

Health NEWS

News For You and Your Family From Sharon Regional



George Garrow, M.D.

Welcome back Dr. Garrow

Sharon Regional Health System is excited to welcome back board certified medical oncologist George Garrow, M.D., who will begin seeing patients at Sharon Regional's Cancer Care Center on December 9. Along with his full time medical oncology practice, Dr. Garrow will also serve as the medical director of the Hospice/Palliative Care program. Sharon Regional is also in the process of interviewing several other outstanding medical oncologists and expects to soon announce the arrival of additional new specialists to our staff.

Sharon Regional's Cancer Care Center is the region's largest provider of specialized cancer treatment services providing the newest cancer targeted therapies, access to clinical trials, PROVENGE advanced prostate cancer treatment, chemotherapy, a linear accelerator for radiation therapy, biological response modifiers, infusion services, Coumadin Clinic, lab and social work services, physical therapy center for cancer rehab, and much more.

For more information or to schedule an appointment with Dr. Garrow, call the Cancer Care Center at 724-983-5900.

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Our Values: **Integrity:** We do the right thing. **Caring:** We are kind. **Accountability:** We are responsible for excellence. **Respect:** We are open, honest, and fair. **Excellence:** We work to deliver the best care the best way.

Sharon Regional partnership decision a healthy one for the region

by John R. "Jack" Janoso, Jr.



**John R. "Jack" Janoso, Jr.,
President and CEO**

The Sharon Regional Health System board of directors recently signed a non-binding letter of intent that started the process to bring to this region the strengths and resources of Community Health Systems (CHS), one of the largest and most successful healthcare organizations in the nation, along with the clinical program development and quality improvement expertise of the Cleveland Clinic.

Almost 12 months ago the board decided to explore potential partnership opportunities to determine if the best interests of the community would be served by Sharon Regional remaining independent or pursuing some type of strategic partnership.

In reviewing partnership opportunities, the board identified five Guiding Principles that set the framework for evaluating the options. These included:

- **Community Choice in a Healthcare Provider**
- **Local Control of Healthcare Decisions**
- **Perpetuation of Advanced Care within the Community**
- **Commitment to Improve, not Maintain Quality and Service to the Community**
- **Economic Stability for the Community**

Representatives from Sharon Regional's board and senior management team met with a number of the region's largest healthcare systems, including Highmark, UPMC, Cleveland Clinic, Community Health Systems, and others. The lengthy evaluation process of potential partnership options was based on how closely the opportunities fit with our Guiding Principles.

An affiliation with Community Health Systems will bring tremendous benefits to Sharon Regional and the region, including an infusion of significant capital for investments in facilities, services, and medical technology; continuation and growth of Sharon Regional's essential services (including medical/surgical, critical care, open heart and vascular surgery, emergency services, and obstetrics); hiring of our employees at the same rate of pay and seniority; maintaining the current medical staff with strong efforts to recruit new physicians to the community; access to charity and indigent care; and a local board of trustees comprised of Sharon Regional's medical staff and local community leaders. It also guarantees economic stability for our community along with the preservation of choice for patients, physicians, and employers.

This is a very positive outcome for our region and I am extremely excited as we move forward in this process for what it brings to our community and how it advances the Health System's mission of providing comprehensive, convenient, high-quality health care services close to home.

"I am extremely excited as we move forward in this process for what it brings to our community and how it advances the Health System's mission of providing comprehensive, convenient, high-quality health care services close to home."



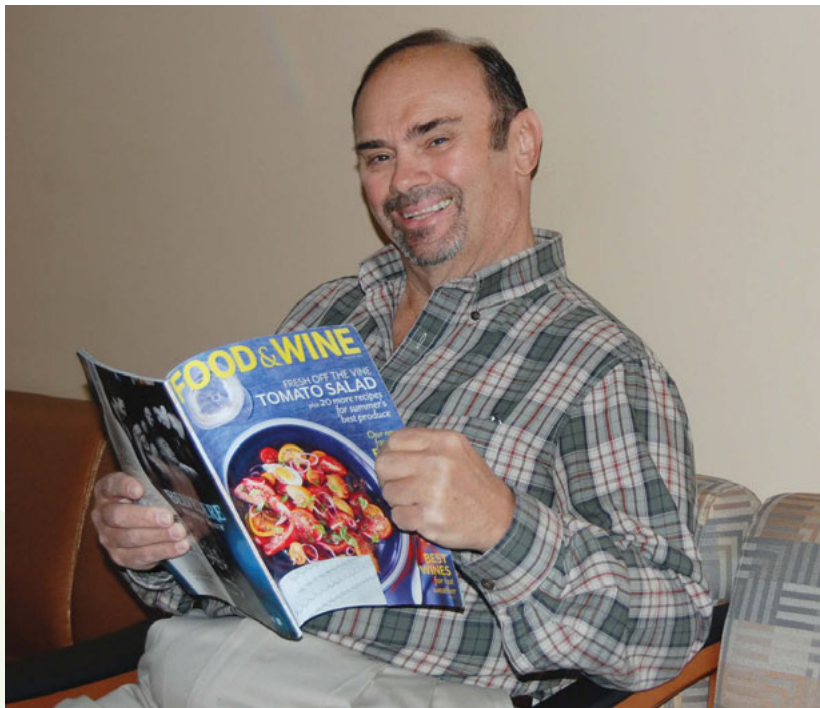
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Right here. Right now.**

