

Health NEWS

SHARON REGIONAL  HEALTH SYSTEM

News For You and Your Family From Sharon Regional



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Hermitage breast cancer survivor grateful to Cancer Care Center

Christina Pelsh, left, shown with her husband, Bruce, along with daughters, Lindsay and Allison, is extremely grateful to both her family and the staff of Sharon Regional's Cancer Care Center in Hermitage for the care and support provided to her during two bouts with breast cancer. Christina and her husband own and operate Shawnee Optical in Hermitage.

NOVEMBER/DECEMBER 2011

www.sharonregional.com

Hermitage breast cancer survivor receives treatment, hope, and support from Cancer Care Center staff

Christina Pelsh remembers the screening tests, the diagnostic tests, the doctor visits, the surgeries, the hospital stays, the medications, the recoveries, and the chemotherapy and the radiation treatments. While the process was very difficult, Christina remembers and appreciates her care at Sharon Regional's Cancer Care Center.

“They gave me hope... It was tough but everyone made it as positive as possible for me. Everyone from the doctors, the nurses, the staff—they always called me by my name and are all very, very nice.”

— CHRISTINA PELSH

“They gave me hope,” Christina says of the staff at the Center. “It was tough but everyone made it as positive as possible for me. Everyone from the doctors, the nurses,

the staff—they always called me by my name and are all very, very nice.”

Christina, 54, of Hermitage, has experienced two bouts with breast cancer and two rounds of post-op treatment at the Cancer Care Center. The first surgery was a double lumpectomy five years ago followed by treatment at the Cancer Care Center consisting of radiation supervised by Dennis Ulewicz, M.D., radiation oncology, and chemotherapy supervised by George Garrow, M.D., medical oncology.

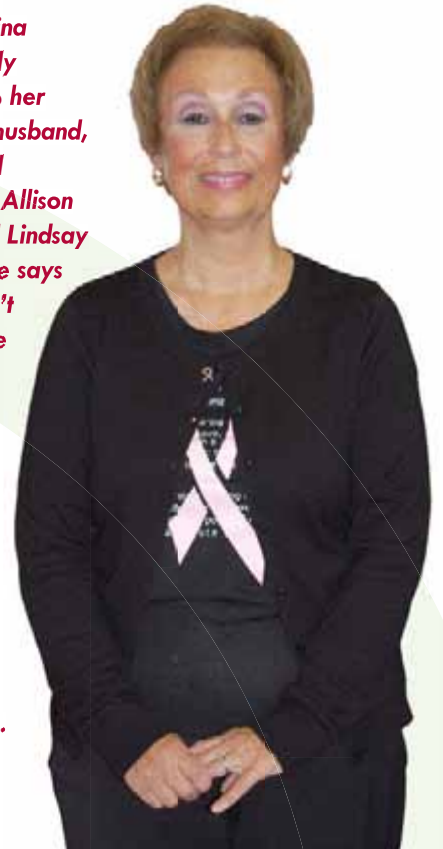
The second bout was early last year when a nagging cough led her back to Dr. Garrow who ordered a CT scan. It showed cancer in her ovaries and that led to another surgery and a 10-month course of chemotherapy at the Cancer Care Center. She feels Avastin (bevacizumab), a cancer medicine that interferes with the growth of cancer cells and slows their growth and spread in the body, helped save her life.

“While I know I can never be completely cured,” Christina adds, “I take inspiration from my 89-year-old mother who is a 36-year survivor of breast cancer. And the

people at the Cancer Care Center were so positive—they always gave me a chance.”

For more information visit www.sharonregional.com/cancercare.htm or call 724-983-5900.

Christina is especially grateful to her family of husband, Bruce, and daughters Allison Gantz and Lindsay Shaver. She says she couldn't have made it without their support. She and her husband own and operate Shawnee Optical in Hermitage.



