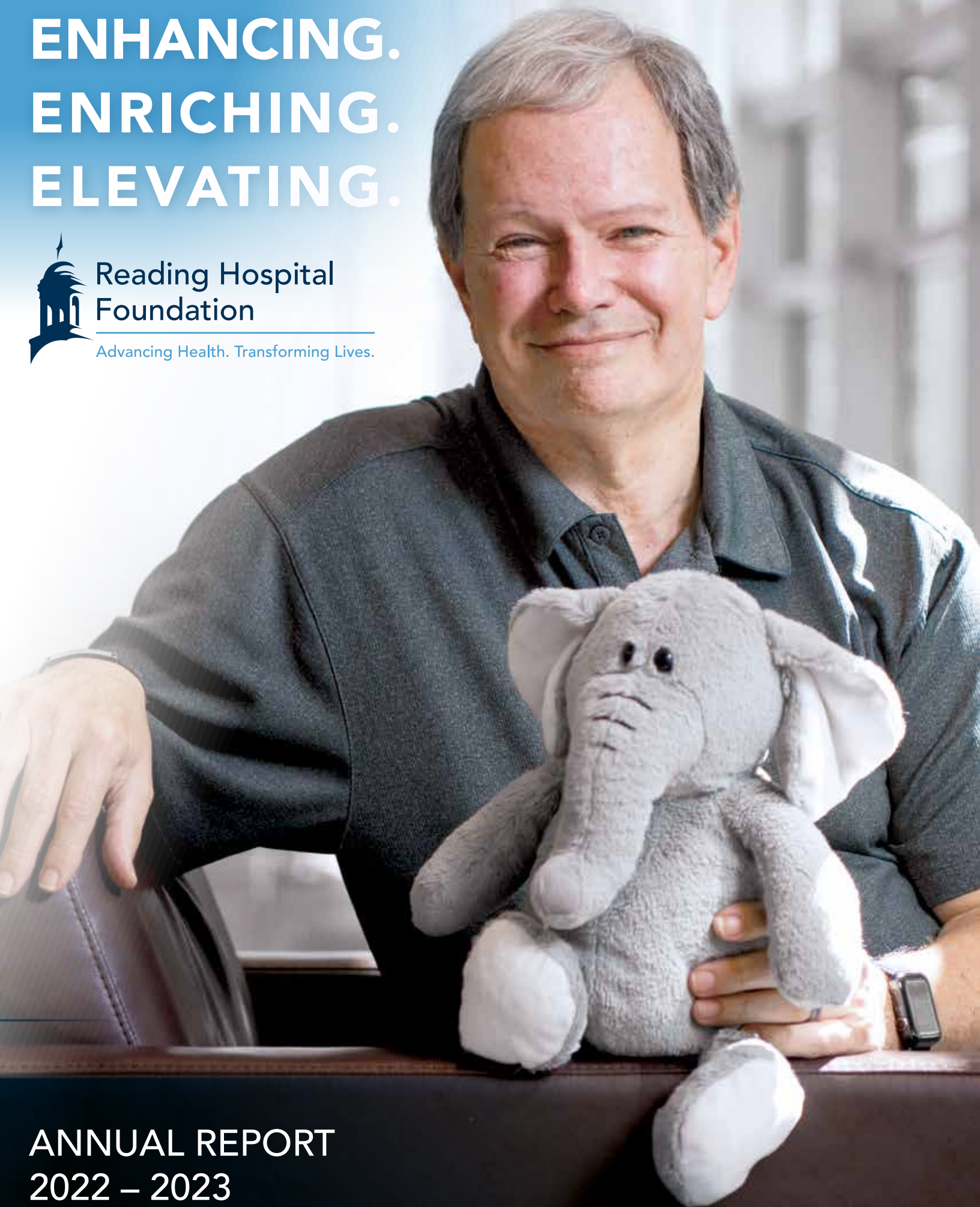


# ENHANCING. ENRICHING. ELEVATING.



Reading Hospital  
Foundation

Advancing Health. Transforming Lives.



## ANNUAL REPORT 2022 – 2023

ENHANCING.  
ENRICHING.  
ELEVATING.  
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ENHANCING.  
ENRICHING.  
ELEVATING.

Dear Colleagues, Friends, and Community Members,

***Enhancing. Enriching. Elevating.***

These words drive the Reading Hospital Foundation team every day as we work together to ensure Reading Hospital has what it needs to remain the top hospital in our area. This past fiscal year, we supported a variety of programs that enhanced, enriched, and elevated the patient experience, staff satisfaction, and community engagement.

Your generosity allows Reading Hospital Foundation to continue to provide opportunities for developing and improving our services and programs. I am continually humbled by your dedication and loyalty to our patients, our staff, and our community as we cannot do this work without you. Thank you for believing in our work, trusting us with your philanthropic dollars, and empowering us to change lives.

*Sincerely,*

A handwritten signature in black ink that reads "Katherine E. Thornton". The signature is written in a cursive, flowing style.

Katherine E. Thornton

*President, Reading Hospital Foundation*





# ENHANCING THE PATH TO RECOVERY

## One 'bite' at a time



*"It made me feel like I'm being heard and I'm not alone."*

**How do you eat an elephant? The answer is quite simple: one bite at a time. Just ask three-time stroke survivor Brian Hoffa.** While Brian was in the Reading Hospital after his second stroke, his wife, Loryn, brought him a stuffed elephant that he named "DJ." He then began asking each nurse and visitor, "How do you eat an elephant?" The answer became Brian's motto as he began his path to recovery.

Each year, nearly 800,000 people are affected by a stroke and a third of them are diagnosed with poststroke depression. The elephant symbolizes good luck, strength, power, and removal of obstacles — all of the things Brian and other stroke survivors need during their recovery. The elephant and Loryn's support combined with the persistence of Amy Beller, Reading Hospital Stroke Navigator, led Brian to share his story with other stroke survivors. "Your life has changed. Make no mistake about it, my life changed drastically the days that I had those strokes. Keep trying, don't give up! You can make things better as long as you're willing to try," expressed Brian.

*"Like there was someone I could relate to."*

Brian worked with the staff on T2 Neuroscience Unit to start a program for stroke survivors because having another person who has faced a similar situation can be a powerful motivator. Thanks to a grant from Reading Hospital Foundation, stroke patients are provided with a stuffed elephant, along with Brian's story as a reminder of strength and perseverance on their journey. The elephants are making a difference to our stroke patients and the feedback has been positive from patients, families, and staff. The staff at Reading Hospital and Reading Hospital Rehabilitation at Wyomissing now look for the elephant as a cue that the patient may need additional emotional support. Brian is now volunteering in the Peer Support group in our trauma and rehab areas because he wants to continue giving back.

To learn more about Brian, view his video here:  
<https://youtu.be/1TZvt-LSy-U>

*"It will help me keep going."*

Amy Beller, BSN, RN, CMSRN, SCRNP (left), was Brian Hoffa's (right) Stroke Navigator at the Reading Hospital. Brian confided if it wasn't for Amy's persistence after his stroke, he may never have shared his story. Together, Brian, Amy and the Stroke Care team at Reading Hospital brought Brian's inspiring story to life as the "How to Eat an Elephant" Stroke Rehabilitation program.



# ENRICHING LIVES WITH HOPE AND COMFORT

## Robes for Radiation

### PROGRAM STATS:

**620**  
ROBES



Delivered since 2021

OVER  
**\$7,950**  
RAISED



By Andi to start the program

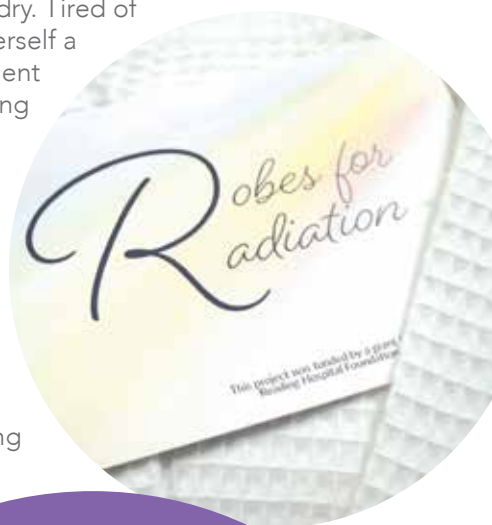
**80**  
PURCHASED



Reading Hospital Foundation has  
purchased 80 robes this year.

