



## our focus: **Your Needs**

It's the middle of the night and you're experiencing chest pain. Your spouse calls 911 and you're rushed to the Emergency Department at Moses Taylor Hospital. In the bustle of it all you wonder if your primary care physician will know you're here. That's where the hospitalist comes in.

**A**s popularity for hospitalist programs grows nationwide, MTH is the first in Lackawanna County to introduce a team of hospitalists that is available 24 hours a day, 7 days a week, to care for inpatients. These hospitalists work onsite at MTH and are only steps away if you need a physician's care at any time.

Whether you're admitted due to an emergency or by doctor's orders, your physician will likely refer you to the care of a hospitalist. Under his or her watch you'll benefit from superior care, including:

- in-person evaluation of your needs upon admission and during your stay
- ability to order tests and procedures in a timely manner
- quick response if emergency or change in condition occurs
- adequate time to talk with you and your family
- communication with your primary care physician about your treatment and medications during your stay as well as following discharge

"Meeting your needs is our only responsibility," says Stephen Opsasnick, MD, Director of the Hospitalist Program at MTH. "We're dedicated to bringing you the highest level of quality during your stay by providing constant and efficient care."

### Our Mission

Moses Taylor Health Care System will provide continuously improving quality and cost effective health care that is customer and community focused.

## Cold and Flu? Not This Winter!

The winter doesn't have to be a time of worry and illness for you and those you love. By taking a few simple precautions, you can lessen your family's risk for cold and flu and ensure that everyone has a wonderful, healthy winter.

**I**t's that time of year—cold and flu season. Fight back with these tips to keep you and your family healthy this winter.

**Lather up.** Wash your hands often with soap and water. Carry antibacterial gel with you.

**Drink up.** How can you tell if you're getting enough fluids? If the color of your urine runs close to clear, you're getting enough. If it's deep yellow, your body is begging for more water.



**Get a shot.** If you haven't already done so, get your flu shot. It's up to 90 percent effective in fighting the flu, according to the Centers for Disease Control and Prevention.

**Go outside.** Colds are common during the winter, when more people (and more germs) are cooped up indoors.



## 5 ways to cope with Alzheimer's

**T**hough Alzheimer's disease can be difficult to live with, you can take steps to ease the emotional and mental strain. Here are five steps to help.

- 1 Take your time.** By not rushing yourself through tasks—or letting others rush you—you'll be better able to do your best and remember details.
- 2 Find a quiet place.** If you experience difficulty understanding or talking to someone, consider moving the conversation to a quieter place. When that's not possible, ask the person to repeat things or write them down.
- 3 Leave reminders.** Place notes for medications, meals, etc. around your home. In case you forget, you'll have regular, visible reminders.
- 4 Welcome help.** Seek assistance from family, friends, and trusted neighbors.
- 5 Discuss driving.** For your safety and the safety of others, discuss future decisions about driving and transportation and inquire about the possibility of taking a class on the subject in your community.

### Visit the HealthInfo Library at Moses Taylor Hospital

The HealthInfo Library at MTH offers free health and wellness information to the public via books, videotapes, and Internet access. The library is open weekdays from 9 a.m. to 4 p.m. On Wednesdays, the library is open from 11 a.m. to 6:30 p.m. For more information, call (570) 340-2555.

*Mention this newsletter when you stop in and you'll receive a free pocket first-aid kit.*

# NICU— a unique environment for Babies . . . . .

Moses Taylor Hospital's Level 3A Neonatal Intensive Care Unit (NICU) is one of only several in the country to offer the quiet, controlled atmosphere of private rooms. This helps foster the developmental care babies need and allows families to be closer to their infants.

Five years ago, MTH opened a five-bed NICU. Now, thanks to the hospital's recent expansion, our NICU's innovative design can accommodate 15 babies in private rooms.

"Our expansion has raised the level of neonatal care in the community and allows families to spend valuable private time with their babies while they remain in the hospital," says Beth Lavelly, RN, BSN, Executive Director of Women & Children's Services at MTH. "We're thrilled to offer unique care delivery not provided by most hospitals in the United States."

## Developmental Design

MTH is the second hospital in Pennsylvania to offer individual NICU rooms

(Magee-Women's Hospital of the University of Pittsburgh Medical Center was the first in the state to offer such cutting-edge service for premature and other high-risk newborns). The private room design is family friendly and provides a developmentally sensitive environment to enhance neonatal outcomes and nurture families' bonding opportunities.