Sharon Regional's Cancer Care Center takes cancer treatment to a higher level

For years, Sharon Regional Health System has offered advancements in cancer technology, treatment and early detection. Sharon Regional's Cancer Care Center, 2320 Highland Rd., Hermitage, takes cancer treatment to a higher level. For residents throughout the region, this means the chances of beating cancer are better than ever.

Dealing with cancer can create anxiety and stress for both patients and their families. Sharon Regional Health System's Cancer Care Center eliminates the anxiety of receiving treatment in an unfamiliar setting miles from home and family. For more information, call 724-983-5900.

National publication reinforces importance of heart attack patients being treated at hospitals like Sharon Regional

Sharon Regional only Mercer County hospital offering rapid heart attack treatment

Despite improvements in treating heart attack patients needing emergency artery-opening procedures, delays still occur, particularly in transferring patients to hospitals like Sharon Regional that can perform the procedure, according to a recent study in *Circulation: Journal of the American Heart Association*.

Fast response is critical for ST-segment elevation myocardial infarction (STEMI)

At other hospitals in the area, patients lose valuable treatment time and risk further damage to precious heart muscle by having to wait in the emergency department to be transferred for treatment.

patients. This severe heart attack is caused by a complete blockage of blood supply to the heart. More than 250,000 people suffer a STEMI each year.

But not all hospitals are equipped like Sharon Regional to perform artery-opening angioplasty – only about 25 percent in the U.S. Facilities that can't perform the procedure, also known as percutaneous coronary intervention, or PCI, typically refer

and transfer patients to others that can, such as Sharon Regional.

SHARON REGIONAL IS THE ONLY HOSPITAL IN MERCER AND LAWRENCE COUNTIES ABLE TO PROVIDE THE 24/7 LEVEL OF EMERGENCY HEART ATTACK TREATMENT MENTIONED IN THE CIRCULATION ARTICLE. Our Emergency Care Center and Heart Institute are specially equipped to diagnose and rapidly treat patients with a suspected heart attack. A team of highly specialized doctors, nurses, and technologists are on call 24 hours a day, 7 days a week to respond at a moment's notice. When a heart attack patient is enroute to our Emergency Care Center, this special team is activated and is ready and waiting to quickly open the blocked artery that is causing the heart attack. *At other hospitals in the area, patients lose valuable treatment time and risk further damage to precious heart muscle by having to wait in the emergency department to be transferred for treatment.*

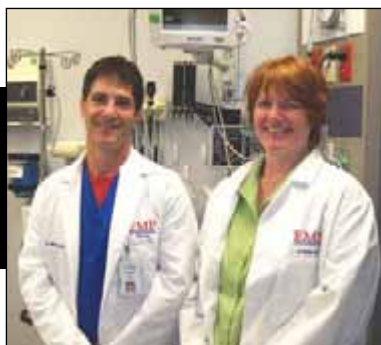
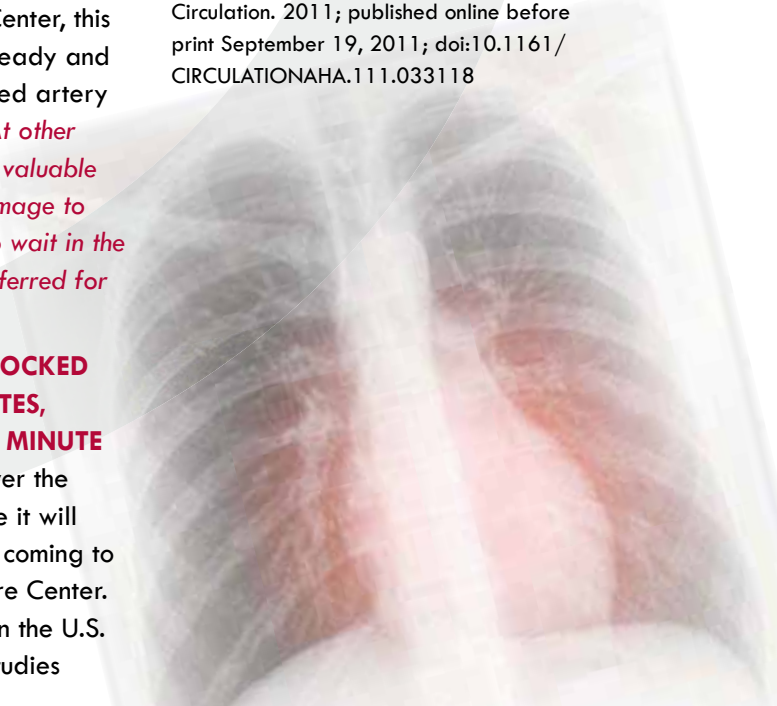
SRHS'S TIME TO OPEN A BLOCKED ARTERY IS LESS THAN 70 MINUTES, WHICH IS BETTER THAN THE 90 MINUTE NATIONAL STANDARD. Whatever the symptoms, don't delay, don't hope it will go away, call 9-1-1 and insist on coming to Sharon Regional's Emergency Care Center. Heart disease kills more people in the U.S. than any other cause of death. Studies

