



## Talking with CEO Norm Mitry

### **Uniquely Connected. For Life.**

You've seen this tagline on our publications and heard me mention it in almost every one of my messages. But what does it really mean? What sets Heritage Valley apart is that we are a *community* health system. We can meet your health care needs within our system ... there is no need to look elsewhere for care. And, since the majority of our employees live within our service areas, many of our patients are neighbors and friends. We pride ourselves on providing a patient-centered environment, combining modern technology with personalized care.

Some of our patients' connections to Heritage Valley literally begin at birth, as many of our tiniest patients are cared for by Heritage Valley Pediatrics at one of the practices' five locations. With over 115 employed physicians in Heritage Valley Multispecialty Group, adults have plenty of choices for top-notch Primary Care Providers and specialists. Our physicians are affiliated with the hospitals within our system: Heritage Valley Beaver, Heritage Valley Kennedy and Heritage Valley Sewickley. Many of our surgeons also practice at our Outpatient Surgery Centers located in Center Township and Edgeworth. For our senior patients, we offer Independent, Personal Care and Memory Care residences within the Heritage Valley Senior Living Community, which is conveniently located directly across the street from Heritage Valley Kennedy. Medical care, if needed, is just minutes away.

Located within seven of our communities are the Heritage Valley Medical Neighborhoods, which connect you with ConvenientCare walk-in clinics, imaging and lab services, physical rehabilitation, and physician/specialty practices. Many of your health care needs can be met under one roof! Heritage Valley is also connected to community partners such as Encompass, for inpatient rehabilitation; Staunton Clinic for adult behavioral health services; Life Beaver County and Life Lawrence County for elder care; and UPMC for cancer care. We believe that this collaborative approach to certain health care services provides the best option for our patients.

There are additional ways that you can connect with us! We encourage you to download the iHVHS/aHVHS app; visit our website ([heritagevalley.org](http://heritagevalley.org)); sign up for our bi-weekly electronic newsletter, E-Connections, by going to [heritagevalley.org/contact/contact-information/](http://heritagevalley.org/contact/contact-information/); and follow us on Facebook, LinkedIn, Instagram and Twitter.

As you can see, Heritage Valley truly is connected to our community. We consider it a privilege and an honor to provide you with the health care services you deserve. And so, as we continue with our mission to *improve the health and well-being of all people in the communities we serve*, we are grateful that you remain with us, *Uniquely Connected. For Life.*



Norman F. Mitry  
President & CEO, Heritage Valley Health System

## Northwest EMS ... Safely and Quickly Transporting Our Patients

A subsidiary of Heritage Valley Health System, NorthWest EMS is one of Allegheny County's largest Emergency Medical Service providers, offering emergency medical care and ambulance transport. Northwest EMS services 16 neighboring communities: Avalon, Bellevue, Ben Avon, Ben Avon Heights, Crafton, Emsworth, Findlay Township, Ingram, Kennedy Township, Kilbuck Township, McDonald, McKees Rocks, North Fayette Township, Oakdale, Pittsburgh International Airport and Stowe Township.

NorthWest EMS is composed of more than 100 Emergency Medical Technicians (EMTs), Advanced Emergency Medical Technicians (AEMTs), Paramedics, Prehospital RNs (PHRNs) and support staff. We have 13 licensed Advanced Life Support ambulances, four Advanced Life Support response vehicles and a utility support vehicle. Northwest EMS also provides the drivers for Heritage Valley Kennedy's courtesy van service.

To reach the dispatch center of NorthWest EMS, please call 412-331-2600. For information regarding membership subscriptions, please call or visit [northwestems.net](http://northwestems.net).





## Coming to a Location Near You!

***Heritage Valley's Mobile Imaging ... we go the extra mile so you don't have to!*** Heritage Valley offers mobile Mammography, MRI, CT and PET-CT services at six convenient locations: our Medical Neighborhoods located in Calcutta, Chippewa, Ellwood City and Center Township, and our Women's Health Centers in Center and Robinson Townships. These mobile services are part of Heritage Valley's integrated delivery network of healthcare, so you can be assured that your services will all be connected through Heritage Valley's electronic health record system. To schedule a diagnostic imaging procedure, please call **866-901-4624 (IMAG)**. Screening mammograms may be scheduled through the Heritage Valley app using *My Care Link*.

