An $8 million renovation project was completed in the fall at the UPMC Hillman Cancer Center located at UPMC Northwest hospital. Kelly Smith, the radiation oncology manager, stands with a new linear accelerator at the cancer center. Hillman is one of the largest, most comprehensive cancer networks in the country. See story on Page E-3.

Hospitals in the area pump millions of dollars into the local economy with building projects that come with hefty price tags and the sheer number of their employees. Besides UPMC Northwest’s $8 million renovation project at its Hillman Cancer Center, the facility also completed other improvements and recruited a number of new doctors to its staff. Titusville Area Hospital did major building improvements over the past year and looks to do even more in 2019. Clarion Hospital kept its focus on providing quality health care close to home. This section includes in-depth articles on all three hospitals as well as many rehab centers, social service agencies and therapeutic clinics.

The Oil City YMCA and the new Clarion County YMCA are also featured in this section.

Butler Health System
Award-winning health care, close to home.
Participating in most insurances including Highmark and UPMC health plans
Prostate procedure pioneered at local hospital

Many men over the age of 50 will develop a condition known as benign prostatic hyperplasia (BPH) or enlarged prostate. In fact, 50 percent of men between the ages of 50 and 60 will develop this, and 90 percent of men over 80-years-old will develop it.

New technology to treat this disease was recently introduced at UPMC Northwest. The first hospital in the UPMC system to use the treatment known as Rezum and the first hospital in western Pennsylvania.

"BPH is benign," said Dr. Hassan Taan, urologist at UPMC Northwest. "This means it is not cancer. It does not cause not to lead to cancer.

As the prostate enlarges, it can then squeeze down on your urethra. The bladder wall becomes thicker. Eventually, the bladder may weaken and lose the ability to empty completely. This can cause many of the problems associated with benign prostatic hyperplasia.

Therefore, symptoms of the disease include: a reduced flow of urine, change in frequency such as waking up in the middle of the night often to urinate, or at least feel the urge to do so," said Taan. Taan explained that Rezum, which can be performed in a clinic or outpatient setting, uses the stored thermal energy in water vapor (steam) to treat the extra prostate tissue and shrink the size of the prostate, thus eliminating symptoms such as frequency, urgency, irregular flow, weak stream, and getting up at night to urinate.

"The goal of the procedure is for patients with BPH to resume their normal lives," said Taan. "It’s less invasive and has many benefits." Those include:

- An alternative to BPH medications
- A minimally invasive procedure
- A noticeable symptom improvement within two weeks
- Does not require general anesthesia
- Preserves sexual and urinary function
- Allows patients to return to normal activities within a few days

Dr. Hassan Taan, center, said the new Rezum device helps people who suffer from an enlarged prostate to resume their normal lives. Taan is shown with members of his surgical team, from left, Nancy Rehberger, Heather Infeld, Nia Patel and Kayle Wice.

Sugar Creek Station brings convenience of telemedicine to short-term rehabilitation

Sugar Creek Station is a UPMC Se-
mic facility in Franklin, dedicated to providing high-quality care in a comfortable environment.

Sugar Creek Station provides skilled nursing and rehabilitation services to its residents. Stay can last from a few days to several months.

A dedicated therapy department and nursing staff work to return residents to their homes. Last year, 53 percent of individuals admitted to Sugar Creek Station were able to return to their homes.

In addition to skilled nursing and rehabilitation services, Sugar Creek Station also offers a small number of independent living apartments on the same campus. Sugar Creek Station uses teleme-
dicine, telecommunication and informa-
tion technologies to connect residents and physicians, regardless of their lo-
cation.

Telemedicine provides clinical care at a distance, helping to eliminate ge-
ographical barriers and improve access to specialty medical services that would not otherwise be available in rural communities.

Sugar Creek Station residents can see their doctors quickly and without leaving their homes, thanks to remote patient monitoring offered during evening and weekend hours.

Sugar Creek Station is using telemedicine for psychiatric consultations. This service is vital in decreasing re-admissions to the hospital.

In recent Medicare rankings, Sugar Creek Station was 634 out of more than 15,000 skilled nursing facilities nationwide with a low re-admission rate.

Sugar Creek Station offers other technology for its residents as well. They can use iPads to communicate with their loved ones via email, video chat or social media.

The iPads are supported by the facili-
ty’s wireless internet, available to resi-
dents and guests.

Nine out of 10 residents at the Sugar Creek facility who were surveyed said they would recommend Sugar Creek Station to friends.
Newly renovated cancer center offers comprehensive care

Over the past three months, many patients have visited the newly renovated UPMC Hillman Cancer Center at UPMC Northwest. An $8 million renovation project was completed in the fall at the UPMC Hillman Cancer Center. An additional $3 million renovation project is planned for UPMC’s Venango Area Cancer Center at UPMC Northwest’s Venango County area has access to one of the largest, most comprehensive cancer networks in the country, UPMC Hillman Cancer Center.

The Hillman is the region’s only National Cancer Institute-designated Comprehensive Cancer Center, providing patients with access to groundbreaking research going on at the University of Pittsburgh and UPMC Hillman Cancer Center as well as access to more than 600 clinical trials. The project, one of UPMC Northwest’s largest construction efforts to date, began in January last year. It is home to a new 45 million, state-of-the-art linear accelerator. A linear accelerator (LINAC) customizes high energy X-rays or electrons to confirm to a tumor’s shape and destroy cancer cells while sparing surrounding normal tissues.

During the construction, the vault structure that houses the LINAC required 85 loads of concrete totaling 1,650 tons. The walls also include 55 tons of steel rebar and 35 tons of concrete. Approximately 138 contractors worked on the cancer center renovation.

The new center includes 15 chairs and one private treatment room, whereas our previous unit included 10 chairs,” said Kathy Canter, the center’s manager. “The infusion center is in Pittsburgh, all the Hillman Cancer Centers are connected through clinical pathways for the care provided at any Hillman cancer center, including multiple centers or partnerships internationally.

“While the flagship Hillman Cancer Center is in Pittsburgh, all the Hillman Cancer Centers are connected through clinical pathways, for the care provided at any Hillman cancer center, including multiple centers or partnerships internationally.”

“Hillman is the region’s only National Cancer Institute-designated Comprehensive Cancer Center, providing patients with access to breakthrough research and leading-edge therapies, right in their backyard,” he said. “That means that patients in any Hillman Cancer Center throughout the network have access to groundbreaking research going on at the University of Pittsburgh and UPMC Hillman Cancer Center as well as access to more than 600 clinical trials.

The project, one of UPMC Northwest’s largest construction efforts to date, began in January last year. It is home to a new $45 million, state-of-the-art linear accelerator. A linear accelerator (LINAC) customizes high energy X-rays or electrons to confirm to a tumor’s shape and destroy cancer cells while sparing surrounding normal tissues.

