

The Vantage Healthcare Owner Hospitals:

Armstrong County Memorial Hospital


Corry Memorial Hospital (CMH)


DuBois Regional Medical Center


Kane Community Hospital (KCH)


Meadville Medical Center (MMC)


Millcreek Community Hospital (MCH)


Saint Vincent Health System (SVHS) Erie


The Ellwood City Hospital


Titusville Area Hospital (TAH) Titusville


UPMC Horizon Greenville/Farrell


UPMC Northwest Seneca


Warren General Hospital (WGH) Warren


 **Vantage® Care Apothecary**
 A Vantage Institutional Pharmacy Service

1. You **Care** about your residents.
2. You **Care** about compliance with regulations.
3. You **Care** that education and specialized training be provided to your staff.
4. You **Care** that direct care staff are trained in CPR and First Aid.
5. You **Care** that professional nurses have infusion training from a program approved by the Pennsylvania State Board of Nursing.
6. You **Care** to be informed about regulatory changes, Medicare Part D updates, New Medication Information, recalled Medications and Pharmacy updates which affect your facility.
7. You **Care** to have a pharmacy with an on site night shift.
8. You **Care** to have timely deliveries in the evening and on weekends.
9. You **Care** that Pharmaceutical bills are accurate.
10. You **Care** that medications are administered timely, safely and in an accurate manner.
11. You **Care** that residents, families and staff members have on site education to make informed decisions about Medicare part D.
12. You **Care** to have a pharmacy with a medication error data base and tracking system.
13. You **Care** to be affiliated with a pharmacy with a exceptionally low medication error rate.
14. You **Care** to have a pharmacy which knows how to take care of your residents and their diverse pharmaceutical needs.
15. You **Care** to have a web based secure link from your facility to the pharmacy data base, for your residents.
16. You **Care** to have an electronic medical record system to eliminate medication errors, to stop peeling and faxing medication labels, to electronically track orders, to eliminate paperwork and paper fees and to save nursing time and redirect time to patient care.

We Know You Care!
 Does Your Pharmacy care?
 We know you don't care how much we know,
 Until you know how much we Care.

Vantage® Care Apothecary
814-336-1301

Testimonial to ... Vantage® Home Infusion & Respiratory Services

No Worries, thanks to all those at Vantage. When my father was released from MMC, he still needed the medical supplies and support he had at the hospital. Vantage had all the equipment to make his bedroom at home much like his hospital room - complete with adjustable bed with all the remotes. We were able to get all his medications and supplies for tube feeding from Vantage. This came complete with assistance to help mom care for dad. I cannot compliment the staff at Vantage enough for their knowledge and compassion. Their well-kept records and internal communication regarding his progress were exemplary. It certainly made coming home from the hospital worry-free and a positive experience for our family.

Sherry Mason, daughter of James B. Sheehan

Contact Tom Surman: tomsurman@vantagehealthcare.com for free direct mail newsletter subscription.

 **Vantage® Holding Company, LLC**
 A For Profit Company that Forms Health Care Partnerships to Create Revenue, Savings and New Services

January, February, March 2006

Medicare Part D and New Personal Care Home Regulations, Impact Facilities

**Is your facility prepared?
 Has your Pharmacy assisted with these issues?**

 **Vantage® Care Apothecary**
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The Medicare Modernization Act (MMA) is now in effect as of January 1st, 2006. This legislation will have a profound impact on Medicare eligible individuals, and the various facilities which serve them. The Medicare Modernization Act also known as Medicare Part D "prescription drug coverage" has now shifted from state programs to privatized prescription drug plans (PDPs). The numerous (PDP) plans have multiple drug formularies.

Care Apothecary is a regional leader in specialty pharmacy systems. We anticipated the need for facility staff members, residents, and family members to be educated in the many facets of Medicare part D. On site training and education has been our personal commitment. This has empowered our facilities, their residents and families to make informed decisions on an individualized basis. The Medicare Part D participation, enrollment, appeals, medication formulary management and ongoing planning are just the beginning of this massive alteration to the Medicare prescription drug system. Pharmacy support will be continuous and ongoing.

