

SPRING
2021



Health and Wellness
Magazine from
FINGER LAKES HEALTH

Thrive



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**www.flhealth.org/
healthyrecipes**

Recipes

Paella

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Energizing Smoothie Quinoa and Kale Salad

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▲ On Friday, February 12th, we held a virtual celebration for the installation of the new, developmentally appropriate preschool playground at the Jim Dooley Center for Early Learning.

▲ The playground was dedicated to Kathy Brown Ryrko, longtime director of the center.

▼ The Geneva General Hospital and Soldiers & Sailors Memorial Hospital Emergency Departments celebrated excellence in care of stroke patients in 2020.



**American Heart Association
American Stroke Association
CERTIFICATION**
Meets standards for
Primary Stroke Center



**NEW YORK STATE Department of Health
PRIMARY STROKE CENTER**



▲ We are so grateful for the community support and dedication of the Struzzi family and friends for making the "Heels Up...Bottom's Up," event at Abandon Brewing Company such an amazing success! The event raised more than \$20,000 to benefit a renovation project for the Unit 4 common space at The Homestead at Soldiers & Sailors Memorial Hospital.



▲ Finger Lakes Health's athletic training program partnered with Geneva High School to receive the National Athletic Trainers' Association (NATA) 1st Team Safe Sports School award.

A Message from the President & CEO

Jose Acevedo, M.D., MBA



What an incredible year we have all experienced together. I am so proud of the healthcare heroes at Finger Lakes Health and all they contributed and sacrificed during this pandemic. I am deeply saddened for the lives lost and the families and friends of those who grieve the passing of a loved one from COVID-19. We are appreciative of the community support we have received from thank you notes, to meals, and other acts of kindness bestowed upon our staff. It is our honor to serve our communities in this time of need.

We are grateful that the vaccine has arrived and is a step toward health. We are proud to share that (as we go to print) through our collaboration with the New York State vaccination effort, 98% of our medical staff and 75% of our Finger Lakes Health employees have received the vaccine. We have also worked through the federal vaccine program and our long term care pharmacy partner to ensure long term care residents have been offered the vaccine and to date, 92% of Finger Lakes Health's long term care residents have been vaccinated. In addition, Finger Lakes Health has hosted dozens of community clinics where we have administered more than 3,600 doses to our community members who meet the New York State criteria. We have helped to assure seniors, those with qualifying health conditions, teachers, coroners, EMS, and all who qualify have had local access to vaccines. We have

leveraged our staff, our facilities, and our systems to host these clinic sites. We are 17 weeks into this effort and expect there to be continued increased access to vaccine. Of course, we encourage you to continue to wear your mask, practice good hand hygiene and socially distance.

While our COVID-19 response has much of our attention and resources, we have continued to focus on other ways to keep our communities healthy. Here are a few examples:

Our providers and offices have pivoted to adapt to telehealth appointments to assure patient convenience and access.

Our Emergency Department improved our stroke center capabilities with reduced time from arrival at the Emergency Room to CT Scan imaging and increased administration of life-saving clot-busting medication when clinically appropriate.

Geneva General Hospital again received the Joint Commission's Advanced Total Hip and Total Knee Replacement Certifications reflecting the quality of our orthopaedic services and compliance with rigorous standards.

Finger Lakes Health's athletic training program partnered with Geneva City School District and received the National Athletic Trainers' Association 1st Team Safe Sports School Award.

Thanks to community support, we built and dedicated our new playground at the Jim Dooley Center for Early Learning to Ms. Kathy Brown-Ryrko, longtime Center Director.

In Penn Yan, we launched the new Soldiers and Sailors Health Center on the second floor of Soldiers & Sailors Memorial Hospital. Two practices formerly known as Keuka Health Care and Pre-Emption Road Family Medicine combined in this newly built space to provide one-stop access to primary care and preventive care services along with proximity to mammography, laboratory, cardiac rehab, diagnostic imaging and rehabilitation services of Physical Therapy, Occupational Therapy, and Speech Therapy.

Our Swing Bed program continues to grow at Soldiers & Sailors.

We are maximizing the benefit of our management agreement with the University of Rochester Medical Center as we continue the journey toward a partnership designed to further enhance access to specialty and tertiary care for our patients.

Stay well. And remember that now more than ever... "Good Health... We Are In It Together!"





Jose Acevedo, M.D., MBA

Advice to Thrive On 7 Steps to Self-Care in a Pandemic

As we have all been socially distancing, adjusting to new routines, and managing the isolation and stress that has accompanied

this pandemic, there are some keys to good health and self-care that might be worthwhile reminders.

1. Stay hydrated. Drink 6-8 glasses of water each day. If you take medication, take a full glass of water with your medication.

2. Breathe it in – spring has arrived. We live in a beautiful region with so many opportunities to take in fresh air and engage in the outdoors. Whether it be a gentle nature hike by the nearest lake or area falls, snowshoeing on a local nature trail, or walking your favorite furry friend, get outside. Be sure to wear sunscreen to avoid risk of skin cancer. Sit on your porch. Visit with your neighbor over the fence. Watch the birds land in the trees.

3. Connect with someone special. Call your parents (if you are fortunate enough to be able to speak with them). Write an old-fashioned letter and mail it to someone you miss visiting in person. The isolation and lack of social connection that we have all experienced has taken a toll. We all could stand recharging our personal batteries.

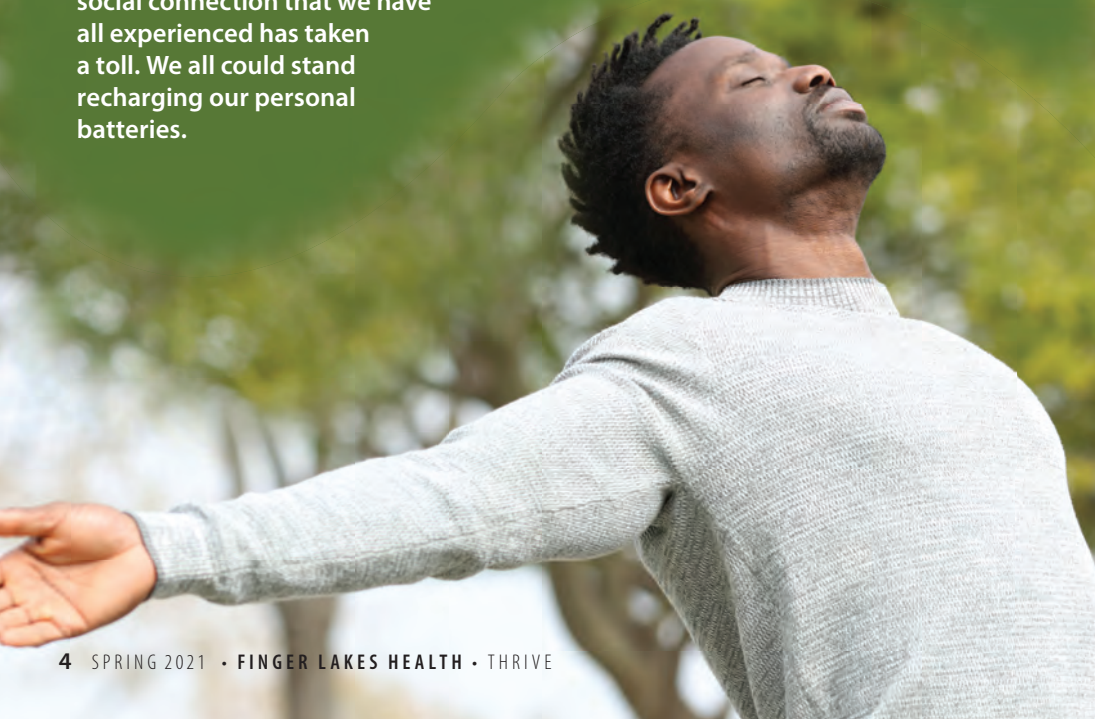
4. Use your creative juices. Solve a crossword, do a puzzle, make art or music. Write in a journal to chronicle these unique times for generations to come. Redesign your space. Sort through old photos. Organize a cabinet.

