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- Find an event
- Apply for employment
- Make a donation and much more



▲ Finger Lakes Health Rehabilitation Services conducted free screenings at a Geneva Red Wings game.



▲ Finger Lakes Health hosted JUST 4 MEN in June at Smokin' Pete's restaurant in Geneva.



▲ Students from Wayne-Finger Lakes BOCES Electrical Trades program toured Geneva General Hospital.

Educating the Health Professionals of the Future



▲ Finger Lakes Health College of Nursing & Health Sciences Class of 2023 Graduation

▼ Finger Lakes Health College of Nursing & Health Sciences Class of 2023 Pinning Ceremony





▲ Marion S. Whelan School of Practical Nursing Class of 2023



▲ New Vision Medical Careers Program Class of 2023



A Message from the **President & CEO** Jose Acevedo, MD, MBA

It is my pleasure to share that effective August 1, 2023, our affiliation with the University of Rochester Medical Center became official. We are now UR Medicine Finger Lakes Health, an affiliate of the University of Rochester Medical Center. We join more than 27,000 other faculty and staff who are employed by URMC and its UR Medicine affiliates dedicated to delivering high quality care as close to home as possible. In this issue, you will see some photos of our employees celebrating this important milestone!

Our Mission

Our mission remains to improve the health and promote the well-being of our diverse communities through the delivery of locally accessible health system services and programs.

What to Expect

Through this connection to one of the nation's leading academic medical centers, we will build upon our established clinical partnerships, increase access to specialty care for our residents, and enhance our ability to serve patients and families for generations to come. We are proud to join the University of Rochester Medical Center, a center of research and patient care with a reputation for exceptional innovation, quality, and safety. We will maintain and expand access to high quality health services close to home in Ontario, Seneca, Yates, and Wayne counties. We aim to expand seamless access to care for services not currently available in the Finger Lakes, while improving operations through efficiencies of scale with group purchasing and the implementation of best practices.

We are enthusiastic about the opportunities to work together with our colleagues at the University of Rochester Medical Center to create innovative systems of care for patients, and initiatives to keep our communities healthy!

The University of Rochester Medical Center has a demonstrated track record of building meaningful, productive affiliations with other rural hospitals in upstate New York. This is especially important at a time when rural hospitals face unprecedented challenges.

You will begin to see some visual changes across our organization from signage to letterhead – these changes will take time. Projects such as a transition to our new electronic health record platform and seamless coordination with UR Medicine My Chart will be a multiyear process.





Looking to the Future

As we look ahead to 2024, we are planning some special events to commemorate the 100th anniversary of Soldiers & Sailors Memorial Hospital. I hope you will join us. Watch for details in the coming months.

We are welcoming many new physicians (see our Provider Directory insert) expanding our teams in Gastroenterology, Dermatology, and Anesthesia.

We welcomed our new classes of students this Fall in our Finger Lakes Health College of Nursing & Health Sciences, our Marion S. Whelan School of Practice Nursing, and will train several



new classes of Certified Nurse Assistants. We are so proud of these enthusiastic future healthcare professionals as they begin their journeys caring for friends and neighbors. We look forward to a future devoted to improving health and access to care.







There are many organizations in our region working to meet the food security needs of Finger Lakes residents.

Please scan this QR code or visit our website at <u>www.flhealth.</u> <u>org/patients-visitors/community/food-security/</u> for information to assist residents who are looking for food resources in Ontario, Seneca, Yates and Wayne counties. You can also call 2-1-1 for help with locating food resources.





Advice To Thrive On by Jose Acevedo, MD, MBA

Finger Lakes Bounty for All

As Thanksgiving nears and we experience the beauty of fall harvest and the bounty of the Finger Lakes, it gives me pause to know that amidst this area of agricultural abundance not all families have enough to eat and many do not have access to healthy foods. This is a community issue and a health issue. There are increasing numbers of individuals and families who worry about having enough to eat and more still who do not have access to nutrient dense food options.

According to the My Health Story 2018 survey analyzed by Common Ground Health, Finger Lakes area respondents indicated that affordability of healthy food was a larger concern for those of a lower income status, as reported in our local counties' and hospitals Community Health Improvement Plans (CHIP), "Nearly 60% of those with incomes less than \$25k reported a cost barrier vs. 25% of those over \$75k." The survey and CHIP also revealed that almost half (45%) of the respondents know someone struggling with food security as a result of the Covid-19 pandemic.

Since that time, in partnership with our county health departments, we have selected food security as a key health priority to address. We are incorporating questions of food security into our conversations with patients at annual visits and with new patients in our outpatient practices.

If you are among the increasing number of individuals and families who worry about having enough to eat or not having the resources to



access nutritious foods for your family, you are not alone. Please let your health provider know. We will point you to the many resources in our community. Like any other health concern, all information shared at your medical visit will be kept private.

On our website, we provide links to area food programs and connect you with area services and organizations that specialize in food distribution, healthy food preparation, food budgets and more. We also encourage you to use 2-1-1 in your area for the most up-to-date resources.

There are many organizations in our region working to meet the food security needs of Finger Lakes residents and to ensure that everyone in our communities can share in the abundance of our region. From local farmers' markets and vegetable stands to community lunch programs, food pantries, backpack programs, and community gardens, we want to help get you connected with these vital services and programs. Check our website www.flhealth.org for local resources.

GOOD HEALTH ... WE'RE IN IT TOGETHER

Long Term Care Love Stories

Music brings comfort and familiarity

High school sweethearts, Eber and Nancy Hubman, both 85 years of age, have been married for 65 years. With six children, 13 grandchildren and 2 great grandchildren their lives have been full of music and adventure.

In 2022, Nancy was admitted to Huntington Living Center (HLC) in Waterloo on the Special Needs Unit (SNU). SNU specializes in the care of those with Alzheimer's and other dementia related diseases.

Eber, who began playing violin at the age of 12, would visit Nancy and play the violin for her. This was special time that they shared together. Eventually, Nancy was moved to Unit 2. As Nancy's Alzheimer's disease progressed, she no longer recognized Eber or the music that he played.

The activities staff at HLC love Eber and his music. They asked if he would play his violin as one of their regular monthly "programs". He happily agreed.

Residents sing along to their favorite songs as Eber plays his violin. Staff bring Nancy to his performances, sitting her front and center, as she has listened to him play for over 65 years.

