MEET OUR NEW PHYSICIANS
Specialists in Interventional Cardiology, Orthopedic Surgery and Urology

Telemedicine Technology is Here for STROKE & BURN PATIENTS

PARTNERING WITH YOU FOR AN EXCEPTIONAL PATIENT EXPERIENCE

HOME SLEEP STUDIES Now Available
Letter from the CEO:
Advancing Care at Hanover Hospital

The delivery of health care continues to change with advances in technology. In September, we began to use telemedicine, or “telehealth” services, allowing health care professionals to evaluate and treat patients using telecommunications technology. Telemedicine uses interactive videoconferencing, which allows experts in distant locations to see and hear patients, family, physicians and nurses in Hanover. It gives physicians and patients access to medical expertise quickly and efficiently without them having to travel.

Hanover Hospital’s Emergency Department began providing telemedicine services on September 14, 2012 for patients who have stroke symptoms or have had a stroke (Telestroke) and for patients with burns (TeleBurn). We have telecommunication connections with Penn State Milton S. Hershey Medical Center for stroke care that allows our emergency physicians to consult with neurological/stroke specialists in Hershey. Physicians in Hershey are able to visualize and to talk with the patient and their caregivers, and jointly develop a care plan. For patients with burns, we have a connection with Lehigh Valley Health Network in Allentown and access to the burn experts there.

Using telemedicine facilitates earlier and more accurate diagnoses, increases the timeliness of treatment, and improves outcomes. The goal of our telemedicine program is to advance the care of stroke and burn patients, allowing care to be received close to home, when appropriate.

We will continue to implement new systems that provide high quality health care to those we serve.

James E. Wissler, President & CEO
Hanover Hospital

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Partnering With YOU
FOR AN EXCEPTIONAL PATIENT EXPERIENCE

Our new culture of patient and family-centered care means our patients are respected partners with their health care team.

Read the full article, page 5.
Early one morning, Burnell Trone walked out to the living room and sat down in front of the jigsaw puzzle his wife, Nadine, had been working on. As he attempted to fit a puzzle piece, his arm went limp. Burnell, age 74, says that he got up and worked his way out to the kitchen, then stumbled and fell against the refrigerator. Nadine noticed his drooping face and his limp arm and leg, and knew immediately that he was having a stroke. She reached for the phone and called 9-1-1.

Within 30 minutes, Burnell was in the Emergency Department (ED) undergoing lab and cat scan testing, and the new Telestroke system was activated. Telestroke’s sophisticated computer system and webcam enables neurology experts at Penn State Milton S. Hershey’s (HMC) Stroke Center to provide real-time, face-to-face consultation that includes examining the patient, reviewing scans and speaking to the patient and family. It also allows the ED physician and Hershey specialist to confer about the patient’s symptoms. In the meantime, the computer displays and sends the CT scan report and data to the physician at HMC for evaluation and treatment recommendations.

Because Burnell sought treatment promptly following his stroke, he was given tPA, which dissolves clots, and was transported to Hershey for further treatment. Now in rehab a few weeks later, Burnell reports that he is “coming back slowly but surely.” Though pleased to have full movement of his leg and arm, he still lacks a strong grip in his right hand. He gets frustrated at times, but he’s been assured that his strength will return, and he realizes it could have been a lot worse.

He still becomes emotional when he thinks about the timing of everything that morning, and is thankful for his wife of 55 years, and her actions. “Just five minutes later, and she would have been on her way to her own physical therapy appointment. I don’t know what I would have done. I’m so glad she was there.”

When Stroke Happens, It’s Critical to Act FAST.

F = FACE: Look for facial droop by asking the person to smile.

A = ARMS: Ask the person to raise their arms. Does one side drift downward?

S = SPEECH: Ask the person to repeat a simple sentence. Is the sentence repeated correctly, and does he/she understand what you are asking him/her to do?

T = TIME: If the person shows any of these symptoms, CALL 9-1-1 IMMEDIATELY!

