

A photograph of a man with dark hair, wearing a blue plaid shirt, smiling broadly. A young girl with brown hair, wearing a white sweater, is sitting on his shoulders and smiling. The background is a soft-focus outdoor setting with greenery and a hay bale.

Jameson Health System
Lifeline
Winter 2006

Jameson Health
System
Annual Report
2004/2005

**The Cancer
Center**
Is Here!

Seven
Ways to
**Start
Fresh in
2006**

Creating
a Brighter
Tomorrow,
**One
Child at
a Time**



President's Letter

Dear Friends,

I'm proud to report that the past year marked the continued advancement of our healthcare continuum. From enhancing existing services and improving our facilities to developing additional programs and acquiring new technology, Jameson Health System made significant strides in 2004–2005.

While these achievements are remarkable, we are not satisfied with past success. Instead, the Health System is moving forward to build on this momentum and continue our progress to creating a stronger, more progressive organization. The road map for this journey can be found in our Strategic Plan, which is briefly outlined in this year's Annual Report, beginning on page 4.

A key element of the plan is the development of new programs that will allow patients to receive critical healthcare services close to home. One example is the University of Pittsburgh Medical Center (UPMC)/Jameson Cancer Center New Castle. Through a collaboration between UPMC and Jameson, residents of the New Castle community will no longer have to travel to Pittsburgh for advanced cancer treatment. Read more about this exciting initiative and its impact on cancer patients and their families in "The Cancer Center Has Arrived!" at right.

In closing, I want to say a very special thank you to our employees. As I have said numerous times, Jameson Health System has been built into a strong organization one employee at a time. With their efforts and the continued support of our board, physicians, and the community, we look forward to serving the healthcare needs of New Castle and surrounding areas for years to come.

Sincerely,

Thomas White, FACHE
President and CEO

The Cancer Center Has Arrived!



After months of planning and preparation, state-of-the-art cancer care is now available close to home thanks to the University of Pittsburgh Medical Center (UPMC)/Jameson Cancer Center New Castle.

The UPMC/Jameson Cancer Center New Castle, located in the Medical Arts Building on Wilmington Road, has consolidated all of Jameson's existing oncology programs into the same building. Now, Jameson cancer patients have access to the research, clinical trials, and cancer treatment protocols that were formerly available only in larger cities like Pittsburgh or New York.

The collaboration between Jameson and UPMC has also brought these new opportunities for cancer care to residents of the New Castle area:

- imaging modalities like computed tomography/positron emission tomography (PET/CT) for cancer diagnosis
- enhanced radiation therapy services like intensity modulated radiation therapy (IMRT)

For more information about the UPMC/Jameson Cancer Center New Castle, call (412) 647-2811, or (724) 656-5870.

Lifeline Winter 2006

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A Smoke-Free Future Starts Now

If your New Year's resolution is to kick the smoking habit—thereby increasing your life expectancy, improving your circulation, and decreasing your risk for a range of diseases—Jameson Health System can help.

“You can't control your race, age, or sex, but you can control whether or not you smoke,” says Charlene Verdi, RN, director of Staff and Community Education at Jameson Health System. “The key to quitting is a strong commitment to start a healthy lifestyle.”

With the Smoke-Free for Life program, developed by the American Respiratory Alliance and presented by the Health System at Jameson North and South Campuses, smokers find the education and support necessary to stop smoking for good. The program is free for participants, thanks to support from the Lawrence County Drug and Alcohol Commission, Inc.

A six-session program, Smoke-Free for Life teaches the following skills:

- how to handle stress
- proper weight control
- methods to curb smoking triggers
- long-term smoking cessation

“We don't expect participants to quit smoking after the first meeting,” says Nadine Kirkwood, RN, CEN, instructor of Smoke-Free for Life. “Everyone is unique and requires a different way to kick the habit, so we set goals and give tools tailored to each person's lifestyle to be as effective as possible.”



Nadine Kirkwood, RN, CEN, instructor of the Smoke-Free for Life program at Jameson Health System North and South Campuses, provides the knowledge and support to help participants kick the habit for good.