"My wife gets the best care here. I would recommend Huntington to anyone who is looking for a safe and caring place for their loved one. My family is updated with Nancy's care. The staff is friendly and caring," states Eber.



Eber and Nancy Hubman

Music expresses that which cannot be put into words. -Victor Hugo

Care Close to Home

"We were meant to be. Our birthdays are a day apart," states Glenda Johns of Seneca Falls. She has been married for 28 years to her husband, Lewis.

Glenda and Lewis, both retirees of ITT Goulds, relished in enjoying their retirement together to the fullest. They loved to travel, go on cruises and spend quality time with their family and friends. Lewis was well known in the Seneca Falls community. For 36 years, he was an officiant for local football, basketball and volleyball games. He



Lewis and Glenda Johns

was an avid golfer and a dedicated local, pro, and college football fan.

In August 2020, life took an unexpected turn. Lewis was admitted to Unit 4 at The Homestead in Penn Yan. He had been diagnosed with quick onset Vascular Dementia.

It began in 2016 when Lewis underwent open heart surgery for a mitrovalve repair. "I noticed cognitive issues after his surgery and it was attributed to being under anesthesia. The issues seemed to retreat. In 2019, he was diagnosed with Prostate Cancer, and he underwent radiation for 58 days straight and I noticed more cognitive issues," stated Glenda.

Lewis was referred to a neurologist who ordered more diagnostic CT scans. At this point, Lewis was becoming more and more agitated. He had become someone Glenda did not recognize at times. "I decided to take him to another neurologist for further follow-up as we did not have a diagnosis," said Glenda. At this time, Lewis ended up in the Emergency Department at Geneva General Hospital. The provider onduty reached out to his neurologist for his scans and indicated that "from everything they can see, Lewis was suffering from Vascular Dementia." He needed to be placed in a facility where he could be kept safe.

Initially the only bed that was available for Lewis to keep him safe was in Rochester. The day that Lewis was to be transferred, a bed opened up on Unit 4 at The Homestead in Penn Yan. Glenda was so happy and felt a sense of relief.

"In the beginning, it was awful. Due to COVID, visitors were not allowed and I could only see him through window visits. I had to rely on the staff to take care of him and hope that he was accepting help. We could talk on the phone in the beginning. The holidays and birthdays were so hard," said Glenda.

Glenda was grateful that she was kept up-to-date about Lewis. She reflected, "The social worker

was absolutely wonderful and Lisa, one of the aides, would bring him to the window for visits. Everyone was so kind especially during this time when everyone was scared."

In April 2021, Glenda was finally able to touch Lewis. She would have to wear a mask, gloves and sometimes a full gown to see him, but it was worth it.

Lewis is now on Unit 1, a memory impaired unit. Glenda comes to visit him several times a week. "I know that the staff is taking good care of him. Brianna, Haley and Brittany (some of his favorites) and all of the CNAs and nurses know Lewis and his personality. They know how to work with him, they know his preferences and habits. They are able to identify when he is not himself. It gives me peace to know that even if I am not there every day, he is being cared for. I trust the staff and they always call me if there is an issue. They are so kind to me. They think about me in addition to caring for Lewis," shared Glenda.

To learn more about our long term care facilities, please visit <u>www.flhealth.org</u>or call (315) 787-4733

The Homestead at Soldiers & Sailors Memorial Hospital 418 North Main Street Penn Yan

Huntington Living Center 369 East Main Street Waterloo Living Center at Geneva — North 75 Mason Street, Geneva

Living Center at Geneva — South 45 Mason Street, Geneva

Welcome Finger Lakes Podiatry!

UR Medicine Finger Lakes Health is proud to welcome Finger Lakes Podiatry to its family of specialty care practices.

Board-certified Doctors of Podiatric Medicine Adelina Azfar, Lawrence LaRussa, and Kyle Perillo offer personalized services for patients of all ages suffering from a wide range of foot or ankle problems. Whether you're in need of treatment for pain or a surgical procedure, they can provide you with the most comprehensive podiatric care in a comfortable environment.

Finger Lakes Podiatry (Same office locations)

650 Pre-Emption Road, Geneva Geneva Office: Phone (315) 789-8132

1331 East Victor Road (lower level), Victor Victor Office: Phone (585) 742-3777



Adelina Azfar, DPM, Kyle Perillo, DPM, and Lawrence LaRussa, DPM

www.flhealth.org/locations/fingerlakes-podiatry



Patient of an Angel

Teresa McNabb, of Seneca Falls, receives her mammogram yearly at Geneva General Hospital's Women's Health Services. "I have always had the same technician and that really matters to me. I keep my care local because I have confidence in all of my providers here in Geneva," states Teresa. That held true after she was diagnosed with breast cancer.

Breast cancer runs in her family; her grandmother and mother were both diagnosed with it. After hearing the news, her friends and family told her to go to Rochester, but she said, "I have faith in my doctors here in Geneva and that is where I would like to be cared for." A good friend recommended, breast surgery specialist, Dr. Kristin Baltazar-Ford of Geneva General Surgical Associates. Teresa felt at ease from the get go. "Dr. Baltazar-Ford takes her time explaining things and she does not rush me. She is very thorough and calms my anxiety," says Teresa. "Dr. Baltazar-Ford is my favorite doctor by far, and she is my angel."

Teresa highly recommends Dr. Baltazar-Ford, Geneva General Surgical Associates and Women's Health Services at Geneva General to anyone who asks. "From the doctor to the scheduler, I feel lucky to receive such great care," said Teresa.

Schedule Your Mammogram

Women's Health Services 200 North Street, Suite 303 (315) 787-4400

Diagnostic Imaging/Radiology Department Soldiers & Sailors Memorial Hospital 418 North Main Street (315) 531-2544



Through conversations and social media, Teresa McNabb encourages women to get their mammograms. **"I want people** to take care of themselves and get their mammogram. If it comes up negative, let's do a happy dance. If they find something, let it be early," says Teresa.

An Expert at Breast Surgery



- Board-certified general surgeon
- Member of the American Society of Breast Surgeons

Kristin Baltazar-Ford, MD

Geneva General Surgical Associates 200 North Street, Suite 203 Geneva, NY 14456 (315) 787-5383



Occupational Health:

Keeping you and your employees safe

Personal, convenient and fast

We have over a 40-year history of providing Occupational Health services to our community. Our program is staffed by highly qualified and credentialed professionals who possess the skills and expertise needed to provide employers with services essential to a complete employee health and safety program.

