While by virtue, our Annual Report reflects the past year; our accomplishments and accolades, our expansions and evolution of services, this year’s look back, I believe, is truly more of a glimpse into what our future holds.

Last year, we introduced our new vision statement, “Local Comprehensive Care, Inspiring Hope for a Healthier Life” and spent this year fulfilling that promise. We are proud to have established new services in our area and expanded services that are in high demand. We’ve brought in more physicians and cared for more patients. This spring, we broke ground on a new building in Greencastle that will improve access to our care.

Our dedicated staff have also been working hard behind the scenes on making notable progress on Summit Health’s Breakthrough Objectives, strategic goals based on themes of People, Growth, Process, and Customer.

All our successes and accomplishments have allowed us to continue to be here for our community both in their times of need and wellness. We’ve inspired hope for a local mother, who found out she had breast cancer at just 33 years old, by offering her the specialized care she needed by a fellowship-trained breast surgeon, right here in Franklin County. We inspired hope for a 54-year-old laborer, who suffered a heart attack while at a job site, that our interventional cardiology team didn’t just save his life, but helped him return to a healthier one. We’ve gone above and beyond to make surgery less frightening for young children. Our providers are laughing with their patients and teaching them to trust their doctors. We are encouraging our youngest neighbors to talk about their bodies, and in being up-front about what will happen during their procedures, hope they will grow up trusting their health-care providers. We are encouraging our community members to talk about their health and get the screenings, like colonoscopies, that could save their lives.

We’ve enhanced our local system of care so people don’t have to travel as far for the services they need. Our successes and accomplishments have made it possible for us to continue to inspire hope for future generations in Franklin County.

Despite our advances, we know that in looking down the road, to continue to deliver on our vision, our need for physicians and professional staff, our need for capital, our need for a unified electronic health records system, and our desire to expand necessary service lines far outweights what we can do on our own. We are starting a new journey of hope as we transition into an affiliation with WellSpan Health. WellSpan values our culture, organization, employees, community, and the concept of local care. It is a partner that believes in our vision and a partner that will help take us to the next level.

For years, WellSpan Health has been a good neighbor to Summit Health. We have partnered for stroke care and radiation oncology and collaborated in many other ways. In fact, we have seen numerous benefits of our strong relationship with WellSpan already. Since 2016, WellSpan physicians have cared for perhaps our most fragile patients inside the Newborn Intensive Care Unit at Chambersburg Hospital alongside our staff, delivering expertise and needed treatments as they spare those families the need to travel for the care their newborn needs.

Together, we will work to ensure patients have the highest level of access to the services they need across the lifespan – close to where they live.

I’m proud of all we have accomplished in this community; the lives we have touched, the hope we have inspired. I feel honored and privileged that Summit Health will continue to be a beacon of hope for the community as we continue to inspire hope for our future.

Pat O’Donnell
President & CEO
We are still our neighbors’ trusted facilities. When our patients walk through our doors, we promise hope. That won’t change. A name does not, cannot, and will not define us. We are here for our community. This decision allows us to continue that. This is not an end; this is a new commitment and a promise of hope.

WHO IS WELLSPAN
WellSpan Health is an integrated health system that serves the communities of central Pennsylvania (Lancaster, Lebanon, York, Adams) and northern Maryland. The organization is comprised of a multispecialty medical group of more than 1,200 physicians and advanced practice clinicians, a regional behavioral health organization, a home care organization, six respected hospitals, more than 15,000 employees, and more than 140 patient care locations. WellSpan is a charitable, mission-driven organization, committed to exceptional care for all, lifelong wellness, and healthy communities.

A VISION OF HOPE FOR THE FUTURE
Together, Summit Health and WellSpan will seek to enhance a model of care that is based on an individual’s relationship with a primary care provider and coordinates all the care that an individual requires across the lifespan. The two organizations share a vision of transforming health care by improving health outcomes, enhancing the patient experience, and managing costs for people in three distinct patient populations: the healthy, the chronically ill, and the acutely ill. This affiliation will also provide physicians and clinicians with the ability to share best practices and education opportunities. It supports efforts to recruit and retain physicians, especially those in short supply, and achieve improvement in expense management, through economies of scale and management of the supply chain. Summit Health and WellSpan Health have enjoyed partnerships in the past, as we have worked together in areas such as stroke care, radiation oncology, and within Chambersburg Hospital’s Newborn Intensive Care Unit.

ELECTRONIC HEALTH RECORDS IMPLEMENTATION
We know we must continue to grow our technology to provide ourselves the ability to have outstanding continuity of care, but also the same seamless process for our patients. We have decided to implement the EPIC platform for our Electronic Health Record. We expect to have the EPIC system implemented by 2020. A lot of work must be done with our current systems. Staffing plans are being worked on, as this will require additional staff to complete. This project will require hours of work, hours of training, and more. This is a major undertaking for us, and one that is necessary for our colleagues and for our patients.

SUMMIT FOUNDATION
As a part of the affiliation agreement, a charitable foundation will be established. The foundation will ensure monies donated to Summit Health will continue to be used as they were intended, and will also continue to raise funds to support health care in Franklin County. All charitable donations currently held or pledged to Summit Health will continue to be used as they were intended, and will also continue to raise funds to support health care in Franklin County. All charitable donations currently held or pledged to Summit Health will continue to be used as they were intended, and will also continue to raise funds to support health care in Franklin County.

