

PCH Foundation's 20th Annual Golf Tournament Held at Glade Springs



WVU PCH Foundation Director Crystal Mabe and President and CEO Karen Bowling greeted golfers on the morning of the tournament.

The WVU Medicine Princeton Community Hospital Foundation held its 20th annual golf tournament on August 11, 2023. Thirty-three teams competed in the popular event, which was held for the first time on the Stonehaven Course at The Resort at Glade Springs, located in Daniels. In past years, the tournament was played on the Cobb Course.

PCH President and CEO Karen Bowling welcomed golfers prior to the 8:30 a.m. shotgun start. "We appreciate your support, and we thank you for participating in this great event, now in its 20th year," she said to the group of community and business leaders gathered for the fundraiser.

Proceeds from the event totaling \$78,000, will support the Foundation's Cancer Charities Program.



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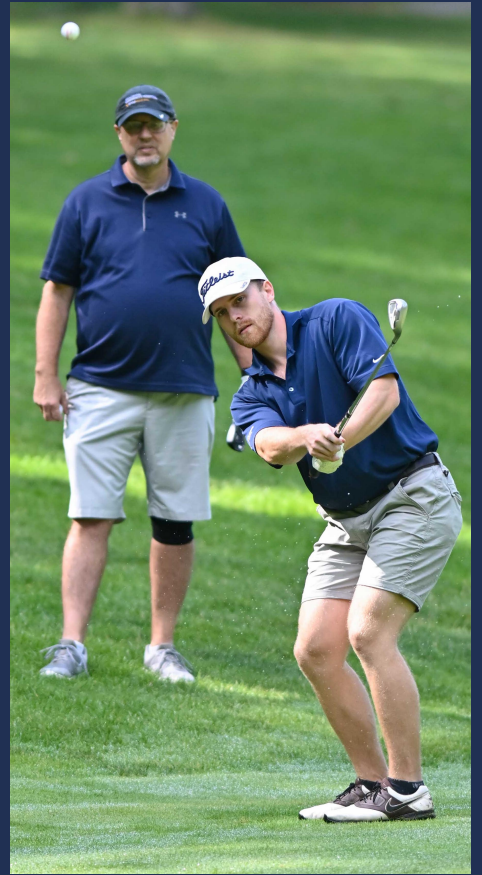
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The PCH Foundation Board of Trustees sincerely thanks the sponsors, golf teams, and volunteers for their support of this special event.



Pictured above, from left, are golf tournament volunteers: Lisa Wood; Kim Meade; Meg Carpenter; Melodie Spence; PCH President and CEO Karen Bowling; Golf Committee Chair Gopal Padasani, MD; Director of PCH Foundation Crystal Mabe; Stephanie Compton; Cassie Meade; Meghan Boland; Anita Smith; and Chris Worley.



Cassandra Stalzer, APR, CAP[®], named PCH Director of Public Relations and Marketing

Cassandra Stalzer, APR, CAP[®], has been named Director of Public Relations and Marketing at WVU Medicine Princeton Community Hospital. She will replace Richard Hypes who is retiring at the end of September.

Cassandra will begin her duties on September 18, 2023. Originally from Wyoming County, she has lived and worked in Anchorage, Alaska, for a number of years and brings an extensive background in public relations and communications to the director position.

She most recently has served as the Public Affairs Manager for the University of Alaska Foundation & University of Alaska Office of Public Affairs. Her career path has also seen her serve as Vice President of Transformational Philanthropy for the United Way of Anchorage; Vice President of Communications for the Rasmuson Foundation; Public Affairs Specialist with the United States Department of Agriculture; and COO/ Director of Marketing and Development for Koahnig Broadcast Corporation.

“I first came to Alaska to help market and raise funds for national Native American public radio programming. I found that Alaska, and Alaska Native communities in particular, share a lot of similarities with the southern West Virginia communities I grew up in,” Cassandra says.

She spent her childhood in Wyoming County where her family has lived for at least seven generations. “My fourth-great-grandfather received 40 acres in what is now Wyoming County for his Revolutionary War service. I’m very proud of my roots there,” she explains.

Cassandra believes that being from this area will serve her well in her new role at PCH. “Through my personal experiences and the experiences of my family members in the region, I understand the assets and the challenges that exist in southern West Virginia,” she says. “I have a deep love for the region and I’m so happy to be coming back home.”

“I am incredibly excited by the growth of PCH and what that means for the communities we serve,” she adds. “I remember receiving primary care from the UMWA clinic when I was a child, and everything else required that my friends and family drive long distances for care.

