

*“The power of HELP truly lies within our volunteers—they make the hospital a special place.”* Edward J. Dzielak, DO



The Hospital Elder Life Program (HELP) at Moses Taylor Hospital is an innovative approach to providing the personalized care and attention that many seniors need.

## “HELPIng hands” . . . . .

Volunteers make hospital stays more comfortable for elderly patients at Moses Taylor Hospital.

**T**he Hospital Elder Life Program (HELP) at MTH aims to reduce delirium in patients over age 70 by delivering personal attention at the bedside. Trained volunteers provide companionship, communication, relaxation, recreation, and meal assistance. Supportive interventions include hand massage, therapeutic activities, reminiscence, and aromatherapy to help patients adjust to their surroundings.

“A hospital stay doesn’t have to result in diminished mental functions,” says Edward J. Dzielak, DO, Director of Medicine and geriatrician overseeing HELP at MTH. “Because a patient’s condition is naturally improved when his or her special needs are addressed, the power of HELP truly lies within our volunteers—they make the hospital a special place.”

Sharon Inouye, MD, MPH, Professor of Medicine at Yale University School of Medicine, developed HELP during the 1990s after her father suffered delirium during a hospital stay. MTH introduced HELP in 2002 to meet the needs of Lackawanna County’s large and growing geriatric population. The program is currently funded by a grant from The Robert Wood Johnson Foundation and the HELP staff recently presented this unique program at the Third International Conference on Health Care Systems in Charleston, West Virginia.

*If you’re interested in volunteering for HELP, please call (570) 340-2161.*

# reduce your risk for Colorectal Cancer

Nearly 50,000 Americans die each year of colorectal cancer, the leading cause of cancer deaths in our country. However, if everyone over the age of 50 had regular colorectal screenings, the American Cancer Society (ACS) estimates the overall risk of dying from the disease would drop by between 33 and 50 percent.

The ACS suggests that everyone over the age of 50 get a fecal occult blood test annually, a flexible sigmoidoscopy every five years, and a colonoscopy or a double-contrast barium enema every 10 years. These tests can detect colon cancer at its earliest, most treatable stages and increase the chance of survival.

*March is Colorectal Cancer Awareness Month, so take time now to talk to your doctor and schedule these lifesaving screenings. For more information on endoscopy services, or to schedule an appointment at Moses Taylor Hospital, call (570) 340-2955.*



Photo by Chris Van Dyke-Pernot

Auxiliary members are active in promoting health issues, such as breast cancer awareness. Pictured from left are Mary Ann Merenich and Althea Tallo representing the Moses Taylor Health Care System during a health fair for seniors at Wegman's Food Market in Dickson City.

## Moses Taylor Foundation: supporting the health care system's endeavors

The Moses Taylor Foundation supports the mission of the Moses Taylor Health Care System by providing funds for projects that serve the hospitals and the community. This support comes from income generated by the Foundation's endowment; from funds raised via grants and individual or corporate gifts; and from the MTH Auxiliary.

Established 26 years ago, the Auxiliary, comprised of 100 community volunteers, donated approximately \$35,000 to various hospital programs in 2004. Among the

*“We know we are making a difference.”*

—Joe Palumbo, spokesperson for the MTH Foundation

programs supported by the Auxiliary are the Education Endowment, Pediatrics, the Emergency Room, and various patient care projects. The Auxiliary also is extremely active in promoting healthy lifestyles and participates in kidney care programs and efforts to increase awareness about breast cancer.

Other programs and services funded by the Foundation include:

- Teen Mom Program in the Family Birthing Suites
- MTH's Regional Dialysis System
- Professional education through the Education Endowment
- MTH's HealthInfo Library—a community resource

“A major goal of the Foundation is to support programs that will ultimately result in better patient care, and when possible, address unmet needs in our community,” says Joe Palumbo, spokesperson for the MTH Foundation. “It's a valuable asset to hospitals and our community. We know we are making a difference.”

*Your gift makes a healthy difference! Call (570) 961-0781 to see how you can help.*

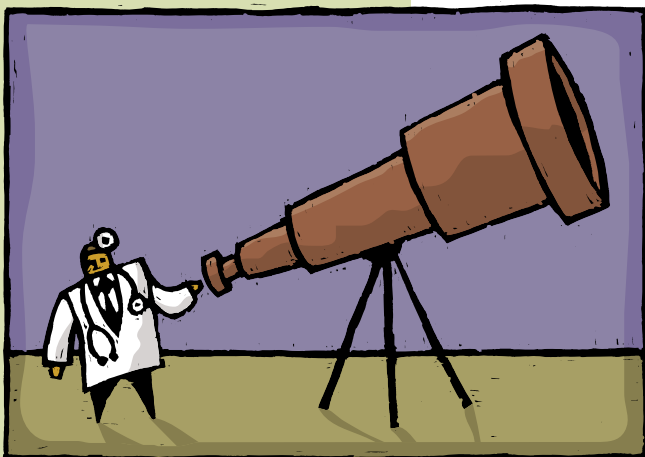




Photo by Sally Robertson

Celebrating their recognition for National Program of the Year are Moses Taylor Hospital Senior Medical Mental Health staff (seated from left): Terry Golecki, Clinical Assessment Coordinator; Joan Titman, LSW; and Mary Keating, LSW. Standing from left: Denise Mangan, Mental Health Technician; Ruth Collins, Director of Geriatric Services; Danilo deSoto, MD, Associate Medical Director; Gene Boylan, Program Director; Diane Walsh, Assistant Nurse Manager; Sister Dolores Dunn, Activities Therapist; and Matthew Berger, MD, Medical Director.