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Health System**
Dedicated to caring for our community.™

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

Sharpsville man praises care received at Sharon Regional



Executive chef David Vandervort relaxes with a favorite magazine while recovering from treatment at Sharon Regional

New Orleans executive chef David Vandervort returned to his native Shenango Valley in 2011 because he felt he would get better medical care here.

"I was lucky enough to be treated by Dr. James Ezi-Ashi (gastroenterology)," David recalls, "and I truly believe he saved my life."

Results of some tests brought in urologist Peter Daloni, M.D. and radiation oncologist Dennis Ulewicz, M.D.

"The level of care provided me during my nine weeks of radiation treatment was extraordinary," David says. "Dr. Ulewicz

was the consummate professional, explaining processes, answering my questions and giving me all options that were available. He did

this in a warm and caring manner, not the cold abrupt professionalism that some doctors assume."

"Dr. Ulewicz communicated with Dr. Ezi-Ashi and worked to make sure that the care didn't affect my other problem. His staff at the Cancer Care Center followed his example and as a team made a very trying situation as easy as possible. All the nurses were very supportive and the radiation therapy techs were simply awesome."

"I am very happy that I had such excellent care during this period," he concludes.

David is a graduate of Sharpsville High School and the former Pittsburgh Culinary Institute. During his career, he served as executive chef in restaurants ranging from nearby Oak Tree Country Club to those in New Orleans, Houston, and has traveled the world as a chef with several cruise lines.

Visit www.sharonregional.com for more of David's story.

Smoking Cessation: Great American Smokeout is November 21

In conjunction with the Great American Smokeout on November 21, Sharon Regional is offering its **"Quitting for Life: Smoking Cessation Classes"** in November. The four-session class on Tuesday, 6 p.m. at the Hermitage Diagnostic & Imaging Center starts November 5 and continues on November 12, 19 and 26.

Topics for the sessions are: 1. Learning the tools needed for a personal plan to quit; 2. Quit date; 3. Coping with stress and slip ups; 4. Celebrating a whole new lifestyle.

Classes will also be offered next year in April, July, September and November.

Classes are conducted by Gayle Linden, LPN, community education coordinator.

There is a \$25 fee for materials including a workbook. Register at 724-983-5518 or 800-346-7997.

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting, even for one day, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.



Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet about 43.8 million Americans still smoke cigarettes — Nearly 1 in every 5 adults. As of 2010, there were also 13.2 million cigar smokers in the US, and 2.2 million who smoke tobacco in pipes — other dangerous and addictive forms of tobacco.