**MRI.** We know that patients are often anxious when it comes to having an MRI performed, and want the test to be completed as quickly as possible. Heritage Valley has recently updated the software in its mobile wide-bore MRI units, which means faster exam times with even better image quality! In fact, this new software could reduce test times by as much as 20 minutes. Because the exam is finished more quickly, there is less chance of a patient moving ... and less chance of the test needing to be repeated. Less time in the MRI machine = less anxiety for our patients! Heritage Valley is one of the first healthcare systems in the area to have this new GE software.

**CT Scans.** Our 64-slice General Electric Optima scanner is equipped with all of the technological "bells and whistles." Designed to make the imaging process safer and faster for patients, the scanner's improved image quality aids our Radiologists and Physicians with their diagnoses. Best of all, our dose reduction software decreases radiation exposure by an average of 38%.

**PET-CT Scans.** A Positron Emission Tomography (PET) scan is a nuclear medicine imaging test. PET uses radioactive matter to show how organs and tissues are working, which helps to pinpoint disease. These scans provide detailed 3D images of bone, tissue and organs. A PET-CT scan is an effective way to help identify a variety of conditions, including cancer, heart disease and brain disorders.

**Mammography.** Mammograms are performed to screen healthy women for signs of breast cancer and to evaluate women who may have symptoms. Combining a yearly mammogram, monthly breast self-examinations and a yearly clinical breast exam provides women ages 40 and over with the best means of early detection of breast abnormalities. Women who experience an abnormal finding during a screening mammogram are referred for a diagnostic evaluation. If you are referred for additional testing, Heritage Valley's BreastCare Navigator or Patient Advocate will make the necessary appointments for you. All of Heritage Valley's mammography locations offer Self-Requesting Screening Mammograms, which means that a patient may self-schedule a screening mammogram without an order from a physician.

## Celebrating 20 Years of Helping Patients Breathe Easier!

The Heritage Valley Kennedy Pulmonary Rehabilitation Center has been helping patients breathe easier for 20 years! We provide the highest level of care to our patients, treating a range of respiratory conditions including Asthma, Bronchitis, Chronic Obstructive Pulmonary Disease (COPD), Emphysema, Pulmonary Fibrosis, Pulmonary Hypertension and Pre/Post Lung Transplantation. We have also provided relief for many post-COVID patients.

We offer one-on-one sessions with a Respiratory Therapist and Occupational Therapist. Upon completion of the program, patients have the option to participate in our "Maintenance Program," in which they continue their exercise independently in a supervised setting. Believe it or not, we have patients who have been with us almost the entire 20 years. Talk about dedication!

For more information on the Heritage Valley Kennedy Pulmonary Rehabilitation Center, please visit our website or call **412-777-6470**.





## Feel at Home with Heritage Valley Senior Living Community

### *Independent Living, Personal Care and Memory Care.*

Explore, engage and discover the Heritage Valley Senior Living Community! Conveniently located in Kennedy Township right across the street from Heritage Valley Kennedy hospital, our Senior Living Community is managed by Lutheran SeniorLife, a faith-based provider of senior services and communities in western Pennsylvania for more than 100 years. You will find a lifestyle suited for you, with compassionate care and socialization opportunities. Your well-being is our top priority!

The decision to move into a new home can be difficult. Let us help ease your mind by offering a three-day, two-night complimentary trial stay in one of our Independent Living apartments. Experience our personalized services and amenities for yourself at no cost.

We believe that moving into the Heritage Valley Senior Living Community will enhance your lifestyle and improve your outlook on life. For information, or to schedule a tour or complimentary trial stay, please call 412-331-6139 or visit our website at [heritagevalley.org/services/senior-living/](https://heritagevalley.org/services/senior-living/) to submit on online form.



