

A Newsletter from
Charles Cole Memorial Hospital

1001 East Second Street
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Nine Week Program Begins June 23

The Family Fitness Challenge

Childhood obesity is a nationwide problem that affects a whole generation, compounded by poor food choices and lack of physical activity.

The Childhood Obesity Task Force, spearheaded by Pediatricians from Charles Cole Memorial Hospital, is launching the Charles Cole Family Fitness Challenge to help families learn about healthy eating and fitness.

The nine-week program, modeled on the Family Fitness Program developed by the Penn State Cooperative Extension, is designed for school-aged children, youth and their families. It kicks off on June 23 with the parents' gathering and the first of the youth sessions following the next day.

Pediatrician Mary Ann Rigas explains, "The Family Fitness Challenge brings school-age youth together each week. The 90-minute sessions will emphasize ways to make healthy food choices and increase physical activity. Because this is a family program, five separate meetings for parents are set over the course of the nine-week program. Parents will receive information, skills and motivational guidance to make improved food choices and emphasize physical activities."

The program is based in the Community Wellness Center on the Hospital campus in Coudersport. Elementary students will meet on Tuesdays and junior/senior high students will meet on Thursdays. The sessions will run from 1:00 to 2:30 p.m. Parents meetings are set for Monday evenings beginning June 23.

The cost of the group program will be \$50 for the first child in each family and \$25 for each additional child. Costs include educational materials along with incentives and prizes to help motivate families in meeting their fitness goals.

Dr. Rigas says, "Along with the group program, we recommend individual consultations with a Pediatrician at the beginning and end of the program and follow-up six months later. We will measure your child's height, weight and body mass index (BMI). If indicated, your child may undergo testing for hyperlipidemia and diabetes."

"These consultations and lab work will be billed to your insurance and we will work with you to make sure that these services are covered before you receive them," Dr. Rigas says.

Individual and/or small group training with a certified trainer for older children interested in learning more about weight training and conditioning will also be offered. Charges for these sessions will be determined by the number of participants.

Dr. Rigas notes, "Partial and full scholarships are available for the group program and individual/small group training programs. We do not want any child to be unable to participate because of cost."

♥ **For more information,
contact Patrice Levavasseur,
814-274-5204**

Leader's Column

Community Connections

On a cold January evening, nearly 100 people from four counties were gathered around tables at the Charles Cole Memorial Hospital Community Wellness Center. They met with a single purpose – talking about their hospital and their health care. It was the first group meeting of the Hospital's Community Benefit Advisory Board.



The Board was established last fall, comprised of five separate committees representing communities that depend on Charles Cole Memorial Hospital for their health care.

We asked our committee members to serve as community liaisons, helping to identify and communicate the unique needs and concerns of their communities. Each committee gets together twice a year in their communities representing Coudersport/Austin, Emporium, Shinglehouse, Port Allegany/Smethport/El-dred and Galeton/Ulysses/Westfield.

Their role includes advising us about the best ways to partner with the community, to develop meaningful programs and activities that will meet the identified needs of the community and to assist with the planning and promotion of outreach events.

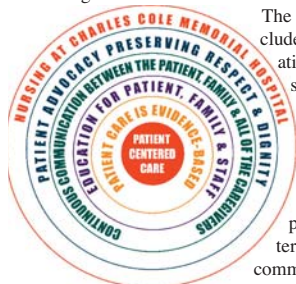
Annually the groups come together and at our January gathering, we listened as these community leaders shared their insights with us and one another.

Our Community Benefit Advisory Committees have added a new dimension of feedback and planning that will serve to deepen and strengthen our connection to the communities that look to Charles Cole Memorial Hospital to meet their health care needs.

Patrice Levavasseur
Executive Director,
Patient and Community Relations

The Patient Is At The Center Of All We Do

The Nursing Department at Charles Cole Memorial Hospital used the national celebration of Nurse's Week in May to unveil a new Philosophy of Nursing.