We have over 350 clients in our area that we have developed long-term, loyal client relationships with by anticipating, identifying, and responding to their needs. Our services comply with governmental regulations, promote positive employee relations, and contribute to our clients' business success.

Here is what some of them have to say about our services:

Robert Lamb, Environmental & Safety Manager, Elderlee Inc., Oaks Corners, NY reflected, *"I'm aware of several employees, including myself, that went to Occupational Health for a pre-employment physical and have switched medical providers to FLH because of the compassion and attentiveness of the admin and medical staff. It amazes me that they can* provide so many services all in one location. Our company utilizes FLH for Regular and CDL preemployment physicals, yearly CDL and Haz-mat physicals, occupational injuries, x-rays, random drug testing, hearing conservation testing, lab based blood work and a variety of other services."

Keystone Mills of Romulus, NY, has been a customer of Occupational Health for many years. "Mary has always been very workable with making scheduling easy and Bob has done a great job of performing the DOT physicals and helping our drivers attain a better lifestyle! Great team to be a customer of!"

Aimee Orbaker, Human Resources Team Leader of Wadhams Enterprises, Inc., Phelps, NY shared, "Wadhams Enterprises, Inc. has partnered with FLH Occupational Health Department for at least 20 years. Their staff is engaged, knowledgeable and eager to please. They make it much easier for our staff to service the needs of our employees and for us to meet the requirements of the Department of Transportation. Thank you for your hard work and continued partnership!"





To learn more about Occupational Health please scan this QR code or visit: www.flhealth.org.

Occupational Health Services 1991 Balsley Road Seneca Falls, NY (315) 539-8058



Services that we offer include:

Physicals

- Annual/Surveillance
- Coast Guard
- DOT/19A
- Fire Fighter
- Hazmat
- Pre-Employment
- Respirator Clearance
- Silica

Other Exams

• Fit for Duty Physicals

Testing

- Audiometry
- EKG
- Fit Testing
- Hemoglobin A1C
- Lab (Blood draw)
- Pulmonary Function Testing
- Urine Dipstick
- Vision Screening
- X-Ray (including B-Read Services)

Drug and Alcohol Testing

- Breath Alcohol Testing
- Hair Drug Screen
- Medical Review Officer
- Urine Drug Screen

Health Services

• Immunizations for Flu, Hepatitis, Tetanus

Get Your Flu Vaccine



GET YOURSELF AND YOUR FAMILY VACCINATED

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

#FIGHT FLU

LE CDC

Our Primary Care and Urgent Care offices are now offering flu vaccines. To schedule an appointment online please scan

this QR code or visit: www.flhealth.org/ locations/schedulean-appointmentonline.



Stroke and Neurological Care Right in your Neighborhood

Therapy after a stroke, brain injury or neurological event/illness can help improve function and enhance quality of life. Therapy services that can help a patient after an injury to the brain include physical therapy, occupational therapy and speech language therapy. Some patients may need only one service, but most require all three therapies after a brain injury or stroke.







Physical therapy (PT) will work on the gross motor skills needed to walk, climb stairs, maintain balance and coordination. Occupational therapy (OT) will often work on fine motor skills and performance of activities of daily living such as dressing and bathing. Both therapies overlap in areas to help you get through your day safely and assist you to be able to complete higher level activities needed to move around your community. The speech language therapies (speech) work on both your motor skills to speak clearly and annunciate your words, as well as to work on your cognitive ability. All three therapies can work together to improve your ability to regain your independence with or without assistive devices.

Regardless of where you were treated for your stroke or neurological event, if after hospitalization you are unsafe to return home or if you don't have caregivers to assist you, you may qualify for our short term rehabilitation services. We offer short term rehabilitation at our sites in Geneva, Waterloo and Penn Yan.

Our short term rehabilitation therapists in PT/OT/Speech can provide care five days a week for 30 minutes or more at our facilities at our Transitional Care Program (TCP) in Living Center South (Geneva), Huntington Living Center (Waterloo), and at both our Yates County programs at The Homestead and Swing Bed Program in Soldiers & Sailors Memorial Hospital (Penn Yan). We will work with you and your caregivers to improve function and mobility so that you can return home safely and continue your therapy. Our therapy staff can even visit your home prior to discharge to make recommendations for adaptations for you to safely move around your house.

Once your return home, our outpatient sites located in Geneva, Waterloo and Penn Yan can continue to progress you to the highest level of independence and continue to improve your quality of life after a brain injury or stroke. Our team provides a continuum of care to keep you progressing towards the goals you established while in short term rehabilitation. At Garnsey Outpatient Rehabilitation Center at Geneva General Hospital and our UR Medicine Finger Lakes Health outpatient sites in Waterloo and Penn Yan, a patient can receive all three services if needed. This means that appointments for PT, OT and Speech can be made for the same day, making it easy for the patient to attend and for the caregiver to provide transportation.

Outpatient sessions last approximately 45 minutes. All our sites have stateof-the art equipment to promote function, mobility, independence, improved cognition and voice strength. Our team of outpatient therapists individualize their treatment plans to help reach goals specific to each patient.

After a stroke or brain injury, therapy can help to get you back to fishing, golfing, walking and living your best life. This may mean the use of assistive devices to help you regain these abilities, but we never say never and try any modifications to get you back to a higher quality of life. Our therapists pride themselves on providing the best care in the region.

If you or a loved one suffers from a stroke, or a neurological event, know that you have great care close to home where you can receive short term rehabilitation followed by outpatient services to optimize your independence. Contact us to learn more about our rehabilitation services.

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

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

Outpatient Rehabilitation Services in Waterloo 369 East Main Street Waterloo, NY (315) 787-4903

Geneva General Hospital is a Joint Commission accredited Primary Stroke Center, a New York State designated Stroke Center and received the Get With The Guidelines Gold Plus Performance Achievement Award.