Residents will be involved in the Medicare Modernization Act from various settings such as: skilled

Cover Story continued on page 3

Healthcare 2006: A Year of Consternation?

by John Fries

What key issues will dominate the healthcare landscape in 2006? According to presenters at Premier Advocacy's Federal Affairs Network's, FAN, meeting held in Washington, D.C., there are a number of priority issues medical providers will continue to explore, discuss and attempt to resolve in the months ahead. Among them are Medicare and Medicaid Financing and Reform, Medicare Pay for Performance, Medical Liability Reform, Health Information Technology, Tax Exemption and Community Benefits, and Caring for the Uninsured.



Denise Remus, Ph.D.

For two days this past December, administrators and government relations executives representing Premier member hospitals across the U.S. met, listened to presentations and participated in spirited discussions regarding these issues. Based on the meeting and input provided by the hospital officials, the Premier advocacy staff is now preparing policy position statements on each of the discussed topics.

Medicare Pay for Performance

A number of distinguished speakers addressed the gathering. Denise Remus, Ph.D, Premier's vice president of clinical informatics, spoke about the Medicare pay for performance issue. Specifically, she addressed the ongoing Hospital Quality Incentive Demonstration (HQID), Premier's joint, three-year project with the Centers for Medicare and Medicaid Service (CMS). The project, which recently completed its first year, measures hospital quality in five specific clinical areas--acute myocardial infarction, congestive heart failure, coronary artery bypass graft, hip and knee replacement and community acquired pneumonia--then provides financial rewards to hospitals that attain top scores in one or more of the areas.

Cover Story continued on page 6

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Quarterly
The Vantage® Point

What's News



Vantage® Care Apothecary A Vantage Institutional Pharmacy Service

in a blister card an error. Many of the 0.003% never left the pharmacy, due to our internal quality controls. However we do count these errors in our rate.

In 2006 Care Apothecary presents final bar code scanning and an EMAR solution: The Electronic Medication Record and final review bar code scanning systems will reduce facility and pharmacy error rates even further. This paperless system will reduce errors, save nursing time and increase efficiency.

Care Apothecary's 2005 Extremely Low Pharmacy Medication Error Rate:

The quality and accuracy of our medication service is our number one priority. The past year's pharmacy error rate was 0.003%. The national average is 1.6%. We carefully scrutinize each prescription we process. We consider one empty bubble

UPMC NORTHWEST TO LAUNCH HOSPITALIST PROGRAM JAN. 1

Initiative will enhance inpatient care, let doctors focus on office practices

UPMC Northwest is launching a new program that will enhance inpatient care while allowing participating doctors to focus more on the outpatients they see in their office practices.

The program includes the addition of two physicians known as hospitalists (inpatient care specialists) to the UPMC Northwest medical staff effective Sunday, Jan. 1. John Graham, MD, is a member of the hospital's active medical staff and will practice full-time as medical director of UPMC Northwest's hospitalist program, which is the first among area hospitals. Richard Wacksman, MD, will practice full-time on a temporary basis while UPMC Northwest recruits additional hospitalists.

Both doctors are members of a practice known as Community Hospitalists.

The opening of UPMC Northwest's hospitalist program culminates an extensive planning process that began more than a year ago. The hospital and its medical staff began exploring the hospitalist approach as a way to enhance both inpatient care and participating physicians' office practices.

Hospitalists – who represent the nation's fastest-growing branch of medicine – specialize in caring for patients in the hospital and usually do not have outpatient practices. Most hospitalists are general internal medicine physicians or family practice physicians. Some hospitalists are specialists in pulmonary/critical care medicine, cardiology, or other sub specialties.