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“The new center includes 15 chairs and one private treatment room, whereas our previous unit included 10 chairs,” said Kathy Canter, the center’s manager. “The infusion center provides more privacy for our patients and their families.”

“The greatest advantage is that patients can receive all of their treatment in one place, chemotherapy, radiation therapy, infusion, lab work — with coordinated care between cancer specialists,” Canter said.

We didn’t realize that The Surgery & Laser Center is not in-network with UPMC Health Plan. As a health care consumer, you should always check the ability to participate in a group of approved surgeons or specialty practices. It is important to make sure your group of approved surgeons or specialty practices. It is important to make sure your insurance provider has access to a full range of medical professionals who are experienced in the latest technologies.

To ensure you are in a Medicare approved plan and find one that suits your specific needs, you need to change your plan at least three months before the open enrollment period. It is your care and it your choice. Choose The Surgery & Laser Center.

The UPMC Medicare replacement plan does not contract with The Surgery & Laser Center.

Enrolling in the wrong one can create problems.

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- Enhanced Living and Personal Care: Choose a private apartment at Cribs Residential Center that includes meals, housekeeping, laundry, utilities, activities and transportation services, and such as assistance with bathing, dressing and monitoring medication is available.

- Respite and Trial Stays: Try the lifestyle at Wesbury before committing to a permanent move. Consider a short stay for any reason any time of year at Cribs Residential Center for whatever length of time meets your needs. Simply bring your suitcase, we will provide the rest.

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Wesbury is a nonprofit, Christian, continuing care retirement community, serving the region for over 100 years. Here, we put your independence, security and well-being above everything else.

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For more information or to schedule a tour, call 814-332-9000 or visit our website at www.wesbury.com.

An $8 million renovation project was completed in the fall at the UPMC Hillman Cancer Center.
Foundation supports UPMC Northwest for local hospital

Northeast Northwest Hospital Fund supports more than just health care; it supports community contributions as well.

So it is no surprise that the community continues to support the hospital and the people it serves. "It's a true testament to the generosity of the community," said Edder.

"The generosity of the community, which has been expressed in so many ways, has allowed Northeast Northwest Hospital Foundation to provide high-quality health care in 2018.

The foundation funded a 12-bed newborn nursery. UPMC Northwest, reported 959 newborns last year. The Family Birthing Center has three labor, delivery, and recovery rooms, a nursery, and a 2-bed newborn nursery.

The creation of the Medical Hardship Fund is demonstrative of their populations it in turn serves.

Jessica Collins and Lisa Cassagne focused on a particular region of the leg to include the shoulder, elbow, wrist and hand. Sharon St.Clair is a certified personal trainer and provides counseling to help individuals to improve their physical abilities, endurance, strength, and flexibility.

The policy for wheelchair seating and work study dress code in the nursing community continues to be monitored.

Deanna Millford of Venus finds many benefits from a home-based yoga program sponsored by the Northwest Hospital Foundation. The program is part of the wellness program for employees who find it hard to get out to other classes or events.

"The generous support of the community makes it possible for us to provide better, kinder care to our patients and their families," said Edder. "We appreciate the support of the community and are grateful for the contributions they have made.

The Neighborhood Hospital Foundation, the UPMC Northwest Practice Environment, The Northwest Hospital Foundation, and the UPMC Northwest Practice Environment are part of the community that supports the hospital and the people it serves. "It's a true testament to the generosity of the community," said Edder.

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The creation of the Medical Hardship Fund is demonstrative of their populations it in turn serves. The fund can be used to help patients who are facing financial hardship due to medical expenses.

In 2019, West Park Rehab will celebrate 20 years as a physical therapy program that offers new services as well.

"The location, atmosphere, and facilities are excellent," said a patient. "The staff is very knowledgeable and helpful. They go above and beyond to ensure that you receive the best care possible."

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In 2019, West Park Rehab will celebrate 20 years as a physical therapy program that offers new services as well. The location, atmosphere, and facilities are excellent. The staff is very knowledgeable and helpful. They go above and beyond to ensure that you receive the best care possible.
Clarion Hospital meets needs

Focus remains on keeping care close to home

CLARION — Providing exceptional care to the people in the local community is the primary mission at Clarion Hospital.

“We want our community’s best choice for their health care needs to be the convenient choice, right here close to home so patients can avoid traveling to a big city health care center,” said Steven G. Davis, the hospital’s new chief executive officer.

The hospital’s board of directors announced that Davis would take over the top spot last year after having served as interim director since June. The permanent position took effect Jan. 1.

“Steven has energized the board, medical staff and all employees around a shared commitment to ongoing improvements in hospital performance and patient experience,” he said. “I am proud to become a permanent member of the Clarion Hospital team.”

Davis said, “Since I arrived at Clarion, I have been impressed across highly trained, dedicated medical staff, and all the tremendous employees. I look forward to continuing to work together to improve the hospital and enhance patient and visitor experiences.”

Dr. Anna Pilzeck joined the hospital and enhanced new providers to add to its many offerings.

He went on to attend Lake Erie College of Osteopathic Medicine in Elyria, where he earned his medical degree in 2014. Davis served as the new chief executive officer of Clarion Hospital at the beginning of the year. He had served as interim director since June 2017 for all kinds of health care needs.

Over the past year, the hospital recruited new providers to add to its many offerings.

Dr. Anna Pilzeck joined the hospital’s staff. She is a urogynecologist and female pelvic medicine surgeon. She sees patients at Women’s Healthcare of Clarion in Clarion.

Urinary incontinence affects up to 53 percent of all women, and from 10 percent to 20 percent of women are identified as having severe urinary incontinence, he said.

Davis earned his bachelor’s degree in health administration and his master of business administration degree from Penn State University. He is a fellow of the American College of Healthcare Executives.

Davis and his wife, Re-becca, have three children aged 11, 12 and 15.

Enhanced services

Clarion Hospital has a network of doctors and specialists for all kinds of health care needs.

The hospital is able to offer this tool/CT scan for physicians to screen their patients, upping the chance to detect cancer earlier.

More than 10 percent of lung cancers have a chance of being caught if detected early, proving the point that early detection and screening saves lives.

Some of the risk factors for lung cancer are:

• Cigarette smoking
• Contact with radon
• Contact with asbestos
• Family history of lung cancer

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Affiliated with the University of Pittsburgh School of Medicine.
Clarion Hospital and VNA team up

Smooth transition from hospital to in-home care is key to patient wellness

By CHRISTINA L. MOSS

CLARION — It’s been said that there is no better place to heal than in the comfort of your own home. This is also where Margar-

aret Carroll, a lifelong resident of Clarion County, was referred for care. Carroll suffered a stroke on New Year’s Eve this year.

She was admitted to the Clarion Hospital after being evalu-ated and treated at the hospi-

tal’s emergency department.