Dr. Misty McCaig, neonatologist, has been caring for newborns within Chambersburg Hospital’s newborn intensive care unit since it was opened in 2016. McCaig, a WellSpan physician, is excited to witness the partnership she has seen as a success between Summit Health and WellSpan Health develop in additional areas of care.
Summit Health at a Glance

14,761 admissions to our hospitals
468,686 visits to our physician practices
1,727 babies delivered at our hospitals
15,587 surgeries performed
76,649 emergency department visits
1,615,918 lab tests performed

Service Area
- Franklin County, Pa., and surrounding communities
- Population of about 170,000 people
- Median household income of approximately $55,700

Our Health System
- Chambersburg Hospital (273 beds)
- Waynesboro Hospital (57 beds)
- 52 practice sites
- 8 lab locations
- 6 imaging centers
- 10 family care practices
- 4 physical therapy locations
- 2 Walk-in Care centers
- 2 Urgent Care centers
- FastCare clinic
- Cancer treatment services
- Outpatient surgery center
- Nonprofit organization
- Parent organization to Franklin County’s two hospitals
- Parent organization to Summit Physician Services
- 283 employed physicians and advanced practice providers
- 44 physicians and advanced practice providers added this year
- 24 Physicians
- 10 Certified Registered Nurse Practitioners
- 8 Physician Assistants
- 2 Certified Registered Nurse Anesthetists
- 27 medical specialties
- Anesthesia
- Obstetrics/Gynecology
- Behavioral Health
- Occupational Health
- Breast Health
- Oncology
- Cardiology
- Orthopedics
- Dermatology
- Pain Medicine
- Endocrinology
- Palliative Medicine
- ENT & Hearing Services
- Plastic Surgery
- Family Medicine
- Podiatry
- Gastroenterology
- Pulmonology
- General Surgery
- Rehab Medicine
- Hematology
- Sports Medicine
- Hospitalists
- Urology
- Internal Medicine
- Weight Management
- Interventional Cardiology

- 1,099 volunteers and auxiliary members
- 3,734 employees (including more than 280 physicians and advanced practice providers)
- $552.5 million in revenue
- $419.4 million in expenses
- $796 million estimated regional economic impact (Source: Hospital & Healthsystem Association of Pennsylvania, 2018)
- $56.1 million in Community Outreach
## 2018 Annual Report

**SummitHealth.org**

### Charity Care
- **Subsidized Health Services**
- **Community Building & Health Improvement**
- **Education of Health Professionals**

**$56.1 million**

*total invested in the community*

### Expenses

<table>
<thead>
<tr>
<th>Category</th>
<th>2018</th>
<th>2017</th>
</tr>
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<tbody>
<tr>
<td>Salaries &amp; Wages</td>
<td>$552.5 million</td>
<td>$552.3 million</td>
</tr>
<tr>
<td>Materials, Supplies, Services</td>
<td>$19.4 million</td>
<td>$496.5 million</td>
</tr>
<tr>
<td>Employee Benefits</td>
<td>$137.1 million</td>
<td>$127.2 million</td>
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<tr>
<td>Depreciation &amp; Amortization</td>
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<tr>
<td>Professional Services</td>
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<td>$20.5 million</td>
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<tr>
<td>Interest Expense</td>
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<td>$25.7 million</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td>$552.5 million</td>
<td>$552.3 million</td>
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</table>

### Revenue

<table>
<thead>
<tr>
<th>Category</th>
<th>2018</th>
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<tbody>
<tr>
<td>Salaries &amp; Wages</td>
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</tr>
</tbody>
</table>

### Comparison

- **2018 Revenue**: $552.5 million
- **2017 Revenue**: $519.4 million
- **2018 Expenses**: $552.5 million
- **2017 Expenses**: $519.4 million

*Percentages of Revenue*:
- **Charity Care**: 23%
- **Technology**: 65%
- **Subsidized Health Services**: 6%
- **Community Building & Health Improvement**: 5%
- **Education of Health Professionals**: 1%
It takes a concerted, collective effort to enact change that will positively affect the lives of local residents not only now, but in the years to come. Summit Health’s Community Services department continues to address critical areas of need among under-resourced populations.

“They show us how to come together to reach our goals,” said Director of Community Services Ann Spottswood. “We are here for our neighbors.”

The Healthy Franklin County collaborative is at the heart of the collective work being done with the understanding that community success is achieved through a common agenda, shared goals, and uniform measurement.

**Community Engagement Activities**

In the last year, the Community Services team interacted with 12,190 residents of Franklin County to provide health information; health-related programs focused on disease prevention or management; early detection screenings; and tools or resources to prevent disease.

**What’s New!**

**LUNG CANCER PREVENTION AND RADON**

As identified as a priority by the Cancer Outreach Committee, lung cancer prevention efforts, including a campaign in November, were implemented throughout 2017. Community Services partnered with the American Lung Association to disseminate free radon kits across Franklin County, both in-person at community events such as the Franklin County Fair and Project Big Love as well as through a free, online giveaway during Lung Cancer Month in November 2017. Franklin County is an EPA designated “Zone 1” County, meaning the predicted average indoor radon screening levels are high. Over 278 radon kits have been distributed. Of the 278 kits distributed, 198 recipients, or 69%, were unaware that Franklin County radon levels are, on average, “high.”

**OPIOD AWARENESS LISTENING SESSION**

Summit Health worked with the Franklin County Overdose Taskforce and the Pennsylvania Consortium for addressing Heroin and Opioid Addiction (PaCHOA) to host a listening session with community stakeholders about the opioid epidemic. The goal of the listening session was to explain how the local and regional service delivery system is addressing the opioid crisis and then to learn, from those who are directly and indirectly affected by the crisis, how the system can be improved. Forty people attended the listening session.

**HOLIDAY WELLNESS WORKSHOPS**

In November 2017, three two-part workshop series were offered in Waynesboro and Chambersburg to support individuals with maintaining and managing health goals over the holiday season. Topics covered at these workshops included managing weight over the holidays, staying active, and developing strategies to modify holiday recipes to make them healthier.

**ADOLESCENT HEALTH - PREGNANCY AND STI PREVENTION FOR HIGH SCHOOL STUDENTS**

Community Services staff provided educational sessions to sixth and ninth grade health-class students to increase awareness on best practices for STI prevention and teen pregnancy prevention. There were 152 sixth grade students reached along with 215 ninth grade students.

**WALK WITH THE DOC**

As a new initiative in May 2018, in honor of Physical Activity Month, four “Walk with the Doc” sessions were offered in Chambersburg. Community members had the opportunity to attend an informational session at Norlo Park to learn more about a specific health topic and then walk with a Summit Health provider to learn more and ask questions. The following providers participated to address various topics: Ayla Braley, CRNP; and tick bite prevention; Dr. Dhar and stroke; Dr. Shanker and diabetes; and Dr. Klink and weight management.

