



■ The cutest babies in the world are being born each day at Moses Taylor Hospital.

MTH on Stronger Financial Footing

We're pleased to report that our financial health has significantly improved this year due to focused cost reductions, improved reimbursements, and additional utilization. We have achieved a positive bottom line every month since January and projections going forward are strong.

In our effort to reduce costs and debt, we have maintained the level of quality health care and patient satisfaction you expect from our organization. At Moses Taylor Hospital, we continually strive to improve the quality of care we deliver.

Peek-a-Boo!

More babies at Moses Taylor Hospital

With each child added to your family, your capacity for nurturing love grows. The same is true at MTH, where the recent expansion of our Family Birthing Suites has only increased our ability to provide personalized quality care.

"All areas of our expansion encompass our philosophy of nurturing families," says Beth Lavelly, BSN, RN, Executive Director of Women's and Children's Services at MTH. "Our standards haven't changed. We're dedicated to becoming a center of excellence for Women's and Children's Services."

With the opening of the new tower's 11 private labor and birthing suites and 26 private mom-baby suites, more community members can benefit from the services offered at MTH. Our Level 3A Neonatal Intensive Care Unit is also being expanded to include 15 private rooms, allowing families to stay nearby while their babies receive advanced care.

Yet all this extra space would mean nothing without the dedication of the Family Birthing Suites' staff members. Their individualized care has kept the department in the nation's top 1% for patient satisfaction according to Press Ganey surveys.

"The team here is excellent," says Marc H. Rabin, MD, one of the OB/GYNs who recently joined the staff. "Everyone places a lot of emphasis on providing a positive atmosphere, which results in an exceptional experience for families."

To arrange a tour of the new Family Birthing Suites, call (570) 340-BABY.



SAFE in the summer sun



Summer is here and that means lots of sunshine. Protect yourself from damaging ultraviolet rays by lathering up with sunscreen (SPF 15 or higher), or try a chemical-free sunblock with titanium dioxide or zinc oxide if you have sensitive skin. Always be sure to throw away sunblock that changes color or consistency or dries up.

Here are some more sun-savvy tips from the American Cancer Society.

- **Slip** on a shirt that's long-sleeved and a light color.
- **Slop** on sunblock 20 minutes before going out. Don't forget your ears and the back of your neck, and reapply lotion every two hours—even if it's waterproof.
- **Slap** on a hat to protect your scalp.
- **Shield** with sunglasses that protect your eyes from ultraviolet rays.



sleep well Every Night

If you roll out of bed each morning wishing for one more hour of sleep, you may be one of the 40 million Americans who suffer from a sleep disorder.

Thankfully, the Sleep Lab at Moses Taylor Hospital can help. With an overnight sleep study, your problem can be accurately diagnosed. Treatment may involve respiratory, pulmonary, physical, occupational, and/or speech therapies—a combination few sleep centers offer under one roof.

“Sleep disorders are serious conditions that are associated with diabetes, obesity, and hypertension,” says John W. Peters, MD, FACP, FCCP, Director of Pulmonary Rehabilitation and the Sleep Lab at MTH. “By providing comprehensive services for diagnosis and therapy, MTH is taking another step to protect the community’s health.”

For more information on the Sleep Lab, please call (570) 340-2934.

Listening Ears and caring hearts

At times, everyone experiences emotional problems affecting job performance and quality of life. Fortunately, Moses Taylor Hospital offers care in a comfortable, convenient, and confidential environment through its WorkLife & Counseling Services.

“We provide private, full-service counseling for a variety of personal problems,” says Program Director Dave Brolan, PhD, LCSW, CEAP. “Whether you’re dealing with workplace conflicts, relationship issues, or chemical dependency, we’re here to help.”

Along with MTH employees and the general public, MTH offers the WorkLife & Counseling Services to more than 30 area businesses and industries. The services are now available on the hospital campus and at a new location at 1141 Clay Avenue, Suite 1, in the Quincy-Clay Professional Complex in Dunmore.

For more information, call (888) 327-0560 or (570) 340-2147.



a special place for Special Babies

With its unique developmental design and dedicated staff, the Neonatal Intensive Care Unit (NICU) at Moses Taylor Hospital's family birthing suites provides just what's needed to nurture premature infants through their first weeks of life. The NICU is a Level 3A, which means they are capable of caring for high-risk, ventilated infants who require complex, multi-system management.

"Our philosophy is 100 percent family-centered," says Luis de la Fuente, MD, Associate Director of the Neonatology Department at MTH. "We believe it's essential to encourage mother-baby bonding and keep parents involved in the baby's care."

A Loving Touch

One way the staff encourages bonding is through Kangaroo Care, a form of skin-to-skin contact between parents and their preterm baby. The baby, wearing only a diaper, is held in an upright position by a parent, similar to the way a kangaroo is snuggled against its mother.

