one service, but as we dig a bit, we may find that they do need more than one service,” said Guarnaccio. “And as seniors get older, their needs may increase. We can increase the amount of services that we provide.”

While medical care is one of the services provided, some of the non-medical services also have health implications. For example, a common problem seen involves transportation. If seniors still drive, they may only feel comfortable driving on familiar roads. Such an outlook may cause them to reschedule or cancel doctor’s appointments, which may result in them not getting the medical care that they need in a timely manner. Another issue could be meal preparation. If seniors aren’t eating properly, that can lead to health problems, too.

“All of our services are based on actual needs of the individual,” said Guarnaccio, who added that the services offered include recreational therapy, social work, physical and occupational therapies, registered dietitian, personal care, and adult day health centers. “The program is free for all who qualify financially through Pennsylvania’s medical assistance program.”

Dr. Hebert said that he likes the way that his wife, who is not in the healthcare field, describes the work that he does.

“She tells people that I work for a non-profit that helps people stay in their homes who would otherwise be in a nursing home,” he said.



“The program is free for all who qualify financially through Pennsylvania’s medical assistance program.”

Dr. Deanna Guarnaccio



“Some people we will see several times a week and others we may only see once a month. We tailor our services to what type of interaction the person needs and wants.”

-Dr. Randy Hebert

About Community LIFE

Community LIFE is an all-inclusive program empowering older adults to remain at home, while preserving their dignity, independence, and quality of life. For more information, please call **1-(866) 419-1693**, email info@commlife.org, or visit us on the web at www.commlife.org.

About LIFE Pittsburgh

LIFE Pittsburgh is an all-inclusive program for individuals 55+ who want to stay in their home but need supportive services to do so. Our coordinated plan of care includes medical, social, and daily in-home living support. At LIFE Pittsburgh, seniors are treated with the respect and dignity they deserve. To learn more about your eligibility and/or the process of enrolling, please contact **(412) 388-8050 TTY: 711**

and ask for the Enrollment Department or visit the website www.life pittsburgh.org. Reach out if you need extra support.

- Head and Foot Adjustable
- Adjustable Leg Height

**Catnapper
POWER LIFT
CHAIR**

- Sturdy arms
- Full Lay-Out comfort
- 350 lb capacity

Starting at

\$849

+ tax

While Supplies Last

FREE delivery

FREE setup

Adjustable Bed with Firm or Plush
Innerspring Mattress

Twin X-Long
or Queen

\$1099

+ tax

401 East 8th Avenue • Homestead, PA 15120

412.462.7858

www.SleepPittsburgh.com

The Dirty Dozen

By Nick Jacobs

When I turned 75, a college friend sent me an article written by a 60-something oncologist who proclaimed, "Once you get to age 75, you should just stop getting tests because you've made it." It seemed like a really good idea at the time because, as one of my board members used to say, "If you think you're healthy, it's only because you haven't had enough tests."

In fact, during my last visit to my PCP, I signed off on all end-of-life, DNR medical directives and told everyone I was just fine with the fact that I've lived a full life. All my male relatives had passed, and the ones who made it beyond 75 were few and far between.

A trip to the Canadian Rockies changed all that, however, when I wasn't sure if I was experiencing indigestion, angina from the heart blockage diagnosed four years earlier, or altitude sickness. When I returned from the trip, it occurred to me that if there was some easily reversible heart issue, maybe I should get that taken care of, so I'd have a few more quality years with the family and friends that I love.

That decision, however, resulted in a trip down the healthcare lane that can only be described as everything I had not wanted to experience. Instead of a CAT scan of my heart, I was prescribed an exercise thallium stress test. That, of course, led to an ultrasound of my carotid arteries, and while they were at it, an ultrasound of my kidneys. (Cysts had appeared on a CT scan from 2019, and they thought a follow-up was a good idea.)

When told that the procedure to fix my heart was not available locally, I reached out to another heart center to see if it could be done there, and they insisted that I have an echocardiogram to check on my previous artificial heart valve. Everything was relatively okay. That was test number four.

Oh, and I forgot to mention that for the last six weeks, my back has been on the blink, requiring multiple visits to physical therapy, a chiropractor, an MD for muscle relaxants and anti-inflammatories, a back X-ray (Test five), and finally, a visit to an osteopath in Pittsburgh who gently fixed me so that I could stop screaming every time I moved.