Meets standards for Primary Stroke Center

CERTIFICATION

American Heart Association

American Stroke Association



Schedule Your Appointment Online

Scan the QR code to schedule your appointment at one of our Urgent Care offices or visit www.flhealth.org/locations/ schedule-an-appointment-online







GENEVA

789 Pre-Emption Road Finger Lakes Health Commons (315) 781-2000 8 a.m. - 8 p.m. Every Day of the Week

SENECA FALLS 1991 Balsley Road (315) 835-4900

8 a.m. - 5 p.m. Every Day of the Week

Certified Nurse Assistant Training Program

Fran Giovannini, LPN, and Kathy Wade, BSN, RN



Every six weeks, Kathy Wade, BSN, RN and Fran Giovannini, LPN welcome 16 new faces to the UR Medicine Finger Lakes Health Family. These compassionate, caring and patient individuals are starting the Certified Nursing Assistant (CNA) training program.

Each program consists of classroom, lab and clinical instruction totaling 138 hours. Classes are held Monday through Friday during the day and each program is four weeks in length. After successful completion of the training program, students are eligible to take the New York State certification examination. After passing their exam, they are now ready to care for our communities' most treasured members-residents in one of our four skilled nursing facilities.

Students undergo training in the areas below before taking their examination.

- Basic Nursing Skills
- Personal Care Skills
- Mental Health and Social Service Needs
- Care of Cognitively Impaired Residents
- Basic Restorative Services
- Residents' Rights

The July 2023 class had a 100% pass rate on their



first try at taking the examination. "Both Fran and I are so proud of all of our graduates. They work so hard to pass their exam. It takes a truly special person to become a CNA and it makes our hearts full when we see our students out in our facilities caring for our residents. We beam with pride inside and out each time we experience this," states Kathy.

Many CNAs use their education and experience as a beginning in the healthcare field. By taking advantage of opportunities for growth in their chosen career, many continue their education, becoming licensed practical nurses (LPNs) and registered nurses (RNs).



Employment opportunities are available at the Geneva Living Centers, The Homestead in Penn Yan, Huntington Living Center in Waterloo, as well as many other long-term care facilities.

A **\$2,000 hiring bonus** is being offered for new CNAs. In addition, transportation assistance is provided for CNAs taking classes in Geneva who



will be working at The Homestead in Penn Yan, \$125 weekly, and at Huntington Living Center in Waterloo, \$75 weekly.

Apply on-line today at www.flhealth.org/careers/ cna-program or call 315-787-4039 for information.

Orthopaedic Care Close to Home



Nicolai Baecher, MD



Cynthia Skovrinski, FNP-BC Sierra Johnson, PA-C



Raman Dhawan, MD



James Mark, MD



Helen Wong, MD



Bailey Mahoney, PA-C Scott Mattoon, PA-C



Geneva (315) 789-0993 789 Pre-Emption Road, Finger Lakes Health Commons

Clifton Springs (315) 462-3501 430 Clifton Springs Professional Office Park



Interlakes Orthopaedic Surgery

YOUR Future Begins with Us





Join OUR team and find passion and purpose!

We offer a strong work life balance within a diverse welcoming environment. As an employee of UR Medicine Finger Lakes Health, your colleagues will model our Values of Health, Exceptional Care and service, Acts of Kindness, Responsibility and Respect, and Teamwork. We offer a competitive salary and opportunity to select benefits that meet your personal needs. We recognize that our staff are our most valuable asset.

Please scan this QR code or visit <u>www.flhealth.org/careers/</u> to learn about career opportunites at UR Medicine Finger Lakes Health.





































































Meet Our New **Dermatologist**

Dr. Diana Stephens

Personal background

I grew up in Trumansburg New York, where I graduated from high school.

Why did you choose to become a physician?

I chose to become a physician because I love science and public service, and thought being a physician was the ultimate way to blend these things.

Where did you do your training?

I graduated from SUNY Geneseo with honors earning a BS in biochemistry and a minor in math. After that, I spent a year doing clinical and bench research at the University of Pennsylvania in Philadelphia, PA. I attended Drexel University College of Medicine, in Philadelphia, PA, for my medical degree, where I was elected into the alpha omega alpha honor society. I completed Dermatology residency in 2018 at University of Rochester Medical Center after serving as chief resident in my final year.

Why did you choose to specialize in dermatology?

I chose dermatology because it gives you a nice blend of critical thinking and procedural skills, along with allowing you to develop a relationship with patients over time.



What is rewarding to you in regards to the care you provide to your patients?

I find the relationships I develop with patients over time the most rewarding part of being a physician.

Why did you decide to join UR Medicine Finger Lakes Health?

I chose UR Medicine Finger Lakes Health because it has a reputation for outstanding patient care.

What do you like to do in your free time?

I spend my free time with my husband and three young kids. I also frequently take walks with my good friend and colleague, Dr. Carpenter.



We are Accepting New Patients

To make an appointment with one of our boardcertified dermatologists, Amanda Carpenter, MD, Emily Lambert, MD or Diana Stephens, MD, please call (**315) 787-5355.**

Geneva General Dermatology 70 Mason Street Geneva, NY 14456





Dena Prete

Employee Recognition

Doug Wills

Finger Lakes Health held its annual Employee Recognition dinner, honoring employees for almost 2,200 years of service to the community and thanking them for their contributions and dedication to the ongoing success of the health system.

Two special awards were presented to employees who consistently exceeded expectations in the workplace, the James J. Dooley Leadership Excellence Award and the Employee of the Year.

The James J. Dooley Leadership Excellence

Award recognizes outstanding performance by a leader who is committed to Finger Lakes Health's mission, values and the healing environment, as well as the leader's overall job performance and leadership skills. This year, Doug Wills, Director of Facilities, was honored as the 14th recipient of this celebrated award. He has been employed with Finger Lakes Health for the last five years.

Wills is the kind of leader who has a "make it happen" attitude. He is attentive to details, follows up in a timely manner, and offers good advice. He addresses issues with appropriate coaching for improvement, and is highly regarded by his staff. He actively embraces Finger Lakes Health's values through multiple committee participations, his everyday communication, and recently purchased and donated a new Christmas tree to the organization.

The Employee of the Year Award recognizes an employee that sets the standard for excellence. This year's award was presented to Dena Prete, Unit Clerk, at Living Center at Geneva South, on Unit 1. She has been with Finger Lakes Health for the last thirty years.

Prete's team describes her as hard-working, dependable, courteous and respectful. She is always happy and is willing to lend a helping hand to anyone who needs it. The positive energy that she radiates can change the mood of the entire unit. She takes the initiative to assist nursing by making beds, tidying rooms, and transporting residents, allowing the nursing team to focus on nursing duties that only they can perform.

