



## New Emergency Department Leadership Named

Waldemar Szczupak, MD was recently appointed medical director of Charles Cole's emergency department. Emily Myers, RN will serve as director of emergency services.

Dr. Szczupak brings over 20 years of experience in emergency medicine after working at emergency departments in Havertown and Bradford. After earning a medical degree, he completed surgical and family practice residencies at Beekman Downtown Hospital, Bellevue Hospital, Brookhaven Memorial Hospital, and Conemaugh Valley Memorial Hospital.

"I've worked here on a part time basis for three years and the people are very nice here," he said, adding that he's enjoyed working with the staff and patients.

Myers, who served as interim director, has extensive nursing experience including supervision, med/surg, and project coordination. She earned a bachelor's degree at Indiana University of Pennsylvania and has worked at CCMH since 2001. In her new role, she will continue to manage clinical IT projects, such as bedside medication verification and implementation of pharmacy automation.

In a hospital of this size, Myers enjoys being able to practice her clinical skills while also serving in an administrative role. In a larger organization, nurses don't always have the privilege of doing that, she said.

Under their leadership, Dr. Szczupak and Myers have been enhancing CCMH's emergency services including the push to be designated as a Level IV Trauma Center, which doesn't currently exist in Pennsylvania, possibly making CCMH one of the first. This fall, the hospital will host a trauma course that will help prepare for a Level IV designation. They also developed an ED Symposium for providers and an EMS dinner to build stronger relationships, Myers said.

Additionally, they have focused on evaluating best practices and education, she said.

Dr. Szczupak said he can see improvements already with better speed, service, atmosphere, and team work among hospital departments.

"We are committed to providing excellent patient care," Myers said.



Dr. Szczupak



Emily Myers

## TODAY'S HEALTH WATCH

### GET ACTIVE

Dr. Seth Shifrin, *Champion Orthopedics & Sports Medicine*, 274-0900

September is America on the Move Month.

Steve Martin once said, "I'd do anything to lose weight, except diet and exercise." Of course, these are the only proven methods for weight loss. Well, summer is upon us, and this is a great time to get out and exercise. Exercise is one of the best things that you can do for yourself. Benefits of exercise include: increased energy, weight loss, improved mood, improved concentration, decreased blood pressure, decreased cholesterol, and so much more!

If there was a pill that could give you all that, everyone in America would be on it!

Here are some tips to help get you started:

1. Aim for about 30 minutes a day, 5 days a week. The current recommendation is 150 minutes/week. As long as you do 10 minutes at a time, you get the benefit. This means taking a 10 minute walk in the morning, 10 minutes at lunch, and 10 minutes when you get home gives you the required dose.

2. Choose something you like. You are much more likely to exercise if you choose something you enjoy, like a nature walk or basketball.

3. Aim to exercise at a pace that allows you to carry on a conversation, but that feels moderately difficult. Exercising at a higher intensity is great, but not recommended for beginners.

4. Try to include some strength training at least 2 times per week. This doesn't have to be heavy weight lifting; body weight exercises are great. So are resistance bands and light dumbbells. Go to [www.cdc.gov](http://www.cdc.gov) and click on the physical activity link for more information.

5. Exercise with a friend or spouse. It is much more fun, and they can pick you up when you are feeling down and don't want to get out there.

6. Always have a backup plan if weather doesn't cooperate. Indoor activities, such as an exercise DVD may come in handy when rain spoils your outdoor plans. In addition, they require little space or equipment.

Now, get out there and have fun!!

*America On the Move Foundation Inc. is a national nonprofit organization that helps individuals, families and communities make positive changes to improve Americans' health and quality of life. With more than a million participants on- and offline, America On the Move supports a small-changes approach to healthy eating and active living habits. America On the Move's science-based programs and outreach support Americans of all ages to manage their weight effectively through energy balance. For more information, please visit [www.americaonthemove.org](http://www.americaonthemove.org).*



Dr. Shifrin

## CCMH WELCOMES NEW PROVIDERS

For a complete list of providers, visit [www.charlescoleshospital.com/providers.shtml](http://www.charlescoleshospital.com/providers.shtml).

### Dr. Laurore Joins OB/GYN Staff



Dr. Laurore



Dr. Backes

Max Laurore, MD joined the established obstetrics/gynecology practice of Dr. Celso Backes at Charles Cole. To schedule an appointment, call 274-7101.

After earning a medical degree, Dr. Laurore completed a residency through a Michigan State University affiliate program in Saginaw, Mich. He also worked as a clinical instructor at Michigan State University and is an American College of Obstetrics and Gynecology junior fellow.

Dr. Laurore and his wife live in Coudersport with their two children.

Drs. Backes and Laurore and their staff will move their practice to the ground level of the Irwin Medical Arts Center in August. They also plan to see patients at some of CCMH's Rural Health Centers starting this fall.

