

Proud to be UPMC | WESTERN MARYLAND

\$90 million investment pledged as historic integration begins

UPMC corporate executives joined UPMC Western Maryland executives, staff, elected officials and local community leaders Thursday afternoon to celebrate the integration that officially took place earlier this month.

In front of hundreds who attended the celebration, Leslie Davis, UPMC Senior Vice President and Executive Vice President and Chief Operating Officer of UPMC Health Services, announced a \$90 million investment to enhance services and facilities across the western Maryland region.

"You have a proud history here of caring for your community and putting patients first, and we are so happy that you chose UPMC to carry on that service excellence and together bring a new level of innovation and advanced care to this region," she said.

"Having worked closely with your executive and clinical leaders during our clinical affiliation, we know how strongly dedicated you are to your hospital, your patients, your employees, and your community, and we are very proud of that and excited to celebrate with you today.

"UPMC is known for reinvention and innovation so that we can best serve our patients and health plan members, communities, and employees. Our shared passion for excellence will drive the UPMC Experience for all. Western Maryland is an organization and community that embodies the values of UPMC, and I am thrilled to be here today to welcome you into our UPMC family."

UPMC Western Maryland President Barry Ronan called the integration historic.

"Back in 2016, the Western Maryland Health System Board of Directors requested proposals to affiliate with a larger health system that would help preserve

health care in the western Maryland region for years to come.

"As we explored all our options and did our research, it became clear that UPMC was the perfect fit for us. I could not be more excited and proud of our board and our hospital leaders for having the clear vision, steadfast commitment and dedication to take care of our community and region for generations to come.

"As evidence of the \$90 million investment begins to take shape, we will continue to evaluate the best ways to meet the needs of our patients and community. We've been talking for a long time now about how this integration would strengthen our abilities and opportunities to provide world-class care right here in Cumberland. Now, we can actually begin doing that."

UPMC Western Maryland Senior Vice President and Chief Operating Officer Nancy Adams spoke on what the integration will mean for clinical specialties.

"This integration will provide so much for our community. Not only does this mean an increase of clinical specialties we will be able to offer here in western Maryland, it also expands our already robust oncology expertise through our connection to the UPMC Hillman Cancer Center as well as our ability to serve our behavioral health patients, just to name a few examples," she said.

Dr. John Pappas, who serves as the President of the UPMC Western Maryland medical staff and serves on the Board of Directors, spoke about the access to UPMC's vast innovative resources and clinical and scientific expertise.

"On behalf of our medical staff, I can tell you that every single one of us is deeply dedicated to providing the very best care

for our patients," he said. "Providing cutting-edge care in a rural hospital setting has become quite challenging in today's health care environment. We are excited to grow mutually beneficial relationships with UPMC and be part of UPMC's innovative programs and integrated network of services.

"We all will work together to expand both primary care and specialty care access. This is a very exciting time for everyone involved in this new relationship, and our patients and their families will enjoy the benefits for years to come."

The integration marks the completion of a process that began with initial conversations as far back as 2015. In 2018, WMHS and UPMC joined together in a clinical affiliation to work cooperatively to enhance health care services and to strengthen the delivery of quality care, transform care delivery and reduce the total cost of providing care in the community.

In March 2019, the Boards of Directors of both WMHS and UPMC signed a non-binding letter of intent to negotiate an affiliation agreement. Following a nine-month regulatory review and due diligence process by WMHS and UPMC, the Boards co-signed a binding integration and affiliation agreement on January 15, 2020, setting February 1, as the target date for finalizing the affiliation.

The initial five-year \$90 million dollar investment by UPMC, along with investments that the WMHS Foundation has made and continues to make, will help ensure that UPMC Western Maryland will continue to provide state-of-the-art, quality health care for residents as well as maintaining its position as one of the largest employers in the region for years to come.



Above, hundreds of employees, community leaders and elected officials gather with UPMC and UPMC Western Maryland executives to celebrate the integration of UPMC Western Maryland. Speakers at the event included, above right from top to bottom, UPMC Western Maryland President Barry Ronan; Leslie Davis, UPMC Senior Vice President and Executive Vice President and Chief Operating Officer of UPMC Health Services; UPMC Western Maryland Senior Vice President and Chief Operating Officer Nancy Adams and Dr. John Pappas, UPMC Western Maryland board member and President of the medical staff.