“To be able to receive high-quality care closer to home is a dream realized and the result of hard work by so many. I can’t wait to invest my time and effort in building a culture of health and wellness throughout southern West Virginia,” she says.

“There’s a great story to tell about all the ways WVU Medicine Princeton Community Hospital benefits the region and the many expert and passionate employees who are committing themselves to the mission,” she



Cassandra Stalzer, APR, CAP[®]

says. "I look forward to helping our customers understand how the hospital's growth will impact them and their loved ones, and helping to keep our employees informed of the broad impact they are having each and every day."

Cassandra earned a Bachelor of Science in Journalism degree from West Virginia University where she received the Outstanding Journalism Student Faculty Award. She is a Chartered Advisor in Philanthropy (CAP®), a designation earned through The American College of Financial Services. Additionally, she is Accredited in Public Relations (APR) through the Public Relations Society of America.

She is the recipient of top industry awards in public relations, public policy, and philanthropy. Among these are the Wilmer Rich Shields Award for Public

Policy presented by the Council on Foundations; the 2020 and 2019 APR Choice Award presented by the Public Relations Society of America – Alaska Chapter; and the Silver Anvil, Integrated Communications, presented by the Public Relations Society of America.

Cassandra's two children will be joining her in the move to Princeton. "They were born and raised in Alaska, so even though they are young adults now, I still have to teach them to catch tadpoles and fireflies. We are all excited to enjoy the great people, food, culture and outdoors of southern West Virginia," she says. "I love hiking and the outdoors, and am usually accompanied by at least one canine friend."

Explaining that her favorite hobby is cooking, Cassandra says, "In an alternate universe, I might have been a chef."

New Equipment for Testing Pulmonary Function Now Available at PCH

WVU Medicine Princeton Community Hospital has added state-of-the-art testing equipment for respiratory health that offers a combination of patient comfort and superior testing performance.

The Platinum Elite™ body plethysmograph and CPFS/D USB™ spirometer, both manufactured by MGC Diagnostics, are used to perform pulmonary function tests or PFTs. These noninvasive breathing tests show how well the lungs are working. A respiratory therapist credentialed in pulmonary testing conducts the tests. The findings are interpreted by a board-certified pulmonologist.

Repeated PFTs are used to evaluate how patients with pulmonary hypertension and chronic obstructive pulmonary disease (COPD) are responding to treatment and to monitor disease progression. While pulmonary hypertension cannot be cured, it can be treated. A large percentage of patients with pulmonary hypertension also have COPD.

Medications and pulmonary rehabilitation are instrumental in helping patients with these conditions



The new equipment is demonstrated by Respiratory Therapist Lareda "Reda" Compton, ReegT, CRT, CPFT, CRT-SDS.

improve quality of life. The pulmonary rehabilitation services offered at Princeton Community Hospital are available to anyone with respiratory illness, such as chronic bronchitis, asthma, emphysema, black lung, or COPD. Medicare covers pulmonary rehabilitation for moderate to severe COPD.

PCH is adding the forced oscillatory technique (FOT) in 2024 for improved lung function measurements with all patients, but with emphasis on pediatric patients who cannot follow the testing regimen for a thorough lung function measurement. Additionally, patients who are unable to perform a PFT due to age (cognition), disease process, and other medical conditions such as hemoptysis, pneumothorax, and unstable cardiac status can now be tested by simple tidal breathing. The hospital is also developing a plan to improve pulmonary hypertension testing for patients locally through the PFT lab and pulmonary rehabilitation.



With Over 46 Years of Service, Pat Roach, RN, Retires on Labor Day

Where are you from originally?

PR: I am from Pearisburg, Virginia. I have lived there since the age of seven, when my parents divorced. My mother, sister, two brothers, and I moved back in with her parents. We lived with our grandparents on a small farm just outside of Pearisburg.

They taught us to work hard and always strive to do our best. Growing up on a farm taught me the positive work ethic that you must be devoted to the job in order to achieve positive results. I watched my grandparents and my mother work so hard to feed us, clothe us, and put a roof over our heads.

My mother became a nursing assistant in 1967, and she worked at that job for 47 years. I remember from a very early age wanting to be a nurse. I had no clue how I could achieve that. Because of financial constraints, I thought I could never attend college.

Where did you study nursing?

PR: I was so blessed to live in an area that had a vocational school. Luckily I was accepted into the LPN program at Giles Vocational School. It was a free program for high school students. The first half of the program was completed in my senior year of high school. I graduated the LPN program in 1977 at the age of 18.

When did you join PCH?

