



Health and Wellness
Magazine from
FINGER LAKES HEALTH

FALL
2022

Thrive

Meet Dr. Nicolai Baecher
Orthopaedic Surgeon
Hand and Upper Extremity Specialist

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A Message from the President & CEO

Never could we have imagined what we would all face together, nor could we have predicted what our healthcare staff would experience caring for our community during the past 2 and a half years of the COVID-19 pandemic. I am immeasurably proud of our outstanding team at Finger Lakes Health.



Jose Acevedo, M.D., MBA

Our healthcare heroes have been cleaning rooms, serving meals, conducting laboratory tests, conducting diagnostic exams, administering therapies, performing surgeries, keeping our facilities and equipment in tip-top shape to care for our friends and neighbors. In addition to our clinical teams, our non-clinical teams have worked hard behind the scenes to order supplies, manage invoices, process patient bills, recruit talent, manage medical records, and maintain our information systems. We have provided care for the youngest in our communities at our NAEYC Accredited Jim Dooley Center for Early Learning—to our most vulnerable elders in Long Term Care.

Our staff adapted to increased volumes in our Emergency Departments, our hospital units, and Urgent Care. Our long term care staff continued to uplift residents through activities, our nurses and nurse assistants providing care and at times, serving as the only “family” for residents. Athletic trainers kept our local athletes safe and therapists ensured our community members could stay independent in their homes. Our practices pivoted to telemedicine, helped manage chronic conditions, and provided guidance on wellness and preventative care.

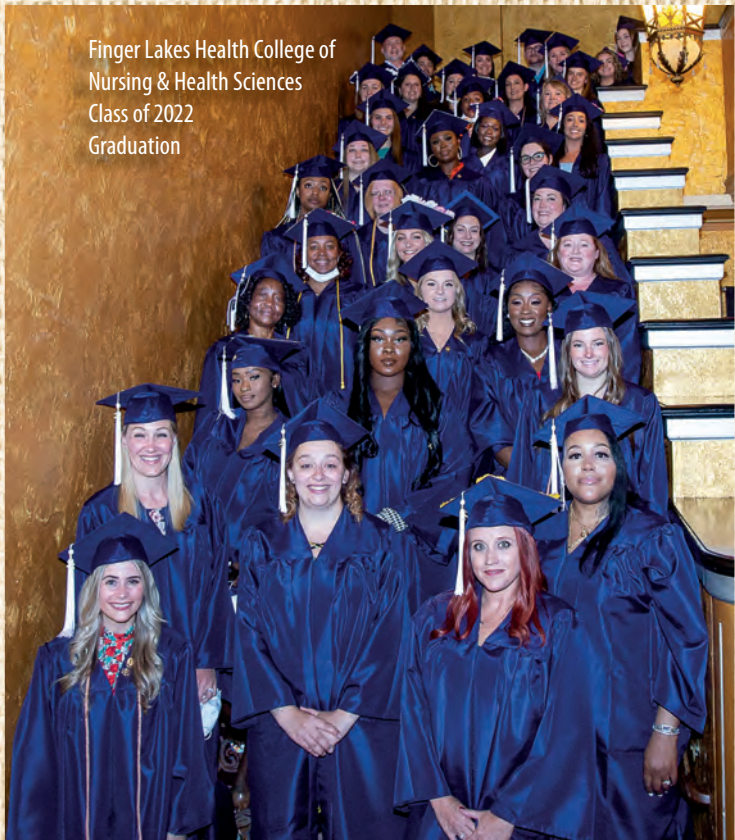
During the past year, staff from every division were asked to be flexible, work outside their comfort zone, and when needed, to help in other departments, work extra and alternate shifts, and to take on additional hours. I salute our Finger Lakes Health team for stepping up when our patients, residents, and community needed us. It is our honor to care for you.

During this time, Finger Lakes Health’s Board of Directors, the University of Rochester Medical Center’s Board of Directors, and the Board of the University of Rochester voted to support an affiliation between our two organizations. This is a process which has many steps and stages and requires review at many levels. The final step requires a review by the federal government, specifically the Federal Trade Commission (FTC), who reviews hospital affiliations of this type. We feel strongly that the University of Rochester Medical Center (URMC) is our best partner for the future. I am personally looking forward to further enhancing our collaborations with the URMC. In the meantime, we continue to have a Management Services Agreement with the University of Rochester Medical Center and are on a path toward formal affiliation.

My aim is to lead Finger Lakes Health through the process to bring to fruition the formal affiliation between Finger Lakes Health and the University of Rochester Medical Center which will enhance access to additional specialties, connect us to a world-class medical center, and benefit generations to come.

Good Health... We're In It Together!

Congratulations on Your Graduation



Finger Lakes Health College of
Nursing & Health Sciences
Class of 2022
Graduation



Finger Lakes Health College of Nursing & Health Sciences Class of 2022



June 2022
CNA Class



Marion S. Whelan School of Practical Nursing Class of 2022



March 2022
CNA Class



September 2022
CNA Class



May 2022 CNA Class

Recognizing Two Outstanding Employees

Finger Lakes Health recognizes two outstanding employees with special awards for consistently exceeding the requirements of their jobs in the workplace: the James J. Dooley Leadership Excellence Award and the Employee of the Year.

"I have worked in all three sites over the past 31 years. They have all become my second family."

~ Dorothy Ricks, Director of Nutritional Services, Finger Lakes Health



"I love helping and taking care of other people and also being with wonderful colleagues and coworkers that make you always feel grateful and happy to come to work."

~ Clergy Faraon, Nursing Assistant and Unit Clerk, Geneva General Hospital, 3 North



Dorothy Ricks

The James J. Dooley Leadership Excellence Award recognizes outstanding performance by a leader who is committed to Finger Lakes Health's mission, values, and healing environment, as well as the leader's overall job performance and leadership skills. This year, **Dorothy Ricks, Director of Nutritional Services** was honored as the 13th recipient of this celebrated award.

Ricks recognizes and embraces the power and importance of a positive attitude and engages in open, honest, and meaningful conversations with her staff by seeking their input and ideas. When asked why she likes working at Finger Lakes Health, Dorothy replied, "I have worked in all three sites over the past 31 years. They have all become my second family. They have helped me with family losses, the births of new family members. I have always tried to be there for them through their ups and downs. That is what families do! Working at Finger Lakes Health is like having an extended family. Sometimes we get frustrated, yet ultimately we all understand why we are here- to take the BEST care of our patients/residents each and every day."



