

# Care



**SPRING 2025**

**C O N N E C T I O N S**

## DISCOVER A HEALTHIER YOU!

A publication focused on your health and wellness brought to you by the hospitals of the Pennsylvania Mountains Care Network: ACMH, IRMC and PAH.

### **INSIDE:**

**Spring into fitness and learn how to balance your wellness goals with your busy life**

**Discover new projects designed to enhance your healthcare experience**

**Learn about the new Mountains Behavioral Health facility**

**Meet new doctors and surgeons who provide exceptional care in our region**



**PENNSYLVANIA MOUNTAINS Care NETWORK**



# Expanding the Horizon of Patient Care



**Pennsylvania Mountains Care Network (PMCN)** consists of three partner hospitals: **ACMH**, **IRMC**, and **PAH**. Together, we provide comprehensive healthcare across Armstrong, Indiana, and Jefferson counties and beyond.

Formed in 2015, **PMCN** oversees its rural hospital affiliates with an integrated governance and executive management team that represents the common interests of the various communities served by each of these well-established hospitals that are so integral to each community.





A MESSAGE FROM THE PMCN PRESIDENT & CEO:

# Connecting You to Quality Care

As we celebrate Hospital Week and unveil the very first electronic edition of the *PMCN Magazine: CARE CONNECTIONS*, I want to take a moment to reflect on the power of partnership, purpose, and people.

The Pennsylvania Mountains Care Network (PMCN) is more than a name—it's a shared vision. Born from the collaboration between Indiana Regional Medical Center (IRMC), Punxsutawney Area Hospital (PAH), and ACMH Hospital, PMCN is rooted in a common goal to provide exceptional, compassionate care to the communities we call home.

This magazine marks a milestone in that journey. It highlights not only the services we provide but the stories that define us—stories of healing, hope, and heart.

You'll read about the grand opening of IRMC Mountains Behavioral Health, a place of healing and growth for those facing mental health challenges. You'll be moved by a heartfelt patient story from ACMH's rehabilitation and neurosurgery programs, reminding us of the human strength that lives in every recovery. And you'll be inspired by the family-centered care at Punxsutawney Area Hospital's obstetrics department, where new life begins surrounded by community and compassion.

As Nichole Geraci, President of ACMH Hospital, shares, "At ACMH, we believe that behind every great outcome is a team that truly cares. PMCN allows us to extend that level of care even further by reaching more patients with the same commitment to excellence."

Jack Sisk, President of Punxsutawney Area Hospital, echoes this sentiment, "Our hospital has always valued strong, personal relationships with the families we serve. Through PMCN, we're strengthening those bonds and building something greater together."

Together, we are three hospitals with a commonality - to care for our neighbors like family. As we move forward, may this magazine serve as a reflection of the dedication, innovation, and heart behind everything we do.

Thank you for being a part of this incredible journey. We look forward to many more editions, and many more stories to tell.

**Steve Wolfe**

*Steve*  
PMCN President & CEO

IRMC and PMCN President and CEO Steve Wolfe (right) joins ACMH President Nichole Geraci (center) and PAH President Jack Sisk (left) to discuss collaboration on future healthcare initiatives.



# Caring

## H A N D S



## Our Family is Here for Your Family

*Spotlight on the Punxsutawney Area Hospital's OB Department*

Since its inception, the Punxsutawney Area Hospital has been committed to providing care to women in the community. It takes great pride in supporting women throughout every phase of their medical journey, from childbirth to the various stages of womanhood. The providers at PAH deliver a comprehensive range of services. While many communities are witnessing a decline in obstetric and gynecological care, PAH is flourishing. Over the past five years, PAH has seen an increase of 20% in deliveries, thanks to the expertise and friendly approach of our highly

skilled team. "My experience at PAH far exceeded any expectations I had. I felt truly cared for and recognized as a person, not just a number in the queue for the day", stated a patient and expecting mother.

The Punxsutawney Area Hospital acknowledges the Amish population within our community as a specific area of need. In 2024, we launched a free Women's Clinic using our mobile wellness unit.

This initiative focuses on Amish women, particularly those in the vicinity of Punxsutawney. Through this clinic, our dedicated teams strive to promote healthy pregnancies and improve access to care for those facing barriers.