Ready to quit smoking? Call (724) 656-4270 for more information or to sign up for Smoke-Free for Life. One-on-one, adolescent, and on-site business classes are also available. Individuals without insurance who attend may qualify for free nicotine replacement products.



Lose Pounds the Right “Weigh”

Did you overeat during the holidays and want to start the new year off on a “light” foot? Then look no further than the Jameson Weigh!

This community-based program—led by a registered dietitian—can provide you with the healthy eating tips and exercise instructions you'll need to lose weight and keep it off.

“There are so many diet plans available that people are confused about what they should and shouldn't be doing to lose weight,” says Maria Tsikouris, RD, LD, dietitian educator on staff at Jameson Health System. “At

the Jameson Weigh, we help people develop a lifestyle that concentrates on exercise and healthy eating rather than dieting.”

Participants in the Jameson Weigh program have their weight recorded, talk about lifestyle changes, and develop a meal plan. The plan focuses on nutrient-rich fruits and vegetables, healthy grains, and whole-wheat products.

“Through our program, I've seen participants lose up to 45 pounds and keep it off,” Tsikouris says. “The Jameson Weigh is an excellent program that will make a difference in people's lives for years to come.”

For more information, call Maria or Michelle at (724) 656-4270 or see page 7.

Annual Report

Taking Health Care in Lawrence County to the Next Level

“This is an exciting time to be a part of a healthcare institution such as Jameson,” says Thomas White, president and CEO of Jameson Health System. “This past year we’ve experienced great success as we merged two different organizations following our acquisition of St. Francis New Castle. Many people, including the medical staff, employees, and community members, have worked collectively to understand and develop solutions to build the excellence of our organization.”

Our Mission

The mission of Jameson is three-fold:

- To provide a continuum of quality health and human services to all individuals in need, regardless of their ability to pay
 - To provide services and programs that aid in the advancement and improvement of the quality of life for area citizens
 - To continue to advance as the leader in providing quality health and human services to the community
- To fulfill this mission, the Health System’s staff, employees, and board of directors have worked collectively to implement the following activities and accomplishments.

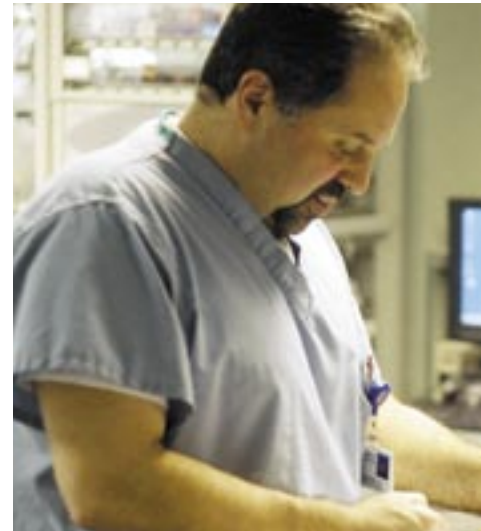
Areas of Advancement

Jameson continues to see a strong demand for services. Throughout the year, the Health System has enhanced several areas of care to provide the highest level of care to the community.

Facility Improvement

In the past year, many of Jameson’s facilities have received upgrades to public and patient areas. Highlights of significant projects from 2004–2005 include:

- aesthetics
- infrastructure



- parking lots
- building roofs
- safety and security
- new structures (open MRI building and smoking areas)

New Technology

Throughout 2004–2005, Jameson remained on the leading edge of health care by incorporating several advanced technologies and programs, including:

- medical/surgical—cardiac program, angioplasty program, Lung Center program, and the Pain Clinic saw a 143 percent increase



2005–2006 Statistics

Admissions

2005: 12,654

2006 budget: 12,771

Total Patient Days

2005: 61,878

2006 budget: 63,888

Inpatient Surgeries

2005: 2,857

2006 budget: 3,171

Outpatient Surgeries

2005: 7,850

2006 budget: 8,111

Outpatient Visits

2005: 261,904

2006 budget: 270,000

Emergency Visits

2005: 37,829

2006 budget: 37,400

2004–2005



- respiratory services
- diagnostics—open bore magnetic resonance imaging (MRI) and Sleep Lab expansion to six beds
- Regional Cancer Center with UPMC—offers comprehensive cancer care including treatment such as intensity modulated radiation therapy (IMRT), surgery, chemotherapy, radiation therapy, and clinical trials

Additional Services

Other areas that benefited from enhanced services include Cardiology, which saw growth in angioplasty procedures, the Dean Ornish Lifestyle program, and community programs such as travel medicine, education, and wellness.