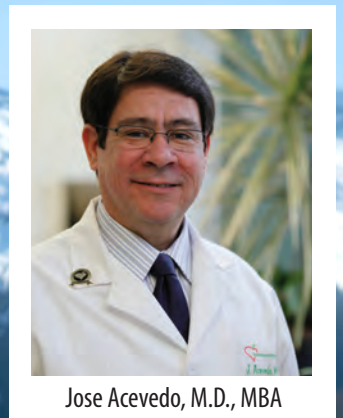
Clergy Faraon

The Employee of the Year Award recognizes an employee who sets the standard for excellence. This year's award was presented to **Clergy Faraon, Nursing Assistant and Unit Clerk, at Geneva General Hospital, on 3 North**. Faraon was selected from among the outstanding field of 12 Employees of the Quarter who were recognized in 2021. The program recognizes those employees who consistently demonstrate organizational values and whose performance exceeds the requirements of their positions. He has been with Finger Lakes Health for the last three years.

Faraon's dedication to patient care is highly regarded. Patients constantly praise Clergy; some ask for him by name, as they truly look forward to having him care for them. He demonstrates phenomenal teamwork and is a wonderful asset to Finger Lakes Health. "I graduated with my Bachelor of Science in Nursing 15 years ago, but never got the chance to work in the nursing field. Being a nursing assistant in FLH was a great way to enter health care. Working in this hospital has taught me a lot of compassion and caring. I love helping and taking care of other people and also being with wonderful colleagues and co-workers who make you always feel grateful and happy to come to work," said Clergy.



Advice to Thrive On



Jose Acevedo, M.D., MBA

Enjoying the Outdoors and Preventing Skin Cancer

Join us in creating a community where there are no deaths from preventable cancers and no needless deaths from cancers which can be treated when detected early.

One cancer that poses a risk for many in our region is skin cancer – especially given our agricultural focus and living in a place that offers such an abundance of outdoor activities.

Skin cancer is an abnormal growth of skin cells that most often develop on areas of the skin exposed to the sun's rays. Skin cancer affects people of all colors and races, although those with light skin who sunburn easily have a higher risk.

Often times in the northern parts of the United States, we forget that even in the cooler months, we are still at risk for sun damage. Ultraviolet rays can reach us when driving in our vehicles, shoveling, raking leaves, or taking your dog for a neighborhood stroll.

Sun exposure is the most preventable risk factor for all skin cancers, including

melanoma. Here are some tips to enjoy the outdoors and prevent skin cancer:

- Seek shade when appropriate. The sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow appears to be shorter than you are, seek shade.
- Wear protective clothing such as a long-sleeved shirt, pants, a wide-brimmed hat, and ultraviolet light blocking sunglasses, when possible.
- 30 minutes before going outside, generously apply (1 ounce / 2 tablespoons) a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of 30 or more to all exposed skin. "Broad-spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.
- Use extra caution near water, snow, and sand because they reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn.

• Examine your skin head-to-toe once monthly

• Avoid tanning beds. Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look tan, consider using a self-tanning product or spray, but continue to use sunscreen with it.

Get screened - the American Academy of Dermatology Association, "encourages all members of the public to regularly examine their skin for signs of skin cancer and see a board-certified dermatologist if they notice any unusual spots on their skin, including anything changing, itching or bleeding. Those with increased risk of melanoma or a history of skin cancer should consult a dermatologist to determine how often they should receive a skin exam from a doctor."

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Call (315) 787-5355 to make an appointment with Geneva General Dermatology for a skin exam.

Rehab Corner: Outpatient Occupational Therapy

When people talk about outpatient rehabilitation and therapy, often people think of physical therapy. Occupational therapy is another discipline that works in the outpatient setting. At Finger Lakes Health, our occupational therapists work in our outpatient sites at Garnsey Rehab, Soldiers & Sailors Memorial Hospital and our outpatient site in Waterloo. Our team of healthcare professionals are licensed and registered by the state after completing a master's or doctoral level of higher education. Occupational therapy focuses on helping people do all the things that they want and need to do in their daily lives. Occupational therapists work to help people improve the fine motor skills of the hand and grasp tasks, wrist and elbow, as well as the shoulder. They help to improve the functional use of the upper extremity. Occupational therapists also work to improve a patient's ability to perform activities of daily living. The goal is to promote good

health and improve quality of life. They will create a treatment program that is individualized to the specific needs of their patients.

Common categories of diagnoses in outpatient clinics include:

- chronic overuse injuries
- carpal tunnel syndrome
- lateral and medial epicondylitis
- rheumatoid arthritis
- acute injuries

Our outpatient occupational therapists treat a broad range of diagnoses and individualize the care to their patients. They will use manual muscle testing skills, standardized testing and a variety of tools to assess each patient's needs. Once deficits are determined, the occupational therapist will create a treatment plan to reach the patient's goals. Many treatments utilize exercise programs, activity modifications, stress

management techniques, and improved sleeping positions. If applicable, recommendations are also made for the ordering and use of splints, braces, orthotics, prostheses, and adaptive equipment. When providing any devices, occupational therapy will be accompanied by training, education, information on schedules, along with what to expect and what is cause for concern.

Our occupational therapists work closely with our physicians throughout Finger Lakes Health and the surrounding areas, especially with our Interlakes Orthopaedic Surgery physicians, Dr. Nicolai Baecher, and Dr. James Mark. Our occupational therapists, with our team of physicians, partner to create a great continuum of care and communication to enhance your recovery.

When you schedule outpatient

The goal is to promote good health and improve quality of life.



occupational therapy services at Finger Lakes Health, you are guaranteed every session is one-on-one for your personalized/individualized care needs. Your occupational therapists will be attentive to you and you alone for the entire session. That is what separates us from other rehabilitation sites. This way, our team can focus on your needs and return you to your highest level of function, quickly and safely.



▲ Cori Rapalee, COTA, and Amanda Pallar Skorusa, OTR/L

To schedule an appointment with one of our occupational therapists, please call one of our sites below:



**Garnsey Outpatient Rehabilitation Center
at Geneva General Hospital**
196 North Street
Geneva, NY 14456
(315) 787-4570

**Outpatient Rehabilitation Services at
Soldiers & Sailors Memorial Hospital**
418 North Main Street
Penn Yan, NY 14527
(315) 531-2577

**Outpatient Rehabilitation Services in
Waterloo**
369 East Main Street
Waterloo, NY 13165
(315) 787-4944



▲ Josh Pritchard, OTR/L

▼ Shawna Lowe, COTA



▲ Danielle Romaine, OTR/L

▼ Jen Brown, COTA ; Samantha Peacock, OTR/L; Julie Baker, COTA; and Melenie Leroy, OTR/L



▼ Lizzy Lafferty, OTR/L and Amorette Hudzina, OTR/L

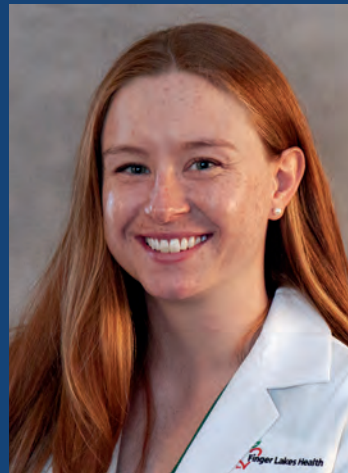




Nicolai Baecher, M.D.