Community Education Programs • November 2013

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>Sharon Regional Health System Life Line Screening Stroke • Carotid Artery Screening • Abdominal Aortic Aneurysm Screening • Heart Rhythm Screening (Atrial Fibrillation) • Peripheral Arterial Disease Screening</p> <p>Monday, November 4, 2013 Warren SCOPE Senior Center 220 W. Market Street, Warren, OH</p> <p>Friday, November 8, 2013 Newton Falls Community Center 52 East Quarry Street, Newton Falls, OH</p> <p>Saturday, November 16, 2013 Sharon Regional Hubbard Diagnostic & Specialty Center 880 West Liberty Avenue, Suite A Hubbard, OH</p> <p>Monday, November 25, 2013 St. George Serbian Orthodox Church 65 Keel Ridge Road, Hermitage, PA</p> <p>Friday, December 6, 2013 Davis Family YMCA 45 McClurg Road, Boardman, OH</p> <p>Saturday, December 7, 2013 First Church of God 1951 Parkman Road, NW, Warren, OH</p> <p>Wednesday, December 11, 2013 St. Brigid Roman Catholic Church 967 Chancery Lane, Meadville, PA To register for the screen please call 1-800-395-1801</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>Breastfeeding Class Monday, November 4, 2013 6:30 p.m. Diagnostic & Imaging Center Please call 724-983-5560 to register</p> <p>Quitting For Life Smoking Cessation Classes Four Weeks Starting November 5, 2013 6 p.m. \$25 Fee Gayle Linden, L.P.N. Please call 724-983-5518 to register</p> <p>Celiac Disease Support Group Thursday, November 14, 2013 6:30 p.m.</p> <p>NEW! Health Care Provider CPR 4 p.m. Fee \$50 School of Nursing 724-983-CPRI</p> <p>Bereavement Support Group 6 p.m. Behavioral Health Services</p> <p>Compassionate Friends 6:30 p.m.</p>	<p>Overeaters Anonymous Mondays 1-2 p.m. Bereavement Education Series Starts Tuesday, November 5, 2013 4 weeks 10-11 a.m. Erin Zahmiser, LSW, MSSA Cancer Care Center Library Please call 724-983-3878 to register</p> <p>November: American Diabetes Month Great American Smoke Out 11/21 Lung Cancer Awareness Month National Alzheimer's Disease Awareness Month Pancreatic Cancer Awareness Month Stop by the Diagnostic & Imaging Center for more information.</p> <p>FREE CPR AED Heart Saver 5:30 p.m. Hermitage Diagnostic & Imaging Center Please call 724-983-5518 to register.</p> <p>NEW! Health Care Provider CPR 9 a.m. Fee \$50 School of Nursing 724-983-CPRI</p> <p>Health America Advantra Town Meeting Friday, November 1, 2013 10 a.m. Please call 724-983-5518 to register</p> <p>Diabetes Self Management Classes Four Part Series Please call the Diabetes Center at 724-981-6551 for dates and times</p> <p>Health America Advantra Town Meeting Friday, November 1, 2013 10 a.m. Please call 724-983-5518 to register</p> <p>Cardiac Support Group 7 p.m.</p> <p>Diabetes Support Group 4 Shenango Valley Senior Center 9:15 a.m. Diabetes Center 724-981-6551</p> <p>Highmark Senior Products 10 a.m. Call 1-800-978-6590 to register</p> <p>Bereavement Sharing Group 1 p.m. Eat 'n Park Restaurant Please call 724-983-3878 to register</p> <p>Highmark Health On the Menu Clear the Air: The Great American Smoke Out 12 p.m. Gayle Linden, L.P.N.</p> <p>HAPPY THANKSGIVING! (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>FREE CPR AED Heart Saver 5:30 p.m. Hermitage Diagnostic & Imaging Center Please call 724-983-5518 to register.</p> <p>NEW! Health Care Provider CPR 4 p.m. Fee \$50 School of Nursing 724-983-CPRI</p> <p>Bereavement Support Group 6 p.m. Behavioral Health Services</p> <p>CHECK OUT OUR WEBSITE! www.sharonregional.com</p>	<p>Diabetes Self Management Classes Four Part Series Please call the Diabetes Center at 724-981-6551 for dates and times</p> <p>Health America Advantra Town Meeting Friday, November 1, 2013 10 a.m. Please call 724-983-5518 to register</p> <p>Cardiac Support Group 7 p.m.