**SUPER HEALTH HEROES – 3RD GRADE INITIATIVE**

The community Services staff featured a nationally-known children’s author, Ms. Julia Cook. Her book, Bully Beans, which was published by the National Center for Youth Issues was used to help children understand how bystanders acting together can face up to and stop bullies. A total of 1,188 third graders participated. Out of the 832 evaluations that were completed, 32% knew someone who was bullied or they themselves experienced bullying. After the event, 52% felt very comfortable standing up for themselves and 68% felt very comfortable standing up for a friend who was being bullied.

In partnership with the Rotary Foundation, Ms. Cook also provided a keynote presentation, “Inspiring Hope – Building Resiliency that Lasts a Lifetime,” for 154 community members. Out of the 118 evaluations returned, 98% “strongly agreed” or “agree” they had a better understanding of the blueprint for maximizing hope growth.

**YOGA FOR A HEALTHY HEART**

Free community yoga sessions were offered in Waynesboro and Chambersburg in honor of heart month in February 2018 with 26 total participants. Based on pre- and post-assessment questionnaires in both yoga sessions, most participants reported feelings of less stress after the yoga session.

**STEVENS AFTER SCHOOL PROGRAM**

Community Services staff provided nutrition education and physical activity opportunities for the third and fourth graders that participated in the afterschool program. A total of 46 participants (children and caregivers) participated in a parents’ night featuring Dr. Shanker, Summit Health’s pediatric endocrinologist.

**COOKING AND CONVERSATION/NATIONAL NUTRITION MONTH**

In honor of National Nutrition Month, 20 community members participated in hand-on sessions to help them manage their food resources to cut back on food waste and save money. Every participant stated that after the session, they had a better understanding of affordable, healthy options.

In addition, Summit Health provided nutritional education to over 150 people at various community events.

**KINDNESS CAMPAIGN – SUICIDE PREVENTION**

The Spread Kindness Not Rumors campaign brought 489 people to Summit Health’s website to find resources on suicide prevention, bullying, and ways to spread kindness.
OUTDOOR SUMMER SAFETY
Using momentum from June 2017, the Outdoor Summer Safety campaign continued efforts to increase awareness on the dangers associated with tick and mosquito bites and sun exposure. This campaign’s “spray before you play” message educates the public on the importance of applying bug spray repellent with 20% or more DEET and sunscreen of SPF 30 or higher before and during outdoor activities. Over 940 bug spray repellent bottles, 740 bottles of sunscreen, and 500 tick removers have been given away in Franklin County.

A fun activity within the Outdoor Summer Safety campaign was the “tick toss” game played at the Franklin County Fair in July 2017. Like cornhole with two boards containing a bullseye design around the hole, the goal is to get the bean bags containing tick stickers into the bullseye hole. The Summit Health team of Pat O’Donnell and John Massimilla played against Commissioners Bob Thomas and Robert Zoibrowski. While the competition was fun, the main goal of the event was to increase awareness on the outdoor summer safety message. Ultimately, the Summit Health team came out victorious, winning two sets over the Commissioner’s one.

HEART MONTH ACTIVITIES
Dr. Arshad Safi provided an educational presentation to 47 Franklin County Government employees in February in honor of heart month. In this presentation, he discussed risk factors for heart disease, prevention strategies, and the importance of talking to your provider about your risks, family history, and preventing heart disease. During this month, free heart healthy grocery store tours and heart healthy yoga sessions were offered in both Waynesboro and Chambersburg.

DIABETES PREVENTION PROGRAM—PREVENT T2
Seven participants completed the year-long Prevent T2 program in June 2017. 85% of those seven participants lost weight. Specifically, 28% of participants reached the goal of losing at least 5% of their starting weight, with the largest weight. Specifically, 28% of participants reached the goal of losing at least 5% of their starting weight, with the largest

GET FIT NOW
A total of 97 adults across Franklin County in Chambersburg and Waynesboro have participated in the Get Fit Now program. This five-week healthy lifestyle program uses a combination of Fit Bit technology and supportive group sessions to help participants learn strategies to improve health by tracking physical activity, developing personal health goals, learning healthier ways to shop for and prepare food, and understanding how stress influences how they eat and move.

READ PLAY SING – EARLY CHILDHOOD
To help create more awareness about the prevention of child abuse, Community Services partnered with the Child’s Advocacy Center to promote the message of Read, Play, Sing Every Day with their children to parents and caregivers. This has been proven to strengthen family connections and build social and emotional readiness for school. Pinnwheels for prevention were planted at 20 locations throughout Franklin County. Staff also participated in other events such as the United Way’s Early Childhood Rocks event, the YMCA Healthy Kids Days, and Novel Reels reaching about 700 addition people with their message.

Novel Reels - A total of 190 children and adults attended this event at Waynesboro Theatre. Summit Health sponsored the purchase of 100 Ferdinand the Bull books that aligned with a free movie screening. Inside each of the books were vouchers for children to return to the library to receive a second free book. Sixty-seven children, or 35%, returned to the Alexander Hamilton Memorial Library to receive the second free book; 14, or 20%, signed up for a new library card (16 already had a library card); 36, or 53%, signed up for the summer reading program (21 were already signed up).

AUTISM FAIR
Over 500 people participated in the Autism Fair designed to create more awareness about Autism and the local resources available for families. Out of the 103 surveys returned, 89% of the families stated they found resources that they did not know existed.

SCHOOL NURSE IN-SERVICE
Eleven school districts with 49 school nurses attended the 18th Annual School Nurse in-Service. Of the 47 participants who returned evaluations, 45, or 96%, strongly agreed/agreed that they had a better understanding about diabetes management; 47, or 100% strongly agreed or agreed that they had a better understanding of the social determinants of health.

LIVING HEALTHY MAGAZINE
Two issues of Living Healthy magazine were mailed to 45,000 households. Topics covered in the magazine focused on top community health priorities including overdose, diabetes prevention and management, stroke, nutrition, and physical activity.