Yvel Duroseau, M.D.



Rachael Johengen, D.O.



Rachel Miller, DNP, FNP-BC



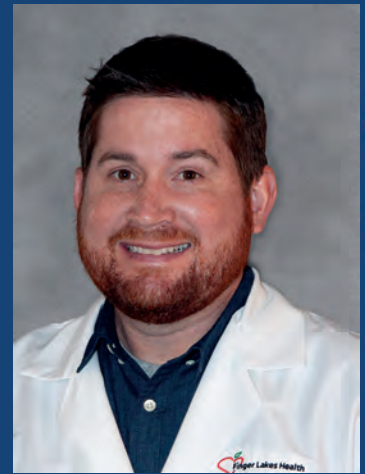
Sierra Johnson, PA-C



Ashley Molisani, MSN, A-GNP-C



Melissa Sherman, FNP-C



Michael Tennyson, CRNA

Welcome New Providers

NICOLAI BAECHER, M.D.

SPECIALTY: Orthopaedics

SUB SPECIALTY: Hand and Upper Extremity

CERTIFICATION: Board-certification, Orthopaedics, American Board of Orthopaedic Surgery

MEDICAL SCHOOL: Georgetown University School of Medicine, Washington, D.C.

INTERNSHIP: Georgetown University School of Medicine, Washington, D.C.

RESIDENCY: Georgetown University School of Medicine, Washington, D.C.

FELLOWSHIP: University of Pittsburgh Medical Center Hamot, Erie, Pennsylvania (Hand, Microsurgery and Reconstructive Orthopaedics) National Institutes of Health, Bethesda, Maryland (Intramural Research Training Award)

OFFICE: Interlakes Orthopaedic Surgery Finger Lakes Health Commons, 789 Pre-Emption Road, Geneva
For an appointment: (315) 789-0993

YVEL DUROSEAU, M.D.

SPECIALTY: Hospitalist

CERTIFICATION: Board-certification, Family Medicine, American Board of Family Medicine

Board-certification, Geriatric Medicine, American Board of Family Medicine

MEDICAL SCHOOL: Ross University School of Medicine, North Brunswick, New Jersey

INTERNSHIP: Jamaica Hospital Medical Center, Albert Einstein College of Medicine, New York, New York

RESIDENCY: Jamaica Hospital Medical Center, Albert Einstein College of Medicine, New York, New York

FELLOWSHIP: Bridgeport Hospital-Yale New Haven, Bridgeport, Connecticut (Geriatric Medicine)

RACHAEL JOHENGEN, D.O.

SPECIALTY: Hospitalist

MEDICAL SCHOOL: Lake Erie College of Osteopathic Medicine, Erie, Pennsylvania

RESIDENCY: University of Tennessee Health Sciences Center, Memphis, Tennessee

RACHEL MILLER, DNP, FNP-BC

CERTIFICATION: Doctor of Nursing Practice

DOCTORAL DEGREE: St. John Fisher College, Wegmans School of Nursing, Rochester, New York

OFFICE: Geneva General Cardiology Associates

200 North Street, Suite 203, Geneva

418 North Main Street, Penn Yan

For an appointment: (315) 787-4204

SIERRA JOHNSON, PA-C

CERTIFICATION: Physician Assistant
Master's Degree: Clarkson University, Potsdam, New York

OFFICE: Interlakes Orthopaedic Surgery Finger Lakes Health Commons, 789 Pre-Emption Road, Geneva
For an appointment: (315) 789-0993

ASHLEY MOLISANI, MSN, A-GNP-C

CERTIFICATION: Gerontology Nurse Practitioner

MASTER'S DEGREE: Keuka College, Keuka Park, New York
Hospitalist Program

Accreditations, Accolades, and Certifications

American College of Radiology Stereotactic Breast Biopsy

- Geneva General Hospital Women's Health Services

American Heart Association

- Soldiers & Sailors Memorial Hospital American Heart Association's Mission: Lifeline® STEMI Referring Center Gold
- Geneva General Hospital American Heart Association's Mission: Lifeline® STEMI Referring Center Silver
- Geneva General Hospital American Heart Association's Gold Plus Get With The Guidelines®
- Geneva General Hospital American Heart Association's Target: Stroke Honor Roll
- Geneva General Hospital American Heart Association's Target: Type 2 Diabetes Honor Roll

Joint Commission

- Primary Stroke Center
- Disease Specific- Chest Pain
- Disease Specific- Joint Replacement- Hip
- Disease Specific- Joint Replacement- Knee
- Geneva General Hospital Laboratory

National Association for the Education of Young Children

- Jim Dooley Center for Early Learning

New York State Department of Health

- Living Center at Geneva North
- Living Center at Geneva South
- Huntington Living Center

FDA Mammography Quality Standards Act (MQSA) inspection

- Geneva General Hospital Women's Health Services
- Soldiers & Sailors Memorial Hospital Diagnostic Imaging/Radiology Department



MELISSA SHERMAN, FNP-C

CERTIFICATION: Family Nurse Practitioner

MASTER'S DEGREE: Upstate Medical University, Syracuse, New York

OFFICE: Seneca Family Health Center

367A East Main Street, Waterloo

For an appointment:

(315) 787-4977

MICHAEL TENNYSEN, CRNA

SPECIALTY: Anesthesiology

CERTIFICATION: Certified

Registered Nurse Anesthetist

MASTER'S DEGREE: Midwestern University, Glendale, Arizona



**Meet board-certified
orthopaedic surgeon,
Dr. Nicolai Baecher**
Hand and Upper Extremity Specialist

*Nicolai Baecher, M.D.
Orthopaedic Surgeon*

Why did you choose to become a physician?

To be honest, I went back and forth a lot before deciding to pursue medicine as a profession. I have always had a wide range of interests and this led me to considering multiple career paths; however, medicine was always something I thought I could be very good at and make a difference with my life, which was and is very important to me. I wanted to do something that I could both excel in and make a meaningful difference.

Why did you choose to specialize in orthopaedic surgery?

It was very clear from the beginning of medical school that I wanted to do surgery, to fix problems directly and with my hands. Orthopaedics is an incredibly gratifying field to work in as we can make an immediate impact on our patients. The work is a great combination of thinking and physical practice and working with one's hands.

What inspired your interest in hand and upper extremity?

The anatomic complexity of the hand is fascinating. There is a huge variety of problems and no two days are ever the same. I love the variety of surgeries you do as a hand surgeon. Hands are

also essential to how we interact with the world, and being able to help my patients maintain that function or restore what they have lost is deeply gratifying professionally and personally.

Where did you do your training?

I went to college at the University of Chicago in Chicago, IL where I studied philosophy. I then attended Georgetown University School of Medicine for both my MD and my orthopaedic surgery residency. After that, I completed my fellowship training in hand and upper extremity surgery at UPMC Hamot in Erie, PA.