5. Make a healthy meal. I have included one of my family favorites. I am the cook in the family and enjoy coming up with new recipes and enjoying old favorites.

6. Meditate. Use a meditation app such as Calm or Headspace or focus on your breathing and heartrate.

7. Practice good sleep hygiene, in addition to good hand hygiene. With so many changes to our routines, it is easy to fall into the habit of staying up later or have screen time such as TV and computer before bed. But now more than ever, restful, restorative sleep is vital. Avoid caffeine before bedtime. Go to bed at the same time each night. Be consistent even if every day feels like a weekend.

And **practice kindness** everyday in some way. You will transform yourself and the world with this one habit.



Paella

Jose Acevedo, M.D., MBA

A great meal for the summer is Paella. Paella is a Spanish dish from Valencia. Serve as a main course.

Ingredients:

- 1 small onion
- 4 garlic cloves
- Black pepper to taste
- 1 large tomato
- 1 bay leaf
- 2 tablespoons of olive oil (I like cold press olive oil)
- 2 teaspoons of paprika
- 1 teaspoon of kosher salt
- 2 teaspoons of oregano
- 1 teaspoon of saffron
- ¾ cup of dry riesling from the Finger Lakes, of course
- ¾ pound of Spanish chorizo
- 8 to 12 shrimp, peeled and deveined
- ½ cup of green peas
- 1 cup of chicken broth
- ½ cup of pitted olives
- 1 lemon

Step 1

In a blender process onion, garlic, tomato, saffron, black pepper, bay leaf, paprika, oregano, and salt. This is called sofrito.

Step 2

Add 2 teaspoons of olive oil to a skillet, add chorizo, if you prefer, chicken can be added as well. Cook chorizo until golden brown. Plate chorizo at this time.

Step 3

Time to cook the shrimp by placing it on the skillet. When done add to the chorizo plate.

Step 4

Add the sofrito to the skillet. Cook for 3 to 5 minutes. Add the wine and boil for 5 minutes.

Step 5

Add rice and chicken broth. Stir several times while boiling. Boil for 1 to 3 minutes. Reduce heat to low and cook for 15 minutes. While the rice is still moist, add the chorizo to give more flavor to the rice. Add green peas. Keep on low heat until rice is cooked.

Step 6

Presentation is important. Plate the paella. Add the shrimp (chicken), olives, add salt and black pepper to taste. Squeeze lemon.

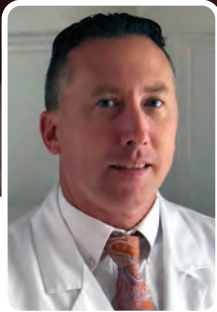
Side dishes to serve with paella include -green salad, Manchego cheese with olives, potato frittata and serrano ham with almonds.

For dessert, flan is my favorite.

Better Health Starts Here!



Robert Anderson, M.D.
Family Medicine



Jeffrey Christenson, D.O.
Family Medicine



Eleanor DeWitt, M.D.
Internal Medicine



Vy Le, M.D.
Family Medicine



Wendy Hill, ANP, PNP
Family Medicine



Robert Hoskins III, FNP-C
Family Medicine

Keuka Health Care and Pre-Emption Road Family Medicine have become Soldiers and Sailors Health Center, located on the second floor of Soldiers & Sailors Memorial Hospital in a newly designed and patient-focused office.

Our providers are accepting new patients and are committed to your overall healthcare needs. We offer same day appointments, as well as telemedicine visits.

Soldiers and Sailors Health Center will provide patients with the convenience of "one stop shop" access for their medical needs including:

• **CARDIOLOGY CARE**

- Geneva General Cardiology Associates
- Cardiac Rehabilitation
- Cardiopulmonary Testing

• **DIAGNOSTICS**

- Bone Density
- Breast Ultrasound
- CT
- Mammography
- Ultrasound
- X-ray

• **LABORATORY SERVICES**

• **REHABILITATION SERVICES**

- Physical Therapy
- Speech Therapy
- Occupational Therapy

"I was having very painful issues with my left, lower leg, necessitating the use of a cane in order to ambulate. I made an appointment with my doctor, Dr. Anderson. He ordered bloodwork, an X-ray and an Ultrasound. I appreciate having one-stop shop especially at my age. It was such a great convenience having everything in one location so that I did not have to move my car or even walk very far. Everything I needed was all on one floor in the same building.

~ Joan Zegarelli, patient of Dr. Anderson



Soldiers and Sailors Health Center

418 North Main Street, Second Floor
Penn Yan, New York 14527
(315) 536-0086
www.flhealth.org

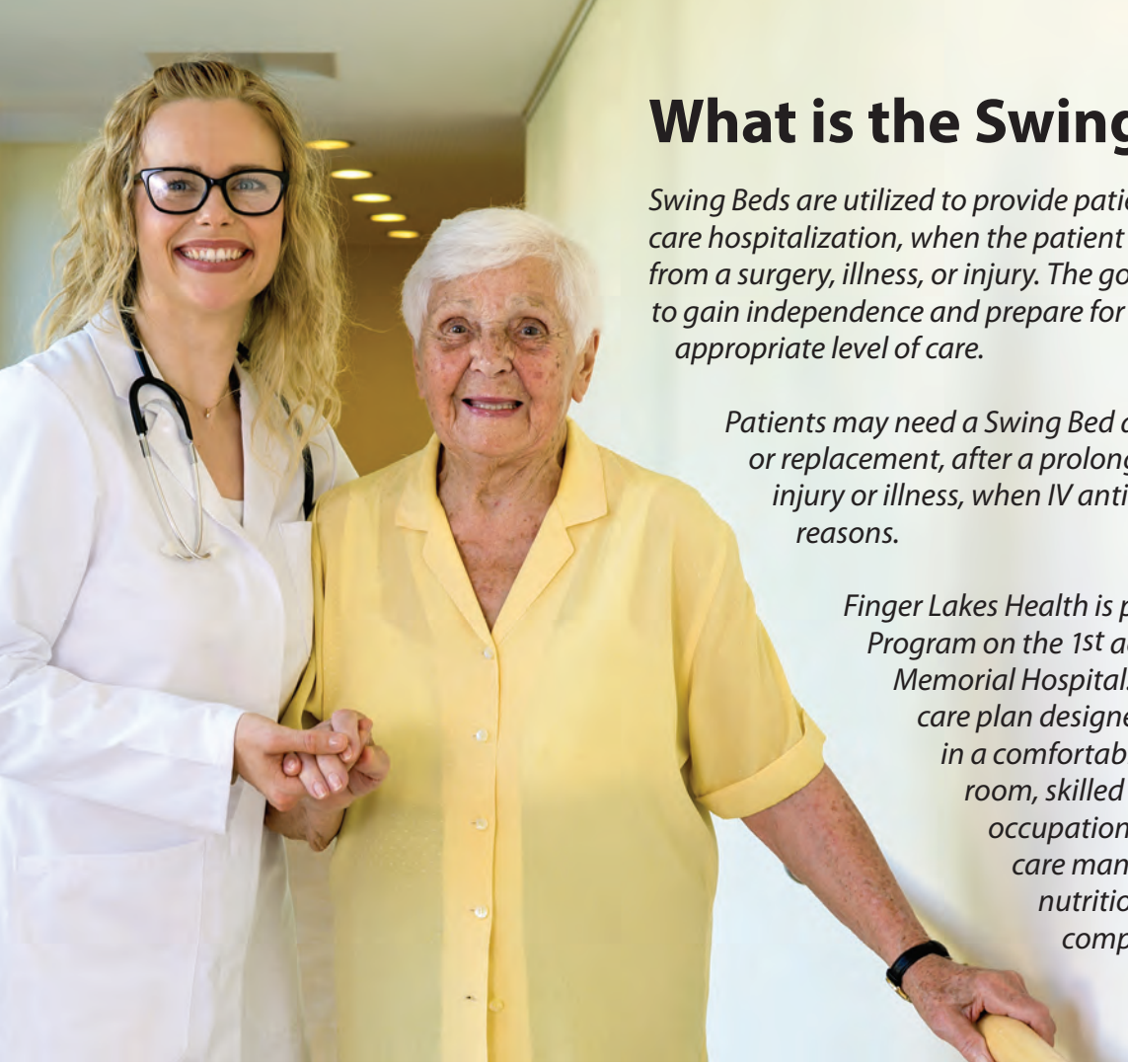


TELEMEDICINE
APPOINTMENTS
AVAILABLE

Call **(315) 536-0086** to schedule an appointment at Soldiers and Sailors Health Center.