With ongoing efforts to expand and enhance our offerings, we remain committed to addressing the unique health needs of women throughout the area. Our programs are designed not only to serve but also to empower women by providing education and resources tailored to their specific circumstances. "The staff at Punxsutawney Area Hospital involved me in the care process, we talked through every option together, and they provided me with education and resources to make the best decision regarding my birthing process," stated a recent Punxsutawney Area Hospital Patient.







## A COMMITMENT TO CONTINUOUS CARE

Punxsutawney Area Hospital is dedicated to ensuring continuous care for our patients throughout their lives, starting at the very beginning. We take pride in offering pediatric services provided by our board-certified pediatrician, Dr. Diana Dutra, D.O. With a focus on compassionate and comprehensive healthcare, Dr. Dutra and her team are committed to supporting the health and well-being of children from infancy through adolescence. Our pediatric services include routine check-ups, vaccinations, developmental screenings, and specialized care tailored to each child's needs. For more information about pediatric services visit [www.pah.org](http://www.pah.org) or call 814-938-5065.

We are particularly proud of our partnerships with organizations to ensure that even the most underserved populations have access to quality healthcare. By fostering these relationships, we aim to build a healthier community where every woman feels supported and valued.

Our vision is to continue growing alongside the community, adapting to new challenges and leveraging the latest advancements in medical care. Whether it's through innovative technology, community outreach, or personalized care plans, our goal is to make a meaningful difference in the lives of the women we serve.

From physicians and advanced practice providers to our everyday nursing staff, the community appreciates the level of expertise, care, and compassion provided at PAH. The Punxsutawney Area Hospital understands that delivering care is a collaborative effort.

We invite everyone to join us in this journey, whether as a patient, partner, or supporter, as we strive to create a brighter, healthier future for all women in Punxsutawney and beyond. As we continue our mission to offer women's health services in the region, we encourage those in need to learn more about our team and the services available by visiting [pah.org](http://pah.org) or calling us at 814-938-3343.

## EXPECTING YOU: PAH Team of OB Providers



OB PROVIDERS (Left to Right):  
**Candi Knox**, MSN, NP-C, CBC, **Anie Perard**, M.D., **Bryan Doverspike**, D.O. and **Amanda Greenblatt**, CRNP.

**Punxsutawney Physician Group**  
Punxsutawney Area Hospital  
81 Hillcrest Drive  
Punxsutawney, PA 15767  
Phone: 814-938-3343

# GET BACK TO ENJOYING LIFE!



## Life-Changing Neurosurgical Solutions

*Discover how one woman didn't let back and neck pain keep her from enjoying the best that life has to offer!*

When Neurosurgeon Dr. Curt Conry met Michelle, he was confident that his team at ACMH's Western Pennsylvania Neurosurgical Associates (WPNA) would be able to help alleviate her back pain and start a journey towards a better quality of life.

Michelle was enjoying evening walks in her neighborhood to unwind after work until persistent back and neck pain stopped her in her tracks. "I couldn't do it for the past couple of years," explained Michelle. "The pain kept me from walking, and I wasn't able to do much kayaking because that would bother my back, too."

When the pain progressed and she could no longer ignore the symptoms, Michelle recalls the moment she finally decided to seek help. "I said to myself, I've got to do something about this!"

After a referral from PAH provider Kelli Simpson, CRNP, Michelle met with Dr. Conry to have an initial consultation and discuss treatment options. Michelle's treatment plan included non-invasive pain relief techniques and eventually two surgical interventions.

Michelle recalls being put at ease and educated about the eventual plan for surgery. "Oh, they were wonderful," she

exclaimed. "They explained everything very well and I understood exactly what to expect after surgery."

Dr. Conry takes pride in being able to help patients like Michelle. "Many people arrive here thinking there's no hope for them. However, they'd be surprised at how far we've come in the past several years in treating various neurosurgical issues," explains Dr. Conry. "Our goal is to see them be able to return to their normal life, whether that be a return to work or in Michelle's case, getting her back to the hobbies and activities she enjoys. That's our goal, and we try to achieve that with every patient we see."

Thanks to the team of providers at WPNA, Michelle is back to enjoying relaxing evening walks and kayaking at one of her favorite spots, Cloe Lake.