Focus on the Future

The accomplishments of the Health System during 2004–2005 have been considerable, but in order to remain at the forefront of medicine, Jameson has developed a Strategic Plan to build on current successes and move forward with even greater momentum.

Through the plan, several initiatives have been identified that will enhance

Jameson Hospital Balance Sheet June 30, 2005	
Current Assets	
Cash	5,779,927
Accounts Receivable	15,836,971
Inventories	2,483,483
Other	1,803,293
Total Current	25,903,674
Pledges Receivable	420,000
Non-Current Assets (Property Plant & Equipment)	18,349,392
Other Assets	27,446,707
Total Assets	72,119,773
Liabilities	
Current Liabilities	15,236,606
Other Long-term Liabilities	14,618,928
Long-term Debt	25,299,994
Net Assets	16,964,245
Total Liabilities & Net Assets	72,119,773

the strength and quality of care available at Jameson, including:

- a committee of physicians and management are developing an efficient and effective model for medical management
- programs such as angioplasty, lung, sleep, cancer, and pain management are being expanded to continue delivering outstanding patient care close to home
- plans to modernize and update many of the Health System's facilities, including the Emergency Department, Operating Room, and patient rooms

- maintaining a working environment that is conducive to strong employee loyalty, which will continually increase productivity and patient satisfaction
- evaluating the community's medical needs and recruiting physicians to meet those needs
- plans to maximize revenue, which will drive Jameson forward and increase clinical quality and capability of employees to deliver exceptional care

For 2006 and beyond, Jameson will continue building a stronger organization—one employee at a time.



A Brighter Tomorrow, One Child at a Time

At Jameson Health System, caring for children goes far beyond providing vaccinations and casts for broken bones. The system's sponsorship of the Children's Advocacy Center (CAC) of Lawrence County, a non-profit organization that assists abused children, underprivileged families, and first-time mothers, is evidence of this commitment.

Breaking the Cycle of Abuse

The CAC facilitates a multidisciplinary approach to protect children who have been abused. At the center, each child and his or her non-offending family members are supported by a team of child abuse professionals from various local agencies, including:

- law enforcement
- the District Attorney's office
- The Crisis Shelter
- Human Services Center
- the medical community

Having this support system and a mechanism through which offenders can be prosecuted can reduce trauma to the child. Children do not have to

"Our affiliation with Jameson Health System has been a godsend. Both financially and in terms of visibility, the hospital has helped us care for children and families better and increase awareness of our services in the community."

—Cheryl Kimmel, board president of the Children's Advocacy Center of Lawrence County

suffer through repeating their stories, and the team can coordinate the services each child needs.

"We have made the process seamless so no child falls through gaps in the system," says Sue Ascione, executive director of the CAC. "We are here

to make sure children get the support they need."

An Ounce of Prevention

The CAC's primary prevention program, Nurse-Family Partnership supports first-time, low-income mothers and their families by providing parenting help as well as offering guidance in areas such as finances, housing, career, and educational goals. Specially trained nurses begin working with these mothers as early as possible, ideally by 16 weeks into their pregnancies, and continue supporting them until their children are 2 years old. Most nursing and home-visitation services occur on a weekly or bi-weekly basis, and are designed to promote healthy pregnancies, improve the health

and development of children, and encourage self-sufficiency. Nurse-Family Partnership services are provided by registered nurses Roberta Colella, Diane Gwin, Mary Ellen Penwell, Joan Trodden, and nurse supervisor Betsy Barr.

"Sue and the nursing team have done a remarkable job," says Barbara Bernardi, RN, BSN, MBA, nurse executive with the CAC. "When you see the bonding between these mothers and their children, you realize how much they have learned—and it proves the program is working."

For more information on the CAC, call (724) 658-4688.