L to R: Denis O'Brien, Phil English, PA Congressman and Duane Koller

SVHC's Denis O'Brien, and MMC's Duane Koller, visit with House Representative Phil English on Capitol Hill while attending the Premier Advocacy Federal Affairs Network (FAN) meeting December 5th and 6th in Washington, D.C. FAN conducts a semi-annual group meetings hosted by key health policy decision makers. This environment provides networking opportunities with colleagues from non-profit hospitals in the Premier alliance. The Premier Advocacy group represents member hospitals in carrying the messages relayed by the hospitals to Capitol Hill and also arranges meetings with key Congressman and Senators during these meetings in Washington.

This past meeting's items of high importance focused on budget reconciliation and pay-for-performance. Duane commented, "We are very concerned for Medicare and Medicaid cuts to beneficiaries and providers as the House and Senate try to come to consensus in their budget conference committee." Denis added, "Our message to Congress is that pay-for-performance initiatives, if thoughtfully implemented, have great potential to improve quality of care. Saint Vincent Health System is proud to be included in the group of top performers sharing in the Medicare award. This is the first time that Medicare has awarded monetary bonuses to health care providers in a pay-for-performance demonstration and it provides statistical evidence that this model works to improve the quality of healthcare." A pay-for-performance bill is included in the Senate budget reconciliation package.



Dr. Eric Chevlen, M.D.

Eric M. Chevlen, MD. Board Certified Medical Oncologist / Hematologist relocates to Meadville where he opened Comprehensive Cancer Care of Meadville located at 765 Liberty Street. Dr. Chevlen earned his medical degree from Ohio State University College of Medicine, Columbus, Ohio. He completed an internal medicine residency at Mt. Sinai Hospital, Cleveland. Dr. Chevlen completed fellowship training in medical oncology at the National Cancer Institute, Bethesda, Md., and in Hematology Oncology at the University of California Cancer Research Institute, San Francisco. He is certified by the American Boards of Internal Medicine, Hematology and Medical Oncology. He is now a member of the Meadville Medical Center's Medical/Dental Staff. Dr. Chevlen can be reached at 814-373-2335



Vantage® Idea Program 2006



ATTENTION: All Vantage® Employees

Vantage® has formalized its IDEA program to make it an ongoing reward program open to all eligible employees. The success of this program depends on Vantage® employees coming forward with ideas. Please read the description below and join us in creating an opportunity for you to earn a "reward."

VANTAGE® IDEA PROGRAM 2006 DESCRIPTION

Who is eligible to participate?

Full-time, part-time and per-diem Vantage employees

Who is not eligible to participate?

Employees that are on a bonus program already, contract labor, temporary help, and non-Vantage employees

How can I participate?

Thank you to those that served on the original IDEA committee. We have dissolved this committee and opened the program up to all eligible Vantage® employees. Therefore, by submitting your ideas to your supervisor, all employees can qualify for a reward. If you have an idea that will save money or result in a profit, please get your idea to your supervisor. All ideas are welcome.

How is the payment calculated and when is it paid out?

Payment will be 20% of savings or profits generated during a continuous 12 month period. The minimum payment will be \$20 and the maximum payment will be \$2,000. The reward is paid in June and December of each year following the 12 continuous months of the savings or profit and you must be currently employed at the time of the reward.

What is an example?

You submitted an idea and savings have been tracked for a year from January, 2006 to December 31, 2006. Your reward would be paid in June 2007.

How does one submit an idea?

Please submit your ideas to your supervisor or directly to the Senior Vice President of the company your work for. Your idea will be reviewed and you will be notified if your idea is accepted. (Note: all ideas will be taken to a team of Senior Managers, chaired by the CEO and reviewed.)



Vantage® Pride



Creativity –

Relating to, or characterized by imagination; having a lively imagination in looking at ways to improve the organization. An employee who creatively makes suggestions and recommendations promoting the growth of our company.

Customer Service –

Pride in contributing to the welfare of others while performing a service. The success of every organization depends directly upon how its customers, clients, and patients are treated, Listening carefully to the needs and complaints, taking charge in providing a solution, and doing so with a positive attitude.

Flexibility –

Characterized by a ready capability to adapt to new, different, or changing requirements. A flexible employee is one who helps with a rush order late Friday afternoon and still finds ways to finish his /her own work, even if it means staying late.