"I'm just really glad that I went to Dr. Conry and got it done," Michelle added. "I'm feeling so much better now and I couldn't be any happier with the outcome of my surgery."

### Western Pennsylvania Neurosurgical Associates - Dr. Curt Conry

100 Medical Arts Building  
Suite 130, Kittanning, PA 16201  
Phone: 724-543-3550





## Finding Your Balance:

### *Discover a Healthier Life Through Exercise, Nutrition and Preventive Care*

In our fast-paced world, finding the right balance between daily responsibilities and personal well-being can be challenging. Yet, achieving harmony between exercise, healthy eating, and overall health maintenance is not only possible—it's essential. Striking this balance enhances your energy, reduces your risk of chronic disease, and helps you feel more in control of your life.

#### **The Power of Balance**

Living well isn't about chasing perfection; it's about making consistent, sustainable choices. Regular physical activity boosts cardiovascular health, strengthens muscles, and improves mood. Meanwhile, a well-balanced diet fuels your body with the nutrients it needs to thrive—reducing your risk for obesity, type 2 diabetes, and heart disease.

But these efforts are most effective when guided by regular health monitoring. That's where your family physician and your local PMCN hospital come in.

#### **Your Family Physician: A Partner in Wellness**

Your family doctor plays a key role in helping you find and maintain balance. They understand your medical history, lifestyle, and goals, and can guide you through personalized recommendations for exercise and nutrition. More importantly, they help detect health issues early through routine screenings and wellness check-ups.

Building a strong relationship with your physician allows you to take a proactive approach to your health. Whether

it's discussing weight management, stress reduction, or setting realistic fitness goals, your doctor can help you chart a course that works for you.

#### **Hospital Services That Support Your Journey**

Many local hospitals offer a range of wellness services designed to complement your efforts at home. These may include:

- Nutrition counseling with registered dietitians
- Rehabilitation for those with chronic conditions
- Preventive screenings and diagnostic tests
- Stress management or mental health support
- Community health events and wellness classes

These resources make it easier to integrate healthy habits into your life, regardless of your current health status. Don't hesitate to ask your physician about programs at your local hospital that could benefit you or your family.

#### **Take the First Step**

Finding balance doesn't happen overnight—but every small step you take toward healthier habits adds up. Make a commitment today to move a little more, eat a little better, and check in with your healthcare provider regularly. By working together with your physician and utilizing the services at your local hospital, you'll have a support team dedicated to helping you live your healthiest life.



# Caring MINDS

## A Lifeline for the Community

*IRMC Celebrates the Opening of an Innovative Behavioral Health Facility*

“IRMC Mountains Behavioral Health is not just a new facility; it is a lifeline for our community. Our goal is to ensure that mental health care is accessible to everyone, especially in rural areas where services have often been out of reach,” stated Steve Wolfe, IRMC President & CEO. “By providing integrated care locally, we are breaking down the barriers to treatment and offering hope to individuals of all ages. This project represents a crucial step forward in addressing the mental health needs of our region, and we are proud to lead this initiative for a healthier, stronger community.”

### **Building Strong Local and Regional Support**

Creating a facility of this magnitude requires not just vision, but collaboration and support from local and regional partners like Senator Joe Pittman, Representative Jim Struzzi, Representative Guy

Reschenthaler, and the Indiana County Commissioners. IRMC also worked alongside these behavioral health partners to bring this project to fruition, including the Armstrong-Indiana Behavioral and Developmental Health Program (AI-BDHP), Armstrong-Indiana-Clarion Drug and Alcohol Commission (AICDAC), and Southwest Behavioral Health Management (SBHM).

### **Impact on the Community**

The creation of IRMC Mountains Behavioral Health promises to have a lasting impact on the community. The facility's expanded capacity for treating adolescents, adults, and seniors will significantly improve local access to mental health care. This is particularly important in a region where behavioral health patients, as noted previously, are often transported to facilities outside the county, leaving families and caregivers with the added burden of long-distance travel.

The facility will offer a variety of services and will serve as an integrated hub where patients can receive comprehensive treatment from a team of healthcare professionals. This collaborative care model ensures that patients are treated with an emphasis on long-term wellness and recovery.

**The new IRMC Mountains Behavioral Health Facility**







A formal ribbon cutting was held on April 9, 2025 to commemorate the completion of the new facility.