GROCERY STORE TOURS
Over 90 individuals participated in grocery store tours that provided tips on eating for heart health, how to identify healthy snacks, how to read food labels, and shopping for healthy foods on a budget. Tours were targeted to specific audiences including those with high blood pressure and those who have diabetes and/or prediabetes.

More than 1,400 people attended the annual Waynesboro Hospital Health Fair where vendors provided information and education on numerous health topics. The “Creation Station” was our new feature this year’s fair. Children were encouraged to use their imaginations by taking a silly picture in front of the Dr. Seuss backdrop, creating a rock monster, and grabbing a Dr. Seuss bookmark. This feature aligns with community health priorities to support early childhood development and family reading.

Hundreds of people also took advantage of free health screenings offered at the fair:

- **CHOLESTEROL & DIABETES SCREENINGS**
- **208 ADULT EYE SCREENINGS**
- **DIABETIC FOOT SCREENINGS**
- **BONE DENSITY SCREENINGS**
- **SIMPLE LUNG FUNCTION TESTS**
- **BODY SMART SCREENINGS**

**Waynesboro Hospital Health Fair**
Community Health Improvement Plan

In 2016, Summit Health’s Community Services department and Healthy Franklin County completed the journey of creating a Community Health Improvement Plan (CHIP), an important first step in impacting the health of the community. This collective approach illustrates that it takes more than just a health system to have impact; it takes a formal process and the work of the entire community. The three-year action plan, which is aligned with the 2015 Community Health Needs Assessment, is used to guide the work of the various Summit Health programs and initiatives as well as community-level task forces. Four task forces are comprised of representatives from community organizations and focus on the following priorities:

1. ACCESS TO CARE
   In collaboration with Healthy Franklin County partners, Keystone Health served 1,139 students during the second year of operations at its school-based clinic in Chambersburg Area Senior High School. The success of this clinic has spurred plans for expansion into other schools. Partners also explored how the lack of diversity and inclusion practices adversely impact access to care with certain populations and have identified strategies to start addressing those.

2. MENTAL HEALTH
   Healthy Franklin County partners worked to expand suicide prevention awareness in the county with an education campaign promoting resources and training available to the community. A wellness conference was coordinated by the Mental Health Association of Franklin/Fulton Counties (MHAFF) with over 120 attendees. Additionally, the MHAFF trained 554 people in Question, Persuade and Refer (QPR), an evidence-based suicide prevention training program available to anyone in Franklin County for free; 77 people completed the online version of QPR.

3. NUTRITION
   The Community Garden Work Group created a resource guide about how to start a community garden, completed a community garden interest survey in the Franklin County Housing Authority in Waynesboro, and supported the expansion of the NE Toy Work Ministries community garden. The Food Insecurity Work Group gathered more data, including an inventory of backpack programs in Franklin County, to identify resource gaps. The group also facilitated a pilot program between the Franklin County Housing Authority in Chambersburg and the Gleaning Project to bring produce to the community.

4. PHYSICAL ACTIVITY
   The Community Engagement Committee worked with partners to promote existing walking and running programs and created a physical activity resource guide, Get Fit Franklin County. The Built Environment Committee created a trails map and physical activity facilities map which will be made into an interactive format and made available on the Healthy Franklin County website. The Built Environment Committee also completed a feasibility study of bike-library pilot project.

The conditions where people live, learn, work, and play affect their health risks and outcomes. These conditions are known as social determinants of health. The Summit Endowment strives to better understand and address the social determinants of health and identify the distinct needs of vulnerable populations. Throughout the year, the endowment improves the health of people living in Franklin County by supporting many health initiatives and developing programs and activities offered by other nonprofit organizations as they, too, work to improve the health of the Franklin County area.

P R I O R I T I E S
The Summit Endowment Committee prioritized grant-making based on findings from the 2015 Summit Health Community Health Needs Assessment, which identified key issues including access to care, nutrition, physical activity, and mental health. Specific objectives that aligned with the Healthy People 2020 leading health indicators and the Pennsylvania Department of Health State Health Improvement Plan were developed. Federal- and state-level resources were used to categorize and better align grant-making to address the unmet needs of our community.

Successful applicants were required to participate in a Healthy Franklin County Task Force, continuing collaborative efforts in planning, supporting, and measuring their work. Grantees consistently reported the benefits of task force participation including resource sharing, relationship building, and shared excitement in the opportunity to work together to achieve real and lasting impact.

Investing in our Community

CAPACITY BUILDING WORKSHOPS
In 2018, the Summit Endowment offered education to help community organizations enhance skills to achieve success. Two grant-making workshops, offered in the Chambersburg and Waynesboro areas, were held to support nonprofit organizations in preparing successful applications for Summit Endowment funding.

GREENCASTLE-ANTRIM ENDOWMENT SCHOLARSHIPS
Greencastle-Antrim Endowment, a component of the Summit Endowment, awarded three scholarships to graduating seniors at Greencastle-Antrim Senior High School who are pursuing a career in health care. They also awarded seven renewal scholarships for students in their second, third, and fourth years of college. The Endowment awarded $20,000 in scholarships this year.

Garon Gembe, left, from the Greencastle-Antrim Endowment Committee, presented health-care scholarships from the Greencastle-Antrim Endowment to, left to right, Kirti Venkatesh, Caitlin Eshelman, and Joshua Kline.
PROGRAM SPOTLIGHT:

Summit Physician Services Community Health Workers

This grant supports two Community Health Workers, who serve as liaisons between health and social services, and the community, to facilitate access to services, increase health knowledge and self-sufficiency, improve quality and cultural competence of service delivery, and to close health-care gaps. With these goals, the workers focus on targeted populations in the community, specifically residents of the Towers of Falling Spring and diabetic patients with HgA1C greater than 9 percent.