When Andi Fishlock was diagnosed with an aggressive form of breast cancer in 2020, she never thought her diagnosis would lead to developing a patient program. Throughout her treatments, Andi was frustrated by the hospital robes. Each day of treatment, she would head to the locker room where she was given an incredibly large, stiff, sterile-smelling hospital gown — a reminder of being sick. The gown was worn for a 15-foot walk to the radiation area and back before being placed in the laundry. Tired of yet another sign of being sick, Andi ordered herself a fluffy pink robe to wear on her radiation treatment days. The nurses and other patients loved seeing Andi comfortable. Sitting in the “fishbowl” waiting for her treatment one day, she asked a nurse how she could go about supplying robes for other patients to keep and use for their treatment. That day, *Robes for Radiation* was born. Andi hosted fundraisers, created a Facebook group, and was able to hand her first robe directly to a breast cancer patient in August 2021.

“It makes me feel good to know that I’m making a difference and that others going through cancer treatments know they are being thought about during one of the most difficult times of their lives.” *Robes for Radiation* began at Reading Hospital’s McGlinn Cancer Institute in 2022, and each robe is delivered to any cancer patient who must undress for treatment, regardless of their cancer diagnosis. Andi includes her story and a message of hope and strength with each robe, hoping that the patient feels a hug when they use their new robe.



“Andi contacted me through a mutual friend when she was interested in expanding *Robes for Radiation* to McGlinn Cancer Institute at Reading Hospital. I was thrilled to present her ideas to the radiation oncology team and am incredibly happy to be able to present these robes to our patients. Patients are so grateful to not have to wear the hospital gown each day. Working with Andi is also a blessing for me. She is a kind individual and Reading Hospital Foundation taking care of the financial part of the program has allowed her to focus on her mission without concern for how to continue to fund it.”

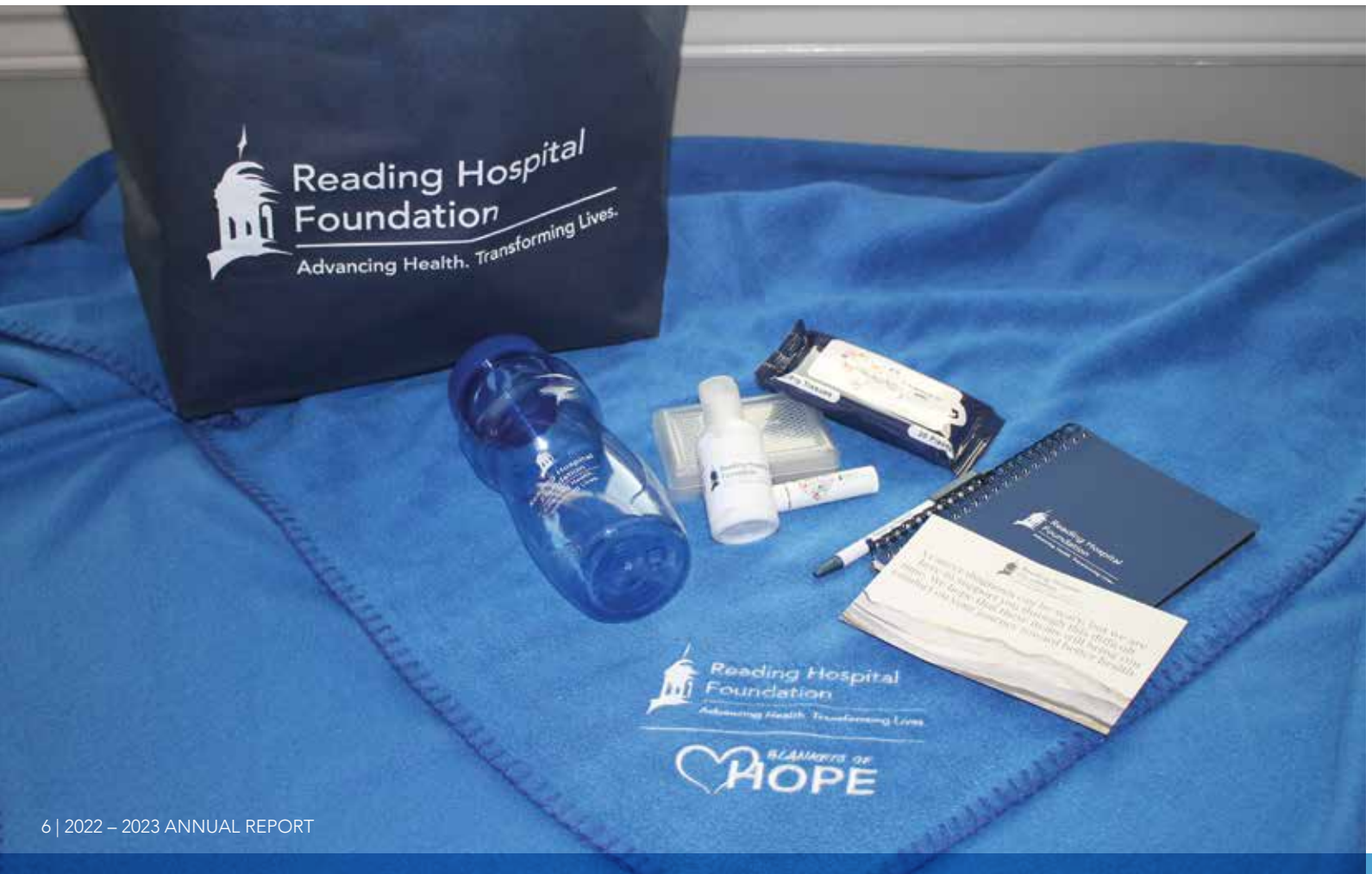
— Beth M. Leszkowicz, RT(T)



# McGlinn Cancer Institute Comfort Bags

A cancer diagnosis can be scary and overwhelming, but Reading Hospital Foundation and McGlinn Cancer Institute are here to support our patients on their journey to better health. On any given week, McGlinn Cancer Institute sees 25 – 30 newly diagnosed cancer patients. Many of their first visits include a two-hour conference with an interdisciplinary team of physicians, social workers, and genetic and research teams to review treatment plans and holistic needs. During these meetings, the patient and their loved one are in the same room, staring at the same four walls. It's easy to understand the anxiety that builds and the need to offer comfort and distraction.

Lisa Gooch, Director of Cancer Research, saw this need for a “comfort bag” to ease the anxiety and stress of the long, first appointment and subsequent treatment. Through your support, we have compiled patient comfort bags that are available to all McGlinn Cancer Institute patients. Reusable bags include a blanket, notebook, pen, lip balm, lotion, playing cards, and a water bottle. The items are for the patients to keep and use during their treatment to provide warmth, healing, distraction, and hope.





# Pediatric Donations

Is there anything better than making a child smile? When that child is in the hospital, that smile means the world. Reading Hospital Foundation has been fortunate to receive a large number of in-kind donations for our pediatric and NICU patients this past year. These thoughtful gifts have been distributed among our Pediatric Emergency Department, Pediatric Unit, and Neonatal Intensive Care Unit. From coloring books and Play-Doh to games and bubbles, these items make a difference to the children who are not feeling well and the families who are here supporting them.

Learn how you can make a child smile! View our Wish List by [clicking the QR Code below](#).



