

## ‘Humbled by their dedication’

### Critical Care Services, ED staff continue to battle COVID-19

Nearly six months have come and gone since the COVID-19 pandemic upended the world of health care and ushered in a host of new challenges for UPMC Western Maryland staff charged with safely caring for these critically ill patients.

In the weeks since the number of COVID-positive patients began declining and the dedicated COVID

unit on 7 South closed as a result, the care for these patients never ceased, and staff members across several departments share the work that remains.

Caring for COVID-19 patients is now entrusted to the dedicated staff in the emergency department, high-level care and intensive care units, the cardiovascular unit,

CRT, CRT and respiratory therapy.

“I would like to recognize and commend our nurses, nursing assistants and ancillary support staff who have been and continue to care for patients requiring COVID-19 treatment in the ED, ICU and HLC,” said Jamie Karstetter, Vice President and Chief Nursing Officer. “As we continue to navi-

gate these stressful times in our hospital and local communities, I am humbled by their dedication and compassion to provide high-quality, patient-centered care for those in need.”

Critical Care Services Director Chrissy Lechlitter said the teamwork the departments have shown while striving to deliver quality care amid

the pandemic has been rewarding for all involved. “I am very proud of the care and support all of these areas are providing to our patients and their families,” said Chrissy. “Our patients in the ICU and HLC are very sick, regardless of what they have going on, so COVID is an

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## Dr. Gerald Goldstein celebrates retirement

### Senior Vice President, CMO concludes 20-year career with health system

Dr. Gerald Goldstein, UPMC Western Maryland Senior Vice President and Chief Medical Officer, retired at the end of August after spending nearly two decades faithfully serving the communities of western Maryland with loyalty, care, dignity and compassion.

After spending 20 years working as an anesthesiologist in the Baltimore and Washington, D.C. areas, Dr. Goldstein relocated to western Maryland in 2001. In the spring of 2014, Dr. Goldstein assumed the role of Senior Vice President and Chief Medical Officer.

“As we celebrate Dr. Goldstein’s retirement, we will also honor him by continuing to set the bar high and to work at the level of quality he established,” said Barry Ronan, UPMC Western Maryland President. “Please join me in congratulating Dr. Goldstein as he prepares for the next chapter of a life and career that has truly helped our community.”

Though he has impacted countless areas of UPMC Western Maryland, Dr. Goldstein’s role in the recruitment and retention of quality physicians is where he said he feels the most pride.



Dr. Gerald Goldstein

Through his many years in the medical field, he has seen many advancements, including the exponential increases in the safety of anesthesia, the switch to computerized medical records and, most notably,

the change in the Maryland payment system to value-based care.

His time as CMO began with some advice from his colleagues that he never forgot. “I was told early on that if 100 percent of the staff and providers liked me that I was not doing my job, and I never forgot that. In my role I had to make many tough decisions. I took pride that my decisions were made in our patients’ best interest and with the intent of keeping the public safe.”

Dr. Goldstein has seen his fair share of public health challenges over the years, including HIV, Ebola, Legionnaires’ disease and SARS; however, he said the current COVID-19 pandemic is more serious than anything he has ever seen.

“This period of COVID has been the most threatening event to the population at large that I have ever witnessed. We, as Americans, have never lived through a pandemic. Medicine is forever changing, and there will always be challenges we can’t contemplate, and COVID-19 is the latest.”

In addition to the coronavirus crisis, Dr.

Goldstein notes that other challenges for the next generation of health care providers will be providing quality health care to all Americans, including the uninsured and the underinsured, and the affordability of health care, including pharmaceuticals.

In his newfound leisure time, Dr. Goldstein said he is looking forward to doing the things for which he has had limited time due to his busy medical career. “I have two grandchildren, so spending time with them will be great, and I also look forward to spending more time outdoors and doing things like playing golf and traveling when it’s safe again.”

His advice for those colleagues he leaves behind is simple: have empathy. “Be kind to your patients because they are very vulnerable and they depend on you – not only for treatment, but for psychological support and reassurance. Patients need to feel safe and taken care of. Sometimes we can forget that. We need to provide medical care and emotional care at the same time.”