Statistics Tell the Story

Here are some statistics that show how indispensable the center has been for advocating on behalf of children and families in need:

- Every year, 150–200 cases of child abuse are reviewed annually.
- Forty abuse cases per year are prosecuted.
- Ninety percent or more of the cases recommended for prosecution are successful.
- The Nurse-Family Partnership (NFP) program reduces the number of child abuse and neglect cases for families by 79 percent.
- Ninety-eight percent of children served in NFP program are fully immunized by age 2.
- Seventeen percent of pregnant mothers involved with NFP stop smoking during pregnancy, increasing fetal birth weight and decreasing health complications.

KidShape

KidShape helps kids ages 6–14 learn to choose healthy foods, enjoy an active lifestyle, and feel good about themselves. Call (724) 656-4270 for more information.

Nine-session interactive program from January 9–February 20



Jameson Weigh

Offered on Wednesdays at the following locations:

Jameson South Campus Conference Room #3—11:30 a.m.–1 p.m.

Jameson North Campus 4th floor Diet Counseling Office—4–6 p.m.

Call (724) 656-4270 or (724) 656-4193 for more information or to schedule an appointment.

Discover Relaxation Within

This is a four-week stress management program. Call (724) 656-4270 for reservations or more information.

February 1, 8, 15, and 22, 4:30–6 p.m., Jameson South Campus Conference Center

Smoking Cessation Counseling

Individual and/or group sessions are available. Call (724) 656-4270 for an appointment or for more information.

Health Fair/Wellness Event

This event is free and open to the public. Fasting or non-fasting testing are available. Call (724) 656-4270 to schedule an appointment.

Saturday, January 21, 8 a.m.–12 p.m., Jameson South Conference Center

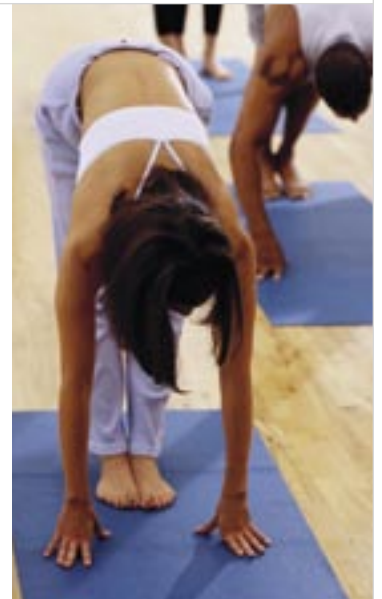


Seven Ways to Save Your Life

Your already hectic schedule just got hit with the holidays. It's difficult enough to find time to eat right. How can you fit 30 minutes of exercise into your packed day as well?

Try these tips to help you squeeze in daily exercise—which can reduce your risk for many health conditions including coronary heart disease, cancer, and diabetes.

- 1** Take the stairs at work to burn 40 calories per four flights.
- 2** Shovel the driveway yourself, but be careful. Shoveling snow can burn up to 500 calories per hour (for a 175-pound man), but the strenuous activity can also overstress your heart.
- 3** Grab the gang and go walking after lunch. You can gab while you get in a 20-minute walk.
- 4** Do stomach exercises (tense and relax the muscles) while sitting at your desk or in a meeting. (The quick and quiet exercise helps you stay alert!)
- 5** During commercial breaks get a glass of water, do push-ups, or fold laundry.
- 6** Work out in the morning. Studies show that people who work out in the morning are more likely to stick to their program than those who put it off until later in the day.
- 7** Learn some yoga moves and spend 10 minutes in the morning and 10 minutes at night increasing your flexibility and gaining energy and strength.





GETTING BETTER CLOSER TO HOME.

Location doesn't change our commitment to treating you well. The Jameson Health System and UPMC Cancer Centers combined resources to make the UPMC/Jameson Cancer Center a regional leader in providing the kind of cancer treatments that make an impact. Intensity-modulated radiation therapy is a new, more aggressive way to fight cancer without damaging surrounding tissue. We believe you shouldn't have to travel for the best treatment. You deserve worldclass health care close to home. For more information about the treatment and specialists available to you, contact UPMC Cancer Centers at (412) 647-2811 or (724) 656-5870.

UPMC | Jameson Cancer Center

a program of UPMC Cancer Centers and Jameson Health System



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