*smile.*



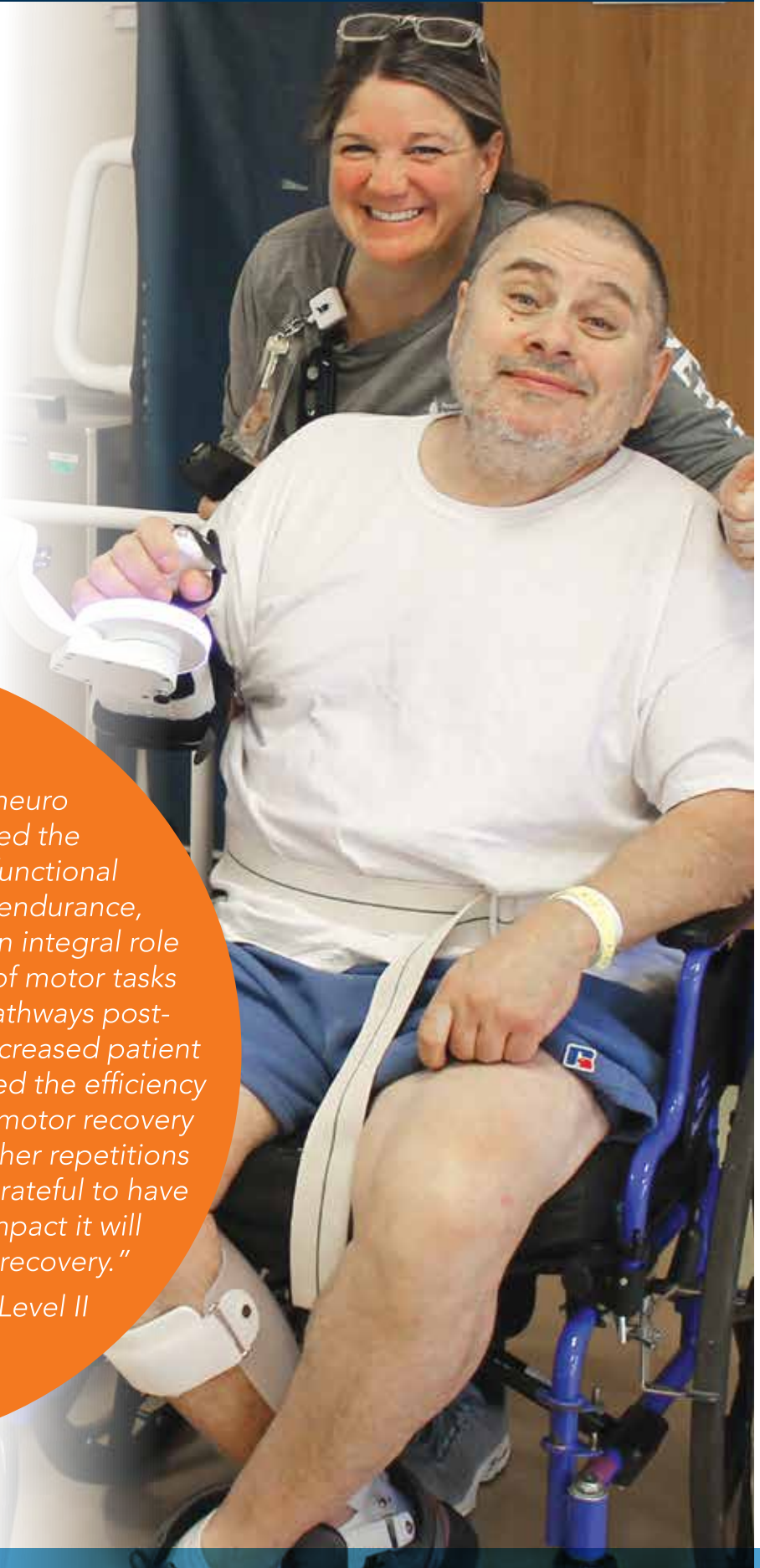
# Bionic Arm

## Reading Hospital Rehabilitation at Wyomissing

Rebuilding strength, mobility, and brain pathways for upper extremities can be a long road of consistent therapy sessions and exercises. Thanks to the support of our donors, Reading Hospital Rehabilitation at Wyomissing received the addition of BURT, Barrett Upper-extremity Robotic Trainer, to assist their patients in regaining the use and mobility of their upper extremities. BURT helps patients regain control and strength by eliminating gravity when needed, providing gamelike activities that are fun, and providing progress tracking for each patient. The therapists enjoy the ability to retrain the upper extremity in a variety of motions – to reduce fatigue while maximizing outcomes. Patients thoroughly enjoy the time they get to train with BURT and our therapists have seen positive outcomes with their patients. A stroke patient mentioned that he wished he had this treatment earlier in his recovery because he saw improvement quickly as compared to traditional therapy methods. This progress boosted his confidence and motivated him to continue pursuing treatment.

*"Utilizing the BURT with the neuro population has not only allowed the patients I treat make significant functional gains in upper extremity strength, endurance, and coordination, it has also played an integral role in improving attention and initiation of motor tasks to rebuild lost or weakened motor pathways post-brain injury. Using the BURT has also increased patient engagement in exercise and has boosted the efficiency of the therapist while leading to rapid motor recovery by allowing the patient to perform higher repetitions in a short amount of time. We are so grateful to have access to the BURT knowing the impact it will continue to make in our patients' recovery."*

*— Josh Schwenig, MS, OTR/L Level II*





# EDUCATION ELEVATES THE PATHWAY TO PASSION

INVESTING IN  
OUR PEOPLE

## Sullivan Lecture

Every year, physicians must complete Continuing Medical Education credits to retain their licensing. Many times, they complete their credits through dry webinars and speaker series that don't provide a sense of camaraderie or focus on the strains physicians have faced these last few years. The Sullivan Lecture Fund was created to bring speakers to Reading Hospital for our physicians and support their continued education and allow them the opportunity to learn, network, and connect with other physicians.

This past year, Vinti Shah, DO approached the Foundation about bringing Dr. Glaucomflecken to Reading Hospital for the Sullivan Lecture Series. Dr. Glaucomflecken, or William Flannery, is a comedian and ophthalmologist who rose to TikTok stardom during the pandemic for his medical satire, positive outlook on life, and helping physicians laugh at themselves. Is this what Reading Hospital physicians needed? The feedback speaks for itself:

*"The most enjoyable CME event that I desperately needed for my burnout. Thank you for the many laughs."*

*"Thank you so much, it was an excellent evening!"*

*"It was one of THE BEST events!"*

*"That was wonderful."*

*"That was something very special."*

Besides being a comedian, William Flannery is also a survivor — diagnosed twice with testicular cancer and a sudden cardiac arrest in which he still doesn't know the reason. His mix of his time as a patient and a doctor gives him a unique perspective for physicians to think about their work as more than just finding a diagnosis and a cure. He implores physicians to look at the entire patient and their families, treat with compassion, and remember that the patient has a life outside their office doors.

Over 300 physicians attended this evening event which included a networking reception prior to the program. The physicians were thrilled to engage with each other outside of hospital walls, reconnect, re-energize and just breathe. The Sullivan Lecture Fund made this evening possible, and our physicians are incredibly grateful.



# High School Intern to Full-time Program Supervisor, Street Medicine

In 2014, Reading Hospital started the High School Internship program, to give Reading High School students a comprehensive look at careers in healthcare. The program has grown from six students from Reading High School to 29 students from 12 different Berks County High Schools.



Yomari Salvador-Rivera was one of the six high school interns during the program's second year. Yomari moved to Reading from New York City during her tenth grade year. In eleventh grade, Yomari heard the announcement for Reading Hospital's new internship program and immediately applied. After interviewing with Desha Dickson, Vice President, DEI and Community Wellness, Yomari was one of the six students offered the internship during her senior year. This one "yes" started a domino effect of positive experiences in Yomari's life.

**The internship was the first professional experience for Yomari where she was viewed as a colleague, not a student.**

Yomari gained confidence and determined the path she wanted to follow after high school. Through the rotations of the internship, she learned the clinical, administrative, and clerical sides to working at a hospital. The internship also offered workshops for life skills such as budgeting, applying to college and careers, and advice to help her succeed. With these skills and mentors, Yomari was ready to continue her path as a first-generation high school graduate and college student.

After completing the internship at Reading Hospital, Yomari went on to Cedar Crest College where she majored in Business Administration with a healthcare focus. Throughout her four years, Yomari remained in contact with Desha. During college, Yomari worked per diem for St. Luke's Hospital. It was a perfect match for Yomari's passion and skill set. From her first day of getting her intern badge, to her first day as a full-time employee and getting an office in the same area of the hospital that she was an intern, her journey came full circle.



*Yomari Salvador-Rivera as a High School Intern in 2015 and today as Supervisor, Street Medicine.*



# Increasing Access to Mental Health First Aid Training

**Mental Health is at the forefront of a lot of discussions in healthcare, especially with the increased awareness brought on by COVID.** However, treating mental health issues isn't the same as treating a broken bone, burn, or cut. It takes specialized training to recognize when someone is having a mental health crisis, and we are providing our community with that knowledge.

Reading Hospital's Community Wellness team recognized the need for Mental Health First Aid training. With funding from Reading Hospital Foundation, Reading Hospital staff members received Adult Mental Health First Aid Instructor Training.

"Mental Health First Aid Training helps attendees, even those with no previous instruction, feel empowered to identify, understand, and respond during a mental health challenge. The training allows for an informed, empathetic, and supportive society, equipped to address mental health needs," said Chelsie Ober, Manager of Emergency Preparedness & EMS Outreach.

The training covers common signs and symptoms of mental illness and substance use, how to interact with a person in crisis, and how to connect the person with help. Trained MHFA instructors provide the training to community leaders such as employers, faith leaders, police officers, community members, hospital staff, and first responders.

The course teaches how to apply the ALGEE action plan:



Assess for risk of suicide or harm



Listen non-judgmentally



Give reassurance and information



Encourage appropriate professional help



Encourage self-help and other support strategies

This professional development opportunity is making a lasting impact on patients of Reading Hospital and the Berks County Community for years to come. By addressing this need in our community, we can help reduce the stigma of mental health and empower individuals to get the assistance they need and encourage our community to help each other.





