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Accolades

David E. Cowgill Receives Hero Award at White House Ceremony



David E. Cowgill

David E. Cowgill, Public Affairs Officer for VA Pittsburgh Healthcare System and VA Healthcare - VISN 4, received the National OPM CFC Hero Award for his hard work and dedication to the 2006 Combined Federal Campaign. Nominations were received from all 50 states for consideration for this prestigious award. Cowgill went above and beyond dedicating his time to lead a campaign that raised \$178,282.94 for local, national and international charities. The award was presented to Cowgill by the OPM National Director, Linda M. Springer, during a special ceremony at the White House on July 26.

Cowgill was appointed as the VAPHS CFC Chairperson and given the task of dramatically revitalizing the 2006 Combined Federal Campaign at VAPHS. Cowgill was not given any formal goal or guidance. He was simply given the objective of turning the campaign around and increasing both employee participation and amount contributed.



Back Row l-r: Vera O'Shinski, JoAnn Mikus, Dolly Messina, Kay Aquilino, Rena Patrick, Dorothy Davis, Stella Powers, Lucille Tomsic
Seated l-r: Mary Suleski, Rose Marie Colussi, Edith Adler. Not shown: Betty Heron, Martha Holt, Audrey Lindsay, Barbara Snarey

Senior Volunteers of Canonsburg General Hospital Honored for Hours of Service

The Senior Volunteers of Canonsburg General Hospital were recently honored for their hours of volunteer service to the hospital. The 17 members donated a total of 1,900 hours during the past year. Since the group's inception in 1955, the volunteers have donated 258,897 hours. Their responsibilities include delivering patient mail, selling newspapers to patients and a variety of clerical duties.

Mon General Tabbed as "Most Improved in Wireless Technology" Nationally

Monongalia General Hospital (Mon General) has been named a 2007 Most Improved Winner in Hospitals & Health Networks' 100 Most Wired Hospitals and Health Systems study.

Aligning with Mon General's technology goals, the 199-bed hospital has continued to make strides in the wired and wireless world. They've accomplished this by deploying Cerner Corporation's clinical information system through a hospital-wide wireless network to integrate all clinical systems and provide clinicians with access to patient information at the point of care. Additional recent information technology projects include the use of bar coding technology to assist with accurate patient identification during blood drawing procedures, the implementation of Awarix's electronic display of colorful icons that promote the flow of patients throughout the organization, and the installation of free, wireless Internet access for patients and families.



Accepting two awards from Marilyn Rudolph, VHA vice president, performance improvement (5th from right), are Jefferson Regional Medical Center leaders (from left) Thomas Timcho, president and CEO; Dr. Ronald Boron, outgoing vice president, Medical Affairs; Mary Mylo, director, Performance Improvement; Brenda Veschio, R.N., patient care manager, CVU; Louise Urban, vice president, Patient Care Services; James Hoover, vice president, Quality; Cindy Ragan, associate nurse executive; Judy Hall, vice president, Cardiovascular Services/Oncology Programming, and Dr. Richard Collins, incoming vice president, Medical Affairs.

Jefferson CVU Earns 2nd Consecutive VHA Clinical Excellence Award

For the second consecutive year, the Cardiovascular Unit (CVU) at Jefferson Regional Medical Center has been honored with the VHA National Leadership Award for Clinical Excellence.

The criteria for the award is a six-month consecutive period with no blood stream infections related to central lines beginning in the last quarter of 2005. Jefferson Regional's CVU exceeded the requirement by reporting no blood stream infections related to central lines for nine months, from October 2005 to June 2006. The CVU also was honored with the same award in 2006, for achieving no blood stream infections related to central lines from October 2004 to March 2005.

Marilyn Rudolph, VHA vice president of performance improvement, said the consecutive accomplishment by the CVU staff is unprecedented, and the entire medical team should be proud of its achievement.

In addition to the national recognition, Rudolph presented the CVU with the APEX (Achieving Patient Care Excellence) Award from the Pennsylvania Regional Office of VHA.

AHA Bestows National Award on Presbyterian SeniorCare and Family Hospice and Palliative Care for End-of-Life Care

The American Hospital Association (AHA) recently named Woodwell, a joint program of Presbyterian SeniorCare and Family Hospice and Palliative Care, a 2007 Circle of Life Award® winner.

The Circle of Life Award celebrates programs across the nation that have made great strides in palliative and end-of-life care.

"How we care for individuals as they are dying and how we care for their families is of the utmost importance to us. Regardless of what stage of life an individual is experiencing, including end of life, we treat them with respect and dignity" says Fatemeh Hashtroudi, senior director at Presbyterian SeniorCare. "The fact that Woodwell has been recognized nationally as a leader in palliative care is an honor for both SeniorCare and our partner, Family Hospice and Palliative Care."

Nursing Education: Changes and Challenges

Due to the growth and aging of the American population, the demand for high-quality healthcare, and a large segment of the registered nurse (RN) population entering retirement age, a surge in the demand for RNs is expected over the next two decades. The U.S. Bureau of Labor Statistics projects the need for 1.2 million new and replacement nurses by the year 2014, predicting that all 50 states will experience a nursing shortage to varying degrees by 2015. To that extent, nurse educators are expanding educational opportunities and exploring innovative program designs to attract, retain, and prepare nursing students to assume the challenging responsibilities of the profession.

According to the National League for Nursing, there are approximately 2,365 nursing education programs in the United States aimed at preparing graduates to practice in entry-level registered nurse positions. Students in the U.S. can choose from three educational pathways: diploma, associate degree, or baccalaureate degree programs. Diploma programs are hospital-based, combining education and on-the-job



BY NADINE COZZO ENGLERT, MSN, RN

training that typically require 2-3 years to complete. Associate degree (AD) programs are generally housed in community colleges and require an average of 2.5 years to complete. The third level of preparation is the baccalaureate program; offered by colleges and universities, this program typically requires four to four-and-a-half years to complete and leads to the Bachelor of Science in Nursing (BSN) degree.

The BSN programs prepare graduates for leadership and management positions, as well as graduate study leading to masters and/or doctoral degrees in nursing.

In addition to a traditional four-year BSN program, many colleges and universities nationwide have added an accelerated option for men and women already possessing a bachelor's degree in another field of study. Second-degree accelerated programs were originally created in response to the nationwide nursing shortage, as nurse educators considered the changing trends in nursing student enrollment and the increasing needs of the patient population. Robert Morris University is one such insti-

tution currently offering the second-degree track; depending on the previous degree, students admitted to the accelerated track can earn their BSN in four semesters over 15 months, an attractive option for the working adult student.

As more and more non-traditional students enroll in nursing programs at the undergraduate and graduate levels, the need for innovative and flexible course offerings has become essential. One example is the most recent addition to Robert Morris University's School of Nursing, the Doctor of Nursing Practice (DNP) program. Admitted students will study in an executive format consisting of one-week intensive courses, as opposed to meeting weekly over a traditional 15-week semester.

Flexible course offerings also include those supported partially or totally online. By utilizing a university-based learning management system, students can access course materials, participate in online discussions with fellow classmates, send and receive assignments, and even take exams. And for the students who are really on the go, class lectures can be delivered in the form of a pod cast, uploaded to a computer or hand-held (i.e., iPod) device that can be accessed wherever and whenever.

For the nurse educator who embraces technology, an endless array of possibilities exists to improve the educational experience for the students. For example, the

nursing students at RMU are afforded an opportunity to train in a simulation laboratory with a high-fidelity human simulator who acts like a patient (complete with verbal complaints, vital signs, and disease-specific symptoms). The nursing skills lab also provides training manikins to assist the student with skill acquisition in a safe, controlled environment. Simulation enhances the educational experiences for nursing students as they gain competence and confidence with skills and their overall ability to provide hands-on patient care. To further improve the delivery of nursing care in the clinical setting, every nursing student at RMU is given a personal digital assistant (PDA) preloaded with software. These PDAs contain valuable resources, such as drug information and diagnostic laboratory values, readily accessible to the student at the patient's bedside.

The nursing shortage is predicted to grow, as will the needs of the aging patient population. Nurse educators are challenged to develop creative, flexible, and rigorous programs that will not only benefit the nursing students, but ultimately, contribute to better patient outcomes.

Nadine Cozzo Englert, MSN, RN, is a clinical assistant professor of nursing at Robert Morris University. She can be reached at englert@rmu.edu.

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EDUCATION

Position Yourself for the Future as a Nurse

While the national nursing shortage is growing each year, the University of Pittsburgh School of Nursing has been moving more, better prepared nurses back into the workforce through the Fast Track Back program.

Directed to registered nurses without recent clinical experience, this intense five-week program is offered to registered nurses at the Oakland and Johnstown campuses. "Clinical hours at the University of Pittsburgh Medical Center and time in the skills lab and high fidelity human simulation lab help students refresh their physical assessment and decision-making skills," says Lisa Bernardo, PhD, MPH, RN, HFI, associate professor and director of continuing education in the Department of Health and Community Systems. Students are also updated on



BY LISA BERNARDO, PHD, MPH, RN, HFI

HIPPA regulations, pharmacology, ethics, nursing theory, and best practices. "In addition, students learn how to delegate and lead and work independently while being a productive member of the interdisciplinary health care team," says Bernardo. "By end of the program, nurses are prepared to begin their hospital orientation and resume their nursing careers."

This program is a recognized refresher program, designed for registered nurses with a current nursing license in the state of Pennsylvania to refresh their nursing skills. Since its inception in 2005, over 80 nurses have enrolled in the program; most return to nursing practice in the hospital, clinic, physician practice, home care, and school setting.

Other programs at the School include a renowned clinically focused undergradu-

ate programs (BSN) and acclaimed masters and doctoral programs. The Accelerated 2nd Degree BSN Program is an intensive, fast-paced program that builds upon a student's previous education while providing the science and nursing content to enable students to earn a BSN degree within three terms of full-time study. RN to BSN and RN to MSN options provide a quality, affordable way for registered nurses to earn their degrees with courses individually tailored to meet their specific needs.