</p> <p>Diabetes Support Group 4 Shenango Valley Senior Center 9:15 a.m. Diabetes Center 724-981-6551</p> <p>Highmark Senior Products 10 a.m. Call 1-800-978-6590 to register</p> <p>Bereavement Sharing Group 1 p.m. Eat 'n Park Restaurant Please call 724-983-3878 to register</p> <p>Highmark Health On the Menu Clear the Air: The Great American Smoke Out 12 p.m. Gayle Linden, L.P.N.</p> <p>HAPPY THANKSGIVING! (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>NEW! Health Care Provider CPR 9 a.m. Fee \$50 School of Nursing 724-983-CPRI</p> <p>Health America Advantra Town Meeting 10 a.m. Please call 724-983-5518 to register</p> <p>Happy Thanksgiving Biscuits! 10 a.m. Read by Miss Gayle Please call 724-983-5518 to register</p> <p>Reminder: All individuals who are new to Medicare this year and have diabetes qualify for additional diabetes nutrition and self-management education. Call for more information.</p>	<p>Prepared Childbirth Series Saturdays, November 2, 9, 16 & 23 9-11 a.m. Diagnostic & Imaging Center Please call 724-983-5518 to register</p> <p>NEW! Health Care Provider CPR 9 a.m. Fee \$50 School of Nursing 724-983-CPRI</p> <p>Health Care Provider CPR Recertification 1:30 p.m. Fee \$30 School of Nursing 724-983-CPRI</p> <p>Online registration now available for most classes at our Calendar of Events Page www.sharonregional.com</p> <p>Health America Advantra Town Meeting 10 a.m. Please call 724-983-5518 to register</p> <p>Story Hour Happy Thanksgiving Biscuits! 10 a.m. Read by Miss Gayle Please call 724-983-5518 to register</p> <p>Reminder: All individuals who are new to Medicare this year and have diabetes qualify for additional diabetes nutrition and self-management education. Call for more information.</p>	<p>FREE KNEE SCREEN THURSDAY, NOVEMBER 7 3 - 4 p.m. James E. Boniface, M.D. Orthopedic/Sports Medicine Specialist Neshannock Diagnostic & Specialty Center 2915 Wilmington Rd., New Castle, PA Please call 1-800-346-7997 for an appointment.</p> <p>DIABETES PROOF YOUR FAMILY MONDAY, NOVEMBER 11 5:30 p.m. TUESDAY, NOVEMBER 12 1:30 p.m. Participants will do a risk assessment Kim Kengor, MS, RD, CDE, SNS Please call 724-983-5518 to register.</p> <p>FREE FOOT & ANKLE SCREEN WEDNESDAY, NOVEMBER 20 11 a.m. - 12 p.m. James LaPolla, D.P.M. Foot & Ankle Surgeon Brookfield Family Medicine Center 7264 Warren-Sharon Road, Brookfield, OH Please call 1-800-346-7997 for an appointment.</p> <p>DIABETES PROOF YOUR FAMILY MONDAY, NOVEMBER 11 5:30 p.m. TUESDAY, NOVEMBER 12 1:30 p.m. Participants will do a risk assessment Kim Kengor, MS, RD, CDE, SNS Please call 724-983-5518 to register.</p> <p>FREE PEDIATRIC DEVELOPMENTAL SCREEN THURSDAY, NOVEMBER 21 10 - 11 a.m. Infant or child's speech/language skills Gross motor skills, eye-hand coordination Fine motor skills Jennifer Biner, MS, OTR/L Please call 724-983-5518 for an appointment.</p>	<p>ALL PROGRAMS AT THE DIAGNOSTIC & IMAGING CENTER UNLESS OTHERWISE NOTED.</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>Diagnostic & Imaging Center 2435 Garden Way Hermitage 724-983-3931</p>	<p>Hubbard Diagnostic & Specialty Center 880 W. Liberty Street, Suite A Hubbard 330-534-5400</p>	<p>Mercer Family Medicine Center 551 Greenville Road Mercer 724-662-4155</p>	<p>Neshannock Diagnostic & Specialty Center 2915 Wilmington Road New Castle 724-656-5334</p>	