# Nursing Excellence

Reading Hospital is committed to providing an environment that fosters nursing excellence through professional and personal growth. The Nursing Excellence Fund supports nurses in their lifelong commitment to learning, and personal and professional development through advanced degrees, conferences, and research opportunities. This past year, 29 nurses attended 12 conferences across the country to learn about new techniques, technologies, and create connections with others in their field. Reading Hospital Foundation also sponsored four speakers to present, educating another 200 Reading Hospital nurses. The Nursing Excellence Fund helps our nurses remain at the forefront of their profession while teaching and learning from others to ensure high-quality and compassionate care for all patients.

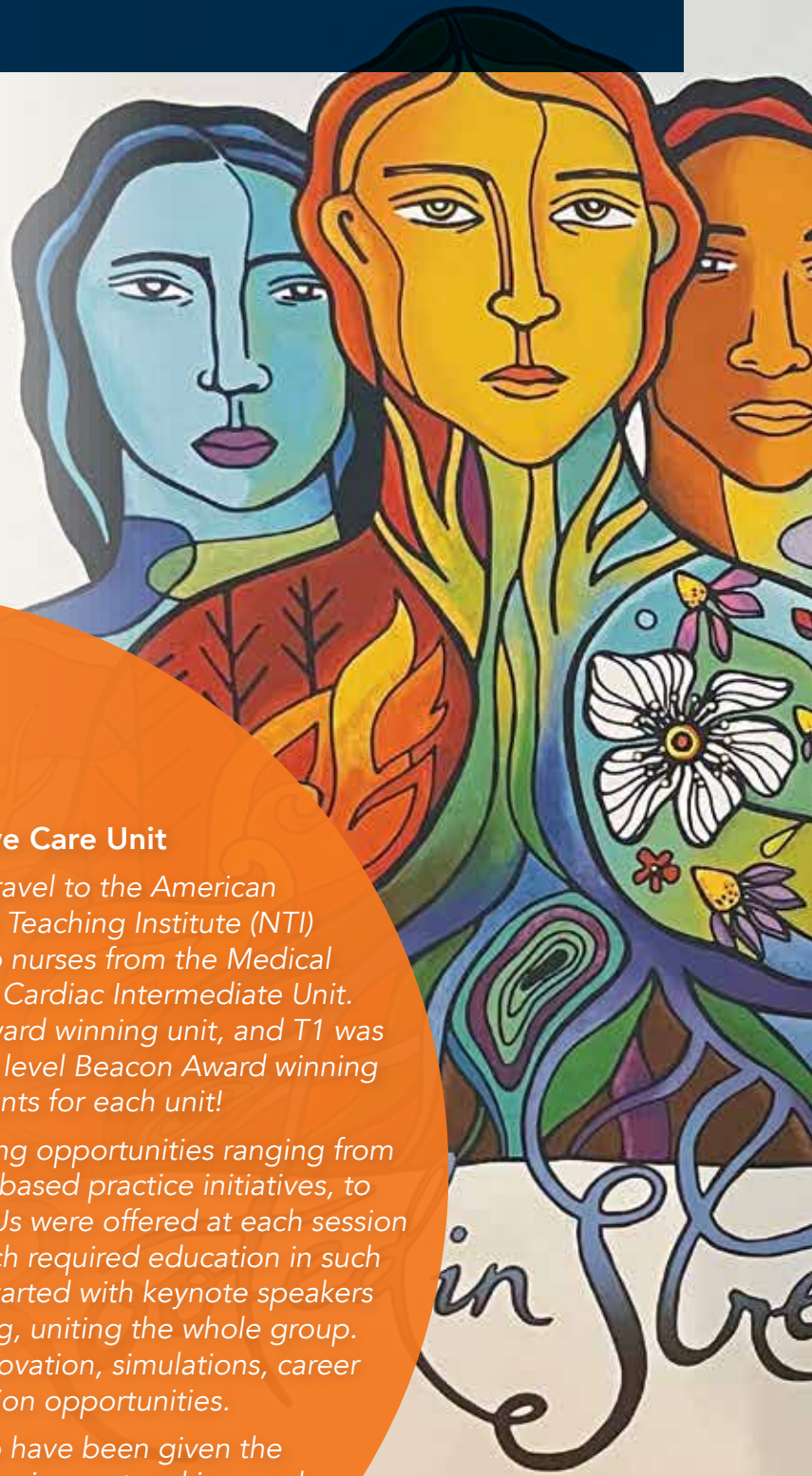
**Ashley Byassee,**  
**BSN, RN-BC**

**Unit Director, Medical Intensive Care Unit**

*"In May, I was given the opportunity to travel to the American Association of Critical Care Nurses National Teaching Institute (NTI) & Critical Care Exposition. I traveled with two nurses from the Medical Intensive Care Unit, and three nurses from T1's Cardiac Intermediate Unit. MICU was recognized as a silver level Beacon Award winning unit, and T1 was recognized for their initial designation as a silver level Beacon Award winning unit—both were huge accomplishments for each unit!"*

*This conference was packed full of amazing learning opportunities ranging from current practice trends in critical care, evidence-based practice initiatives, to leadership and personal growth opportunities. CEUs were offered at each session that was attended, and the ability to gain so much required education in such a short timeframe was amazing! Each morning started with keynote speakers that were energizing, motivational, and inspiring, uniting the whole group. Each day exhibitors shared new technology innovation, simulations, career advancement, and continuing education opportunities.*

*I feel extremely thankful and privileged to have been given the opportunity to spend three days at NTI, learning, networking, and growing closer to my team, while simultaneously celebrating the phenomenal work that both units put in to deserve a silver Beacon Award from the AACN."*





**Michelle Keller,  
MSN, RN, AGCNS-BC  
Clinical Nurse Specialist,  
Surgical Division**

*"I can't say enough about the overwhelming support from the Foundation for our attendance at the National Association of Clinical Nurse Specialist annual conference. This support allowed me to present the Clinical Nurse Specialist team's program, CNS Quality Bootcamp. This program gives our nursing teams a strong foundation of practice to support and provide quality care to our patients. Not only did I get to share our work and our outcomes, I also was able to connect and network with other Clinical Nurse Specialists from across the country. It was a great experience and opportunity for professional growth!"*

**Kelsey Miller, MSN, RN,  
AGCNS-BC, OCN  
Clinical Nurse Specialist,  
Oncology & Infusion Therapy**

*"Thank you for supporting my first in-person conference attendance. The CNS team had a great experience in Portland Oregon at NACNA and my podium prestation was a great success. The editor of the CNS journal would like us to publish! Please share my gratitude!"*

**Jessica A. Borthwick,  
MSN, RN, AGCNS-BC,  
CMSRN, CHFN-K  
Clinical Nurse Specialist**

*"I am overwhelmed with gratitude for the Foundation's support for attendance and travel to the National Association of Clinical Nurse Specialists annual conference. In addition to many pearls of wisdom from the presentations and workshops offered, my favorite part was networking with other clinical nurse specialists from around the country. I created lasting relationships and have continued the connections virtually!"*





# Reading Hospital School of Health Sciences Elevating Healthcare Possibilities

**Reading Hospital School of Health Sciences prepares tomorrow's healthcare workers and educators.** Allison Bossler, MSN, RN, started her healthcare career as a patient transporter over 15 years ago. She was so inspired by the compassion of the nurses that she enrolled in Reading Hospital School of Health Sciences nursing program in 2012. Allison was not only training to treat the whole patient, she was given opportunities for leadership and working in the community. After graduation, she took a position on a progressive care unit and quickly started working on her MSN with the help of Reading Hospital's education assistance program.

In 2018, Allison was presented with an opportunity to join the faculty at Reading Hospital School of Health Sciences. She now works alongside the educators who helped her grow into the person she is today. Her journey is full-circle and a true testament to the power of a great education.

Allison's success story isn't uncommon for many of our Reading Hospital School of Health Sciences graduates. Last spring, 63 students graduated and 53 of them secured positions at Reading Hospital. We are proud to be a pipeline of new healthcare professionals into Reading Hospital because we know they are trained to be compassionate, competent, and professional.

Reading Hospital School of Health Sciences understands the financial considerations when pursuing an education in healthcare. The school provides scholarships to students to assist their journey to a healthcare career. In the 2022-2023 academic year, a total of \$245,800 was dispersed in scholarship funds.



*"The education that I received was beyond what I could have imagined. The faculty truly cared about the students and their success in the program. As I write this today, more than 5 years into my educator journey, I am honored and proud to provide education to our future nurses. I can only hope that I may inspire them as my instructors, coworkers, and fellow Reading Hospital nurses have inspired me."*





# ENHANCE EMPLOYEE EXPERIENCE & DEVELOPMENT

SUPPORTING THOSE  
THAT CARE FOR YOU

## Stoggles

During the height of the COVID 19 pandemic, the combination of masking and safety glasses was foggy, hot, and downright uncomfortable. Sarah Luber, DO, Tower Health Wellness Medical Director found a company that had a solution. Stoggles (stylish goggles) was founded in 2020 to help those in the healthcare field find comfortable, antifog, lightweight, impact-resistant, and stylish PPE. Reading Hospital Foundation purchased 60 pairs for our physicians.