Can you describe your fellowship training?

I loved my fellowship. Dr. John Lubahn was my mentor. I was extremely lucky to be able to train with him in Erie, PA. There were two other hand surgeons that mentored me in the fellowship as well. He took a personal interest in the surgeons he trained, and I had an excellent training in the full breadth of hand and upper extremity problems. This setting also helped show me the satisfying personal interactions that come from being a surgeon in a smaller city or town. The relationships you form extend out from the office into everyday life.

What is rewarding to you in regards to the care you provide to your patients-outcomes, relationships, etc.?

I enjoy being able to restore function and activity to people. Hands are deeply important to our ability to interact with the world and to take care of ourselves and others. So much of daily life and work is dependent on functioning hands. Being able to give that gift back to people is the best part of what I do.

Why did you decide to join Finger Lakes Health?

Our family relocated to the greater Rochester area for my wife's medical training, as she is finishing her residency training at the University of Rochester. At the same time, this wonderful opportunity here at FLH became available and was a great fit for the type of community and practice I was looking for.

What do you like to do in your free time?

I spend most of my free time with my wife, son, and daughter. I try to spend as much time outdoors as possible, and enjoy skiing (downhill & cross-country), swimming, being on the water, and staying fit with CrossFit. I try to read every night. A good book is one of my favorite pastimes.

WE KEEP YOU MOVING



Nicolai Baecher, M.D.



Raman Dhawan, M.D.



James Mark, M.D.



Helen Wong, M.D.



Cynthia Skovinski, FNP-BC



Sierra Johnson, PA-C



Scott Mattoon, PA-C



**Interlakes
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Surgery**

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**Clifton Springs
(315) 462-3501**



Andre Forcier, MHA, RT



Christopher Fisher



Tammy Healy, BSN, RN, CIC, CPHQ

New Faces and Promotions at Finger Lakes Health

Andre Forcier, MHA, RT has been promoted to Assistant VP, Physician Network. Previously, he served as Senior Director, Physician Network.

In his new role, Forcier serves in a strategic capacity for the physician practices and operational oversight of FLH Medical, P.C. Primary Care, Finger Lakes Gastroenterology, Geneva Primary Care, and Urgent Care in Geneva and Seneca Falls. He also oversees Geneva General Surgical Associates. He plays a key role in growing physician alignment between the physician network and health system.

Forcier has been working in healthcare for over 20 years. He holds a Master of Science degree in Health Administration from Roberts Wesleyan College, Rochester, NY and a Bachelor of Science degree in Organizational Management from Keuka College, Keuka Park, NY.

Christopher Fisher has been named Manager of Maintenance. With over 30 years of experience in facilities maintenance, carpentry, landscaping, and leadership positions, Fisher is responsible for providing operational management of a comprehensive

maintenance management program including:

- the timely completion of preventive maintenance, corrective actions, requisitioned maintenance, and projects;
- overseeing the monitoring and control of plant operations and environmental conditions;
- coordinating inspection and testing of all fire safety systems, emergency electrical power systems, and medical gas and vacuum systems, meeting all applicable National Fire Protection Association (NFPA) standards;
- and assuring that work practices follow Occupational Safety and Health Administration (OSHA) standards and department safety policies.

He holds an Associates in Applied Sciences degree in Criminal Justice from Finger Lakes Community College, Canandaigua, NY.

Prior to joining Finger Lakes Health, Fisher was employed through Sodexo as Director of Maintenance at the Wayne County Nursing Home in Lyons, NY.

Tammy Healy, BSN, RN, CIC, CPHQ is the new Employee Health Manager. Healy has over 35 years of nursing experience and has been employed at Finger Lakes Health since 2008 as an Infection Prevention/Emergency Management Specialist.

She will continue her Infection Prevention and Emergency Management responsibilities, and now will also manage the Employee Health Department. Some of her responsibilities include developing and maintaining employee health policies and processes, managing employee illnesses, managing the leave of absence program, conducting annual health reviews, administering required immunizations and promoting safe work practices and support initiatives.

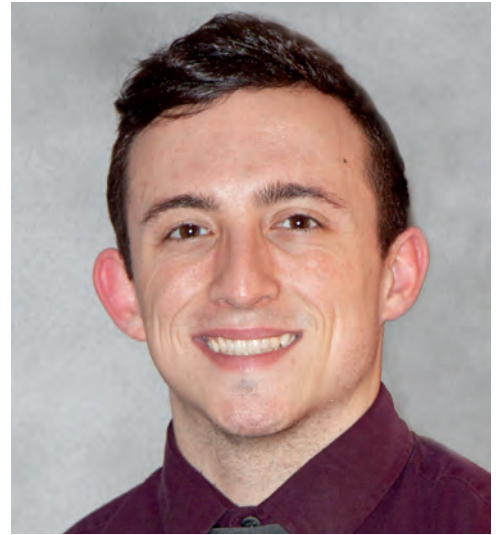
Healy completed her Bachelor of Science in Nursing degree from Southern New Hampshire University. She is a graduate of Finger Lakes Health College of Nursing & Health Sciences where she



Megan Hill, BSN, RN



Clarence Jackson



Tyler Kelly

earned her Associate of Applied Science degree in Nursing.

Megan Hill, BSN, RN has been named Finger Lakes Health’s Emergency Department Nurse Manager. In the position, she oversees the Brenda & Dave Rickey Foundation Emergency Department at Geneva General Hospital in Geneva and at Soldiers & Sailors Memorial Hospital in Penn Yan. She earned her Bachelor of Science degree in Nursing from the State University of New York College at Brockport in Brockport, NY. She is a graduate of the Finger Lakes Health College of Nursing & Health Sciences, located on the campus of Geneva General Hospital in Geneva, NY.

A long time Finger Lakes Health employee, Hill began her career as a Certified Nursing Assistant. She worked at The Homestead at Soldiers & Sailors in Penn Yan while she was a student at Finger Lakes Health College of Nursing & Health Sciences. After graduation, she began working as a RN on 3North at Geneva General Hospital and later transferred to the Brenda & Dave Rickey Foundation Emergency Department at Geneva General Hospital where she became a charge nurse.

Clarence Jackson has been named Supply Chain Manager.

With almost 20 years of supply chain experience, he is responsible for managing direct reports in purchasing, order entry, inventory control and logistics; reviewing purchase requisitions and orders to ensure adherence to contractual obligations while meeting customer standards, securing low cost suppliers, and maintaining vendor relations; improving internal policies and procedures for inside sales/customer service to reduce administrative inefficiencies and financial discrepancies; and coaching and training department staff in Lean Office principles.

He holds a Bachelor of Science degree in Business Administration and Management from the State University of New York Empire State College, Saratoga Springs, NY where he graduated cum laude. He earned an Associate in Applied Science degree in Business Administration and Management from Florida Metropolitan University, Fort Lauderdale, FL. He is currently enrolled in the State University of New York Empire State College’s MBA program.

