

ANNUAL GIVING

*Building healthier
communities together.*



Lancaster General Health
Foundation



Patrick C. Whalen, who recently got his driver's permit, is barely old enough to drive but the 16-year-old from Lancaster has seen something that most adults have not – **9 episodes of kidney stones.**

Patrick had his first kidney stone when he was 5 years old. As they were preparing for a Saturday morning soccer game, Chris Whalen, Patrick's mother, remembers his screams from the pain. She immediately called her pediatrician, Dr. Stephen Tift from Roseville Pediatrics. Having never seen kidney stones in someone so young before, Dr. Tift immediately sent Patrick to the emergency room at Lancaster General Hospital and told Chris to prepare for possible surgery that day.



From left to right:
Dr. Don Berkow and Patrick.

After a day full of diagnostic tests, which required the promise of multiple packs of Pokémon cards for cooperation during the testing process, Patrick and his mother met Dr. Kenneth Lessans from Lancaster Urological Group. Patrick had a stone that was definitely stuck and it needed to be removed. Dr. Lessans had never seen a kidney stone in someone so young. After a procedure to remove the stone, Patrick went home that evening with 8 packs of Pokémon cards and his kidney stone in a cup.

Patrick experienced a second occurrence between 7-8 years of age and subsequently has endured approximately one episode per year which includes severe pain, nausea and vomiting. Each time a kidney stone occurs, the goal is to provide pain management until the stone passes. Surgery is a last resort option. To date, Patrick has experienced 2 surgeries. “Each time Patrick has an episode, we can visit the emergency department 4-5 times until the stone passes,” remarks Patrick’s father, Pat Whalen. “We know the Emergency Department staff so well that we have a nickname - the Kidney Stone Kid’s Parents. Dr. Don Berkow and the ED nurses and technicians have become like family – they anticipate Patrick’s needs and they are ready each time we come to the ED.”

Pat and Chris are confident in the level of care that they receive at Lancaster General Health. Because Patrick experienced kidney stones with a fierce frequency, Chris and Pat took Patrick to a major metropolitan children’s hospital for a second opinion. During that visit, they learned that Dr. Lessans had trained with the physician providing the second opinion. The doctor concurred with Dr. Lessans’ diagnosis and treatment plan and remarked that the quality of the lab work at Lancaster General Health was better than at his health system.

“We are blessed to have a healthcare system like Lancaster General Health that is close, compassionate, and the care is outstanding,” remarks Pat and Chris Whalen. “It was a huge leap of faith for us to allow our little boy to have morphine as part of his pain management plan. Throughout our many encounters with Lancaster General Health, the thread of compassion is evident from the front desk to the entire care team. Everyone is on the same page regarding how to care for Patrick. His doctors communicate efficiently, they provide him with the most advanced care possible and they anticipate his needs so that he can receive the quickest relief for his excruciating pain. The hospital is not a place you want to come to, but we are thankful to have a competent and caring team to help Patrick through each episode.”

Mighty Myles

“You’re going to have triplets!” was the life-changing message delivered to Paul and Lisa McGahren in October 2005. They received the news with a lot of joy, a dose of fear, and no idea of the incredible impact their triplets would have on their lives. Dr. Kara Jones of Lancaster Physicians for Women and Dr. Philip Bayliss, WBH Medical Director of Perinatology, monitored Lisa closely.

At 27 weeks, the unthinkable happened. The smallest of their precious babies, Luke, unexpectedly died in utero. Devastated, Lisa and Paul mourned the passing of their tiny son and worried about the fate of his brothers.

Luke’s death had dramatically affected Myles’ blood supply and at 31 weeks, an ultrasound revealed a massive injury to both hemispheres of Myles’ brain. “We were crushed,” says Lisa. The next three weeks “were the hardest weeks of my life.” WBH Chaplain Carolanne Hauck had been meeting with the couple since Luke died, and she continued to offer support during this difficult time.

Together, the McGahrens, Carolanne, and Dr. Kevin Lorah, Medical Director at WBH, mapped out a birth plan for the boys. Dr. Lorah understood and respected Paul and Lisa’s wishes regarding medical interventions for Myles. There were so many unknowns.

The waiting was over on May 15, 2006. A team of nurses and doctors was mobilized, delivering the babies and doing everything they could to give them the best possible chance at survival. Paul and Lisa met Myles first and Max followed. At 5 lb. 6 oz., Myles actually outweighed his brother. Luke was the last to arrive and he weighed in at less than a pound.

Many tears were shed during that first week. “The NICU staff surrounded us with support,” Lisa recalls. WBH Care Manager Linda Hess helped the McGahrens connect with Dr. Stephen Tift of Roseville Pediatrics and Pediatric Neurologist, Dr. Stephen Gottlieb.

The NICU nurses cared for Myles and his family with a comforting blend of technical expertise and compassion. When it became obvious that Myles was going to survive, the medical team offered advice and support as Paul and Lisa made difficult decisions about his care. When Myles was finally ready for discharge, Linda Hess offered Lisa and Paul information about home nursing care.

