

PA HEALTH

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YOUR GUIDE TO FITNESS & WELL-BEING

Taking a leap of faith

Joshua Reinsburrow's new path



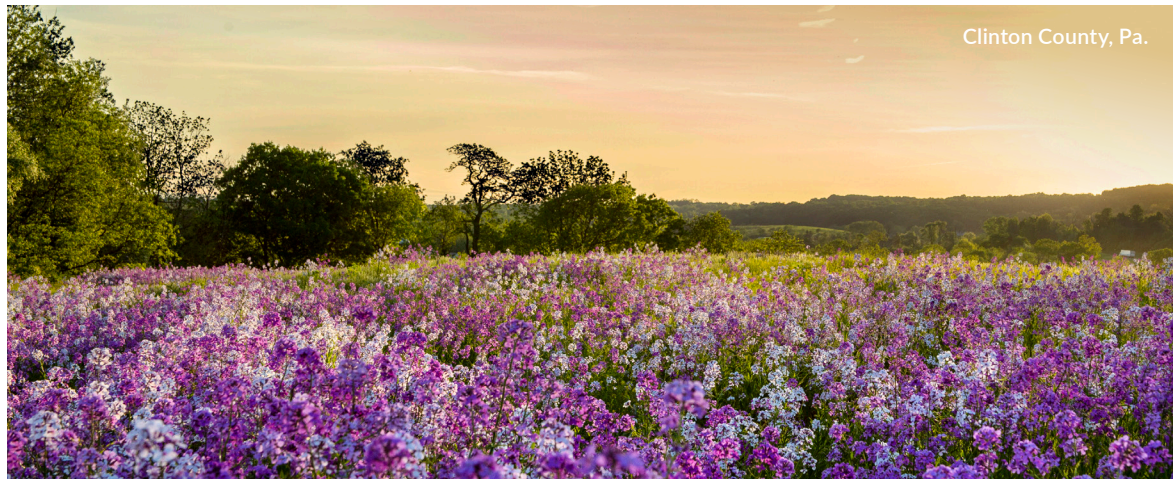
A NEW KNEE – IN NO TIME

THE NEED FOR NURSES

VIRTUAL VISITS KEEP CARE CLOSE

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Clinton County, Pa.

WELCOME



This summer issue of *PA Health* highlights our nurses. I've worked with countless nurses throughout my career and know them to be talented, compassionate people who are deeply dedicated to helping others. Geisinger has some of the best — and by the way, it's never too late to become one yourself.

In fact, after 25 years as a pastor, Joshua Reinsburrow felt a new calling when he watched his son receive care. He's now in nursing school and caring for kids at Geisinger Janet Weis Children's Hospital.

Other Geisinger nurses also demonstrate how you can find your way into nursing, no matter where your journey starts. You'll meet several of them, each with unique twists and turns on their path. If you've ever dreamed of becoming a nurse, my hunch is that you'll find inspiration here.

The Geisinger Nursing Scholars Program offers financial and educational support to any employee who wishes to pursue a career in nursing. Many of the people featured benefited from this support.

Finally, we'll share ways we're making care more convenient. A local farmer, Ben Carson, had his knee replaced at Geisinger Healthplex State College and was back home the same day on his way to recovery.

I hope you enjoy this edition of *PA Health*, and I wish you and your family a fantastic summer.

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Jaewon Ryu, MD, JD
President and CEO
Geisinger

We're your hub for health and wellness — for life.

Have tips sent to your inbox: [geisinger.org/getbalance](https://www.geisinger.org/getbalance)

Or join our club for those 55+: [geisinger.org/silvercircle](https://www.geisinger.org/silvercircle)

On the cover:
When life took an unexpected turn, Joshua Reinsburrow of Turbotville, Pa., changed his own path in response.

Photo by Robb Malloy.

PA HEALTH

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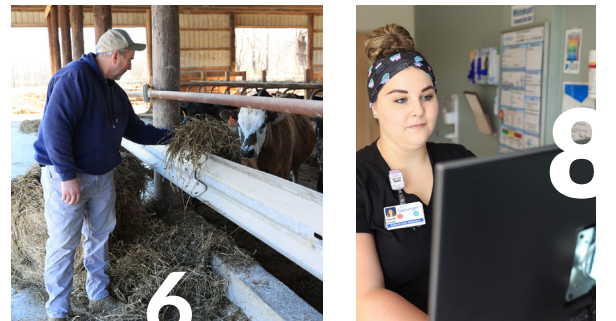
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How does ZING543210 fit into your life?