Community Education Programs • December 2013

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monday	tuesday	wednesday	thursday	friday	Doctor's corner & special events
<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>Diabetes Self Management Classes Four Part Series Please call the Diabetes Center at 724-981-6551 for dates and times</p>	<p>Free Blood Pressure Screen First Friday of the month 8 a.m. - 1 p.m.</p>	<p>FREE HIP OR KNEE SCREEN TUESDAY, DECEMBER 3 10 - 11 a.m. Jason Warrander, APT Hubbard Diagnostic & Specialty Center 800 W. Liberty St., Suite A, Hubbard, OH Please call 1-800-346-7997 for an appointment.</p>	
<p>2</p> <p>Free e-newsletters on Health, Parenting, and Pregnancy are at www.sharonregional.com</p>	<p>3</p> <p>Bereavement Sharing Group 1 p.m. Eat 'n Park Restaurant Please call 724-983-3878 to register</p>	<p>4</p> <p>Cardiac Support Group Thursday, December 5, 2013 7 p.m. Richard D'Arcangelo \$16 fee Please call 800-559-4880 to register</p>	<p>5</p> <p>Highmark Senior Products 1 p.m. Call 1-800-978-6590 to register</p> <p>Seniors for Safe Driving Class Friday, December 6, 2013 9 a.m. - 1 p.m. Please call 800-559-4880 to register</p>	<p>6</p> <p>NEW! Health Care Provider CPR 9 a.m. Fee \$50 School of Nursing 724-983-CPR1</p> <p>Health Care Provider CPR Recertification 1:30 p.m. Fee \$30 School of Nursing 724-983-CPR1</p>	
<p>9</p>	<p>10</p> <p>Bereavement Sharing Group 1 p.m. Eat 'n Park Restaurant Please call 724-983-3878 to register</p>	<p>11</p>	<p>12</p> <p>Diabetes Support Group Shenango Valley Senior Center 9:15 a.m. Diabetes Center 724-981-6551</p> <p>Bariatric Support Group 6 p.m. 724-983-5518</p> <p>Celiac Disease Support Group 6:30 p.m.</p>	<p>13</p>	<p>BARIATRIC SURGERY INFORMATIONAL MEETING WEDNESDAY, DECEMBER 18 6 - 8 p.m. Sheetal Nijhawan, M.D. Bariatric and Minimally Invasive Surgeon Director of Bariatric Surgery Program Please call 724-983-5518 to register.</p>
<p>16</p> <p>Bereavement Support Group Tuesday, December 17, 2013 6 p.m. Behavioral Health Services</p>	<p>17</p> <p>NEW! Health Care Provider CPR 4 p.m. Fee \$50 School of Nursing 724-983-CPR1</p> <p>Highmark Health on the Menu: Healthy Nutrition for the Holidays 12 p.m. Gayle Linden, L.P.N.</p>	<p>18</p>	<p>19</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>20</p> <p>Story Hour Elephant & Mouse Get Ready For Christmas 10 a.m. Read by Miss Gayle Please call 724-983-5518 to register</p> <p>Pulmonary Hypertension Support Group 2 p.m. Diagnostic & Imaging Center Please call 724-983-5518 to register</p>	
<p>23</p>	<p>24</p> <p>HAPPY HOLIDAYS! (closing at 12 p.m.)</p>	<p>25</p> <p>HAPPY HOLIDAYS! (closed for the holiday)</p>	<p>26</p>	<p>27</p>	<p>FREE PEDIATRIC DEVELOPMENTAL SCREEN THURSDAY, DECEMBER 19 10 - 11 a.m. Infant or child's speech/language skills Gross motor skills, eye-hand coordination Fine motor skills Jennifer Birner, MS, OTR/L Please call 724-983-5518 for an appointment.</p>
<p>30</p> <p>Medic Alert information available at the Diagnostic & Imaging Center</p>	<p>31</p> <p>Visit our online Health Library at www.sharonregional.com for health and medical information from A to Z.</p>	<p>ALL PROGRAMS AT THE DIAGNOSTIC & IMAGING CENTER UNLESS OTHERWISE NOTED.</p>	<p>Sharon Regional Speakers Bureau: Please call 724-983-5518 to schedule</p>	<p>MAKE IT YOUR NEW YEAR'S RESOLUTION! QUITTING FOR LIFE SMOKING CESSATION CLASSES STARTING WEDNESDAY, JANUARY 8 2 p.m. Four Weeks Fee \$25 Gayle Linden, L.P.N. Community Education Coordinator Please call 724-983-5518 to register.</p> <p>STOP DIABETES! LIFESTYLE CHANGES FOR DIABETES PREVENTION STARTING TUESDAY, JANUARY 14 6 p.m. Sixteen Weeks Fee \$40 With a \$25 Discount if 12 sessions completed. More information to come.</p>	<p>Coming in January...</p>

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

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

Diabetes Center
2395 Garden Way
Hermitage
724-981-6551

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

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

Mercer Family Medicine Center
551 Greenville Road
Mercer
724-662-4155

Meshannock Diagnostic & Specialty Center
2915 Wilmington Road
New Castle
724-656-5334