# Moses Taylor Hospital's gero-psychiatric program awarded "National Program of the Year"

Moses Taylor Hospital's Senior Medical Mental Health Program has been named "National Program of the Year" by Horizon Health Corporation. Gene Boylan, Program Director for Senior Medical Mental Health, accepted the award at the annual Horizon Health National Conference held in October 2004 in Dallas, Texas.

"Receiving recognition as National Program of the Year is a tribute to Senior Medical Mental Health, its staff and physicians, and the leadership at MTH," says Joy Figarsky, Horizon Health Regional Vice President. "The partnership between MTH and Horizon is a shining example of a true

center of excellence for geriatric behavioral health."

## An Award-Winning Program

Designed specifically for older adults experiencing psychiatric symptoms requiring acute 24-hour inpatient care, the program was selected over 107 other Horizon behavioral health programs across the country.

The program received the award based on the following criteria:

- the quality of care provided to patients
- the ability to reach out to the geriatric treatment community and provide timely assessment response
- the incorporation of the hospital's core values in the day-to-day care of patients,

which includes treatment for those who have the inability to function due to depression, confusion, severe anxiety, panic, or behavioral problems associated with dementia

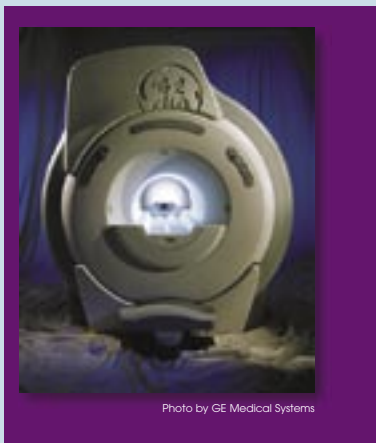
"I am very proud of what each Senior Medical Mental Health team member brings to our program," says Ruth Collins, Director of Geriatric Services at MTH. "Our team is dedicated to the provision of the best care possible. The members care for each patient in the same manner they would care for a family member. Much attention is paid to maintenance of dignity and function as we strive to help our patients regain the maximum level of well-being possible."

## More Recognition

In addition to the Program of the Year award, MTH's Senior Medical Mental Health Program received a regional award for Community Education Program of the Year, under the direction of Kim Yochem, Community Education Coordinator. The award recognizes the premiere Horizon Mental Health Management community education program for excellence in strategy and implementation, a dynamic and effective referral development process, and an efficient inquiry and admissions system.

"These awards are a validation of a tremendous amount of hard work and dedication from the team," says Matthew Berger, MD, Medical Director of MTH's Senior Medical Mental Health Program.

Additional regional nominations for the program at MTH include Clinical Program of the Year, Community Education Coordinator of the Year, Medical Director of the Year, and Program Director of the Year.



## Need an MRI or CT Scan?

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

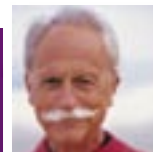
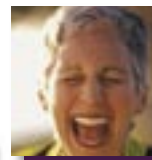
### We offer

- 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.

# Moses Taylor's Live & Learn



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

### Stroke: Recognize, React, Recover

Learn about the signs and symptoms of stroke, what to do if you experience any signs or symptoms, what to expect along the path to recovery, and tips for a healthy lifestyle. Presented by Theresa Baker, RN, Patient Education Manager, and Vicki Frisino, HealthInfo Library Coordinator.

- Tuesday, March 29, 3 p.m.  
Moses Taylor Patient Services Center  
315 S. Main Street, Pear Tree Plaza, Old Forge
- Thursday, March 31, 3 p.m.  
Moses Taylor Community Center  
407 N. State Street, Clarks Summit
- Thursday, April 7, 3 p.m.  
Mid-Valley Hospital (Conference Room)  
1400 Main Street, Peckville

### Prostate Cancer: What Every Man and Woman Should Know

Nationally known urologic oncologist and author Leonard G. Gomella, MD, FACS, of Thomas Jefferson University, will provide the latest information on the signs and symptoms of prostate cancer, diagnostic techniques, and treatment.

- Wednesday, April 20, 6 p.m.  
Moses Taylor Hospital, West Wing Conference Center, 2nd floor

### The Dynamic Duo...Humor and Healing

The use of laughter and humor has proven to have positive effects on our emotional and physical well-being. Learn how humor therapy can boost your immune system and energize your spirit! Presented by Cate Lewis, RN, Renal Educator.

- Thursday, May 26, 6 p.m.  
Moses Taylor Hospital, West Wing Conference Center, 2nd floor

**Advance registration for each program is requested. To register, please call (570) 340-2454.**

## 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*

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(570) 340-2100

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

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