The U.S. News & World Report 2008 edition of "America's Best Graduate Schools" ranks the University of Pittsburgh School of Nursing seventh overall in master's nursing programs, with several specialties ranked in the top ten. Programs include nurse anesthesia, five nurse practitioner specialties, two clinical nurse specialist roles, and four advanced specialist roles, including the clinical nurse leader program for nurses who do not wish to leave the bedside but would still like to take on an expanded role within their organizations.

With one of the oldest nursing doctoral programs in the country, the School offers

two programs to develop nursing leaders who can fulfill the evolving expectations and demands of today's evolving health care system. The Doctor of Philosophy (PhD) program prepares nurse scholars who will discover and extend scientific knowledge that advances the science and practice of nursing and contributes to other disciplines. The Doctor of Nursing Practice (DNP) program prepares nurses within a clinical or systems focus.

In addition, a wide range of continuing education programs help today's nursing professionals keep pace with the changing demands of healthcare and the nursing profession.

As a leader in nursing education, the School of Nursing strives to provide educational offerings that enhance and advance the knowledge of nurses, and enable them to put into practice the latest in patient care.

Lisa Bernardo, PhD, MPH, RN, HFI, is associate professor and director of continuing education in the Department of Health and Community Systems at the University of Pittsburgh School of Nursing. She can be reached at (412) 624-7637 or lbe100@pitt.edu.

New Neonatal Nurse Practitioner Masters Program Offered by The University of Pittsburgh School of Nursing

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The University of Pittsburgh School of Nursing is offering a new Neonatal Nurse Practitioner (NNP) masters program as an extension of its successful and well respected Pediatric Nurse Practitioner (PNP) program. The NNP program was developed in partnership with Level III Neonatal Intensive Care Units (NICUs) at Children's Hospital of Pittsburgh and Magee Women's Hospital. Students will be able to enroll for courses for the fall 2007 semester.

"We are delighted to have the NNP program officially approved and available to students after three years of hard work and preparation," said Donna G. Nativio, Ph.D., C.R.N.P., F.A.A.N., associate professor and director of the Family, Adult and Pediatric Nurse Practitioner Programs as well as the new NNP program. "The school is fortunate to have this program as an integral and essential component of its overall curriculum. The community will profit from the care made available to sick neonates by these skilled professionals. Although the program is open to qualified nurses from across the nation, this is an important and convenient opportunity for local nurses interested in this career option. Students who are able to attend full time can complete the program in two years."

It has been said that nursing is both a discipline and a profession. NNPs use nursing science, related sciences, and nursing practice to promote, restore, and maintain the health of infants. The primary goal of this program is to prepare nurse practitioners (NPs) to function in an expanded role that includes managing the health care needs of high-risk infants, their families and children up to two years of age, in collaboration with neonatolo-

gists and other pediatric clinicians.

The new NNP program will address unmet needs for NNP care in the region served by the University of Pittsburgh educational programs. There are currently no NNP programs within a 50 mile radius of Pittsburgh and none in southwestern Pennsylvania. There is a substantial need and demand for NNPs which has increased recently due to the amplified acuity of care in NICUs, increase in premature births in the region, limitations on resident works hours in academic institutions with NICUs and projected physician shortages. All of these factors jeopardize care in the absence of adequate numbers of skilled NNPs who provide cost effective, high quality care to high-risk newborns.

"This program is vital to the school and the Pittsburgh region because there is a serious shortage of NNPs locally and nationwide," said. Kathleen Godfrey, M.S.N., C.R.N.P., adjunct faculty and lead nurse practitioner for the NNP program. "Our overall goal is to successfully prepare entry level neonatal nurse practitioners who will enhance the quality of care, and fill the vacancies as expertly trained NNPs in our regional NICUs."

The NNP master's program will also focus on providing continuing education for its participants. Maintenance of current knowledge and skill is a necessity for professional NNP. Continuing education is the vehicle for updating and maintaining knowledge and skill and is essential for the practicing NNP.

For more information on the School of Nursing and the educational programs available, visit <http://www.nursing.pitt.edu> or call (412) 624-4586.



Dr. Jessica Lucas



Dr. Kristine Midcap



Dr. Tad Lucas

Ohio Valley Medical Center Holds Annual Medical Graduation

Ohio Valley Medical Center recently held a graduation ceremony for three physicians that have completed residencies and internships in OVMC's Graduate Medical Education Program. OVMC's medical education program provides training for physicians entering Internal, Family Practice, Emergency Medicine and Internal/Emergency Medicine.

Dr. Jessica Lucas, OVMC Chief Resident, who completed a residency in Internal Medicine, will be joining OVMC. Her practice will be in conjunction with Dr. Shawn Stern. Dr. Kristine Midcap and Dr. Tad Lucas, who completed residencies in Emergency Medicine, will be joining EMSTAR and Emergency Medicine Physicians (EMP).

Chatham Moves to University Status Continuing Education Programs Available at All Degree Levels

On May 1, 2007, Chatham College in Pittsburgh announced it had been granted university status by the Commonwealth of Pennsylvania's Department of Education. The new yet 137-year-old Shadyside institution is now comprised of three distinctive Colleges: Chatham College for Women houses academic and co-curricular programs for undergraduate women and embodies the traditions and rituals of one of the nation's oldest residential colleges for women. The College for Graduate Studies offers women and men both masters and doctoral programs. Programs within the College for Graduate Studies include concentrations in art and architecture, business, counseling psychology, health sciences and nursing, teaching, and writing. The College for Continuing and Professional Studies provides online and hybrid undergraduate and graduate degree programs for women and men, certificate programs, and community programming.

Each College continues to offer exemplary academic programs for the region's health care professionals. These degree offerings include:

College for Graduate Studies

- Doctor of Physical Therapy
- Transitional Doctor of Physical Therapy
- Master of Accounting*
- Master of Arts in Biology*
- Master of Business Administration for Healthcare Professionals
- Master of Occupational Therapy
- Master of Physician Assistant Studies
- Master of Science in Biology

- Master of Science in Counseling Psychology
- Master of Science in Nursing*

College for Continuing and Professional Studies

- Doctor of Occupational Therapy*
 - Doctor of Nursing Practice*
 - Master of Arts in Gerontology
 - Master of Arts in Wellness
 - Master of Education in Health
 - Master of Health Science
 - RN-to-Bachelor of Science in Nursing
 - Infant Mental Health Certification*
- *New Programs

Chatham's new identity as a university caps a decade of growth in enrollment, programs and infrastructure that has transformed the Pittsburgh institution. Chatham College offered undergraduate degrees to women only until 1994, when the College offered its first graduate program for women and men. Chatham now offers 23 masters level programs and four doctoral level programs, all applied degrees, for women and men.

For more information about Chatham's on-the-ground programs in the College for Graduate Studies, contact the Office of Graduate Admissions at 1-800-837-1290 or email admissions@chatham.edu. Inquiries about the College for Continuing and Professional Studies' online degree programs may be sent to info@chathamonline.info or call toll free at 1-866-815-2050. Also, visit the University web site at www.chatham.edu.



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Carlow University's Prepare to Care Workshop Opens Students' Eyes to Nursing

While it may seem that some people are born to be nurses, the truth is that the qualities that compose the art of nursing must be nurtured and learned every bit as much as the skills from the science of nursing.

That is the premise behind Carlow University's "Prepare to Care" summer workshop for high school girls entering grades 9 through 12, who want to learn more about nursing and other healthcare professions. First launched in 2006, this year, the three-day workshop was held July 17 through 19, 2007. Co-sponsored by UPMC Presbyterian/Shadyside Hospital, "Prepare to Care" gives high school girls the opportunity to explore healthcare professions, as well as college life, and to take part in hands-on workshops and activities.

"My mom was a nurse, so I thought I might enjoy nursing," said Laura Danley, 17, a senior at Peters Twp. High School, who participated in the program. "I was impressed with seeing the various types of nursing that there are. There are different fields and so many things you can do as a nurse."

In addition to labs led by Carlow faculty, "Prepare to Care" also provided students with the opportunity to take field trips to UPMC Presbyterian/Shadyside Hospitals and laboratories, and meet health care professionals who are doing clinical and

research activities.

"Our whole purpose is for the girls to get to see many of the opportunities that are available to them in nursing and health care," said Michele Upvall, PhD, director of the School of Nursing at Carlow. "My favorite part is watching their eyes when they experience an 'aha' moment."

Dr. Upvall said that those special moments happen when students discover something that they didn't know before or finally make a connection between two concepts or ideas that they have been struggling with.

"Prepare to Care" definitely changed my perspective about nursing," said Bethany Morrow, 17, a senior at Perry Traditional Academy, who is thinking about pre-med or nursing. "It opened my eyes to a lot of new things. I think it was especially helpful to see how many people in the hospitals are available for job shadowing. It helped to know so many people are willing to help you with your career."

Janice Nash, MSN, a nursing instructor at Carlow, agreed that the students had their eyes opened by participating in the program.

"They really liked things that were hands on," she said, citing the labs and the opportunities to see some of the medical research going on at The Peter M. Winter Institute for Simulation, Education, and Research,



The "Prepare to Care" participants at Carlow University: Front row, l-r: Christine Reich, Brianna Kretz, Bethany Morrow, and Laura Danley. Back row, l-r: Carlow Nursing professors, Dr. Michele Upvall, and Janice Nash, MSN; Melissa Haizlett, Elizabeth Kranik, Indea Brimage, Julia Girouard, Laurie Petty, Carlow's Special Events Manager; and Brittany Duffey.

which is more commonly referred to as The WISER Center. "I think they left "Prepare to Care" with more questions and more things to think about, and that's definitely a good thing."

For more information, contact Laurie Petty, manager of Planning and Special Events, at (412) 578-8851, or pettylj@carlow.edu or visit www.carlow.edu.