Health doesn't have to be hard — because it's all about small choices. Have an errand to run? Walk instead of driving. At dinner, go for grilled instead of fried. Or strike up a chat with someone new.

Our program ZING543210 makes it easier to be healthier. From smarter snacking to mood boosting, it offers you quick tips on working in wellness.

PA Health readers tell us how they do it:

- The garden stuffed potatoes in our spring issue made the perfect meal for **Rosemarie Coppola** and her husband (photo at left).
- **Jay Pauling** came up with his own healthy activity: spending time in the woods cutting firewood.
- One thing **Jessica Stine** likes about herself: her passion for nature photography.

Have a "Zing thing" to share? Email it to us at pahealth@geisinger.edu.

Find out all the ZING543210 tips: [geisinger.org/zing](https://www.geisinger.org/zing)

Living his truth

By Beth Kaszuba



Joshua Reinsburrow shows a photo of his 14-year-old son, Henry.

A former minister puts his faith into action, and to the test, by becoming a nurse.

For a man with noble goals and one eye on the divine, Joshua Reinsburrow is surprisingly — bluntly — grounded in reality.

“It’s hard,” he says, summing up three roles he plays: Nursing student. Intern and nursing assistant with Geisinger Janet Weis Children’s Hospital’s oncology/hematology unit. And parent of two, including a 14-year-old son with a traumatic brain injury. “Hard,” he repeats. “I can’t think of another word for it.”

Mr. Reinsburrow, a resident of Turbotville, Pa., is aware he’s made his life more challenging by leaving a 25-year career as a Lutheran pastor to become a nurse. But, he says, like ministry, nursing is a calling he couldn’t ignore on a journey that took a dramatic turn in 2016.

He was driving with his son Henry near Mifflinburg when they collided with another vehicle. The accident left him with a concussion and broken back, ribs and ankle.

Henry was also severely injured. “Geisinger was a big part of saving his life,” Mr. Reinsburrow recalls. Geisinger Life Flight® flew Henry to Geisinger Medical Center in Danville, where he remained for more than a month under the care of a team that included Frank Maffei, MD, chair of pediatrics.

“Dr. Maffei moved mountains for Henry,” Mr. Reinsburrow says.

Still, Henry will always be in a wheelchair and nonverbal. “He’s 100% there, cognitively,” Mr. Reinsburrow adds. “He’ll blink for yes and no.” Henry also smiles and laughs and uses a device that allows him to communicate by tracking his eye movements, so he can pick out objects on a screen.

But there’s no sugarcoating the hard truth that the Reinsburrows lost the Henry they knew back at that intersection.

“Parents who lose a child... I don’t know if they ever heal,” Mr. Reinsburrow says. “But for us, it’s a more ambiguous grief.” He adds, pragmatically, “And the day will come when we lose Henry. Brain injury often shortens a child’s life.”

Dr. Maffei agrees.

“Unfortunately, it’s extremely difficult to fully recover from a life-threatening traumatic brain injury,” he says. “But we wanted to make sure Henry had every opportunity to live the fullest life possible. Every child deserves that.”

Mr. Reinsburrow and his family are also committed to making sure Henry gets the very best care, which means they provide a lot of it themselves. “The caretaker role will never go away,” he says. “I never get time off.”

So why double down on that challenge by becoming a nurse — and focusing on pediatric and trauma care?

Because he sees the opportunity to take his experiences, good and bad, as a pastor and caregiver to a child with a traumatic brain injury and use the empathy and knowledge he’s gained to serve others.

“My goal is to help other parents,” he says, noting that he’s also worked as an EMT. “I can look at them and say, ‘I get it. I can relate to being in a hospital and the unknowns.’ Then the walls come tumbling down. The tension falls away.”

His supervisor at the children’s hospital, Heidi Cole, RN, says patients of all ages respond well to Mr. Reinsburrow. “He has a very positive, outgoing spirit,” she says. “He uses all of his experiences to make their experiences as positive as possible.”

She adds, “It’s great that he got into nursing. He’s going to bring a lot to the profession.”

It’s hard not to wonder how Mr. Reinsburrow, soft-spoken and readily emotional, can spend days and nights in a place that was so central to the most dramatic, and traumatic, change in his life.

“I suppose I could’ve had some kind of PTSD,” he says of the first day he walked into the children’s hospital as an employee. “But it really just felt like coming home.”

“You just want the best for your child. The suffering and struggle are real. Going into nursing is a way to find some healing.”

That’s not to say the accident doesn’t still affect him every day.

“My son has the wounds, but as a father, there are still days it’s quite fresh, like it was

yesterday,” he says. And his faith has been tested — and put into action. “I’m living what I preached for 25 years.”