Mutual Respect –

Someone who is respectful and treats everyone the same, from subordinates to the CEO. They consistently have a positive and non self-serving attitude. Mutual Respect indicates sensitivity and a helpful attitude toward fellow employees.

Truth –

Sincerity in action and character; fairness and straightforwardness of conduct. An honest, fair, and truthful employee is a company's most important asset. Mistakes are made, however truth speaks its loudest when you can admit an error, solve the problem and move on. These abilities make an employee a leader, trustworthy, and reliable.

These core values have been pivotal in the success Vantage has experienced over the past twenty one years. This consistency should prove paramount in the companies expansion into new markets.



Meadville Medical Center Foundation applauds Community Support...

The \$200,000 goal of the Meadville Medical Center Foundation's 2005 Annual Fund Campaign was exceeded with gifts and pledges totaling \$218,847.

The MMC Foundation's 3rd Annual Vendor Golf Outing in memory of Cathy Foster was held on Tuesday, August 30, 2005 at the Meadville Country Club. With a full field of 144 golfers, more than \$26,000 in net proceeds supported the focus of the Annual Fund Campaign.

The Foundation's Board of Directors would like to extend a heartfelt thank you to every donor to the Campaign, the golf sponsors, golf participants, volunteers and Golf Committee members. Without your on-going support, this event would not have been a success!

Gift funds will enable Meadville Medical Center's Laboratory to replace its current bacterial identification and antibiotic testing equipment with a state-of-the-art system. The new Microbiology Analyzer will result in significantly faster results and will replace a 14-year old unit. Rapid reporting of the identification of bacteria and finding the most effective antibiotic will enhance patient care provided by nurses and physicians. The ultimate benefit is the reduction in the length of patient stays at the Medical Center.

The Hematology Analyzer, the second key piece of equipment to be purchased, provides information on blood counts and body fluids. This new unit, replacing a 6-year old analyzer, is utilized more than 50,000 times each year between outpatients and inpatients. An automatic cell count for body fluids is one

of the most significant advantages of the new Hematology Analyzer. More sophisticated and accurate than a manual count, this feature will reduce analysis time substantially.

Both pieces of equipment will increase the turn around time and efficiency of the Laboratory. This is the first time in our 13-year history of the Annual Fund that the Laboratory will be the recipient of gift funds. We are pleased to support the Laboratory - an essential component in the Medical Center's ability to provide the best health care to community members.

Anthony DeFail, President and CEO, Meadville Medical Center, discuss the benefits of the newly purchased equipment with Charlotte Thomas, a donor and staff member at MMC, along with Dr. Richard Schroeckenstein, Medical Director for Pathology at MMC



Medical Technician, Susan Wolfe, provides demonstrations of the newly purchased Microbiology equipment to Foundation donors.

SVHS... continued from page 5

Saint Vincent campus and is a key component to Saint Vincent's continued growth and success in our ability to deliver our mission-driven health care services," said Bontempo. These projects will mean an economic boost to the region by providing local construction jobs, additional tax revenue and they will help to sustain the region's second largest employer.

Saint Vincent Health System entered into a land lease agreement for development of the medical office building with Landmark Health Care Facilities LLC. Landmark collaborated closely with Saint Vincent to ensure that the design and function of the building will meet the needs of physicians and patients today and will address the future growth of Saint Vincent. Landmark has an excellent reputation in the area of hospital campus-based medical facilities and has developed a program for Saint Vincent that is based on area need assessment and market research.

"We found that Landmark's ideas fit well with our needs and long range facility plans," said Bontempo.

As a major employer in the Erie region and a committed partner in the community, Saint Vincent is pleased to announce

that EE Austin Companies, Erie, PA was awarded the contract for both building projects. The projects are expected to create an estimated 200 jobs over the life of the contract.