Prete was selected from among the outstanding field of 12 Employees of the Quarter who were recognized each quarter in 2022. The program recognizes those employees who consistently demonstrate organizational values and whose performance clearly exceeds the requirements of their positions.



Cara Carter, RN



Brian Gerard, RN



Amanda Brown, RN



Katie DeMitry, BSN, RN

DAISY Award

The DAISY Award is a nationwide program that rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day. UR Medicine Finger Lakes Health is proud to recognize our nurses with this special honor every quarter. Congratulations goes out to the following Daisy Award recipients:

Cara Carter, RN, Surgical Services Department at Geneva General Hospital Brian Gerard, RN, Intensive Care Unit at Geneva General Hospital Amanda Brown, RN, Interventional Radiology Department at Geneva General Hospital

To find out more about the program, please go to www.DAISYfoundation.org.

About the DAISY Foundation™

The DAISY Foundation[™] was established in 2000 by the family of J. Patrick Barnes who died of complications of the auto-immune disease Idiopathic Thrombocytopenia Purpura (ITP) at the age of 33. (DAISY is an acronym for diseases attacking the immune system.) During Pat's 8-week hospitalization, his family was awestruck by the care and compassion his nurses provided not only to Pat but to everyone in his family. So, one of the goals they set in creating a Foundation in Pat's memory was to recognize extraordinary nurses everywhere who make an enormous difference in the lives of so many people by the super-human work they do every day.

Each DAISY Award Honoree is recognized at a public ceremony in her/his unit and receives: a beautiful certificate, a DAISY Award pin, and a hand-carved stone sculpture entitled A Healer's Touch. Additionally, everyone in the unit celebrates with cinnamon rolls – a favorite of Patrick's during his illness. The Barnes Family asks that whenever and wherever nurses smell that wonderful cinnamon aroma, they stop for a moment and think about how special they are.



DAISY Nurse Leader Award

Finger Lakes Health recognizes **Katie DeMitry, BSN, RN** with the DAISY Nurse Leader Award. Katie is the Nurse Manager for 2 West and 3 North, at Geneva General Hospital

The DAISY Nurse Leader Award was created to shine a light on the managers and others who do not typically have direct patient care as part of their work.

Ardelle Bigos, MSN, RN, CMSRN, NE-BC, Chief Nursing Officer, commended Katie for her leadership, "Nurse Leaders are an integral part of the healthcare team. They inspire and influence their team members and play a major role in the collaboration of care across the organization. Their roles are vast, including serving as the central communicator, a mentor, an educator, and an organizer. Katie DeMitry has received our first Nurse Leader Daisy Award based on nominations from her team. Katie engages others, solicits ideas and feedback, creates a high-reliability culture, and promotes teamwork and collaboration."



Gregory Hoffman-Fragale, DNP, RN, CCRN, GERO-BC, MHA, NEA-BC, CENP, LNHA



Jill McCulloch, BSN, RN, BA, CRRN



Matthew Talbott MD, FACEP, MBA

New Faces in New Places at UR Medicine Finger Lakes Health

Gregory Hoffman-Fragale, DNP, RN, CCRN, GERO-BC, MHA, NEA-BC, CENP, LNHA was named Associate Chief Nursing Officer for Finger Lakes Health

Hoffman-Fragale is dual board-certified as an Advanced Nurse Executive and in Gerontological Nursing by the American Nurses Credentialing Center.

He earned his Doctor of Nursing Practice degree from Old Dominion University, Norfolk, VA and his Master's of Healthcare Administration degree from St. Joseph's College of Maine, Standish, ME. He completed both his Bachelor of Science and Associates in Applied Science degrees in Nursing from Excelsior University, Albany, NY.

Previously, he served as the Director of Nursing Operations for Imaging Sciences at University of Rochester Medical Center, where he made significant improvements in leadership development, patient satisfaction, and nurse sensitive clinical outcomes.

As a registered nurse, he worked at Community General Hospital in Syracuse, and held his first directorship at Auburn Memorial Hospital, before heading downstate to the NYC metropolitan area where for 12 years he held various administrative nursing roles in acute care, critical care, and postacute nursing.

Jill McCulloch, BSN, RN, BA, CRRN was promoted to Director of Performance Improvement.

In her new role, McCulloch is responsible for the direction, coordination and oversight of the health system's quality, performance improvement, infection prevention and patient safety programs and initiatives. She also collaborates with managers and staff to ensure Joint Commission survey readiness and related regulatory/ accreditation compliance.

McCulloch earned her Bachelor of Science in Nursing degree from Keuka College, Keuka, NY. She was a graduate of Finger Lakes Health College of Nursing & Health Sciences as well as the Marion S. Whelan School of Practical Nursing, both located on the campus of Geneva General Hospital. McCulloch has nearly thirty years of experience at Finger Lakes Health. She began her career at Finger Lakes Health in 1994 as a Certified Nurse Assistant, (CNA), at Huntington Living Center in Waterloo. She became an LPN, then an RN, ultimately, serving as a Charge Nurse. She was the Nurse Manager for both the Acute Rehabilitation Unit and 3 West at Geneva General Hospital.

Her tenure in the Performance Improvement department started as Coordinator of Event Reporting and Nursing Quality. Most recently she was Performance Improvement Manager.

Matthew Talbott MD, FACEP, MBA was named Associate Chief Medical Officer for Finger Lakes Health.

In his new role as Associate Chief Medical Officer, Dr. Talbott provides oversight of the Performance Improvement Department. He retains his leadership role as Director of Emergency Medicine for both the Brenda & Dave Rickey Foundation Emergency Department at Geneva General Hospital and the Soldiers & Sailors Memorial Hospital Emergency Department.

Talbott has been an active staff Emergency Medicine physician at Finger Lakes Health since 2008. In 2018, he received the James J. Dooley Leadership Excellence Award that recognizes outstanding performance by a leader who is committed to Finger Lakes Health's mission, values and the healing environment, as well as the leader's overall job performance and leadership skills.

He is a Fellow of the American College of Emergency Physicians (FACEP). He is boardcertified by the American Board of Emergency Medicine. He received his medical degree from Ohio State University College of Medicine & Public Health, Columbus, OH and his residency training at the University of Rochester, Rochester, NY. Most recently, he earned his Master's degree in Business Administration at SUNY Oswego.