Earlier this fall, I contracted a virus, and my blood count came

back with iron deficiency anemia, which could come from some type of malfunctioning GI tract. But even after negative stool samples, (test number six) I had to have a colonoscopy and an EGD. (Numbers seven and eight).

To have the last two mentioned tests, there had to be a commitment to a process that requires you to eat no solid food for 24 hours and to drink something that tastes similar to battery acid. Not that I've ever tried battery acid, but this stuff is not a drink you'd like to buy from a street vendor at the beach.

After a dozen or more trips to the bathroom, I had to get up at 4 am to be at the hospital by 5. Those tests resulted in two snips of pre-cancerous polyps, and an order for another test where I'll swallow a pill and then search for it to make sure it leaves my body. (Test number 9).

Tests 10 and 11 were follow-up repeat tests of the carotids and kidneys which resulted in my back going out again, and no discoveries except for some non-actionable blockages in the carotids, a prostate that is enlarged but not malignant, re-confirmation of discs 4 & 5 being screwed up, and still no cause for the iron deficiency anemia, but I can schedule the heart procedure whenever. Another blood test followed. (Test 12).

Like the man said, "If you think you're healthy, you just haven't had enough tests. Maybe I should have stopped getting tested at 75. (My age, not the number of tests!)"



Nick Jacobs is a partner with SMR, LLC and founder of the Academy of Integrative Health and Medicine, former board member of the American Board of Integrative Holistic Medicine, Jacobs maintains a website, Healinghospitals.com.



Would You Benefit from Medication Management?

Medication management is a plan of interacting between patients and caregivers to create a complete and accurate medication list using the "brown bag method." This method encourages patients to bring all of their medications and supplements to medical appointments, so clinical staff has an opportunity to review and discuss what the patient is taking.

Medications play a critical role in the treatment of both physical and mental health issues, and the right ones can reduce or eliminate symptoms and significantly improve quality of life. However, the "right ones" is the key. Health professionals want to make sure patients are taking the "right" drug and the "right" dose at the "right" time.

Even those patients who are diligent may not be aware of or understand side effects of their prescribed medications, or how they may react with other meds, or even certain foods, alcohol, etc.

Engaging in a medication management program can help to alleviate some of these issues.



Get to know



A health and social service plan that can help keep seniors at home

For qualified seniors, we provide:

- A healthcare team to oversee your needs
- Eight Health and Wellness Centers
- Transportation to and from our Health and Wellness centers, as well as to medical appointments
- Homecare

Conveniently located in:

Logans Ferry Tarentum Mon-Valley East End
McKeesport Homestead Somerset Bedford

For a FREE tour and lunch, call 1-866-419-1693 TTY 711
www.commlife.org

Senior Living

At Peoples, we understand it can sometimes be difficult to pay your gas bill. We're here to help you find the best solution to keep you safe and warm.

Customer support programs including LIHEAP and CAP are available if you're in need of financial assistance. Start by visiting Peoples' ProgramFinder at www.peoples-gas.com/help. This is an anonymous and confidential tool that can help you find out which assistance programs you may be eligible for.

"Especially during the winter months, we want our customers to know: Peoples is here to help," said Rita Black, director of community assistance programs for Peoples, an Essential Utilities company. "We are dedicated to helping our customers in need find the best possible solution to keep them safe and warm by educating them about the various assistance programs available to them."

Keep your family warm with the following tools and programs:

- ProgramFinder is a tool to help you determine if you're eligi-

**Need Help
With Your
Gas Bill?
Use Peoples'
Online
ProgramFinder
for Assistance**



ble for Peoples' customer support programs. Visit www.peoples-gas.com/help to get started.

- CAP is a program that allows you to pay an affordable bill based on your household income. Customers may earn monthly credits to reduce their balance faster.

- Low Income Home Energy Program, or LIHEAP, is a federally funded grant program that applies a grant directly to your gas bill account.

**If you or someone you know is experiencing financial hardship
with winter heating bills, Peoples is here to help.**

Visit www.peoples-gas.com/help or call 1-800-400-WARM.