Telemedicine Service for Burn Patients

TeleBurn is a service provided by Lehigh Valley Health Network that allows the Hanover Hospital emergency department physician to work with the Lehigh Valley Regional Burn Center specialists around the clock.

Using a digital camera, a computer and web-based software, the emergency department staff can send images of the burn injuries to the Lehigh Valley Hospital burn physicians for review and assessment. There, the specialists will view the images and discuss the case with the Hanover ED physician over the phone, expediting the delivery of specialty care, using predefined protocols. TeleBurn also helps Lehigh Valley Regional Burn Center staff to prepare for a patient’s arrival, should transfer be needed.
Partnering to Provide the 
ULTIMATE PATIENT EXPERIENCE

When you think about the best experience you’ve had as a consumer, what made it special? Were your needs and requests heard and met efficiently, and to your satisfaction? Were you treated with respect? Did you feel like you were part of the decision-making and problem-solving process? Were your expectations met, or better, were they exceeded?

At Hanover Hospital, we want every patient to have that kind of experience. We care about our patients and are always looking for ways to improve the way we deliver our services. For that reason, we’ve made some changes that we hope will be very noticeable to our patients.

These changes are all part of Hanover Hospital’s development of a patient- and family-centered culture, where patients can expect to receive exceptional and personalized medical care and feel included in the process. Patient-centered care is defined as involving patients in the planning, delivery and evaluation of health care in terms of outcomes, patient safety, cost reduction and fewer re-hospitalizations. It means patients and their families are given the opportunity to participate as partners with their health care team.

Here are some of the ways we are improving the patient experience at Hanover Hospital:

» Nurses check on patients hourly, proactively being available to help with bathroom needs, medications and repositioning. They are anticipating needs so patients don’t have to wait for assistance.

» New whiteboards were created for patient rooms so nurses can better communicate with patients and family members by posting goals for the day, the names of key staff, pain level goals, etc. The purpose is to engage the patient and caregiver, and give them the tools to work together.

» Nurses handoff reports at the bedside during shift changes. This allows a patient to see the nurse coming on duty and hear the information being communicated.

» A new “No Pass Zone” program is now in place in all patient areas. Now any hospital employee walking through the area who sees a call light or hears a call for help will stop and enter the room to offer assistance.

If you have questions or suggestions regarding patient and family-centered care at Hanover Hospital, please call Rhonda Ramos, Patient Experience Manager, at (717) 646-6912.

We are pleased to announce our NEW, organization-wide (Hanover Hospital and its satellite facilities and physician offices) Patient Experience Vision Statement:

All Hanover HealthCare PLUS staff are care givers who will respect and advocate for each individual patient by providing a comforting and healing environment where both the patients and families feel free to express their needs.

Hanover HealthCare PLUS: Where Our Focus Is On You.
Hanover Hospital’s Lung & Sleep Center now offers home sleep studies to help diagnose obstructive sleep apnea (OSA).

According to Vicky Shrader, Director of Pulmonary Services, the modified sleep study is performed with a portable monitor and is used only to look for OSA in those patients with clinical symptoms. Candidates must meet certain clinical criteria and be eligible for insurance coverage for unattended home sleep testing.

She explains that according to the American Academy of Sleep Medicine (AASM) guidelines, home sleep studies are recommended for patients with a high pre-test probability of moderate to severe OSA. However, patients with significant medical conditions, such as moderate to severe pulmonary diseases, congestive heart failure and neuromuscular diseases, require the more comprehensive testing performed in the Sleep Center. Testing in the Sleep Center includes direct oversight by registered sleep technicians who will monitor additional data such as sleep staging, leg movements and heart rhythm.