Chief Nursing Officer Presents at National Conference

Finger Lakes Health's Chief Nursing Officer **Ardelle Bigos, MSN, RN, C-MSRN, NE-BC** presented at the Chief Nursing Officer Congress's Spring 2023 Conference on May 23, 2023 in Orlando, Florida.

Bigos's presentation entitled, "Leading through Cultural Collaborations & Shared Governance", outlined innovations in care models and staff engagement. She led discussion on professional partnerships and strategies for recruitment and retention. She

shared learnings from integration of international nurses in our rural New York State workforce and highlighted the staff's efforts and successes with Finger Lakes Health's Shared Governance Council. The Shared Governance model, which is led by front-line staff, fosters decision-making power, autonomy in nursing practice and instills pride. Committees of the Council address issues of nursing practice, care delivery, education, quality, reward and recognition, and work life balance.

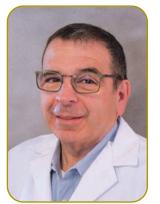


Ardelle Bigos, MSN, RN, C-MSRN, NE-BC

Welcome New Providers to Our Medical Staff



Matthew Crane, DO



Mark Mancuso, MD



Jennifer Mungari, MD

Matthew Crane, DO

Specialty: Anesthesiology
Medical School: Lake Erie College of Osteopathic Medicine, Erie, Pennsylvania
Residency: University of Rochester, Rochester, New York

Mark Mancuso, MD

Specialty: Anesthesiology
Certification: Board-certified, Anesthesiology, American Board of Anesthesiology
Medical School: University at Buffalo, Buffalo, New York
Internship: University at Buffalo, Buffalo, New York
Residency: University of Rochester, Rochester, New York

Jennifer Mungari, MD

Specialty: Family Medicine
Certification: Board-certified, Family Medicine, American Board of
Family Medicine
Medical School: SUNY Upstate Medical University, Syracuse, New York
Residency: Grant Medical Center, Columbus, Ohio

Offices: Geneva Primary Care 200 North Street, Geneva For an appointment: (315) 787-5400

FLH Medical P.C., Clifton Springs Internal Medicine 120 Clifton Springs Professional Office Park, Clifton Springs **For an appointment: (315) 462-7001**



Khiem Nguyen, MD



Timothy Park, DO



Daniel Saada, MD



Diana Stephens, MD, FAAD

Khiem Nguyen, MD

Specialty: Gastroenterology

Medical School: Eastern Virginia Medical School, Norfolk, Virginia Uniformed Services University of the Health Sciences, F. Hebert Edwards School of Medicine, Bethesda, Maryland Internship: Staten Island University Hospital, Staten Island, New York Residency: Lehigh Valley Hospital, Allentown, Pennsylvania Fellowship: Allegheny General Hospital, Pittsburgh, Pennsylvania (Gastroenterology)

Office: Finger Lakes Gastroenterology 821 Pre-Emption Road, Suite 300, Geneva For an appointment: (315) 787-5310

Timothy Park, DO

Specialty: Hospitalist
Certification: Board-certified, Internal Medicine, American Board of Internal Medicine
Medical School: New York Institute of Technology College of Osteopathic Medicine, Old Westbury, New York
Internship: New York Presbyterian/Queens, Flushing, New York
Residency: Nassau University Medical Center, East Meadow, New York

Daniel Saada, MD

Specialty: Emergency Medicine
Certification: Board-certified, Emergency Medicine, American Board of Emergency Medicine
Medical School: Georgetown University School of Medicine, Washington, DC
Residency: University of Rochester Medical Center, Rochester, New York

Diana Stephens, MD, FAAD

Specialty: Dermatology
Certification: Board-certified, Dermatology, American Board of Dermatology
Medical School: Drexel University College of Medicine, Philadelphia, Pennsylvania
Residency: University of Rochester, Rochester, New York

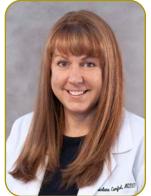
Office: Geneva General Dermatology 70 Mason Street, Geneva For an appointment: (315) 787-5355



Christopher Walker, MD



Amy Axtell, MSN, PMHNP-BC



Marlene Comfort, MSN, A-GNP-C



Ashlynn Guarneri, MSN, AG-ACNP-BC

Christopher Walker, MD

Specialty: Gastroenterology Certification: Board-certified, Internal Medicine, American Board of Internal Medicine

Medical School: Eastern Virginia Medical School, Norfolk, Virginia **Residency:** University of Rochester Medical Center, Rochester, NY **Fellowship:** University of Rochester Medical Center, Rochester, NY (Gastroenterology and Hepatology)

Office: Finger Lakes Gastroenterology 821 Pre-Emption Road, Suite 300, Geneva For an appointment: (315) 787-5310

Amy Axtell, MSN, PMHNP-BC

Certification: Psychiatric Mental Health Nurse Practitioner **Master's Degree:** Binghamton University's Decker College of Nursing and Health Sciences, Johnson City, New York

Office: John D. Kelly Clinic 418 North Main Street, Penn Yan For an appointment: (315) 531-2400

Marlene Comfort, MSN, A-GNP-C

Certification: Adult-Gerontology Nurse Practitioner **Master's Degree:** Keuka College, Keuka Park, New York

Office: Soldiers and Sailors Health Center 418 North Main Street, Penn Yan For an appointment: (315) 536-0086

Ashlynn Guarneri, MSN, AG-ACNP-BC

Certification: Adult-Gerontology Acute Care Nurse Practitioner **Master's Degree:** St. John Fisher College, Wegmans School of Nursing, Rochester, New York Hospitalist Program



Stephanie Humbert, MSN, FNP-BC



Crystal Lane, MSN, AGPCNP-C



Kathryn Morgan, MSN, AG-ACNP-BC



Shannon Picchi, MSN, AGPCNP-C

Stephanie Humbert, MSN, FNP-BC

Certification: Family Nurse Practitioner Master's Degree: Upstate Medical University, Syracuse, New York

Offices: Seneca Family Health Center 367A East Main Street, Waterloo For an appointment: (315) 787-4977

Clyde Family Health Center 4 West Genesee Street, Clyde For an appointment: (315) 923-3640

Crystal Lane, MSN, AGPCNP-C

Certification: Adult-Gerontology Primary Care Nurse Practitioner **Master's Degree:** Keuka College, Keuka Park, New York.