**A place
to live.
A path
to launch.**

**Guaranteed rent.
Good tenants.**

Great choice.

"As a landlord using Housing Choice Voucher Program, I got to help my hometown, while receiving guaranteed monthly rent. It's a win-win."



**Housing Choice
Voucher Program**



**Executive Director
Caster D. Binion**



HACCP

Housing Authority
City of Pittsburgh

www.haccp.org

Follow us on Twitter @
<https://twitter.com/haccp1>



Celebrating 50 years of independent living with dignity



"A Place You are Happy to Call Home"

CHRISTIAN HOUSING, INC.



For 50 years, Christian Housing has provided safe, comfortable, community living for adult seniors and for persons with disabilities.

Located throughout the Pittsburgh area, as well as in Greensburg, Elk County and Indiana, Pa.

Our 15 facilities offer a variety of community services that meet the well-being and financial needs of our residents.



Alverno Apartments
98 Hawthorne Road
Pittsburgh, PA 15209
412.821.7080



Beechview Manor
1926 Pauline Street
Pittsburgh, PA 15216
412.571.2999



Creedmoor Court
1050 Creedmoor Avenue
Pittsburgh, PA 15226
412.344.1540



St. Augustine Plaza
230 Thirty-Sixth Street
Pittsburgh, PA 15201
412.683.6155



Sto-Rox Plaza
731 Chartiers Avenue
McKees Rocks, PA 15136
412.331.4112



Alexis Manor
10100 Old Perry Hwy
Wexford, PA 15090
724.935.7411



Germaine Harbor
100 Germaine Drive
Bethel Park, PA 15102
412.833.9818



John Paul Plaza
1005 Herron Avenue
Pittsburgh, PA 15219
412.683.5850



St. Joseph Terrace
45 Plum Street
Weedville, PA 15868
814.787.8772



St. Ambrose Manor
1235 Yetta Avenue
Pittsburgh, PA 15212
412.322.2111



Leo Meyer Manor
1015 Church Avenue
McKees Rocks, PA 15136
412.331.8000



Gilbert Straub Plaza
620 Reamer Avenue
S. Greensburg, PA 15601
724.832.2280



Clairvaux Commons
100 Clairvaux Drive
Indiana, PA 15701
724.349.2920



Fox Township Manor
108 Irishtown Road
Kersey, PA 15846
814.885.6855



St. Thomas More Manor
1000 Oxford Drive
Bethel Park, PA 15102
412.833.2410

We invite you to join us and experience the enriched joy of Senior Living.

*Experience
All the Comforts
of Home!*

Christian Housing, Inc.
3898 Old William Penn Highway
Pittsburgh, PA 15235

Visit our website at www.christian-housing.org or call (412) 646-5193



BRIGHTWOOD PLAZA

Apartments



- 1 Bedroom..... \$1,190
- 1 Bedroom with Den.... \$1,295
- 2 Bedrooms, 2 Baths.... \$1,350

All utilities included!

2023 Apartment Excellence Award Winner

- Huge floor plans with sunken living rooms and large bay windows
- Controlled access buildings with intercom
- Easy access showers available in the two bedroom units
- Convenient to bus, trolley, and 3,000 acre county park

Brightwood Plaza Apartments

4940 Brightwood Road, Bethel Park, PA 15102
 Office (412) 831-9454 • Fax (412) 831-5733
 Email: brightwoodplaza@verizon.net



HERITAGE VALLEY SENIOR LIVING COMMUNITY

Heritage Valley Senior Living Community offers seniors a choice of living accommodations with Independent Living, Personal Care, and Memory Care.

412.331.6139



30 - 32 Heckel Road • Kennedy Twp., PA 15136
heritagevalley.org/services/senior-living/



NEW!
 Opening
 Spring 2024

Edgewood Center Retirement Residence
 200 Towne Center Drive
 Pittsburgh, PA 15218
412-731-1810



Beautiful Senior Apartments Near You!

"More than just a place to live!"