The patient who meets criteria for a home study will come to the Lung & Sleep Center, located in the Hillside Medical Center to meet with a sleep technician. He/she will explain the process of setting up the equipment and instruct the patient on the application of sensors. The individual will be sent home with a kit containing a lightweight monitor, finger clip, cannula and belts, which are worn through the night. The following day, the patient will return all the equipment. Our board certified sleep physician will interpret the data and generate a report, which will then be sent to the patient’s doctor. If OSA is diagnosed, CPAP (Continuous Positive Airway Pressure) may be recommended and a repeat overnight test in the sleep lab using CPAP will assist with determining the optimal settings.

For more information about home sleep studies, please call (717) 633-2229.

Special Needs Funds at Hanover Hospital
Helping Those in Need

Hanover Hospital offers several Special Needs funds, established to help patients with health-related expenses. If you or someone you know are in need of assistance, or if you wish to make a donation to one of the funds, please contact Justine Kilkelly, Development Associate, at (717) 633-2045.
Penn State Hershey & Hanover Hospital Partnership provides access to highly specialized care for residents of the Greater Hanover Area

This fall marked the one-year anniversary of the opening of Penn State Hershey Heart and Vascular Institute—Hanover. This clinic, located in Suite 101 at Hillside Medical Center, offers specialized heart and vascular services including: electrophysiology—for the treatment of heart rhythm abnormalities; treatment and management of end stage heart failure and evaluation for transplant and/or assist device; vascular surgery—for management of vascular disease, and consult and follow up for surgical procedures. This local clinic is a significant expansion of Penn State Hershey’s heart and vascular services in the Hanover community.

The expansion of care is part of Penn State Hershey’s broader and continuing effort to provide people with greater access to highly specialized care where they live. Penn State Hershey continues to work with Hanover Hospital to provide York and Adams County cardiology patients with increased access to clinical studies and enhanced, specialized care. Since 2006, a team of Penn State Hershey cardiologists has provided consultations for advanced heart failure, rhythm disorders, interventional cardiology, and pediatric cardiology needs in Hanover.

In addition to the services provided in Hanover, a full breadth of heart and vascular specialties are offered in Hershey, including care for adults with congenital heart disease, cardiac and thoracic surgery, interventional radiology, interventional cardiology, and general cardiology.

Submitted by Emily G. Kissinger, Specialist, Marketing and Communications, Penn State Milton S. Hershey Medical Center

Penn State Hershey Heart and Vascular Institute at Penn State Milton S. Hershey Medical Center is widely recognized for quality care.

- Joint Commission Certification – Heart Failure Care
- Joint Commission Advanced Certification – Implanting Left Ventricular Assist Device as destination therapy for patients with advanced heart failure
- Get With the Guidelines – Heart Failure Gold Award
- Highmark Blue Distinction Center for Cardiac Care
- Aetna Institute of Quality for Cardiac Medical Intervention and Cardiac Surgery
- Accreditation by the Intersocietal Commission for the Accreditation of Vascular Laboratories
- Accredited by the Intersocietal Commission for the Accreditation of Echocardiography Laboratories
- Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation

Got Varicose Veins? Treatment is available!

About 25 million people suffer from venous reflux disease, the underlying cause for most varicose veins. Dr. David Gilbert, of Hanover Medical Group Cardiology, now offers venous ablation, a minimally invasive medical treatment used to shrink the affected veins.

Venous insufficiency is a condition in which the veins have problems sending blood from the legs back to the heart. Normally, valves in your deeper leg veins keep your blood flowing back toward the heart so it does not collect in one place, but the valves in varicose veins are either damaged or missing. This causes the veins to stay filled with blood, especially when you are standing.

Chronic venous insufficiency is a long-term condition. It occurs because a vein is partly blocked, or blood is leaking around the valves of the veins. Risk factors for venous insufficiency may include gender, age, heredity, pregnancy, standing occupation, obesity, prior surgery or sedentary lifestyle.

For information, please call (717) 637-1738.
Debby, age 54, began experiencing back-related aches and pain, which she knew was due to inactivity and not exercising. A friend who was a member of the Hanover Hospital Medical Fitness Center (MFC) invited her to join. “My friend said they had a pool, which was important to me,” says Debby. “That meant that I would be able to swim all year, and I would also have use of the gym to help strengthen my back.”