Prior to joining Finger Lakes Health, Jackson was a 340B Information Analyst II and a Senior 340B Procurement Specialist at the University of Rochester, Rochester, NY.

Jackson is also a licensed certified pharmacy technician.

Tyler Kelly has been named Manager of Housekeeping.

In the position, he oversees housekeeping operations across all of the health system’s campuses and facilities.

Most recently, he was the Operations Manager for Crothall Healthcare at Montefiore St. Luke’s Cornwall Hospital, Newburgh, NY where he oversaw the environmental service team and their duties on a daily basis. He is proficient in the proper usage of Surfacide’s UVC Helios Disinfection system and trained staff to operate Surfacide’s system in a safe and appropriate manner. He was part of a patient experience action team where the cleanliness score rose from below national average, to exceeding the median.

(Continued on page 14)



Nicole Magnera, MS, RDN, CDN



Lauren Sisto, BSN, RN



Douglas Wills

Kelly earned an Associate degree in Science in Criminal Justice from Hudson Valley Community College, Troy, NY.

Nicole Magnera, MS, RDN, CDN is the new Long Term Care Assistant Administrator.

She supports William Garrity, VP, Long Term Care and the division with regulatory compliance, performance improvement and operations. Her responsibilities include working with staff on developing Quality Assurance and Performance Improvement (QAPI) committees and performance improvement projects to ensure residents receive the highest level quality of care. In addition, she will assist the four long term care facilities in daily operations, compliance and protocols associated with New York State Department of Health and Centers for Medicare & Medicaid Services (CMS) guidelines.

She received her Nursing Home Administration Certification from SUNY Oswego, Oswego, NY. She earned a Master of Science degree in Environmental Sciences with an emphasis in Human Nutrition from the University of Alabama, Tuscaloosa, AL and her Bachelor of Science degree in

Dietetics from the University of Kentucky, Lexington, KY. She is currently working on becoming a Licensed Nursing Home Administrator.

Prior to joining Finger Lakes Health, Magnera was Director of Nutrition Systems for Morrison Healthcare at Monroe Community Hospital in Rochester, NY, where she received most of her long term care experience.

Lauren Sisto, BSN, RN has been named the new Clinical Educator for Finger Lakes Health.

She is responsible for working with Nursing Leadership to create an environment that supports the delivery of safe, high quality compassionate care for patients and families. She will conduct periodic educational needs assessments and coordinate education and professional development programs. This includes planning, implementation, delivery and evaluation of competency validation, continuing education, professional development and leadership development.

Prior to her new role, she was an ICU nurse at Geneva General Hospital. She was a Burn ICU nurse and Medical Surgical nurse at Upstate University Hospital in Syracuse, NY.

Sisto earned her Bachelor of Science in Nursing degree from the State University

of New York at Delhi, Delhi, NY where she graduated magna cum laude. She received her Associate in Applied Science in Nursing degree from Cayuga Community College, Auburn, NY. She will be graduating in December with her Master's degree in Nursing Education from State University of New York at Delhi, Delhi, NY.

Douglas Wills has been promoted to Director of Facilities.

As Facilities Director he is responsible for the operation, maintenance, renovation and code compliance of all Finger Lakes Health facilities. In addition, he will be providing guidance and supervision of the Maintenance, Grounds and Construction departments.

Wills spent over 27 years of his professional career in Automotive Engineering working throughout the United States, Europe and Asia. In 2017, he joined Finger Lakes Health as a Biomedical Technician at Soldiers & Sailors Memorial Hospital. Four months later, he transferred to Geneva General Hospital as a Contract Coordinator. In 2020, he became Maintenance Manager.

He received a Bachelor's degree in Mechanical Engineering Technology from State University College at Buffalo, Buffalo, NY.



Caring is Their Calling

"The simple act of caring is heroic."

Edward Albert



Kelly O'Mara, RN



Dru Davis, CNA



Teresa Howell, LPN



Judy Ellis, LPN

Read their heroic stories on the next few pages...

Caring is Their Calling

Working in long term care is a very rewarding career. It allows caregivers to build meaningful relationships with residents and their families on a more consistent and personal level in contrast to the episodic care in other settings. Employees are able to see first-hand on a daily and continuous basis their positive impact on the residents' lives. This provides the opportunity for reflection and to gain valuable insight into one's own values and priorities as well as perspective regarding what is most important in life.

As the number of people in our communities who need long term care continues to increase, the demand for Registered Nurses (RNs), Licensed Practical Nurses (LPNs), Certified Nursing Assistants (CNAs) and other support staff is growing. Meet four of our employees whose own personal calling led them to work in our long term care facilities.

KELLY O'MARA, RN Nurse Manager, Living Center at Geneva-South 1, Geneva

Kelly knew in her heart that working in long term care was her calling. Her career of over 28 years with Finger Lakes Health began when she started her training as a Certified Nursing Assistant (CNA). She enjoyed working with long term care residents so much that she wanted to be able to contribute more to their care. This drove her decision to attend nursing school. "I knew that I wanted to care for the geriatric population, specifically in long term care, so the next step for me was to become an LPN," commented Kelly. She attended Marion S. Whelan School of Practical Nursing while she continued to work at Living Center Geneva-South 1 (LCS1). Kelly knew that this was not just a job, but a career and chose to continue

her education at Finger Lakes Health College of Nursing & Health Sciences and graduated as an RN. "Many of my mentors encouraged me to pursue my educational goals and long term care administration allowed me to work around my class schedule so that I could keep working on LCS1 which was very important to me," stated Kelly. She later was promoted to RN Charge Nurse, Clinical Leader and is now the Nurse Manager on LCS1.

Kelly loves the familiarity and longevity that comes along with working in long term care. The residents are there for a long time and they become family. She adores the elderly population and having the opportunity to know their families. The relationships she has forged with the residents and their families is very special to Kelly. "Some of our residents do not have family outside of here, so we become



Kelly O'Mara, RN, with John "Jack" Parmelee, resident Living Center at Geneva - South



their family. We are the ones to hold their hands during the hard times. We are the first ones to notice any changes with their health or behavior. They trust us. I wouldn't want to do anything else. I am good at this and I have had so many fantastic role models. There are endless possibilities when it comes to working in long term care," said Kelly with a smile.

DRU DAVIS, CNA
Certified Nursing Assistant, Living Center at Geneva-North 1, Geneva

Almost nine years ago, Dru desired to find a career and not just a job. He knew that healthcare would be a good fit for his personality and would complement his desire to help and care for others. "I saw the opportunity to work in long term care and I knew right away it would be the perfect field for me. Friends and

family had reaffirmed that this was where I was supposed to be. They weren't lying."