She said she remembers fondly how the emergency staff brought a piece of pie from the cafeteria with a candle in it and sang “Happy Birthday” to her.

“They were phenomenal. They really were,” said Car-

roll.

Carroll now resides with her daughter and son-in-law, Stacie and Rick Rathfon of Slippery Rock.

They opened their home for an in-door visit Dec. 19 from Clarion Hospital and VNA CEO Steven Davis and Clarion-Forest Visiting Nurse Association CEO and Clarion Hospital board of directors member Jill Over.

Davis said Over was there to check on Carroll’s well-

being and pain feedback of her transition from the hos-

pital to in-home care.

State Rep. Donna Ober-

lander (R-63) also attended to get a first-hand look at what care with Margara-

ettes are getting is working together to help people transition smoothly between levels of care.

“My father suffered from cancer for many years, and we dealt with Pittsburgh,” said Susan Rathfon. “That’s a whole different dynamic.”

It was hard to visit and hard to get anybody to pay atten-

tion to us, where,” she said.

“But we put a lot of work into this,” Carroll said. “We were surprised by the number of changes in health or medica-

tions that our community services and the level of service that our community can provide close to home. We have ICU, cancer care services, we have wound care services and we have highly trained surgical specialists. I think what’s nice is we do have that connection to the Can-

non Center to other parts of the hospital if needed.”

The transition between providers is essential to a success of a patient’s recov-

ery but also to keep the community members, said Davis.

The goal of these efforts is not only to ensure a swift recovery but also to keep patients from rehospitalization.

A care transitions team collaborates with providers to make sure key information is not overlooked during the hand-off of care and the chief nursing officers for both providers meet on a routine basis to discuss pa-

tient referrals and transition-

al times.

“Our two organizations have done a lot to solve this for people who are patients at Clarion Hospital and then come to the VNA,” said Over.

“We put a lot of work into making sure that everyone is on the same wavelength with what medications that patient is supposed to be tak-

ing,” Over said.

Medications are a particu-

lar focus for education to

patient and family by the benefit of a commu-

nity hospital, Davis said, is that these visits are close to home and personalized for each individual because the building and staff are not over-stimulated as they would be in a large city environ-

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Titusville hospital marks accomplishments.

Over the past year, Titusville Area Hospital has compiled some remarkable achievements and has plans to begin a major project within the next couple months.

In May, TAH received an ‘Excellence in Care’ Achievement Award from The Hospitals and Healthsystems Association of Pennsylvania for its outstanding efforts to improve health care in the state. TAH’s entry “Enhancing Emergency Care: Because Secs Count” in an Excellence in Care campaign.

The entry consisted of an array of changes that had occurred over the past year in the emergency department at TAH.

The initiatives were implemented over the overall patient wait time and lengths of stay within the ED in the past year; the ED was on time or better for 47 minutes and 40 seconds of the 72 minutes patients spent in the ED. This is below state and national averages around 21 minutes. This is below state and national averages around 21 minutes.

In November 2016, when the data collection began, the door-to-ward time was 46 minutes. That time is currently averaging around 21 minutes. This is below state and national averages around 21 minutes.

In November 2016, the average wait time was 123 minutes; the ED in the past year; the ED was on time or better for 47 minutes and 40 seconds of the 72 minutes patients spent in the ED. This is below state and national averages around 21 minutes.

This initiative among several others, such as patient follow-up phone calls after ED visit, have also increased the patient satisfaction.

Currently, 99 percent of patients surveyed said they would recommend the TAH emergency department. “Winning this award was very humbling” said Lee Clinton, chief executive officer of the hospital.

“Back in 2014, we recognized that we were failing to see our patients in a timely manner. A patient’s wait time in the ED was too long. A comprehensive survey had been organized to assess that issue and address it. Over the course of a year, we dropped wait times immensely and identified other opportunities for improvement as well. The progress we’ve made over the past year, has been unprecedented and it all translates to a better and longer patient experience. I am so pleased with the hard work and dedication of the physicians and staff,” Clinton said.

TAH also received the 2018 Recognition for the National Of- fice of Rural Health’s Office of State Officers of Rural Health for ranking in the top quartile in quality performance among all rural hos- pitals in the nation. TAH was one of nine hospitals in Penn- sylvania.

In addition, TAH achieved a accreditation by the Joint Commission’s Rural Health Accreditation program.

A HealthMark Quality Blue and a HealthMark High Quality Blue Award for a partnership between the two entities.

The TAH foundation has been involved with the Foundation for regional health care quality concerns that have been identified na- tionally as areas of opportuni- ty for improvement includ- ing readmission rates and appropriateness of care. This program was designed to increase the quality of care provided at a health care facility.

By utilizing best practices and efficiency in patient care, TAH also earned the top designation in the nation as part of the 2018 HAP Donate Life PA hospital challenge and scored 98 percent in Centers for Medicare Services core measures this past year.

“Achieving these accom- plishments is a true honor. I am very proud of the care our team provides and the level of ex- cellence we offer at TAH,” Clinton said.

“All of our staff strives to provide each patient with the best care possible during every visit. These awards demon- strate our commitment to provide care as a small rural community hospital,” Clinton said.

Among the accomplish- ments, TAH is also growing.

Over the past year TAH expanded physical therapy ser- vices to include board certifi- ed orthopedic surgeons, Dr. Michael Dvorkin.

Dvorkin’s specialties in gen- eral orthopedics and sports medicine.

With more than 30 years of experience, Dvorkin is well re- deemed in diagnosing, prevent- ing and treating reconstructive orthopedic conditions and sports related injuries. Dvorkin offers a variety of treatment options including conserva- tive therapies such as restruc- ture and surgical care to treat injuries as well as total joint surgeries. He recently joined the Mar- boras clinic, which is the “Top Doctors” in Baltimore maga- zine for the last six years.

Board certified nephrolo- gist Dr. Randy Zelen and Sha- nookah joined TAH provid- er’s services on a part-time basis in May. Zelen has been providing innovative kidney care services in the Mead- ville area for more than 30 years. Women can benefit from treat- ing with Zelen for more than 15 years.

Both of the orthopedic and nephrology offices are conven- iently located on the first floor of TAH in the physician office suite.

TAH physician services continue to evaluate the need for special services in the area and will accommodate the need as appropriate, Clinton said.

There have also been sev- eral facility updates over the past year and half at the hospital.

In March, the patient care area was renovated. The ren- ovation was primarily in the lobby, which was the last renovation to be completed. The areas now flow together very well creating a welcoming atmosphere for patients, families, and visitors. This renovation included the remodeled and individualized patient in-take process which will allow for imple- mentation of a more innovative and patient-friendly approach to our facility.

In the near future, TAH will complete the emergency depart- ment renovation. The new 3D machine includes a new 3D mammography suite remodeled and a state of the art 3D mammography machine by Hologic was in- stalled. This new 3D Mamm- ography exam is revolution- izing how breast cancer is detected by providing a better option for women of all breast densities compared to 2D alone.