Soldiers and Sailors Health Center and Lifecare Medical Associates have demonstrated outstanding healthcare delivery practices and compliance with Rural Health Clinic accreditation quality standards. Both clinics have been awarded a three-year Rural Health Clinic accreditation. This demonstrates Finger Lakes Health's commitment to increase access to high quality care in our rural areas.



What is the Swing Bed Program?

Swing Beds are utilized to provide patients with care following an acute care hospitalization, when the patient needs more time to recover from a surgery, illness, or injury. The goal is for the Swing Bed patient to gain independence and prepare for transition home or to another appropriate level of care.

Patients may need a Swing Bed after a surgery, after joint repair or replacement, after a prolonged hospitalization due to an injury or illness, when IV antibiotic therapy is needed, or other reasons.

Finger Lakes Health is providing the Swing Bed Program on the 1st acute unit at Soldiers & Sailors Memorial Hospital. It includes an individualized care plan designed specifically for the patient in a comfortable setting, including a private room, skilled nursing care, physical therapy, occupational therapy, speech therapy, care management, respiratory therapy, nutritional counseling, activities and compassionate care.

Here is what our patients are saying!

Edward "Ed" Zegarelli

Edward "Ed" Zegarelli, 80 years old of Branchport, has been a patient at Soldiers & Sailors Memorial Hospital in the Swing Bed Program three times. Most recently, he was hospitalized with cardiac issues, including congestive heart failure. Already suffering from neuropathy and spasms in his legs, Ed needed to build up his strength before he could return home with his wife Joan, since he was unsteady on his feet. It is just the two of them at home. They knew that the Swing Bed Program would provide them with the support that they need to make a safe transition to home for Ed.

When Ed arrived at the Swing Bed Program, Sean Owen, a nursing aide, was waiting for him and told him that he was happy to see him! This made all of the difference to Ed. He felt very welcome. Ed received occupational and physical



therapy while he was in the Swing Bed Program. Joan raved about occupational therapist, Josh Pritchard. "Josh provided excellent care. He would come in and do his job very thoroughly and would talk to Ed. He is a very kind person." Dr. Prokopius, the hospitalist, and Nathan

Stowell, a nurse practitioner on the Hospitalist service at Soldiers & Sailors Memorial Hospital, really stood out to both Ed and Joan. They knew that Joan would always be there to visit Ed at 3 p.m. so they would always make sure to stop by to give her an update on Ed's progress.

The hospital environment is very different than a patient's home, so it was important for Ed to practice doing things in therapy that he would have to do at home. Ed would practice going up stairs, sitting down in a chair and more. Physical therapist, Bethany Jolly, worked with Ed to make sure he was able to get up and down without falling and would show him modifications as needed. Joan would attend his therapy appointments so that she would be able to ask questions. "The communication was very good and it was so helpful," shared Joan. A real "plus" to the program was that Ed could wear his own clothes and not a hospital gown. He would wear his own sweatpants, sweatshirt, shoes etc. He even was able to bring his CPAP machine

(equipment for his sleep apnea) with him. Ed commented that “the rooms were very nice and I felt very lucky to be in a private room. I could sleep better and would be able to enjoy visits with Joan more.”

Joan and Ed remarked, “We definitely would recommend the Swing Bed Program. It is an excellent program. It is so nice to have a place in Penn Yan that we can go to if needed.”

Rose “Rosie” Pettrone

Rose “Rosie” Pettrone, 86 years old, was in the hospital for over two months including being in the Intensive Care Unit at Geneva General Hospital. She had been diagnosed with COVID-19 and pneumonia and was in very critical condition. Her niece, Carol Pettrone, was worried and anticipating having to make the decision to put Rosie on life support. Fortunately, Carol did not have to make that decision. The broad spectrum antibiotics that hospitalist Clarissa Del Rosario, M.D., prescribed for Rosie were working.

Rosie began to recover and needed to have rehabilitation to gain her strength



back before she was able to return home. Carol was presented with the opportunity for Rosie to go to the Swing Bed Program at Soldiers & Sailors Memorial Hospital in Penn Yan.

Carol was unfamiliar with the Swing Bed Program but exclaimed it was a “Godsend.” Everyone from Emily Wesoloski, Care Manager, and Bethany Jolly, Physical Therapist to Josh Pritchard, Occupational Therapist, were part of Rosie’s interdisciplinary care team. Carol now feels like they are all friends to her and Rosie. The communication that Carol received from the team was “incredible.”

Carol lives out of state and it provided her with peace of mind and a sense of relief knowing that she had an open line of communication to be able to be kept abreast of Rosie’s progress.

Rosie commented that, “I received great care and therapy at Soldiers & Sailors and the food was excellent!”

“Dr. Prokopius, the hospitalist at Soldiers & Sailors Memorial Hospital, was phenomenal. He called me right before he was ending his string of shifts and then he called me as soon as he returned to make sure that I was in the loop on everything. Everyone was so responsive and wonderful in the Swing Bed Program. I highly recommend that anyone who has the privilege to go there should go,” stated Carol.

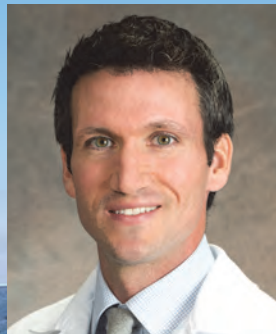
Rosie is happy to be back at home and is up walking around three times a day or more!

For information on the Swing Bed Program, please contact Care Management at **(315) 531-2176** or **(315) 787-4180**.

Ready when you need us.



Kristin Baltazar-Ford, M.D.



Craig Collins, M.D., FACS, FASCRS



Mark Ilko, M.D.



Carrie Kime, FNP-BC, RNFA

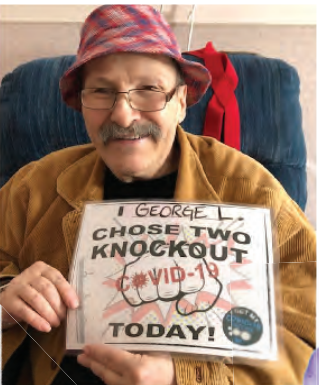
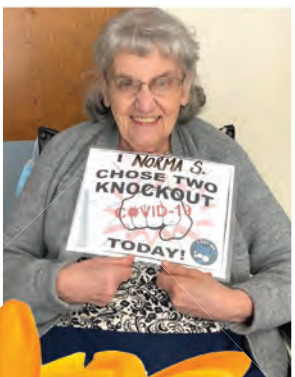
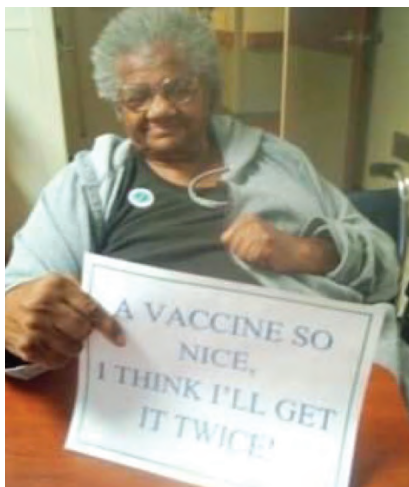


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418 North Main Street
Penn Yan
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92% of Our Long Term Care Residents are Vaccinated

The COVID-19 vaccine is a vital way to protect our community and most importantly, our residents. Finger Lakes Health's Long Term Care facilities are pleased to share at time of print that 92% of the residents at our four Finger Lakes Health skilled nursing facilities are fully vaccinated and 100% of residents who want the vaccine have received it. Finger Lakes Health's long term care facilities include The Homestead at Soldiers & Sailors Memorial Hospital, Huntington Living Center, the Living Center at Geneva – North, and the Living Center at Geneva – South. Residents were offered the Pfizer vaccine during the facilities' three scheduled vaccination clinics conducted by our pharmacy partner through the federal vaccination program, in January. Their vaccination team came onsite to each facility to administer the vaccine and provide education.