Office: Lifecare Medical Associates 1991 Balsley Road, Seneca Falls For an appointment: (315) 539-9229

Kathryn Morgan, MSN, AG-ACNP-BC

Certification: Adult Gerontology Acute Care Nurse Practitioner **Master's Degree:** Maryville University, St. Louis, Missouri Hospitalist Program

Shannon Picchi, MSN, AGPCNP-C

Certification: Adult-Gerontology Primary Care Nurse Practitioner **Master's Degree:** Keuka College, Keuka Park, New York

Office: Lifecare Medical Associates 1991 Balsley Road, Seneca Falls For an appointment: (315) 539-9229

Meet Our New Gastroenterologists

Dr. Khiem Nguyen

Why did you choose to become a physician?

To share my blessings and knowledge and to contribute to betterment of people's lives. I just want to do good things for others.

Where did you do your training?

My training began in Staten Island, NY. However, the majority of my specialized education was completed in Allentown then Pittsburgh, PA.

Why did you choose to specialize in gastroenterology?

My background was in surgery. In order to have more time with my family, I switched to GI as it enhances my analytical thinking process, through internal medicine discipline, and it still provides me the excitement of doing procedures.

Do you have any special interests related to gastroenterology?

My specialty and keen interests are biliarypancreatic diseases and inflammatory bowel disease.

What is rewarding to you in regards to the care you provide to your patients?

The most rewarding part of my job is to see family hugging each other knowing that their loved one is better from what I have accomplished in the patient's care and health.

Why did you decide to join UR Medicine Finger Lakes Health?

Who would not love to work near a paradise like the Finger Lakes area. And I am very excited to work in a hospital that catered to a close knit community and a hospital that is managed by physicians in all administrative positions; this will allow better communication and understanding among the physicians and the care of the community.



What do you like to do in your free time?

Anything outdoors, from fishing, hiking, to biking; and I also love to travel and explore new cultures.

Accepting New Patients

To make an appointment with **Dr. Nguyen** or **Dr. Walker**, please call: **(315) 787-5310**



Finger Lakes Gastroenterology 821 Pre-Emption Road, Suite 300 Geneva, NY MOVING SOON TO: 1150 State Route 5 & 20 Geneva, NY



Dr. Christopher Walker

Personal background

I was born and raised in the Hudson Valley region of New York State. I am one of four children, including a twin sister. My parents are both from Jamaica and migrated to the United States about one year before I was born.

Why did you choose to become a physician?

My parents were a part of a team that would visit people in the hospital or at home and help with basic needs. They often would bring me on these trips as a child, which sparked my interest in caring for those who are sick. As I got older, some of my family members developed gastrointestinal (GI) diseases which prompted me to learn about the GI system, and ultimately, paved the way to my journey to become a gastroenterologist and hepatologist.

Where did you do your training?

I went to medical school at Eastern Virginia Medical School in Norfolk, VA. I completed my Internal Medicine residency and Gastroenterology and Hepatology fellowship at the University of Rochester Medical Center in Rochester, NY.

Do you have any special interests related to gastroenterology?

I have a special interest in inflammatory bowel disease (IBD). This is a lifelong disease that ranges in severity, but can be quite debilitating. Fortunately, with the advances of modern medicine, there are many treatment options that can alleviate symptoms and control the disease. I enjoy spending time with patients to help them understand their disease, set treatment goals and choose the best medication regimen that will allow them to achieve their goals.

What is rewarding to you in regards to the care you provide to your patients?

I am always pleased to see patients reach their treatment goals. Seeing patients whose lives were literally changed for the better by pursuing healthcare always brings a smile to my face.

Why did you decide to join UR Medicine Finger Lakes Health?

I decided to join UR Medicine Finger Lakes Health because I realized that the team here is one big warm and welcoming family. I believe that caring for patients requires deep compassion and I was happy to find an institution whose vision aligned with mine.

What do you like to do in your free time?

I enjoy spending time with my wife and son in my free time. We like to spend time outdoors biking, hiking or sledding. When we are indoors, we enjoy exploring new recipes in the kitchen.

Your Gift Your Impact

The Finger Lakes Health Foundation's mission is to raise funds to support vital programs, services and equipment needed to provide high quality care – close to home – for all in our community.

Soaring supply, energy and staffing costs along with inadequate reimbursement have greatly increased the demand for the Foundation's resources.

Now, more than ever, your donation will help us weather today's challenges and secure our mission for generations to come.

The gift you make today will be put to immediate and meaningful use. You may choose to support one of these key projects -

Cutting-Edge Equipment:

Cardiovascular Ultrasound equipment at Soldiers & Sailors and Geneva General Hospitals

In the Finger Lakes region, death from cardiovascular disease is 13% greater than from all cancer deaths and is higher than the average for the U.S. Lack of access to and availability of diagnostic imaging are major barriers for the prevention of heart disease.

New Cardiovascular Ultrasound equipment will offer:

- Less time to testing and need for repetitive testing;
- Better detection and diagnosis of cardiac conditions;
- Improved identification of patients that can benefit from medical therapy or procedures to help prolong life and decrease morbidity;
- Increased collaboration with area cardiac surgeons and interventional cardiologists.



128 slice Computed Tomography (CT) scanner for Geneva General Hospital

Because of the generosity of donors like you, in 2021, Soldiers & Sailors Memorial Hospital installed a new CT scanner to replace an outdated one that was at the end of its lifecycle. CT ranks as one of the top five medical developments in the last 50 years and this Soldiers & Sailors CT is the only one in Yates County.

The new CT scanner at Geneva General Hospital will provide improved detection, diagnosis, and treatment planning for a wide range of clinical needs. CT scans are non-invasive, painless and quick and help reduce the need for exploratory surgeries as well as the risk of complications in surgery. Since its inception CT modality has been used increasingly for a wide variety of patient types. It is used for exams and treatment planning for trauma, spinal problems and injury, cancer, pulmonary diseases, chest and abdominal pain, cardiology, vascular and kidney diseases, organ transplants and gastric bypass.