Distance Learning Allows LECOM to Prepare Physicians and Pharmacists to Become Better Teachers

Physicians and pharmacists can now earn a Lake Erie College of Osteopathic Medicine Master of Science in Medical Education from their homes or offices. LECOM has begun accepting candidates for a new distance learning program for the Master of Science in Medical Education degree.

This innovative program prepares medical educators to succeed as academic leaders in many locations including residency programs and clinical education sites.

Online classes will begin in January 2008 using innovative distance learning tools such as podcasts, electronic bulletin boards and chat rooms. LECOM faculty deliver course work to the students home or office. Twice a year during the two year program distance learning students will meet for "experiential learning" at either the Erie or Bradenton campus.

LECOM established the Master of Science program to encourage physician and clinical educators to become better teachers. The Master of Science in Medical Education courses impart the knowledge, skills and attitudes incumbent in effective teaching, administration, and leadership to students who desire advanced training in medical education. The MS in Medical Education program is open to D.O.s, Pharm.D.s and M.D.s.

Initially, the College opened this program to LECOM faculty, Millcreek Community Hospital interns and residents, and Millcreek Community Hospital teaching physicians. In June, the first physicians from the hospital earned their Master degrees. LECOM now is extending the program to faculty, interns and residents anywhere in the country by using distance education technology.

The success of medical students depends a great deal on the quality and experience of the professors and physicians who teach them. As a leader in faculty development, LECOM has trained physicians to become better teachers through national and regional workshops.

Through distance learning, the educational practicum can be completed at the student's home hospital or college site and the thesis will hopefully be tied into a true need at the student's home education program, making the results of the student's education immediately available to their entire program or college.

The ideal student for this curriculum is a graduate medical practitioner - D.O., M.D., or Pharm.D. - who aspires to a career in academics and has opportunity to teach in their current setting. Interns, residents, fellows, and faculty are ideally suited to enter this curriculum.

For more information about the Ms in Medical Education and other LECOM degrees, visit www.lecom.edu.



Students completing the program are (Back row, l-r) Marc Rattigan of Chicora, Philip Green of Ford City, Lucas Silvis of Cambridge Springs, and Jean Carlo Candanedo of Leechburg. (Front row, l-r) Shawna Orcutt of Smicksburg, Kasey Nichol of Dayton, and Brian Sharp of Mayport

Seven Graduate from ACMH Hospital School of Radiologic Technology

Seven students recently graduated from the ACMH Hospital School of Radiologic Technology, marking the 47th graduating class.

Jean Carlo Candanedo received the Donald W. Minter Scholastic Award for his outstanding academic efforts. Dr. Wesley Minter presented the award in honor of his late father, Donald W. Minter, who founded the ACMH School of Radiologic Technology in 1958. The award is presented annually to the student who has attained the highest grade point average at the time of graduation.

Upon graduation the students are eligible to take the national certification examination offered by the American Registry of Radiologic Technologists.

Alexandra Gregory, D.M.A., Joins La Roche College as Dean, School of the Professions

Alexandra Gregory, D.M.A., has joined La Roche College in McCandless Township as dean of the School of the Professions. The Mt. Lebanon resident joined La Roche from Point Park University, where she served as associate vice president for Academic Affairs and dean of Graduate Studies, as well as a professor of music. Gregory received her Doctor of Musical Arts from the University of Missouri-Kansas City



Alexandra Gregory, D.M.A.

conserves, as well as focusing on faculty enhancements, financial improvements, program development, and facility and capital improvements.

She is eager to work with the faculty and programming within La Roche's School of the Professions as she begins her role with the college. She is looking forward, she said, to meeting the faculty with whom she has not yet met prior to classes resuming late this month. She was drawn to La Roche College, she

said, because of its mission and identity.

"I like the focus on values, on strong academic programs and on bringing an international environment to students locally," she said. "La Roche hosts students from 24 states and 38 countries. At colleges our size, that's unusual, and it's such a benefit for our students to be exposed to a global environment because, someday, that is where they will be working.

"I am looking forward to being a part of building La Roche College's future during the next five to 10 years," she continued. "We are well-positioned to grow in reputation and the number of students served. It's an exciting time to be here."

Gregory previously served as academic vice president at St. Peter's College in Jersey City, NJ, where she was chief academic officer and chaired the Strategic Planning and Budget Committee and supervised the functions and responsibilities of several academic deans. Among her higher education experience, she also served as dean of the Graduate School and associate professor of Music at Malone College in Canton, Ohio; associate dean of Helzberg School of Management (HSOM) and director of HSOM's undergraduate studies at Rockhurst University, Kansas City, MO; and assistant dean of Evening and Summer Schools at Rockhurst.

Gregory was resident music director and conductor of Civic Opera Theater of Kansas City in 1994 and assistant conductor of the 1992 and 1993 seasons. She was assistant conductor and a member of the Central City Chorus in Manhattan, NY, from 2001 to 2004.

She brings to the college a unique perspective to her role as dean. As an accomplished musician and choral conductor, she finds that her musical expertise perfectly complements her extensive experience in higher education.

"I believe my many years as a choral conductor provide me with the ability to unite my passion with my leadership qualities," Gregory said. "In the role of dean, I work as a conductor would – seeing the big picture and noticing the little things that make a big difference. I am able to pull people together for a common goal, and I value what everyone brings to the School of the Professions as far as experience and dedication."

In her most recent role as dean at Point Park, Gregory worked with all programs, focusing specifically on faculty development, assessment and retention programs, and accreditation programs – having served as the university's liaison with Middle States Commission on Higher Education and Pennsylvania Department of Education. She also worked closely on development efforts that garnered a major university gift for an executive-in-residence program and initiated the Academic Technology Users Group of faculty to assist staff and faculty with instructional technology and scholarship needs.

Her expertise lies in improving educational quality at the institutions where she

Redstone Highlands Receives Grant from Westmoreland/Fayette Workforce Investment Board

Redstone Highlands received a \$23,263.00 grant from the Westmoreland/Fayette Workforce Investment Board (W/FWIB). The funding will support Phase I of Redstone's (tiered) Nursing Assistant Professional Career Development Initiative.

As a precursor to receiving the funds, Redstone recently became the first senior-care community in Westmoreland County to provide funded, mandatory certification for all of its nursing assistants via a Certified Nursing Assistant Program. (The certification program consisted of in-house training at Redstone and coursework completed at Westmoreland County Community College.)

With this preliminary step complete and all of Redstone's 17 nursing assistants officially certified, the non-profit plans to apply its W/FWIB funding to the development and implementation of a nurse assistant career development track. Open only to certified nurse assistants, the new career-track program will yield opportunities to advance nursing assistants in several ways - through education, promotions and pay raises.

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Hospital News

EDUCATION

AGH Program To Offer Underserved Women Unique Biotechnology Career Opportunity

Over the past two decades, the robust biotechnology and life sciences industry in Pittsburgh has become one of the region's primary economic drivers and is recognized internationally for making significant contributions to the advancement of medicine. A major challenge to sustaining and growing the industry, however, is a shortage of skilled biotechnology technicians to meet the demands of local research programs.

A new initiative beginning this summer in Pittsburgh intends to address the region's biotechnology workforce shortfall by tapping a promising resource - underserved women.

Allegheny General Hospital (AGH), in partnership with Community College of Allegheny County (CCAC), the Pittsburgh Tissue Engineering Initiative (PTEI) and the Northside Leadership Conference (NSLC), has established the Biotech Workforce Collaborative, an apprenticeship program that provides education and hands-on training to underserved women who are interested in becoming life sciences/biotechnology laboratory technicians. The program specifically targets women whose education and career opportunities may have been interrupted by economic or family related issues. Participants will earn an associate's degree.

The Collaborative is the brainchild of J. Christopher Post, M.D., Ph.D., president and chief scientific director of Allegheny-Singer Research Institute (ASRI), the research arm of AGH.

The Biotech Workforce Collaborative will begin selecting and enrolling students this summer. Participating women will receive full tuition assistance, books, the use of laptop computers, laboratory/clinical training, career development and job placement assistance. The three-year program includes coursework in biotechnology and bioethics, and an internship at a local research facility. The academic curriculum will be developed by CCAC, which will also provide classroom instruction.

New Training Program Aimed at Improving Retention and Quality

Frontline nursing assistants at Passavant Retirement Community weren't entirely sure what managers would do with their advice when they recommended against purchase of a "personal care lift" that had been used on a trial basis to help maneuver heavier patients. But their input was well received, thanks to a new incumbent worker training program that helped them express concerns in a constructive and persuasive way that reflects skilled communication and teamwork.

Communication and teamwork - along with problem-solving, managing conflict and learning to delegate - are core elements of the Incumbent Worker Investment & Skills Enhancement training program, also known as I-WISE. An operating arm of the Jewish Healthcare Foundation, Health Careers Futures (HCF), developed and teaches the I-WISE curriculum under a state contract with the Pennsylvania Workforce Investment Board, which supports workforce development programs.

Faced with staff shortages, many healthcare employers are trying to improve employee retention. Long-term care facilities face an already daunting turnover rate, estimated around 71 percent nationally. One way to improve the picture is to foster the kind of working environments that increase job satisfaction and make frontline employees want to stay. Doing so can require training in communications and other soft-skills that certification and degree programs don't offer, said Lexie Alton, a former nurse and nursing administrator who now serves as the Jewish Healthcare Foundation's Director of Health Professions Advancement.

The 2006 National Survey of Nursing Home Workforce Satisfaction found the top two ingredients nurses and CNAs cited for improving job satisfaction were

easing stress and more attentive and caring management.

Often, the problem is not that supervisors don't want to hear about concerns of frontline workers, it's simply that managers and caregivers tend to "speak different languages," said Alton. For example, to a supervisor telling a CNA that "Mr. Jones needs to go to his physical therapy visit right now" a response of "I can't do that, I'm too busy" may come across as complaining. However, if the CNA puts the response in terms of another patient's needs, it signals to the supervisor that the employee is just trying to juggle competing priorities and that everyone really is working toward the same goal. Along those lines, a better response to the supervisor seeking help for Mr. Jones might be, "I can't right now because Mrs. Smith has been waiting for me to help her get dressed."