New admissions to the facilities are screened to see if they are already fully vaccinated, in need of a 2nd vaccine, or need to complete both vaccinations.

Since the initial clinics, the nursing homes have been working in conjunction with the Geneva General Hospital and Soldiers & Sailors Memorial Hospital clinics, in partnership with the Ontario, Seneca, and Yates County Health Departments, to vaccinate new admissions to the skilled nursing facilities who would like to receive the vaccine.

As you can see by the photos, our residents were pleased to be part of such a historic initiative and recognize that it is an important step toward safely being able to return to visitation and other daily routines. We are grateful to our residents and to their families for their incredible patience and understanding during the pandemic. It is our privilege to provide needed care and to foster even deeper bonds during this challenging time. We are looking forward to brighter days ahead.

Long Term Care Activities and Special Moments



We put our hearts into caring for your loved one.

The Homestead at Soldiers & Sailors Memorial Hospital

418 North Main Street • Penn Yan
Rehabilitation
Secure Cognitively Impaired
Neurobehavioral

Huntington Living Center

369 East Main Street • Waterloo
Rehabilitation
Secure Dementia

Living Center at Geneva — North

75 Mason Street • Geneva
Rehabilitation

Living Center at Geneva — South

45 Mason Street • Geneva
Rehabilitation
Transitional Care

We offer skilled nursing and hospice care at each of our facilities.



Let your family be part of our family.

Call (315) 787-4733 today to schedule a tour and discuss availability.



Finger Lakes Health Long Term Care

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YEAR OF THE NURSE

2020 2021

EXCEL • LEAD • INNOVATE

ANA  ENTERPRISE



The year of the nurse has been extended for reasons that are evident, especially during the pandemic crisis. The nurses at Finger Lakes Health are 100% committed to taking care of our patients, not only during these unprecedented times, but always. We are proud to recognize them all for their unwavering devotion and dedication to their patients, peers, and the profession of nursing. They came to the frontlines every day to care for the most vulnerable population and gave us all hope. We value their selflessness and could not get through this without them.

THANK YOU for caring, THANK YOU for what you do every day helping others. THANK YOU for being the nurses that make the difference...the superheroes!

~ Ardelle Bigos, MSN, RN, CMSRN, NE-BC, Chief Nursing Officer

Become a Nurse Right Here at Home

Finger Lakes Health College of Nursing

Recognizing a need for Registered Nurses (RNs), Geneva General Hospital established Finger Lakes Health College of Nursing & Health Sciences (FLHCONHS) in 2008. The college offers an Associates Degree in Applied Science with a major in Nursing and a Bachelor of Science Degree in Nursing, through a dual degree program with Keuka College.

- The program is flexible and conducive to the learner seeking a career as a professional Registered Nurse. Students are attracted to the FLHCONHS because of the small classroom size, faculty to student ratios, and flexibility of the nursing program.

- Students in the program attend classes and start participating in clinical rotations in the first semester, offering students a rich clinical experience. This allows for immediate application of knowledge and skills by caring for actual patients. Our faculty is integral to our academic strength. They are experienced

professional registered nurses who have achieved advanced degrees and national certifications.

- A state-of-the-art nursing simulation lab is available to students to practice and use their skills.

Marion S. Whelan School of Practical Nursing

The Marion S. Whelan School of Practical Nursing, one of only three hospital-based nursing programs in New York State, was founded in 1956. Since that time, it has graduated more than 1,600 nurses and has a distinguished reputation throughout the Finger Lakes region for the quality of our graduates. We focus on preparing students to join a workforce community of healthcare professionals who provide exemplary service and care to a diverse population.

Students benefit from the small classroom size, faculty to student ratios, and flexibility of the programs. Students complete 1080 hours attending Monday

– Friday for ten months. When students graduate, they receive a Certificate of Practical Nursing and are fully prepared to take their NCLEX exam for LPN licensure.

Start Your New Life Now!

Apply online at flhcon.edu for the RN program or mswspn.com for the LPN program or call 315-787-4005 for more information.

- Traditional Online Application Period: November 1 – February 1 for admission the following Fall (September)
- Accelerated RN Program at FLHCONHS Open to Licensed Practical Nurses: Apply June 1 – September 1.
- January start date for FLHCONHS and November start date available for MSWSPN.

Pay Off Your Student Loans with Help from Finger Lakes Health!

We are excited to announce our new Tuition Buy Back program for RNs, LPNs, and Medical Technologists. Through this generous program, Finger Lakes Health will provide funding to pay off the student loans for current and new hire employees in these job titles over a period of time. Whether someone graduates from our own Finger Lakes Health College of Nursing & Health Sciences (RN), our Marion S. Whelan School of Practical Nursing (LPN), or from somewhere else, we welcome candidates to explore career opportunities at Finger Lakes Health by contacting our Recruitment Department at **(315) 787-4039**.



Recognizing Extraordinary Nurses

Two of Finger Lakes Health nurses were honored with The DAISY Award for Extraordinary Nurses®



Alice Radcliff, RN, Soldiers & Sailors Memorial Hospital, 1st Acute Unit.

"I would like to nominate Alice for the DAISY award. She was my nurse for much of the 11 days that I was in the hospital as a rehab patient at Soldiers & Sailors Memorial Hospital. Alice was always upbeat and encouraging with a somewhat quirky sense of humor, which kept me upbeat and encouraged during a difficult time for me. I found her attentive to my needs. One night I fell asleep while reading, lights on and television playing. Without waking me, she turned off the television and bright lights. Then she checked back with me several times to make sure I was ok and comfortable and that I did not need anything. Alice was a blessing to me during those times and made my hospital stay more satisfying by her care and presence."

~ A grateful patient

Michael Bonner, RN, Geneva General Hospital, 2 West.

"I have been in many aspects of the medical field and not all health care

workers are as passionate about their jobs as Mike Bonner. Mike blew me out of the water with his love, compassion, and understanding of his patients' needs, his gentleness, his informative communication and his true kindness. Mike cared for my husband as if he was royalty. He was very meticulous with his wound care technique and talked to my husband on his level of understanding. Mike talked with my husband during every step of his wound care, medication administration and injections. My husband has dementia and is not comfortable with many people. He was very comfortable with this nurse, and that is very rare. I watched this nurse, with the knowledge of what he was doing and he took his quality of care to a much higher level. This showed how much he loves being an RN and how much he truly cares for his patients and their families. Having been a medical practice manager, this nurse is one to hold on to with the highest level of recommendation and recognition of a fantastic registered nurse and care provider. All I can say is WOW!! I hope Mike always stays compassionate about his nursing job. The world could use many more care providers like you."

~ A grateful family member.

The DAISY Foundation, is 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 in 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, auto-immune disease. (DAISY is an acronym for Diseases Attacking the Immune System). The care Patrick received from the nurses at his bedside inspired this award.



Nursing Leadership Changes



Jessica J. Coon, BSN, RN has been named Nurse Manager of Emergency Services.



Katie DeMistry, BSN, RN has been named Nurse Manager of 2 West and 3 North at Geneva General Hospital.



Melissa Grummons, BSN, RN has been named Director of Nursing and Patient Care at Geneva General Hospital.

