



New Patient Unit Designed To Improve Emergency Room Experience



Patients who require ongoing care after initial treatment in the Emergency Department may be moved into the new Clinical Decision Unit (CDU).

"There are benefits all around," adds Dr. Trina Abl, Physician Advisor and Hospitalist. "For the patient, they leave what often can be a loud, bustling ED for a quiet, private room with an actual bed. They also will have a TV, private bathroom and access to food and a phone. The doctor can sit and talk with them instead of hovering over them like in the ED, and everyone involved will feel less rushed. Since things will be more organized and calmer it should greatly improve the patient and staff experience."

[Learn how we're bettering everyone's ER Experience](#)

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St. Joseph Pharmacist has a cherished connection to WE ARE

For former Penn State football player Wally Triplett, WE ARE, is more than the university's now famous chant. It's a proclamation that was collectively voiced by Triplett's white Penn State teammates 70 years ago as they all voted to cancel a regular-season game at the University of Miami, rather than honor segregated Miami's request to not bring their African American players to the game.

Triplett's story, well told in the link below that was recently featured on ESPN, is also well known to St. Joseph's pharmacist Darryle Tillman, Triplett's cousin.



[WE ARE proud to share this with you](#)

Why Fewer Hours Of Sunlight Needn't Darken Your Mood

Some people see less than 10 hours of sunlight a week. Become Mr. and Mrs. Brightside with a few tips.

[Show me the light!](#)



Getting to Know Our Services Medical Fitness Program

Before lung transplant surgery eight and a half years ago, Margie Pratt of Douglassville found herself in an extremely difficult position. Suffering from severe lung disease, Margie was desperate for the surgery, as she required constant use of oxygen and had very limited physical ability. In order to qualify for the surgery, however, she needed to be able to walk 600 feet in six minutes. To put that into perspective, she needed to be able to walk the length of a football field, turn around and walk back to the starting point within six minutes. While that would not be difficult for most healthy people, it seemed nearly insurmountable to Margie. Until, that is, she met up with Cheryl Tutella, a Penn State Health St. Joseph Clinical Exercise Physiologist.



[See how the Medical Fitness Program helped Margie and others](#)

Passionate About Health Good Gravy, Holiday Feasts Can Be Enjoyable & Healthy!

Think it can't be done? Follow our 10 quick tips and you'll be thankful you did.

[Ok, let's see it](#)