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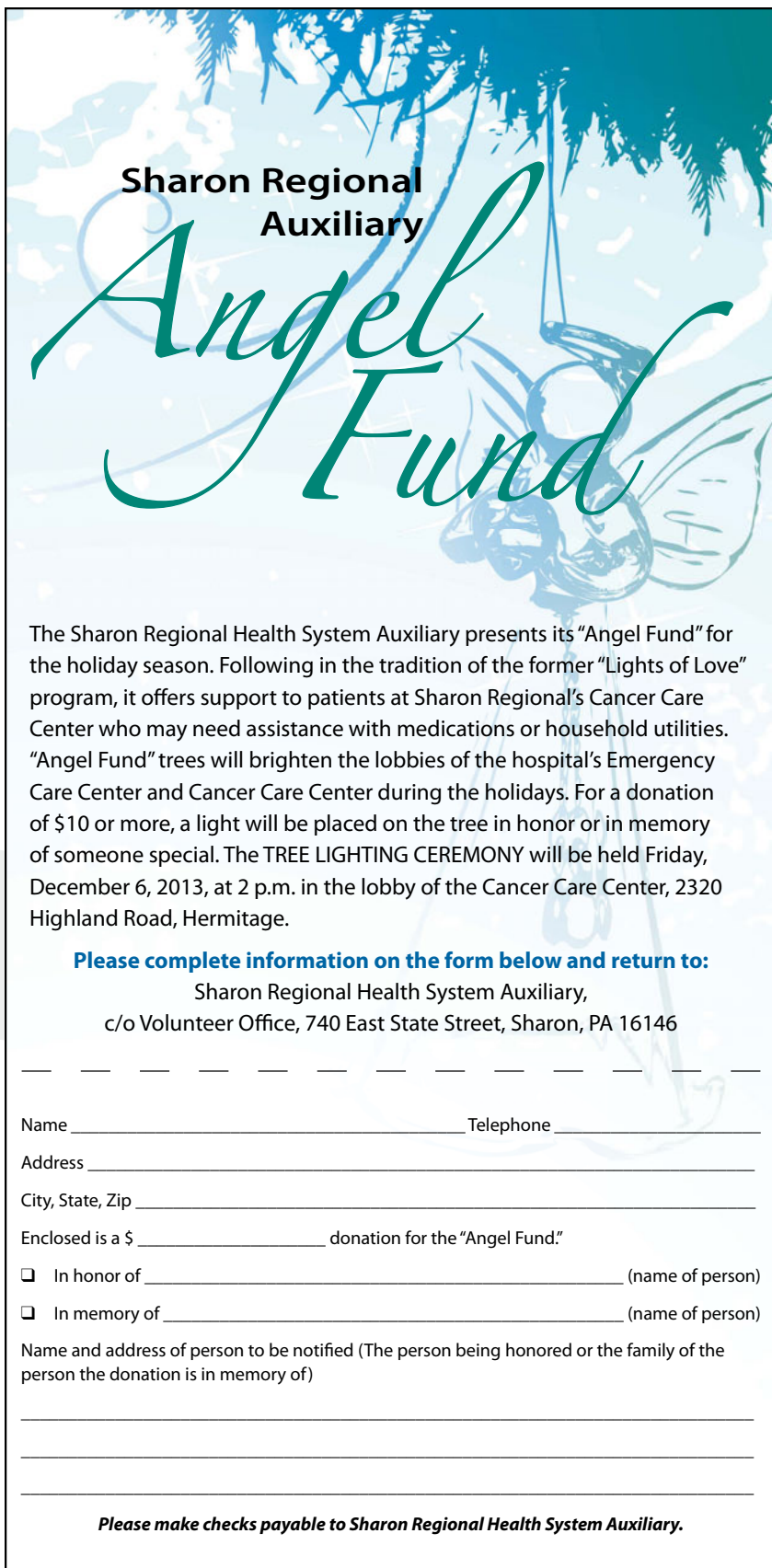
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Sharon Regional Auxiliary

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 \$10 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 6, 2013, at 2 p.m. in the lobby of the Cancer Care Center, 2320 Highland Road, Hermitage.

Please complete information on the form below and return 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.

Stop Diabetes!

Lifestyle Changes for Diabetes Prevention

Do you have a family history of diabetes?
Has your doctor said you have pre-diabetes or metabolic syndrome?
Are you overweight and out of shape?

Diabetes can be prevented.


The **Diabetes Center at Sharon Regional Health System** is offering this 16 week course providing participants with practical lifestyle changes designed to prevent diabetes.

You and your coach will:

- Set and achieve health weight goals
- Develop and commit to an enjoyable exercise plan
- Learn to choose healthy foods to reduce your risk of developing diabetes

Stop diabetes from stopping you! Join us!

When: Tuesdays starting January 14, 2014 from 6-7 p.m.
Where: The Diagnostic and Imaging Center, 2435 Garden Way, Hermitage
Cost: \$40 (\$25 will be refunded to those who complete at least 12 sessions)
Register by: January 9, 2014.
Call 724-983-5518 or 1-800-346-7997.



Heather Hough,
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The program is based on the Diabetes Prevention Program, sponsored by the National Institutes of Health.

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