In particular, he’s grappled with anger. He’s clearly appalled by his own actions when he recalls dressing down a paid helper who he thought fell short in caring for Henry.

“You just want the best for your child,” he says. “The suffering and struggle are real. Going into nursing is a way to find some healing.”

Among the many badges and lanyards Mr. Reinsburrow sports as part of his scrubs, one features a cartoon bee and the reminder, “Let it bee.”

It’s a suitable motto for a parent who daily tries to roll with some incredibly tough punches, and a former pastor who now ministers to patients — and a different kind of congregation. A few years ago, Mr. Reinsburrow became a beekeeper, with hives that generate honey he sells to supplement his income.

Beekeeping is a role that seems like a natural fit. A buzzing, breathing metaphor for his life.

“You get used to getting stung sometimes,” he says. But the reward for caring for the flock, and each individual member, is, he points out, very, very sweet.



By Kimberly Adler-Morelli

One (day) and done.

Same-day joint replacement surgery offers a quicker way to get back to a busy life



Ben Carson, a beef and crop farmer with an active lifestyle, needed to be 100% by the spring season. Same-day outpatient surgery got him on his way.



As a 54-year-old farmer and father of four children, Ben Carson had no time for the knee pain and swelling that was getting progressively worse. He knew he'd have to do something about it before the spring planting season, so he did some research to find a physician and procedure that would be a good fit for his lifestyle. He chose Michael Sobolewski, DO, a Geisinger orthopaedic surgeon.

"I kept going as long as I could because I didn't want to go to the doctor, but I finally went and got an X-ray done," says Mr. Carson, a resident of Jersey Shore. "They told me I was bone-on-bone and needed a new knee."

New knee, home by three

Dr. Sobolewski told Mr. Carson he was a good candidate for a same-day total knee replacement at Geisinger Healthplex State College. The surgery would be the first of its kind done at the facility.

So at 7:30 a.m. on Jan. 25, surgery began. And a few hours later, Mr. Carson was released to recover at home. "I was surprised how quickly the pain went away. It was just fantastic to be released about 2:30 in the afternoon and come home," he says.

Recovery consisted of physical therapy twice a week, along with twice-daily home exercises. Mr. Carson started out using a walker to get around, then moved on to a cane. Soon, he no longer needed any assistance — and was back to the physical activities of farming and things he loves to do.

"We were pleased to provide Ben with high-quality care and convenience during his knee replacement by performing his procedure locally and allowing him to recover in the comfort of his own home," says Dr. Sobolewski.

Hitting the mark for same-day surgery

Outpatient knee replacement isn't a good fit for everyone, Dr. Sobolewski notes, but Mr. Carson was an excellent candidate for this type of surgery. First, he was motivated to work hard at his rehabilitation so he could tackle the spring planting and get back to his normal activities, like bike riding and walks with his wife. Second — and equally important — his family provided a good support system for him to recover at home.

Only a small percentage of joint replacement surgeries are done on an outpatient basis now, but

Dr. Sobolewski predicts they will steadily increase. Why? He offers a list of benefits:

- Comfort of recovering at home
- Lower risk of infection and complication
- Earlier independence
- Cost savings
- Less pain
- Faster recovery
- Improved confidence
- Overall greater patient satisfaction

Patients are thoroughly evaluated before surgery, he adds, greatly reducing the chance of any surprise complications. And knowing they'll be able to recover at home right after the procedure does wonders for their attitude and outlook.

If you're considering joint replacement surgery, check with your orthopaedist to see if same-day surgery is offered nearby and would be a good fit for you.

Need specialty care in the State College area?

Geisinger Healthplex State College offers a host of services under one roof. Along with family medicine and pediatrics, here are just a few of the specialties available:

- Cardiology
- Gastroenterology
- Obstetrics
- Orthopaedics and sports medicine
- Outpatient surgery
- Pulmonology
- Urology

With pharmacy, laboratory and radiology also in the building, it's "one-stop shopping" for your healthcare needs.



Want to be a nurse?

By Paula Franken

Hannah Leach's career began at Geisinger Lewistown Hospital as a patient care assistant, treating patients with mental and behavioral health issues. "I loved working there," she says. "I liked watching the progress of psychiatric patients and seeing them getting better, how their personalities change so much."

Hannah Leach practices taking blood pressure on a colleague.

Her supervisor, Kira Jerzerick, RN, knew of Ms. Leach's desire to attend nursing school. Upon her high school graduation, Ms. Leach had a seat in York College School of Nursing's Class of 2024. But she turned it down when the COVID-19 pandemic hit and began her patient care assistant work instead.