ACTIVITY FOCUS

The Community Health Worker works in various geographical settings, with different age groups and backgrounds. Often, the Community Health Worker serves people who are underprivileged, and in areas where resources are limited. Their specific responsibilities may include:

1. Facilitating communication and empowerment in interactions with the health-care system
2. Helping individuals understand their health and disease states and conditions
3. Linking people to health care and social service resources, advocating for local health-care needs
4. Visiting homes to check on individuals with specific health conditions
5. Delivering health education presentations to specific groups
6. Helping community members to complete applications to access health benefits
7. Providing health screenings, referrals, and information

RESULTS OF HOME VISITS FOR DIABETIC PATIENTS WITH HGA1C GREATER THAN 9 PERCENT

The HgA1C test is a common blood test used to diagnose type 1 and type 2 diabetes, and then to gauge how well a patient is managing their diabetes. The test is also called a glycated hemoglobin test or a glycosylated hemoglobin test. A normal range is between 4 and 5.6 percent. Levels of 6.5 percent and higher typically indicate a patient has diabetes.

Out of 31 residents who had their cholesterol tested, 15 lowered their cholesterol and 13 lowered their triglycerides.

Out of the individuals who received home visits, 83.1% had a HgA1C greater than 9 percent. Of this percentage, 35% have shown a decrease in their HgA1C and 41.3% decreased their number below 9 percent.

34.4% have accepted services and are actively being seen.
27.5% declined services.
The remainder have not responded, although additional attempts to connect with them are being made.
Those who accepted services have been provided education regarding diet, physical activity, and medication, based on their treatment plans and needs identified during home visits.
Out of the individuals who received home visits, 83.1% had a HgA1C greater than 9 percent. Of this percentage, 35% have shown a decrease in their HgA1C and 41.3% decreased their number below 9 percent.
26 individuals had their HgA1C retested; three had decreased these levels.

Out of these 26:
Four completed mammograms
Two completed colorectal screenings
Four completed eye exams
Three completed their Annual Wellness Visit
One completed a Dexascan
Two completed foot exams

The Community Health Worker reviewed the medical records of all the residents, and identified 82 residents who had not yet had an Annual Wellness Visit. Three Annual Wellness visits have been completed, and several more have been scheduled.
Four residents have been connected with the Lions Club’s Eye Glasses Assistance Program.
Cancer is not a diagnosis that can be taken lightly, and it’s also not a one-size fits all disease. That’s why our focus isn’t treating the disease, it’s treating the patient.

**NUMBER OF CASES BY CANCER SITE**

at Summit Cancer & Hematology Services, statistics from fiscal year 2017

<table>
<thead>
<tr>
<th>Cancer Site</th>
<th>Cases</th>
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<tbody>
<tr>
<td>Breast</td>
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<tr>
<td>Lung</td>
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<tr>
<td>Colon/Rectum</td>
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<td>Prostate</td>
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<tr>
<td>Melanoma of the Skin</td>
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<tr>
<td>Brain/Spinal Cord</td>
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<tr>
<td>Lymphoma</td>
<td>91</td>
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</table>

This year, Summit Health emphasized awareness, education, and screening programs. Real stories from Summit Health patients were shared across the community, as they felt inspired to encourage the community to know their risks, get screened, and to take control of their health.

**EARLY DETECTION IS KEY FOR VIRTUALLY ALL TYPES OF CANCER.**

This year, Summit Health emphasized awareness, education, and screening programs. Real stories from Summit Health patients were shared across the community, as they felt inspired to encourage the community to know their risks, get screened, and to take control of their health.

He lost his daughter, Dawn, when she was only 29 years old to colon cancer. Now, he’s sharing his story to encourage others in the community to get screened. “You just need to get it done.”

“He lost his daughter, Dawn, when she was only 29 years old to colon cancer. Now, he’s sharing his story to encourage others in the community to get screened. “You just need to get it done.”

“Colon cancer has a strong genetic connection to family. A colonoscopy is the best chance for us to see what is going on. The initial screening is recommended at age 50, but if there’s a family history, we should really see people sooner than that,” explained Andrew Lininger, certified registered nurse practitioner at Summit Gastroenterology.

Colon cancer is the most beatable and preventable cancer when detected early. Symptoms include abdominal pain and tenderness, diarrhea, blood in the stool, and weight loss.

Almost all colon cancers start in the lining of the colon and rectum.

“There’s no one single cause for colon cancer. All cancers in this part of the body begin as noncancerous polyps, which over time develop into cancer. In addition to family history, risk factors include age, diet, tobacco use, and inflammatory bowel disease,” said Lininger.

**THIS YEAR, 85 PEOPLE IN FRANKLIN COUNTY WERE DIAGNOSED WITH COLON CANCER.**
“This was totally out of the blue and unexpected,” she explained. “For a lot of women, we don’t think it’s anything to worry about until our 40s,” she explained.

Tracy Fuqua, a 34-year-old mother of two, is a lot like many mothers in their early thirties; putting the needs of her children ahead of her own. Keeping up with the demands of motherhood can often come at a lapse in self-care, and Tracy said she found herself, too, putting things off, including self-breast exams because breast cancer wasn’t something she considered an immediate threat.

“Many people have small nodules in their lungs, which are aftereffects of infections earlier in life. That’s why it’s important to do the annual screening. One of the things doctors look for is whether the abnormality is remaining stable or growing,” says Dr. Jablin.

Lung cancer is strongly related to cigarette smoking: Only about 10 percent of all lung cancers occur in nonsmokers. Cigarette smoking also is associated with a dramatically increased risk of cancers of the mouth, esophagus, stomach, kidneys, ovaries, and bladder.

“That’s when she met Dr. Takeyla Williams of Summit Breast Care Services. Dr. Williams, breast surgeon

A SUMMIT HEALTH SCREENING PROGRAM HELPS DETECT LUNG CANCER EARLY, WHEN IT’S MOST TREATABLE

The magnitude of this benefit is greater than the benefit of any other intervention for lung cancer, with the sole exception of smoking cessation,” says Dr. Peter M. Jablin, a pulmonologist at Summit Pulmonology.

The screening program uses yearly low-dose computerized tomography (CT) scans to monitor changes to a patient’s lungs. CT scans, a specialized type of X-ray that combines multiple images from different angles, help save lives by enabling doctors to detect lung cancers when they are smaller and potentially curable.