show that early identification of symptoms and rapid treatment greatly improves the chances of survival and subsequent quality of life, as well as limits the damage done to your heart.

THE FULL STUDY IS AT:

Causes of Delay and Associated Mortality in Patients Transferred With ST-Segment-Elevation Myocardial Infarction, by Michael D. Miedema, Marc C. Newell, Sue Duval, Ross F. Garberich, Chauncy B. Handran, David M. Larson, Steven Mulder, Yale L. Wang, Daniel L. Lips, and Timothy D. Henry.

Circulation. 2011; published online before print September 19, 2011; doi:10.1161/CIRCULATIONAHA.111.033118



IN AN EMERGENCY YOU WANT TO SEE A DOCTOR FAST. At Sharon Regional, you do.

Every day during our busiest hours patients are now seen within minutes of their arrival by an emergency physician who evaluates their condition and immediately orders the necessary tests, even before registration. Our new **PhysicianFirst** program provides a faster, better patient experience.

SHARON REGIONAL  HEALTH SYSTEM

740 East State Street • Sharon, PA 16146 • www.sharonregional.com

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Community Education Programs • November 2011

ALL PROGRAMS AT THE HERMITAGE DIAGNOSTIC & IMAGING CENTER UNLESS OTHERWISE NOTED. PLEASE CALL 724-983-5518 OR 1-800-346-7997 TO REGISTER FOR ALL PROGRAMS

