

EVERY DAY



ACL REPAIR

RETURNS CHERYL TO
BEING THE BEST MOM,
PLAYER, AND COACH



ALSO INSIDE:

KNEE REPLACEMENT
BREATHES NEW LIFE INTO
RETIREMENT PLANS
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A hospital is made up of many vital parts, each operating independently to make the whole mechanism work. No one part is more important than the other, but instead each brings vitality to a successful organization.

That's what we have at Evangelical—amazing teams, each doing what it needs for us to be our best.

Recently, it was announced that we've earned the US Centers for Medicare and Medicaid Services Five-Star Quality Status. This is an amazing accomplishment that was only achieved through the hard work and collaboration of our staff and providers, who are all focused on delivering the highest quality of care to our patients.

To say I'm proud of our Hospital is an understatement. Through the dedication of staff and providers, we've been able to critically look at ourselves to affirm what we do well and pave the way to being even better.

We hope that you, as our patients and community, continue to work with us as



one of the most important components of the big picture, to let us know where and how we can serve you best. For now, though, we celebrate our achievement and feel honored to know we are answering the healthcare needs of our community.”

Kendra A. Aucker
Kendra Aucker, President and CEO



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The **SMART** Way TO SHED POUNDS

Losing weight can be overwhelming and knowing where to start can be difficult. Setting SMART (specific, measurable, achievable, relevant, time-bound) goals can help break down the goal of weight loss into manageable steps and takes into account what a person can control. Below are some tips for setting SMART goals:



SPECIFIC

The goal should be clear and concise: "I want to lose 15 pounds in the next six months."



MEASURABLE

Determine how to track progress: "I will weigh myself weekly and track my progress using a weight loss app."



ACHIEVABLE

Consider lifestyle, eating habits, and what can be realistically achieved: "I will lose one to two pounds per week through healthy eating and regular physical activity."



RELEVANT

Ensure goals align with overall lifestyle and values: "Losing weight will improve my overall health and prevent health conditions associated with excess weight."



TIME-BOUND

Setting a timeframe gives a sense of urgency: "I will achieve my goal of losing 15 pounds in six months, starting today."

In addition to setting SMART goals, it's important to have a plan in place to achieve them. This could include creating a meal plan, scheduling workouts on a calendar, or seeking support from a friend or professional. Weight loss is a journey, and it's normal to experience setbacks. Making sustainable changes for health and wellness is the first step to success.



For additional support or to schedule a health coaching session, call Evangelical Community Health and Wellness at **570-768-3200**.

Evangelical Care Fund

Answering
Community
Needs

When you support the Evangelical Care Fund, the cornerstone of the Hospital's fundraising, you help the Hospital sustain vital programs, grow services, upgrade equipment and facilities, and plan for the ever-changing healthcare needs of our community.

The Care Fund provides a foundation of financial support for the following:

- Charity care for those patients who are unable to afford the cost of their care
- Community Health and Wellness programs for children, like bike helmet fittings, car seat safety programs, and school-based programming to build healthy lifestyle habits for nutrition and wellness that can last a lifetime
- Prenatal and postpartum educational programs for mothers at The Family Place, Evangelical's obstetrical unit
- Reduced or no-cost mammography screening at the Thyra M. Humphreys Center for Breast Health
- Accessible healthcare for the Hospital's service regions through Mobile Health of Evangelical
- Compassionate end-of-life care at Hospice of Evangelical
- Equipment purchases to ensure Evangelical remains on the cutting edge of healthcare technology



To support the
Evangelical Care Fund, visit
www.EvanHospital.com/support
or call **570-522-2685**.

Kickin' It

ACL Repair Puts Selingsgrove Resident Back on the Turf

For Cheryl Underhill, 38, Selingsgrove, soccer has been a way of life for as long as she can remember.

A soccer athlete in her childhood and through college, she continued that love for the sport into adulthood, playing in a women's league and now coaching at Selingsgrove Area High School. And it's a family affair: her daughters, 5 and 8, also play, and she coaches their teams, too.