“Financially, I really could not afford both cable and the gym,” she explains. “But I do believe exercise is very important.” So she cancelled her cable, got her doctor’s referral and joined the MFC.

Months later, Debby says that she doesn’t miss her TV at all, and because of her work schedule she is able to spend a lot more time at the MFC. “It’s more important to me to stay active and in good health rather than sit on the sofa in front of the TV after work.” Plus, she is already meeting her fitness goals, which are to strengthen her back and lose some weight.

Debby also appreciates that the MFC staff provides blood pressure readings before and after exercise, which is generally not provided at other gyms. “I think it’s a good idea to be aware of these numbers,” she says, adding that another benefit of her membership is meeting so many nice people. She said it wasn’t long before MFC staff Jean Heindel and Jody Moyer noticed that she tended to hold her head up while swimming. “No wonder my neck and back used to hurt after swimming,” Debby laughs. “They showed me how to keep my head in the water, and it really made a difference – it’s so much more relaxing when I swim now. And, without the pain, I can swim more, which means I get even more exercise!” In the gym, she credits Ann Kress whose training expertise has already helped her back.

In her spare time, Debby enjoys reading, following NASCAR, sewing and quilting – like her Mom used to do. But she has always enjoyed being active outdoors – walking and hiking. So, when Debby indulges in the occasional chocolate cupcake or donut, she knows she can balance the extra calories with the exercise she gets at the MFC. “This is the best 50 dollars I’ve ever spent!”

For information about membership at the Medical Fitness Center, please call (717) 633-8869.
When you’re expecting, adding exercise to your routine may sound like a chore. But there are actually many important benefits that will help you stay healthy and make you feel great too! Exercise can help you sleep better, boost your energy, reduce the discomforts of pregnancy, improve your self-image, reduce stress and lift your spirits.

Hanover Hospital’s Medical Fitness Center (MFC) offers both individualized care and group activities. There, you will have access to exercise physiologists, specialists and nurses who will provide exercise prescription, supervision and education in an environment that is safe for both you and your baby.

Your three-month MFC membership also offers a free assessment as well as access to classes, equipment and a spacious heated pool. Are you a current YMCA member? Ask us about the Bridge Program and what we can do for you during your pregnancy.

Crystal Maus
I am the mother of a 3½ year old who is very excited about this new baby! I am an employment manager at a local warehouse/distribution center. I was interested in the prenatal programs, as I thought it would be fun to meet other moms at the same stage of pregnancy, and to get a night out for myself—which doesn’t happen frequently—away from the hectic demands of work and caring for my toddler. Since becoming a mother, I haven’t belonged to a gym, so unfortunately I’ve become more sedentary. I joined the prenatal swimming class, which gave me the “Mommy time” I needed and the chance to meet and talk with other moms. Ann Kress, the instructor, is fantastic—she is very helpful and easy-going. I joined the class at the end of my pregnancy, about the time I was beginning to feel heavy and clumsy. In the pool I feel weightless, and with the dimmed lights and music, it’s so relaxing!
Meet James A. Fenwick, M.D.
New Orthopedic Surgeon

Dr. Fenwick, a joint replacement specialist, recently joined the Hanover Hospital Medical Staff. He is a member of Hanover Orthopaedics-Wellspan, with Drs. Samuel D’Agata, Robert Bischoff and Francis Kilkeeny.

A graduate of University of Pittsburgh School of Medicine, Pittsburgh, Dr. Fenwick completed a residency at the same institution. Following residency, Fenwick served as a staff orthopedic surgeon for the United States Air Force, Medical Corps at Sheppard AFB in Texas. He then completed a fellowship at Anderson Orthopaedic Institute, Alexandria, Va.