From left to right, Dr. Ali and her husband, Dr. Umair S. Ahmed, with baby Yusuf Syed Ahmed and his older brother; Dr. Manandhar and baby Ronesh Thapa, and Dr. Khandare with her husband Dr. Kshitij Kamlakar Singam and new bundle of joy Atharva Kshitij Singam. All three of these UPMC Western Maryland physicians gave birth to baby boys in July.

# So much joy in these little boys

## Doctors Ali, Manandhar and Khandare all welcomed sons in July

Three UPMC Western Maryland physicians saw their families grow this summer, as they all welcomed healthy baby boys in July.

The lucky moms are Anupama S. Khandare, M.D., who works as a primary care provider and the Director of Shared Medical Appointments; Ailia Ali, M.D., who specializes in pulmonary, critical care and sleep medicine, and Smriti Manandhar, M.D., an endocrinologist.

All three moms are enjoying their new additions and have found that having a baby while working in health care amid a pandemic has come with both challenges and blessings.

“Life has drastically changed for everyone, at work as well at home,” said Dr. Manandhar, when asked earlier this summer how the pandemic impacted her pregnancy. “On the bright side, life has slowed down, and there is no constant struggle to keep everything running on time. I got to enjoy life in a leisurely pace with my daughter before the new baby came.”

Dr. Khandare agreed and said, “I

am a primary care provider who also works as a first-line responder, and, to top it all, I am currently a first-time mother. The COVID-19 situation has challenged me to excel in both of my roles. It is thought-provoking to keep a perfect balance between my job and my personal life. I have to follow the guidelines set up by UPMC and the CDC along with my role as a first-time mom. I can only say that I have the best support system. My husband is very supportive, loving, and caring, and my clinic staff are the best in this world. Honestly, I couldn't have asked for more.”

Travel restrictions during the pandemic have made it more difficult on all three moms, as sharing their new additions with their grandparents and extended family has obviously been more challenging. “I hope soon I will be able to

meet and hug my parents and in-laws and that they will get to meet and hug their first grandchild,” Dr. Khandare said.

When asked to give some advice to other moms-to-be, all three doctors were happy to share some wisdom. “There are no perfect parents and no perfect babies,” Dr. Manandhar said. “It’s important to let the baby set the pace as no two babies are the same.”

“My advice for a first-time mom

“There are no perfect parents and no perfect babies,” Dr. Manandhar said. “It’s important to let the baby set the pace as no two are the same.”

would be to enjoy every week of pregnancy as it comes,” said Dr. Ali. “Each week may bring a unique set of symptoms and experiences. There will be some bad days during pregnancy and after having your newborn, but it is OK as these will pass. It is very important to take care of yourself during this time. Remember the exhaustion won't last forever. Don't be embarrassed about the change in your body shape. It happened for a wonderful reason, and with some time and effort, it will get better.”

Dr. Khandare's advice is to stay as healthy as possible during pregnancy, and she offers to help anyone who might need it. “I know in this community there are many like me who are first-time mothers and who are scared as much as I was with being pregnant during the COVID-19 situation.”

“If anybody in the community is

in need of an ear and wants to talk about COVID-19 and peer/emotional support, I am available both as a physician and a mom. Right now, I would suggest that you follow guidelines set by CDC and the World Health Organization. Do not rely on news found on social media like Snapchat, Instagram and Facebook unless they are authenticated by known government organizations. Wear a mask when coming out for essential work and avoid social gatherings. Always maintain good personal and hand hygiene and maintain social distancing at all times.”

While social distancing has prevented the three colleagues and friends from visiting, they have kept in close contact via phone and email. “While I was pregnant, I would love to have sat down and chatted with them over a cup of coffee or tea,” Dr. Khandare said. “Even today, I am eager to spend some time together to discuss with them all the experiences we are having.”

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added challenge that increases the daily nursing stress on these units. We want to recognize the hours, sweat and tears these staff members are dedicating.”

“With the declining number of COVID-positive patients and the closure of the designated COVID unit on 7 South, caring for positive patients has become a regular part of our lives,” said Crissy Martz, Critical Care Services Nurse Manager. “It’s just what we do. Experiences on 7 South guided our decisions on how to safely adapt to caring for these patients in our general ICU, alongside other non-COVID patients.”