"I've been playing a long time, so in the fall of 2021, when I was playing in my league at Sports Zone, I never thought that would be the day I would tear my ACL," said Cheryl.

The anterior cruciate ligament (ACL) is one of the key ligaments that help stabilize the knee joint and can often be injured or torn by sudden twisting motions, like those associated with soccer play.

“Every person I encountered—from Dr. Reish to the nurses and others in recovery—made sure I was comfortable and comforted.”

— CHERYL UNDERHILL, SELINSGROVE



For Cheryl, the left knee injury was immediately known and painful. “It was clear from the moment it happened I did serious damage, completely tearing the ACL.”

The obvious inability to play was there, but more disheartening was the way it impacted her ability to be a mom.

“I struggled going up and down stairs,” she said. “That’s not where you want to be when you need to take care of your kids.”

Cheryl met with Matthew Reish, MD, SUN Orthopaedics of Evangelical, someone she knew had a good reputation for dealing with soccer injuries and the knees in general.

“My approach as a physician is to talk to the patient about not only the injury but also what they see on the other side of healing,” said Dr. Reish. “I talk them through what their goals are, how they relate to the injury they have, and what is reasonable through treatment and recovery. It’s important to understand where we are and where we’re going.”

“I felt very comfortable with the plan Dr. Reish came up with for me and my recovery, knowing my goal was to get back on the field. I loved that I was told everything to expect before, during, and after surgery.”

Cheryl was impressed with the quick scheduling of the surgery as well as the forethought to be fitted and have an ACL brace created that she could use immediately after surgery.

Surgery was in January 2022. Cheryl was equally impressed by Hospital staff during her same-day surgical experience. “I had pain when I woke up from the way my body handled the pain block, and since there were still visitation restrictions in place because of COVID-19, I was alone. Every person I encountered—from Dr. Reish to the nurses and others in recovery—made sure I was comfortable and comforted.”

Two to three days after surgery, she was back at SUN Orthopaedics for follow-up and scheduling of rehabilitation at the Selinsgrove location of Physical Therapy of Evangelical.

“They were so flexible and worked around my schedule. As a first-grade teacher in Danville, I was in my brace, on crutches, and back to work in a week.”

Through physical therapy appointments and exercises she was shown how to do properly on her own, Cheryl was cleared to do all activities in 11 months.

“My knee feels as close as you can get to 100 percent—zero pain, zero issues, minimal scarring—and I’m back to full play with my women’s league.”

One of the outcomes is a richer sense of connection as a coach.

“Now that I have gone through an ACL injury, I can better help my players work through their own ACL injuries. I can reassure them that it doesn’t have to be the end of a playing career and that if I can go through it and recover, so can they.”



To learn more, visit www.EvanHospital.com/SportsMedicine or call **1-800-598-5096**.

Matthew Reish, MD | 16 Years of Practice

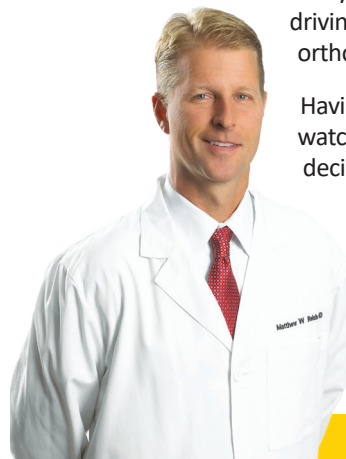
ABOUT ME

I worked in several different fields before deciding to get into medicine and orthopaedics specifically. I realized creating relationships with people was important, and my desire to help others and work with my hands was a strong driving force for choosing orthopaedic surgery.

Having played and watched sports all my life, I decided to pursue a sports medicine fellowship, where I learned the most advanced techniques in treating sports-related injuries.

It is exciting to be able to offer a solution to patients who have lost the ability to do something they enjoy or are passionate about. The constant advancement in technology and science that focuses on patients with musculoskeletal problems continues to energize me about the field.