Inside Saint Vincent Health Center a number of expansion projects and construction of new services have taken place. They include the Saint Vincent Endoscopy Unit, the Saint Vincent Rehabilitation Unit, the Saint Vincent Wound Clinic and Hyperbaric Services, the Saint Vincent Palliative Care Services, the Geopsych Unit at Saint Vincent Behavioral Services, and our newest project, the Saint Vincent Imaging Center at Yorktown.

Saint Vincent Health Center, ranked one of Pennsylvania's Best Places to Work, is a 469 bed not-for-profit tertiary care facility located in Erie, PA. Saint Vincent is also the northwestern Pennsylvania region's second largest employer with 2,700 employees. Saint Vincent was founded in 1875 by the Sisters of Saint Joseph of Northwestern Pennsylvania as the area's first hospital and now stands as an integrated health care delivery network which includes 14 distinct on-campus centers of excellence, 12 primary care medical practices, 11 specialty medical practices, strategic affiliations with seven community hospitals and thousands of area physicians and medical providers, serving a population base of 1.2 million.

Care Apothecary... continued from page 1



nursing facilities, personal care homes, adult day centers, mental health and mental retardation centers, inpatient psychiatric hospitals, independent living complexes and the elderly community in general. Many skilled nursing facilities populations average 2/3 of the residents from the dually eligible group. The dually eligible are those individuals with both Medicare and Medicaid. The dual eligible population began their prescription coverage with the new Medicare Part D (PDPs) as of January 1st, 2006.

Personal care facilities face the challenges of Medicare Part D and new regulations. Many personal care facilities are in need of a pharmacy with experience in their setting, for regulatory and compliance reasons. Care Apothecary provides consultation, in services, continuing education credits, CPR and first aid training, a medication error data base and tracking system, on site medication pass audits, on site medication cart and medication room audits all of which assist with regulatory compliance. Pharmacy Systems guide facilities through new regulations with medications and the necessary diagnoses for safe medication administration. One facility administrator recently commented "We would have never known where to start without all of you".

Care Apothecary's secure Web based application facility link permits authorized facility staff members to access their resident pharmacy information quickly and efficiently. Facilities will also have the capability to decrease medication errors, save paperwork, paper fees, focus on Medicare part D, save nursing time, spend more time with direct patient care, and be overall more efficient and error free with the Electronic Medication Record System. This paperless system incorporates a medication administration (pass) with a fax less medication ordering and tracking system.

Care Apothecary continues to excel in Quality and Customer Service. To speak to a Care Apothecary representative please call Julie Walters toll free 1-800-832-0291, ext. 2227, or email juliew@vantagehealthcare.com.



Because we care, all of the pharmacy technicians at Vantage® Care Apothecary are nationally certified by the Pharmacy Technician Certification Board.

Pictured from left to right: Denise Valentine, Peg Hall, Lori Inserra, Crystal Williams, Nana Gilbert, Heidi Sperry, Jodi Shelatz, Valerie Simonette, Kami Packard, Jennifer San Felice, Nancy Miller. Not pictured: Jackie Smith, Crystal Quail, Aimee Anderson, Janette Boyd, Kristine De Walt.

Doctor of the Month



Dr. Jenifer Orzano-Birgani Picture

Dr. Jenifer Orzano-Birgani graduated from Georgetown College of Arts & Sciences and from Georgetown University School of Medicine. She completed her internship and residency in Internal Medicine at Mount Sinai Medical Center, Miami Beach, Florida where she then served as Chief Medical Resident. She trained in Medical Oncology and Hematology at the National Cancer Institute and National Naval Medical Center in Bethesda, Maryland.

Dr. Birgani is pleased to have the opportunity to integrate her extensive Internal Medicine training with her specialized Oncology training to provide care for the whole person. She spent a year and a half in broad-based Hematology/Oncology residency, and an additional one and a half years specializing in breast cancer treatment.

"Warren General is utilizing the most up-to-date chemotherapy regimens and protocols. Having just been involved in the clinical trials, we are well aware of the ever-changing recommendations, and are able inform our patients accordingly." Dr. Birgani commented. "The great part about providing cancer treatment here in Warren is the team approach. There is a collaborative effort between the Oncologists, the Primary Care Physicians, and most importantly the patient. The center is able to work provide comprehensive care when radiation and chemotherapy regimens may be required at the same time. We are able to coordinate the needs of the patient, scheduling appointments to make it as convenient as possible for the patient, and to save unnecessary travel."