‘A redistribution of happiness’

A postcard found in California featuring an early Cumberland hospital makes its way back home

A few weeks ago, a letter received in the UPMC Western Maryland administration office contained a connection to the health care of Cumberland's past nearly a century old. The letter, sent by Mr. Lowell Joerg of Stockton, California, came along with a circa 1925 postcard featuring Western Maryland Hospital, which was on Decatur Street in Cumberland.

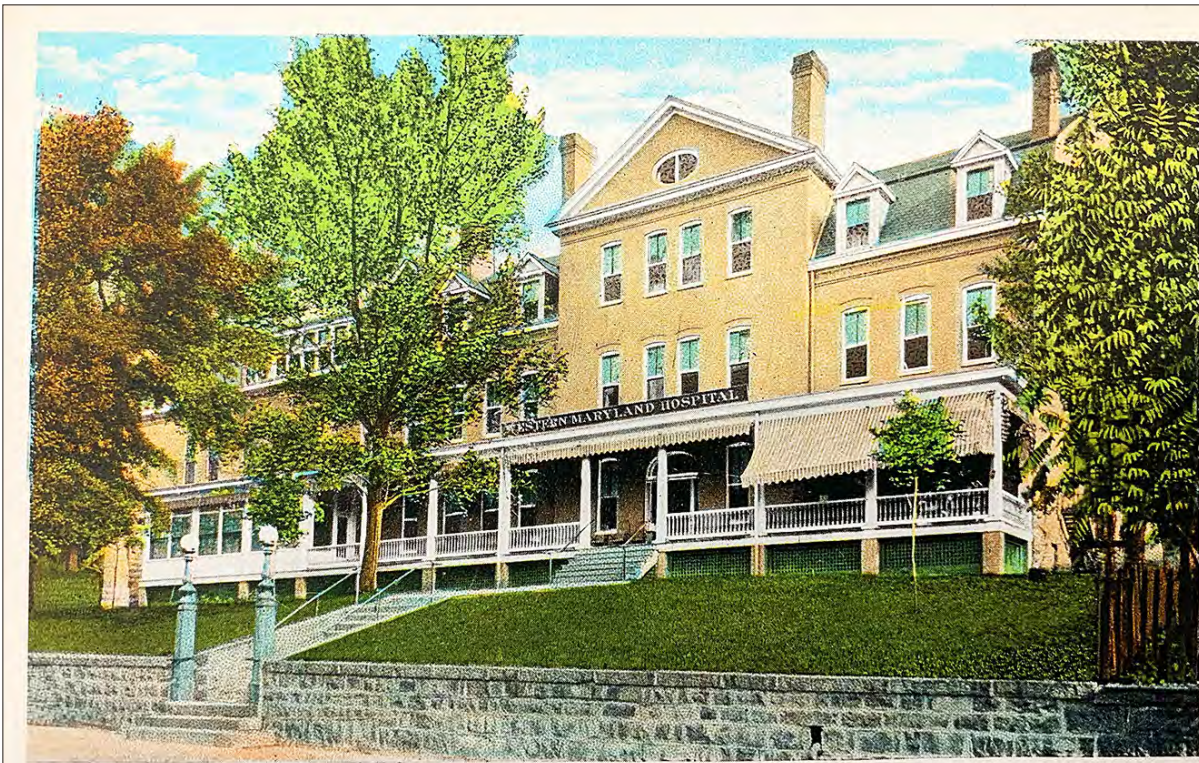
"I was at an antique store and found this picture card showing your beautiful building. How the card got all the way out to California we will never know," Mr. Joerg, a 91-year-old resident of an assisted living center in the Golden State, wrote. "It's an old time classic, for sure, so I said to myself, 'by golly, I think I'll send it home where it can be appreciated.' Our heritage is important and should be preserved."

UPMC Western Maryland is not the first institution to benefit from Mr. Joerg's kindness, as a simple internet search reveals that he has

made quite a hobby of sending postcards back where they belong. It appears his simple act makes waves in most cases, as there are dozens of newspaper features on Google from around the country highlighting his hobby and good deed.