Dru is a Certified Nursing Assistant at Living Center at Geneva-North. When asked about what he likes about working there, Dru responded, "It is very rewarding from a personal standpoint. The residents easily become your family. The familiarity is very important. I care for the same people every day and I get to know them, as well as their families, on a personal level. They ask for me when they are here. It would be hard for me to leave here. This is my family."

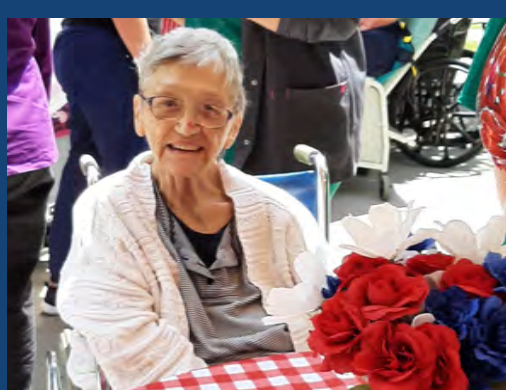
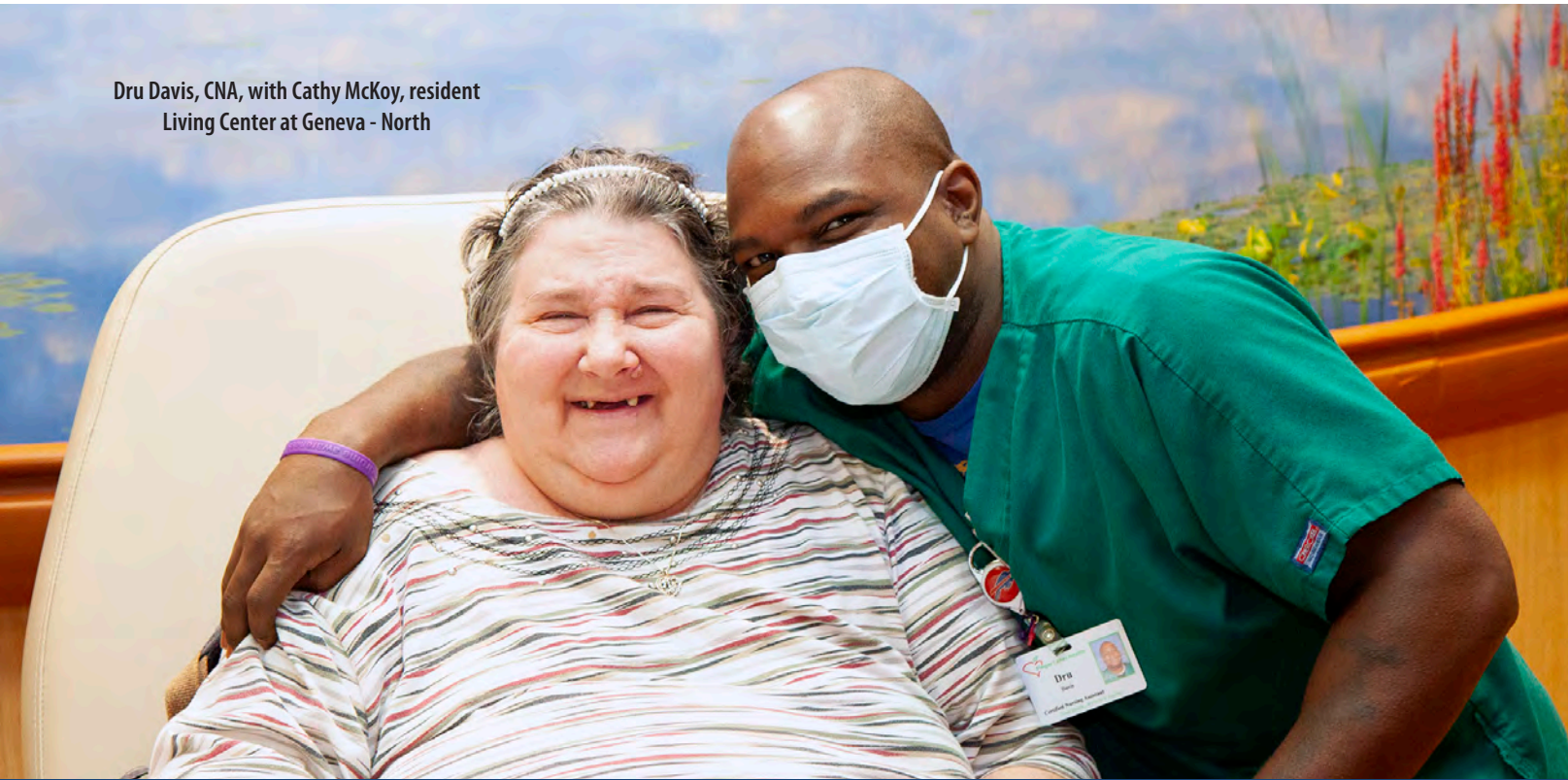
Dru values the relationships that he has built with the families, as well as with the residents. During COVID, when visitation was not allowed, he missed the connection he had to the family members. Once family members

were allowed to visit again, Dru was very happy to see them. He was able to update them personally about the resident and talk about what was going on in their lives. They would always ask him how he was doing and thank him for caring for their loved one.

He recalled one time that a family member of a resident that had passed away stopped him in the street to say "hi" and chat. It meant a lot to him. "After a resident passes, it's hard that I don't see the family members anymore."

Dru is a fan favorite of the residents. He makes them smile, laugh and feel loved. He not only brightens their day, they brighten his. Living Center at Geneva-North is where Dru carries out his calling.

Dru Davis, CNA, with Cathy McKoy, resident
Living Center at Geneva - North



TERESA HOWELL, LPN
Licensed Practical Nurse
The Homestead, Penn Yan

Teresa is the oldest of four sisters. Taking care of others is something that she has done for most of her life. When her grandmother suffered an intestinal blockage and had to have a colostomy bag, she spent a lot of time helping her. This is when Teresa first knew that she wanted to help the elderly. For the last seventeen years, she has worked at The Homestead in Penn Yan, solidifying her calling.

While she was working at a local winery restaurant, a friend told her about a Certified Nursing Assistant class that The Homestead was offering. Teresa thought this would be a great opportunity to see

if it was something that she liked. She signed up for the class and never looked back. "The next step for me was nursing school. I passed my LPN exam and then I attended Finger Lakes Health College of Nursing & Health Sciences, where I completed my RN program. Now, I just have to take my state boards for my RN license," shared Teresa.

"I love working at The Homestead. I enjoy the people I work with. It is a small facility, so we are very close to each other. We have a community feeling and teamwork is very important to all of us," Teresa remarked.

Teresa started her career at The Homestead on Unit 2 and has since moved to Unit 4; a secure neurobehavioral unit where she cares for

cognitively-impaired residents. "Working on this unit is completely different than other units. You have to be very patient and provide extra compassion and caring to the residents. Not all residents have family members close by to visit them. We get attached to the residents." Teresa and her co-workers have a pop can collection. They use the money to buy gifts for the residents for their birthdays, Christmas and more. Since some of our residents do not have family members to buy them gifts, Teresa and others like to do what they can to make sure that the residents feel special.