The new facility is also set to address some of the region's most pressing public health challenges. Given the prevalence of drug addiction and the lack of primary care providers in the service area, IRMC Mountains Behavioral Health is not just focused on treating mental health issues, but also helping to break the cycle of substance abuse and other health disparities. The ability to treat these issues in a more coordinated, local setting will help improve outcomes and reduce the burden on emergency services.

### **A Bright Future Ahead**

As IRMC Mountains Behavioral Health opens its doors, it will undoubtedly play a pivotal role in improving mental health care across Indiana County and beyond. The project is a testament to what can be accomplished when healthcare providers, local officials, and community partners come together to address a pressing need.

The journey of IRMC Mountains Behavioral Health is just beginning, but its impact will be felt for years to come—ensuring that mental health care is accessible, effective, and integrated for every member of the community.



### **IRMC Mountains Behavioral Health**

145 IRMC Drive  
Indiana, PA 15701  
724-357-7404



# TRANSITIONAL CARE



**The Punxsutawney Area Hospital Transitional Care Program provides skilled care to those patients needing additional time to heal and regain strength following an acute hospital stay. The goal is to improve patients' functional, nutritional, and medical condition.**

Patients in the Transitional Care Program have a care team that is specific to their needs. Care teams include the patient, the patient's family, hospitalist, nursing staff, rehabilitation therapists, dietitian, pharmacist, the transitional care coordinator and a discharge planner. This comprehensive team works with each patient specifically to create a customized treatment plan to ensure the best possible outcome.

According to Jack Sisk, President of PAH, "The Transitional Care Program involves interactions with numerous highly trained staff members. Through these interactions, patients understand why PAH has been recognized as a Top 100 Rural and Community Hospitals in the nation by the Chartis Group."

A lifelong resident of Punxsutawney, Carol Overly, was recently a patient in the TCU program at PAH focused on recovering and regaining mobility. "I felt heard and truly cared for with care and compassion", expressed Overly. "The staff took the time to listen to me, involve me and my family in the conversation, and explain things in a manner that made sense", continued Overly.

While receiving care at PAH, the team of physicians and nurse practitioners closely monitors each individual in the program, ensuring that patients are actively engaged in their own care. During a patient's stay, physicians may seek consultations with other specialists as needed. Communication throughout this process with the patient and family is key to success.

Family members are encouraged to participate in the care

process throughout a patient's Transitional Care stay. Loved ones are encouraged to visit as frequently as they wish. We understand the significance of family visits and their positive impact. "Having a loved one in the hospital can be very challenging, I have only experienced kindness, compassion, and excellence with my mother's care team at PAH", stated a Patti Dinsmore, daughter of the patient.

TCU patients also have the chance to take part in a variety of activities throughout their stay. Shortly after admission, patients receive an activities calendar. Staff highly encourage patients to join the activities, as it allows them to enjoy experiences that align with their interests, needs, abilities, and preferences, while also promoting their independence. "The activities including pet therapy gave me a sense of normalcy and enjoyment while I recovered. The nursing and rehabilitation staff were nothing short of amazing", stated Mrs. Overly.

Patient safety is always our top priority. A patient's length of stay is determined by multiple discipline providers involved in the care. The physician, therapists, and nurses will be monitoring a patient's progress to ensure they are safe upon discharge. "I felt like I was provided the information that I needed to know about the care of my mother. I felt confident in

the decisions that were being made and felt apart of the team," stated Dinsmore.

As a community hospital serving a rural area, we have numerous reasons to celebrate. This program allows us to deliver the essential level of care that keeps families united, all while achieving positive outcomes for our patients.



**PAH TRANSITIONAL CARE TEAM MEMBERS:**  
Stefany Buchleitner, COTA/L, Sally Shields, COTA/L,  
Jendi Blaniar, OTD, OTR/L

## **PAH Transitional Care Program**

Punxsutawney Area Hospital,  
81 Hillcrest Dr, Punxsutawney, PA 15767  
814-938-1616



HEALTHY LIVING TIPS:

# BeattheHeat *This summer*



*With summer fast approaching, here are some tips to help you enjoy it and stay safe.*