Senior Vice President and Chief Operating Officer Nancy Adams sent Mr. Joerg a thank you note along with a few dollars to cover his expense. "We have certainly come a long way since the days of Western Maryland Hospital," she wrote in her note, which included the link to our website and some details about our current hospital, which just celebrated its 10-year anniversary. "Please know your gesture brought a smile from many here at UPMC Western Maryland," she concluded.

In his letter, Mr. Joerg calls his hobby a "redistribution of happiness", adding, "our world sure needs it".



WESTERN MARYLAND HOSPITAL, CUMBERLAND, MD.

This postcard featuring Western Maryland Hospital in Cumberland was sent to UPMC Western Maryland by Mr. Lowell Joerg, a 91-year-old man living in Stockton, California. Mr. Joerg has made a hobby of finding old postcards at local antique shops and sending them back where they belong. To see the extent of his hobby, he suggests to Google him.

South Cumberland Urgent Care expands, will accommodate temporary Hunt Club closure

As a response to local need and trends occurring within health care, UPMC Western Maryland announced the expansion of South Cumberland Urgent Care.

Services will now include occupational and diagnostic services. The newly expanded center is now called Advanced Medical Care serving Western Maryland, West Virginia and Pennsylvania.

The new 7,297 sq. ft. facility, which has been enlarged to include the two store-

fronts next to the original urgent care facility, opened on Saturday, February 1.

The new location has five urgent care exam rooms, four occupational exam rooms, a lab and an x-ray room. "We started this one-stop shop of services recently with Advanced Lakeside Medical Care in McHenry and have had great success," said Barry P. Ronan, UPMC Western Maryland President. "This expansion of services is needed based on the increase of patients coming to the

South Cumberland location from West Virginia, Pennsylvania and Western Maryland."

Since its opening in October 2018, South Cumberland has had over 20,500 visits, with many local residents shifting their location of choice from the WMHS Hunt Club Urgent Care Center in Short Gap, W.Va. to the South Cumberland location. "This shift, plus regulatory requirements in West Virginia, has forced WMHS to temporarily close the Hunt Club Urgent Care and transition

the service to the newer South Cumberland space," Ronan added. "WMHS is pleased to have provided urgent care services at Hunt Club and looks forward to continuing to serve those patients at the South Cumberland location on Industrial Boulevard, only 6.5 miles away.

As for the Hunt Club location, UPMC Western Maryland will re-file a Certificate of Need application to provide expanded services in Mineral County, W.Va.," Ronan said.

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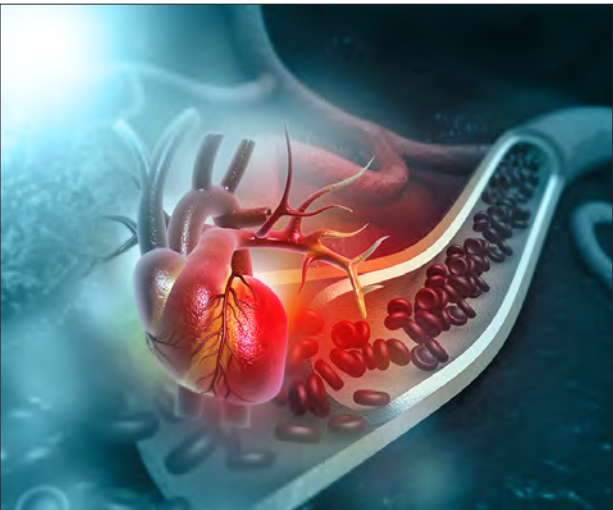
February Population Health Initiative: Heart Attack, Stroke and Hypertension

The February 2020 WUPMC Western Maryland Population Health Focus is heart attacks, stroke and hypertension.

A heart attack, also called a myocardial infarction, happens when a part of the heart muscle doesn't get enough blood. The more time that passes without treatment to restore blood flow, the greater the damage to the heart muscle. Coronary artery disease is the main cause of a heart attack. A less common cause is a severe spasm, or sudden contraction, of a coronary artery that can stop blood flow to the heart muscle.

The five major symptoms of a heart attack are: **Chest pain or discomfort.** Most heart attacks involve discomfort in the center or left side of the chest that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain. **Feeling weak, light-headed, or faint.** You may also break out into a cold sweat. **Pain or discomfort in the jaw, neck, or back. Pain or discomfort in one or both arms or shoulders. Shortness of breath.** This often comes along with chest discomfort, but shortness of breath also can happen before chest discomfort. Other symptoms of a heart attack could include unusual or unexplained tiredness and nausea or vomiting. For more information, visit: <https://www.cdc.gov/heartdisease/>.