When asked about what she finds rewarding about working in long term care, Teresa responded, "I like the idea that I might be touching someone's heart. Some of our residents are on

Teresa Howell, LPN, with Sandy Marino, resident at The Homestead



hospice. I will clock out after my shift and I will go sit with them and hold their hand. I go out of my way to make sure that they never feel like they are alone."

JUDY ELLIS, LPN
Licensed Practical Nurse,
Huntington Living Center, Waterloo

Judy began her career as an LPN at Taylor Brown Hospital working on the extended care unit, a skilled nursing unit. She knew that long term care was an area that she would find rewarding.

When Huntington Living Center opened, Judy went to work there on Unit 1. She has been with Finger Lakes Health for 40 years, with all but six years, in long term care.

Judy now works on Unit 2. She enjoys

the clinically rich environment, with the multiple levels of care, that is provided at Huntington Living Center.

"Working in long term care improves my perspective on life. Sometimes when I leave the house to go to work I am aware that my own personal challenges and tasks I need to accomplish are on my mind. When I get to work, I realize how important it is to leave those burdens at the door. I then turn my focus to my work and remember just how lucky I am to be physically capable to care for those who once took care of me, the pillars of society, if you will," commented Judy.

Judy finds small experiences personally rewarding such as cleaning smudges off of a resident's glasses or changing a hearing aid battery. These tasks are

relatively easy, yet have a huge impact on the residents and it makes them very happy. The relationships and bonds that she builds with the residents and their families are very important to Judy.

"No matter how old you get, you always feel young working in an environment like this," Judy said warmly as she began to start her shift.

To find out more about opportunities working in one of our four long term care facilities, please visit flhealth.org/careers or call (315) 787-4039.

To learn more about our long term care facilities, please visit flhealth.org/services/rehab-senior-services/senior-services or call (315) 787-4733.

Judy Ellis, LPN , with Ann Rodriguez, resident at Huntington Living Center



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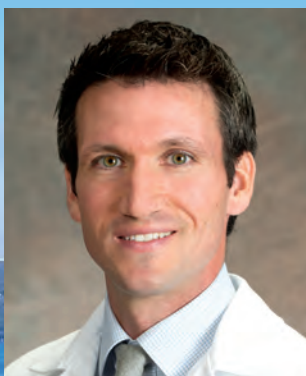
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Ashlynn Guarneri, RN, honored with The DAISY Award

Finger Lakes Health honored Ashlynn Guarneri, RN, who works in the Intensive Care Unit at Geneva General Hospital, with "The DAISY Award for Extraordinary Nurses®."

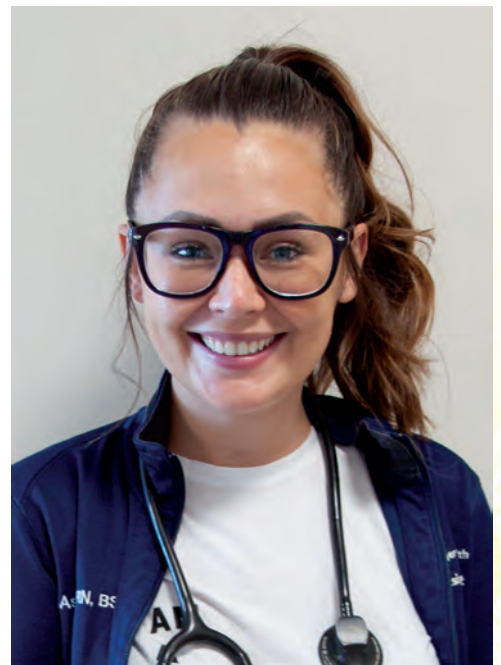
"I wanted to nominate Ashlynn because she went well above and beyond what was necessary. Day after day I was pretty helpless in bed and she not only took care of me medically, but she would help me feel better emotionally as well, always taking a few minutes to talk and cheer me up when I was at my worst. She would come almost instantly if I rang the nurse, and always had a smile on her face. It was easy to see she loves her job. She knew that I needed cheering up as well as medical attention. She also took the time to explain what I did not understand. I really felt like I would be ok after talking with her. I should have died. I truly believe she was a big part of me pulling through."
– Grateful ICU Patient.

Ashlynn is a life-long learner. She began her career at Finger Lakes Health as a Housekeeper and then became a Nurse Aide. She graduated from Finger Lakes Health College of Nursing & Health Sciences and became a Registered Nurse. Ashlynn is currently finishing her

degree to become a Nurse Practitioner.

The DAISY Foundation, a not-for-profit organization, established in memory of J. Patrick Barnes, by members of his family. This award recognizes nurses who have had a profound impact on the lives of their patients and patient families. Patrick died at age 33 in 1999 from complications from Idiopathic Thrombocytopenic Purpura (ITP), a little-known but not uncommon autoimmune disease. (DAISY is an acronym for Diseases Attacking the Immune System). The care Patrick received from the nurses at his bedside inspired this award.

If you have received extraordinary care by a nurse, or are a family member of someone who has been treated with great care, and would like to nominate her or him please visit: <http://www.daisynomination.org/0010g00001dcZE0AAM> or scan the QR code below.

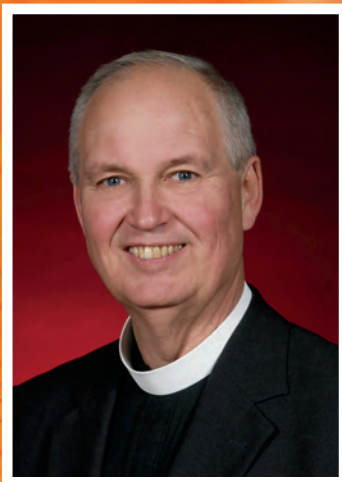


Ashlynn Guarneri, RN

Nomination boxes are also located throughout Geneva General Hospital and Soldiers & Sailors Memorial Hospital.

Each honoree receives a certificate commending her or him as an "Extraordinary Nurse." The certificate reads: "In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people." Honorees also receive a DAISY Award pin and a beautiful and meaningful sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Zimbabwe. At each DAISY Award celebration, delicious cinnamon rolls are served, as this was Patrick's favorite treat and one of the few foods he could eat.

Finger Lakes Health Elects New Board Member & Officers



Reverend Jim Adams

Finger Lakes Health's Board of Directors has elected a new Board member: Reverend Jim Adams.