monday	tuesday	wednesday	thursday	friday	Doctor's corner & special events
<p>Overeaters Anonymous Mondays 1-2 p.m.</p> <p>Prepared Childbirth Series Starts Monday, November 7, 2011 7 p.m. Diagnostic & Imaging Center Please call 724-983-5560 to register</p>	<p>TOPS Take Off Pounds Sensibly Every Tuesday Meeting 9:30 a.m. There is a fee First class is free Weigh in from 8:30 - 9:30 a.m. Please call 724-983-5518 or 1-800-346-7997 to register</p>	<p>Quitting for Life Smoking Cessation Classes Starting Wednesday, November 2, 2011 for 4 weeks 2 p.m. Fee \$25 Diagnostic & Imaging Center Please call 724-983-5518 to register</p> <p>Cardiac Support Group 7 p.m.</p>	<p>Diabetes Basics Saturday, November 12 9 a.m. Thursday, November 17 1 p.m. Diabetes Center 724-981-6551</p> <p>Playtime Stimulation for Newborns 10 a.m. Seniors for Safe Driving Class Friday, November 4, 2011 9 a.m. - 1 p.m. Richard D'Arcangelo \$15 fee Please call 800-559-4880 to register</p> <p>Diabetes Support Group Shenango Valley Senior Center 9:15 a.m. Diabetes Center 724-981-6551</p> <p>Celiac Disease Support Group 6:30 p.m.</p>	<p>Healthy Eating with Diabetes Monday, November 7 1 p.m. Monday, November 21 1 p.m. Diabetes Center 724-981-6551</p> <p>NEW! Health Care Provider CPR 9 a.m. Fee \$40 School of Nursing 724-983-CPR1</p> <p>Health Care Provider CPR Recertification 1:30 p.m. Fee \$70 School of Nursing 724-983-CPR1</p> <p>Story Hour Friday, November 18, 2011 Thanksgiving at Our House 10 a.m. Read by Miss Gayle Please call 724-983-5518 to register</p>	<p>FREE HAND, ELBOW OR SHOULDER SCREEN TUESDAY, NOVEMBER 15 10 A.M. - 12 P.M. Maureen Riggie, M. Ed., OTR/L, CHT Please call 724-983-5518 for an appointment.</p> <p>FREE FOOT & ANKLE SCREEN WEDNESDAY, NOVEMBER 16 11-12 P.M. James LaPolla, D.P.M. Podiatrist Brookfield Family Medicine Center 7264 Warren-Sharon Rd., Brookfield, OH Please call 1-800-346-7997 for an appointment.</p> <p>LEARN ABOUT HOSPICE BENEFIT AND COMMON SYMPTOMS ENCOUNTERED AT THE END OF LIFE THURSDAY, NOVEMBER 17 2 P.M. Deborah Garrett, RN, CHN Director of Hospice Please call 724-983-5518 to register.</p> <p>BIARIATRIC SURGERY INFORMATIONAL MEETING WEDNESDAY, NOVEMBER 30 6 - 8 P.M. Ravi Alapati, M.D. Laparoscopic Surgeon & Director of Bariatric Surgery Program Please call 724-983-5518 to register.</p>
<p>In Celebration of Diabetes Month ATC Champions Program A unique, inspirational program that brings together individuals with diabetes to assist each other in successfully managing the disease. Monday, November 7 6 p.m. Morrison Hall</p> <p>On the Road to Better Manage Diabetes A program for those who want to know more about diabetes and how to care for it. Wednesday, November 9 6 p.m. Diagnostic & Imaging Center</p> <p>Preventing Diabetes Friday, November 11 1 p.m. Diabetes Center</p> <p>Please call the Diabetes Center for information or to register for any of the programs. 724-981-6551</p>	<p>NEW! Health Care Provider CPR 4 p.m. Fee \$40 School of Nursing 724-983-CPR1</p> <p>Bereavement Support Group 6 p.m. Behavioral Health Services</p>	<p>Health America Advantra Town Meeting 10 a.m. - Noon Senior Products</p> <p>Alzheimer's Support Group 6 p.m.</p> <p>Bariatric Support Group Thursday, November 17, 2011 6 p.m. 724-983-5518</p>	<p>Highmark Senior Products 10 a.m. Senior Products Call 1-800-978-6590 to register</p> <p>Quitting Smoking: The Great American Smoke Out! 6 p.m. Gayle R. Linden, L.P.N. Community Education Coordinator Please call 724-983-5518 to register</p> <p>HAPPY THANKSGIVING! We are closed for the holiday.</p> <p>Live in Mercer/Grove City/Stoneboro area? We now provide Diabetes and Nutrition Education at the Mercer Family Medicine Center. Call for more information or to schedule in Mercer 724-981-6551.</p>	<p>Sharon Regional Health System Life Line Screening Stroke • Carotid Artery Screening • Abdominal Aortic Aneurysm Screening • Heart Rhythm Screening (Atrial Fibrillation) • Peripheral Arterial Disease Screening Wednesday, November 2, 2011 Grace Church of Columbiana 140 South Main St., Columbiana, OH Tuesday, November 8, 2011 New Life Christian Fellowship 2088 Tibbetts-Wick Rd., Girard, OH Wednesday, November 30, 2011 Howland United Methodist Church 730 Howland-Wilson Rd. NE, Warren, OH Tuesday, December 6, 2011 Canfield Presbyterian Church 140 West Main St., Canfield, OH To register for any of the screens please call 1-800-395-1801</p>	
<p>Online registration now available for most classes at our Calendar of Events Page www.sharonregional.com CHECK OUT OUR WEBSITE! www.sharonregional.com</p> <p>Compassionate Friends 7 p.m.</p>	<p>ALL PROGRAMS AT THE DIAGNOSTIC & IMAGING CENTER UNLESS OTHERWISE NOTED.</p> <p>November: American Diabetes month, National Alzheimer's Disease Awareness month, National Hospice month and Great American Smoke Out! Stop by the Diagnostic & Imaging Center for more information.</p>	<p>Highmark Senior Products 10 a.m. Senior Products Call 1-800-978-6590 to register</p>	<p>Highmark Senior Products 10 a.m. Senior Products Call 1-800-978-6590 to register</p>	<p>Behavioral Health Services Hermitage: 724-983-5454 Mercer: 724-662-3831</p> <p>Brookfield Family Medicine Center 7264 Warren-Sharon Road Brookfield 330-448-0500</p> <p>Cancer Care Center 2320 Highland Road Hermitage 724-983-5900</p> <p>Diabetes Center 2395 Garden Way Hermitage 724-981-6551</p> <p>Diagnostic & Imaging Center 2435 Garden Way Hermitage 724-983-3931</p> <p>Mercer Family Medicine Center 551 Greenville Road Mercer 724-662-4155</p> <p>Hubbard Diagnostic & Specialty Center 880 W. Liberty Street, Suite A Hubbard 330-534-5400</p>	