Theresa Kline, High-Level Care Nurse Manager, said that while her team’s involvement with COVID patients was initially minimal, it is now an everyday part of their routine. “Our team has done very well with the transition,” she said. “When we began taking care of COVID patients, we did some quick education to bring everyone up to speed on the latest changes. We did not have the initial anxiety that everyone had back in March, as I think everyone had a lot more awareness about COVID.”

Respiratory therapists also play a large role in the care for COVID patients. “The pandemic changed the workflow of all respiratory therapists,” said Krista Stevens, Respiratory Therapy Manager. “The therapists who worked in outpatient settings were quickly brought back to the inpatient setting, where they had to brush up on their skills to perform bedside care. The assistance of the outpatient staff allowed for the inpatient staff to concentrate on the critical patients that were

cared for in the ED, 7 South and ICU.

“Throughout the worst of the pandemic, the therapists continued to provide top-notch care to all their patients, whether it be in the ED, ICU, nursery, etc. From those who volunteered to cover 7 South and ICU for ventilator management, to those who worked out of their comfort zone, to those who assisted in making sure we had supplies to keep the ventilators running and the oxygen flowing, the teamwork displayed by the therapists makes me realize how proud I am to be a part of such a great team. I could not be more pleased with how the Respiratory Therapy team took care of each other and the patients during such a stressful time.”

The emergency department is often the first place COVID patients receive care at UPMC Western Maryland. “As a team, the emergency department continues to prove their resiliency and dedication to patient care,” said Wendy Helms, Emergency Services Nurse Manager. “Every member of this team plays a valuable role in maintaining safety and infection-control practices that protect one another and the patients we care for. This staff has shown that we can pull together in the toughest of circumstances and provide excellent care to our community.”

“This unprecedented pandemic was accompanied by the unknown. Staff adapted quickly to new processes and new infection-control guidelines on a daily – and sometimes hourly – basis. They were able to pull from their emergency nursing training and knowledge to provide care for those that were ill and afraid – all while demonstrating a vast degree of compassion and professionalism.

“We are so very proud of the work our ED staff does every day. Nurses, providers, techs, secretaries, lab, EVS, security, registration, distribution, transportation, dietary, care coordination, maintenance, respiratory, pharmacy and countless others came together to ensure that this department ran as seamlessly as possible. Our department adapted and succeeded by taking on new responsibilities and duties to ensure that we could give care to our patients efficiently and confidently,” said Wendy.

As the world continues to adapt and, in many ways, move beyond the COVID-19 pandemic, the work of these dedicated staff members at UPMC Western Maryland and in hospitals everywhere will continue. “I know a lot of people want this to be over and have moved on, but here our staff sees it every day. It’s very real and these people are very sick,” Theresa said.

Perhaps Crissy Martz summed it up best. “Businesses are starting to open, and restrictions are slowly being lifted. You could say life is starting to get back to normal for some, but our staff continues to live with COVID-19 and see the devastating effects of this virus. “I am very proud of my staff and the dedication they have, not just to our patients, but to each other,” said Crissy. “They function like a well-oiled machine. They are naturals, working side by side with endless momentum to keep moving forward. They are each other’s biggest fans and their greatest supporters. Their passion for what they do is unspeakable. They are my true heroes as we continue to fight this invisible enemy.”

“Our patients in the ICU and HLC are very sick, regardless of what they have going on, so COVID is an added challenge that increases the daily nursing stress. We want to recognize the hours, sweat and tears these staff members are dedicating.”

- Chrissy Lechliter, Director, Critical Care Services

How has your department responded to challenges brought on by COVID-19? Who has stepped up and how?

The Pulse wants to know!

Contact Ed DeWitt at 4-8019 or at edewitt@wmhs.com.





**David Burwell, M.D., named Chief Quality Officer**

# Cardiac program, stroke awards mount in 2020

The UPMC Western Maryland cardiac and stroke programs are once again in the spotlight after securing several awards recognizing the high level of care they provide.

For the second year in a row, UPMC Western Maryland has received both the Mission: Lifeline NSTEMI Gold Quality Achievement Award and the Mission: Lifeline Gold Receiving Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer severe heart attacks.

The hospital also earned the American Heart Association/American Stroke Association's Get With The Guidelines-Stroke Gold Plus Quality Achievement Award, and the American College

of Cardiology's NCDR Chest Pain MI Registry Gold Performance Achievement Award for 2020 – one of only 60 hospitals nationwide to receive the honor.