In conventional Mammography, overlapping tissue is a leading reason why small breast cancers may be missed and normal tissue may appear abnormal, leading to unnecessary callbacks. The new 3D machine includes a three-dimensional method of imaging that can greatly re- duce the tissue overlap effect.

The next major project, the emergency department renov- ation, will take place this spring.

The renovation will in- clude a redesigned floor plan which will allow for imple- mentation of a new, more effi- cient patient flow and individualized patient experience.

In addition, the technology used in the ED will be up- graded; there will be a dedi- cated trauma in-take room, trauma rooms and family con- venience. A canopy will be added to the existing entrance to shield patients in the weather.

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Over 80% of lung cancers have a chance to be cured if detected early.

Clarion Hospital has received a new accreditation for Low-Dose CT Lung Screening, We are able to offer this new tool/scan for physicians to screen their patients right here in Clarion.

Some of the risk factors for Lung Cancer are:
Cigarette Smoking. Contact with Radon. Contact with Asbestos, Family History of Lung Cancer, or Having Other Lung Diseases. Lung cancer accounts for 27% of all cancer deaths in the United States. Early detection and screening is a very important part of saving a life. The Low-Dose CT Lung Screening can increase survival by 20%.

Talk to your physician about the benefits of this screening. This is a simple way to make sure your lungs are okay. IT WILL TAKE LESS THAN 10 MINUTES.
This recognition of the nation's 100 Top Hospitals by IBM Watson demonstrates the results that we strive to provide all three services to the patients who are in our care," DeFurio said.

"The Watson Health award measures publicly available data across many areas of hospital performance, and to be recognized as a member of this elite group of the 100 Top Hospitals in the nation validates the results that we strive to provide our patients," DeFurio said.

"Butler Memorial Hospital focuses on earning high-quality, cost-effective care against recognized national standards" Haspel said.

"We are honored to earn the distinction of HFAP certification of Erie. Just shy of 400,000 miles, the company is committed to delivering high-quality, cost-effective care to patients before the patient reaches the center's doors.

"The Venango VNA Foundation is a nonprofit corporation whose sole purpose is to generate funding to support the charitable care and services provided by the Visiting Nurses Association of Venango County."
Penn Highlands first in region to use lung valve

The Zephyr Endobronchial Valve was approved by the FDA under “Breakthrough Devices” status. Penn Highlands Healthcare is the first medical facility in the area to use the device to help people breathe easier.

The Zephyr Endobronchial Valve is a minimally invasive treatment that is used to help people breathe easier. This treatment is performed during a simple bronchoscopy, where tiny valves are placed in the diseased parts of the lungs that allow the healthier parts of the lungs to expand and take more air. This results in improvement in quality of life for many emphysema sufferers as well as improvement in quality of life for many emphysema sufferers.

New Coolief treatment helps people with joint pain

The procedure, said Ginsburg. “It’s important to note that this is not a joint injection and it is not a steroid.”

While the cooled radiofrequency ablation, a patient’s preparation may vary depending on their pain management specialist. Ginsburg says that she does not dictate her patients for the procedure, which means patients will be able to eat, drink and take their regular medications prior to the procedure.

Following the procedure, Ginsburg said that the patient can expect to be sore for 24-48 hours and can use ice packs and anti-inflammatory medication to help recovery. While 72 hours, the patient will be asked to avoid heavy lifting, rigorous activity andARRY.

Since 2007, more than 50,000 people have suffered from chronic knee pain but are not candidates for surgery. They have this new treatment option of performing bronchoscopic lung volume reductions using implantation of the Zephyr Valve. This treatment is performed in the Advance Bronchoscopy Suite, which is used for bronchoscopic lung volume reductions. During this procedure, tiny valves, on average, are placed in the Airways that are blocked off the diseased parts of the lungs where gets trapped. Keeping air out of getting trapped in the diseased parts of the lungs allows the healthier parts of the lungs to expand and take more air. This results in improvement in quality of life for many emphysema sufferers as well as improvement in quality of life for many emphysema sufferers.

Most patients who are treated with this procedure are able to avoid major surgery, interventional radiology, and either want to avoid knee replacement surgery or are not a candidate for surgery, or if they have failed several other treatments, should consult their primary care physicians and either want to avoid knee replacement surgery or are not a candidate for surgery, or if they have failed several other treatments. According to Bansal, The Lung Center is capable of performing bronchoscopic lung volume reductions using implantation of the Zephyr Valve. This treatment is performed in the Advance Bronchoscopy Suite, which is used for bronchoscopic lung volume reductions. During this procedure, tiny valves, on average, are placed in the Airways that are blocked off the diseased parts of the lungs where gets trapped. Keeping air out of getting trapped in the diseased parts of the lungs allows the healthier parts of the lungs to expand and take more air. This results in improvement in quality of life for many emphysema sufferers as well as improvement in quality of life for many emphysema sufferers.

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Family Service & Children's Aid Society is a service offered by PPC Violence Free Network, one of the many programs of PPCAS.

A groundbreaking ceremony was held July 20 and was well supported by the community with the attendance of state Reps. Scott Hutchins, William C. Kolbe, Franklin mayor, city and county officials, and Franklin residents. The building had been erected in 2018 for victims of domestic and sexual violence.

A new shelter is being erected in Franklin for victims of domestic and sexual violence. “Work is progressing nicely with the construction of the new shelter,” said Mary K. Serafin, executive director of the agency. The shelter is a service offered by PPC Violence Free Network, one of the many programs of PPCAS.

The building project was started in 2018. A new shelter was being erected in Franklin for victims of domestic and sexual violence.

This shelter project is major for agency. For adults, these goals may include employment, housing, the ability to be self-sufficient, and to empower themselves to live a healthy lifestyle.

For children, the shelter will provide safety, stability and emotional support in a trauma-free environment where they can learn skills necessary to process their recent trauma.

Shelter staff members assist anyone who is a victim of domestic, sexual or other serious crime — women, children or men, Serafin said.

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The agency offers individual and family counseling, outpatient/intensive outpatient drug and alcohol treatment, in-treatment family-based mental health, Youth Connections (formally Big Brothers Big Sisters), Venango Faith-Based Initiative, in addition to PPC Violence Free Network.

Promoting staff growth

In response to the current opioid epidemic in Venango County, the agency has seen an increase in the need for its drug and alcohol treatment service. This need has necessitated a 15 percent increase in staff in that program alone.

Seventeen staff members are participating in the Opiate Treatment Specialist Certification being offered by Clarion University. This opportunity was made possible through a grant received by the University from the Appalachian Regional Commission, the Family and Juvenile Trust, and funds allocated from FSCAS.