PR: I began my career at PCH in April 1977. A fellow classmate said, 'Let's go to Princeton and apply. They pay better there than any of the hospitals around.' Without another thought, I came to PCH and applied. I started at \$3.49 an hour. Being 18 with hardly a dime to my name, I thought I was rich.

Thank goodness there were numerous folks from Giles County I could carpool with since I did not have a car for the first couple of months of employment. I returned to school and obtained my RN degree in 1987 from Wytheville Community College. I had to continue working while I was going to college. In order to attend my classes and clinicals for those two years, I worked every weekend, putting in 40 hours on Friday, Saturday, and Sunday by working two sixteen hour shifts and one eight hour shift. I never had the desire to return to school after that.

What departments have you worked in over the years?

PR: When I interviewed for a job, I told the hospital I would work any department or shift, but I was most interested in working on OB. So, they put me in the nursery for the first few months. After working there a short time, I realized OB was not for me. I was too young, naive, and scared to death. I requested to be placed on a med/surg floor. I floated from unit to unit for a few months, then landed on 4-West as a charge nurse on 11-7 for one year. (LPNs did charge because there were not enough RNs.) The nursing supervisor came to me one night and asked if I would be interested in transferring to critical care. Without hesitating, I said, 'Sure.' I transferred to CCU in the winter of 1979. In September of 1979, ICU opened and I was volunteered to transfer there.



Pat Roach, RN

I have remained in ICU the better part of my career. Critical care became my passion and I have always been challenged by the requirements of caring for critically ill patients.

What memorable events/changes have you witnessed during your tenure?

PR: I have witnessed so many overwhelming changes in health care. Examples include the use of IV pumps for administering IV fluids, blood glucose monitoring with meters, machines that automatically monitor everything from oxygen saturation to blood pressure, and thermometers not made of glass that gave the reading within seconds. These are the simple changes. During my career, I witnessed the implementation of many very technical advancements that I never dreamed as a young nurse I would have the privilege to learn. We also witnessed the ability to more efficiently diagnose disease with the addition of CT Scans and MRI.

The introduction of computers into healthcare has been a blessing and a curse. It has made delivery of patient care safer in procedures such as medication administration, but it has become time consuming and has created more documentation requirements than I would have ever dreamed.

Sadly, the most memorable time of my career was the pandemic. COVID-19 will always be the saddest time of my career. It was frightening, and we did not have a clue that it could be so devastating. It was physically, mentally, emotionally, and spiritually draining.

Are there certain individuals that had a positive or significant impact during your career?

PR: There are numerous individuals, too many to name, that have impacted my career; both physicians and nurses. I have worked with some of the most amazing people that always challenged me to learn and grow. It started with the first few individuals that were orienting me. I can remember those individuals as if it were yesterday. One of them was a nursing assistant that taught me the importance of always giving the best care. She taught me to be diligent in assessing and caring for patients as if they were my own family.

There have been numerous RNs including Cindy Gillespie, Carol Pettrey, Ibby Quesenberry, Debbie Pack, Pam Coleman, Jodi Bowles, Donna Bowling, and numerous others that I will never forget. But, the nurse that I must acknowledge as the one that always challenged me to be better than I was yesterday would be Kim Poe. She was my charge nurse, then my manager. She was always my safety net when I needed support in whatever I was concerned about. I can never thank these nurses and Kim enough for their friendship and support during all these years. I would never have made it without them. They always had my back.

What was your favorite role at PCH?

PR: My role as a critical care nurse was my favorite. I am proud to say that I am a critical care nurse. It has challenged me. It has made me strive to learn and provide the best care possible.

I pray that I have done it to the best of my ability and that there are patients and families that might possibly say, 'She was my nurse and she saved my life.'

When will you retire?

PR: I plan to end my career at PCH on Labor Day. After working here for a little over 46 years, it is time. As Bon Jovi's song states, 'It's my life. It's now or never. I ain't gonna live forever. I just wanna live while I'm alive.'

What are your interests/hobbies outside of work?

PR: I plan to take many beach trips, cruises, and travel as much as possible after retiring. I have several major house projects to complete that have been hindered due to working constraints. I also plan to be more involved in my church with volunteer work and doing family genealogy work. I love working outdoors in my yard, and I will always be challenged to see what flower I can grow when the weather permits.

I plan to live life to it's fullest and never take one day for granted. I want to spend as much time with family and friends, and not say, 'I have to work' when an opportunity comes along.

Even though I am retiring, I will always be a nurse. You never retire from being a nurse. It is a calling and it will be with me until the day I die.

Thank you, Pat, for providing the highest level of compassionate care for over 46 years. We wish you the very best in retirement. You will be missed!