“We are very proud to again be recognized by the American Heart Association for the excellent care we provide to our heart attack patients here at UPMC Western Maryland,” said Christopher Haas, D.O., Chairman of Internal Medicine and Medical Director of Cardiology.

“It truly is a team effort that requires excellence from multiple services, including our first responders, emergency department, nursing staff, hospitalist service, data collectors, administration, and, of course, the entire Cardiology Department. We review and discuss our processes for every emergency heart attack

that comes through our door, and we fine-tune even the smallest of details in order to ensure our patients receive top-notch care that meets or exceeds national standards. To receive these awards multiple times from the American Heart Association is exceptional and is truly an honor shared by our entire team.

“At UPMC Western Maryland, our cardiac team is dedicated to providing guideline-based treatments for our heart attack patients,” Dr. Haas added. “Our team is comprised of local community members whose professional capabilities are on par with, or exceed, national standards. We are truly blessed to have such an incredibly dedicated, talented, national award-winning cardiac team right here in western Maryland.” The Get With The Guide-

lines®-Stroke Gold Plus Quality Achievement award recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

“UPMC Western Maryland is dedicated to improving the quality of care for our stroke patients by implementing the American Heart Association's Get With The Guidelines-Stroke initiative,” said Jennifer Suter, Clinical Coordinator, Rehabilitation and Stroke program. “The tools and resources provided help us track and measure our success in meeting evidenced-based clinical guidelines developed to improve patient outcomes.”

UPMC Western Maryland is pleased to introduce David Burwell, M.D., MBA, as the Chief Quality Officer of UPMC Western Maryland, UPMC Altoona, UPMC Bedford and UPMC Somerset. Dr. Burwell was previously the vice president of Clinical Quality and Compliance for UPMC Altoona.

In addition to this role, Dr. Burwell takes great pride in practicing family medicine at a small office in Duncansville, Pa. Dr. Burwell is the chairman of the following UPMC Altoona committees: Continuous Process Improvement, Patient Safety & Quality Review, OB Patient Safety Workgroup, Mortality Committee, Sepsis Committee, and eRecord Governance (co-chair).

He is a member of following UPMC system-level committees: Corporate Quality Board, Wolff Center Physician Executive Steering Committee, Executive Steering VAT Committee, Information Technology Steering and Operations Group, Electronic Practice Guidelines, and Clinical Decision Support.

Prior to 2016, Dr. Burwell maintained a solo family practice office for 13 years. During such time, he served on the Medical Executive Committee as the Family Medicine representative since 2006.

Dr. Burwell is double-board certified in Family Medicine and Clinical Informatics. He completed his residency training at Altoona Family Physicians in 2004 and is a graduate of The George Washington University and the University of Pittsburgh's Katz School of Business.

## Hospital committed \$61 million in community benefits last year

### Total climbs from \$8.2 million from 2018, part of \$1.4 billion given overall by UPMC

UPMC Western Maryland committed \$61 million in community benefits during Fiscal Year 2019, up from \$53.8 million in FY2018. The numbers were released as part of the 2019-20 UPMC benefits report, showing the health system's longstanding commitment to meet the many diverse needs of all the communities it serves.

The total include nearly \$44 million for mission-driven services, approximately \$11 million for charity care, and more than a million dollars each for health professional education, Medicaid assessment and community health services.

“Our ever-increasing commitment to community benefit has nearly doubled over the last six years,” said UPMC Western Maryland President Barry Ronan. “Through our care delivery model of value-based care, we have been able to better support the population health needs of the region as well as more thoroughly address the many social determinants of health.

“Two of our most recent initiatives that will enhance our community benefit even further include our ongoing assistance to the Allegheny County Health Department in their many COVID-related community initiatives and our recently launched commitment to racial equality in the provision of health care services to people of color.”

Overall, UPMC provided \$1.4 billion in IRS-defined community benefits during Fis-

cal Year 2019, up by \$175 million from FY2018. UPMC's total economic impact of \$42 billion nearly doubled in the last five years. The health system's spending has a multiplier effect that ripples benefits through local economies. As Pennsylvania's largest non-governmental employer, UPMC supports more than one in four hospital jobs in the state.