Most recently, Dr. Fenwick worked as a joint replacement specialist at Hershey Medical Center. Board Certified in orthopedic surgery, his areas of expertise include: non-operative management of hip and knee arthritis, complex adult hip and knee reconstructions, primary and revision hip and knee replacement including minimally invasive hip and knee replacement and partial knee replacement.

Dr. Fenwick, who grew up in Pennsylvania, is pleased to be able to serve Hanover area patients needing joint replacements and to be part of the community. He says that there are “wonderful tools available” and that patients typically do very well after hip and knee replacements. “It’s a wonderful time to do what we do.”

The Hanover Orthopaedics-Wellspan office is located at 207 Blooming Grove Road, in Hanover. New patients are welcome. To schedule an appointment, please call (717) 632-5259.

Looking to get back on your feet?

Hanover Hospital Rehab Centers & Center for Acute Rehabilitation Medicine
300 Highland Avenue, Hanover, PA 17331
717-633-2155
Introducing Dr. Gurpal Singh, Hanover’s Newest Interventional Cardiologist

Join us as we welcome Gurpal Singh, M.D., an interventional cardiologist, to the Hanover Hospital Medical Staff. He is a member of the Hanover Medical Group Cardiology practice with Drs. David Gilbert, G. Alan Bridenbaugh and Lawrence Freer.

Dr. Singh received his Medical Degree at Government Medical College in Amritsar, India and completed his residency in internal medicine at SUNY at Stony Brook, New York, where he also served as Chief Resident. He then completed a cardiovascular fellowship at Penn State Milton S. Hershey Medical Center, where he most recently also completed a fellowship in interventional cardiology. He brings to Hanover his expertise in coronary intervention, cardiac catheterization and transesophageal echocardiography.

Dr. Singh explains that he chose the subspecialty of interventional cardiology because he finds it gratifying to be able to relieve someone’s pain almost instantly with an intervention. He says he has already had the opportunity to meet many patients from the Hanover area when they were transported to Hershey via the LifeLion helicopter, so he already feels a connection to this community.

Hanover Medical Group Cardiology is located in the Hanover Hospital Medical Office Building, 310 Stock Street, Suite 3. New patients are welcome. For information, or to schedule an appointment, please call (717) 637-1738.

What is Interventional Cardiology?

This is the subspecialty of cardiology that deals specifically with catheter-based treatment of heart disease, including procedures such as cardiac catheterizations, angioplasty and stenting of the coronary arteries. Most interventional cardiology procedures are considered to be minimally invasive because they do not require an instrument to enter the body or large incisions – most incisions are approximately 1 inch. These procedures usually involve the insertion of a catheter (hollow tube) into the femoral artery in the upper leg. The catheter is guided toward the heart or vascular area through the use of real-time X-ray.

Some of the advantages of minimally invasive interventional cardiology are decreased pain, less risk of infection, avoidance of large scars and shorter postoperative recovery times. In many instances, patients are awake during the procedure, requiring only a local anesthetic. Additionally, many procedures are performed on an outpatient basis, allowing patients to go home within hours of the procedure.
Welcome,
Dr. Michael Kane, Urologist

Michael H. Kane, M.D., has joined the Hanover Hospital Medical Staff, extending his Maryland urology practice to Hanover. A Diplomate of the American Board of Urology, Dr. Kane has been in practice in Westminster, Maryland since 1995.

A native of northern New Jersey, Dr. Kane received his Medical Degree at Cornell University Medical College, in New York City. He completed his General Surgery training and his residency in Urology at The Mount Sinai School of Medicine, also in New York City. He is proud to have been voted one of the Top Doctors in 2012 by the US News & World Report, a peer-selected designation.

Many of Dr. Kane’s current patients are from the Hanover area, which is why he felt that building a practice here was a natural progression and a great opportunity. He is also known to this area because he was instrumental in establishing the Man-to-Man Prostate Cancer Support Group here.