Other services offered

Family Service & Children's Aid Society is a service offered by PPC Violence Free Network, one of the many programs of PPCAS.

The facility will include office space, meeting areas, a group room, and a kitchen area for PPC staff.

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Adagio Health removes barriers to health care

For more than 28 years, Adagio Health’s Melissa Barnett has been helping to ensure that patients at the clinic in Franklin receive excellen-
tent care in a warm, welcoming setting.

“As the new year begins, the first thing I want to con-
vey to the community is that our office is open,” Smerkar
said.

“We are here to provide every patient we see with the
highest quality of care in a confidential setting,” said
Kathy Smerkar, Adagio Health office manager.

“We are grateful to the pa-
tients who have long entrusted
us with their care, and we want
new patients to know that they are
welcome at our locations through-
out Western Pennsylvania,” she
said.

Adagio Health expands services

PITTSBURGH — Adagio Health is ex-
panding its efforts to provide health care services in Pennsylva-
nia with a new program called Adagio HealthCheck.

Adagio, a provider of reproductive health and family planning services, recently expanded its efforts to provide health care services in Pennsylvania with a new program called Adagio HealthCheck.

The office manager said the new program will provide health care services in Pennsylvania with a new program called Adagio HealthCheck.

“We are grateful to the patients who have long entrusted us with their care, and we want new patients to know that they are welcome at our locations throughout Western Pennsylvania,” she said.

About Adagio Health

For 45 years, Adagio Health has provided health and wellness services and support to more than 25,000 people in western Pennsylvania with a new program called Adagio HealthCheck.

Services include family planning, gynecologic health care, screenings for tuberculosis; and counseling for tobacco cessation. The office manager said the new program will provide health care services in Pennsylvania with a new program called Adagio HealthCheck.

“In an emergency and ask for
Adagio Health to expand services

We are here to provide every patient who walks into our office the highest quality of care in a confidential setting,” said Kathy Smerkar, Adagio Health office manager.

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Medical supplies company expanded to five locations

Stair Steady, a more affordable alternative to Stair Lifts and ramps and Porch Lifts, and to CPAP, BiLevel and many other medical care needs. SMP Home Medical also offers a vast array of medical products for the elderly, such as oxygen systems, beds, canes, and crutches.

SMP offers Merlin Interdisciplinary Team (MIT), a team of professionals that includes a physician, registered nurse, social worker, registered dietitian, clinical pharmacist, occupational therapist, activities therapist, transportation coordinator and more.

The team meets and develops a plan of care for the patient in a daily and ongoing basis. They work closely with the patient, family, and other health care providers to create a plan that is specific to each patient's needs.

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WE SEE MORE THAN BONES AND LIGAMENTS
WE SEE YOUR PASSION AND POTENTIAL

Our doctors aren’t just setting broken bones or repairing ligaments. They are pioneering medical breakthroughs. From innovative ways to repair shoulder and knee injuries, to new and improved joint replacement techniques, every surgery we do and advancement we make is to keep people moving. Head to toe. Start to finish. Close to home.

More people trust UPMC Orthopaedic Care. For more information or to find a doctor near you, call 866-987-ORTHO or visit UPMC.com/OrthoNorth.
Community Ambulance Service purchased this new ambulance in December. The box-style ambulance units are used primarily for non-emergency crews.

This allows EMS to receive more advanced training and equipment for a wider variety of emergency patient care. They are now trained to use cardiac monitors, initiate ventilation, and provide effective pain control. These advanced skills allow the providers to better diagnose and treat patients with chest pain, breathing difficulties and stroke symptoms.

Community Ambulance Service, as well as most other EMS agencies across the state, face an ever-increasing manpower crisis. Finding energetic people who have an interest in this field is becoming more of a challenge. It takes a kind of person to deal with the diversity and physical demands that this job requires.

EMS and paramedics are needed almost everywhere in the county. For young people just getting out of school or someone just looking for a career change, emergency medical service jobs are available and can be very rewarding.

In May, CAS will start its new class of EMTs.

This program allows many of our local students to receive training from out-of-pocket expenses while they have insurance coverage. Most insurance companies fund emergency medical transportation services, as well as other emergency situations, which include transfers to out-of-county facilities.

For insurance companies it is a co-pay for ambulance transportation, which can be as high as $500. These companies also cover EMS by CAS subscription program.

The Service offers the residents of Venango County a subscription plan that is available to all residents, individuals, retired, services and nursing homes.

Community Ambulance Service operates three stations within Venango County. The office is located at 1010 Main St. in Franklin and has a station at that location, 2nd Street Station located at 1502 W. First St. in Oil City, and the third station is located at 3561 State Route 257 in Seneca.

Community Ambulance Service is a not-for-profit organization that was started in 1967. Community Ambulance Service is governed by a dedicated board of directors made up of community leaders and residents.

The money generated by the emergency medical services is returned to the community in continues medical education classes, scholarships, equipment upgrades, emergency ambulance equipment improvements and other non-emergency and emergency certification and training programs.

NovaCare Rehabilitation reports ‘productive year’

NovaCare Rehabilitation, located in the Seneca Square, provides physical therapy services to local residents.

The business had a productive year in 2018 and is looking forward to having another good year in 2019, said Ellen Stover, physical therapist and controller of NovaCare for their physical therapy needs. Stover said.

NovaCare’s facility in Seneca is a re-laxing, spacious, colorful environment in which to receive physical therapy. NovaCare has also recently opened a second location in Oil City.

Individuals with a wide array of conditions are treated at NovaCare including orthopedic injuries and post-surgical conditions, as well as total joint replacements, neck and back pain, fractures and sprains. In most cases physical therapy is used to provide pain relief. They help patients relieve pain in an effort to avoid the need for surgery.

In addition, the therapists at the clinic are skilled in treating sports injuries, dystizers, shootings, concussions, patients with a variety of physical conditions. The staff at NovaCare is dedicated to providing high-quality care to all patients.

With the right to choose where you receive physical therapy, the staff at NovaCare in Seneca has made sure that all services are provided. This allows EMS to receive more advanced training and equipment for a wider variety of emergency patient care. They are now trained to use cardiac monitors, initiate ventilation, and provide effective pain control. These advanced skills allow the providers to better diagnose and treat patients with chest pain, breathing difficulties and stroke symptoms.

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Nationally recognized, community inspired health care.

At Butler Health System our inspiration is you – the people we care for in the communities we are privileged to serve. Each team member comes to work every day keeping Butler Health System’s mission at the forefront and works toward a vision to improve the health of our region.

BHS is proud to be recognized nationwide as a model provider and a local leader.

100 Top Hospitals® is a registered trademark of IBM Watson Health™.

Caring hands. Remarkable minds.

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Butler Health System

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Butler Health System named a 100 Top Hospitals® in the nation for a third year. Additionally, Butler Memorial Hospital was one of only 13 hospitals nationwide to be selected as an Everest Award winner.