UPMC's \$1.4 billion in community-focused programs last year equals nearly \$4 million per day or more than 15% of net patient revenue. According to the most recent publicly available data, UPMC contributes more than any other health system in Pennsylvania; the statewide average for hospitals' contributions is 9% of net patient revenue.

The \$1.4 billion total includes:

- \$479 million to make care more accessible for the most vulnerable residents in our communities, including \$102 million in free or discounted care to more than 20,000 patients, and \$377 million in unreimbursed Medical Assistance costs and other subsidized care. The reported amounts are UPMC's actual costs, not the price or charges that would have been billed for care. UPMC provides a disproportionate amount of charity care. While UPMC cares for 18% of patients in all of Pennsylvania, it provides 28% of the hospital charity care in the commonwealth.
- \$376 million for community health and wellness programs and charitable contributions, including more than 3,000 free and subsi-

dized programs, such as neighborhood clinics and support groups, free medical equipment and transportation. UPMC leads the way in funding community health improvement programs, with 59% of all hospital funding in central Pennsylvania and 50% statewide.

- \$548 million for medical research and education, advancing breakthrough treatments and cures while training the next generation of clinicians. UPMC funds nearly half of all hospital-funded research in Pennsylvania, and along with the University of Pittsburgh, is ranked #6 nationally in National Institutes of Health funding. UPMC has the nation's fourth-largest medical residency program, and its four schools of nursing educate 700 nursing students each year.

Over the past five years, UPMC's community benefits totaled \$5.4 billion. “Behind these big numbers is another big number — UPMC's 91,000 employees who are proudly and passionately dedicated to serving their communities,” said Edward Karlovich, vice president and interim chief financial officer, UPMC. “Whether they are visibly on the front lines with community partners, directly serving patients and members across our communities or providing individual assistance during difficult times, it is their service excellence and innovation that truly drives UPMC's community benefits.”

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# Burkey fund brings joy to patients, families

*The following story was written by Cumberland Times News reporter Lindsay Renner-Wood. It has been reprinted here with her permission.*

A recently implemented fund at UPMC Western Maryland aims to help patients and their families find a little bit of normalcy and happiness amidst tough times. Established by the wife of its namesake following his passing, the John Burkey Making Memories Fund is named for an active and beloved member of the community who died after a 14-year battle with cancer in January 2019.

Burkey's wife, Kathy, worked with the hospital's foundation to establish it, foundation executive director Karen Johnson said. To date, Johnson said the fund has received "well over \$20,000" between Kathy Burkey's initial gift and others made since then.

When they came up with the idea for the fund, Johnson recalled, it was the hope of both women that it would turn into something ongoing for the hospital, rather than a short-term offering. They are generally able to offer around \$500 for beneficiaries, Johnson said, for small but meaningful gestures and activities.

"We're not looking to, say, build a house. We're not like Make-A-Wish where we can send someone to Disney World," Johnson said. "The person who has a life-changing or terminal illness tells us what would make their life different, what would make a memory for them. That's where it starts."

In life, Johnson recalled, John Burkey was a warm, optimistic and generous person with a good sense of humor. "I mean, he would show up here sometimes in a doctor's outfit," Johnson said. "He'd be here with a stethoscope and everything. At Halloween, that was his gig. Every time I ran into him, he had some sort of joke or funny story for me. And even in the midst of really long, involved treatment for himself, he was typically the one to encourage other people."

After her husband's death, Kathy Burkey sat down with Johnson to discuss a way to honor John's memory. Burkey knew she wanted to do something, but wasn't sure what. They eventually settled on this fund, which is different from others they've had in the past.

Past fundraising has focused on things like capital campaigns and technological investments, Johnson explained. "But as we evolve ... we find there are a lot of people who've been sick for a long time and can't work or pay their electric bill, or transportation to and from chemo treatment sometimes," Johnson said. "We've had a lot of individuals who are interested in funding needs like that, but Kathy decided she wanted to fund something that wasn't a need, but something uplifting and encouraging for a patient."

The fund was launched in the middle of December, and has fulfilled four requests so far. Johnson said the requests come to her through staff



John Burkey

members who've spoken with patients and assessed their need, along with the probability of being able to fulfill them. The first helping hand they lent, she said, was to give a man money to help buy his kids Christmas presents. Another was a hospice patient who was treated to a little luxury after her son told a staff member how much she loved having her hair and nails done, Johnson said. Another family had one last big dinner together, courtesy of the fund.