During his 34 years at Charles Cole, Dr. Backes has delivered some 6,000 babies.

He is board certified in obstetrics and gynecology and is recognized for his professional service and compassion for his patients.

"I look forward to working with Dr. Laurore and expanding on the OB/GYN services at Charles Cole in the years to come," Dr. Backes said.

### Emporium Health Center Welcomes Dr. Bano



Dr. Bano

Saira Bano, MD has joined Charles Cole's medical staff.

Dr. Bano joins Kathy Fragale, PA-C and will see new and returning patients at the Emporium Health Center on Sizerville Road. Appointments can be made by calling 486-0810.

After earning a medical degree, Dr. Bano completed a family practice residency at Aultman Hospital in Canton, OH. She is board certified by the American Board of Family Physicians. Before relocating to the Emporium area, she worked in a primary care practice in the Staten Island area.

Dr. Bano, her husband, and their son moved to Emporium from New Jersey in May.

### Hoff Returns to CCMH Staff



Beth Hoff

Beth Hoff, CRNP has joined the Charles Cole staff, where she will primarily see area nursing home patients. She will work with Dr. Rafael Meller, who recently relocated his practice from the Patterson Cancer Care Center to the first floor of the Irwin Medical Arts Center at CCMH.

Hoff has over 20 years of nursing experience. She earned a bachelor's degree in nursing at York College, a master's degree at the University of Pennsylvania, and a post master's certificate at the University of Massachusetts. During her career as a registered nurse and nurse practitioner, she has worked in numerous capacities at several Pennsylvania hospitals, including Charles Cole, and also served as

a nursing instructor at Alfred State College. She is a member of the American Academy of Nurse Practitioners.

She and her husband live in Austin.



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# Charles Cole TODAY Calendar

For a complete calendar of events, visit [www.charlescoleshospital.com](http://www.charlescoleshospital.com).

**Alzheimer's Clinic and Support Group**, second Wednesday of each month, 10 a.m., Patterson Cancer Care Center, for more information, call 260-5208

**Bereavement Support Group**, last Tuesday of each month, 7 p.m., Women's Health Center

**Breastfeeding Support Group**, first Thursday of each month, 6:30 p.m., OB floor

**Cancer Support Group**, third Monday of each month, 7 p.m., Patterson Cancer Care Center

**Hospice Clinic and Support Group**, last Thursday of each month, 1-3 p.m., Patterson Cancer Care Center, for more information, call 274-0384

**Victorious Losers**, weight loss surgery support group, second Friday of each month, 5:30 p.m. and third Saturday of each month, 10:30 a.m., hospital conference room, call 260-5550

**Vision Support Group**, last Wednesday of each month, 12 p.m., Irwin Rehabilitation Center, call 274-6180

## July

Hemochromatosis Awareness Month • Juvenile Arthritis Awareness Month • UV Safety Month • International Group B Strep Awareness Month

**17-** Heel screenings (preliminary bone density test), 1-3 p.m., Irwin Medical Arts Center, \$10, call 877/274-8200 to register

**21** - Ostomy Club meeting, 10 a.m., Coudersport Wellness Center

**23** - Hooked on Hope, fly fishing experience for women whose lives have been touched by cancer, 4-8 p.m., Rainbow Paradise, Coudersport, call 800/458-3856, ext. 3509 to register

**30-** Lifetimes Retreat, free program for children 6-14 who are grieving due to death, divorce or other loss, 9 a.m.-3 p.m., Coudersport Wellness Center, call 274-0384 to register

## August

Cataract Awareness Month • Children's Eye Health and Safety Month • Immunization Awareness Month • Psoriasis Awareness Month • Spinal Muscular Atrophy Awareness Month

**5** - Prepared childbirth classes begin, Wednesdays, 7-9 p.m., Coudersport Wellness Center, call 274-5470 to register

**13** - Community Blood Bank blood drive, 10 a.m.-2:30 p.m., CCMH conference room, call 260-5550 to schedule (walk ins welcome) CBB is the exclusive blood supplier for CCMH

**21** - Heel screenings (preliminary bone density test), 1-3 p.m., Irwin Medical Arts Center, \$10, call 877/274-8200 to register

**22** - Potter County Family Fun Fair, 11 a.m.-2 p.m., Potter County Fairgrounds

**28** - CPR, education conference room, call 274-5246 to register

## September

America on the Move Month • Childhood Cancer Month Healthy Aging Month • Leukemia and Lymphoma Awareness Month • Alcohol and Drug Addiction Recovery Month • Cholesterol Education Month Infant Mortality Awareness Month • Pain Awareness Month • Pediculosis Prevention Month/Head Lice Prevention Month • Sickle Cell Month • Yoga Awareness Month • Ovarian Cancer Awareness Month • Prostate Cancer Awareness Month • Rey's Syndrome Awareness Month • Sports and Home Eye Safety Month • Whole Grains Month