Himalayan Salt & Body opens

KNOX — Himalayan Salt & Body opened in November. It is one of western Pennsylvania’s newest Himalayan salt (Halotherapy) rooms.

Located at the corner of Main and State streets in downtown Knox, the new Himalayan salt room with Halotherapy was designed and built with eco-friendly materials.

Guests entering the salt room are surrounded by thousands of pounds of Himalayan pink salt, old-world charm décor and a highly sophisticated air system.

Himalayan salt is known as one of the purest salts in the world and contains 84 trace elements and minerals that promote healthy living.

The salt room provides a natural "soul" detoxification effect along with the calming effects of the room décor and music and lighting.

Salt is used throughout the world to help reduce inflammation and promotes healing.

Guests relax during 40-minute Halotherapy sessions in zero-gravity chairs and enjoy the beauty and serenity of the pink Himalayan salt.

The newly remodeled space also provides for a separate private room that features a state-of-the-art, zero EMF Infrared Sauna. Infrared Saunas are very different than the older style steam saunas and are more comfortable for the guest.

The sauna is large enough to accommodate two guests comfortably and also features Chromotherapy during 30-minute sessions.

Chromotherapy (Color Therapy) has been around for more than 2,000 years and is thought to adjust body vibrations to frequencies that result in health and harmony. Infrared saunas are great for detoxifying, muscle soreness, arthritis, fibromyalgia, and promotes overall body health and wellness.

Guests are able to book sessions online at HimalayanSaltandBody.com for either the Himalayan Salt room or the Infrared Sauna room.

Clients relax in the Halotherapy room at Himalayan Salt & Body in Knox.
Children in the Oil City YMCA child care program learn to swim at the YMCA. Local schools also use the Oil City facility for swim lessons.

The Oil City YMCA, located at 7 Petroleum St. in Oil City serves more than 2,900 members through a variety of programs and services for youths, adults and seniors. Popular attractions on the grounds. In 2016, a 1,400-square-foot Treehouse Cabin was built to accommodate a more diverse clientele. The Treehouse cabin includes a large loft and wall of windows that overlooks the North Branch of the Connoquenessing River. The Treehouse continues to host the first-ever YMCA Ultimate Sports-Challenge, which wrapped up in 2018, with more than 35 large events held all year long.

The center provides warm and nurturing care for children ages 4 months through age 12 during the school year. Children are transported by bus and from area schools. Care begins at 6 a.m. and ends at 6 p.m. in 2018, with more than 35 large events held all year long.

The Oil City YMCA introduced a New Younger Years Child Care Center in Oil City, PA. The New Younger Days Child Care Center in Oil City, PA. The YMCA has served Oil City families for more than 113 years, said Tom Spence, executive director.

"Programs and services have changed over the years to meet the needs of the community, but we continue to strive to offer local residents a place to work toward a healthier lifestyle, gain social interaction, or simply a place to be a child again," Spence said.

The YMCA offers memberships through a variety of programs for youths, adults and seniors. Popular programs include aquatics, sports, arts and crafts, archery, horseback riding, fishing, canoeing, swimming and hiking. Field trips to area attractions like the Carnegie Science Center, Urban Air Trampoline Park and Wagon Trails Animal Park are provided on Friday every week of the summer.

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With the growing popularity of rustic buildings, and the Maine Stream program, the entire camp, Camp Coffman has seen a rising number of call requests for several years. During the summer months, Camp Coffman continues to host the popular YMCA Summer Day Camp serving children ages 12 through 16 from Venango and Clarion Counties. It is the perfect location for youths during the summer months. The program has grown to accommodate more than 100 youths each week and employs 10 counselors.

Transportation for YMCA Summer Day Camp is provided from Oil City and Clarion during the summer months and extended care is available to parents that want. Participants enjoy traditional camp activities, arts and crafts, archery, horseback riding, fishing, canoeing, swimming and hiking. Field trips to area attractions like the Carnegie Science Center, Urban Air Trampoline Park and Wagon Trails Animal Park are provided on Fridays during the week of camp. In 2018, four local YMCAs partnered to host the first-ever YMCA Ultimate Sports-Raffle at Camp Coffman. This successful event brought hundreds of participants from several counties together for one day of fun.

The second annual YMCA Ultimate Sports-Raffle will be held at Camp Coffman Aug. 10.

Kate Protocol at UPMC Northwest results in pressure ulcers reduction

UPMC Northwest is continuing to prioritize the needs of its hospital’s non-ambulatory patients with the use of the Kate Protocol.

Camp Coffman

The fourth annual YMCA Ultimate Sports-Raffle will be held at Camp Coffman Aug. 10.

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By RANDY BARTLEY

CLARION — Clarion County’s new YMCA opened Jan. 31, completing a joint effort by the Clarion YMCA and the county to create a new mental health focal point.

The $16.6 million full-service Clarion YMCA was one of only four YMCAs to receive an expansion project grant, which shows the level of support the project has gained.

Many community contributors to this project because of the unique location, with significant contributions coming from the New Bethlehem, Knox, Lucinda, Fryburg, Embrington, Shippenville, Shippenville and Clarion areas YMCAs offered the success of local fundraising due to efforts from throughout the entire county.

The Clarion County YMCA is a branch of the Scenic River YMCA Association, which includes the Oil City YMCA, Clarion County YMCA, Clarion County YMCA, Younger Days Child Care, and Camp Coffman.

The Clarion County YMCA looked to add to staff

CLARION — Clarion Rehabilitation is a health rehabilitation company which provides physical therapy, occupational therapy, speech therapy, and athletic training services to the Clarion community and Clarion County.

It is owned by physical therapist Seth Babington. Clarion Rehab employs six physical therapists, two occupa-
tional therapists, two speech therapists, six athletic train-
ers, seven physical therapist assistants, three occupational therapist assistants, one rehab tech and one support staff.

The company is looking to hire additional full-time staff such as a physical therapist, physical therapist assistant and another rehab tech, according to Babington.

The staff at Clarion Rehab can provide a wide range of rehabilitative services from acute and back pain, post or post-surgery (tum, spine, carpal tunnel), birth trauma, vertigo rehab, pelvic floor rehab, sports medicine (post-injury to prevention), lymphedema therapy, hand therapy, bone density and weight-bearing exercises, and aquatic therapy.

Attract and retain a talented, certified and qualified workforce

The Clarion County YMCA is a branch of the Scenic River YMCA Association, which includes the Oil City YMCA, Clarion County YMCA, Younger Days Child Care, and Camp Coffman.

Clarion Psychiatric Center celebrated 30th anniversary

CLARION — Clarion Psychiatric Center held a beam-
ing ceremony in January in 2018 to celebrate a 36-bed expansion project. The ceremony took place at 2 Hospital Drive. Clairion County and staff members un-derstood their roles in the beam to commemorate and become a permanent part of the new structure.

