

HEALTHCARE CENTER



Building Upgrades Prepare WCHC for the Future

Across July through September, WCHC advanced a coordinated set of facility improvements to strengthen safety, efficiency, and accessibility for everyone who uses the building. The quarter opened with the start of our elevator modernization, a long-planned project that will improve ride reliability, reduce downtime, and enhance ADA accessibility so patients, families, and staff can move between floors with confidence.

Complementing this work, crews began upgrades to the fire panel following contract mobilization with Kistler O'Brien Fire Protection, improving life-safety monitoring and response capabilities throughout the facility. Mechanical systems saw significant progress. Scranton Electric Heating & Cooling Service, Inc. replaced the water-cooled condenser and evaporator, stabilizing core building operations and lowering the risk of unscheduled outages. A new humidifier installation moved forward to support year-round comfort and protect sensitive interiors, and a variable frequency drive for AHU-1 was ordered to optimize airflow and reduce electrical demand. On the envelope side, the contract for replacement windows was awarded to improve insulation and occupant comfort, while metal door work was completed to enhance security and weather-tightness.

Essential infrastructure below the surface also moved ahead. Following engineering consultations to guide phased remodeling, WCHC initiated repairs at the on-site wastewater treatment system, including pump and tank work and replacement of the sand media used for filtration. Milnes was awarded a new contract to continue wastewater improvements that bolster reliability and compliance over the long term. HVAC upgrades continued on the third floor with work for the fourth floor scheduled to maintain project momentum while minimizing disruption to daily operations. Drain tile around the foundation also received repairs.

Outside, the helicopter pad received a fresh coat of paint, improving visibility and readiness for emergency landings when every minute matters. Taken together, these projects reflect a deliberate investment strategy: reduce interruptions, improve safety and accessibility, increase energy performance, and ensure the building remains a dependable hub for community health and wellness programming in the years ahead.

This project was funded in part by grants from The Commonwealth of PA, Broadband Authority, Keystone Communities Initiative, Department of Community and Economic Development, and Neighborhood Assistance Tax Credit Program.

Building EMS for Tomorrow

Understanding the EMS Crisis

This summer, WCHC launched a county-wide effort to build public understanding of the challenges facing emergency medical services. The campaign began in July with a social media series: Mondays highlighted the work of EMTs and paramedics, while Wednesday and Friday posts examined staffing shortages, rising costs, and the unique structure of rural EMS.

To expand the conversation, residents were encouraged to view the documentary *Honorable But Broken: EMS in Crisis*. After weeks of promotion, WCHC hosted a free public screening in September followed by a panel discussion that connected national themes to Wyoming County's realities—how EMS is funded, staffed, and sustained in rural areas.

Outreach extended beyond our own channels. Lindsay Shalata joined WPOL's Special Assignment Report to discuss the EMS crisis and local efforts. Listen here: wpel.org/special-assignment-report-for-09-06-wchc. Press releases were also sent to regional newspapers to encourage broader community engagement.

At the request of the County Commissioners, the Pennsylvania Department of Community & Economic Development (DCED) is conducting an EMS feasibility study to assess Wyoming County's current system and outline options to improve reliability and sustainability. When results are released this fall, WCHC will help convene meetings with municipal leaders, EMS agencies, and the public to review findings and discuss recommendations. Potential topics may include staffing models, regional collaboration, funding approaches, response protocols, and governance structures. The goal is to use the study as a roadmap for a practical, community-supported action plan that strengthens EMS for the long term.

By combining education, media outreach, and structured next steps, WCHC is working to ensure residents understand what's at stake—and how our county can move toward a more sustainable EMS system.

EMT Training Course Began in October

WCHC is hosting a new EMT training course began Wednesday, October 8, 2025, designed for individuals interested in providing emergency medical care with an ambulance agency or other pre-hospital rescue service. The program includes an EMR-to-EMT bridge component and follows the most current National EMS Education Standards. The course consists of about 60 lessons totaling 190 hours of classroom and field training, covering patient assessment, emergency treatment procedures, and the use of essential equipment.

Participants must be at least 16 years of age by the end of the class, have the ability to read, write, and speak English, and provide proof of a booster tetanus shot within ten years and a current TB test within one year.

Thanks to funding from a Rural EMS Training Initiative Grant, tuition is only \$200, which includes instructional materials and supplies. Students will be responsible for the NREMT cognitive exam fee, payable separately to the National Registry of EMTs.