Experts at Heart!

¡Hola! Mi nombre es Dr. Jonathan Rodriguez y soy un cardiólogo de Finger Lakes Health. Quiero tomar la oportunidad a saludarlos e introducirme a la comunidad Hispana. Mis padres nacieron en Cuba y vinieron a los Estados Unidos buscando una vida con oportunidades sin límite. Como doctor e hijo de inmigrantes, yo sé que importante es tener buena comunicación con mis pacientes. Estoy orgulloso de poder ofrecerles consultas cardiacas en inglés y español, y también interpretaciones de estudios cardiacos en los hospitales de Geneva General y Soldiers & Sailors. Mientras que es importante poder entender bien a mis pacientes para poder recomendar los mejores tratamientos y exámenes necesarios, también es importante poder educarlos en como las enfermedades del corazón los afectan y los cambios que pueden tomar para tener una vida de longevidad y buena calidad. Tu salud es importante a nosotros aquí en Geneva General Cardiology Associates y estamos aquí para ustedes.



Jonathan Rodriguez, M.D., FACC

Geneva General Cardiology Associates provides a comprehensive approach, including non-invasive diagnostics, to patients with known or possible cardiovascular disease. We provide patients with individualized assessment, diagnosis, intervention, and treatment. Board-certified cardiologist, Jonathan Rodriguez, M.D., FACC and Pamela Hobart, ANP-BC, RNFA coordinate care with other members of the Finger Lakes Health team, as well as with your choice of tertiary care facilities, allowing you access to the right personal care for you.

Geneva General Cardiology Associates provides you with on-going diagnostics, treatment, and education close to home, 24 hours a day, seven days a week. We are dedicated solely to our communities and ensuring access to world-class cardiology.

Jonathan Rodriguez, M.D., FACC and Pamela Hobart, ANP-BC, RNFA care for patients with a wide range of cardiac diseases and conditions including:

- Arrhythmias, including Atrial Fibrillation
- Cardiomyopathies
- Chest Pain
- Coronary Artery Disease
- Heart Failure

- Pericardial Diseases
- Peripheral Vascular and Aortic Disease
- Syncope
- Valvular Heart Disease

Finger Lakes Health provides a continuum of care for our cardiology patients that includes cardiopulmonary diagnostic testing at Geneva General Hospital and Soldiers & Sailors Memorial Hospital ordered by any physician. Our talented and dedicated cardiopulmonary staff perform:

- Echocardiograms (Echo)
- Stress tests including nuclear stress tests
- Electrocardiograms (EKG)
- Holter monitoring
- Carotid/Doppler Sonography

Finger Lakes Health rounds out our exceptional heart care with Cardiac Rehabilitation at Geneva General Hospital and Soldiers & Sailors Memorial Hospital. We offer a comprehensive range of patient support, from specialized therapy programs to complementary whole-person strategies for wellness, close to home. We recognize that healing takes place best when patients feel supported physically, emotionally, and mentally

during their health challenges. We also know that for patients to succeed, they need customized plans that account for their specific needs. Our cardiac rehab programs prioritize safe, effective methods and feature:

- Individualized exercise and nutritional plans
- Close monitoring by medical staff
- Classes and support to encourage healthy lifestyle choices

Patients recovering from cardiac bypass surgery, angina, heart attack, angioplasty or other cardiac conditions can benefit from Cardiac Rehabilitation. The Cardiac Rehabilitation program at Geneva General Hospital and Soldiers & Sailors Memorial Hospital are both certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

To schedule an appointment with Jonathan Rodriguez, M.D., FACC or Pamela Hobart, ANP-BC, RNFA in our Geneva or Penn Yan office please call (315) 787-4204.



◀ Geneva General Cardiology Associates: Jennifer Bennett; Jeremy Hinman, MA; Jamie Dorgan; Jonathan Rodriguez, M.D., FACC; Pamela Hobart, ANP-BC, RNFA; and Tiffany Sampson, LPN



▼ Finger Lakes Health Cardiac Rehabilitation Team:



Sue Conrey, MSN, RN



Linda Laurenza, RN



Tina Freelove, RN

◀ Cardiopulmonary Diagnostics: Debra Dhondt, RN, RDCS, FASE, AACC; Rebecca McQuillan, RN, RCS; Jonathan Rodriguez, M.D., FACC; Lillian Huffman, LPN; Kelly Long, RN; and Amanda Kula, CNMT

Lewis "Joe" Lucarine

Lewis "Joe" Lucarine, 67 years old of Fayette, has always been healthy, active and exercised regularly. He did not have a family history of heart disease. In April of 2020, while working out, Joe was short of breath. Since this was unusual for him, he made an appointment to see his primary care provider, board-certified family medicine physician, Elizabeth Osborn, M.D., of Lifecare Medical Associates in Seneca Falls.

Dr. Osborn ordered a chest x-ray to see if there were any signs of pneumonia or other respiratory illnesses. The x-ray was negative. She performed an electrocardiogram (ECG or EKG) which showed a possible arrhythmia called Atrial Flutter and she discovered that he had a heart murmur. She referred him to Geneva General Cardiology Associates (GGCA), the practice of Jonathan Rodriguez, M.D., FACC and Pamela Hobart, ANP-BC, RNFA.

Because of Joe's abnormal ECG, Dr. Rodriguez ordered an echocardiogram for him at Geneva General Hospital.



Lewis "Joe" Lucarine, of Fayette

Pamela Hobart, ANP-BC, RNFA

The test revealed a severely weakened heart, an enlarged aortic aneurysm and abnormal aortic valve. Dr. Rodriguez had Joe come back into the office for a repeat ECG exam and to go over the results of the echocardiogram.

“He told me that I had an aneurism and that I needed a heart valve replacement. I was very scared and Dr. Rodriguez sat down with me and spent a lot of time reassuring me, answering my questions and explaining what the next steps would be,” stated Joe.

Dr. Rodriguez called the cardiovascular surgeon at the University of Rochester’s Strong Memorial Hospital that day and Joe was scheduled for surgery the next week. The surgeon replaced Joe’s ascending aorta and aortic valve in what’s called a Bentall procedure.

Joe underwent the surgery with flying colors. After the surgery, Joe suffered from a high level of anxiety and would reach out to Dr. Rodriguez and Pam Hobart, ANP-BC, RNFA with any questions that he had. “I was not used to having any medical issues, especially heart, so I wanted to make sure that the muscle pain in my chest, at the incision site was normal,” said Joe. “I am more tuned into my heartbeat and when I start to get anxious, I just take a few deep breaths and remember what Dr. Rodriguez said, that I am feeling my heartbeat because my heart is strong.”

“Dr. Rodriguez has been great through this entire thing. He was so patient and understands that I get very anxious when something doesn’t feel right. I called him on a Saturday because I was having trouble adjusting to my beta blocker and he called me back and reassured me that everything was ok. Pam has been very good to me as well, she is very knowledgeable and reassuring. She spends time with me at my appointments and doesn’t make me feel that my questions are silly. They both have a very good bedside manner,” commented Joe.

It was important for Joe to be able to gain his strength back. Dr. Rodriguez recommended that Joe attend the Cardiac Rehabilitation Program at Geneva General Hospital. The program is designed to maximize recovery and promote cardiovascular fitness. Patients recovering

from cardiac bypass surgery, angina, heart attack, or angioplasty or other cardiac conditions can benefit from Cardiac Rehabilitation. Joe thought the nurses, Sue and Linda, were great. “At the end of my 12-week program, I started to go into AFib (irregular heartbeat) and they shocked me back into rhythm and everything returned to normal. The cardiac rehab program was great. It was very helpful and reassuring,” said Joe.

Joe found the office staff of GGCA very kind and helpful. “The staff is excellent, they go above and beyond, and when I did not have a prescription plan they provided me with samples. They always make me feel comfortable and when I call for an appointment, they try to get me in for the same day,” said Joe.