The $12 million bed ex-
pansion project was comple-
ted over the past year and a half. The ribbon-cutting ceremony was held at the end of September.

The added 36 beds helps the facility to serve and care for children, adolescents, and adults with acute psychiatric symptoms.

The facility has a total of 112 beds as well as a new conference center for mental health training sessions for treatment providers in the re-

The expansion project has added 36 employees to CPC’s existing 150-person staff with more staff expected to be added in 2019.

Improving access to be-
havioral health services was an identified community need and a top priority for CPC. The expansion will help add-

address the demand for mental health services in Clarion and surrounding counties.

On Oct. 18, Clarion Psychi-

atric Center celebrated its 30th anniversary.

CPC has been providing inpatient psychiatric treatment for the past 30 years at the Monroeville Township Location. When the treatment facility first opened in 1988, there were 48 beds for inpatient care, 40 staff and the building was approximately 42,000 square feet.

Today, the facility is li-

abled for 112 beds for inpa-
tient care, a day treatment program for 15 school-age children and adolescents, 125 staff and more than 80,000 square feet.

CPC’s assessment and re-

ental center received 8,500 inpatient admissions and 2,200 patients were admitted in 2018.

The inpatient units provide care to patients from more than 50 counties in Pennsylvania.

Seth Babington, a physical therapist, is the owner of Clarion Rehabilitation Services.

without a referral from their doctor.

Babington said the facility will soon add aquatic therapy to its lineup of services.

This satellite clinic will be located in the new YMCA in Clarion.

Aquatic therapy services will be offered and will be ap-

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$11.6 million Clarion YMCA opens

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Oakwood Heights keeps its people
Care facility puts emphasis on
residents and employees

On a recent visit to Oakwood Heights, a skilled-nursing facility in Pittsburgh, employees and residents were busy with various activities. Oakwood Heights is a skilled-nursing facility that provides comprehensive care to individuals in Allegheny County, Pennsylvania. The facility is known for its commitment to providing high-quality services to residents and their families.

Oakwood Heights is a part of the Presbyterian Senior Care Network, which has 27 facilities across Pennsylvania and New Jersey.

According to Dave Wilkins, operational vice president of the Presbyterian Senior Care Network, Oakwood Heights is a strong facility with a positive reputation. The facility is well-known for its compassionate care and commitment to its residents.

In 2018, Oakwood Heights was awarded with advanced care for the chronically ill, a recognition given by the Pennsylvania Health Care Cost Containment Council. This recognition is given to facilities that excel in providing care for residents with multiple chronic conditions.

Oakwood Heights has received the top rating of five stars from the Centers for Medicare & Medicaid Services for the past three years. The facility has also received the five-star rating for quality of care, which is the highest possible rating.

In 2018, the Oakwood Heights team was named Team of the Year at the Pennsylvania Health Care Cost Containment Council. The team was recognized for their hard work and dedication to providing high-quality care to residents.

In 2018, the facility had a 99% overall quality rating, which is significantly higher than the national average of 88%.

Oakwood Heights is known for its innovative approach to care. The facility uses technology to enhance the care experience for residents and their families. For example, the facility uses a telehealth machine known as Telly, which allows residents to speak with their doctors remotely.

The facility also has a program called Nursing Naturally, which provides residents with meals and snacks that are nutritious and appealing. The program helps residents maintain their appetite and enjoy their meals.

Oakwood Heights is committed to providing residents with a high-quality life. The facility has a team of dedicated nurses and caregivers who work together to ensure that residents receive the best possible care.

In conclusion, Oakwood Heights is a skilled-nursing facility that provides high-quality care to residents in Allegheny County, Pennsylvania. The facility is committed to providing compassionate care and a comfortable environment for residents and their families.

Dorothy Driscoll feeds some goats at the Farmer’s Inn in Sigel. Driscoll was visiting the wildlife park and petting zoo. Other field trips were taken last year to Kraynak’s to see a Christmas tree display and the Barrow-Civic Theatre in Franklin.

Primary Health Network on the rise

Primary Health Network (PHN) is a statewide network of community health centers that provide primary medical care and health promotion services to low-income and uninsured residents in Pennsylvania. The network has grown significantly in recent years, with over 60 health centers located throughout the state.

PHN was founded in 1968 as the Pennsylvania Health Care Cost Containment Council (PHC4C). The network was established to help control healthcare costs by providing preventive care and early intervention services.

Today, PHN serves over 300,000 patients annually and has a workforce of over 1,200 employees. The network provides a wide range of services, including primary medical care, dental care, mental health services, and prescription drug management.

PHN’s success can be attributed to its focus on providing high-quality care to patients in underserved areas. The network has a strong commitment to improving access to care and reducing healthcare costs.

In addition to providing primary medical care, PHN also works to improve the health of communities by addressing the social determinants of health, such as poverty, housing, and education.

PHN’s success is a testament to the power of community-based healthcare and the importance of investing in primary care to improve the health of individuals and communities.
SLIGO — For nearly four decades, Clavview Nursing and Rehabilitation Center has proudly served the SLIGO community by providing comprehensive rehabilitative services, both inpatient and outpatient, skilled nursing, intermediate care, and inpatient hospice care.

Clavview will mark its 40th anniversary in 2019.

In 1976, the campus became the first nursing home in Venango County to provide skilled nursing and rehabilitation services to the community. Since then, the campus has grown to include an inpatient hospice center, an independent living community, and a assisted living community. The campus is currently under the ownership of WRC Senior Services, a non-profit organization that provides a wide variety of services to the community.

The campus is located at 103 E. 21st St., Franklin, and is proud to serve the residents of SLIGO, as well as those in surrounding counties.

The campus is a place where residents are treated as family, and the staff is dedicated to providing the best possible care. The campus prides itself on providing a welcoming environment for all who enter, and is committed to providing the highest quality of care.

Clavview Nursing and Rehabilitation Center offers inpatient and outpatient rehabilitation services as well as skilled nursing care, intermediate care, and inpatient hospice care.

Clavview also offers a Discharge Planning Program that can provide admission direct contact for post-acute care, including home health, primary care physicians, and skilled nursing facilities.

Independent living and assisted living facilities are also offered at Clavview. The campus is a place where residents are treated as family, and the staff is dedicated to providing the best possible care.

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Daniele Kohut is a resident of New York City and is a cosmetic surgeon who specializes in laser and cosmetic procedures. She is known for her expertise in non-surgical cosmetic treatments and her commitment to providing patients with natural-looking results. Kohut founded Simply Skin Spa in 2020, where she offers a wide range of services including facials, body contouring, and laser treatments. Her passion for providing exceptional care has made Simply Skin Spa a top destination for those seeking personalized and effective beauty solutions.