(The Rev.) James Adams, Rector for St. Peter's Episcopal Church in Geneva and Director of the Lake Delaware Boy's Camp in Delhi, N.Y., joins the Board for a four-year term. He is Founder and Head of St. Peter's Community Arts Academy. He served as Chair on the Geneva Lakefront Development Committee and was a member from 1990 to 2009. He was also a member on the Jobs for Geneva (2002-2010). Rev. Adams is the recipient of the NYS DeWitt Clinton Community Service

Award (2006) and the Sharing the Light Award (2008). In 2017, he and his wife, Sue, were honored with the Hobart and William Smith Colleges' President's Medal. He and Sue live in Geneva, and together, they have four daughters and enjoy spending time with their daughters and grandchildren.

This spring, the Board of Directors of Finger Lakes Health recently elected new officers: Menzo Case, Chair; Ryan Hallings, Vice Chair; James Adams, Secretary; Jose Acevedo, M.D., President & CEO, and Trisha Koczent Treasurer and CFO.



Dave Christiansen

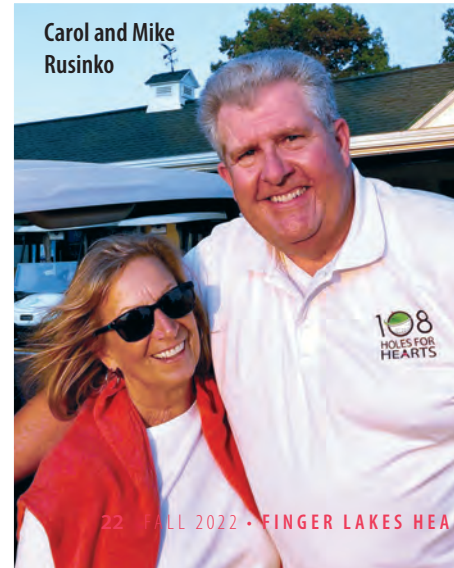
108 HOLES FOR HEARTS

“You’re going to play anyway, why not play for a great cause?” This ad headline caught the eye of Dave Christiansen of Penn Yan, and he signed on to be a player in the 2nd annual 108 Holes for Hearts virtual golf challenge. Dave and his wife, Mickie, have become the ‘Dream Team’ of this year’s event and a huge boon for the Finger Lakes Health Foundation.

In 2020, COVID caused us to cancel our 22nd annual, “Keep Your Heart Up to Par” tournament. To recoup much needed funds to support cardiology care, last year, the FLH Foundation introduced 108 Holes for Hearts. This virtual event allows players to golf at their own rate, at the locations and on the dates of their choosing, with the goal of completing 108 holes over 12 weeks and collecting sponsorships and donations, totaling \$1,000. Thanks to an outpouring of support from our generous community, the inaugural event was a huge success.

This year, Dave and 13 other golfers from the Albany area, Central NY and the Finger Lakes played a combined 3,959 holes, with Dave sinking close to 900 putts! More than 50 sponsors and donors (a full list of sponsors can be found on our Finger Lakes Health 108 Holes for Hearts Challenge Facebook page) supported the challenge and more than \$22,000 was raised to

Carol and Mike Rusinko



Mike Gleason



Mike Gleason



Fred Lang



benefit cardiology related services, equipment and/or to help cardiology patients who are struggling with co-pays. As an incentive to encourage individual fundraising, a \$500 gift certificate, generously donated by Wegmans, was offered to the player who raised the most above the required \$1,000 minimum. Mickie agreed to partner with Dave and helped him bring in more than \$2,600 in additional support – and the \$500 gift card prize.

It is no surprise that Dave and Mickie were so successful, on and off the links. Dave, who has been a farmer for 60 years, knows how to work outside for long hours and under any weather conditions. Now, after selling most of his 350 acres and 150 head of dairy cattle, he tries to get out several times a week, year round, as long as there is no threat of lightening, he can see the ball, and feel his fingers and feet. He is a member at Big Oak Golf Course, but plays all over the Finger Lakes. He says he is a competitor, and enjoys playing in championships and tournaments, considering golf to be a good sport that helps him stay young.

Dave and Mickie share their time and talents in their community, both volunteering for several years with the Penn Yan Area Council of Churches. Dave served on the Yates County Planning Board, the Torrey Town Council and the Board of the Once Again Shoppe. He joined fellow members of St. Paul's Lutheran Church in Penn Yan on several trips to Beloxi, MS and New Orleans, to help in the wake of Hurricane Katrina. When Mickie is not producing award-winning cross stitch pieces, she is wielding her superpower – fundraising. She consistently raised the most money for the St. Michael's car raffle and for the Council of Churches 'Turkey Walk.'

Perhaps the most compelling reason the couple got involved with the event is their first-hand experience with accessing local healthcare. Mickie has had 37 surgeries and several procedures, including an aortic valve replacement and Watchman implant, back surgery, colon surgery, and tonsillectomy. Many of these were performed at FLH facilities and by our practitioners. She realizes that although her health issues do not allow her to volunteer anymore, she can still, 'twist arms'. Mickie and Dave are both patients of Dr. Robert Anderson at Soldiers and Sailors Health Center and they are most appreciative of his depth of knowledge and ability to effectively manage their chronic conditions. Mickie says, "In order for our communities to stay healthy, it is important to have a local healthcare presence." With characteristic selflessness, Dave and Mickie will be matching the value of their tournament prize by making a \$500 donation to a global organization fighting to end world hunger. We are so grateful to all of the players and supporters who made this year's challenge a Hole-in-One!



Support your loved ones and our patients

We put our hearts into caring for your loved ones every single day, and we're committed to providing accessible healthcare and resources for you and your family. In this spirit, Finger Lakes Health has partnered with FreeWill to provide two ways to give that will help our community maximize their savings while caring for our patients:

- **Estate planning** has traditionally been overwhelming, but it's now warm and intuitive with this free online resource that enables you to protect your future and loved ones in just 20 minutes. If you want to deepen your commitment to the health and safety of our region for future generations, you can also create a gift in your estate plan to support Finger Lakes Health—at no immediate cost. This tool is free and available for all our community members, whether you make a current estate gift to Finger Lakes Health Foundation or not.
- **Gifts of appreciated stock** are becoming increasingly popular because they allow you to give and save. To make the process of stock giving easier for you, Finger Lakes Health shares a secure online tool that guides you through the process of donating stock in about 10 minutes.

Protect families forever by making a gift of any size this giving season. When you support Finger Lakes Health, you are not just removing barriers to care and helping every patient that walks through our doors—you are creating a healing and healthy future for communities throughout our region. The resources below make it easier than ever for you to positively impact our patients. You can make a difference today with a donation!

FreeWill.com/FingerLakesHealthFoundation

FreeWill.com/Stocks/FingerLakesHealthFoundation

We need your support.

We rely on your generosity to help us continue to attract and retain outstanding and dedicated staff and to offer local access to vital healthcare services and programs – like those highlighted in this magazine. To learn more about how you can have an impact, call Helen Kelley at the Finger Lakes Health Foundation: (315) 787-4074, or make an online donation at: www.flhealth.org.



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