



# IBD Newsletter

PENN STATE INFLAMMATORY BOWEL DISEASE CENTER

[hmc.PennStateHealth.org/ibd](http://hmc.PennStateHealth.org/ibd)

**IBD Direct Line 717-531-3998**

## Penn State Health Patient Named 2018 CCF Honored Hero



Janelle Mills is being recognized as the Crohn's and Colitis Foundation (CCF) Honored Hero for the September 2018 Take Steps walk. Janelle, pictured above second from left with members of her family, has been a patient at Penn State Health Milton S. Hershey Medical Center since 2014 and has spoken for our group at patient symposiums. In spite of the challenges presented by Crohn's disease, including surgical interventions, Janelle graduated from college and married her husband Nick. We continue to be inspired by her determination and resilience. Last year, Janelle and her team were the number one fundraisers for the walk, raising over \$10,000. Congratulations to Janelle!

## Join A Take Steps Team and Walk for a Cure

We would love to have you walk with us and raise funds to support the CCF in its efforts to find a cure. Our support group facilitator, Rachel Hays, is co-captain of our team along with Janelle. Each year our team raises thousands of dollars for the cause!

If you are interested in joining our team with Janelle next year, or if you would like to participate in an upcoming scheduled walk, go to [crohnscolitisfoundation.org](http://crohnscolitisfoundation.org) and click on the link to find a walk near you. We appreciate your participation.

## Pediatric Corner

### *Pediatric Department Starts Support Group*

The Pediatric GI IBD team at Penn State Children's Hospital, led by Dr. Marc Schaefer, launched its pediatric-focused support group for adolescents ages 12 to 18 on April 18. The participants started with a general session on IBD and then broke into separate groups of patients and parents, to provide networking opportunities for both. The adolescents played a game of IBD Jeopardy, while the parents got to know one another and share stories. Dr. Schaefer and Marianne Knight, RN, pediatric IBD nurse, led the groups. The group will meet quarterly, with the next meetings scheduled for July 11 and Oct. 3 in the Children's Hospital, Room P1100/1100A. Please register with Tawn Boltz at 717-531-1043 or [tboltz@pennstatehealth.psu.edu](mailto:tboltz@pennstatehealth.psu.edu).



**WE ARE  
PENN STATE  
IBD**



## IBD Advanced Practice and Nursing Staff: More than 30 years of IBD Experience

The Penn State IBD Advanced Practice and Nursing team continues to grow and consists of many nurses from the GI and colorectal surgery teams, clinics, offices and endoscopy suites. Our advanced practice team has more than 30 years of dedicated IBD experience. The GI and colorectal surgery (CRS) division members include Nana Bernasko, DNP (five years of dedicated IBD care at Yale and one year at Penn State Health Milton S. Hershey Medical Center); Marjorie Lebo, CRNP (dedicated practice with the CRS team since 1999); Chris Ardell, CRNP (dedicated practice with CRS since 2013); and Cameron Sweigart, PA-C (dedicated CRS practice since 2014).

In our clinic, RN and LPN staff members support our patients during their visits. The team coordinating patient experience and providing support in and out of the clinic consists of Anne Bobb, RN, IBD Nurse Navigator; Sherry Booher, RN, IBD Nurse Coordinator; and Melinda Kuhn, LPN, IBD Support Nurse. The team also educates patients about their medications and works with insurance companies and pharmacies to ensure patients are able to stay on their medications and receive them in a timely fashion. The IBD experience is complex, and our experienced, dedicated staff works hard to make life easier for our patients.



From left: Marjorie Lebo, CRNP; Nana Bernasko, DNP; Christine Ardell, CRNP; and Cameron Sweigart, PA-C



From left: Sherry Booher, RN; Melinda Kuhn, LPN; and Anne Bobb, RN

## UPCOMING EVENTS

### IBD Support Group Meetings

#### Adult Group

July 11, 2018, 6-8 p.m.

Topic: Understand Your Targets

Location: University Physician Center, Suite 4200

Sept. 5, 2018, 6-8 p.m.

Topic: Skin Manifestations in IBD

Location: University Physician Center, Suite 4200

Call Rachael Hays at 717-350-3354 or

gotgutshmc12@gmail.com for more information.

#### Adolescent Group

July 11, 2018, 6 p.m.

Location: Children's Hospital, Room P1100/P1100A

Oct. 3, 2018, 6 p.m.

Location: University Physician Center, Suite 4200

Register with Tawn Boltz at 717-531-1043 or

tboltz@pennstatehealth.psu.edu.

### Penn National Governor's Cup

Aug. 6, 2018, 12 p.m.

Location: Hershey Country Club

### CCF Take Steps Walk

Sept. 30, 2018, 10 a.m.

Location: City Island, Harrisburg

### IBD Patient Symposium

Nov. 1, 2018, 6-9 p.m.

Location: University Conference Center

### IBD Advanced Clinician Conference

Nov. 9, 2018, 7:30 a.m.-4 p.m.

Location: Hershey Country Club

### IBD Research Conference

Oct. 19, 2018, 7:30 a.m.-4 p.m.

Location: Hershey Lodge