CELEBRATING COMMUNITY PROMOTING WELLNESS

August marked an important milestone for community health as WCHC welcomed more than 27 organizations and approximately 200 residents to its annual Community Wellness Fair. The event transformed the Center into a lively gathering place where people of all ages could explore services, ask questions, and participate in free screenings and education.



Attendees connected with providers offering blood pressure checks, nutrition information, mental health resources, family support programs, financial wellness guidance, and mobility screenings designed for older adults. Local nonprofits shared tools to manage chronic conditions and encouraged healthy lifestyle choices, while wellness advocates highlighted opportunities for recreation, preventive care, and senior support. To round out the evening, Greenley's BBQ served food, drinks, and ice cream, adding a

festive touch for families.

The success of the Wellness Fair underscored the strength of partnerships. By bringing together healthcare providers, mental health professionals, nonprofits, and wellness organizations, WCHC demonstrated how collective efforts promote whole-person wellness in Wyoming County. For many residents, the fair was an introduction to resources they hadn't realized existed locally—from specialized supports for seniors to practical education for families.

Hosting the Community Wellness Fair is part of WCHC's broader commitment to outreach. By offering a welcoming, accessible event each year, the Center provides a unique opportunity to connect residents with services in one convenient location—strengthening relationships that extend well beyond the day of the fair.

Trunk-or-Treat at WCHC — Sunday, October 26

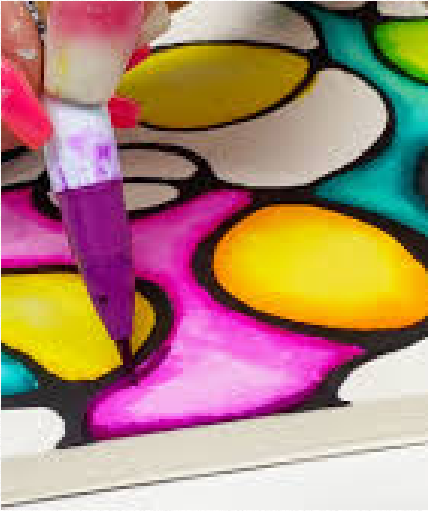
Bring the family for a safe, festive evening on the WCHC campus as cars, trucks, and community partners line up with decorated trunks and treats. Costumes are encouraged, and little ones can stroll from trunk to trunk in a traffic-controlled area for easy, stress-free trick-or-treating. Expect music, photo ops, and plenty of candy—plus friendly faces from across the community.

The Trunk-or-Treat is free and open to all from 1:00 - 3:00 PM.

Location: Wyoming County Healthcare Center, 5950 US-6, Tunkhannock, PA 18657.

Follow WCHC on Facebook for weather updates and last-minute details.

SUPPORT GROUP OFFERS COMMUNITY AND HOPE



The Cancer & Healing Support Group at WCHC continued to offer meaningful opportunities for connection and growth during the third quarter, providing participants with tools to cope, create, and find community.

Sound therapy was explored in July, using vibration, rhythm, and tone to help the body and mind return to balance. From calming the nervous system to reducing stress and improving focus, sound can be a powerful tool for healing.

In August, the group welcomed local artist and educator Sarrah Dibble-Camburn, who guided participants through art therapy exercises designed to reduce stress and promote self-expression. Using creativity as a healing outlet gave individuals the chance to explore emotions in new and empowering ways.

September's session shifted focus to self-advocacy in healthcare, led by Diane Ogin of Pathway to Peace & Wellness. Participants discussed strategies for communicating with providers, asking informed questions, and building confidence in navigating the healthcare system. On October 8, the group partnered with the Northeast Regional Cancer Institute (NRCI) to highlight the many local resources available for individuals and families affected by cancer. From educational tools to support services, the session underscored that help is available close to home.

Looking ahead, on November 12, 2025, Gerri Simmers will guide Yoga and Its Benefits in Healing, an accessible session blending gentle movement, mindful breathing, and relaxation techniques that can help reduce stress, ease treatment-related side effects, and support overall well-being—no prior yoga experience needed. On December 10, 2025, Donna LaBar—speaker, author, and nutritional healing coach—will lead Healing Through Nutrition, sharing practical ideas from Simple. Natural. Healing. on anti-inflammatory eating, balancing pH, managing stress, and restoring vitality.

Each of these gatherings reflects the purpose of the Cancer & Healing Support Group: to provide a supportive, welcoming space for those impacted by cancer — whether newly diagnosed, in treatment, survivorship, or caregiving. By combining creativity, empowerment, and access to resources, the group continues to foster resilience and hope at every stage of the journey.