Away from work, I enjoy spending time with my wife and children. We love to travel and explore other parts of the country and the world. Golfing, fly fishing, being in the outdoors, and skiing as a family are the ways I fill my days. In addition to being a dad, I enjoy being on the field—I’ve coached all of my kids in soccer and have loved every minute.



THRIVING THROUGH TRANSITION

Menopause: all women face it, some fear it, some see it as a welcome event. Regardless of the feelings surrounding it, providers at OB/GYN of Evangelical are prepared to help women through the transition.

“Menopause is not a black-and-white event where it happens and then it is over,” said Russell Stankiewicz, MD FACOG, CCD, NCMP. “It is a stage or phase where over time hormonal influence declines.”

In the United States, the average age a woman enters menopause is 51.7 years old. Most women can anticipate transitioning between 45 and 55. During perimenopause, or the transitioning phase, the body’s production of estrogen and progesterone, two hormones made by the ovaries, varies greatly. True menopause doesn’t happen until one year after a woman’s final menstrual period.

The menopausal transition affects each woman uniquely and in various ways. The body begins to use energy differently, fat cells change, and women may gain weight more

easily. Changes in bone or heart health, body shape and composition, or physical function may happen.

“I guide my patients as they approach their mid-40s in knowing what they should be looking for with regard to menopause,” said Dr. Stankiewicz. “Start early to focus on becoming more ‘health aware’—don’t obsess but begin to pay attention to the changes in your body and in your health. Start taking proactive steps to focus on lifestyle changes that can have a huge impact on tolerance of menopause and leading a longer, overall healthier life.”

Dr. Stankiewicz explains that estrogen is cardio and cerebral-vascular protective in nature. “Your heart and mind can be impacted through the menopausal transition and beyond. So don’t brush off any new changes. A yearly wellness exam is a key component to preventive care.”

This phase in life shouldn’t be embarrassing. Talk to a provider about your concerns because in almost all cases, the earlier we approach something medically, the more we can help. There is a constant discovery of new treatments and tactics that become available.

Dr. Stankiewicz advocates for women in his approach. “If you are having painful intercourse, the hot flashes are disrupting life, or incontinence becomes an issue, talk to us. We’ve been trained and are here to make the transition a positive one,” said Dr. Stankiewicz.



Call **570-523-8700** to schedule an appointment today!

MENOPAUSAL SIGNS AND SYMPTOMS

- Hot flashes
- Chills
- Night sweats
- Irregular periods
- Vaginal dryness
- Sleep problems
- Mood changes
- Weight gain and slowed metabolism
- Thinning hair and dry skin
- Loss of breast fullness



TURNING the Tide on



Better
Sleep

SELF-ASSESSMENT

Check the box next to any statement that applies to you:

- I am age 30 or older
- I can fall asleep in less than five minutes.
- It takes me longer than 30 minutes to fall asleep.
- Upon waking, I feel like I can't move.
- I sleep at inappropriate times throughout the day.
- I require caffeine to remain alert during the day.
- I lead a sedentary lifestyle.
- I experience short-term memory loss.
- I snore, especially with choking, gasping, or pauses in breathing. *(Ask someone who knows your sleep patterns to help answer this.)*
- I have a tingling or creeping sensation in the legs, especially at night.
- I'm unable to fall back asleep if I wake during the night.
- I have vivid dreams as I doze or fall asleep.
- My arms and legs jerk as I sleep. *(Ask someone who knows your sleep patterns to help answer this.)*

Adequate sleep is fundamental for everyday function. Being able to achieve enough hours of sleep in a night will get you the rest you need to wake each day feeling energized.

Getting enough sleep has multitudes of health benefits. When you sleep more, you get sick less often, stay at a healthy weight, lower your risk for serious health problems, reduce stress, and think more clearly. Sleeping more also helps with mental health by reducing depression and anxiety symptoms, allowing you to get along better with people.

If fitness is your goal, sleeping more will increase athletic performance and make it easier to lose weight and gain muscle mass. When you're tired, your ability to perform basic motor functions and tasks is inhibited. Getting enough sleep will allow you to perform safely and at your best.