## **SUMMER HYDRATION TIPS – HOW TO STAY PROPERLY HYDRATED IN THE HEAT**

Staying hydrated during the summer is essential, especially when high temperatures increase the risk of dehydration. The body loses fluids more quickly through sweat, so it's important to drink water regularly—before you feel thirsty. Aim for at least 8–10 glasses of water a day, more if you're physically active or outdoors. Carry a reusable water bottle and take frequent sips throughout the day. Incorporate hydrating foods like watermelon, cucumbers, and oranges into your diet. Foods with high water content not only replenish fluids but also supply important electrolytes like potassium and magnesium. Avoid excessive consumption of caffeine and alcohol, as they can contribute to fluid loss by acting as diuretics. Consider adding electrolyte drinks or coconut water to your routine if you're sweating heavily, especially during intense physical activity.

## **SUN SAFETY 101: PROTECTING YOUR SKIN FROM UV DAMAGE**

Protecting your skin from ultraviolet (UV) rays is crucial to prevent sunburn, premature aging, and skin cancer. Apply a broad-spectrum sunscreen with SPF 30 or higher every two hours, or more often if swimming or sweating. Make sure to cover often-missed areas like the ears, back of the neck, and tops of the feet. Wear protective clothing, such as long sleeves, wide-brimmed hats, and UV-blocking sunglasses. Lightweight, tightly woven fabrics provide better UV protection than loosely woven materials. Try to seek shade during peak sunlight hours—typically between 10 a.m. and 4 p.m.—and remember that UV exposure can be intensified by reflective surfaces like water, sand, and concrete. Even on cloudy days, UV rays can penetrate through, so sunscreen should still be a part of your routine. Check the UV index daily to assess risk and adjust your sun protection measures accordingly.

## **RECOGNIZING & PREVENTING HEATSTROKE – SIGNS, SYMPTOMS, AND PREVENTION TIPS**

Heatstroke is a serious condition that occurs when the body overheats and is unable to cool down effectively. Warning signs include a high body temperature (above 103°F or 39.4°C), hot and dry skin, confusion, nausea, rapid pulse, and even unconsciousness. Early symptoms may also include muscle cramps, excessive sweating, or dizziness—signs that immediate action is needed to prevent escalation. If you suspect someone has heatstroke, call emergency services immediately, move them to a cooler area, and try to lower their body temperature with cool compresses, fans, or by spraying them with water. Avoid giving fluids if the person is unconscious or semi-conscious. To prevent heatstroke, stay hydrated, avoid strenuous activity during peak heat hours, wear lightweight and breathable clothing, and take frequent breaks in shaded or air-conditioned areas. Acclimatize gradually to hot conditions if you're new to outdoor labor or exercise, and be especially cautious with children, older adults, and individuals with chronic illnesses, as they are more vulnerable to heat-related illnesses.





# Caring TOUCH

## Rehabilitation with a Touch of Innovation

*ACMH is making a difference in the lives of many with a fresh approach to personalizing rehab services*

ACMH recently installed an innovative enhancement for pediatric therapeutic engagement: The Sensory Sea Adventure Wall. This interactive installation, located in the Hospital's rehab services entrance area, provides children with 'sea themed' activities and engagement tools and features a rotating selection of artwork created by ACMH pediatric therapy patients.

Occupational Therapist Kim Harbison explains a key benefit of the installation. "Therapy can be intensive," states Kim. "It's very attention focused. So, to help these kids expend a little bit of energy and help them pay attention better during their therapy sessions, the sensory wall helps to assist in the process of releasing some of that energy before we begin."

Studies show that sensory activities offer numerous benefits for pediatric patients in speech and occupational therapy by helping to regulate their sensory systems, which can enhance attention,



emotional regulation, and overall participation in therapeutic tasks.

"A lot of these kids have coordination and strength issues, for instance, which all play into the motor skills component of their treatment" added Kim. "The wall also allows them to creatively use their motor skills, refine their coordination and enhance their strength."

Aside from the clinical benefits, Brittany Zahradnik, mother of 4-year-old Jaxon, who is enrolled in speech therapy at ACMH, describes another important aspect that the wall provides: creativity and pride.

"He just loves it," Brittany shares. "We take it for granted how easy some things come to us, whereas some kids really have to work at it. For him to be able to express himself on the wall and in art, it's perfect."

"The staff here are so creative and good at what they do, and this wall really shows how much they really do care," Brittany added.