Community Education Programs • December 2011

ALL PROGRAMS AT THE HERMITAGE DIAGNOSTIC & IMAGING CENTER UNLESS OTHERWISE NOTED. PLEASE CALL 724-983-5518 OR 1-800-346-7997 TO REGISTER FOR ALL PROGRAMS

monday	tuesday	wednesday	thursday	friday
<p>Overeaters Anonymous Mondays 1-2 p.m.</p>	<p>TOPS Take Off Pounds Sensibly Every Tuesday Meeting 9:30 a.m. There is a fee First class is free Weigh in from 8:30 - 9:30 a.m. Please call 724-983-5518 or 1-800-346-7997 to register</p>	<p>New! Support Group Bereavement Sharing Group Thursday, December 8, 2011 1 p.m. Ferrara's Restaurant 1208 Hall Ave., Sharon, PA Please call 724-983-3878 to register</p>	<p>Diabetes Basics Thursday, December 1 1 and 6 p.m. Saturday, December 10 9 a.m. Diabetes Center 724-981-6551</p>	<p>Healthy Eating with Diabetes Monday, December 5 6 p.m. Monday, December 12 1 p.m. Diabetes Center 724-981-6551</p>
<p>Sharon Regional Speakers Bureau: Please call 724-983-5518 to schedule</p>	<p>Salvation Army Treasures for Children Program Gift giving tags at the Diagnostic & Imaging Center Pull a tag and purchase a gift for a special child</p>	<p>Cardiac Support Group 7 p.m.</p>	<p>Playtime Stimulation for Newborns 10 a.m. Health America Advantra Town Meeting Friday, December 2, 2011 10 a.m. - Noon Senior Products</p>	<p>NEW! Health Care Provider CPR 9 a.m. Fee \$40 School of Nursing 724-983-CPR1</p> <p>Health Care Provider CPR Recertification 1:30 p.m. Fee \$20 School of Nursing 724-983-CPR1</p>
<p>5</p>	<p>Blood Drive: Central Blood Bank of Pittsburgh Thursday, December 8, 2011 10 a.m. - 2 p.m. Proper ID is required to donate blood Walk-ins welcome - You save 3 lives with one donation Call 724-983-5518 to register Diagnostic & Imaging Center Please help save a life!</p>	<p>7</p>	<p>Diabetes Support Group Shenango Valley Senior Center Holiday Eating 9:15 a.m. Diabetes Center 724-981-6551</p> <p>Celiac Disease Support Group 6:30 p.m.</p>	<p>2</p>
<p>12</p>	<p>Highmark Health on the Menu: Suspending Stress 12 p.m. Gayle Linden, L.P.N.</p>	<p>14</p>	<p>Shenango Valley Immunization Clinic Pennsylvania Department of Health Mercer County State Health Center 9 a.m. - 2 p.m. PA residents only: birth to age 18 You must call 724-662-4000 for an appointment Fee \$5 or free depending on your income Diagnostic & Imaging Center</p>	<p>9</p>
<p>19</p>	<p>NEW! Health Care Provider CPR 4 p.m. Fee \$40 School of Nursing 724-983-CPR1</p> <p>Bereavement Support Group 6 p.m. Behavioral Health Services</p>	<p>21</p>	<p>Alzheimer's Support Group 6 p.m.</p>	<p>16</p>
<p>26</p>	<p>Free e-newsletters on Health, Parenting, and Pregnancy are at www.sharonregional.com</p>	<p>28</p>	<p>Visit our online Health Library at www.sharonregional.com for health and medical information from A to Z.</p>	<p>30</p>
<p>Free Hearing Screen 10 a.m. - 12 p.m. Please call for an appointment 724-983-5518</p>	<p>Medic Alert information available at the Diagnostic & Imaging Center</p>	<p>Behavioral Health Services Hermitage: 724-983-5454 Mercer: 724-662-3831</p>	<p>Diabetic Support Group Alzheimer's Support Group 6 p.m.</p>	<p>Story Hour Corduroy's Christmas Surprise 10 a.m. Read by Miss Gayle Please call 724-983-5518 to register</p>