Dr. Kane has expertise in many of the latest specialty treatments for BPH (enlarged prostate) such as green light laser and plasma button vaporization – a new and highly successful procedure. His other areas of special interest include brachytherapy (seed) treatment for prostate cancer, treatment of refractory overactive bladder with sacral nerve stimulation (InterStim), kidney stone disease management, and minimally invasive treatments for urinary incontinence.

“I am really looking forward to becoming part of the Hanover medical staff, and am excited about being able to offer some of the newer, more advanced urologic procedures to people in this community.”

Dr. Kane’s new practice, Hanover Medical Group Urology, is located in the Eichelberger Professional Building, 195 Stock Street, Suite 206, Hanover, PA 17331. New patients are welcome. To schedule an appointment, please call (717) 646-7011.

Man-to-Man Prostate Cancer Support Group

The group is designed to help men and their families cope with and understand prostate cancer treatment options and quality of life issues after treatment. Professional speakers are invited each month to talk about prostate cancer and quality of life issues.

Meetings take place the 3rd Wednesday of odd-numbered months (January, March, etc.), from 6-8 p.m., at Hanover Hospital, Conference Room A.

For more information, please contact Mary Flinner at (717) 646-6901 or flinnerm@hanoverhospital.org.
The newly formed Hanover Hospital Ostomy Support Group is on a mission – to ease the stigma of ostomy. They are accomplishing this with personal and mutual understanding, caring support and education.

If you have undergone an ostomy, or have been told that you will need one, it’s natural to feel self-conscious and have questions about the ways it will change your life. An ostomy is a surgical procedure that creates an artificial opening for the elimination of body wastes. Afterwards, the patient must wear and maintain an ostomy pouch. Adapting to life with an ostomy and its challenges can seem overwhelming, especially when dealing with appearance, travel and personal relationships.

But consider this, says Sharon Brady, facilitator of the Hanover Ostomy Support Group. “If you lined up five people in a row and two of them had a colostomy (the surgery that created the ostomy), you would not know which had the procedure. Today’s pouches are low profile and odor proof, allowing freedom of clothing and closeness to others.”

This reassuring fact is just one of many tips and coping methods that are shared by members of the group, which welcomes ostomates and their families, friends and caregivers. The group includes individuals ages 30 through 96, who provide support for one another in an informal and friendly setting. The monthly group meetings also feature guest speakers, education and helpful information about new products and resources.

“An individual doesn’t have to be a patient at Hanover Hospital to participate in the group,” adds Sharon. “The only requirement is that they have an ostomy, or that they are an ostomy caregiver.”

Hanover Hospital also offers a community benefit program for those with ostomies, providing free consultation about pouching and other ostomy management problems.

For information about ostomy support services at Hanover Hospital, please contact Sharon Brady, at (717) 646-7007.
The York-Adams Chapter of the American Red Cross selected Jenna Rembecki, RN, a medical-surgical nurse at Hanover Hospital, as a 2012 recipient of the Heroes of York & Adams Counties Award. This award is given to persons who have performed an extraordinary act of courage to save someone’s life, who have gone above and beyond their normal duties to make a difference in the community. Jenna was honored for saving the life of an eight-year-old boy who nearly drowned at the Codorus Park swimming pool this summer. After she heard the emergency whistle to clear the pool, Jenna saw lifeguards pull the blue and unresponsive boy from the pool. With no hesitation, she offered her assistance and began performing CPR on him for about 10 minutes until he was breathing again and Medic 46 arrived. He was later airlifted by helicopter to Hershey Medical Center where he recovered fully.
Betsy Miller, RN, is Hanover Hospital’s first DAISY Award honoree! Betsy, who works in the Emergency Department, was recognized for consistently exemplifying the kind of nurse that our patients, their families and our staff recognize as an outstanding role model.

Nationally sponsored and supported by organizations such as AONE (the American Organization of Nurse Executives), the DAISY Award Program was established by the DAISY Foundation. Formed by the family of J. Patrick Barnes, who died at age 33 of complications of Idiopathic Thrombocytopenic Purpura (ITP), the foundation keeps his memory and spirit alive. His family wanted to focus on one positive experience from the young man’s eight-week illness – the skillful and compassionate care he received from his nurses, provided even when he was totally sedated.