COFFEE AND CONNECTION FOR VETERANS

In August, WCHC launched Java for Joes, a monthly coffee gathering created especially for veterans. The program provides a welcoming space for camaraderie, conversation, and resource sharing in a relaxed setting. Veterans can meet with peers, build new connections, and learn about services available to them through local agencies.

Each session is designed to be informal — just coffee, conversation, and community. Representatives from organizations such as PA CareerLink and other veteran-serving partners may also join to share resources on employment, healthcare, and support programs, making it easier for veterans to access the help they need. Java for Joes meets on the first Thursday of each month from 10:00 AM to 12:00 PM at WCHC. Veterans from across the county are invited to stop in, enjoy a cup of coffee, and connect with others who share similar experiences.

This program reflects WCHC's broader mission of supporting community well-being by reducing isolation, strengthening relationships, and making resources more accessible. Whether coming for the coffee, the conversation, or the camaraderie, veterans will find a space designed with them in mind.

IDEAS WORTH SHARING

Learn something today, put it into practice tomorrow. WCHC's free monthly Speaker Series brings expert guidance on the health and wellness issues families face right now. Each session is held at 5:00 PM at WCHC, is open to the public, and includes time for conversation and questions.

This summer, neighbors learned about the risks of vaping in July, gain insight into emerging teen drug trends in August, and decode nutrition labels in September for smarter grocery shopping. That same practical focus continues through the coming months. On October 14, 2025, Wayne Martin simplified the complexities of Medicare, from coverage choices to common enrollment pitfalls. November 11 brings Terrell Lehman, who will share insights on veteran resilience and resources, offering guidance for service members and their families. December 9 features Diane Ogin, RN, NC-BC, leading a session on self-relaxation techniques to ease stress during the busy holiday season.

In the new year, January 13, 2026 turns attention to gambling addiction with Eileen Panzarella, followed by February 10, when William Dempsey, M.D., and Scott Costantini present on local addiction and recovery services. March 10 will focus on reducing fall risks with physical therapist Tiffany Toth, offering simple ways to protect independence at home. On April 14, Nicole Flynn, RN, MS, ADC-MC, CDP will provide strategies and support for those caring for loved ones with dementia. This round of speakers concludes on May 12 with District Attorney Joe Peters, who will address human trafficking awareness and what community members can do to respond.

Every session is designed to leave you with knowledge you can act on immediately. Admission is free, but registration is encouraged so you receive reminders and updates. Reserve your spot at bit.ly/WCHCSpeakers.



This project was funded in part by a grant from Wyoming County Community Health Foundation

RECHARGE & RESILIENCE INITIATIVE

Funded by AllOne Charities, the Recharge & Resilience Initiative launched in September through a collaboration with Elk Lake School District and Pathway to Peace & Wellness. This program is designed to help young students strengthen their emotional regulation skills while also equipping families with tools to reinforce children's mental wellness at home.

At the school level, guidance classes will integrate structured, skills-based sessions where students practice coping and calming strategies in real time. To make these tools accessible throughout the day, calm-down spaces will be available in designated K-2 classrooms, giving children a safe place to manage frustration, restlessness, or overstimulation before behaviors escalate. These in-class supports are paired with a broader system of emotional wellness, ensuring students have developmentally appropriate strategies embedded directly into their learning environment.

For families, Pathway to Peace & Wellness will lead monthly workshops at WCHC, offering parents and caregivers evidence-based techniques to use at home. Sessions will cover practical skills such as emotional labeling, stress management, co-regulation, and healthy communication—ensuring that children experience consistent support across school and family settings.

What makes this initiative especially powerful is its dual approach: students gain hands-on practice in classrooms while parents build confidence and skills through guided workshops. Together, these elements create a replicable model for rural schools seeking to bridge the gap in mental health resources.

Thanks to the support of AllOne Charities, the Recharge & Resilience Initiative is offered at no cost to families. By pairing classroom instruction with family education, the program represents a proactive step toward reducing stress, fostering resilience, and improving youth mental health in Wyoming County.

Building Healthy Futures

Welcome: Healthy Family Partnership

Healthy Family Partnership, a free resource for pregnant women in Wyoming and Sullivan Counties, has officially moved its office into Wyoming County Healthcare Center. Previously located in the courthouse, the program is now on the first floor of WCHC, making its services more accessible to families during routine visits.