Dr. Orzano-Birgani joins the current staff of Dr. Anne L. Rassiga and Dr. Leroy J. Korb in providing comprehensive Hematology and cancer care with the latest treatment protocols.

For more information please contact the Cancer Care Center at Warren General Hospital at 814-726-1786.



Wendel Primus Senior Policy Advisor to House Democratic Leader Nancy Pelosi

Hospitals that perform in the top 10 percent in an area of focus are rewarded with a two percent bonus on their Medicare payments for patients in that area. Those that score in the second ten percent receive a one percent bonus. Hospitals that fail to attain specific quality scores will receive negative payment adjustment. This is the first time Medicare has awarded monetary bonuses to healthcare providers in a pay-for-performance demonstration.

Since the first results were released in November, CMS has committed to providing \$8.85 million in bonuses to 123 hospitals of all sizes across the US. One of them, Saint Vincent Health System, is proud to be included in the group of top performers and to share in the Medicare award.

The project provides statistical evidence that this model works to improve the quality of health provided by hospitals. The first results, released in November, show that cost of hospitalizations, length of stay, readmissions and complications were all reduced in the pneumonia area, and that all of the top hospitals had a shorter length of stay.

We have seen significant improvements in all clinical areas in the first year and the trend shows that this will continue," said Remus. She added that there is a measurable continued improvement in the media composite quality scores for all participants.

Medicare and Medicaid Cutbacks

Another issue that continues to be widely discussed and debated is cutbacks to Medicare and Medicaid. Shalla Ross of the House Republican Conference and Jay Kosha, a member of Senate Majority Leader William Frist's staff, addressed the legislative activity to date. At the December meeting, Ross said that most House leaders were looking at budget confirmation and a possible compromise. Since the meeting, the House has voted yes on proposed cuts to the budget and sent them to the Senate, which, in turn, has returned them to the House for more changes.

Victoria Wachino of the Center for Budget and Policy Priorities, also speaking at the meeting, compared the House and Senate versions of the Medicaid budget to illustrate how vastly different they are. The House, for example, shows 58 percent of medical savings as a result of cost sharing and restricted benefits, while none of those savings appear in the Senate version. She also discussed how significantly utilization has decreased in Oregon and Minnesota as a result of cost sharing.

Meanwhile, Joy Wilson of the National Conference of State Legislators said that budget reconciliation is more complicated than just reforming Medicaid, and disagreed with the Congressional Budget Offices assumptions about state flexibility. She added that most states are planning to implement cost sharing with beneficiaries who are at least 250 percent above the poverty level.

She added that long-term care isn't adequately addressed in either package, which will lead to a growing drain on states' resources. And, she predicted that while a substantial amount of money will be siphoned from Medicaid in future years, legislators will have a greater interest in managed care plans.

Center for Medicare and Medicaid Services Update

Herb Kuhn, director of the CMS' Center for Medicaid Management provided FAN attendees with an update regarding the agency's recent work. At the time of the meeting, the agency's primary focus was on successfully implementing Medicare Part D, the prescription drug benefit for seniors, which took effect on January 1. Kuhn expressed confidence regarding enrollment in the plan, and said he believed that the competitive market is working.

He also discussed Section 1011 of the Medicare Modernization Act, which has made available \$1 billion to compensate hospitals that provide care for undocumented aliens. As of December, Kuhn said, fewer applications had been received from hospitals than were expected.

In turning the discussion to rehabilitation facilities, Kuhn said that the current 50 percent threshold will increase to 60 percent on July 1. However, he added that only nine hospitals have failed to meet the 50 percent threshold. His agency also continues to explore ways to improve patient assessments at long-term care hospitals.