I-WISE training helps establish common ground, which promotes better problem solving and team work. At the heart of the training are the values of Perfecting Patient CareSM (PPC), a Toyota-based process improvement method developed by the Pittsburgh Regional Health Initiative (PRHI), another operating arm of the Jewish Healthcare Foundation. PPC makes patients' needs paramount. It also requires an atmosphere in which frontline workers are respected, supported and empowered to find solutions to problems as they arise.

Nursing assistants at Passavant had been asked to use the lifts for a month before a purchase decision was to be made. They used experiments, observations and data to show the equipment was uncomfortable and possibly unsafe. Roxanne Gwilt, a CNA at Passavant for five years, said the administration's response was gratifying. It felt good to be

heard, she said, and to know that managers value the experience of frontline staff.

Demand for I-WISE training has been running ahead of HCF's capacity to provide it. Since the program's inception last year, HCF has been asked to teach the curriculum to more than 2,800 frontline supervisors and workers at more than 18 healthcare facilities around the region. In addition to Passavant, healthcare and social service institutions that have offered I-WISE in one or more settings include: Concordia Lutheran Ministries, Jefferson Regional Medical Center, Jewish Association on Aging, Presbyterian SeniorCare, Squirrel Hill Health Center, St. Anne Home, West Penn Allegheny Health System, Torrance State Hospital, UPMC St. Margaret Hospital, Villa St. Joseph, and Vincentian Collaborative Services.

With 11 available courses and more than 7,000 hours of completed training, HCF expects to further address the region's needs by incorporating a "train-the-trainer" module that would enable healthcare institutions to develop in-house capacity to offer the I-WISE curriculum. Online teaching tools are also under development.

HCF also plans extensive program evaluation. But early assessments suggest that I-WISE training has been well-received. In follow-up surveys, 97% of respondents indicated they had already made use of their training and 99% of those who applied their training said it produced successful results.

"We're very gratified by the response," said Alton. "

For more information, contact Lexie Alton, R.N., M.S.N., C.E.N., at (412) 594-2554 or alton@jhcf.org.

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Duquesne Launches New Degree in Health Care Supply Chain Management

Duquesne University's A.J. Palumbo Undergraduate School of Business is pleased to announce a new offering in Health Care Supply Chain Management. The degree, offered in partnership with the University's Mylan School of Pharmacy and Rangos School of Health Sciences, will be available to students starting with the 2007-2008 academic year.

The program's goal is to contribute to improving the effectiveness and efficiency of the health care supply chain, bringing to the health care industry significant cost-reducing and service-improving benefits that have been realized in top-notch supply chain management systems in the non-health care sectors. Graduates may pursue professional opportunities in many sectors of the health care industry, including medical supplier manufacturers, pharmaceutical manufacturers, hospital systems and medical distribution companies.

Interdisciplinary program courses will provide students with the necessary background to pursue supply chain management career opportunities in the health care industry.

Carlow University Offers New Management in Health Services Major

Carlow University's School of Management will offer a new major – Management in Health Services – beginning in the fall of 2007.

"The Management in Health Services major is intended to provide students with the educational background needed to advance their careers within the healthcare industry," said Diane Matthews, PhD, CPA, CFE, the associate dean of Carlow's School of Management. "This is an excellent program for students who currently work in the healthcare industry and need a degree to advance their careers, or those high school students wanting to work in health care, but in a management capacity rather than a direct patient care function."

Carlow's new management in health services major is a combination of science courses and business management courses intended to provide the healthcare professional with good management skills and a base knowledge in the sciences.

For more information about the Management in Health Services major at Carlow University, call 1-800-333-CARLOW.

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Rehabilitation



HealthSouth Harmarville Rehabilitation Hospital Offers State-of-the-Art Technology for its Patients

Since 1954, HealthSouth Harmarville has treated over 100,000 patients and remains one of the largest, freestanding acute rehabilitation centers in the country. By providing inpatient rehabilitation and new technologies for individuals who have suffered a stroke, brain or spinal cord injury, orthopedic injury/surgery, as well as other medical and neurological diagnoses, Harmarville offers hope to patients so they can reach the highest level of independence possible and return to their least restrictive environment. Over the past several years, Harmarville has acquired sophisticated interventions that can be included as part of a patient's treatment plan.

The Myomo e100 System a recently FDA approved robotic device for the upper extremity is now available at Harmarville. The Myomo helps patients regain motion in their arms. The device, worn as an arm brace, works by sensing weak electrical activity in patient's arm muscles and provides just enough assistance to allow the

patient to complete simple exercises. Harmarville is one of the initial facilities in the nation to have the opportunity to use this device.

The Independence iBOT Mobility System is a specialized power wheelchair which performs many unique wheeled mobility actions, such as 4-Wheel drive function, stair climbing function with or without caregiver assistance, and balance function, which allows the operator to drive and maneuver from a stable elevated position. Harmarville is currently offering assessments for this mobility system for appropriate clients. Trained clinicians, in coordination with Independence Technology, provide assessment and training with the iBOT seating and mobility system.

The AutoAmbulator™, a robotic treadmill designed by engineers at HealthSouth, helps rehabilitate patients who have difficulty walking. Introduced to Harmarville in 2004, the AutoAmbulator holds a patient upright while robotic braces move the



iBot

patient's legs across a treadmill. Intelligent programs power the AutoAmbulator through its integrated computer system, while sensors track numerous functions, continuously monitoring and adjusting power and speed according to each patient's physical requirements.

The SaebFlex® wrist splint and exercise station promotes increased function in shoulder, elbow, wrist and hand through dynamic splinting combined with creative exercises. A treatment approach for individuals suffering from a neurological injury such as a stroke, the SaebFlex program improves strength, range of motion, motor control and overall arm function.

The Neurocom Balance Master is a device used to assist the therapist in assessment and treatment of balance dysfunction in individuals with neurological, vestibular, and orthopedic impairment. The Balance Master provides objective data to establish a baseline of balance function, as well as to track progress through the course of treatment. All collected data is compared to age specific normal scores. The information gained from a Balance Master assessment is utilized to create customized therapy programs. In addition, the Balance Master offers computer interactive exercise options to supplement a traditional balance therapy approach.

The Interactive Metronome is a tool designed to improve upon an individual's attention to task, ability to plan and sequence, and overall fundamental neurological processing and motor planning. The



AutoAmbulator

Interactive Metronome uses repetitive physical motion with focus on rhythmic guide sounds to enhance performance. The populations appropriate for Interactive Metronome treatment are individuals diagnosed with learning disabilities, Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, as well as neurological conditions such as Traumatic Brain Injury and Cerebrovascular Accident. The Interactive Metronome has also been effective in improving academic and athletic performance in unimpaired individuals.

LiteGait System is a partial weight-bearing Gait Therapy Device that allows a therapist the ability to move patients from a seated position to proper upright posture to walk. Patients at Harmarville also benefit from the use of the LiteGait System, as it can be used over ground, or in conjunction with a treadmill. The system can allow for safer, more effective gait training with some patients.

VitalStim® is the only FDA approved neuromuscular electrical stimulation therapy to treat dysphagia. VitalStim Therapy uses small electrical currents to stimulate the muscles responsible for swallowing. At the same time, speech and language pathologists trained in this therapy, help patients "re-educate" their muscles.

For more information, call (412) 828-1300 or visit www.healthsouth.com.

Big Changes Coming for Kane Scott TCU

Positive and extensive changes are on the way for the Transitional Care Unit (TCU) at John J. Kane Regional Centers Scott Township. As part of the action plan for Kane Regional Centers, a wing at the Scott facility will be completely renovated to serve as the new home for the TCU. The \$2 million project will create 30 new private rooms complete with their own private baths, as well as a new therapy gymnasium. This project will also allow the staff at Kane to offer more services to Transitional Care patients at more times. The end result will be a more comfortable experience for residents facing a difficult situation.

According to Dennis Biondo, director of the Kane Regional Centers, bids for the project will be sent out during the next 30 to 60 days. Funding for the project, Biondo said, was provided by a grant through the Pennsylvania County Commissioners Association.

"Our goal is to make sure we're able to provide these types of specialized services to all residents of Allegheny County who need them," Biondo said. "That includes the TCU at Scott and behavioral unit at Glen Hazel. Our goal is to meet all the needs of the county residents that are within our capabilities."

The TCU serves to meet the rehabilitation needs of short-term residents with the goal of helping them return to independent living. Through services such as physical therapy and rehabilitation, the unit provides these residents the opportunity to recover and return home quickly and in good health. Carolyn Pilewski, administrator at the Scott Township center, said the average stay for a resident is less than four weeks.

Pilewski said the TCU is a well-used facility. At any given time, the TCU serves an average of 28 residents. She said that the unit has become so popular that it even goes through times where a waiting list develops.

Biondo said he has been pleased with the success of the unit. He said its effectiveness can be measured in more ways than one.

"There are a couple of ways you can measure the success of that unit," Biondo said. "From the standpoint of our ability to treat someone coming out of a hospital and getting them to the point that they can go home, that's our goal and we've been very successful with that."

"The other way it can be measured is from a business standpoint. In that light, it has also been successful in that we have been able to keep census levels at or near capacity."

UPMC Northwest to Build TCU/Rehab Facility in Seneca

UPMC has given UPMC Northwest approval to proceed with plans to design and construct a Transitional Care Unit/Rehabilitation facility adjacent to the hospital building in Seneca. These services are currently located at the Oil City Campus.

The proposed 21,000-square foot, one-story complex will house a 16-bed Transitional Care Unit (TCU), a 12-bed Rehabilitation Unit (Rehab), and some outpatient rehab services, such as physical, speech and occupational therapy.

The new construction is estimated to total \$8 million, and is currently in the design and development phase, with construction tentatively scheduled to begin this fall, and occupancy projected for early 2009.