Carson Retirement Residence
 2850 East Carson Street
 Pittsburgh, PA 15203
412-481-0700

Munhall Retirement Residence
 1000 Andrew Street
 Munhall, PA 15120
412-462-3200

South Hills Retirement Residence
 125 Ruth Street
 Pittsburgh, PA 15211
412-481-8100

Carnegie Retirement Residence
 200 Railroad Avenue
 Carnegie, PA 15106
412-276-0102

Plum Retirement Residence
 620 Repp Road
 New Kensington, PA 15068
724-339-2925

Summit Retirement Residence
 125 South Sixth Street
 Duquesne, PA 15110
412-466-7755

Emerald Hills Retirement Residence
 5785 Saltsburg Road
 Penn Hills, PA 15147
412-793-3339

Retirement Residence of Glassport
 220 Erie Ave.
 Glassport, PA 15045
412-999-1051

The Oaks Retirement Residence
 2967 Jacks Run Road
 White Oak, PA 15131
412-675-0412

Morningside Crossing
 1808 Jancey Street
 Pittsburgh, PA 15206
412-441-1140

Ross Hill Retirement Residence
 7500 Ross Park Drive
 Pittsburgh, PA 15237
412-847-0161

Woodcrest Retirement Residence
 1502 Woodcrest Ave.
 Moon, PA 15108
412-264-0918



a.m. RODRIGUEZ ASSOCIATES inc.
 CMS Housing

www.cmshousing.com

TTY: 711



SENIOR RESOURCES



HOME CARE

LIFE Pittsburgh

412-388-8050
www.life pittsburgh.org

HOSPICE

VITAS

800-723-3233 • VITAS.org

INCONTINENCE

Tri-Medical

800-541-0734 • www.trimedonline.com

INSURANCE

Crystal A. Manning, Licensed Medicare Advisor

412-716-4942
crystalmanning33@gmail.com

Medicare Specialists of Pittsburgh

412-343-0344 • medipgh.com

PA MEDI

412-661-1438 • wfspa.org/service/pamedi

UPMC Health Plan Medicare Advantage Programs

1-844-443-7927
TTY: 1-800-361-2629
upmchealthplan.com/medicare

SENIOR LIVING

Brightwood Plaza Apartments

4940 Brightwood Rd, Bethel Park
412-831-9454
brightwoodplaza@verizon.net

Christian Housing, Inc

412-646-5193
www.christian-housing.org
Safe, comfortable, community living for adult seniors and persons with disabilities at 15 facilities throughout Pittsburgh area, as well as Greensburg, Elk County and Indiana, PA.

CMS Housing

800-545-1833
www.cmshousing.com

Heritage Valley Senior Living

412-331-6139
https://www.heritagevalley.org/
services/senior-living/
Independent Living; Personal Care, Memory Care

SENIOR LIVING

Housing Authority City of Pittsburgh

412-456-5000 • www.hacp.org
Offers seniors safe housing and a high quality of life. Amenities such as security cameras, appliances, digital literacy services, Tenet Council events and more.

Westmoreland Manor / Eagle Tree Apartments

2480 S Grande Blvd, Greensburg
724-830-4000

SENIOR SERVICES

Community Life

1-866-419-1693 www.commlife.org

LIFE Pittsburgh

412-388-8050
www.life pittsburgh.org/Senior Services

Peoples Gas – Dollar Energy Fund

1-800-400-WARM (9276)
peoples-gas.com/help
If you or someone you know is experiencing financial hardship with winter heating bills, call 1-800-400-WARM.

SKILLED NURSING & REHABILITATION

Presbyterian SeniorCare

1-888-448-5779
SrCare.org

Wesley Family Services

412-345-7420 or 724-205-6282
wfspa.org

Westmoreland Manor

724-830-4022
www.westmorelandmanor.org

TRANSPORTATION SERVICES

Westmoreland Transit

1 (800) 221-9282
Door-to-door service to older adults 65+ and people with disabilities. Older Adults 65+ ride FREE, Commuter service to Pittsburgh

To be included in this affordable directory, email goodhealthmag@aol.com or call (412) 877-5321

Is Hospice Care Right for Your Loved One?

VITAS® Healthcare provides quality of life for patients near the end of life.

When a family member is struggling with advanced illness, hospice care can offer compassionate support during this difficult period. With the VITAS comprehensive guide, Thinking About Hospice: Discussion Guide for Families, you'll begin to understand available options and be able to make well-informed decisions about the care of your loved one.

Download the discussion guide at HospiceCanHelp.com.