Doctor's corner & special events



FREE HEARING SCREEN
MONDAY, DECEMBER 19
10 A.M. - NOON
Thomas Baranek, M.A., CCC/A
Audiologist
Please call 724-983-5518 for an appointment.



BARIATRIC SURGERY INFORMATIONAL MEETING
WEDNESDAY, DECEMBER 14
6 - 8 P.M.
Ravi Alapat, M.D.
Laparoscopic Surgeon & Director of Bariatric Surgery Program
Please call 724-983-5518 to register.



FREE FOOT & ANKLE SCREEN
WEDNESDAY, DECEMBER 28
2 - 4 P.M.
Allan Evangelista, D.P.M.
Foot and Ankle Surgeon
Please call 724-983-5518 for an appointment.

**Coming in January...
Make it Your New Year's Resolution - Quitting for Life Smoking Cessation Classes**
Tuesdays starting January 10, 2012
For 4 weeks | 6 p.m. | Fee \$25
Diagnostic & Imaging Center
Please call 724-983-5518 to register

Hubbard Diagnostic & Specialty Center
880 W. Liberty Street, Suite A
Hubbard
330-534-5400

Hubbard Diagnostic & Imaging Center
2435 Garden Way
Hermitage
724-983-3931

Diabetic Center
2395 Garden Way
Hermitage
724-981-6551

Center Care Center
2320 Highland Road
Hermitage
724-983-5900

Brookfield Family Medicine Center
7264 Warren-Sharon Road
Brookfield
330-448-0500

Behavioral Health Services
Hermitage: 724-983-5454
Mercer: 724-662-3831

Sharon man benefits from carotid artery surgery at Sharon Regional



David Stanley enjoys a workout at the Shenango Valley YMCA a few months after his carotid artery procedure at Sharon Regional.

David Stanley took action after a carotid artery blockage was discovered this May at a Life Line Screening at Sharon Regional's Diagnostic & Imaging Center in Hermitage. He visited his family physician, Allison Angott, M.D., who quickly scheduled a follow-up scan at Sharon Regional.

The right carotid artery blockage was confirmed and David was connected with Carlos Rosales, M.D., board certified vascular surgeon, and a member of the vascular surgery team at Sharon Regional. Dr. Rosales performed a carotid artery endarterectomy in July in the hospital of Sharon Regional.