The UPMC Northwest Foundation will participate with UPMC to fund the new TCU/Rehab construction.

When construction is completed, the Oil Campus will be vacated.

The new unit's direct proximity to the hospital will provide TCU and Rehab patients with easy access to the things they need for an improved hospital stay, including increased primary care physician coverage, diagnostic and treatment services, as well as pharmacy, lab, respiratory care and all other medical services located at UPMC Northwest.



Mercy Rehabilitation Center patient Jim Beeson demonstrates walking and climbing stairs with his Power Knee.



Mercy Rehabilitation Center: Offering New Hope to Patients Through Innovative Technology

Technology's role in health care has evolved by leaps and bounds, allowing medical specialists to deliver the highest quality patient care and to improve patient quality of life. The Power Knee and the SaebFlex splint are just two of the advanced innovations provided by the Mercy Rehabilitation Center, a center of excellence at The Mercy Hospital of Pittsburgh.

The Power Knee, the world's first and only motor-powered, artificially intelligent prosthesis, uses pendulum motion and replaces concentric muscle activity of the quadriceps, which enhances pelvic rotation for a more natural gait.

"Microprocessors found in the Power Knee collect data from the sound leg, as sensor equipment positioned on the foot measures motion, load, speed and position of the limb. This information is then transmitted to the Power Knee, which uses artificial intelligence to anticipate activity in the leg and generates the correct, reciprocal prosthetic function," states Dr. Mary Ann Miknevech, chair, Department of Physical Medicine and Rehabilitation at The Mercy Hospital of Pittsburgh.

As the first prosthesis that can allow

patients to walk up steps, hills and stand from a seated position, the Power Knee restores lost muscle function and enables amputees to perform many daily functions that were never before possible.

The SaebFlex splint is yet another example of specialized technology that Mercy therapists are using to make a difference in the quality of life for patients. Maria Shoemaker, OTR/L, a licensed occupational therapist at Mercy Hospital, explains. "The SaebFlex is a dynamic orthosis that uses spring-action technology, allowing the hand to open during grasping exercises with the use of the affected upper extremity. This allows the patient to participate in an exercise program using the affected upper extremity actively in functional tasks. Ongoing exercise with this system retrains the brain and muscles that extend the hand so that the goal is to permit the patient to voluntarily open and close their hand to complete simple tasks."

For more information about the services of the Mercy Rehabilitation Center, call the registered nurses at MercyLink at 1-800-232-5660 or visit Mercy's Web site at www.mercylink.org.

Wound Care at ACMH Hospital

At the ACMH Hospital Wound Healing Center, under the Medical Direction of Dr. Serena, a vascular surgeon, and the Clinical Direction of Jeff Lasko, MPT, an advanced therapy that promotes healing through cell stimulation while removing bacteria from a wound is being used. MIST Therapy is a painless, non-contact ultrasound procedure that, depending on the size of the wound, lasts only a few minutes and can be used in conjunction with other standard wound treatments. The best results in wound healing have been achieved at ACMH by combining MIST Therapy with electrical stimulation (ES) using a high volt pulsed (HVPC). This ES system influences wound healing by attracting the cells of repair: changing cell membrane permeability, enhancing cellular secretion, and orienting cell structure. Some of the types of wounds treated successfully using MIST Therapy in conjunction with ES are: pressure ulcers, diabetic foot ulcers, venous insufficiency ulcers, arterial/ischemic ulcers, and burns. Both of these systems are painless and tolerated very well by the patient.

For more information about the Wound Healing Center and current wound care treatments, visit www.acmh.org.



Joe Kochik, Licensed Physical Therapy Assistant, using the MIST Therapy on a patient.



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Rehabilitation



CARF Awards Mercy Three-Year Accreditations for Comprehensive Inpatient Rehabilitation and for Brain Injury Rehabilitation Programs

The Commission on Accreditation of Rehabilitation Facilities - also known as CARF - has granted three-year accreditations to the Mercy Rehabilitation Center at The Mercy Hospital of Pittsburgh for the care it provides in two distinct, highly specialized areas: Comprehensive Inpatient Rehabilitation and Brain Injury Rehabilitation.

2007 marks the fifth consecutive survey since 1995 that a three-year accreditation outcome has been awarded to Mercy for Comprehensive Inpatient Rehabilitation, as well as Mercy's first attempt-and success-in achieving a three-year accreditation in Brain Injury Rehabilitation.

In a letter informing the hospital of the dual accreditation, Brian J. Boon, Ph.D., president and CEO of CARF International stated, "This achievement is an indication of [Mercy's] dedication and commitment to improving the quality of the lives of the persons served. Services, personnel, and documentation clearly indicate an established pattern of practice excellence."

"CARF is internationally known as 'the gold standard' for quality rehabilitation programs," stated Mary Ann Miknevich, M.D., chair of the Department of Physical Medicine and Rehabilitation Services at



Mary Ann Miknevich



Gary Goldberg

Mercy. "While a lot of hospitals throughout the region have inpatient rehabilitation programs, very few are CARF-accredited in both Comprehensive Inpatient Rehabilitation and Brain Injury Rehabilitation. Only the most elite programs achieve this distinction, and we are pleased to count our program among them. These accreditations demonstrate our utmost focus on delivering high-quality care to our inpatient rehabilitation and brain injury rehabilitation patients."

"Our dual accreditation is really a feather in our cap," stated Gary Goldberg, M.D.,

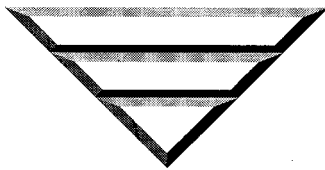
medical director of the Acquired Brain Injury Rehabilitation Program and the Mercy Center for Brain Injury Rehabilitation, Research and Training. "It is both significant and note-worthy that within three years of opening our Acquired Brain Injury Rehabilitation Program and unit at Mercy, that we were able to demonstrate the criteria, protocols, and concepts required by CARF"



Dr. Mary Ann Miknevich assesses the progress made by Jim Wolfe, of Mt. Lebanon

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Medical Director of Inpatient Rehabilitation Unit Named

Debra Panucci, M.D., a board-certified physiatrist, has been appointed medical director of the Inpatient Rehabilitation Unit, as well as Clinical Chief of Physical Rehabilitation, at Canonsburg General Hospital.

Dr. Panucci received her medical degree from West Virginia University and completed a residency in internal medicine at Allegheny General Hospital and a fellowship in psychiatry at St. Frances Hospital.



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Part of what makes The Commons at Squirrel Hill Nursing and Rehabilitation Center unique is our dedication to providing vital community resources. It's part of who we are as a nonprofit organization. As such, we continue to develop educational outreach as well as specific clinical programs to meet the needs of our community. From providing experienced ventilator and respiratory programs, to in-house hospice, extensive wound care, rehabilitation and long-term care, The Commons at Squirrel Hill is committed to providing vital services, now and in the future. We invite you to learn more by calling or scheduling a tour with Suzanne Machek at 412-287-8408.

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Hospital Invests in New High-Field Strength, Open-Bore MRI Unit

The Washington Hospital has invested in a new high-field strength, open-bore MRI unit that provides increased head and elbow room, shorter exam times and state-of-the-art image quality.

The Washington Hospital's new high field strength, open bore MRI scanner is revolutionary because it provides a solution for both claustrophobic and obese patients without compromising image quality or increasing exam time.

New Council Formed to Increase Access to Hospice and Palliative Care Services in the Long Term Care Setting

Although most Americans report that they would rather die at home, the majority of Americans are still living their last days and weeks in hospitals, nursing homes, and other long term care facilities. The concern, as reported in the 2005 End of Life Care in Pennsylvania Report, is that "in most nursing homes it is difficult for the facilities and their staff to make the transition from rehabilitating elderly patients to preparing them for death." In an effort to improve the quality of palliative and end-of-life care services in the long-term care setting, The Leadership Council on Long-Term Care has assembled and distributed information on hospice care in the long-term care setting.

After compiling results from a survey, the Leadership Council on Long-Term Care issued Fact Sheets regarding hospice care in long-term care facilities tailored to specific professionals as well as residents and their families. These Fact Sheets explain to health care professionals and patient/families the benefits of hospice and palliative care in the long-term care setting. In addition, each Fact Sheet gives a basic explanation of hospice care and then addresses such questions as the following:

- Why would I recommend hospice to a resident or family?
- What services does hospice provide to the nursing home resident?
- What are the basic guidelines for a nursing home resident to be admitted to hospice?
- How does the nursing home physician or advanced practitioner determine if a patient qualifies for hospice?
- How long is a resident eligible to receive hospice benefit services through Medicare?
- Is a DNR required to be on hospice?
- Does hospice allow feeding tubes and IV hydration?

The Leadership Council on Long-Term Care is an initiative created by a consortium of Western Pennsylvania nursing facilities and the Institute to Enhance Palliative Care. The Council is composed of long-term care providers committed to increasing awareness and education and developing best practices of care for people who are seriously ill and living in all settings of long-term care. The mission of the Leadership Council on Long Term Care of the Institute is to establish best practices in palliative and end-of-life care in the long-term care setting. The Institute to Enhance Palliative Care is a partnership between the University of Pittsburgh and Family Hospice and Palliative Care.

No matter where a patient calls "home," hospice and palliative care services need to be available. In working closely with physicians, nurses, long-term care administrators, patients, and families, The Council hopes to improve access to hospice and palliative care services for those living in long-term care facilities. This is essential in assuring that all these patients are comfortable in the final stage of life.

The Leadership Council on Long-Term Care is comprised of representatives from Family Hospice and Palliative Care, The Institute to Enhance Palliative Care, Asbury Heights, Baptist Homes, Presbyterian SeniorCare, UMPC Senior Living, St. Paul Homes and UPMC Benedum Geriatrics and the Division of Geriatric Medicine. The Fact Sheets are free and available at www.dgim.pitt.edu/iepc. To receive copies of the Fact Sheets or for more information about the Fact Sheets, the Council or the Institute to Enhance Palliative Care, contact Teresa Barber at (412) 572-8810 or Paige Hepple at (412) 802-6249.