Nominations may be submitted by patients, families, physicians and co-workers for nurses who consistently meet all of these criteria: exemplary service, compassionate care, commitment to excellence, advocacy professionalism and dedication by consistently going above and beyond.

How to nominate a special nurse

Want to nominate a nurse who provided you or your loved one with exceptional care? DAISY Award nomination forms are available on all of the nursing units, in the hospital Main Lobby, and on www.HappierNurses.com.
Community Wellness Programs
In partnership with Highmark Blue Shield Preventive Health Alliance

Drop 10 in 10
Wednesdays,
Jan. 9 – Mar. 13, 2013
6:30-7:30 p.m.
A 10-week weight management program designed to help participants lose 10 pounds or 10 percent of their body weight through an intensive program of optimal nutrition, regular exercise and behavior change. Includes exclusive Drop 10 in 10 toolkit!
Cost: $20 for Highmark subscribers, $120 for non-subscribers.
Registration required by December 27, 2012.

The Spectrum
Finding Your Optimal Health
Tuesdays,
Feb. 5 – Mar. 12, 2013
9-11 a.m.
A 6-week scientifically-proven program to feel better, live longer, lose weight and gain health based on the best-selling book by Dr. Dean Ornish. Learn how your health behaviors can impact your total well-being for now... and for the future. Registration is limited and required by January 22, 2013.
Cost: Free for Highmark subscribers, $120 for non-subscribers.

Get Moving:
A Health on the Menu Program
Wednesday
Feb. 13, 2013
6:30-7:30 p.m.
Exercise is a key component to a healthy lifestyle. Join us and examine how to start a safe, effective and comprehensive exercise program. This interactive workshop will show you how to get moving at home and at work. Registration requested.
Cost: Free for all participants.

Eat Well for Life
Wednesdays,
Mar. 20 – Apr. 10, 2013
6:30-8 p.m.
Learn to make healthy food and lifestyle choices and adopt the practices necessary to achieve a balanced lifestyle, long-term weight management and optimal health and wellness. Registration required by March 6.
Cost: Free for Highmark subscribers, $75 for non-subscribers.

Don’t take a chance – Get your flu shot!

Flu shots are important because the virus that causes the flu changes constantly, and a new strain appears almost every year. The shot that protects you one year won’t necessarily protect you the next.

The flu can be deadly in older individuals. Changes in your immune system increase your chance of getting it, and the flu’s effects can be especially severe if you have a chronic lung or heart condition. The flu vaccine is 90 percent effective in preventing deaths and 80 percent effective in preventing hospitalizations. The shot doesn’t guarantee you won’t get sick, nor will it protect you against other respiratory diseases, but it’s important to remember that the flu kills, colds don’t.

The flu shot may not be for you if you are allergic to eggs, are ill with a high fever or have had a severe reaction to the flu vaccine in the past. If you are unsure if you should get the shot, consult your health care provider.

Hanover Hospital offers flu vaccine at several locations. Standard flu shots, the new intradermal (short needle) shots and Fluzone high dose vaccinations for age 65+ are now available at Hanover Medical Group physician offices and Express Care locations:

- Grandview Shopping Center
  1404 Baltimore Street, Hanover
- Thistle Hill Professional Center
  2030 Thistle Hill Drive, Spring Grove
- New Oxford Medical Center
  5615 York Road

Express Care hours are 8 a.m. to 10 p.m., seven days a week. No appointment is necessary.
Upcoming Events

Multiphasic Blood Screenings
An early detection essential

Available tests & cost:
- Multiphasic Blood Screen ....... $32
- Thyroid Screen (TSH) ............ $12
- Prostate Screen (PSA) ........... $18
- Lung Test (Spirometry) ........ $10
- Glyco Hemoglobin ............... $15