Healthy Family Partnership offers home-visiting support by registered nurses for mothers beginning early in pregnancy and continuing through the baby's first two years. Nurses provide guidance on prenatal care, delivery, infant care, feeding options, baby sleep, development milestones, and parenting tips. They help connect families with community support services – from childcare and job training to health care resources – and work side by side with moms to set personal and family goals.

As part of the program, every new Healthy Family Partnership participant is eligible to receive a brand-new infant car seat, safely installed before the baby arrives. Caregivers will also receive ongoing emotional and practical support – questions are welcomed, concerns are addressed, and information is shared with warmth and respect.

Healthy Family Partnership is voluntary and free; there is no cost to families. To learn more or enroll, contact the program at 570-665-2019.

Inspiring Students at Healthcare Career Day

In July, WCHC partnered with the Northern Tier Industry & Education Consortium (NTEIC) to host a Healthcare Career Day on site, giving students a hands-on opportunity to explore what a future in healthcare might look like. The event introduced young people to the realities of working in health-related fields through interactive simulations and practical exercises.

Using RealityWorks simulation tools, participants rotated through activities that highlighted dementia care, blood pressure monitoring, geriatric care, and infant caregiving through the RealCare Baby program. These exercises challenged students to think critically about patient needs, practice problem-solving skills, and better understand the diverse responsibilities of healthcare professionals.

Beyond the skills practice, the day emphasized the importance of compassion, communication, and adaptability in caring for others. For many students, the program provided a first glimpse of how they could connect personal interests with meaningful career opportunities in healthcare.

By hosting Healthcare Career Day, WCHC reinforced its mission to build a stronger local workforce pipeline. Introducing students to healthcare careers early – and giving them a safe space to try out the skills – helps spark interest, inspire confidence, and encourage the next generation of professionals who will be needed to serve Wyoming County and beyond.

WCHC Engages the Community at Local Events



Beyond the programs hosted within the Center, WCHC made its presence known across Wyoming County by supporting and participating in local events. These touchpoints help connect residents with health and wellness information while reinforcing WCHC's role as an active community partner.

In August, WCHC participated in the Wyoming County Fair, where staff and volunteers worked the gates and greeted visitors, answering questions and directing community members to resources.

In September, the team joined neighbors at the Creek Junction Park community barbecue for family-friendly outreach and took part in the Wyoming County Senior Expo hosted by Representative Tina Pickett, helping older adults and their families explore resources designed to support healthy aging.

By engaging directly with the public at these familiar gatherings, WCHC ensures residents know about available resources and feel connected to the Center's broader mission of improving health and wellness for all.

AMBA Wellness Screenings Offered Preventive Care

Wyoming County Healthcare Center was pleased to partner with the Kiwanis Club of Tunkhannock to bring AMBA Wellness Screenings back to the community on Saturday, October 18, 2025, from 6:00 a.m. to 10:00 a.m. at the Center.

The AMBA (American Medical Benefits Association) program provided a panel of 30 health tests designed to help detect potential health concerns before they become serious. These low-cost screenings included checks for cardiovascular, liver, kidney, and thyroid function, as well as a complete blood count and other key health indicators. The event offered an easy, affordable way for residents to take charge of their health with professional screenings close to home.

Additional optional tests were available for a small fee, including screenings for Vitamin D deficiency, hemoglobin A1C (a diabetes indicator), PSA (for men), and colorectal cancer risk. Results were sent directly to participants and could be shared with their healthcare providers for follow-up care.

This important community event was made possible through the generous support of the Kiwanis Club of Tunkhannock, whose sponsorship helped ensure Wyoming County residents continued to have access to affordable, preventive health resources.



EXPANDED SERVICES

Comprehensive Care, Close to Home

For more than 30 years, Guthrie Tunkhannock has been a cornerstone of care for Wyoming County residents, offering compassionate, coordinated services for every stage of life. Conveniently located within the Wyoming County Healthcare Center, Guthrie's team provides both primary and specialty care—ensuring that families can access the healthcare they need without leaving the community they love.

At the heart of Guthrie Tunkhannock is its Family Medicine practice, which provides complete primary care for all ages. From preventive screenings and immunizations to the management of chronic conditions like diabetes and high blood pressure, the team emphasizes long-term wellness and continuity of care. Appointments are available Monday through Friday from 7:00 a.m. to 5:00 p.m.

For unexpected needs, Guthrie's Walk-In Care service offers convenient access to treatment for minor illnesses and injuries, such as strains, sprains, allergies, and urinary tract infections—no appointment needed. Walk-in care is open Monday through Friday from 7:00 a.m. to 7:00 p.m. and weekends from 7:00 a.m. to 1:00 p.m., making it easy for patients to receive timely attention when it's needed most.