## Global Health

In 2012, three Family Medicine faculty came together to discuss the need for a global health experience for their medical students and residents. That year, they began annual trips to impoverished countries to provide medical assistance to the local population, while teaching their students the basics of medicine. Family Medicine teams have visited Haiti, South Africa, and most recently, the Dominican Republic. Due to COVID, the trips did not take place for a few years, but in 2022, they returned to the Dominican Republic and invited the Emergency Medicine residents and physicians to join them.

The people of the Dominican Republic were ecstatic to see them back, as they were the first group of American physicians to return post-COVID. Reading Hospital staff work alongside government clinics and local physicians to augment the care they receive and provide resources that may be difficult to access.

William Lovett, MD has overseen the program and enjoys the opportunity to not only learn the culture but bring medicine back down to the basics of healing and caring. Residents are required to treat patients with limited resources and are given the opportunity to focus on the ailments and the patients' needs. This experience increases the residents' cultural competence, helping them take better care of their patients once back at Reading Hospital and in their future practices.



# Medical Humanities Curriculum

*"It finally happened, the doctor came in, barely said hello, sat down at his computer, asked a few questions without ever looking at me, said something to the assistant and got up and left. I am not sure he even knew I was there and could not have been in the room more than 5 minutes. I will never go back."*

Over the last half century, medicine has moved to a focus on physician efficiency rather than developing a connection with patients. This new way of medicine leads to patients receiving less nurturing care and physicians experiencing burnout. In 2020, Peter Schwartz, MD, Chair Emeritus of Obstetrics and Gynecology, saw the need to reinvigorate the humanistic approach in the practice of medicine. His approach was to create a Medical Humanities Curriculum at Reading Hospital with support from Reading Hospital Foundation.

The Medical Humanities Curriculum includes a well-rounded set of topics:

- Medical Ethics
- Professionalism
- Personal Development
- Narrative Medicine
- Communication Skills
- Diversity, Equity, and Inclusion
- Spirituality in Medicine
- History of Medicine

Dr. Schwartz recruited colleagues to create a Reading Hospital Medical Humanities Curriculum team that has been working together to determine the best ways to teach this curriculum without being obtuse or boring. In the past three years they have brought Medical Humanities to life with events, such as "Five Days to Friday," a multimedia performance about current challenges to physician mental health; "Art of Medicine," where over 20 physicians displayed their artwork, read poetry, played an instrument, or sang; "A Night of Storytelling," physicians telling stories to other physicians about their work and round table discussions; along with guest speakers throughout the year.

The Medical Humanities Curriculum is making an impact on our physicians at all stages in their career. Many have responded positively to the events thanking the committee for bringing these issues to light and giving them a space to openly discuss the struggles they face as physicians.

*Physicians, Residents, and Medical Students enjoying the inaugural "Night of Storytelling, For Physicians by Physicians" hosted at the DoubleTree by Hilton – Reading.*



Peter Schwartz, MD, Chair Emeritus of Obstetrics and Gynecology and Caitlyn R. Moss, MD, Academic Hospitalist  
Director of Continuing Medical Education, Department of Medicine  
Director of Curricular Development, Internal Medicine Residency





# CORE Volunteer Program Relaunches with T-shirt Spirit

Every three years, Reading Hospital's Community Wellness department conducts a **Community Health Needs Assessment**. In its last iteration, it identified Health Education and Prevention as a key area of need. This led to a rebranding of our community engagement efforts from siloed, individual programs, into a collective known as CORE — Community OutReach and Engagement.

These programs include a variety of opportunities for hospital staff to give back to our community through in-person and virtual health education programs, health fairs, speakers bureau events, disease prevention screenings, and employee volunteer opportunities.

Many of our employees have enjoyed the opportunity to volunteer at local non-profits for a day and learn about other organizations and how we can collaborate for the health of our community. Each volunteer receives a CORE t-shirt, funded by Reading Hospital Foundation, as well as lunch as a sign of appreciation and gratitude for their participation. The t-shirt also helps with team spirit and unity as members from different departments come together for a common good. As we move forward, there will be more opportunities for our staff to interact with the greater community.



# COMMUNITY OUTREACH AND ENGAGEMENT Street Medicine

**Street Medicine continues to improve and save the lives of our most vulnerable community members.** Christine Nepple, CRNP, joined the team as Clinical Director bringing new energy, ideas, and her past experience in emergency medicine. Along with Darla Harris, Yomari Salvador-Rivera, and our amazing team of volunteers, Street Medicine is working diligently to expand their outreach and continue helping individuals like Patient X and Patient Y.

The Street Medicine team was made aware of Patient X, residing on a porch with his ailing partner and his cat. His income was no longer sufficient to cover the increased rent, and he and his partner were subsequently evicted. Both individuals required immediate medical attention but were not agreeable to care or shelter due to their unwillingness to leave their cat.

Street Medicine worked with Family Promise to locate an emergency shelter for the patient and his partner, and Animal Rescue League to procure foster care for their cat. After a thorough discussion, the patient agreed to us calling 911 on his behalf. Patient X agreed to go to a shelter after his partner was placed in a safe location receiving long-term medical care and their cat was placed in a safe home. Patient X has flourished since being assisted and given access to medical care. To optimize his health, he has reconnected with cardiology, primary care, physical therapy, and pulmonology. Due to his medical conditions, he could initially only take a few steps with a walker; he is now walking independently with a cane, losing weight, and looking forward to getting a job at the shelter. During his recovery, he has been in contact with his partner and his cat's caregiver to keep track of their progress. With the aid of Street Medicine and the support and resources provided by the shelter, he is on the right path to independence.

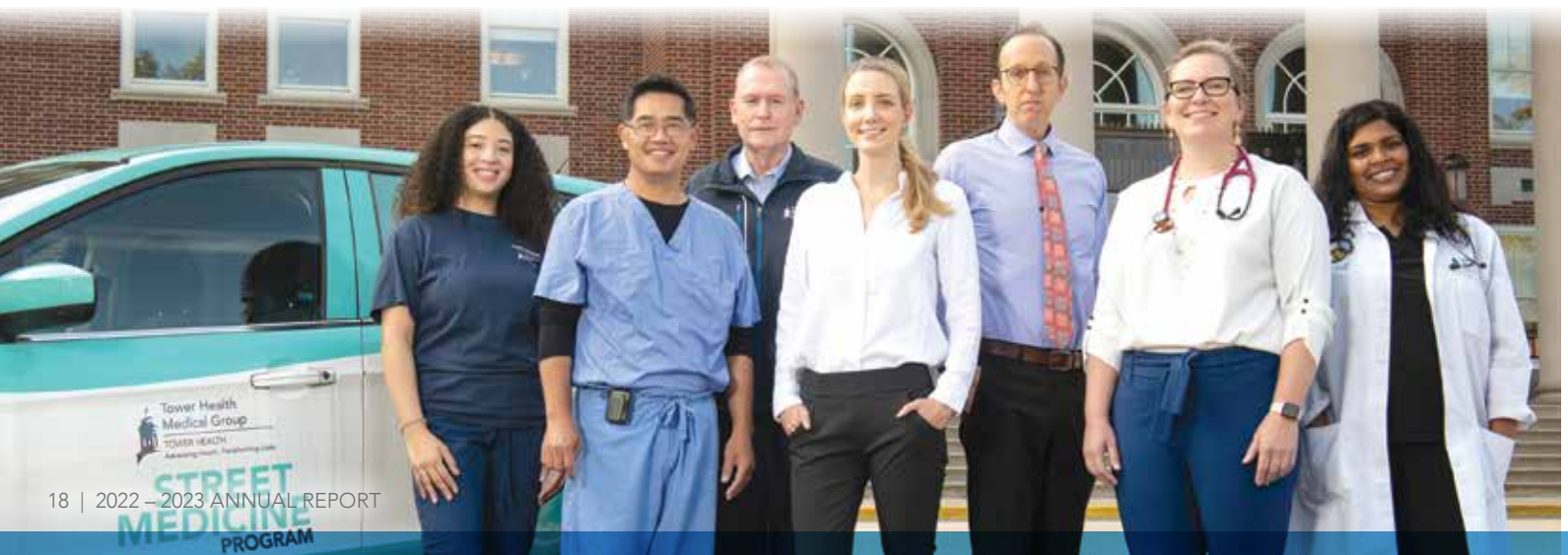
**The contribution of the Street Medicine team and shelter staff to the patient's remarkable progress demonstrates the positive impact of comprehensive and equitable care for individuals experiencing homelessness.**

Patient Y met the Street Medicine team in the mountains while she was living in a tent encampment. She struggled with substance abuse for two decades and was homeless for the majority of those years. She had been suffering from chronic, debilitating pain for a long period of time and had been self-medicating to relieve it. Patient Y required a number of life-changing surgeries, but her struggles with substance abuse and her housing situation posed significant barriers to her care. Street Medicine referred Patient Y to Addiction Medicine, but she declined, claiming that nothing had ever worked for her despite many years of trying. One day, she decided to give it another try, and because of her resolve, she recently celebrated one year of sobriety.