**Simply Skin Spa**
420 Wood Street • Clarion, PA 16214

**Services Offered**
- **Facials:** Deep cleansing, exfoliation, toning, moisturizing, and rejuvenation treatments.
- **Body Contouring:** CoolSculpting, Venus Legacy, and other non-invasive body shaping methods.
- **Laser Treatments:** Laser hair removal, acne treatments, and skin resurfacing.
- **Customized Skincare:** Personalized skincare routines designed to address specific skin concerns.

**Contact**
412-523-1300
info@simplyskinspa.com

**Operating Hours**
Monday - Saturday: 9:00 AM - 5:00 PM

**About Simply Skin Spa**
Simply Skin Spa is owned and operated by Daniele Kohut, a board-certified dermatologist and cosmetic surgeon. Kohut is a graduate of the University of Pennsylvania and has completed postgraduate training in cosmetic and laser surgery at the University of Chicago. She is a member of several prestigious medical societies, including the American Academy of Dermatology and the American Society for Dermatologic Surgery. Kohut is known for her commitment to patient education and her use of cutting-edge technology in her treatments. She is a leader in the field of aesthetic dermatology and is constantly seeking new ways to improve patient outcomes.

**Why Choose Simply Skin Spa?**
- **High-Quality Results:** Kohut and her team are dedicated to providing patients with natural-looking results that enhance their appearance.
- **Personalized Care:** Each patient is treated as an individual, with customized treatment plans designed to meet their unique needs.
- **Technology:** Simply Skin Spa is equipped with the latest technology, allowing for precise and effective treatments.
- **Customer Service:** Kohut and her team are committed to providing excellent customer service, ensuring a comfortable and satisfying experience for every patient.

**Welcome to Simply Skin Spa**
Simply Skin Spa is a place where you can expect exceptional service and results. Our team is dedicated to helping you achieve your personal best, and we are committed to providing you with the information you need to make informed decisions about your skincare.

**Patient Testimonials**
"I have been a patient of Dr. Kohut for several years and I cannot say enough about her care and expertise. She is very knowledgeable and always takes the time to listen to my concerns and address them effectively. Her results are always natural and I am so grateful for her ability to help me look my best. I highly recommend Simply Skin Spa to anyone looking for outstanding and personalized care." - Jane Doe

"I went to Simply Skin Spa for the first time last month and I was absolutely blown away by the results. Dr. Kohut is a master at what she does and I couldn't be happier with my experience. I highly recommend this place to anyone looking for high-quality results and excellent customer service." - John Smith

**New Patient Special**
For a limited time, new patients can receive a complimentary consultation and treatment plan at Simply Skin Spa. Schedule your appointment today and experience the Simply Skin Spa difference.

**Simply Skin Spa**
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**Simply Skin Spa is located in Clarion, PA, where you can expect exceptional service and results.**
Eckert Chiropractic expands practice

Eckert Chiropractic, located at 1047 Allegheny Ave. in Oil City, continues to focus on helping patients achieve their wellness experience to pursue their overall health. Dr. Kate Eckert has made it a priority to expand her practice to accommodate its growing patient base.

A newly renovated therapy room was added to offer specific services catered to the needs of athletes and rehabilitation exercises. The practice now offers a scalp analysis to optimize patient hair loss. In addition, it offers a new nutrition table work, stretching and variations as well as to instruct patients on the use of the new foam rollers and trigger point balls.

Dr. Eckert has thoroughly enjoyed working with all ages and has seen improvement in all patients. “It’s important to have the right approach to treatment. I believe in the body’s ability and restore health. No one thing works for everyone. I often use their bodies in the same way that they would be working the same side of the body for the other side of body. I think this approach will help patients experience better results.”

Eckert Chiropractic is planning to add new classes based on the method of Bert Mathews. “We will continue to offer rehabilitative exercises and athletic therapy.”

Eckert also hired another chiropractor from her alma mater, New York Chiropractic College. Dr. Markle recently joined Eckert and is completing full-time and has received his license.

“I’m really excited to have Joe join our team because he practices similarly to me and brings his own unique approach to chiropractic care. We were impressed with him when he interned with us last fall and wanted him to continue his education and help our patients.”

“Adding another chiropracto will benefit our patients by offering additional hours of care and including new diagnostic appointments, too,” Eckert said.

In addition to her DNS training, Eckert is also continuing education on other back pain and added an intern with her. Joe Aylesworth recently joined Eckert and completed full-time and has received his license.

Eckert Chiropractic partners with Peaces For You Massage to offer patients new suite

Eckert Chiropractic has added a new suite to house within Eckert Chiropractic, which is now Kauerau’s Therapy for prenatal patients to support growth, balance and the stress of the weight on their body.

Eckert is seeing a lot of moms respond to her social media tips and exercise or stretching demos on Instagram, too.

Treatment of injury

Eckert Chiropractic also specializes in manual mobilization techniques, which is a soft tissue mobilization technique with medical patient pain and dysfunction. Eckert has been using the ART method since 2001, and it is the only ART-certified therapeu in the state of Pennsylvania.

Eckert Chiropractic also offers the Intersegmental Isometric Technique which is a non-invasive means of treating low back pain and more specifically disc herniation, bulges, facet dysfunction, and it is also stretch the muscles.

Eckert also specializes in Rock Blades, which is a technique used to adjust vertebra of the lumbar spine.

Eckert holds a bachelor’s of health science degree from Pennsylvania College in Clarion, Pennsylvania. Eckert is in training to offer on-site massage services to patients at her office.

New treatment suite

Eckert works with massage therapist Kammi Stiller, who graduated from Massages from Peaces For You to offer on-site massage services to patients at her office.

“We work in connection with Eckert Chiropractic and are doing great things together. We’ve seen a lot of decrease in stress, tension and back pain with our clients.”

“I am excited to have this opportunity to offer our patients a unique massage experience here at Eckert Chiropractic.”

Peaces For You Massage Therapy

Peaces For You opens new suite

Peaces For You Massage Therapy is pleased to announce the addition of a new suite in Oil City. The newly renovated room is a peaceful, quiet atmosphere where a variety of services are offered to clients.

“We work in connection with Eckert Chiropractic and can’t wait to see the results of their chiropractic care our clients experience in the fourth trimester after pregnancy. Women nurses and physical therapists believe that women have been told by their doctors that they should be taking care of a newborn. Women nurses and physical therapists believe that women have been told by their doctors that they should be taking care of a newborn. Women nurses and physical therapists believe that women have been told by their doctors that they should be taking care of a newborn.

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At UPMC, “PCP” stands for a lot more than primary care physician. It’s a partner you can depend on to ensure you get the best care. Someone who can connect you to our nationally recognized medical experts. And since UPMC has the region’s largest primary care network, it’s never been easier to find a doctor near you.

For more information, call 814-677-1463 or visit UPMCNorthwest.com/PrimaryCare

UPMC has the region’s most trusted primary care physicians