**12** - Comprehensive Blood Analysis, sponsored by the Smethport Rotary Club, 6-10 a.m., Smethport Firehall, call 877/274-8200 to register

**22** - Ostomy Club meeting, 10 a.m., CCMH conference room

## Pitchford Named Health Leader of the Year



Ed Pitchford, center, receives the State Rural Health Leader of the Year Award from Lisa Davis, right, director, Pennsylvania Office of Rural Health, during the 2009 Pennsylvania Rural Health Conference. Also pictured, at left, is Larry Baronner, critical access hospital coordinator, Pennsylvania Office of Rural Health.

CCMH president and chief executive officer Ed Pitchford was named State Rural Health Leader of the Year during the 2009 Pennsylvania Rural Health Conference in June. He was elected to the Pennsylvania Rural Health Association board of directors last June and serves on the Hospital and Healthsystem Association of Pennsylvania Public Policy Committee and Council of Small Hospitals. Over the past year, he was instrumental in working with state legislators to secure \$11 million in additional funding for critical access hospitals in Pennsylvania and to introduce widely endorsed legislation to make this funding permanent. He testified before the Pennsylvania Public Health and Welfare Committee and worked with the Senate republican leadership in crafting proposed legislation to enhance access to primary care throughout Pennsylvania. Most recently, CCMH hosted 13 Republican State Representatives for a forum on rural health issues and innovations in rural emergency medicine.

## CCMH'S ON THE MOVE

Several hospital offices are relocating this summer. Charles Cole will make every effort to minimize any disruption and inconvenience to our patients and visitors. Thank you for your patience.

- Dr. Meller moved from the Patterson Cancer Care Center to the first floor of the Irwin Medical Arts Center, in the space previously occupied by Dr. Bhat. 274-8036
- Mammography/DEXA moved to the ground floor of the IMAC. 274-5470
- Dr. Neerukonda will move July 21 to the first floor of the IMAC. 274-4837
- Champion Orthopedics & Sports Medicine will move from the IMAC to the space previously occupied by Women's Health the week of August 9. 274-0900
- Dr. Backes and Dr. Laurore will move to the ground level of the IMAC, previously occupied by Champion Orthopedics & Sports Medicine, the week of August 23. 274-7101

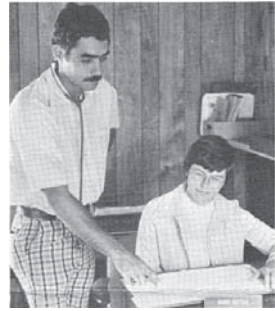
## Dr. Callahan to be Honored for Service

Dr. Michael Callahan will be honored at the July meeting of the Galeton Development Corp. for his 34 years of service to the Galeton community.

He will be presented with a citation from the Commonwealth of Pennsylvania/House of Representatives, congratulations from the state Senate, and a recognition plaque from the Pennsylvania Osteopathic Medical Association.

Dr. Callahan started seeing patients at the Galeton Health Center when it first opened in August 1975. Diane Button, who has been working with Dr. Callahan since the health center opened, will also be recognized.

Dr. Callahan earned a medical degree at the Philadelphia College of Osteopathic Medicine and completed a residency at Harrisburg Hospital. He is also a member of CCMH's board of directors.



Dr. Callahan and Diane Button, 1975

## Charles Cole, Cancer Society Partner for Road Program

Charles Cole and the American Cancer Society recently acquired a van to transport cancer patients to and from their treatments.



Road to Recovery, new to Charles Cole, is an American Cancer Society service program that strives to improve the quality of life for patients undergoing cancer care by providing transportation to treatments and medical appointments.

Lora Cope of the ACS said "despite remarkable progress in the fight against cancer, there are many patients whose greatest challenge isn't lack of treatment, it's lack of transportation. The American Cancer Society's Road to Recovery program helps overcome the transportation challenges many local residents face."

In many cases, a patient is driven to a hospital or clinic by relatives or friends, but even these patients must occasionally seek alternative transportation. That's where Road to Recovery comes in, Cope said. Volunteer drivers donate their time so patients can receive the treatments they need.

To arrange transportation for your next appointment please call the ACS Patient Service Center at 800/417-9391.

## Did you know?

Charles Cole cares about your health and well-being. If you are not receiving health care because of your inability to pay, contact us about our sliding fee schedule and charity care policy which, based on your income, may qualify you for low cost or no cost medical care. For more information, visit [www.charlescoleshospital.com/services\\_patientfinancial.shtml](http://www.charlescoleshospital.com/services_patientfinancial.shtml) or call 274-5500.

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