“A CT scan of the chest allows the detection of X-ray abnormalities that are very small – less than 6mm (1/4 inch),” says Dr. Jablin. “Even abnormalities as small as 2-3 mm can be detected reliably. Abnormalities in this size range are not detectable with a standard chest X-ray. Even if very small abnormalities are evident on a chest X-ray, they cannot be measured with dependable precision in order to determine whether the abnormality is remaining stable or growing.”

Many people have small nodules in their lungs, which are aftereffects of infections earlier in life. That’s why it’s important to do the annual screening. One of the things doctors look for is whether the abnormality is remaining stable or growing. Medical studies have shown that 25 percent of smokers who participate in a lung cancer screening program are able to quit, compared to the national average of 5 to 7 percent.

The lung-cancer-detection rate from Summit Health’s low-dose CT program is consistent with the rates at large university centers. Since it began in 2015, Summit Health’s screening program has found 11 lung cancers and one esophageal cancer. None of the patients were experiencing symptoms. “All of these patients would have become aware of their cancer at a later date when they had symptoms,” says Dr. Jablin. “But because most of the symptoms related to lung cancer are the result of progression of the cancer to other crucial structures of the body, the detection of lung cancer when it is not causing symptoms is the detection of cancer at an earlier stage when the likelihood of cure is much higher.”

Though effective screening techniques for breast cancer and colon cancer have been widely used for many years, screening for lung cancer had never been proven effective. That changed when the results of a large trial designed to evaluate a lung-cancer-screening program were published in the New England Journal of Medicine in 2011. The trial involved more than 53,000 patients, and the results were promising: Lung-cancer deaths were reduced by 20 percent in high-risk patients.

The SPOTme® Skin Cancer Screening Program is the American Academy of Dermatology’s longest-standing public health program. Since its inception in 1985, dermatologists have conducted more than 2.7 million free skin cancer screenings with more than 271,000 suspicious lesions detected, and more than 30,000 suspected melanomas. Millions of people have been educated about the importance of sun protection and early cancer detection through the skin cancer screening program. As a result, countless lives have been saved by identifying melanomas in their earliest, most treatable stage.
SUMMIT HEALTH continues to make safety a top priority. Our organization has been on a journey to improve the overall culture of safety in the health system. Part of the cultural shift is not only ensuring staff know that bringing forth a safety concern will not result in punitive action, but instead will be celebrated.

The Great Catch Program and the Patient Safety Team Award are ways that staff actions to create a safer environment for healing are honored.

PATIENT SAFETY TEAM AWARD
The Patient Safety Team Award was created to recognize clinical teams who have identified risks to patient safety and developed protocol to improve outcomes.

Teams were rated on:
1. Respect for People focus
2. Steps taken to achieve goal
3. Benefits achieved
4. Measurement/Learning from outcome data

Seven teams were selected as nominees:
- C. difficile Team
- Environmental Services Team
- Rhonda Brake Shreiner Women’s Center Diagnostic Imaging Team
- Summit Physician Services Concussion Team
- Provider Resources Team
- Waynesboro Hospital Pediatric Code Cart Team
- Waynesboro Hospital Renovation Team

And the winner is...
The Summit Physician Services Concussion Team for excellence in improving patient safety!

GREAT CATCH PROGRAM
The “Great Catch” program was developed to acknowledge team members who “caught” a safety issue before it reached the patient.

The results of this program have meant better care, improved communication, and better processes.

Congratulations to this year’s Great Catch winners!
It is our vision that Summit Health provides local, comprehensive care. That means our neighbors don’t have to travel for the services they need. To fulfill that vision has meant working hard to bring specialists to Franklin County to deliver the services needed.

THIS YEAR, WE BROUGHT THE COUNTY’S ONLY DERMATOLOGIST AND ADDED ACUPUNCTURE AND MASSAGE THERAPY.

When many people think of needles, they think of pain. However, patients at Summit Pain Medicine have discovered needles can provide relief through acupuncture. Theresa Ramsey has suffered from back pain for more than 15 years.

“When the pain started, I was told surgery would be the best way to fix the issue. I was not interested in having a long recovery, so I turned to acupuncture,” she explained.

Acupuncture is the practice of stimulating specific points on the body by inserting thin needles through the skin. Acupuncture is an ancient method of encouraging the body to promote natural healing and improve general health. Summit Health began offering acupuncture treatment in 2017. For Ramsey, that meant she could get pain relief close to home.

“I went to two other places for acupuncture treatment, but I had to travel for that relief. My husband had to go with me, because I don’t like to drive that far,” said Ramsey.

Ramsey sees Dr. Heather Pauli, an osteopathic physician acupuncturist, every few weeks for treatments.

“I am very excited to be able to provide these services to Summit Health and to give the patients in Franklin County and surrounding areas another option in dealing with chronic pain and other ailments,” said Dr. Pauli.

“The biggest thing for me is the level of professionalism here, that I didn’t get anywhere else. Dr. Pauli is fantastic! She cares about patients and really strives to get to know you as a person,” said Ramsey.

Since getting her acupuncture treatments at Summit Pain Medicine, Ramsey says she is able to keep up with her two-year-old granddaughter.

“When you don’t have as much pain, it is easier to do more!” Ramsey added. “When I leave treatment, I just feel so much better, spiritually, mentally, and physically. I love it!”

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“Summit Health’s mission is to provide local, comprehensive care to our community. We want to provide the needed medical services to members of our community in convenient locations. We are thrilled for the opportunity to be investing in the Greencastle community and expanding our services here.”

- John Massimilla, COO and Vice President for Administration, Chambersburg Hospital

In May, a groundbreaking ceremony celebrated the start of construction on a three-story, 45,000 square-foot medical office building to be built on Antrim Commons Drive.

The building will house a walk-in care facility as well as primary care and several specialty care practices, including orthopedics; podiatry; ear, nose, and throat; OB/GYN; lab; select imaging services; occupational health; and behavioral health.