March 8 & 9, 2013 – 6-9 a.m.
Hanover Hospital Wellness & Education Center, 400 York Street, Hanover, PA
Registration: January 23 to February 22

September 20 & 21, 2013 – 6-9 a.m.
Hanover Hospital Wellness & Education Center, 400 York Street, Hanover, PA
Registration: July 29 to September 6

December 2, 2013 – 6-9 a.m.
Thistle Hill Professional Center,
2030 Thistle Hill Drive, Spring Grove, PA
Registration: October 28 to November 22

These low-cost blood screenings can help your physician detect a number of health problems. Pre-registration and 12-hour fasting required. For information or to register, call (717) 646-7146, or call toll free at 800-673-2426, ext. 7146.

Better Living Radio, WHVR 1280AM Week days – 10-11 a.m.
Join us as members of the Hanover Hospital staff discuss ways to live a healthier life. Schedule changes on a weekly basis, so for a specific month’s speakers, call (717) 633-2045 or e-mail kilkellyj@hanoverhospital.org.

Hanover Hospital offers ongoing support groups, programs and classes on a variety of topics, such as:

- Breast Cancer ................. 633-1111
- Lung Disease .................. 633-2159
- Depression ...................... 646-6905
- Ostomy Support ............... 646-7007
- Diabetes Management ... 633-2118
- Prostate Cancer .............. 633-2123
- Grief Support ................. 646-6905
- Sleep Apnea .................... 633-2229
- Infant Bereavement ...... 646-6905
- Tobacco Cessation........... 633-8894

For more information, call the contact number above, or visit the Community Calendar on www.HanoverHospital.org.

Meet Hanover Hospital’s Development Department

For more information about donation opportunities at Hanover Hospital, please call (717) 633-2045.

Lisa M. Duffy, Director of Marketing & Development
Justine Kilkelly, Development Associate
Our Private Rooms for Every Patient (PREP) Campaign is About

Providing the Highest Quality Care to the Hanover Community...

...FOR OUR PATIENTS
- Greater comfort for better healing
- Ability to have family close by
- Infection control
- Privacy for open, confidential communication
- A better environment for rehabilitation and education

...FOR OUR NURSES
- More time with patients
- Quiet, safe place to work
- Better workstations
- Close access to supplies and equipment

...FOR OUR PHYSICIANS
- Privacy to communicate with patients
- Quick access to patient records
- Infection control

Renovation has begun! Here are the "before" and "after" views of the new M-4 unit. Check out our website, where we will be adding photos as the project progresses!

Hanover Hospital’s goal is to ensure that your family, neighbors and friends never have to leave their community in order to receive comprehensive, state-of-the-art medical care.

Contact Hanover Hospital’s Development Office at (717) 633-2045 to make a donation.

Become A Member of the 1926 Club — Show your support for the hospital

As a member of the 1926 Club, you are committing to give $100 a year or more to support the greatest need of Hanover Hospital. For this giving club membership, you will receive special recognition and invitations to members-only events and exclusive open houses. Upon completion of this card, you will receive a 1926 Club pledge card and donation guide.

Name ____________________________________________
Address ____________________________________________
City ____________________________________________ State __________ Zip __________
Preferred Phone ________________ O Home O Business O Cell
Preferred Email ________________ O Home O Business

How would you like your name to appear for recognition purposes?

________________________________________
________________________________________

O My gift is being made anonymously.

O By check: Make payable to Hanover Hospital
O By credit card: 
   O VISA  O MasterCard  O Discover  O AMEX
Card # ____________________________
Exp. _________________ SVN __________
Name (on card) ____________________________
Signature ____________________________

Your contribution will benefit Hanover Hospital and qualifies as a charitable contribution to an IRC Section 501(c)(3) public charity for federal income and estate tax purposes.

If you have any questions or would like to learn more about the 1926 Club, please contact the Development Office at (717) 633-2045 or email us at donations@hanoverhospital.org.
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