Ms. Jerzerick didn't want her employee to give up her nursing school dream. "I discussed different options with her," Ms. Jerzerick explains. "And Beth Finkbiner, the director of the Geisinger School of Nursing, quickly took the opportunity to sit down with Hannah and review their new criteria for admission."

But that's when Ms. Leach hit an unforeseen brick wall: a timed, standardized test that became her nemesis.

"I really wanted get into the RN program at Geisinger School of Nursing, but I just could not pass that test," Ms. Leach says. "The fact that it was timed gave me anxiety. I took it two or three times and I'd get 57 percent or 54 percent — but I needed 60 percent.

They wouldn't even consider me because of this test."

But her supervisor believed in her. After every disappointment, Ms. Jerzerick would email the nursing school director. At one point, she even brought Ms. Leach's plight to the attention of Stacey Osborne, RN, vice president of nursing and chief nursing officer at Geisinger Lewistown Hospital.

"Nursing is a second career for me, and I feel very strongly about motivating others toward the profession," Ms. Jerzerick says. "As a supervisor, a large portion of my role is to help staff understand their strengths and how to use their talents to pursue their dreams. Hannah's motivation, versatility and dedication to patient care showed her potential to be an exceptional nurse."

As it turned out, Ms. Leach wasn't the only promising student being shut out by this single test. School of Nursing administrators decided to change the admissions criteria to a point system. Now, standardized tests are a factor in admissions, but not the sole criterion. And Ms. Leach has joined the Geisinger School of Nursing Class of 2024.


"Standardized tests just give one little snapshot, not the full picture. And it's not always about test anxiety," says Ms. Finkbiner. "Why eliminate a promising applicant for being a poor test taker when they've got a great transcript or are highly skilled in other areas? Many universities have begun eliminating the SATs from their admissions requirements for much the same reason."

"I was really excited to start school," Ms. Leach says. "I was so frustrated, but I knew I wasn't alone. I talked to other School of Nursing students and many of them told me it took them three times to pass that test. Now, that's behind me and I am looking forward to getting my BSN one day and even becoming a nurse practitioner."


Ms. Leach still works on the psychiatric floor at Geisinger Lewistown Hospital and does shifts on medical-surgical floors, too. "The nurses are so great and helpful on those floors," she says. "It inspires me to be the best nurse I can possibly be!"

Ever thought about being a nurse?

A career in nursing has many paths at Geisinger — but they all end up at the same place. Helping people, changing lives and making a difference.



Dawn Troutman, RN



Started as candy striper

"Nursing is the best career. You can do so many different things. It's a way of life. Once a nurse, always a nurse."

- Dawn Troutman, RN

"As a nurse, you can help patients at a time in their life when they can't help themselves, and that is truly rewarding."

- Kevin McHale, RN

Kevin McHale, RN



Started as patient transporter




"There's always room for advancement, to climb the ladder and better your education. You're never stuck in one place because there are so many opportunities at Geisinger."


- Jolene Fazio




Pursuing nursing degree at Luzerne County Community College




Jolene Fazio




Applied for Geisinger Nursing Scholars Program




Started as certified medical assistant (CMA)




Certified nursing assistant (CNA)




Registered nurse (RN)




Registered nurse (RN)




Licensed practical nurse (LPN)




Critical care nurse



Team coordinator



Operations manager



Clinical team leader

By Paula Franken

Get virtual urgent care anywhere. (Even at Knoebels.)

Anyone who's ever visited Knoebels Amusement Resort knows it's a ton of fun. And according to Brian Knoebel, being part of the team that runs it is fun, too — unless you have a bad case of poison ivy. One Tuesday last August, Mr. Knoebel got into a patch of the pesky plant, and his rash became

unbearable. He called his regular doctor and was offered a Thursday appointment. Then he checked his local ConvenientCare, only to find out there was a 202-minute wait. Waiting two days or taking three hours off from work weren't options for him, so he decided to try Geisinger's virtual urgent care.

In just minutes, virtual urgent care lets you see a provider in real time through a video connection. Mr. Knoebel tried using his cell phone to connect, but incoming calls kept forcing him offline. Alexis Keister, a patient access representative at Geisinger, noticed he was having trouble and reached out to see if she could help with any technical issues.

Ms. Keister scheduled Mr. Knoebel for a video visit at 2:45 p.m. with Nicholas Iaccarino, DO. By 3:15 p.m. the appointment was complete, and Mr. Knoebel's prescription was sent to his local pharmacy for him to pick up. He was so happy with the customer service he received that he asked to speak with Ms. Keister's supervisor.