Construction on the facility is expected to be complete by Summer 2019.

Please visit SummitHealth.org/GMOB for more information and updates on the building.
Awards and Honors

CHAMBERSBURG HOSPITAL

2018 Women’s Choice Award®

2018 American Heart Association/American Stroke Association’s Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award

American College of Cardiology’s NCDR ACTION Registry Silver Performance Achievement Award for 2018

2017 Advanced Certification as a Primary Stroke Center from The Joint Commission

2017 American Heart Association/American Stroke Association’s Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award

2017 Get With The Guidelines® - Heart Failure Gold Plus Quality Achievement Award

2017 Mission: Lifeline® STEMI Receiving Center – GOLD PLUS Achievement Award

HEALTHGRADES AWARDS:

Recipient of the Healthgrades Distinguished Hospital Award - Clinical Excellence for 2 Years in a row (2017-2018)

One of Healthgrades America’s 100 Best Hospitals for Coronary Intervention for 7 Years in a Row (2012-2018)

One of Healthgrades America’s 100 Best Hospitals for Orthopedic Surgery in 2018

One of Healthgrades America’s 100 Best Hospitals for Pulmonary Care for 2 Years in a Row (2017-2018)

One of Healthgrades America’s 100 Best Hospitals for Critical Care in 2018

WAYNESBORO HOSPITAL

2017 Truven Health Analytics 100 Top Hospitals

SUMMIT HEALTH EARNS RANKING OF 33 IN FORBES AMERICA’S BEST EMPLOYERS FOR WOMEN 2018 LIST

A group of Summit Health Senior Leaders:

(FROM L TO R, SEATED) – Niki Hinckle, Senior Vice President of Physician Services, Barbara Rossini, Vice President for Planning and Community Relations, Sherri Stahl, Senior Vice President of Hospital Services,

(FROM L TO R, STANDING) – Michele Zeigler, Vice President and Chief Information Officer, Melissa Dubrow, Chief Operating Officer, Waynesboro Hospital, Carolyn George, Vice President of Corporate Finance, Kimberly Rzomp, Vice President and Chief Financial Officer
Inspiring Hope for a healthier life

Visit SummitHealth.org/Inspire to read stories about how Summit Health is inspiring hope in our community.
The following pages recognize contributors who made gifts or pledge payments between July 1, 2017, and June 30, 2018.

Your charitable gifts touch patients’ lives.

We are inspired every day by the generosity of the community we serve.
Thirty-One Gifts Independent Consultants held a Chemo Comfort Totes fundraiser for patients at Summit Cancer & Hematology Services. Each of the 97 totes was filled with comfort items a cancer patient might enjoy while undergoing chemotherapy treatments. (Pictured left to right) Renee Pugh, Amber Sherry, Ed and Aggie Sherry, Dr. John F. Robinson, Oncologist, Marilyn Murphy, Oncology Clinical Manager, Hilary and Keaton Conaway.
Registered Nursing degree gives John a great deal of satisfaction. He never met Kristin, but considers it an honor to give in her memory. Helping local students secure their education is a source of pride for John and Diana Reinert. They have supported the Kristin Runyon Memorial Scholarship with donations to be used for special programs, and vital health care services for our community.

GRATEFUL PATIENT PROGRAM - DOCTORS DAY 2018

These tributes support our hospitals, special programs, and vital health care services for our community.

Dr. George W. Baker, Jr. 
Mrs. Georgianna L. Hoffeditz
Dr. H. Wallace Brubaker 
Mrs. Noreen O. Koch
Dr. Michael R. Cashdollar 
Mr. John S. Osen, Sr.
Chambersburg Hospital Medical Staff
Mr. Dennis R. Cavender Mrs. Martha L. Meyers

Teri and Lee Wenger* Dr. Gerald E. Willerth* Wilson School of Gymnastics & Dance/ Mr. Rod Burdge* Dr. Samuel Woo* Mr. and Mrs. Arthur E. Woods* The Rev. Dr. and Mrs. Paul L. Yeun* Mrs. Lauren E. Young Dr. Mahrouf Yusuf* Dr. Roger and Anne Robertson* Mrs. Heather Robinson* Dr. and Mrs. John P. Robinson* Mrs. Patricia A. Rosenberry L. Michael and Donna J. Ross* Royal William Happel Charitable Fund* Mr. Joseph and Mrs. Marie Royce* Ms. Anna M. Rummelt* Mr. Robert B. Runk Sam and Barb Runyon* Nathals Kimberly M. Rozmp Dr. Benjamin Schellhaase* Mrs. Judith K. Schroeder* Roger and Linda Schwalin* Ms. Kimberly M. Scott Mr. David S. Shannon Mr. Samuel L. Shatzer* Mr. and Mrs. Rodney E. Shuman* Mrs. Karen E. Sioberg* Ms. Jeanne M. Small* Sam and Marilyn Small* Mr. and Mrs. J. Christian Snavely* Lisa K. Snyder, RD, CCNR Dr. Stanton E. Sollenberger* Mr. and Mrs. Gary L. Stahl* Mr. and Mrs. Frank M. Steam* Mr. and Mrs. Lewis R. Stence* Mrs. Jennifer R. Stevens* Don and Angela Stoops* Ms. Deborah J. Strong* Evan J. Sutton, RN Dr. Cho Cho Ms. Helen E. Bryant Ms. Marie DiGiammarino
Dr. Rose M. Dagen Mr. Robert G. Stenger Dr. Donald P. DeLorenzo, Jr. Mrs. Evelyn W. Angle Mrs. Mary A. Rife Dr. Betsie Figueroa Cruz Anonymous Dr. Stephen B. Flack Mr. William G. Storms Dr. Aaron E. George Mrs. Wilma L. Carbaugh Dr. Louis L. Glass Mrs. Mary A. Rife Dr. Margery A. Gordon Dr. Mary Jane Urbanowicz Dr. Fawaz Z. Hakki Mr. Robert G. Stenger Ms. Eileen L. Hissong Anonymous Dr. David A. Hoffman Mrs. Daphne P. Murray Dr. Anthony G. Johnson Mr. Glenn E. Kerns Mr. David C. Shaffer M. Faroog Khokhar, M.D. Ms. Meghan J. Cashdollar Dr. Anthony J. Manney Mr. James E. Campbell Dr. Thomas P. Orndorf Mrs. Demaree D. Deardorff Dr. Timothy T. Owolabi Mrs. Daphne P. Murray Dr. Anthony E. Patterson Mr. William C. Abbott Dr. Heather Ann Pauli Mr. Bobby L. Combs Dr. Paul J. Quesenberry Mrs. Sharon P. Dinterman Mrs. Ilona I. Laney Dr. Jehanzeb Qureshi Mrs. Lori A. Turner Dr. Stephen J. Rettig Anonymous Dr. Roger J. Robertson Mr. Daniel D. Higgins Mrs. Mary Jane Morgan Mr. William K. Snider Dr. John F. Robinson Anonymous Dr. Arshad M. Saﬁ Mr. John L. Acker Mr. Charles A. Fleming Mrs. Barbara A. Vinson Ms. Lori A. Spence Anonymous Dr. Mark A. Swartz Mrs. Patricia H. Vansyoc Dr. Aylmer C. Tang Mr. Daryl L. Mackey, Sr. Dr. Robert J. Ternes Mr. Robert W. Brown Dr. Max E. Creager Dr. Robert J. Ternes Mrs. Phyllis C. Wertime