Guthrie Tunkhannock also provides a growing range of specialty services that enhance local access to diagnostic testing and women's health. The onsite laboratory performs a full range of tests, including blood and urine analysis, while diagnostic imaging—such as X-rays and DXA bone density scans—helps detect arthritis, fractures, and osteoporosis. These services are available weekdays, and both Guthrie and non-Guthrie patients are welcome with a provider's order.

Additional specialty care includes ultrasound (offered Wednesdays and Fridays), echocardiograms (on Mondays to assess heart health), and obstetrics and gynecology services, now fully available to provide expert care for women at every life stage. Patients also benefit from virtual cardiology consultations, allowing access to cardiac specialists without leaving the community.

Mammography continues to be available through Guthrie's Mobile Mammography Van, offering both 2D and 3D imaging options for preventive breast health screenings.

In the coming months, orthopedic services will be added to the schedule—further expanding Guthrie's commitment to providing high-quality, comprehensive care close to home. As more residents choose local care options, additional specialties are planned to meet the evolving healthcare needs of Wyoming County and surrounding areas.



www.guthrie.org/locations/tunkhannock



570 - 836 - 4294



Through this statewide observance, WCHC and the Wright Center proudly joined partners across Pennsylvania in celebrating 250 years of progress, perseverance, and shared purpose—reminding all in attendance that the values of unity and community continue to guide Wyoming County’s future.

As the county reflects on its past, Wyoming County Healthcare Center continues to look forward—renewing access to care, rebuilding local healthcare capacity, and creating a place where community and wellness meet once again.

Bells Across PA 250 Ceremony

On Wednesday, October 15, The Wright Center for Community Health hosted a special Bells Across PA 250 Ceremony at the Wyoming County Healthcare Center.

The statewide Bells Across PA initiative commemorated Pennsylvania’s 250th anniversary, inviting communities throughout the Commonwealth to gather in reflection and unity. The event at WCHC brought residents together to honor the state’s history and the enduring sense of community that defines Wyoming County.

During the ceremony, one speaker reflected on the meaning of the word Tunkhannock in the Lenape language—commonly translated as “bend in the river.” She noted that the phrase has also been interpreted to describe “a bend in the river that holds its own against the flow,” a poetic reminder of the community’s strength, perseverance, and steady spirit through times of change.



The Bells Across PA initiative brings together artists, community partners, and civic organizations to create one-of-a-kind designs for fiberglass bell sculptures — placing at least one in each of Pennsylvania’s 67 counties to tell local stories and celebrate the people and places that helped shape America.

Honoring the past, rebuilding the future of care in Wyoming County.

Your Giving Makes Local Impact Possible

Whether through business tax credits or personal gifts, every contribution strengthens healthcare access and wellness programs across Wyoming County.

Neighborhood Assistance Program

If you're a Pennsylvania business owner, the Neighborhood Assistance Program (NAP) allows you to decide where your state tax dollars go. By contributing to an approved WCHC project, your company can receive a 90% PA tax credit while turning tax liability into visible community results right here at home.

What that means in practice: a \$10,000 NAP gift yields a \$9,000 PA tax credit, leaving just \$1,000 in true cost to your business—yet creating a lasting impact across Wyoming County. NAP participation keeps your dollars local, supporting vital upgrades to the WCHC facility, expanding access to care, and funding health and wellness programs for area families.

Each year, the Commonwealth sets new application and contribution timelines for the NAP program. The 2025 cycle remains under review, and official 2026 deadlines have not yet been announced. To make things simple, WCHC is building an interest list for businesses that want to stay informed.

Thank you to our recent partners who have already used NAP to strengthen healthcare access and community wellness in Wyoming County—your investment is helping ensure that care remains close to home.

To learn more or join the interest list for the next NAP cycle, contact Debbie Johnson at wchc@wycohealthcarecenter.org.

Join Us for Giving Tuesday

This year marks Wyoming County Healthcare Center's first time participating in Giving Tuesday, a global movement that inspires people to give back and strengthen their communities.

WCHC is partnering with AllOne Charities to make every gift count—supporting local initiatives that expand access to care, promote wellness education, and enhance healthcare services for Wyoming County residents.

Your contribution on Tuesday, December 2, will help launch this new annual tradition and demonstrate the power of community generosity. Donations can be made online at

allonegiveday.causevox.com/o/wyoming-county-healthcare-center

Be part of our first Giving Tuesday and help keep care close to home.