A year after his surgery, Joe feels great. His muscle pain is gone. He is back to exercising and his level of anxiety has gone down. “I want to say thank you to Dr. Rodriguez, Pam, and the cardiac surgeon at Strong, they were all great and they saved my life!”

Tara Boudinot

Tara Boudinot, of Dundee, had a follow-up appointment with her primary care physician, Joseph Hinterberger, M.D., FAAFP related to her thyroid. While her vitals were being taken, it was discovered that she had an abnormal heart rhythm. Dr. Hinterberger performed an EKG that showed a cardiac arrhythmia with an elevated heart rate. He referred her to board-certified cardiologist, Jonathan Rodriguez, M.D., FACC of Geneva General Cardiology Associates. Dr. Rodriguez has offices in Geneva and Penn Yan.

She was able to get an appointment at the Penn Yan office very quickly to see Dr. Rodriguez. “He was very easy to talk to, and he explained things to me in a way that I could understand.” This meant a lot to Tara, since she was unable to have anyone accompany her to the appointment due to COVID safety protocols.

Dr. Rodriguez ordered a long-term implantable cardiac monitor (ICM), a small



recording device that is placed just under the skin on the chest. This would allow him to be able to record her heartbeats and know when she was having an irregular rhythm. “He explained to me that you can’t always feel when your heartbeat is irregular and this will allow him to help figure out what is going on,” stated Tara.

Jeremy Hinman, a medical assistant from Dr. Rodriguez’s office, calls Tara when alerts are communicated from her monitor. He will call her, ask her questions about her activities and what she was doing that may have caused her heartbeat to be irregular. Tara has never met Jeremy in person, but hopes to do so soon. “I feel like I know him from our phone conversations and he has a great sense of humor.”



Tara Boudinot, of Dundee

Tara, who has owned Crossing Diner in Dundee for over 29 years, says that many of her customers know Jeremy and that makes her want to meet him even more. She is eager to be able to “put a face to the name of the person who calls me to find out what I have been doing,” laughs Tara.

Recently, Tara went to a tertiary-care hospital to undergo a cardiac ablation, a procedure that uses heat or cold energy to create tiny scars in the heart to block abnormal electrical signals and to restore a normal heartbeat. Dr. Rodriguez has been very involved with this by maintaining an active two-way channel of open communication with the cardiologist who performed the cardiac ablation.

“I was very overwhelmed with everything that was happening. It was extra scary because of everything going on with COVID-19. Dr. Rodriguez is so calming. He explained everything in a way that made me feel comfortable asking him questions. He never used medical words that I didn’t understand. I trust him. I was very nervous about being on a blood thinner and he reassured me that the medication was to help prevent a stroke.”

Tara has recommended Dr. Rodriguez to many of her customers at the diner. “It is so nice to have someone in Penn Yan that we can go to for cardiac care. The office staff is very friendly and helpful and it is an easy drive to see him,” said Tara.

Favorite Heart Healthy Recipes

Energizing Smoothie

Jonathan Rodriguez, M.D.

- 1 cup almond/soy milk
- 1 orange (peeled)
- 1 peeled banana
- 1 cup grapes
- 1 pear (apple can substitute)
- 2 handfuls of spinach or kale
- ½ tsp turmeric (or to taste)
- ½ tsp cinnamon (or to taste)
- 1 tsp ginger
- 2 TBSP chia seeds

Place all ingredients in the blender and process to desired consistency. Ice cubes (optional) can be added and blended as well to desired temperature. 1 cup Greek yogurt can be added for additional protein. Other foods can be substituted or added including fresh or frozen berries, celery or beets.

Quinoa and Kale Salad

Pamela Hobart, ANP-BC

- 2-3 cups of kale
- 2-3 TBSP of olive oil
- Juice of 1 lime
- ½ cup cooked quinoa (cook based on package directions)
- Chickpeas
- 1 avocado, sliced
- 1 small red bell pepper, sliced
- Dried cherries or other dried berry (or use fresh berries)
- Crumbly goat cheese or feta
- Slivered almonds

Place kale in a bowl and mix by hand with olive oil to desired texture. Add juice of 1 lime and salt and pepper to taste. Cook quinoa based on directions. Add chickpeas, avocado, pepper, dried berries, cheese and almonds and toss. Enjoy on its own or use as a side and add heart healthy protein such as salmon or tuna.

Wanda Otero

Wanda Otero, 55, of Geneva, was in need of a cardiologist to monitor her blood pressure and tachycardia, (high heart rate). Her husband, Jesus Alvarez Concepcion, recommended his cardiologist, Jonathan Rodriguez, M.D., FACC, to her.

"The communication with Dr. Rodriguez is very good. When I tell him about my symptoms, he explains why I am having them and what is going on. He answers all of my questions," commented Wanda. Wanda is very comfortable recommending Dr. Rodriguez to her friends and family. "I used to be a training coordinator at Medtronic, a global leader in medical technology, services, and solutions. I was used to working with physicians, including cardiologists. I appreciate that Dr. Rodriguez is a straight shooter and does not talk around a topic. He gets to the point. I also see first-hand how well he cares for my husband, Jesus, by monitoring his pacemaker," shared Wanda.

Jesus Alvarez Concepcion

Jesus Alvarez Concepcion, 59, of Geneva, has a pacemaker. He is a patient of Jonathan Rodriguez, M.D., FACC. He finds Dr. Rodriguez very easy to talk to and appreciates that he speaks Spanish. "Dr. Rodriguez is really good with his patients and makes me feel comfortable. If I come in with an acute problem, he explains what is going on in a way that I understand and will set up a care plan for me to follow. The office staff is very helpful and kind. They always get me in very quickly. I have recommended Dr. Rodriguez to others including my wife, Wanda, who is now a patient."



Wanda Otero

Jonathan Rodriguez, M.D., FACC

Jesus Alvarez Concepcion

Wanda Otero, 55, de Geneva, necesitaba un cardiólogo que controlara su presión arterial y taquicardia, (frecuencia cardíaca alta). Su esposo, Jesus Alvarez Concepcion, le recomendó a su cardiólogo, el doctor Jonathan Rodriguez, M.D., FACC.

"La comunicación con el doctor Rodriguez es muy buena. Cuando le digo mis síntomas, él me explica por qué los tengo y qué está sucediendo. Responde todas mis preguntas", comentó Wanda.

Wanda se siente muy cómoda al recomendar al doctor Rodriguez a sus amigos y familiares. "Era coordinadora de capacitaciones en Medtronic, líder mundial en tecnología, servicios y soluciones médicas. Trabajé con muchos médicos, incluyendo cardiólogos. Agradezco que el doctor Rodriguez siempre vaya al grano y no hable con rodeos. Él es muy directo. He visto cómo cuida de mi esposo, Jesus, al controlar su marcapasos", compartió Wanda.

Jesus Alvarez Concepcion, 59 años, de Geneva, tiene un marcapasos. Es paciente del doctor Jonathan Rodriguez, M.D., FACC. Él considera que es muy fácil comunicarse con el doctor Rodriguez y agradece que hable español. "En verdad, el doctor Rodriguez es muy bueno con sus pacientes y me siento cómodo con él. Si acudo a él con un problema serio, me explica lo que está pasando de manera que yo lo entienda y establece un plan de atención que debo seguir. El personal de la clínica es muy atento y amable. Siempre me atienden muy rápido. He recomendado al doctor Rodriguez a otras personas, incluyendo a mi esposa, Wanda, que ahora es su paciente".

gratitude



Tina Freelove, RN

Deacon Henry Farro

Gretchen De Ocampo, RN



A parent of three small, scared children who had to have COVID testing at our Seneca Falls Urgent Care location was so thankful of the excellent care provided by Lynn Johnson, LPN and Kim Bazdaric, LPN, she returned with flowers showing her appreciation.