The initiative includes the creation of mission, vision and values statements, a nursing philosophy and the patient-centered care commitment.

An emblem, which highlights the new philosophy, is pictured at the left and is also widely circulated in the hospital.

The far-reaching nursing commitment states: "Our patients, their families and friends are our focus each day. Doing good work that makes a difference is at the heart of nursing. Keeping

patients at the center of all we do allows us to stay on track to accomplish each day what we came to work to do."

The development of this important initiative on nursing care was the work of the Education Council. Each nursing department selects a representative to serve on the Council, charged with elevating the practice of nursing at the Hospital. This committee also works on policy review and updates, unit-specific education, development of skill days curriculum and challenging each nurse to reach his/her highest goals in the practice of nursing.

♥ **For more information, contact the Staff
Development Office, 814-274-5246**

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Physician Profiles: Dr. Rafael Meller Internal Medicine & Geriatrics



Dr. Rafael Meller joined the Charles Cole Memorial Hospital Medical Staff in August 2007 and currently has his office in the Patterson Cancer Care Center on the Hospital campus. He and his wife, Nimmi, who is a social worker at the Hospital, live in Coudersport.

Q: Dr. Meller, while almost everyone is familiar with the medical specialty of Internal Medicine, many are unaware of the Geriatrics subspecialty. Can you tell us about your practice?

The subspecialty of Geriatric Medicine has gained strength as many Internists started focusing on the care of the elderly with concerns about the aging population, especially with the baby-boomers generation.

While a Geriatrician sees patients for the same medical problems that affect younger adults, it is acknowledged that our organs change and an 80-year-old person's organs do not work as efficiently as those of a 30-year-old person. This will have important implications on results of treatments and adverse effects, interactions among medications and the way these drugs are eliminated from the body.

Geriatricians focus not only on the disease processes but also on the role of the person in society, family dynamics, psychological implications of diseases and the ability to continue to function independently. The patient's family is also evaluated to make sure appropriate support is being provided.

The main goal of Geriatrics is not to make a person have a long life, but rather to help ensure this person can live a long and independent life. A Geriatrician will also screen patients for the most common geriatric syndromes, conditions.

The art of Geriatrics relies on the work of a team. A Geriatrician is responsible for coordinating the care of the patient who most times has multiple medical problems as well as multiple doctors. We work closely with social services, rehabilitation medicine, physical and occupational therapy, nutrition and speech and swallow therapy.

Q: What new procedures or approaches are you planning for your practice?

At this time, I am treating not only seniors but younger adults as well. My practice is mostly office-based but I also provide care for patients in nursing homes.

Once this initial phase of building the practice is completed, I will start focusing more on the geriatric syndromes, setting aside a day of the month for each of them. For example, we will have one day per month reserved for patients with dementia. The staff will be trained to help identify the main issues that affect this group. Educational sessions for families, including videos and lectures and printed materials, are planned. The same will be designed for all of the other most common geriatric problems.

At the present time, I am taking time to know my patients well and that includes doing a complete geriatric assessment besides a comprehensive medical assessment in order to provide an individualized and appropriate plan of care.

Q: How has your specialized medical training in geriatrics prepared you for the kinds of patients you are seeing in your practice at Charles Cole?

It has been a perfect match. The population over the age of 65 in northcentral Pennsylvania is large and the opportunity to practice Geriatrics is excellent.

I completed my training in Geriatrics at Loyola University in Chicago, both in community nursing homes and in the VA system where we worked mainly with veterans of World War II and the Korean War. To my surprise, I have encountered a great number of veterans coming to Charles Cole and my experience in the VA is very useful.

I believe that with my experience in treating seniors and with the support that Charles Cole has given to me, we can make a difference and provide the best care for our patients.

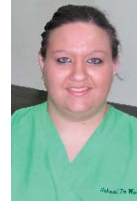
Q: And one last question: Tell us about living and practicing in a rural area.