Continuing Care Rx and Presbyterian Senior Care Form Joint Venture

Long-term care pharmacy provider, Continuing Care Rx (CCRx), and Presbyterian SeniorCare (PSC) recently announced the formation of CCRx of Western Pennsylvania, a joint venture to provide institutional pharmacy services.

The pharmacy joint venture will follow an acquisition of PSC's existing pharmacy by CCRx. PSC will hold a 10% stake in the joint venture which is anticipated to serve approximately 1,000 long-term care lives at the commencement of operations.

"Presbyterian SeniorCare is excited about working with CCRx which has such a focus on quality and ways to integrate technology to enhance pharmacy services for both our residents and staff," says Paul Winkler, Chief Executive Officer of Presbyterian Senior Care.

Pharmaceutical Company Options Rights to DU Professor's Cancer-Fighting Compounds, Technology



Dr. Aleem Gangjee

The technology of a Duquesne University professor that shows promise in improving cancer drug therapies has been optioned to Delphian Pharmaceuticals, a San Francisco biotech company.

The compounds developed by Dr. Aleem Gangjee, Distinguished Professor of Medicinal Chemistry at Duquesne, have a two-pronged approach. These compounds not only battle cancer cells that other drugs have been unable to combat, but make formerly drug-resistant tumors susceptible, once again, to other cancer-fighting medicines.

Because the developing resistance to previously effective cancer chemotherapeutic agents is a major cause of death in cancer patients, new and more effective drugs are needed to treat patients with drug-resistant tumors.

"My group has long been interested in developing dual-acting anti-cancer agents to enhance the effectiveness of cancer therapies," Gangjee said. "We have been successful in doing this with anti-folates, with anti-angiogenic agents and now, with these anti-mitotic agents. We hope that this will start a new era in cancer research and, hopefully, in cancer treatment."



(l-r) Tom Rhind, president of Power Wellness; Dennis Styn, LECOM board of trustees and director of MAE; Marlene Mosco, LECOM board of trustees; Jeff Nicholas, vice president of design and building for Marshall Erdman; Michael Visnosky, Esq., chairman of the LECOM board of trustees; Silvia Ferretti, D.O., LECOM Provost, Vice President and Dean of Academic Affairs; John Ferretti, D.O., F.A.C.O.I., LECOM President and CEO; Mary Eckert, CEO of Millcreek Community Hospital; Thomas Wedzik, LECOM board of trustees; Dick Ollinger, CFO of Millcreek Health System; Paul Martin, LECOM board of trustees; and John Magenau III, Ph.D., LECOM board of trustees.

LECOM Holds Groundbreaking for New Health and Wellness Center

Civic leaders recently joined administrators from the Lake Erie College of Osteopathic Medicine and the Millcreek Community Hospital for the official groundbreaking of a new facility bringing together fitness and medical care. Construction of the LECOM Medically Integrated Health and Wellness Center is now under way. The center will open in September 2008.

Beginning in the spring, workers removed buildings on the property and prepared the site for construction of the three-story LECOM Medically Integrated Health and Wellness Center. The College is investing \$31 million in a facility that brings medical care together with fitness by teaming LECOM with Millcreek Community Hospital and Medical Associates of Erie to make a medical fitness difference in local health care.

The LECOM Health and Wellness Center provides choices for exercise, health education and clinical care. The center will become part of the continuum of health care that begins with the training of physicians and pharmacists at LECOM and is maintained through medical services at Millcreek Community Hospital, and the physician offices of Medical Associates of Erie. The wellness center not only will serve the fitness needs of LECOM students and patients and employees of Millcreek Health System, but also provide a facility that will encourage Erie County citizens to pursue a better quality of life.

PA Hospitals: New Reporting System will Provide Real-time Data to Identify, Treat, Prevent Health Care-associated Infections

The Hospital & Healthsystem Association of Pennsylvania (HAP) hails the signing of Senate Bill 968, as amended, which adopts the Centers for Disease Control and Prevention's (CDC) internet-based health care-associated infection reporting system.

The new legislation also clarifies the roles of the Department of Health, the Pennsylvania Patient Safety Authority, and the Pennsylvania Health Care Cost Containment Council, and it establishes a quality improvement payment system that rewards hospitals that meet certain thresholds for documented reductions in infections.

The CDC system, the National Healthcare Safety Network (NHSN), is already in use in nine other states with mandatory infection-reporting regimens. Since the CDC pilot was launched in 2005, more than 600 hospitals in 45 states have adopted the NHSN system as their primary mechanism for reporting infections.

"The CDC reporting system builds on the success of Pennsylvania's existing infection reporting system," said HAP President and CEO Carolyn F. Scanlan. "By allowing, for the first time, real-time collection and analysis of infection data, the NHSN system will more rapidly inform hospitals' clinical efforts to identify, treat, and prevent health care-associated infections."

Scanlan also noted that the new system will still allow the state to issue annual public reports on infections occurring within hospitals.

"This legislation reflected the hard work of many," Scanlan said. "I particularly want to thank Senator Ted Erickson (R-Delaware), Representative Tony DeLuca (D-Allegheny), Scott Boyd (R-Lancaster), the Rendell administration, and Patient Safety Authority for their efforts to take Pennsylvania health care to the next level."

"By using a national system with common standards and definitions, hospitals, regulators, and the public will be better able to make valid intrastate and interstate comparisons of infection rates and the costs associated with infections," Scanlan said. "The bottom line for patients will be faster identification of the potential transmission of infections, earlier treatment, and overall improvement in the quality of care they receive."

Monongahela Valley Hospital Joins VHA Inc.

Monongahela Valley Hospital (MVH) has joined VHA Inc., the national health care alliance, linking with the organization through its regional office in Pittsburgh. Monongahela Valley Hospital provides health care services through its hospital, surgery center, long-term care facility, as well as several ambulatory care sites in the mid-Monongahela Valley.

"By linking with VHA, Monongahela Valley Hospital will be able to consolidate our purchasing relationships and leverage our collective volume in new ways," said Louis J. Panza, Jr., president and chief executive officer of Monongahela Valley Hospital. "The national and local support VHA offers our organizations will enable us to extend our resources and explore new opportunities for improving patient care."

Windber Medical Center Joins the Pennsylvania Mountains Healthcare Alliance

Joseph J. Gribik, Executive Director for the Pennsylvania Mountains Healthcare Alliance (PMHA), and Nick Jacobs, CEO of the Windber Medical Center, are pleased to announce that the Windber Medical Center has joined PMHA.

PMHA is an association of thirteen regional, independent hospitals. PMHA's member hospitals have been working collaboratively since 1996 to strengthen their financial positions via collaborative shared services, while maintaining their status as independent community hospitals.

The Pennsylvania Mountains Healthcare Alliance mission is to deliver value that will enhance the ability of its members to provide patient centered, community based care.

Amerinet Expands Service – Partners with MEMdata to Create Robust Capital Budgeting Tool

Amerinet Inc. recently announced the expansion of its BudgetMatch services through an exclusive relationship with MEMdata, Inc. to simplify and streamline the capital budgeting process.

The expanded services and new BudgetMatch software have been co-developed in a unique partnership between Amerinet and MEMdata, a technology management firm that specializes in capital equipment procurement, budgeting, research, planning and related activities for health care organizations.

The new Web-enabled program is designed to assist medical facilities in maximizing their capital equipment budget to ensure best practices in budgeting and procurement for a more accurate forecast.

What's new

E-mail your announcements to hdkart@aol.com



Ohio Valley General Hospital Plans 25,000 Square-foot Expansion

Ohio Valley General Hospital (OVGH) recently hosted a ground breaking ceremony for its new medical office building.

The two-story medical office building will span 25,000 square feet on the hospital campus and connect to the east end of the existing medical office building. A covered, centralized main entrance to both medical office buildings will allow for patient pickups and drop-offs in one location. Likewise, patients will be able to visit a large lobby and public waiting area serving both buildings. In preparation for the building's spring 2008 completion, OVGH will reconfigure the buildings' parking lots to provide easy access and flow.

PA Hospitals Welcome Restoration of Critical Funding in State Budget

The Hospital & Healthsystem Association of Pennsylvania (HAP) recently welcomed final passage of the 2007–2008 Pennsylvania state budget, which restores millions of dollars of critical Medicaid funds for Pennsylvania hospitals serving the uninsured and underinsured as well as for Pennsylvania's burn centers; the budget also adds \$5 million in state funds to support hospital obstetrics services.

"Overall, this is a win for patients, communities, and hospitals," said Carolyn F. Scanlan, president and CEO of HAP. "By enacting this budget, lawmakers and the Governor have recognized the critical importance of the hospital safety net to each and every Pennsylvanian."

"Specifically, our most vulnerable citizens – senior citizens, the disabled, and low-income families – will continue to have access to essential hospital care, and hospitals will not have to reduce resources needed to provide high quality care for their patients," Scanlan said. "This budget plan is good news for patients and providers."

Scanlan thanked the Governor and legislators for adding vital funds for obstetrics services, but noted that more is needed.

"With the closure of nearly three dozen obstetrical units statewide over the past ten years, Pennsylvania is in the midst of a crisis," Scanlan said. "We must not lose sight of the fact that this funding is only a first step—a down payment, if you will—toward assuring that every expectant mother has ready access to the highest level of care for herself and her baby."

Scanlan also cautioned that the restoration of Medicaid funds in the budget still leaves hospitals on unstable financial footing.

"Even with these restorations, Medicaid only pays hospitals 82 cents for every dollar of cost to provide care," Scanlan said. "There remains a need to move closer to a fair Medicaid payment system that permits hospitals to engage in the long-term planning that is essential to thrive and to most effectively meet the needs of their patients and communities."