"I can't think of a single Fortune 500 company that will reach out to you when you're having a technical issue. The service I received today was completely unexpected and excellent," Mr. Knoebel says. "I'm 49 years

old and consider myself to be tech savvy, but I still needed help. It's a relief knowing Geisinger would be able to help my 83-year-old father if he were to have technical issues. It shows you're really thinking about your patients."

Mr. Knoebel was equally pleased with the care he received in his video visit. "I was able to complete my appointment from my office — I didn't need to drive anywhere or wait in line," he says. He mentioned his experience to the employee benefits manager at Knoebels. She tried Geisinger's virtual urgent care herself and was equally impressed. Now she's making sure all Knoebels employees know about this service. Because the Knoebel family and its employees are serious about keeping the fun going.

By Kimberly Adler-Morelli

Skip the waiting room with these 5 types of virtual visits

With just a smartphone, tablet or computer, you can visit your doctor without leaving home. Lots of telehealth options exist, but these are the virtual virtuosos.

1 **Primary care** – If you have an established primary care doctor,

they can discuss your symptoms, diagnose and treat you in a virtual visit just the same as they would in a clinic.

2 **Specialty care** – Can't find a specialist near you? A telehealth visit can bring you face to face with a specialist anywhere in the network. Don't have a good internet connection or webcam? Go to your local clinic for the appointment and the staff will help you get connected to your specialist, even if they're miles away.

3 **Urgent care** – Virtual urgent care gets you same-day care and prescriptions (if needed) for minor medical problems, like cold and flu, bronchitis, sore throat and urinary tract infections. Best of all: no long waits in a roomful of other sick people.

4 **Behavioral health/psychology** – Since therapy consists of conversations with a mental health professional, this type of appointment lends itself well to telehealth. Get help for conditions such as addiction, anxiety, depression and obsessive-compulsive disorder.

5 **Orthopaedics** – Connect with an orthopaedic provider for a video consultation. A healthcare professional will assess your sprain or strain and tell you if you need to make the trip to orthopaedic urgent care.

Before your Geisinger telemedicine visit, make sure you have a strong Wi-Fi signal. If you get disconnected, you can reconnect via the link in your email. Still having issues? Call 888-530-9560 for help.

While video visits are convenient, they can't always replace in-person care. Situations like a cut needing stitches, chest pain or high fever mean you should head to the nearest urgent care or ER — or call 911.



Coollest. Treats. Ever.

Ready to chill on a scorching hot day? Grab a few simple ingredients, whip up these icy treats and find a spot in the shade. These snacks will cool you down and satisfy your sweet tooth — in a healthy way.



Ingredients

- 1 cup low-fat vanilla yogurt
- ½ cup chopped mango (fresh or frozen)
- ½ cup chopped pineapple pieces (fresh, canned or frozen)
- ¼ cup coconut water
- 1 ice cube tray or paper cups
- Popsicle sticks

Directions

1. Place all ingredients into blender and blend until smooth.
2. Pour into ice cube trays or cups, add popsicle sticks and freeze.



Tropical popsicles

Craving something cold — and savory — that makes the most of fresh, local produce? Our farmers market gazpacho is the perfect summer meal. Find it at geisinger.org/gazpacho.



Chilled berries with banana cream

Ingredients

- ½ cup low-fat, plain yogurt
- ½ banana
- 2 tablespoons orange juice
- 2 cups fresh strawberries, chilled
- 1 teaspoon honey
- 1 teaspoon cinnamon

Directions

1. Combine yogurt, banana and juice and mash with a fork until nearly smooth.
2. Wash and slice strawberries.
3. Top berries with yogurt banana mixture.
4. Top with honey and cinnamon.



Frozen chocolate and peanut butter bars

Ingredients

- 2 packages sugar-free instant chocolate pudding
- 3½ cups skim milk
- ¼ cup peanut butter
- Graham crackers

Directions

1. Combine pudding mixture and milk.
2. Beat in peanut butter.
3. Line a 9"×13" pan with graham cracker squares.
4. Spread pudding mixture over crackers. Top with another layer of crackers.
5. Freeze for four hours.
6. Cut into squares.



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Ever dreamed of being a nurse?

If you find helping other people rewarding, nursing might be the career for you. At Geisinger School of Nursing, you can become a registered nurse (RN) in just two years. And have job security for life.

Already a Geisinger employee? You can have financial support from the Nursing Scholars Program if you commit to work as a Geisinger nurse.

Take the next step: geisinger.org/nursing

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