According to Ms. Lavelly, "MTH's NICU design allows for more control of artificial and natural lighting as well as significant noise reduction. In addition, temperature can be controlled to suit babies individually."

The private room is expressly suited to the unique needs of premature or critically

ill newborns and the secure unit pioneers state-of-the-art monitoring technology that allows caregivers the ability to observe every infant's condition.

As children in the NICU develop, the room can be used more traditionally, allowing for more daylight and families can interact more freely with their new arrivals. Additional features of the private NICU room include a small refrigerator for storing breast milk, an essential component to the baby-friendly intent status that MTH has held since 2000, and plenty of storage space. The unique design of the room also features comfortable furniture and even a small bench with a removable lid where siblings



can stow toys and coloring books.

The result of using these kinds of features and techniques is that premature babies can thrive under better developmental care than ever before offered in a NICU environment.

## Growing and Gaining

"Since expanding the NICU, we've given a higher level of personalized attention to each baby and fostered great camaraderie with the parents, and that will always be at the heart of what we do," says Luis de la Fuente, MD, neonatologist on staff at MTH. "It's incredibly important for us to uphold the family-centered NICU experience, and this amazing expansion makes it possible for us to do this for years to come."

MTH offers 24/7 in-house neonatology coverage and provides Level 3A care to infants and their families. The Family Birthing Suites' NICU at MTH is capable and equipped to care for even the smallest and most critically ill newborns in our community.

To learn more about the new 15-bed, private room NICU at Moses Taylor Hospital, please call (570) 340-2575.



Photo by Sally Robertson.

## an event to Remember!

Moses Taylor Hospital is proud to announce that the first set of triplets has been born at our Family Birthing Suites!

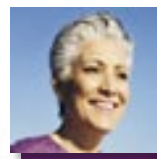
Three beautiful daughters were born to Jen and Bill Stafursky of Peckville on July 23. The girls, named Chloe, Ally, and Tessa, are doing extremely well and went home together after spending a few weeks in our Neonatal Intensive Care Unit.

We are happy to have assisted the Stafursky family—and all of the families who choose Moses Taylor Hospital—in bringing their children into the world.

Bill and Jen Stafursky are pictured with daughters Tessa, Chloe, and Ally.



# Moses Taylor's Live & Learn



## l e c t u r e s e r i e s

### Maintain Your Brain

According to the Alzheimer's Association, 4.5 million Americans have Alzheimer's disease. Unless something is done, that number will increase to 7 million by 2025.

There is growing evidence that lifestyle can affect your brain health and risk for dementia. Simple lifestyle modifications can help reduce your risk. If you are a baby boomer (born between 1946 and 1964), you are one of 77 million Americans—the largest population group in the United States. At the current pace of discovery, you can be one of the first generation to face a future without Alzheimer's disease.

#### Join us and learn 10 ways to maintain your brain:

- Tuesday, November 15, 3–4:30 p.m.  
Mid-Valley Hospital (Conference Room)  
1400 Main Street, Peckville
- Thursday, November 17, 6:30–8 p.m.  
West Wing Conference Center, 2nd Floor  
700 Quincy Avenue, Scranton

Judy Seroska, RN, Education and Outreach Coordinator, will present both programs for the Greater Pennsylvania Chapter of the Alzheimer's Association.

**Advance registration for each program is requested. Seating is limited.**

**To register, please call (570) 340-2454.**



## Need an MRI or CT Scan?

At Moses Taylor Hospital, our diagnostic imaging is faster and more advanced and convenient than ever before.

### We offer

- state-of-the-art equipment
- reduced scan times
- high-resolution, detailed images for more accurate diagnoses
- same-day and next-day appointments and convenient covered parking

### Why go anywhere else...

when you can get the **most technologically advanced service** right here at Moses Taylor Hospital?

With **One Call Scheduling**, it's easy to make an appointment. Call **(570) 207-3900** for a same-day or next-day appointment.

## Community Education Programs

Would you like to receive information about our Live & Learn lecture series? Call (570) 340-2454 and leave your name and address. We'll mail you fliers about upcoming free education programs.



# Moses Taylor Hospital

## We're Listening

700 Quincy Avenue  
Scranton, PA 18510-1798  
(570) 340-2100

Visit us on the Web at [www.mth.org](http://www.mth.org).

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