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Kindred Hospital Pittsburgh
412.494.5500, ext. 4356

Kindred Hospital
Pittsburgh - North Shore
412.323.5800

Kindred Hospital at Heritage Valley
724.775.6877

www.kindredhealthcare.com

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Gateway Rehabilitation Center provides treatment for adults, youths, and families with alcohol and other drug problems within a network of inpatient and outpatient centers located in Pennsylvania and eastern Ohio. Services offered include free evaluations, detoxification, inpatient, partial hospitalization, intensive outpatient, outpatient counseling, and halfway house. Comprehensive school-based prevention services offered. Employee assistance program (EAP) services available. Visit www.gatewayrehab.org or call 1-800-472-1177 for more information.

EMPLOYMENT DIRECTORY

BRIGHTSTAR HEALTHCARE™

24-7 BrightStar Healthcare is a woman-owned staffing company that provides supplemental staff to corporate and private duty clients. We are able to provide healthcare professionals ranging from nurses to medical receptionists to PT and OT, as well as non-medical caregivers. We are available to our clients 24 hours 7 days a week, serving the South Hills and Greater Pittsburgh areas. Our office is located at 300 Mt. Lebanon Blvd., Suite 210A Pittsburgh PA 15234. Contact us at (412)561-5605 or email Pittsburgh@247brightstar.com

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Human Resources Department
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412-826-6123 or call our "Job Line" 412-826-6080

ST. BARNABAS HEALTH SYSTEM

RNs, LPNs, Home Care Companions
St. Barnabas Health System is comprised of a 172-bed skilled nursing facility in Gibsonia, a 47-bed skilled nursing facility and a 102-bed assisted living facility in Valencia, an outpatient Medical Center and three retirement communities, RN and LPN positions available at the two nursing facilities. Home Care Companion positions are available to assist our Retirement Village and community clients with daily living and personal care needs. Earn great pay and benefits now. Fantastic country setting, convenient drive from Pa. Turnpike, Rts. 8 & 19, Interstates 79 & 279.

Margaret Horton, Director of Personnel, 5830 Meridian Road, Gibsonia, PA 15044 • 724-443-0700 ext. 5558

EXTENDED CARE & ASSISTED LIVING

ASBURY HEIGHTS

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

BAPTIST HOMES OF WESTERN PA

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

COMMUNITY LIFE

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

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

KANE REGIONAL CENTERS

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

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Phone (412) 881-8194, Fax (412) 884-8298
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A regional network of living and care options for older adults throughout southwestern Pennsylvania. Services and facilities include skilled and intermediate nursing care, rehabilitation, personal care, specialty Alzheimer's care, adult day care, home healthcare, senior condominiums, low-income and supportive rental housing. For more information:
Presbyterian SeniorCare - Oakmont
1215 Hulston Road, Oakmont, PA 15139
412-828-5600
Presbyterian SeniorCare - Washington
825 South Main Street, Washington, PA 15301
724-222-4300

ST. BARNABAS HEALTH SYSTEM

St. Barnabas Health System offers a continuum of care at its two campuses in the North Hills. Skilled nursing care is offered at the 172-bed St. Barnabas Nursing Home in Richland Township, Allegheny County, and the 47-bed Valencia Woods at St. Barnabas in Valencia, Butler County. The Arbors at St. Barnabas offers assisted living for up to 182 persons. All three facilities offer staff-run, on-site rehabilitative services, extensive recreational opportunities, and beautiful, warm decor. Home care is available at the St. Barnabas Communities, a group of three independent living facilities: The Village at St. Barnabas, The Woodlands at St. Barnabas and The Washington Place at St. Barnabas. The Washington Place, a 23-unit apartment building, has hospitality hostesses on duty to offer resident support as needed. St. Barnabas Health System, a non-denominational, faith-based organization, has a 106-year tradition of providing quality care regardless of one's ability to pay. For admissions information, call:
• St. Barnabas Nursing Home
5827 Meridian Road, Gibsonia, PA 15044, (724) 444-5587
• Valencia Woods at St. Barnabas/The Arbors at St. Barnabas
85 Charity Place, Valencia, PA 16059, (724) 625-4000 Ext. 258
• St. Barnabas Communities
5850 Meridian Rd., Gibsonia, PA 15044, (724) 443-0700, Ext. 247

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PUBLIC HEALTH SERVICES

ALLEGHENY COUNTY HEALTH DEPARTMENT

The Allegheny County Health Department serves the 1.3 million residents of Allegheny County and is dedicated to promoting individual and community wellness; preventing injury, illness, disability and premature death; and protecting the public from the harmful effects of biological, chemical and physical hazards within the environment. Services are available through the following programs: Air Quality; Childhood Lead Poisoning Prevention; Chronic Disease Prevention; Environmental Toxins/Pollution Prevention; Food Safety; Housing/Community Environment; Infectious Disease Control; Injury Prevention; Maternal and Child Health; Women, Infants and Children (WIC) Nutrition; Plumbing; Public Drinking Water; Recycling; Sexually Transmitted Diseases/AIDS/HIV; Three Rivers Wet Weather Demonstration Project; Tobacco Free Allegheny; Traffic Safety; Tuberculosis; and Waste Management. Bruce W. Dixon, MD, Director
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The Children's Home of Pittsburgh & Lemieux Family Center
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Greensburg - 724-838-1008	Mt. Pleasant - 724-547-6161
Greensburg West - 724-832-0827	Monaca - 412-461-6949
Harrison City - 724-527-3999	Murrysville - 724-325-1610
Irwin - 724-863-0139	New Alexandria - 724-668-7800
Jeannette - 724-523-0441	Penn Hills - 412-241-3002
Latrobe - 724-523-0441	Pittsburgh Downtown - 412-281-5889
Ligonier - 724-238-4406	Pittsburgh Uptown - 412-261-5650
Lower Burrell/New Kensington - 724-335-4245	

PHYSICAL THERAPY FOR WOMEN

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Moon Township - 412-262-3354 New Alexandria - 724-668-7800
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Harrison City - 724-527-3999	Monroeville - 412-373-9898
Irwin - 724-863-0139	Murrysville - 724-325-1610
Jeannette - 724-523-0441	Lower Burrell - 724-335-4245
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Business Directory

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Investors' Lab

Where's My Paycheck?

Saving for retirement isn't so tough. Set up an automatic payroll deduction to your 401(k) or 403(b), think long-term, buy some stock funds and you're in business!

But how do you get it back out at retirement so that you have something every month that looks like a paycheck?

Traditionally, the investment industry tried to address this need with "fixed income" investments like CDs, bonds, preferred stocks and closed-end mutual funds. You invest in these fixed income vehicles and every month, the brokerage firm collects all of the income and sends you a check. This sounds great. Your principal is safe and you're living off the income! Life doesn't get any better! Yet when considered in the light of longevity and inflation risk, you may begin to consider this form of portfolio construction as irrational.

Many people forget that these "fixed income" income portfolios depend on current interest rates, and rates can and do vary dramatically. Let's look at history: In 1982, 6 month CDs earned 12.55%! An investment of \$100,000 generated an income of \$12,550 annually, about \$1,000 a month...not too shabby. Ten years later, a 6-month CD earned just 3.76%, generating



BY PAUL BRAHIM, CFP®
AIFA®

only \$3,760 ...ouch. You either experience a 70% reduction in "pay" or have to invest an additional \$233,776 to have the same income! How do you live with a 70% reduction in income? Where do you get another \$233,776 to invest? This is interest rate risk.

Unfortunately, the same income wouldn't be enough. We must consider inflation. One dollar's worth of goods and services in 1982 would cost you \$1.52 in 1992.

Therefore, this retiree would actually need \$19,076 of income to maintain the same standard of living as in 1992, requiring a total investment of \$507,304 or an additional investment of not \$233,776 but \$407,304!

Ok, so you think this example is extreme. Let's look at the last 10 years. In 1997, 6-month CDs earned 5.72%. To have the same \$1,000 a month income in our earlier example, you would have to invest \$219,405. Ten years later, in 2007, interest rates on 6 month CDs dropped to 4.68%. Your income would also drop to \$855 or an 18% reduction. At the same time, \$1 of goods and service increased to \$1.31 due to inflation. At 4.68% interest, you would have to invest an additional \$116,492 for a total investment in fixed income of

\$335,897.

Where do you get the additional \$116,000? Ten years later, where do you get the next cash infusion? The longer you live, the worse this gets.

What's the solution? Planning for your retirement income requires a different way of thinking. Consider adopting the methods used by endowment funds and pension plans. These institutional investors often think in terms of assets and liabilities. Liabilities are what they pay out of their "funds" to beneficiaries and assets represent their long-term investments. They employ a "total return" strategy, i.e., income plus appreciation, for their assets and a "cash-flow" overlay strategy for their liabilities.

How does this work? First, they determine a reasonable "distribution rate" based on the long-term historic return of a prudently diversified portfolio. Consider a balanced portfolio composed of 40% bonds and 60% stocks. Historically, this mix of assets generated enough "total return" to overcome inflation and pay out a reasonable distribution. The average inflation rate has been 3.43% since the government began measuring it in 1914. On a rolling 5 year basis, a balanced portfolio (60/40) returned an average annual return of 9.5% to investors since 1950. The math is simple. 9.5% - 3.5% = 6%. Subtract 1% for investment costs and you're left with 5%. This is your distribution rate.

In theory, we can safely distribute 5% of portfolio value each year and increase that amount by the inflation rate, without

requiring additional funds or depleting the principal.

Practically, this requires some management. First, determine how much you will need each month from your portfolio to supplement your fixed income sources like Social Security, pensions and annuities. Second, set aside 24 months of that amount in a separate "Distribution" account. Third, establish a separate "Investment" account and implement a prudently diversified balanced strategy. Fourth, instruct your advisor to send 1/24th of your of distribution account to your checking account every month. Fifth, instruct your other sources of income to direct deposit your checks. With these combined monthly deposits, you now have a regular paycheck, just like when you worked. Finally, when your "Distribution" account drops to about six months of regular distributions, fill it back up. Liquidate enough of your "Investment" account to bring your "Distribution" account back up to 24 months of your monthly needs. Be certain to sell some of each investment to maintain your proper portfolio balance.