VITAS
Healthcare

800.723.3233 | VITAS.com

    | Since 1980



Healthcare DIRECTORY



In order to choose a health professional who is right for you, you need information. The following guide is a good place to start.

ADDICTION/SUBSTANCE ABUSE

Gateway Rehab
1-800-472-1177
gatewayrehab.org

CARDIOVASCULAR

Heritage Valley Health System
724-773-4502
HVMG Health & Vascular Center– Beaver
HVMG Heart & Vascular Center –
Calcutta/East Liverpool
HVMG Heart & Vascular Center –
Ellwood City
HVMG Heart & Vascular – Kennedy
412-777-4386
HVMG Heart & Vascular Center –
Leetsdale
John “Tito” Francona Heart & Vascular
Center - Beaver
www.heritagevalley.org/services/cardiology/
www.heritagevalley.org/services/c
cardiovascular-services/

**St. Clair Health
Cardiovascular Services**
412-942-4000
stclair.org/cardiovascularservices

WHS Cardiovascular Care
724-225-6500
whs.org/cardiovascularcare

CAREERS IN HEALTHCARE

**Duquesne University
School of Nursing**
www.duq.edu/academics/colleges-and-
schools/nursing/

**Washington Health System
School of Nursing**
whs.org/schoolofnursing
724-223-3167

CHILDREN WITH SPECIAL NEEDS

**Children's Home & Lemieux
Family Center**
412-441-4884
childrenshomepgh.org

DAY CARE/SPECIAL NEEDS

**Child's Way /
The Children's Home of Pittsburgh &
Lemieux Family Center**
412-441-4884/Childrenshomepgh.org

FLU VACCINATION

Allegheny County Health Department
425 1st Ave, 4th Floor Pittsburgh, PA
15219 412-578-8062
For more information, visit
AlleghenyCounty.US/Influenza

HEALTH, WELLNESS AND FITNESS CENTERS

**The Community & Recreation Center
at Boyce Mayview Park**
412-221-1099
www.twpusc.org/crc/cre-home

**WHS Wilfred R Cameron
Wellness Center**
724-225-WELL • wrcameronwellness.org

HEARING

**Rametta Audiology &
Hearing Aid Center**
Tarentum - 724-604-4006
Vandergrift – 724-571-2224
Squirrel Hill – 412-422-8006

HEPATITIS VACCINE

**Allegheny County Health Department
Immunization Clinic**
412-578-8062

HOSPITALS

Advanced Surgical Hospital
724-884-0710 • www.ashospital.net
Orthopedic Surgery Hospital
Onsite MRI and PT/OT Services

Heritage Valley Health System
HeritageValley.org • 1-877-771-4847
Heritage Valley Beaver 724-728-7000
Heritage Valley Kennedy 412-777-6161
Heritage Valley Sewickley 412-741-6600

St. Clair Health
412-942-4000 • stclair.org

WHS Washington Hospital
724-225-7000 • www.whs.org

IMAGING

**St. Clair Health Medical
Imaging Services**
Offered at outpatient centers in Mt. Lebanon,
Bethel Park, and Peters Township
412-942-8150
stclair.org/medicalimaging

IMAGING

**Heritage Valley Robinson Twp
Medical Neighborhood**
Positron Emission Topography (PET)
CT Scans available
Appointments, call 866-251-0710.

MASSAGE THERAPY

Honor Your Body Wellness
412-212-0231
www.honoryourbodywellness.com

MEDICAL EQUIPMENT

Sleep Pittsburgh
Lift Chairs • Mattresses • Beds
412-462-7858
www.SleepPittsburgh.com

ORTHOPEDICS

**Advanced Orthopaedics &
Rehabilitation**
1-800-828-CAST (2278)
www.advancedorthopaedics.net

Heritage Valley Orthopedics
Heritage Valley Beaver 724-775-4242
Heritage Valley Kennedy 412-787-7582
Heritage Valley Sewickley 412-262-7800
www.heritagevalley.org/services/
orthopedics/

**St. Clair Health Center
for Orthopedics**
412-942-4000
stclair.org/centerfororthopedics

**WHS Orthopedics
and Sport Medicine**
724-206-0610 • whsdocs.org

ORTHODONTICS

Good Orthodontics
Washington 724-225-1114
Mount Lebanon 412-344-4663
Pleasant Hills 412-655-4660

