



**POCONO MOUNTAINS FLIGHT FEST**

**FOOD TRUCKS**

**KIDS RIDES**

**PLANE & HELICOPTER RIDES**

*Plus* **LIVE DJ**  
**TOUCH-A-TRUCK**  
**AIRPLANE & ANTIQUE CARS**  
**CANDY DROP**

**SATURDAY, AUGUST 3**  
**11:00 am – 5:00 pm**  
RAIN OR SHINE  
*\$10 Parking Fee*

**POCONO MOUNTAINS REGIONAL AIRPORT**

PoconoFlightFest.com 800-321-5890



## Tiny Valves in Lungs Help Pocono Man Breathe Better

By Sam Kennedy

POCONOS - Ray Williams has three tiny medical “valves” nestled in the bottom lobe of his left lung, designed to help him breathe easier. Called the Zephyr endobronchial valve, each pencil-eraser shaped device serves as relief valve that helps expel air trapped in the diseased crevices of emphysema tissue caused by Williams’ years of smoking.

St. Luke’s lung specialists, pulmonologists Deborah Stahlnecker, DO, and Livia Bratis, DO, have been treating the 77-year-old Pocono man to help him improve his ability to inhale and exhale so he can move better and feel better. And the new technology that St. Luke’s pioneered in the Lehigh Valley in 2021, referred medically as bronchoscopic lung volume reductions (BLVR), offers his best reason for hope that will happen.

“I feel good, and I’m optimistic for improvement,” said Ray, who quit smoking in 2002. He walks up to five miles daily in addition to working out in pulmonary rehabilitation twice-weekly at St. Luke’s Monroe Campus near his home. His goal, shared by his doctors, is to increase his breathing capacity from his pre-procedure baseline of 30% to 45%, so he can exercise without becoming easily winded.

According to Dr. Stahlnecker, who implanted the Zephyr valves in Ray in March without invasive surgery, using a long camera-tipped tube, called a bronchoscope, the valves can take up to six months to reach maximal benefit, and she, too, believes they’ll do their job.

Ray, and his wife, Judy, who live in Stroudsburg, are effusive in their praise for his doctors and other caregivers throughout St. Luke’s, both at the Bethlehem and Monroe campuses.

“Both doctors are marvelous, professional and compassionate,” said Judy. “Dr. Stahlnecker answered all of our questions about the Zephyr procedure and was never in a rush.”

The inpatient nursing staff who took care of Ray also get a shout-out from the couple. In particular Ricky Castro, RN, who was his Medical ICU nurse at St. Luke’s Bethlehem after Dr. Stahlnecker put in the valves in March.

“Ricky was outstanding and very attentive with Ray,” explained Judy. “He walked him around the floors the day after the surgery, took his time with him and was very caring.”

They nominated Castro for a DAISY award, which celebrates and recognizes nurses for going above and beyond for their patients and families.

“Ray was motivated and determined to move around after his procedure,” Castro, who has previously won a DAISY award, said. “It’s nice to be recognized.”

The kind of top-notch, personal care Ray is experiencing at St. Luke’s comes as no surprise to them, given their long-term and happy history with their favorite network.

Judy gave birth to their two children at the Bethlehem campus. Ray had radiation treatments for prostate cancer at Monroe. And Judy’s life was saved after being flown to Bethlehem for treatment of a burst brain aneurysm in 2007.

“We’ve had a great experience with St. Luke’s every time,” said Judy. “All the staff and doctors have been phenomenal.”

“And we’re so happy St. Luke’s built a hospital up here near our home (St. Luke’s Monroe Campus) to make this wonderful care more accessible.”

**Always Working For A Sustainable Tomorrow®**

## Safety Tips

**Safety Tips**

**Keep a Safe Distance:** Collection trucks stop and back up frequently.

**Stay Clear:** Keep your children clear of carts and our vehicles/trucks. Let the collection team in your neighborhood load trash or recycling into the truck.

**Cool Your Coals!**

Just as those coals helped to get your campfire or backyard BBQ going, they can quickly start a fire in your trash cart, the back of a collection truck or at a waste facility.

Properly dispose of your hot coals and ashes:

- Cool your coals - hot coals and fresh ashes stay hot for several days. Let them cool for more than 48 hours before disposal.
- Place your hot coals and ashes in a metal container and cover them with water to fully extinguish them.
- Do not place coals and ashes in a plastic, paper, wood or galvanized container.
- Do not place other combustibles in the container with the coals or ashes.

**Prevent Trash Fires in Your Community**

**Did you know?** The most common causes of trash fires are hot coals, ashes, and flammable items, such as batteries and household chemicals. You can help keep your family, community and collection workers safe and prevent trash fires by properly disposing of coals and household hazardous waste.

**Hidden Household Hazards**

Many everyday household items, such as batteries, disinfectants and cleaners, can cause a fire in your trash cart or in your neighborhood when they come in contact with other materials or get compacted inside a collection truck.

To protect your family and community, keep these items out of your cart:

- Batteries of any kind, including lithium ion
- Compressed gas cylinders
- Combustible liquids
- Garden and pool chemicals
- Household disinfectants and chemicals
- Motor oil and oil rags
- Paint and paint-related products
- Unknown substances
- Vehicle fluids
- Flammable fluids, like hand sanitizer
- Aerosol containers

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