After 20 years, Patient Y has regained control over her life. Now, free from substance abuse, she was able to address her housing situation and focus on her recovery. With her newfound stability and support from Street Medicine and local resources, she was able to secure and furnish her apartment, and is delighted with her new home. She gradually received the medical care and resources necessary to treat her chronic pain. She has recently recovered from her surgeries and is doing well. She continues to rebuild her life by focusing on self-care and her overall wellness. She has enrolled in therapy sessions and has been exploring job opportunities in the hopes of finding stable employment. Her commitment to her recovery allowed her to improve her life and break the cycle of homelessness. Now, she serves as an inspiration to others in similar situations. Her journey serves as a powerful reminder that with the right support, determination, and resilience, progress is possible.

*Street Medicine Team: Yomari Salvador-Rivera, Supervisor, Street Medicine; Hai Nguyen, DO, Hospitalist; Eugene York, MD, Clinical Professor of Medicine West Reading Campus at Tower Health; Sarah Luber, DO, Associate Designated Institutional Officer of Wellness and Professional Development.*

*Reading Hospital Internal Medicine Faculty; Anthony Donato, MD, MHPE, MACP, Associate Program Director, Internal Medicine; Christine Nepple, CRNP, Clinical Director, Street Medicine; Pavani Pagolu, MD, Faculty, Internal Medicine Residency. Missing from photo, Darla Harris, RN, Case Manager, Street Medicine.*





# Mobile Mammography Coach Celebrates First Year

- 97 screening events
- 56—the average age of the patient screened
- 790 patients screened
- Breast cancer accounts for 12.5% of all new cancer cases in the world.
- 1 in 8 women will be diagnosed with breast cancer in their lifetime.
- 81.3% of Mobile Mammography patients live in Berks County.

FIRST YEAR ACCOMPLISHMENTS

The Mobile Mammography Coach has been traveling through Berks County this past year, providing life-saving mammograms to women in our community. Since its arrival in September of 2022, the Coach has provided 790 screenings throughout 97 events. Each month the Coach is scheduled for appointments at Reading Hospital, Berks Community Health Center, Community Health and Dental Care, and Diamond Credit Union, as well as various other community-based organizations, creating a constant reminder to community members to schedule their mammogram. With 25 community partners, the Coach is making an incredible impact, spreading awareness, and helping women in our community receive the preventive care they need.

*"Fabulous experience on the coach! Your team is doing a great job; I felt comfortable, respected, and appreciated the convenience of it. Definitely a huge asset to the hospital and the patients it serves."*

*"The process was so smooth and easy!"*

*"I tried the service last week. It was great. Very convenient and easy to use. Thanks for bringing this to our community!"*



## Family Health Care Clinic and Women's Clinic

The Family Health Care Center at Reading Hospital serves over 6,000 patients from our community. Last year, the staff realized that their Electronic Sphygmomanometers were no longer holding their charge, thus not reading blood pressures correctly. The old machines would stop working halfway through their procedure, thus elongating visit times, frustrating staff and patients. New electronic sphygmomanometers, funded by Reading Hospital Foundation have made a tremendous impact on the patients and staff at the Family Health Care Center.

The Women's Health Clinic sees approximately 100 patients per day across their 8 providers. Many of their patients are pregnant, needing Fetone Monitors to check their fetus's heart rate. If the heartbeat is not heard, it is concerning for the provider and allows for next steps to be taken immediately. All patients must also have their blood pressures checked for heart health and safety, especially if they do not have easy access to a primary care physician.

This equipment is used hard by providers each day, as well as their medical students assisting them. The Reading Hospital Foundation was able to supply newer equipment that is helping to increase provider efficiency, creating higher patient satisfaction.



## OTHER HIGHLIGHTS

HELPING PATIENTS  
RECLAIM THEIR LIVES

### Celebrating Breast Cancer Survivors

Each October, we recognize **Breast Cancer Awareness Month**. As part of our celebration and continued need to raise awareness, McGlinn Cancer Institute and Reading Hospital Foundation host Celebrating our Breast Cancer Warriors, a community education event to promote early detection and celebrate those who are currently fighting or have beaten breast cancer. Breast cancer survivors inspire others with their resilience. Survivors play an essential role in advocacy and support, emphasizing the importance of regular screenings and the need for continued research to improve outcomes and reduce the impact of this disease on individuals and their loved ones.



*"This event was an opportunity for cancer survivors to visit McGlinn Cancer Institute — not for any treatment or doctor follow-up appointment, rather, for a positive, lighthearted array of fun activities and educational sessions offered to provide tools that focus on supporting continued health attainment through their survivorship walk. The event is a show of support and encouragement to each in attendance while conveying that we, McGlinn Cancer Institute, are here for them along their journey."*

— Lisa Marie Gooch, MSN-NLA, RN, CCRC,  
Director Cancer Research,  
Genetics and Cancer Care  
Coordination

Celebrating patient survivorship after breast cancer treatment is a momentous occasion. Attendees and their families were treated to tours of the Mobile Mammography Coach, raffles, massages, and reiki sessions. Survivors and fighters also had the opportunity to connect with each other, a special group that can relate and encourage each other to continue fighting and raising awareness. Physicians and other Reading Hospital staff attended to reconnect with current and past patients. These connections are vital for post-treatment care, ensuring ongoing monitoring, support, and timely interventions, as regular check-ups play a crucial role in maintaining overall health and peace of mind. McGlinn Cancer Institute's approach to comprehensive breast cancer prevention, detection, treatment, and supportive services is complete care.

## Carnival of Joy in the Pursuit of Recovery Reading Hospital Rehabilitation at Wyomissing

When recovering from a traumatic injury, stroke, amputation, or learning to live with Parkinson's, Multiple Sclerosis or other neuro and muscular degenerative disease, positivity, fun, and laughter are part of the prescription. To help improve patient satisfaction and overall well-being of the patients at Reading Hospital Rehabilitation at Wyomissing, the staff came together to create an annual carnival with games and activities designed for their patient population. Held during National Rehabilitation Week, the carnival includes the very popular "pie in the face," tattoos, fishbowl toss, ladder ball, and fortune telling. Patients and their families can attend and enjoy treats from an ice cream truck while enjoying time outside in a relaxed environment, which is great for their mental well-being. This annual event sponsored by Reading Hospital Foundation is something our staff looks forward to each year as a morale booster for themselves as well as a great way to show their patients that life doesn't stop with an injury or diagnosis.





# Trauma Survivor Day Inspires Healing

Surviving a traumatic experience, especially one that results in an injury, can be long and challenging. However, by coming together, survivors can inspire and empower one another, sharing their anecdotes to recovery and building a network of support.



Each year, Reading Hospital Foundation sponsors Trauma Survivor Day. This event honors the strength and resilience of our trauma survivors and showcases the gratitude for their families, healthcare providers, and first responders for their role in saving and healing lives. Survivors share their personal stories, discuss the importance of self-care, and have the opportunity to meet their care team. Meeting their care team is a highlight for Reading Hospital staff and first responders because many times, they do not get to see their patients after they leave their care. Seeing a patient's success is rejuvenating to medical staff, renewing their passion for helping others.

## DID YOU KNOW?

Reading Hospital is the first and only trauma center in Berks County?

Reading Hospital is the busiest single-site emergency department in Pennsylvania and the 32<sup>nd</sup> busiest in the nation. Roughly 120,000 patients are seen annually with 3,500 patients referred to the Trauma Center. The most common injuries account for falls, motor vehicle crashes, violence-related injuries and motorcycle crashes. The Center is an accredited Level I Trauma Center with 24/7 on-site trauma surgeons, emergency medicine, and other specialty services.

## Wayne's Warriors: A Run for Life and Hope

Wayne Goodwin, a beloved member of the Birdsboro community for over two decades, embodied the spirit of a loving family man. He shared 38 years of his life with his dedicated wife, Colleen, and together they explored the world, collected sports cards, and cheered passionately for their Philly sports teams. Wayne was a man of few words but an immense heart that touched the lives of all who had the privilege to know him. His friends weren't just friends; they were extended family.