"Kangaroo Care is emotionally gratifying for parents, and it benefits the babies by decreasing length of stay in the NICU and promoting weight gain," says Glenn Ramos, MD, neonatologist on staff at MTH. "We want parents to spend as much time as possible with their infants."

Designed for Development

While a parent's touch can help preemies grow, so does the unique design of the NICU,



Cyndie Brunozi, RN, Nurse Manager, cares for a premature baby in the NICU.

which sets it apart from others in the country.

"Because preemies are hypersensitive to elements like noise and light, we've taken steps to dampen ambient noise and bright light to enhance their well-being," says Beth Lavelly, Director of Women's and Children's Services at MTH. "You might say we've mimicked the womb."

Further enhancing the unique design of the NICU will be the opening of a new unit in fall 2005. With the new enlarged NICU, all preemies will have private rooms. MTH will be one of the first hospitals in the United States to implement this concept.

"Our staff and department are dedicated to meeting the needs of growing babies," says Lavelly. "We're aware of the

infants' and families' needs every step of the way."

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 7 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.

Let the Good Times Roll

At Moses Taylor Hospital, we take pride in celebrating the progress of our NICU babies! These sponsors from our community graciously supported a NICU Reunion held on the campus of Marywood University. The children, families, friends, and employees of MTH's Family Birthing Suites enjoyed a fun-filled afternoon thanks to their generosity.



- All State Insurance/ Marty Straub
- Brunozi Wood Floors
- Cuce Printing
- Dey Corporation
- Gertrude Hawk Chocolates
- Giant Food Stores
- Hazzouri Brothers & Company, Inc.
- Hazzouri Dental
- Lenny Grunza
- LT Verrastro Distributor
- Mamma Mia's Pizza
- Mancuso Beer Barons, Inc.
- Mazza Linen
- Meade Johnson
- Moses Taylor Hospital staff
- Neonatal Care of PA LLC
- Omeda
- Physicians Health Alliance
- Price Chopper
- Schiff's Restaurant Service, Inc.
- Student volunteers
- Young's Medical Equipment

NICU Reunions will be held periodically in the future to honor the hard work and dedication of families and staff in providing the best possible care to infants.

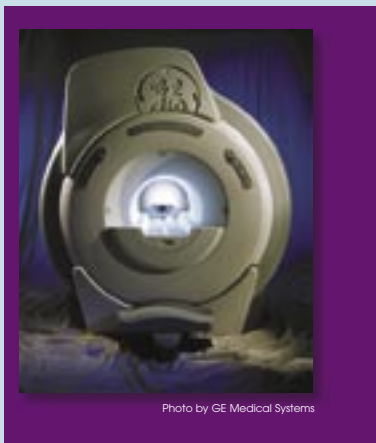


Photo by GE Medical Systems

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.

Be Allergy Aware

Did you know nearly 50 million Americans suffer from allergies each year? Take a moment to learn what causes allergies and how you can treat them.

The Causes

Allergies occur when an allergen enters your body, causing your immune system to overreact and trigger symptoms such as sneezing, coughing, or skin rash. Allergies come in many shapes and sizes according to the Asthma and Allergy Foundation of America, including:

- indoor/outdoor (such as pollen, dust, mold, or pet dander)
- food and drug
- latex
- insect bite/sting
- skin
- eye

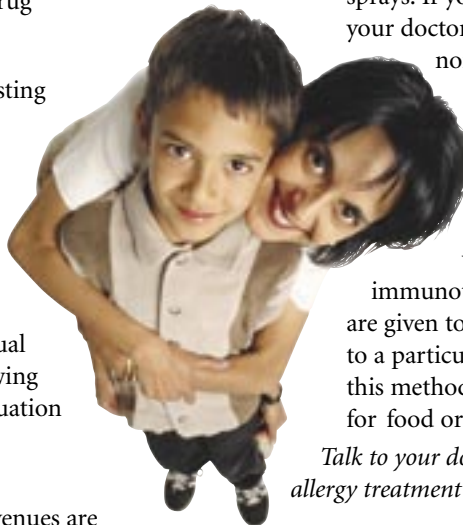
Talk to your doctor right away if you or a loved one experience unusual symptoms following exposure to a situation or environment.

The Cures

Three main avenues are available to treat allergies, including:

- avoidance—this method eliminates the source of allergens from your home and other environments as much as possible.
- medication—allergy symptoms that go untreated can lead to painful sinus or ear infections. Several medications are available such as antihistamines, decongestants, eye drops, and nasal sprays. If you have asthma, talk with your doctor before taking any non-prescription allergy medication.
- immunotherapy—when it's not possible to avoid or treat symptoms with medication, immunotherapy (allergy shots) are given to reduce your sensitivity to a particular allergen. However, this method isn't usually effective for food or drug allergies.

Talk to your doctor to determine which allergy treatment is right for you.



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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Visit us on the Web at www.mth.org.

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