"Dr. Rosales explained everything to my wife and I, so we were very sure we were doing the right thing," recalls David, 72, of Sharon. "It was great to be able to stay in

Sharon and have everything come out so well after my stay."

Daytime tiredness and afternoon naps were David's main reasons for the Life Line Screening. The successful surgery at Sharon Regional has restored his energy.

David has resumed frequent workouts at the Shenango Valley YMCA and some consulting for Pennsylvania Rail Car Company in Mercer. He retired from that company as vice president of operations and from Trinity Industries, formerly of Greenville.

"I would suggest this procedure at Sharon Regional to anyone who may need it," adds David. "The doctor, nurses and the whole staff in the hospital were super—all of them."



Satish Muluk, M.D.



Dean Healy, M.D.



Carlos Rosales, M.D.



Bart Chess, M.D.

Sharon Regional board certified vascular surgeons are Drs. Satish Muluk, Dean Healy, Carlos Rosales, and Bart Chess, 2425 Garden Way, Hermitage, 724-347-2546.

Sharon Regional offers Life Line Screenings throughout the year. Upcoming screenings are scheduled for November 2 in Columbiana, OH; November 8 in Girard, OH; November 30 in Howland, OH; and December 6 in Canfield, OH. For more information, see our Calendar, pg. 4, and call 800-395-1801.



READY TO LOSE THE WEIGHT AND CHANGE YOUR LIFE?

Sharon Regional's Bariatric Surgery Program offers a multi-disciplinary, customized surgical approach to your weight loss plan. Want to learn more? Attend a free information session on Wednesday, Nov. 30 or Dec. 14 at 6 p.m. at the Diagnostic & Imaging Center in Hermitage.

To register please call 724-983-5518 or 800-346-7997.

SHARON REGIONAL  HEALTH SYSTEM

740 East State Street • Sharon, PA 16146 • 724-983-3911 • www.sharonregional.com

Cancer Care Center nurses earn specialty certification

Sharon Regional's Cancer Care Center nurses Kendra Christy, RN, Lillian Moyer, RN, BSN, and Brenda Polanichka, RN, recently passed the examination to earn certification as an Oncology Certified Nurse, or OCN. The addition of these three specialized oncology nurses brings the total to six advanced specialty OCN nurses who care for patients at Sharon Regional's Cancer Care Center.



Kendra Christy, RN



Lillian Moyer, RN, BSN



Brenda Polanichka, RN

County's largest provider of specialized cancer services. In addition to two linear accelerators for radiation oncology, the Center offers hematology and medical oncology consultation and treatment, blood administration, intravenous infusions, on-site laboratory and rehab center, and

social service counseling. The Center also offers patients access to national cancer clinical trials along with a variety of wellness and educational programs. The Center is approved by the Commission on Cancer of the American College of Surgeons and the American College of Radiology.

certification must have a minimum of 1,000 hours of adult oncology nursing practice, with 30 months prior to application, and have completed a minimum of 10 contact hours of continuing nursing education or an academic elective in oncology nursing within 36 months prior to application. Several other criteria also apply.

The certification program is offered through the Oncology Nursing Certification Corporation (ONCC), a non-profit organization incorporated in 1984 that develops, administers, and evaluates programs for certification in oncology nursing. Nurses seeking to earn the OCN

Sharon Regional's Cancer Care Center, 2320 Highland Rd., Hermitage, is Mercer

social service counseling. The Center also offers patients access to national cancer clinical trials along with a variety of wellness and educational programs. The Center is approved by the Commission on Cancer of the American College of Surgeons and the American College of Radiology.

For more information visit
www.sharonregional.com/cancercare.htm
 or call 724-983-5900.