Investment in our People:

Tuition Buyback Program

Introduced to help recruit and retain key healthcare workers during the height of the pandemic, the program provides eligible UR Medicine Finger Lakes Health employees with help in repaying student loan debt. Tuition buyback is offered to eligible Licensed Practical Nurses (LPNs), Staff Registered Nurses (RNs to BSNs) and Medical Technologists in exchange for a commitment for a time period to work at a



UR Medicine Finger Lakes Health facility.

There are many benefits to this program. Recipients are more likely to pursue advanced degrees if they are not faced with years of paying off burdensome school debt. When nursing positions are filled, turnover is reduced with less burnout from overtime, and more stable, cohesive teams are built. With more staff consistency, our patients and residents receive better delivery and continuity of care. The more RNs and LPNs we hire directly means less reliance on traveling nurses. These employees will become part of our community, as neighbors caring for neighbors, supporting local businesses, participating in community groups and advocating for our region.

Kristin and Martin Gariepy of Penn Yan were new to the area when they learned of the program and have generously supported it since its inception. Kristin explains, "We support the UR Medicine Finger Lakes Health Tuition Buyback Program because we know the difference nurses make by stepping into people's lives. We know they will always be there, and we want to be there for them."

She adds, "Our support also celebrates the legacy of our 'Mom' Dolores. 'Mom' answered the call when the Army needed nurses during World War II. When she started at St. Vincent's Hospital in 1944, she also saw an opportunity to achieve an education that was far beyond her family's means. When the war ended in 1945, the Army supported 'Mom' so she could finish her nursing certification. Determined to help others pursue their calling, Dolores completed her bachelor's and master's degrees through sheer determination, grit, and sacrifice. As a Professor of Nursing at Pace University, where she was also Chair of the Associate-Degree Nursing Program, Dolores supported scores of students while they achieved their healthcare education and pursued their careers. Memories of nursing students at the family kitchen table doing some extra studying with 'Mom' are ones we hold dear."

"We are thankful we can assist UR Medicine Finger Lakes Health extend this benefit to these vital healthcare professionals and members of our community. By supporting this program, and including Finger Lakes Health in our estate planning, we hope to support our neighbors in their choice to be courageously committed to helping us all live our best lives."

To date, 25 employees have benefited from the Tuition Buyback program.

Whether you select one of these projects to support or allow the Foundation to determine the best use of your donation, your generosity will help us address our immediate needs and pave the way for a bright and expansive future for local health care in the Finger Lakes.

Make a gift today:

Please scan this QR code or to make a gift online or visit



www.flhealth.org/make-a-donation/

You can also mail a check payable to: Finger Lakes Health Foundation 196 North Street Geneva, NY 14456



Dolores 'Mom' Gariepy, generous, proud and courageous caregiver

Get Peace of Mind

As a thank you to our community and our friends of Finger Lakes Health Foundation, FreeWill is delighted to help you create your legal will.

Take advantage of this free, legally binding online resource to protect your future and that of your loved ones while deepening your impact on the health of our region for future generations, at no immediate cost.



Scan this QR code or visit www.freewill.com/ FingerLakesHealthFoundation

New technologies in our care delivery

Healthcare delivery is changing and UR Medicine Finger Lakes Health continues to seek innovative ways to enhance patient safety and to augment our staff's capacity, while also incorporating new technologies in our care delivery model.

Earlier this year, we partnered with MedSitter to launch a virtual inpatient observation program. This virtual care platform and clinical surveillance system provides two-way visual and audio interaction 24 hours a day, 7 days a week between in-person observers and select inpatients. The observers help to extend our staff's reach by allowing constant video monitoring, where an observer can watch patients and intervene when patients may be demonstrating behaviors that could increase risk of falls.

Some patients can have increased risk of falling when hospitalized – this can be due to being in an unfamiliar environment and for others this may be due to a medical condition. We assess fall risk for patients as part of our standard of care. For example, some patients attempting to go to the bathroom unaided, can pose fall risk. Using MedSitter, the observer can see this and notify nursing staff, as well as interact with patients and families over the monitor. Observers can speak directly to the patient to remind them to wait for staff assistance. This reduces fall risk and enhances patient safety.

"Patient safety is a top priority for UR Medicine Finger Lakes Health. Like other facilities nationwide, Geneva General Hospital and Soldiers & Sailors Memorial Hospital are always working to allocate staffing resources as effectively as we can, and to utilize all the tools at our disposal to enhance patient outcomes. We instituted MedSitter as a tool to support our staff, assure an extra layer of safety for our patients, reduce the risk of falls and provide enhanced monitoring. In our first several months, since adopting Medsitter, the service has assisted us in avoiding potential falls by serving as a liaison between patients and our staff. Our patients, families and staff have responded positively to having this extra peace of mind.

Our aim was to increase patient safety while supporting our nursing team. Most importantly, we sought a solution that expanded our ability to meet the needs of our patients and families. We have received overwhelmingly positive feedback from family members who appreciate this added layer of security," ---Ardelle Bigos MSN, RN, CMSRN, NE-BC, Chief Nursing Officer

Our collaboration with MedSitter has been well received. We continue to embrace innovative ways to improve patient quality and safety and the introduction of this program has demonstrated a reduced risk of falls through this use of technology and enhanced observation.





196 North St. Geneva, NY 14456

To: Our Friends of

UR Medicine Finger Lakes Health

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Finger Lakes Gastroenterology Currently Accepting New Patients

At Finger Lakes Gastroenterology, we aim to provide our patients with the highest quality prevention and treatment of digestive diseases in a caring, compassionate manner. We are dedicated to providing each patient with superior medical treatment in a comfortable, safe atmosphere.

We specialize in:

- Colonoscopy
- Endoscopy
- Gastroenterology
- Hepatology

Conditions we provide/treat include but are not limited to:

- Colon Cancer Screening
- Gastroesophageal Reflux Disease
- Inflammatory Bowel Disease
 - Liver Disease
 - Pancreatic Disease

Finger Lakes Gastroenterology is committed to caring for our communities. All procedures are performed exclusively at Geneva General Hospital and the Finger Lakes Surgery Center.



Finger Lakes Gastroenterology

821 Pre-Emption Road Suite 300 Geneva, New York 14456 (315) 787-5310

MOVING SOON TO:

1150 State Route 5 & 20 Geneva, NY 14456





Angel Diaz, MD

Henry LeGuyader, MD









Staci Hooker, ENP.