A stroke is a sudden disorder of the blood supply to the brain, which can cause irreversible damage and disability. Time is critical when treating strokes. It is always important to identify when the symptoms started. Sometimes treatment may cause harm if given too late. Because treatment



is time sensitive and there are many causes of stroke, always ask to be treated at a certified stroke treatment center.

B.E. F.A.S.T. is a way of thinking about signs of stroke. It is also meant to remind us to act quickly when stroke is suspected. Remember, a stroke is an emergency. If a stroke is suspected, call 911. **B:** Balance - sudden loss of balance, staggering gait, severe vertigo. **E:** Eyes - sudden loss of vision in one or both eyes, onset of double vision. **F:** Face - uneven or drooping face, drooling, ask the patient to smile. **A:** Arm (leg) - loss of strength or sensation on one side

of the body in the arm and/or leg. **S:** Speech - slurring of speech, difficulty saying words or understanding what is being said, sudden confusion. **T:** Terrible headache (time) - very severe headache which has maximum intensity within seconds to a minute. For more information on the relationship between strokes and the heart, visit: <https://www.stroke.org/en/news/2020/01/13/what-the-heart-has-to-do-with-the-head>.

High blood pressure increases the risk for heart disease and stroke, two leading causes of death for Americans. High blood pressure is also very common. Tens of millions of adults in the United States have high blood pressure, and many do not have it under control. High blood pressure usually has no symptoms, so the only way to know if you have it is to get your blood pressure checked. Talk with your health care team about how you can manage your blood pressure and lower your risk.

The higher your blood pressure levels, the more risk you have for other health problems. Your health care team can diagnose high blood pressure and make treatment decisions by reviewing your systolic and diastolic blood pressure levels and comparing them to levels found in certain guidelines. For more information on hypertension, visit: <https://www.cdc.gov/bloodpressure/index.htm>.

Be sure to visit www.upmcwesternmaryland.com on March 1 to learn about the March Population Health Initiative, which is chronic kidney disease.

Red threads

On February 7, UPMC Western Maryland celebrated National Wear Red Day. Employees dressed to bring greater attention to the prevalence of heart disease, especially among women.



Calling all bunnies chicks, and ducks!

Are you the proud parent of a pet rabbit or chicken or duck? Send us a photo of your friends for inclusion in our spring issue! Email your picture to Ed DeWitt at edewitt@wmhs.com. Be sure to include your pet's name and your department!



Drop us a line!

Community Relations wants to hear all of the good news about the employees, patients and departments at UPMC Western Maryland! Contact Ed DeWitt at edewitt@wmhs.com if you have a story that is begging to be told.

Do you follow us?



The right place at the right time

On January 14, a trio of UPMC Western Maryland employees sprung into action at a local high school wrestling match to help save the life of a man whose heart had stopped beating. The incident, which took place in the bleachers of the Mountain Ridge High School gymnasium in Frostburg, ended happily, thanks to the quick work of, from left to right, Echo Sonographer Amanda Miller, Respiratory Therapist Kathleen Clark and MRI Technologist Alexa Pattison. Mountain Ridge staff members accessed the school's Automated External

Defibrillator, and during the six-minute wait while EMS personnel were enroute, a pair of shocks were administered that successfully revived the patient. All three employees are Basic Life Support certified and renew their certification every two years. In addition to being featured across several media outlets, the trio was also honored by UPMC Western Maryland President Barry Ronan on February 5 and each awarded a \$100 gift card after spinning the wheel of excellence in front of their peers.

EXCELLENCE HAS A NEW NAME.



Western Maryland Health System is now UPMC Western Maryland.

Western Maryland Health System has always had a proud history. And now we're growing toward a proud future as we become UPMC Western Maryland. Our employees, including our doctors, nurses, and support staff that are part of our community and that you've come to trust, are now backed by the innovation, technology, and nationally recognized expertise of UPMC. As UPMC Western Maryland, we're the newest part of one of the nation's leading health systems, serving patients from Allegany County and beyond. Learn more at UPMCWesternMaryland.com.