GARDEN OF LIFE

Richard L. Behan, D.D.S Mr. Herman W. Brubaker Robert L. Fry, M.D. Dr. Jose Galindo Bruce V. Gronkiewicz, M.D. Mrs. V. Helen Kent Mrs. Barbara J. Myers Mr. Samuel M. Sollenberger Mrs. Margaret A. Steiner Ms. Virginia H. Vickers Mrs. Wilma L. Carbaugh Dr. Aaron E. George Mr. Samuel M. Sollenberger Mrs. Barbara J. Myers Mr. Robert G. Stenger Mr. John S. Osen, Jr. Chambersburg Hospital Medical Staff Mr. Dennis R. Cavender Mrs. Martha L. Meyers

INKIND


John S. Osen, Jr. (left) and Barb Runyon | John Osen has supported the Kristin Runyon Memorial Scholarship since 2010. He never met Kristin, but considers it an honor to give in her memory. Helping local students secure their Registered Nursing degree gives John a great deal of satisfaction.
Chambersburg Hospital

Nancy Meyers, Esquire
Chair of the Board

R. William Happel
Vice Chair of the Board

Members:
J. Edward Beck Jr., Esquire
Deanna Bearden
Dick Marks
Nancy Meyers
Patrick O’Donnell (President)
Cheryl Plummer
Roger Robertston, MD
Rodger Savage (Secretary)
Paul Schemel, Esquire
Joseph Thornton, MD

Waynesboro Hospital

Paul Schemel, Esquire
Chair of the Board

Joseph Stewart, DO
Vice Chair of the Board

Members:
Francis Achampang, PhD
John Blubaugh
Greg Duffey
Frank Ervin
Lisa Higginbotham, MD
Stephen Holovik, PhD (Secretary)
Patrick O’Donnell (President)
Robert Pyatt, MD
James Reck
Bonnie Zeigler

WHY CONSIDER A CHARITABLE GIFT?

Your generosity is our greatest blessing. Your charitable gifts have a direct impact on resources such as life-saving cancer and cardiology services, state-of-the-art technology and equipment, and patient-centered facilities.

Your charitable gifts truly matter. It’s a worthwhile investment for you and your community, not only for today, but for years to come.

SummitHealth.org/Giving

Inspirating Hope for Giving Back

2018 PHILANTHROPISTS OF THE YEAR

The Greek root of “philanthropy” means love of mankind. Lew and Lucille Stence have a lifetime of serving and caring for people through Lucille’s nursing career, charitable giving, and their collective volunteer service.

Lucille worked for York Hospital for 24 years, rising through the nursing ranks from staff nurse to Assistant Director of Nursing. In 1974, Lucille joined Chambersburg Hospital as Director of Nursing and the couple moved to Chambersburg. Lew worked for the Toledo Scales Company in Sales and Service for 24 years before serving for 15 years at Gibbles.

Lucille made hospital history as the first woman promoted to a vice president position in 1982 and began overseeing patient services. She paved the way and opened doors for many women who now hold senior management positions in the hospital. She was promoted again in 1991 to become Chambersburg Hospital’s Vice President for Professional Services, a role from which she retired after 20 years.

Lew and Lucille exemplify service to others by means of their time, talents, and treasures. They love Chambersburg and the organizations that support and enrich the lives of their fellow citizens. They have served on countless community and nonprofit committees, and have been board members for numerous charities and fundraising campaigns.

The Stences have made regular and generous gifts to Chambersburg Hospital over the last five decades, supporting capital campaigns, the annual fund, and nursing scholarships. They are also Legacy Society members, and have included the hospital in their estate plan. Lucille and Lew are among the hospital’s strongest advocates and ambassadors.

We are grateful for their support and partnership.

Congratulations, Lew and Lucille!

Dr. Thomas Anderson
Vice President for Medical Affairs and Chief Medical Officer
Summit Health

Melissa Dubrow
Vice President, Operations, Chief Operating Officer
Waynesboro Hospital

Elyse Fider
Vice President for Patient Services
Summit Health

Niki Hinckle
Senior Vice President of Physician Services
Summit Health

Dr. David Hoffmann
Chief Clinical Officer
Summit Health

John Massimilla
Vice President for Administration, Chief Operating Officer
Chambersburg Hospital

Patrick O’Donnell
President and Chief Executive Officer
Summit Health

Barbara Rossini
Vice President for Planning and Community Relations
Summit Health

Kimberly Rzomp
Vice President and Chief Financial Officer
Summit Health

Sherri Stahl
Senior Vice President of Hospital Services
Summit Health

Michele Zeigler
Vice President and Chief Information Officer
Summit Health
Local, comprehensive care; inspiring hope for a healthier life.