After 6 months, life at the McGahrens seemed to stabilize. When Myles and Max were just over a year old, Dr. Lorah called from out of the blue, just to find out how things were going. The news was good. The family had established a rhythm, and declared, "Let's have some good times!" Lisa remarks, "The sky opened and the sun came shining through. Life was as normal as we could have hoped for given the situation." Friends loved to visit with Myles, a smiling, happy baby. "People felt that Myles lifted them up. He was a slice of heaven!"



He was “Mighty Myles,” who loved being with his brother, Max, and hearing the sounds of his new baby sister, Riley. Together, the family celebrated simple moments like bedtime.

Then, in March of 2009, Myle’s home care nurse began to notice a few changes. He was experiencing frequent seizures and required more medication to keep them under control. The doctors that Lisa and Paul had grown to trust came together, and a decision was made to treat his symptoms and keep Myles comfortable. His journey was coming to an end.

As their brave little man slipped away, the McGahrens reflected on the 3½ years that had passed and the many people who had helped their family travel this long, difficult journey. Their thoughts turned to the WBH NICU and the confident, capable professionals who nursed Myles through each of his earliest days on earth. They remembered the isolettes, the monitors, the high tech equipment that surrounded them each day.



And then they remembered the chairs. In the NICU, the McGahrens had been encouraged to practice “Kangaroo Care,” which involved holding Myles skin-to-skin. But finding a comfy chair where they could hold and feed and cuddle their son had been a challenge. A few were available, but they were always in demand. When Myles passed away on November 25, 2009, Paul and Lisa requested that donations be made in his memory to the WBH NICU Fund. They partnered with staff from the Lancaster General Health Foundation and Women & Babies Hospital to ensure that the funds donated would be used specifically to purchase those very special chairs.

Paul and Lisa reflect, “The NICU nurses have a lot of responsibilities and skills and wear many hats. They taught us so much and the compassion was overflowing. We will never forget them. We would like every parent and nurse in the NICU to have everything they need.” It’s a wish simply stated from a family willing to help make it happen.

I don't have time to have cancer

That is how Lynn Wohlsen Myers spent her days during her radiation treatment. Life interrupted was an understatement for this 55-year-old Lititz woman. When I was first told that I had endometrial cancer I pulled out my calendar and said to Dr. George Olt, of GYN Oncology Specialists, “You don’t understand, my daughter is having her second child. I don’t have time for this. I have to get this taken care of now. I can have surgery today, or this day, but I will be there for the birth of my granddaughter.” On a Friday, Lynn had her hysterectomy using the da Vinci® robotic system. On the following Tuesday, she was holding Lily, her new granddaughter.

After surgery, Lynn began 6 weeks of radiation therapy. “I remember the whirl and the buzz of the machines and counting from 1 to 14. I talked to God a lot. During my treatments I remember the calming presence of Dr. Kishor Singapuri, of Lancaster Radiology Associates, and the reassuring touch of the radiation tech. I like to be in control and I realized that for once, I wasn’t in control. My treatment team saw me exposed, frightened and emotional. Each day they helped me through the nausea and fatigue providing high-tech and high-touch personalized care.”



Patients who receive care at the Lancaster General Health Cancer Center ring a bell to signify their last day of treatment. On the last day of radiation therapy, Lynn began her final count to 14. She recalls, "It was like a huge weight was lifted from me...it was my turn to ring that bell... I finally made it! I didn't expect it to be so emotional, but it was. The doors parted and I finally crossed the finish line."

For Lynn, her quality of care coupled with a compassionate team of cancer care providers made all of the difference. When asked what advice she would give to other women, Lynn simply states, "Listen to your body. Find a doctor who hears what you are saying and respects your intuition. Seek out care that is personal, compassionate and competent. When you receive a diagnosis, allow others to share their love and energy with you. And don't be surprised if your priorities change...mine did. For me, family is everything. I see myself differently now...I don't worry about how others see me...I live for today and enjoy simple moments, and cherish playing on the beach with my grandchildren."

Investment that improves *our community's* *healthcare.*

*y*our donation to the Lancaster General Health Foundation is an important way you can make a difference in the lives of patients who come to our facilities seeking quality healthcare.

Thanks to your generosity, Lancaster General Health is able to advance healthcare in our community through improvements and enhancements in technology, treatment, education and community outreach. Lancaster General Health remains committed to serving the entire community including the underserved and families with limited resources and insurance coverage.

Your contributions enable Lancaster General Health to provide a place for patients and their loved ones to receive superior healthcare.

Our Foundation's Mission

The Lancaster General Health Foundation's mission is to advance the culture of philanthropy to support excellence in patient care and services throughout the Lancaster General Health system. The purpose of our Foundation is to provide internal grants and funds to provide quality patient care, keep pace with medical advancements and technologies, and continue to meet the need for new and specialized services to benefit the families living in our community.