The experience of living and practicing in a rural area has been extremely rewarding. Peoples' values are certainly different here. I had the experience of living in metropolitan areas for many years and that includes New York City and Chicago and I do not miss that life at all. It is not only about the quietness of the place, not having terrible traffic jams, the absence of fear that something is going to happen to you, your family or your property. It is much more than that. It is about trust, moral integrity and appreciation – all things that can be lacking in big cities. I am very satisfied with our life here thus far and my expectations for the future continue to grow.

♥ **For more information contact,
Rafael Meller, M.D., 814-260-5208**

School To Work Program 'I Recommend It To Anyone!'

Rebecca Hurd, who graduates with the Class of 2008 at Austin Area School, has been accepted in the nursing program at the University of Pittsburgh at Bradford. She credits the Charles Cole Memorial Hospital's School to Work program with steering her to a future in geriatric nursing.




Working with area high school guidance counselors, the School To Work program brings high school juniors and seniors to the Hospital to explore health care careers. The program originated with the assistance of the Potter County Education Council, Sweden Valley Manor and Charles Cole Memorial Hospital.

"Like all teenagers, I didn't know what I wanted to do. With an open mind, I signed up for School To Work," she says. "After the orientation, you could pick areas to job shadow. I chose Long Term Care, got to know the residents and loved it!"


"School to Work gave me the opportunity to have a look at what my future could be. It's an excellent program and I recommend it to anyone."

♥ **For more information contact
Netra Baker, R.N., 814-274-5246**



Anniversary Fun Facts

- During the first year of operations, average daily census was 34 in acute care and 31 in long term care.
- The first baby born at Charles Cole Memorial Hospital arrived on November 16, 1967.



40
OF CARING FOR
OUR COMMUNITIES

Building A Heritage Of Health Care

At the Annual Corporation Meeting of Charles Cole Memorial Hospital, President and CEO Ed Pitchford recognized employees who have 25 or more years of service by creating The Heritage Club to honor them. Heritage Club members meet periodically to engage in a dialogue about the Hospital, our communities and our effectiveness in meeting the needs of our patients.

Mr. Pitchford noted, "We are at a unique time in the history of Charles Cole Memorial Hospital.



Never again will we have such a group who can say they were instrumental in building CCMH from the ground up or shaped it through its early formative years. On behalf of the community, I want to extend a heartfelt thank you to each and every person on this list and to all of you who have made or are still making CCMH a special place."

Many of the Heritage Club members gathered for a group photo at the Employee Recognition Celebration in October. Pictured (from the left) are: Linda Cole, Cindy Reed, Pat Kish, Cathy Dow, Pat Northeimer, Elaine Austin, Sue Walaski, Kathy Wilson, Becky Howard, Mr. Pitchford, George Locke, Nancy Morley, Kristine Zitnik, J.T. Noe, Cathy Bobbett, Kathy Nordquist, Phyllis Glinkowski, Netra Baker; On staircase: Bonnie Healy, Kathy Kinard, Colleen DeBoer, Toni Maille, Maryl Storey, Paula Cowburn, Ann Slotta, Carol Cole, Micki Jones, Diane Button, Karen Knapp, Gladys Coen, Rose Bunch, Lonnie Bunch, Pauline Walker. Not available for the photo were: Patricia Andrews, Marcia Austin, Donna Batterson, Matthew Benson, Alice Buchanan, Cherlyn Burdick, Teresita Darrin, Linda Foster, Sandra Fry, Sallie Geffers, John Gerhart, Elaine Goodrich, Mildred Gustin, Dwina Hajzus, Steven Haynes, Katherine Kenyon, Bernadette Lefever, Ann Long, Christie Marshall, Jennifer Murphy, Mary Nichols, Ruth Novisher, Harold Page, Patricia Russell, Hilda Schroll, Anna Trauger, Linda Tronetti, Rhonda Valenti, Shirleen Vanocker, Maryann Wengert.