Over 50 million Americans are affected by a sleep disorder. If left untreated, sleep disorders can leave you in jeopardy of serious injury plus cause headaches, mood swings,

depression, and memory problems.

Some of the most common sleep issues that lead people to seek professional help are:

- Excessive snoring
- Insomnia
- Excessive sleepiness
- Restless legs during the night

While these sleep issues are the most common, many environmental or physical problems can affect your sleep. The professionals at The Sleep Disorder Center of Evangelical can help develop a plan that best suits your symptoms and needs so you can begin to wake up each morning refreshed.



If you checked more than two boxes, you may benefit from a sleep study.

Ask your personal physician for a referral to The Sleep Disorders Center of Evangelical or call **570-522-4275**.

EVERYTHING WORKING TOGETHER

KNEE REPLACEMENT BREATHES NEW LIFE INTO RETIREMENT PLANS

After years of deterioration in his knee, a result of earlier-in-life damage from playing in sports, John Wengren, 66, of Catawissa, decided it was time to take a serious look at what options he had for better mobility.

The problem was that his right knee was bone-on-bone, and he found himself compensating with the other leg. “I was doing it for so long that the other leg was starting to hurt,” said John. “Working and kneeling in my rock garden was difficult, hiking was nearly impossible, and I had to sit when I played with my band.”

After seeing an advertisement about joint replacement at SUN Orthopaedics of Evangelical, John began talking to friends, coworkers, and neighbors about his knee. Resoundingly, SUN Orthopaedics had positive reviews from those who had undergone surgery or were loved ones of joint replacement patients.

He made an appointment, and under the care of Charles Cole, MD, John committed to a joint replacement in March 2023.





“After my initial and follow-up appointments, I was well-prepared and knew what was going to happen,” said John, “I had a feeling of comfort and knew I was in good hands

because it was clear the whole system of people working together—between SUN Orthopaedics and the Hospital—works.”

The surgery went exactly as planned and required a one-night stay in the Orthopaedic Unit of the Hospital. From the beginning of pre-op through his last minute of stay, John was impressed by the entire healthcare team.

“Every single person was personable from beginning to end, and they made sure I knew where I was landing every

step of the way. They even made sure my wife, April, was comfortable, telling her what room I would end up in for my stay so she could go there and wait for me.”

Outside of the Hospital, John used Physical Therapy of Evangelical in Elysburg for his post-op rehabilitation, where he progressed quickly. He was back to work after five weeks, feeling almost totally normal, with only slight pain here and there.

“Within a year, I hope to retire, and I am so thankful I can do whatever I want to do and enjoy every moment,” said John. He’s already planning the next part of his journey now that he feels like he can do more, which includes wine making and motorbiking as well as getting back to his gardening, hiking, and kayaking.



To learn more, call
1-800-598-5096
or visit our website,
www.EvanHospital.com/Ortho.

Charles Cole, MD | 31 Years of Practice

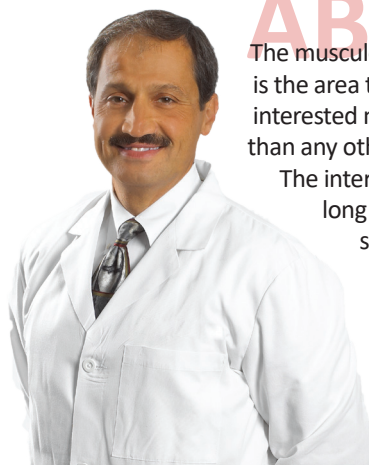
ABOUT ME

The musculoskeletal system is the area that has always interested me much more than any other in medicine.

The interest was sparked long before medical school, so it was an easy choice to choose orthopaedics as a specialty.

My wife and I both attended college in this area, and together we have five children. This area of Snyder, Union, and Northumberland counties is the best place to practice and raise a family.

Outside of work, I enjoy spending time with my wife and children, deepening my faith, and doing outside work like building and restoration projects.