Endowment Funds Support Education and Access to Services

The Essa E. Flory Renal Dialysis Fund – supports education and training for enhanced care in the renal dialysis program

Lancaster General Medical Research Institute – supports research efforts by clinicians throughout the Lancaster General Health system

The Richard H. Mann, MD, Cardiology Endowment – supports the advancement of research and cardiology treatment

Plourde Pediatric Diabetes Camp Fund – provides financial assistance with registration fees to enable children with diabetes to attend diabetic youth camp during the summer

R. Clair Weaver, MD, Family Practice Fund – promotes and supports the advancement of family medicine

Richard H. Weber, MD, Endowment – supports continuing education and leadership instruction of Lancaster General Hospital Medical & Dental Staff

The Nikitas J. Zervanos, MD, Endowment – supports research, growth and development of the Lancaster General Hospital Family Medicine Residency Program

Marlin E. Wenger, MD, Lecture Series Endowment – supports major scientific lectures and provides continuing education for practicing physicians and supporting medical personnel

Geriatric Support Fund – supports educational and clinical initiatives that enhance geriatric care

Specific Purpose Funds for Women & Babies Hospital and Women's Health

Butterfly Fund – provides educational materials to parents, memorial gifts so children can be honored, and help to families with burial costs

Carter's Corner Fund – provides craft supplies, toys and books for this dedicated play space for children

NICU Fund – provides amenities for NICU families such as books and videos for siblings, supplies, certificates, furniture, and specialized equipment

Red Wagon Fund – provides for hospital services for babies and families who otherwise can't afford care, pulling together for a healthier community

Women's Heart Health Fund – provides lectures, educational materials and promotes activities that are designed with a woman's heart in mind

Women's Giving Circle – women leveraging their contributions to fund projects specific to Lancaster General Health Women & Babies Hospital and women's health initiatives (a minimum \$250 gift is required)

Specific Purpose Funds for Lancaster General Hospital

Clinical Pastoral Education Fund – provides funding for residency positions in the Pastoral Services area

Friends of Nursing Fund – supports professional growth and development of the Lancaster General Health nursing staff through continuing education and financial assistance for advanced certification testing

Cancer Support Fund – provides a financial safety net for cancer patients in need of assistance to help pay for daily living expenses such as uncovered medical expenses, prescriptions, transportation to treatment as well as help with day-to-day expenses such as rent, food and utilities

Trauma Fund – supports the addition of the most advanced technology to the trauma program and the provision of continuing education and instruction for the trauma staff



Your gift supports healthier communities.

There are many ways to direct and personalize your gift to Lancaster General Health. Following are a few examples of the many programs that would benefit from your support:

Lancaster General Health Foundation Unrestricted Fund (Area of Greatest Need)

Endowment Funds

- The Essa E. Flory Renal Dialysis Fund
- Lancaster General Medical Research Institute
- Richard H. Mann, MD, Cardiology Endowment
- Plourde Pediatric Diabetes Camp
- R. Clair Weaver, MD, Family Practice Fund
- Richard H. Weber, MD, Endowment
- Nikitas J. Zervanos, MD, Endowment
- Marlin E. Wenger, MD, Lecture Series Endowment

Specific Purpose Funds

- Butterfly Fund
- Carter's Corner Fund
- NICU Fund
- Red Wagon Fund
- Women's Heart Health Fund
- Women's Giving Circle
- Clinical Pastoral Education Fund
- Friends of Nursing Fund
- Trauma Fund
- Geriatric Support Fund
- Other _____

My/Our gift recognition should be as a:

- \$5,000+ Chairman's Circle
- \$1,000 – \$4,999 President's Club
- \$500 – \$999 Patron
- \$250 – \$499 Associate
- \$100 – \$249 Centurion
- \$1 – \$99 Friend

Additional Opportunities

- Lancaster Cleft Palate Clinic
- Lancaster General College of Nursing & Health Sciences
- VNA Community Care Services
- Women & Babies Hospital

Name(s) *(please print)* _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Please check box if you DO NOT wish to be recognized for your gift.

My check, made payable to Lancaster General Health Foundation, in the amount of \$_____ is enclosed.

Please charge my gift to my Visa MasterCard Discover in the amount of \$_____ Card # _____ Expiration date _____ Signature _____

To make a gift online, go to www.LancasterGeneral.org/annualappeal

All contributions to Lancaster General Health and its affiliates are coordinated through the Lancaster General Health Foundation. All donors may be listed in the Foundation's annual report. A copy of our official registration and financial information may be obtained from the PA Department of State by calling toll-free within PA, 1-800-732-0999. Registration does not imply endorsement. If you do not want Lancaster General Health or any of its non-profit entities to contact you for fundraising efforts you must notify us in writing to: Development Office, Lancaster General Health Foundation, P.O. Box 3555, Lancaster, PA 17604-3555.

Please fill out form and send back in the attached envelope.



Development Office
P.O. Box 3555
Lancaster, PA 17604-3555

PRSRT STD
U.S. Postage
PAID
Lancaster, PA
Permit #2004

Building healthier
communities together.