**“MASON STRONG” continues to be the rallying cry for Mason Martin, who suffered a significant brain bleed and a collapsed lung during a Karns City High School football game in September of 2023. Since the incident, Mason has embarked on a rehabilitation journey at ACMH Hospital where he is facing challenges with staunch determination and achieving significant progress along the way.**

#### **A VERY SPECIAL REHABILITATION JOURNEY**

Mason’s father, Denny Martin, says that the progress Mason has been making is remarkable and can be clearly seen in his ability to ambulate with assistance.

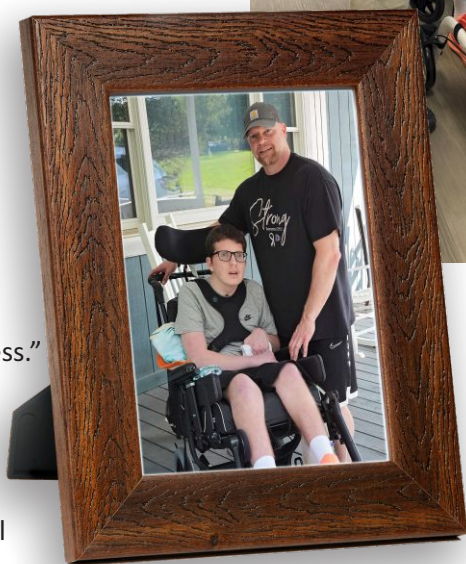
“At first, it was just an all-out workout for 20 minutes for all of us to walk him on the treadmill. The Physical Therapists were soaked in sweat, I'm exhausted and we're all spent because it was so hard to move him,” Denny recalls. “Now we can sit there and do the same exact thing and chit-chat while we're doing it because it's so effortless.”

“The progress is easy for us to see,” he continued. “If you're not hands on with him, you might not even know it's happening, but from when we started until now, there's a huge improvement.”

Mason is enrolled in outpatient physical and occupational therapy as well as the speech and swallowing rehabilitation program at ACMH. Speech-Language Pathologist Heather Baileys is implementing a comprehensive plan for Mason which includes restoring Mason's swallow function so that he can enjoy his favorite foods and improving his cognitive-linguistic skills so he can express his wants, needs and feelings .

“I am blessed with the opportunity to make a difference in Mason's life, and it is a responsibility I do not take lightly,” stated Heather. “Rehabilitation after a traumatic brain injury is intense, but Mason is immensely resilient. He is relearning how to eat, think and communicate better with each therapy session.”

As Mason continues his rehabilitation journey, PMCN partner hospitals join the community in wishing Mason and his family continued progress and success!  
#MasonStrong



Denny Martin offers advice to anyone who may be in a similar situation and considering rehabilitation options for a loved one. “You’re faced with a hard decision, but remember, you’re not going to a building or a location - you're going to a place because of the people,” states Denny. “I’ve been

in some of the most reputable rehab centers in Western Pennsylvania and this place is right up there with them. ACMH Rehab is every bit as good as what they're doing at the Pittsburgh facilities, and it's because of the people.”

#### **ACMH REHABILITATION SERVICES:**

##### **ACMH Hospital**

One Nolte Drive, Kittanning, PA 16201  
PHONE: 724-543-8145

##### **Ford City Health Pavilion**

202 Fifth Avenue, Ford City, PA 16226  
PHONE: 724-763-2264

##### **Leechburg Primary Care Center**

116 Main Street, Leechburg, PA 15656  
Phone: 724-845-1211 ext. 5025



# VASCULAR INNOVATION

## VASCULAR CARE: Protecting the Body's Lifelines

Vascular care plays a vital role in maintaining the health of the body's circulatory system, which includes arteries, veins, and lymphatic vessels. These vessels are responsible for carrying blood and other fluids throughout the body, and when they don't function properly, it can lead to serious health issues.

Conditions such as peripheral artery disease (PAD), varicose veins, blood clots, and aneurysms are just a few examples of vascular disorders that can significantly affect quality of life, and in some cases, become life-threatening if not treated promptly. The good news is that modern vascular medicine offers a wide range of diagnostic tools and treatments that are more effective and less invasive than ever before.