Thinking like an institutional investor has some pretty important benefits. You manage interest rate risk, inflation risk, longevity risk and market risk through prudent diversification and rebalancing. All the while, you get a "paycheck" in retirement that goes up with inflation rate while protecting your principal.

Paul Brahim, CFP® AIFA®, Managing Director, BPU Investment Management, Inc. can be reached at pbrahim@bpuinvestments.com.

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September 10 16th Annual Emergency Nursing Current Concepts Seminar

The Pittsburgh Mercy Health System and the Emergency Medicine Association of Pittsburgh will present the 16th Annual Emergency Nursing Current Concepts Seminar at the Radisson Hotel, 101 Radisson Dr., Green Tree on Monday, September 10 from 7:30 a.m. to 5 p.m. Topics include ocular emergencies and trauma, appropriate use of steroids in the emergency department setting, what every emergency nurse should know about emergency deliveries, reducing medical errors, chest pain, common myths in emergency nursing, and more. This continuing nursing education conference has been designated 7.3 clock hours. Deadline to register is August 27. For more information call Amy Konop at (412) 232-5626 or e-mail akonop@aol.com.

September 12 A Day at PNC Park

Gateway Hospice and St. Margaret Foundation presents a day at PNC Park, "Overcoming Diversity" on September 12 at 8 a.m. with guest speaker Roberto Clemente, Jr. followed by a 12:30 p.m. Pirate game. Full day and game complimentary. Breakfast and lunch provided. 3 CEU's for Social Workers. Please RSVP by September 7th by calling (412) 536-2020.

September 13 Fundraising Event for the Alzheimer's Association Memory Walk 2007

Home Instead Senior Care will host a community fundraising event for the Alzheimer's Association Memory Walk 2007. The fundraiser will be held on

September 13 at Bar Louie in Station Square beginning at 5:00 p.m. For more information, contact Home Instead Senior Care at (412) 276-2400.

September 17 Patient Safety Authority: Objectives & Current Results

ACHE of Western Pennsylvania presents an update on the PA Patient Safety Authority

"Patient Safety Authority: Objectives & Current Results" will be held on Monday, September 17, hosted by Shriners Hospital for Children in Erie, PA. Registration and hors d'oeuvres begin at 5:30 p.m., session at 6:15 p.m. This educational session features Michael Doering, MBA, the new administrator for PA's Patient Safety Authority. For more information or to register, visit <http://westpa.ache.org>.

September 26 Blackburn's Grand Opening Celebration

Blackburn's will hold a grand opening celebration for its newly remodeled pharmacy and showroom on Wednesday, September 26 from 10 a.m. to 6 p.m. at 301 Corbet Street, Tarentum, PA. For over 70 years, Blackburn's continues to expand their products and services to better serve the needs of their customers and referral sources. The event is open to the public and referral source. Come enjoy the exhibits and food. For more details contact Blackburn's at (724) 224-9100.

October 2-4 Healthcare Facilities Symposium & Expo

The Healthcare Facilities Symposium & Expo is returning to the Windy City, Chicago, IL, for its 20th anniversary

event! Don't miss the longest-running conference and exhibition focused on master planning, design & construction, evidence based design, sustainability, technology, guest services and operations in healthcare facilities. For more information, visit www.hcarefacilities.com or call (203) 371-6322.

October 7 Good Samaritan Hospice Annual 5K Run/Walk

Good Samaritan Hospice, a mission of Concordia Lutheran Ministries, will host its 6th Annual Memorial 5K Run/Walk on Sunday, October 7 at the North Park Boat House. Registration is set for 8:00 a.m. with the race beginning at 9:00 a.m. All proceeds benefit Good Samaritan's special program of care to community residents facing a life-limiting illness. For more information or to request a registration form, contact Good Samaritan Hospice at (724) 933-8888 or 1-800-720-2557 or visit www.good-samaritanhospice.org.

October 24-26 Corazon Annual Fall Conference

Join Corazon, Inc. October 24 - 26, as they host their Annual Fall Conference, "Changing Tides in Heart & Vascular Care: Are You Prepared?" taking place at The Renaissance Vinoy Resort & Golf Club, in St. Petersburg, FL. This year's conference will focus on the need for heart and vascular programs to take advantage of opportunity while overcoming challenges in order to thrive within this dynamic market situation. Speakers will discuss the hottest topics in the field, with special concentration on the future of the industry, its evolving trends, and what to do in order to be best prepared for what lies ahead.

For more information, call (412) 364-8200 or visit the conference link at www.corazoninc.com.

October 26 2007 Annual Educational Symposium

Pennsylvania's Association for Long-Term Care Medicine presents the 2007 Annual Educational Symposium on Friday, October 26, at the Wyndham Gettysburg Hotel, 95 Presidential Circle, Gettysburg, PA. This is for long-term care health professionals including Geriatricians, Psychiatrists, Internists, Family Physicians, Nursing Home Administrators, Advanced Practitioners, Registered Nurses, Consultant Pharmacists, Therapists, Physical Medicine and Rehabilitation Professionals, and Social Workers. For more information, visit www.pamda.org

December 9-11 Third Annual World Healthcare Innovation and Technology Congress

The Third Annual World Healthcare Innovation and Technology Congress (WHIT 3.0) will be held December 9-11 at the Mandarin Oriental in Washington, DC. WHIT 3.0 is designed to dispel the confusion that reigns at the intersection of health care and technology. Health care practitioners, whether providers or payers are faced with a myriad choices in technology solutions and are responsible for the daunting task of developing a roadmap on integrating these technologies within real-world constraints of budgets, legacy systems and limited staffing. For more information, call (646) 723-8060 or visit www.worldcongress.com.

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Franklin Park \$354,900

MLS# 681957

The spotlight proudly shines on this real memory maker located on a spectacular wooded lot in Huntington Woods. Highlights of this beautiful four bedroom, three & one half bath home include family room with wet bar and sunroom, new counters in island kitchen, expansive lower level, spacious deck with hot tub and much more!

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Franklin Park \$499,000

MLS# 683405

Calm yourself in the serene setting of this unique and spacious four bedroom, three & one half bath Contemporary design. Features include abundance of natural light, sleek renovated kitchen with dining area, lofty ceilings and skylights, walk-out lower level with full bath & ample storage, spacious deck, fantastic yard and much more!

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Cranberry Twp. \$419,000

MLS# 685854

Designed for entertaining, this four bedroom, two & one half bath decorator friendly home emphasizes warmth and dignity.

Relax in comfort while enjoying the abundance of natural light, well designed open kitchen with morning room, luxurious master bedroom, deck overlooking private back yard, walk out lower level and so much more! Gloria Carroll/Patty Pellegrini 412-367-8000 x242/232



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Hampton Township \$1,025,000

Sophisticated grace & superior location! Custom Ken Shirk home features 5 BR, 4.5 BA & sits graciously in the Estates at the Villas. An interior boasts rich woodwork & an abundance of light. Highlights include a study with attached wet bar, soaring 2 story family room & living rooms with gas fireplace. Granite kitchen opens to a covered patio & vaulted master suite has sitting room. Finished game room with 5th bedroom & 4 car garage! Incredible find! #684843

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Marshall Township \$399,500

Eminently livable & flexible provincial in Sewickley Farms! A delightfully open family room boasts hardwood floors that flow into a Maple, island kitchen. Double glass pocket doors highlight a versatile den/dining room. Quiet nights begin in a large master suite adorned with tray ceiling & hardwood floors. Finished lower level of this home offers endless possibilities with a 5th bedroom, full bath & bonus area with wet bar! Walk-out from here into a well-cared for, level yard! #684052

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McCandless Township \$470,000

Exceptional colonial in the Villa of North Park! Space galore - approx. 5,487 square feet! This 5 BR, 5.5 BA home features a convenient finished 3rd floor in-law/student suite & newly remodeled kitchen & master bathroom! The rich woodwork throughout includes crown molding, wainscoting & beautiful cherry floors. Enjoy the private lot with a multi-level deck & backing to North Park! Recently updated lower level with new carpet & paint! #683893

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Pine Township \$1,095,000

Elegantly appointed 4 BR, 4.5 BA home residing in the choice neighborhood of The Heights of North Park. An atmosphere of casually refined elegance begins with the exterior boasting brick with limestone trim & immaculate landscaping on over 2 acres of land! Inside, a stunning floor plan flows & welcomes entertaining in a huge family room with wet bar. Noteworthy features include 2 story marble foyer with wedding staircase, gourmet kitchen & additional hot tub room. Upper level offers luxurious master suite and expansive bonus room. #668884

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Pine Township \$349,500

Attractive home set on over an acre of land in the excellent neighborhood of Northbrook Estates! Residence affords room & style! Interior boasts raised hardwood foyer & formal living room leading to an elegant dining room through beveled glass doors. Large kitchen features wet bar leading to a comfortable family room with built-ins! Lower level offers a finished game room with wet bar & the upper level has 4 terrific bedrooms. Home is only minutes to parks! #667317

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Richland Township \$489,900

\$15,000 Buyer Incentive until 9/30! Featured home in the 2004 builder's association "Parade of Homes!" Exceptional floor plan offers graceful living room, formal dining room with a wet bar, eat-in kitchen with bay window & vaulted family room with fireplace. First floor boasts the master suite, while a stunning 2nd floor library features hardwood floors & overlooks the family room. A functional bonus room is situated on the second floor & a large, full basement offers endless possibilities. A magnificent home on a half-acre wooded lot! #690601

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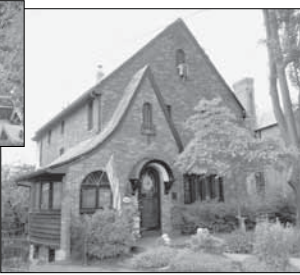
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