PACKING MORE PROTEIN IN YOUR DIET

Protein is referred to as the “building blocks” for bones, muscles, cartilage, skin, and blood. Including a variety of protein foods on your plate can offer the body a wide range of nutrients, such as B vitamins, vitamin E, iron, zinc, magnesium, and omega-3 fatty acids. Those nutrients reduce your risk of developing chronic diseases. At around 50 years old, you must begin to increase your protein intake to prevent the loss of lean muscle mass.

When possible, get your protein from plants:

- Beans, peas, and lentils
- Hummus with vegetables
- Nuts and seeds
- Quinoa, a whole grain, in place of pasta

Other healthful protein options:

- Eggs can be enjoyed on their own or in a mixed dish.
- Add yogurt with granola and fresh fruit.
- Eat a variety of fish and other seafood, at least 8 ounces a week.
- Choose lean or low-fat meat and poultry.

CURRIED SHRIMP AND QUINOA SALAD



When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh produce under cold, running water by rinsing arugula and gently rubbing garlic and shallot. Prewashed, packaged items do not require further washing.

INGREDIENTS

- ½ cup quinoa, dry
- 1 cup no salt added vegetable broth
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 small shallot, minced
- 1½ pounds raw shrimp, peeled, deveined, tails removed
- 1 (14.5 ounce) can no salt added diced tomatoes
- 1 tsp curry powder
- 4 cups arugula

NUTRITION FACTS

SERVINGS: 4

SERVING SIZE: 2 cups

PER SERVING: 262 calories, 7g total fat, 2g saturated fat, 188mg, 227mg sodium, 24g carbohydrates, 3g fiber, 5g sugars, 25g protein

- 1** Add quinoa and broth to a medium-sized pot. Bring to a boil over high heat, then reduce heat and simmer until liquid is absorbed. Remove from heat, cover, and set aside for 5 minutes. Fluff with a fork.
- 2** In a sauté pan over medium heat, add olive oil, garlic, and shallots and sauté for a few minutes until golden brown. Add shrimp and sauté until the internal temperature reaches 145° F on a food thermometer, about 5 to 7 minutes.
- 3** Add tomatoes and curry and stir gently until combined. Divide arugula between salad plates and top with ¼ cup quinoa and two large spoonfuls of curried shrimp mixture.

TIPS

- To save on prep and cooking time, use precooked, peeled, and deveined shrimp. The shrimp may be firmer and less delicate than fresh.
- Use baby kale, spinach, or mixed greens instead of arugula, if preferred.

Recipe adapted from <https://foodandnutrition.org/march-april-2016/curried-shrimp-quinoa-salad/>

CARE COMES TO YOU

Bolstering community health is the key to a healthier region overall.

Providing access to preventive screenings and primary or specialty care close to home helps facilitate better long-term health outcomes for everyone in the area.

Mobile Health of Evangelical seeks to do just that in the communities of Union, Snyder, Northumberland, Lycoming, Montour, Clinton, Juniata, and Centre counties. The mission also focuses on equipping community members with the tools they need to build healthy eating habits and reduce their risk factors for conditions like diabetes, high blood pressure, and cancer.



Current preventive health screenings and programs offered by Mobile Health include:

- Blood pressure checks
- Bone density heel scans
- Blood glucose point of care
- Lipid (cholesterol) point of care
- Skin cancer screenings
- Dental health screenings
- Sports physicals
- Health education at community fairs



Learn more or schedule a visit with Mobile Health of Evangelical by calling **1-833-251-0187** or by

visiting www.EvanHospital.com/MobileHealth.

WORK AT THE REGION'S ONLY 5-STAR CMS HOSPITAL



SEEKING THE BEST TO WORK WITH THE BEST

You belong at our highly rated Hospital. Work with people who are kind and compassionate. Be part of something bigger than yourself. Explore many opportunities to find a job that works for you.



The CMS five-star rating is out of five stars. The data used to determine Evangelical Community Hospital's 5-star ranking for Overall Hospital Quality is from July 1, 2018–March 31, 2022. For more information on the star rankings, visit <https://www.medicare.gov>.