PEDIATRICS

WHS Washington Pediatrics
724-250-6001 • www.whs.org

PHYSICAL THERAPY

Fyzical Therapy & Balance Centers
McMurray, Bethel Park, Cecil
724-941-7070
www.fyzical.com

PHYSICAL THERAPY

WHS Outpatient Rehabilitation
724-250-6280 • whs.org/rehab

PHYSICIANS

**Heritage Valley Robinson Township
Medical Neighborhood**
HeritageValley.org
Home to a variety of services and physician
practices.

**HVMG Park Manor Medical
Associates**

2201 Park Manor Blvd
412-749-6920 • HeritageValley.org
Same Day Sick Visits, Self scheduling at
cms.hvhs.org/carelink/

**St. Clair Health
St. Clair Medical Group Network**
physicians.stclair.org

**Washington Physician
Hospital Organization
Provider Network**
whs.org - See pages 21-24

REHABILITATION

**Advanced Orthopaedics
& Rehabilitation**
1-800-828-CAST (2278)
www.advancedorthopaedics.net

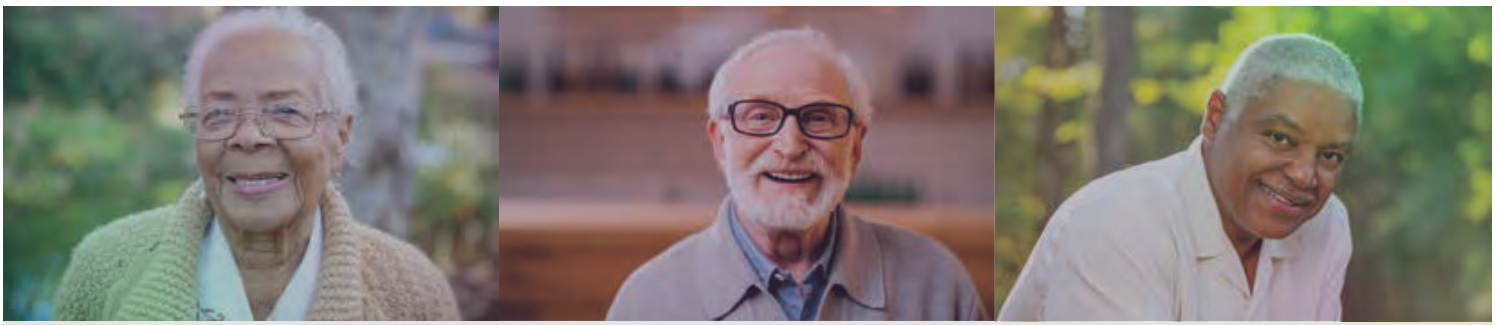
VEIN CARE

Three Rivers Vein Center
412-677-9842
threeriversveincenter.com

WOMEN'S HEALTH

**Advanced Women's Care of
Pittsburgh, P.C.**
724-941-1866
www.advancedwomenscareofpgh.com

*To be included in this
affordable directory, email
guidetogoodhealthmag@
gmail.com or call
(412) 877-5321*



DO YOU HAVE QUESTIONS?

Long-term Care Insurance and Coverage, Original Medicare, Medigap (Medicare Supplement), Medicare Part D-Advantage, Prescriptions Drug Plans, Financial Assistance, Medicare Appeals, Long-term Care, Coordination Benefits?

PA MEDI counselors are specially trained and certified through Area Agency on Aging to provide easy-to-understand, objective information that is detailed and personalized to your unique insurance needs and options.

PA MEDI does NOT sell or recommend insurance.
PA MEDI can be trusted to be accurate and unbiased.

Call **PA MEDI** at **412.661.1438**
or visit **wfspa.org/service/pamedi**

This project was supported, in part by grant number 2201PAMIAA-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

This advertisement is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1.9 million with 100% funding by ACL/HHS. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.





Shannon, Dormont
Company President
Jazz Dance Team Member
Cancer Survivor

WHERE YOU'RE
MORE THAN
A PATIENT

MAYO CLINIC
CARE NETWORK



Member



St. Clair
Health