When asked about his recent experience as a patient on 3 North at Geneva General Hospital, Deacon Henry Farro exclaimed, "Great people! They put me on the road to heal by taking such good care of me. I didn't want for anything." Henry had undergone his second shoulder surgery in a year, this time on his right shoulder. The wear and tear of all of his years of lifting, carrying and taking care of others had taken its toll. He had a right shoulder reverse arthroplasty performed by board-certified, orthopaedic surgeon, Dr. Andrew Ritting. Dr. Ritting is the Finger Lakes region's only hand and upper extremity surgeon.

As founding member and co-chair of Food Justice of Geneva as well as Deacon of Mount Olive Missionary Baptist Church, it was important for him to be able to return to his calling by helping provide residents of Ontario County with affordable fruits and vegetables for families living in food deserts. At the end of 2020, Food Justice of Geneva had established 30 food delivery sites including the Boys & Girls Club, Salvation Army, Free Lunch Program, Lyceum Apartments, Geneva Center of Concern and more.

"I've lived in Geneva all my life and have been very active in the community and it was very important to me that I was able to get back out to deliver food to my community," states Deacon Farro. "Miss Tina" Freelove, RN and "Miss Gretchen" De Ocampo, RN were very special to him and were very integral to his recovery. "Ninety percent of healing is mental and the great team at Geneva General showed me such compassion. They each had such a wonderful bedside manner, they took care of me like I was a millionaire."

~ Deacon Henry Farro

Dear Doctor Reese,
Thank you for scheduling our vaccine shots. It was an unexpected and grateful surprise. The coordinated staff did a super job.

~ Regards, Iva & Marvin

Dear Team,
Last week I needed some antibiotics for which the insurance company required preauthorization. The preauthorization would have delayed my treatment and prolonged my suffering.

Your team rallied and provided me the antibiotics directly!

I have continuously been impressed with the care I've received at Finger Lakes Gastroenterology-and this was yet another example of putting the patient first.

Thank you so much for your ongoing support!
~ Grateful Patient

Kathleen,
I wanted to personally thank you for the outstanding work of you and your staff in administering the COVID-19 vaccine at GGH. I received my first dose on 1/15/21 and second dose on 2/12/21. Every other person that I have spoken to that received a vaccine elsewhere has had so many issues and concerns in their vaccination process, while mine with GGH was outstanding and without issue. Thank you to you and your team for a job well done! Kind Regards/ Mary Kay

Dr. Mary Kay Copeland, CPA, MBA, MA, PhD
Chair, Masters of Accountancy Program,
Director of Enterprise Systems Education

Thank you for making the Covid-19 vaccine available to my wife and daughter and me. Your proficiency overcame the confusion we encountered in our home county. Your staff was great.

~Grateful Community Member

Dear Sue,
Sincere thanks! I thank you very much for your professionalism with testing me for Lyme disease in Aug./Sept. 2020. I am fortunate to have you as my primary care physician. Have a good week!

~ Marchael Heitmann

Kathleen,
I can't thank you enough for contacting me when you had a leftover dose of Moderna. I did get there to receive my first dose and am scheduled to have my second dose on my 82nd birthday. I am very pleased to have had it and pleased that it did not have to be wasted. My brother was hospitalized with Covid on New Year's and is still home on oxygen and experiencing issues with low blood pressure. My daughter and two of my granddaughters have also had it. We are among the fortunate so far, although my family, our community, our nation and the world still have a long way to go. Everyone in the health community that I have been in contact with through this has been extremely courteous and helpful, despite being overworked and emotionally overtaxed. You are all to be commended and hopefully rewarded in some way.

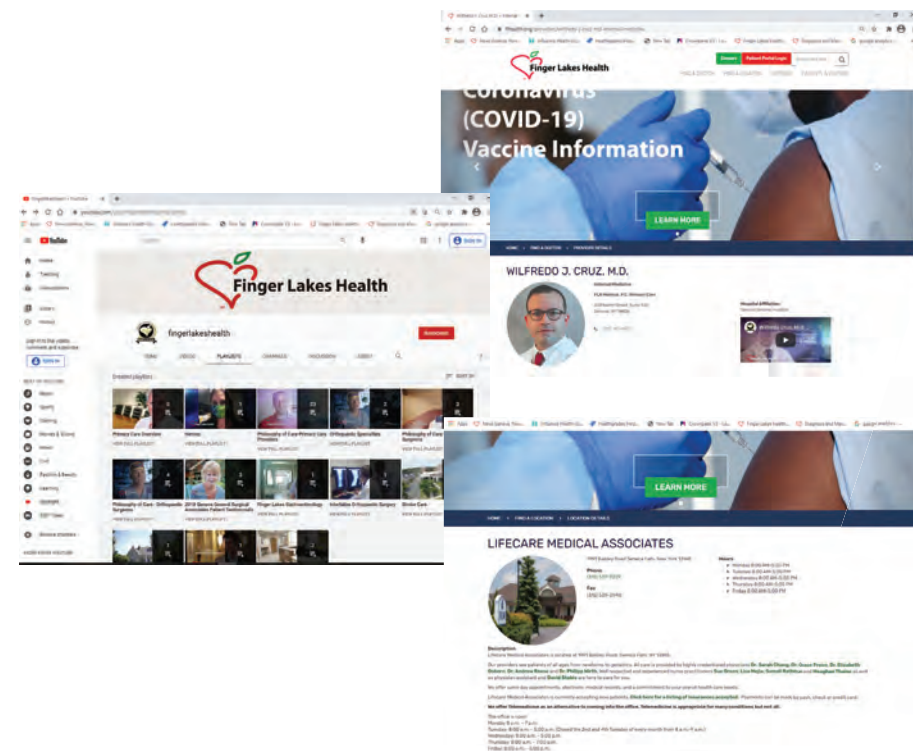
~Mary Sutherland

Philosophy of Care Videos

When it comes to selecting a primary care provider, it is important to find someone that you are comfortable with and trust. Communication is one of the most important tools when it comes to your health care. We have created philosophy of care videos, because we want you to be able to “get to know” our providers, so you can pick the perfect partner for your healthcare needs.

There are multiple ways to view our Philosophy of Care videos:

- Visit our YouTube Channel:
<https://www.youtube.com/user/fingerlakeshealth/playlists>
- Visit our website at www.flhealth.org:
 - Select a primary care physician in our “Find a Doctor” section
 - Select a primary care practice in our “Find a Location” tool and click on the provider’s name in the description.



We Live Here, We Work Here, We Care for You Here

Finger Lakes Health Outpatient Rehabilitation Services

The therapy staff at Finger Lakes Health are not only great caregivers, they are your neighbors. The physical therapists, occupational therapists and speech therapists help our patients achieve their highest level of function and are committed to the health and wellness of our communities.

Patients can stay close to home and receive the most state-of-the-art care by professionals who go the extra mile for their patients after surgery, orthopaedic injury, trauma, stroke, chronic illness and pelvic floor dysfunction. All of our appointments are scheduled one on one, meaning that your therapist is only seeing you during the time of your appointment, not running from you to several others at the same time. This allows us to provide you undivided attention during your road to recovery. Finger Lakes Health outpatient rehabilitation services has three locations servicing Seneca, Yates, and Ontario Counties.





Trisha Bobo, DPT



Thomas DelPapa, DPT



Stacie Dailey, DPT



Robert Verkey, DPT



Jim Modera, DPT



Marie Barbi, SLP



Liz Loycano, DPT



Leia Garrett, SLP



Kristin Pontes, DPT



Kaitlin Dehond, DPT



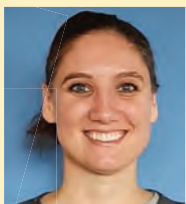
Julianna Tyler, DPT, OCS



Josh Pritchard, OTR/L



Bethanny Jolly, DPT



Amorette Hudzina, OTR/L



Aaron VanCuren, DPT

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Outpatient Rehabilitation Services at Waterloo
(315) 787-4944 • 369 E Main Street, Waterloo NY, 13165

Our team of physical therapists at Waterloo have decades of experience between them. **Jim Modera, DPT** and **Robert Verkey, DPT** have been providing care for our communities for a variety of conditions. Both have extensive time working with top athletes, patients that have had joint replacements, rotator cuff repairs, neck/back and spine injuries and all other orthopaedic conditions. Balance and weakness from neurological conditions and repetitive use injuries are also conditions that can be improved with therapy. Jim and Robert have great functional outcomes and provide the highest level of patient experience. Both Jim and Robert are trained in the McKenzie Method, a highly research-based assessment and management method of spinal and extremity musculoskeletal disorders. Radial pulse therapy or shockwave therapy is a modality available in our Waterloo office that treats pain, tendinitis, bone spurs and plantar fasciitis. Evening hours are available.