### A Story of Success:

For a Punxsutawney area patient and business owner, vascular health has always been something to watch closely—especially with a family history of vascular issues. The patient was diagnosed with both carotid artery disease and an abdominal aortic aneurysm. When it came time to make decisions about treatment, the patient placed their trust in Dr. Gregory Lynch, a board-certified vascular surgeon. That trust was built through honest conversation and a sense of community.

"Dr. Lynch took the time to explain everything in a way that made sense," the patient said. "He listens, he's honest, and that meant a lot to me. I also liked that he's involved locally as a sports coach. It shows the kind of person he is."

Dr. Lynch first performed the EVAR procedure to repair the aneurysm in their abdominal aorta. Shortly after, they underwent a carotid endarterectomy (CEA) to restore healthy blood flow to their brain, reducing the risk of stroke.

Now, the patient is back to what they enjoy most: helping out at the family business. The business, a partnership between two families, has deep roots in Jefferson County.

### Why Vascular Health Matters

Taking care of your vascular system is essential to overall health. Risk factors such as smoking, high blood pressure, high cholesterol, diabetes, and family history can increase the likelihood of developing vascular issues. Regular check-ups, healthy lifestyle choices, and early intervention are key to managing these risks.

Whether through prevention, monitoring, or advanced treatments like EVAR, vascular care continues to evolve—offering patients safe

#### Gregory J. Lynch, DO

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Punxsutawney, PA 15767  
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# Get Connected... Stay Connected.

*Pennsylvania Mountains Care Network (PMCN) consists of three partner hospitals: ACMH, IRMC, and PAH. Together, we provide comprehensive healthcare across Armstrong, Indiana, and Jefferson counties and beyond. We invite you to get to know us and our providers!*



**Armstrong County Memorial Hospital**  
One Nolte Drive, Kittanning, PA 16201  
Phone: 724-543-8500  
[www.acmh.org](http://www.acmh.org)



**Indiana Regional Medical Center**  
835 Hospital Road, Indiana, PA 15701-0788.  
Phone: 724-357-7493  
[www.irmc.org](http://www.irmc.org)



**Punxsutawney Area Hospital**  
81 Hillcrest Drive, Punxsutawney, PA 15767  
Phone: 814-938-1800  
[www.pah.org](http://www.pah.org)



## A team approach to quality care

PMCN partner hospitals and clinics have access to a wider range of services, technologies, and support systems. This ensures that you have access to comprehensive care that meets your needs.

Scan to discover the wide variety of physician services available through the **Pennsylvania Mountains Care Network.**



[www.pamcn.org](http://www.pamcn.org)

## PMCN Employment Opportunities

*IRMC, ACMH and PAH each have a variety of career openings for a wide variety of positions ranging from entry level to advanced medical specialties.*

**Visit our employment web pages for more information:**

- [www.acmh.org/careers](http://www.acmh.org/careers)
- [www.irmc.org/careers](http://www.irmc.org/careers)
- [www.pah.org/employment](http://www.pah.org/employment)





**Empower Your  
Health, Transform  
Your Life!**

**thrive  
'in 2025**

***Empower yourself to live your healthiest life by making informed decisions, adopting positive habits, and embracing a proactive approach to your overall wellness.***

At PMCN hospitals, we're here to support you every step of the way. Routinely, we offer a wide variety of health-focused programs and **Wellness Connection** events tailored to address different aspects of your physical, mental, and emotional health.

Whether you're looking to learn more about nutrition, manage a chronic condition, stay up to date on preventive care, or simply enhance

your lifestyle, our offerings are designed with your needs in mind.

From expert-led seminars and educational workshops to free health screenings, fitness challenges, and community outreach events, there's something for everyone.

**Stay connected and don't miss out!** Be sure to check our websites and follow us on social media to stay informed about upcoming events, valuable resources, and practical tips that can help you and your loved ones lead healthier, happier lives. Join us and make this year your healthiest yet!



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Formed in 2015, PMCN oversees its rural hospital affiliates with an integrated governance and executive management team that represents the common interests of the various communities served by each of these well-established hospitals that are so integral to each community.

PMCN's goals include creating long-term valuable efficiencies, synergies of scale, and sustainability for hospitals that are already operating with a high level of quality of care and effective local management. Most significantly, PMCN is committed to improving health outcomes and making a lasting impact on the communities it serves.