The most recent beneficiary was Sam Wakefield and his family. Wakefield, whose daughter Hayley recently turned 5, is living with pancreatic cancer. While recently hospitalized, Wakefield said he learned of the fund from hospital chaplain Rev. Bruce McBride and knew immediately that he wanted to use some money on a birthday party for Hayley.

Her party, held earlier this month, pulled out all the stops for the small group of family and friends who attended, and featured food, games and swimming. And in keeping with the times, it was socially distanced, too. "They had a great time, and he got to see it all," Johnson said.

Wakefield was approached in the hospital a few weeks before Hayley's birthday — along with his own, which is four days after his daughter's — while he was recovering from an infection. McBride told him of what they'd like to do for him and his family. With Hayley's special day approaching, Wakefield said he thought it would be good to use the money to throw a party for her.

"There wasn't really anything special that I felt I needed to do, and I wanted to make it special for her, which also makes it special for me," Wakefield said. "I guess we could have done something else and made memories, too, but it was a timing thing, too, because it just so happened her birthday was coming up and mine, too."

Hayley's primary interest, Wakefield said, is "animals, animals, animals. She just loves animals." A potential budding naturalist, Wakefield said Hayley is also frequently taken with bugs and plants and just about every other part of nature; on a walk the other day, he said, a tomato plant with its tiny green fruit beginning to sprout captivated her.

The beach at Rocky Gap, Wakefield said, is one of Hayley's favorite



Sam Wakefield and his daughter Hayley take time out for a photo during Hayley's fifth birthday party held recently at Rocky Gap State Park. The Western Maryland Health System Foundation's John Burkey Making Memories Fund provided \$500 to pay for the party.

places to visit with his wife Kimberly, so it was a natural choice for her party. "You can't get her out of the water once she goes in, because she just loves all that stuff," Wakefield said. "She's very full of energy and likes to run around, but the main thing about her is animals."

Wakefield said he has been fighting the disease for as long as Hayley has been alive, and it has been a long and, at points, arduous road for the family. He was diagnosed with pancreatic cancer on April 1, 2016, after he started getting sick about two years earlier. His doctors had a hard time pinning down the cause of the stomach issues and abdominal pain he was having, Wakefield recalled, before a routine follow-up CT scan showed a tumor in his pancreas.

The tumor's location made it impossible for doctors to operate, Wakefield said. Immunotherapy helped for a while, and did shrink the tumor a bit. Bolstered by that bit of success, his doctor at Johns Hopkins at-

tempted surgery in 2017, Wakefield said, but quickly found that surgery wasn't viable while he was on the operating table and decided not to proceed.

After that, Wakefield recalled, he was given a year to live. He returned to Cumberland and began doing chemotherapy treatments locally that "kept the tumor at bay." Wakefield said he has had other complications arise, including most recently the infection that left him hospitalized for 19 days and ultimately led to the conversation that spawned Hayley's party. But, he has lived past the year that he was given.

Still, Wakefield said of his daughter, "she hasn't known me to not be sick," so creating happy memories that day was especially important. And they did. The hospital's staff who assisted in the day, including McBride and foundation senior development officer Lisa Hout, went above and beyond to make the day memorable, Wakefield said. Hout even dressed up as

the Sparky the Fire Dog character, Wakefield said, much to the kids' delight. They opted to keep the guest list small but intimate, he said.

"They wanted to take the burden off me worrying about anything, and Bruce and Lisa were super and great," Wakefield said.

There was good food, Wakefield said, including custom cakes for both dad and daughter: Hayley's cake featured a unicorn that complemented her outfit for the day. After cake and presents, the kids went for a swim in the lake. "It was a beautiful day," Wakefield said. "She loved it. She just had a great time, and that was really nice for me to see her have a great time like that. Like I said, she's never known her dad not to be sick, and there's a lot of things I can't do with her because I can't be that active. I would love to be, because I was before. I do what I can, and any time I can spend with her doing little things, I do."

## Drop us a line!

*The Pulse wants to share all of the good news about the employees, patients and departments at UPMC Western Maryland! Contact Ed DeWitt at [edewitt@wmhs.com](mailto:edewitt@wmhs.com) if you have a story just begging to be told.*