In February of 2021, the Birdsboro community received heart-wrenching news: Wayne had been diagnosed with Small Cell Lung Cancer at the age of 62. What began as a seemingly common ailment, pneumonia, turned into a life-altering battle against this aggressive form of cancer. Wayne began treatment at the McGlinn Cancer Institute – Reading Hospital quickly after his diagnosis and received kind, compassionate, high-quality care. Despite receiving the most current treatment, Wayne passed away just six months after being diagnosed in his Birdsboro home surrounded by the warmth and love of his family and friends in August 2021.

Wayne's journey and the impact of his battle with Small Cell Lung Cancer did not go unnoticed. His legacy inspired the birth of Wayne's Warriors, an organization dedicated to ensuring that other patients don't walk this path alone. Started by his wife, Colleen, Wayne's Warriors seeks to enrich the lives of those battling Small Cell Lung Cancer and to be a beacon of hope, and strength. To help raise funds for McGlinn Cancer Institute – Reading Hospital, they hold an annual 5K race in Wayne's memory to celebrate his life and cheer on those still battling. Interested in hosting a fundraiser to support Reading Hospital Foundation? Learn more (<https://towerhealth.org/locations/reading-hospital/reading-hospital-foundation/ways-give/hosting-fundraiser>)

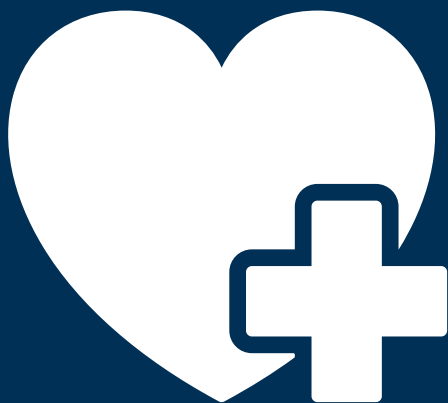
Photos:  
Jeff Tantom, S4M Photography



# VOLUNTEERS

Enhancing the  
Healing Process

Reading Hospital cannot function without physicians, nurses, administration, dietary, and environmental services. However, volunteers are instrumental in the everyday happenings at Reading Hospital, ensuring patients and visitors get where they're going, clerical tasks are completed, and so much more. We would like to introduce you to four of our amazing volunteers and learn about their experience.



SUE O'NEIL

*Sue O'Neil, or Rockstar Office Volunteer, as she's affectionately called in the Volunteer Services Office, has been volunteering with Reading Hospital since 2014.* Sue was an elementary school teacher and reading specialist in Lancaster and Berks Counties before retiring. She has always had an affection for the hospital environment — the people, the hustling, the healing — but she was always too squeamish to pursue a clinical career. She knew when she retired that she would volunteer at Reading Hospital, especially after volunteering in Reading's psychiatry department during her college years.

Sue is the type of person who loves to try new things and needs to stay busy. When she began volunteering, she started in the Emergency Department. She assisted patients signing in, directed visitors to their loved ones, restocked supplies, and helped train other volunteers. Her favorite thing to do was to provide company and comfort to the caretakers who were there with the patients because the patients were busy with doctors and nurses, and oftentimes, the caretakers were sitting and waiting. She enjoyed these interactions and getting to know people from all walks of life that she may not have otherwise met.

When COVID hit, volunteers were no longer allowed on patient floors. Sue was able to work in the Volunteer Services offices learning the clerical side of volunteer operations.

Being a volunteer at Reading Hospital, Sue feels valued and appreciated. Her work is rewarding, and she hopes that others will consider volunteering. Sue knows there's a place for everyone at Reading Hospital where they can use their skill set and continue to learn.



TERI TRAYER

*Teri started her volunteer career at the age of 14 as a "candy striper" at St. Joe's Hospital in Reading.* She was able to interact with patients, serve them food, help them to the restroom, and walk with them for exercise. She knew at a young age that she wanted to work in the clinical field. She even won a writing competition with her piece about wanting to be a pediatrician when she grew up. Teri trained at St. Joe's and became a radiographer working at St. Joe's, private offices, and Reading Hospital during her 40-year career, in which her last 20 years were spent working in mammography. While raising her daughter,

Teri worked part-time but still found time to volunteer in the E Ground gift shop and Emergency Department.

After fully retiring in 2012, Teri returned right away to volunteer. She loved her work and couldn't imagine not doing something related to the hospital. She enjoys volunteering because she sees people in a different light and has more time to spend with them, talk with them, and enjoy their presence. She finds volunteering to be incredibly therapeutic in meeting people from diverse backgrounds, learning their stories, and helping them in these small moments of their lives.

During COVID, volunteering was a lifeline for Teri. She was able to assist in the Volunteer Services office, and the ability to talk to other people helped her through those years she was unable to be on the hospital floors. Teri recommends everyone try volunteering for the feeling of gratification and ability to impact patients while feeling appreciated and continually learning from others.



## MIKE REPPERT

If you have ever been to the Reading Hospital Infusion Center, you've most likely seen Mike Reppert stocking shelves, chatting with patients, and telling a joke to make a tired nurse smile. Mike is a Vietnam Veteran who spent 36 years working for Lentz Milling Company after returning from the war. He proudly showcases his service and support for our veterans on his volunteer vest.

When Mike retired in 2011, he wanted to give back. He started volunteering at Reading Hospital in patient transport. He was able to take patients all over the hospital and loved the interactions, telling stories, and getting to know the patients. Unfortunately, as times changed, volunteers were no longer able to transport patients throughout the hospital and Mike took some time off from volunteering.

When Mike's wife, Tracey, was diagnosed with cancer and began her treatment at McGlinn Cancer Institute, Mike was deeply affected by the professionalism, empathy, and care that the nurses and staff provided. He knew he wanted to come back and volunteer. For the past six years, Mike has been a staple in the Infusion Center, stocking shelves, filling carts, guiding

patients, and whatever else is needed. He finds comfort in helping others and making them smile, whether if that's by delivering a blanket or one of his bad jokes.

Mike also enjoys giving back to the nurses and staff of the Infusion Center because he sees every day how hard they work and how emotional their role can be. Each week, he delivers candy to everyone and each year, he hosts a holiday party for them at his home with his wife. Mike finds his volunteer work incredibly rewarding and hopes that he has helped people through difficult times and maybe even help put them on a better path.

## HAILEY ADDISON

Hailey Addison is the embodiment of making lemonade from lemons. As a current nursing student at Reading Area Community College, she applied and interviewed for a Patient Care Assistant position at Reading Hospital last year after graduating high school. As she was in the final stages of the interview process, she learned she couldn't start the position because she was still under 18 years of age. Hailey took this in stride and contacted the Volunteer Services Office to inquire about the summer internship program. The opportunity helped her navigate the world of healthcare and explore the opportunities available to her as she pursues her RN.

"It's been a blessing." Hailey describes her ability to start her career at Reading Hospital as an intern and now as volunteer as incredibly beneficial as she feels much more prepared for when she does start her work as a PCA once she turns 18. She volunteers on N2W and assists with stocking isolation carts, organizing and stocking the storage areas, wiping areas down, and interacting with patients as much as possible. She is grateful that she can observe the nurses and other PCAs because it has confirmed her choice to study nursing. Hailey is a dedicated volunteer who is loved by the staff on N2W who can't wait to have her on as an employee this winter.

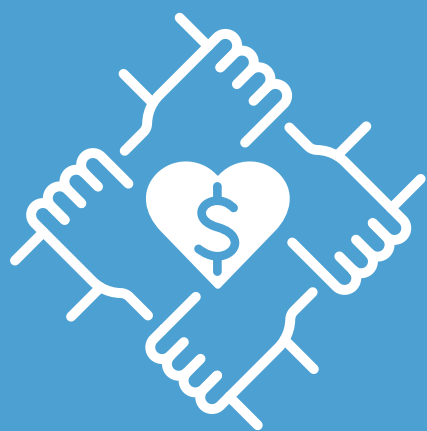
Learn more about volunteer opportunities at Reading Hospital:  
<https://towerhealth.org/locations/reading-hospital/volunteers-reading-hospital>



# THE FRIENDS OF READING HOSPITAL

Elevating our Hospital in the Community

For more than 130 years, The Friends of Reading Hospital, an association of dedicated community leaders, has been focused on raising funds and providing grants to support and enhance Reading Hospital's promise of *"Advancing Health. Transforming Lives."* As times have changed, The Friends of Reading Hospital have adjusted and adapted. This past June, The Friends of Reading Hospital have decided to join with Reading Hospital Foundation, focusing on funding staff morale, patient enhancement, and community wellness initiatives. We are proud to work together to make all aspects of Reading Hospital and our community happier and healthier.