SHARON REGIONAL  HEALTH SYSTEM

Auxiliary Angel Fund

The Sharon Regional Health System Auxiliary presents its "Angel Fund" for the holiday season. Following in the tradition of the former "Lights of Love" program, it offers support to patients at Sharon Regional's Cancer Care Center who may need assistance with medications or household utilities. "Angel Fund" trees will brighten the lobbies of the hospital's Emergency Care Center and Cancer Care Center during the holidays. For a donation of \$5 or more, a light will be placed on the tree in honor or in memory of someone special. The TREE LIGHTING CEREMONY will be held Friday, December 2, 2011, at 2 p.m. in the lobby of the Cancer Care Center, 2320 Highland Road, Hermitage.

Please complete the information on the form below and return it to:

Sharon Regional Health System Auxiliary, c/o Volunteer Office, 740 East State Street, Sharon, PA 16146

Name _____ Telephone _____

Address _____ City, State, Zip _____

Enclosed is a \$ _____ donation for the "Angel Fund."

In honor of _____ (name of person)

In memory of _____ (name of person)

Name and address of person to be notified (The person being honored or the family of the person the donation is in memory of)

Please make checks payable to Sharon Regional Health System Auxiliary.

Health NEWS

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*The Janet L. Patterson Award
for Volunteer of the Year was
presented to Alma Cullen.*



Volunteers honored at luncheon

Sharon Regional hosted its Annual Volunteer Awards Luncheon recently at the Buhl Farm Park Casino. Linde Finsrud Wilson, CEO of Sharon Regional, welcomed the volunteers and thanked them for their hours of service. Michael Garfinkle, M.D., director of emergency medicine at Sharon Regional, spoke to the group about recent changes in the Emergency Care Center and the implementation of the PhysicianFirst program.

Debbie Garrett, hospice director, presented a Hospice Volunteer Service Award to Joan Brant, Mary Louise DeVenney, Mary Lou Dunlap, and Maxine Horstman for five years of service and to Hazel Howell for 20 years of service.

Lynn Pyle, director of volunteers, presented the Janet L. Patterson Award for *Volunteer of the Year* to Alma Cullen. The award is presented annually to the volunteer who exemplifies the enthusiasm, service, and dedication to the volunteer program at Sharon Regional.

Receiving Auxiliary Hours Awards for 100 hours were: Sonny Batanian, Marilyn Burbick, Bruce Camlin, Cliff Sederland, Anne Tallarico, and Rita Voyt; 500 Hours: Ray Agosti, Rosemary Cerra, Maxine Horstman, and Sherry Mignella; 1,000 Hours: Laurie Chrobak, Dina Janoso, Janet Salsgiver, and Mike Molent; 1,500 Hours: Jane Dresch; 2,500 Hours: Joanne Bisson; 3,000 Hours: Helen Martinko; 3,500 Hours: Hedy Walker; 4,500 Hours: Angie Leonard; 5,000 Hours: Alma Cullen; 8,000 Hours: Ruthetta Steele; 18,000 Hours: Alyce Parrish; and 21,000 Hours: Howard Ham.

For more information on volunteer opportunities at Sharon Regional Health System, call 724-983-3805 or visit www.sharonregional.com/volunteer.asp.



Shenango Valley YMCA

925 North Hermitage Road, Hermitage
Phone: 724-981-6950 • www.svymca.com

PUTTING CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH
PROGRAMS THAT BUILD STRONG MIND, BODY AND SPIRIT!

Programs, Sports, Clinics and Services

*for all ages/abilities now offered at all three of our locations!
Call the YMCA today to see how we can help you!*

This holiday season give the gift that truly keeps giving!

YMCA Gift Certificates

available in any denomination for:

Memberships • Programs and Sports Fees
Personal Training • Massage Therapy and more!

Get or Stay Healthy in 2012... Participate in a wellness program at the YMCA!

**"Drop 10 in 10" • "Personal Nutrition Coaching"
"Eat Well for Life" • "Discover Relaxation"**

****Free for those with Highmark Health Insurance.**

Take a Tour of Our New Satellite Facilities:

**Greenville Rec Center: 45 Alan Avenue, Greenville
Chavers Community Center: 211 Federal St., Farrell**

One affordable membership rate, three unique facilities!



Join us on Facebook!