Delivering the Legislative Update at the 13th Annual Joint Board Educational Conference, "JBEC", scheduled for May 11 and 12th at the Peek'n Peak resort will be Margaret Reagan who assumes executive authority over the development of legislative and regulatory strategies in Washington D.C., representing 1,500 Premier hospitals and health systems. Additional speakers for this up-coming event will be announced shortly.

For more information on "JBEC" contact Karen Weber; karenw@vantagehealthcare.com or call Karen at: 814-333-8533 ext. 2135



Margaret R. Reagan, Corporate Vice President, Premier Washington D.C. and Herb Kuhn, Director of CMS Center for Medicaid Management

The Vantage® Forum

where owner hospitals highlight their services



Surgical Weight Loss Program at Kane Community Hospital to begin fifth year as Region's Gastric Bypass Leader

The LivLitesm Surgical Weight Loss Management Program at Kane Community Hospital (KCH) takes a comprehensive team approach to ensure achievement of long-term weight loss and a healthier life.

Renato Simon, MD, FACS, guides the multi-disciplinary team to provide a comprehensive program for the care and well being of our patients. Our Center specializes in the treatment of obesity using surgery and weight management tools. We combine our surgical treatment with psychological evaluation, dietary assessment, and ongoing teaching, as well as a monthly support group.

The KCH Surgical Weight Loss Program is one of nine national LivLitesm bariatric treatment programs. KCH uses the Roux-en-Y Gastric Bypass Procedure. The KCH Program is making a healthy difference in the lives of the more than 600 patients who have come from 19 states and one foreign country to have the surgery at KCH. The Roux-en-Y Gastric Bypass Procedure is an established and effective national program. Individuals 75-100 pounds or more over their ideal body weight with co-morbidities are the most likely surgical candidates. Physician referrals and self-referrals are accepted.

Monthly support groups are held every third Thursday from 5:30 - 7 p.m. at the KCH Nutrition and Wellness Center. Sessions offer clinical support to patients pre and post surgery, and answer questions from those exploring surgical options.

The December Support Group is scheduled for Thursday, December 15, 5:30 - 7:00 p.m. The topic of discussion is Holiday Survival which includes tips for surviving the holidays with food, exercise, and fun!



Kane Community Hospital Nutrition Center

LivLite seminars conducted throughout the region introduce the program and options to individuals who would like more about it. KCH LivLitesm seminars are scheduled in Jamestown, NY for Saturday, January 14, 10-11:30 a.m. at the Best Western Hotel, 200 West 3rd St., Jamestown, NY 14701 and in Erie, PA, Saturday, February 4, 10:00 - 11:30 a.m. at the Holiday Inn Express Hotel, I-90, Exit 24, Peach Street, Erie, PA 16509.

Presenting the seminars will be members of the KCH LivLite Team including Joanna Carr, LivLitesm Program Manager; Casie Costion, Physician Assistant; Kerry Fox, Dietitian; Cindy Carbaugh, Clinic Coordinator and Bariatric Patient, and several other bariatric patients. The team will share information and field questions from interested individuals.

The KCH Nutrition & Wellness Center offers serious solutions for disease and weight management. In addition to the KCH LivLite Surgical Weight Loss Program, the KCH Nutrition & Wellness Center also offers Optifast Medical Weight Loss for those with 30 or more pounds to lose and the Dean Ornish's six-week Ornish Advantage for those who wish to reverse heart disease.

For more information on LivLite seminars or other programs please call the Center toll free at 1-800-565-9200 and ask for extension 4785 or visit www.kanehosp.com online, click on Nutrition & Wellness.

Saint Vincent Health System announces two major construction projects totaling \$28.2 million as the first phase of a multi-year building plan.

"Over the past four years we have worked hard to establish the financial strength of Saint Vincent," commented C. Angela Bontempo, CEO and President of Saint Vincent Health System. "This accomplishment has resulted in establishing a Moody's rating that makes Saint Vincent attractive to investors, makes more favorable interest rates possible and allows us to take this first step towards our multi-year plans for our Health Center campus."



Continued on page 6