## Women's Health Center Now Open in Robinson Township



At Heritage Valley, we want all women to be comfortable with their healthcare. That is why the Women's Health Centers are designed specifically for women. In addition to our facility in Center Township, we have now opened a Women's Health Center in the Robinson Township Medical Neighborhood.

These two centers are the hub for our comprehensive BreastCare program, and provide the following services for women 18 years and older:

- Screening\* & Diagnostic full-field Digital Breast Tomosynthesis (also known as 3D Mammograms)
- Self-Requesting Screening Mammography (No prescription needed!)
- Non-Surgical Breast Biopsy (Ultrasound, Stereotactic and MRI-Guided)
- Osteoporosis Heel Screening
- Bone Material Density Scan (DEXA)
- Routine Ultrasound Exams
- Routine Diagnostic Radiology Exams
- Phlebotomy (Bloodwork)
- EKG
- Mobile CT
- Mobile MRI

*\*Screening mammograms can be scheduled online using Heritage Valley's My Care Link. Simply download the Heritage Valley Health System app (iHVHS/aHVHS); create a My Care Link account; click on the Mammography Exam icon and follow the prompts to schedule an appointment at one of our screening locations.*

To schedule Breast Imaging services, including diagnostic mammograms, please call 1-866-901-MAMO (6266). To schedule Diagnostic Imaging exams, please call 1-866-901-IMAG (4624). For more information, please visit our website or call the Women's Health Center at 724-773-4720.

### **Women's Health Center – Center Township**

200 Pleasant Drive, Center Township, PA 15001

### **Women's Health Center – Robinson Township**

2201 Park Manor Boulevard, Pittsburgh, PA 15202



## Connect with Us!

There are several great ways to connect with Heritage Valley! We encourage you to visit our website ([heritagevalley.org](http://heritagevalley.org)); sign up for our bi-weekly electronic newsletter, E-Connections, by going to [heritagevalley.org/contact/contact-information/](http://heritagevalley.org/contact/contact-information/); and download the iHVHS/aHVHS app, where you will be able to:

- See a complete listing of all Heritage Valley physicians.
- Click on "Activity" to see real-time patient activity at Heritage Valley's Emergency Departments, ConvenientCare locations and outpatient diagnostic facilities.
- Create a "Health Link" account to securely view all of your health information and results.
- See a complete listing of all Heritage Valley Services.
- Create a *My Care Link* account. Here you can schedule screening mammograms, physician office appointments, including Heritage Valley Pediatrics, and access your SMART Health Card (if you received your Covid-19 vaccines and boosters through Heritage Valley).
- Store your Heritage Valley Care Card to register quickly at our kiosks.

If you need assistance, please contact us at [iHVHS@hvhs.org](mailto:iHVHS@hvhs.org).



## Join Our Team!



Heritage Valley Health System has opportunities available, both clinical and non-clinical, within our three hospitals, physician offices, Senior Living Community and NorthWest EMS. We also have openings for Advanced Practice Practitioners.

Be part of a dedicated team and make a difference, every day! We offer competitive salaries, excellent benefits, generous paid time off, onsite parking and more. Please visit the Careers section of our website or scan the QR code today!

**HeritageValley.org** 

## Supporting Heritage Valley

When you make a gift to the Heritage Valley Foundation, your donation goes directly to work helping to improve patient care within the health system and supporting community health initiatives. The Foundation was created with community support and depends on the generosity of our local communities, associates, patients and friends.



A gift of any amount is greatly appreciated. You may make your gift online by clicking on the Foundation tab at [heritagevalley.org](http://heritagevalley.org); donate through the iHVHS/aHVHS app; or mail your gift to: Heritage Valley Health System Foundation, 420 Rouser Road, Suite 102, Moon Township, PA 15108.

You may want to consider a Legacy gift, which could include a bequest of cash, stock or insurance. You could also establish an endowment for a specific cause. Planned gifts may result in considerable tax savings or establish an income stream for surviving relatives. If you are interested in discussing these options, please contact Kim Anastas, Executive Director of the Foundation, at 412-749-7966.



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**HERITAGE VALLEY**  
HEALTH SYSTEM

**1.877.771.HVHS (4847)**  
**HeritageValley.org**