## THE FRIENDS PATIENT FINANCIAL ASSISTANCE FUND SUPPORTS CANCER PATIENTS AT McGLINN CANCER INSTITUTE

A cancer diagnosis can impact an entire household. While the focus should be on the patient's path to recovery, often financial hardships takeover. The Friends of Reading Hospital partnered with McGlinn Cancer Institute to create The Friends Patient Financial Assistance Fund to help remove financial barriers for families facing cancer. The fund provides financial relief for non-medical necessities to patients who are currently undergoing chemotherapy, radiation, or surgery.

After a cancer diagnosis, patients at McGlinn Cancer Institute complete a psychosocial distress screening and are asked to report concerns in a variety of areas. On average, McGlinn Cancer Institute screens 1,200 new patients per year. One third of those patients voice financial concerns before treatment begins. After showing proof of income as well as a copy of the bill, the social worker and team at McGlinn review the patient's story as a part of the application process.

The Friends Patient Assistance Fund supported a 32-year-old woman who was provided \$600 in Redners gift cards. She is undergoing treatment for breast cancer. Her husband had to quit his job to stay home to care for their two children. He remains out of work while she continues her treatment, which includes sporadic hospital stays. The grocery gift cards were able to help alleviate some worry over being able to put food on the table for their family as they adjusted to their new normal.

The Friends Patient Assistance Fund also helped a 54-year-old woman diagnosed with multiple cancers. Due to her diagnoses and treatment, she has been unable to work. Her spouse has reduced work hours to help with her care, and, due to the deduction in their annual income, their electricity was shut off for non-payment. They were awarded a \$600 grant from The Friends which allowed them to work with their electric company to restore power and set up a payment plan for the future.

To continue funding The Friends Patient Assistance Fund, each year The Friends of Reading Hospital host fundraisers. The Reading Hospital Road Run is a major event that not only raises needed funds, but promotes awareness for families facing cancer diagnoses.



\*Data as of 2022



# Creating a HeartSAFE Community with AED Loan Program

Imagine playing pickleball at your local club when someone starts displaying the signs of cardiac arrest. Do you know what to do? The Friends of Reading Hospital are working diligently throughout our community through the HeartSAFE program to ensure everyone knows the Chain of Survival, increasing the rate of survival for those facing a sudden cardiac arrest.

The Chain of Survival is:



Calling 911 immediately



Using a defibrillator



Performing CPR



Advanced emergency medical care



## SCAN ME

for more information on the HeartSAFE AED Loan Program



The HeartSAFE program, created over 20 years ago in cooperation with Reading Hospital, continues to save people throughout Berks County. Since inception, HeartSAFE has placed over 650 automatic external defibrillators (AEDs) in police and first responder vehicles, schools, and public places including FirstEnergy Stadium, Santander Arena, malls, movie theaters, colleges and numerous non-profits.

The Friends of Reading Hospital is pleased to offer the HeartSAFE Berks County AED Loan Program. If you are an event organizer or someone planning a large group event in Berks County, you can request a FREE AED for the event. The loaner also includes chest compression training, if not CPR certified, and a review of the AED. With less than 5 percent survival rate in individuals suffering sudden cardiac arrest, having AED technology nearby can make all the difference.

Heart disease is the leading cause of death for both men and women. Taking the step to have an AED will give you peace of mind and could make a life-saving difference for your event guests. If you are interested in having an AED at your event, [scan the QR code](#) above for more information on the AED Loaner Program.

## Ice Cream, You Scream, We All Scream for Ice Cream



### Who doesn't love a sweet treat?

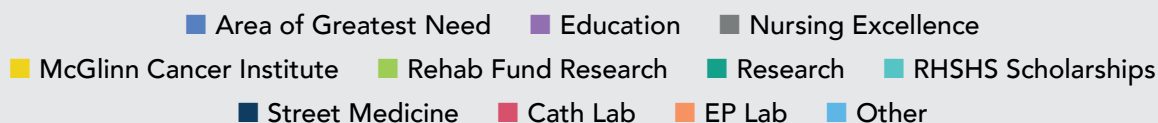
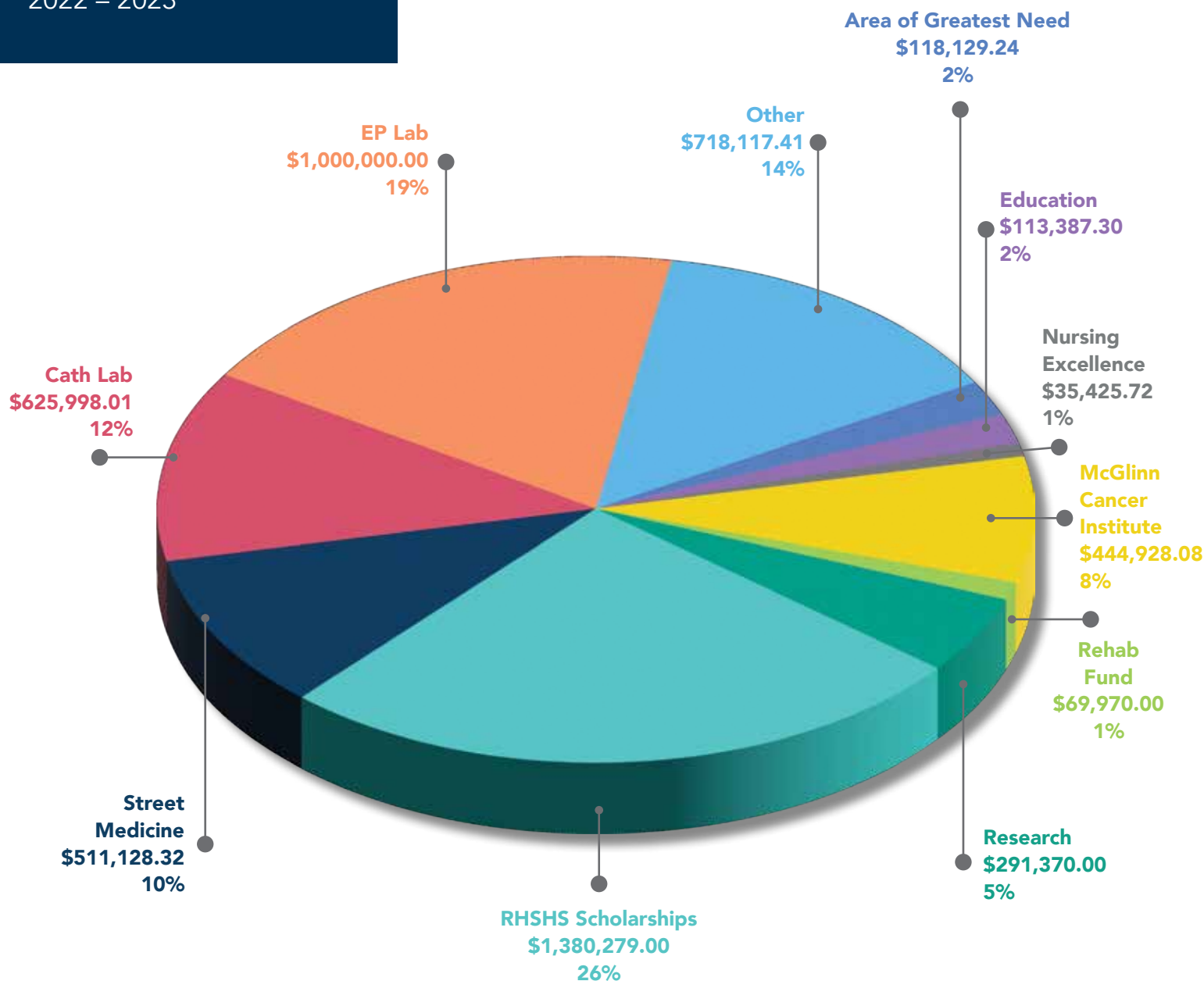
As an employee recognition opportunity, The Friends of Reading Hospital purchased an ice cream cart per the recommendation of Michael Stern, Chief Operating Officer of Tower Health. The ice cream cart can be found being pushed by hospital leadership on different shifts throughout the hospital. The sweet treat is a wonderful way to thank our staff for their tireless work, but it also gives staff an opportunity to engage with hospital leadership in a relaxing setting creating better relationships between all level of hospital employees.

# READING HOSPITAL FOUNDATION FINANCIALS

2022 – 2023

## Fundraising Categories for FY23

Total: \$5,308,733.08





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A nighttime photograph of the Reading Hospital building. The central feature is a tall, white clock tower with a clock face and a small dome on top. Below the tower is a portico with several columns. The building is made of brick and has many windows. The scene is lit up, with the tower and portico being the brightest parts.

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you!*



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