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

Our team of physical therapists and occupational therapists treat a variety of cases at our SSMH clinic. After joint replacement surgery, shoulder surgery, hand/wrist injuries or any orthopaedic injury, our team will help improve your function and regain your independence. If you experience loss of balance or suffer from a neurological disorder, our staff can work with you and your caregivers to increase your mobility and optimize your function. All our therapists are clinical experts in treating a multitude of diagnoses. **Trisha Bobo, DPT** prioritizes our patients' experience and treats a variety of cases, returning them to the most optimal level of independence. From local athletes to our community seniors, she is able to individualize care to our patients. **Josh Pritchard, OTR/L**, works with hand, wrist and upper extremity injuries and surgeries as our SSMH outpatient occupational therapist. Josh can also assist patients that have difficulty in performing their activities of daily living due to age related changes or disease progression. **Robert Verkey, DPT** also provides services at SSMH and at Keuka College for FLH rehabilitation. At our SSMH site, we also offer several specialties. One example is women's health and pelvic floor specialty. **Kristin Pontes, DPT** treats women with urinary incontinence, pelvic floor dysfunction, pain and tightness, organ prolapse and pregnancy related issues. A specialty that you would often have to travel for and that so many women suffer from unnecessarily. **Bethanny Jolly, DPT** is certified in LSVT, a specialty program treating patients who are diagnosed with Parkinson's disease. **Kaitlin Dehond, DPT** is certified in selective movement functional assessment, which looks at the body as a whole to determine where the underlying dysfunction may be located.

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Outpatient Rehabilitation Services at Garnsey Rehabilitation Center
(315) 787-4570 • 196 North Street, Geneva NY, 14456

Our team at Garnsey Rehabilitation in Geneva holds a variety of certifications and specialties. **Thomas DelPapa, DPT** is our outpatient coordinator, who treats a variety of orthopaedic and neurological conditions. Tom is certified in LSVT, and is a specialist in vestibular and concussion care. **Julianna Tyler, DPT, OCS** is our orthopaedic certified specialist, who treats patients with orthopaedic conditions at Garnsey and is the therapist for the athletes at Hobart and William Smith Colleges. **Liz Loycano, DPT** treats a variety of patients but also specializes in women's health for difficulties with urinary incontinence, pregnancy pelvic pain and prolapse uterus. **Aaron VanCuren, DPT**, and **Stacie Dailey, DPT** round out our physical therapy team in Geneva providing the highest level of care to our community. Aaron provides a gentle touch and adaptability to provide care to our orthopaedic patients as well as our patients who suffered a stroke that impacted their function. Stacie treats a variety of diagnoses, individualizing her approach to the goals of the patient, whether it is to return to work or play. **Amorette Hudzina, OTR/L** our Garnsey outpatient occupational therapist treats dysfunctions of the hand/wrist and upper extremity after injury or surgery. Amorette also works with patients suffering from chronic illness or stroke to regain their ability to perform activities of daily living. Our Garnsey rehab team works with you and your medical provider to individualize your care and get you moving again.

.....
Speech Therapy Outpatient Services located at all of our sites

Marie Barbi, SLP and **Leia Garrett, SLP**, provide outpatient speech-language services to our community at all of our locations. Our speech-language pathologists can help you find your voice. If you have had surgery on your throat or cancer treatments, our team can work with you to strengthen your voice. If you have cognitive impairments, thought processing difficulties or slurred speech, our team can treat your condition and find strategies to improve your communication. If you've suffered a stroke and require PT, OT, and speech services, our entire rehab team will work to schedule all the services on the same day for your convenience.

Will you help us purchase much needed equipment for Soldiers & Sailors Memorial Hospital?

Computed tomography (CT scan) ranks as one of the top five medical developments in the last 50 years. CT scans can help improve the accuracy and success of health care, reduce the need for exploratory surgeries, and reduce the risk of complications in surgery. Chances are you, or someone you know, have had or will need to have a CT scan.

The current CT system at the hospital is 16+ years old and is at the end of its useful life. After thorough product research, we have selected the Philips Incisive CT Scanner to replace it. This new equipment will have an immediate impact on our ability to continually

improve the quality of health care, reduce health costs and offer better patient outcomes for all we serve.

Now, more than ever, we need your support to help us fund the new scanner so we may continue to provide local, state-of-the-art care that patients and residents in our communities deserve.

Why did we chose the Philips Incisive CT Scanner?

The Philips system:

- Accommodates a wide variety of patient types, exams and treatment planning for trauma, spinal problems and injury, cancer, pulmonary diseases,

chest and abdominal pain, vascular and kidney diseases, organ transplants and gastric bypass

- Is easy to operate, provides consistently high quality images with fast results, and improves the patient experience with significant noise reduction and low dose radiation exposure.

All patients at Soldiers & Sailors will have access to our new state-of-the-art CT technology.

To support this project or any one of the Finger Lakes Health sites/programs:

- Donate online at: <https://www.flhealth.org/make-a-donation>.

- Mail a check payable to *Finger Lakes Health Foundation* to the Foundation Office: 196 North Street, Geneva, NY 14456.





Crystal Burrows, MSN, FNP-BC



Jeffrey Christenson, D.O.



Timothy Papsidero, M.D.



Melissa Sherman, FNP-C

Welcome Providers

Crystal Burrows, MSN, FNP-BC

Certification: Family Nurse Practitioner
Master's Degree: SUNY Upstate Medical University, Syracuse, NY
Office: FLH Medical, P.C. Urgent Care
Finger Lakes Health Commons, 789 Pre-Emption Road, Geneva
Lifecare Medical Associates, 1991 Balsley Road, Seneca Falls

Jeffrey Christenson, D.O.

Specialty: Family Medicine
Medical School: New York Institute of Technology College of
Osteopathic Medicine, New York, NY
Residency: St. Joseph's Health Hospital, Syracuse, NY
Office: Soldiers and Sailors Health Center
418 North Main Street, Penn Yan
For an appointment: (315) 536-0086

Timothy Papsidero, M.D.

Specialty: Hospitalist
Medical School: University at Buffalo, Buffalo, NY
Residency: Southern Colorado Family Medicine, Pueblo, CO

Melissa Sherman, FNP-C

Certification: Family Nurse Practitioner
Master's Degree: Upstate Medical University, Syracuse, NY
Hospitalist Program

FLH
Medical, P.C.
URGENT CARE

GENEVA
789 Pre-Emption Road
Finger Lakes Health Commons
(315) 781-2000

SENECA FALLS
1991 Balsley Road
Lifecare Medical Associates
(315) 835-4900

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New Faces and New Roles at Finger Lakes Health



Carrieann Colf, BSN, RN, has been named Director of Nursing at The Homestead. She has more than 23 years of nursing experience at The Homestead, where she started as a Charge Nurse in the evenings.

Colf earned her Bachelor of Science in Nursing degree from Keuka College, Keuka Park, NY.



James J. Modera, DPT, has joined the physical therapy team at Finger Lakes Health's Rehabilitation Services, treating patients with conditions including orthopaedic and neck/back injuries. He earned his Doctor of Physical Therapy degree at Utica College, Utica, NY and his Bachelor of Science in Physical Therapy from the State University of New York at Buffalo, Buffalo, NY.



Eric Gregor, MBA, RT (R), Director of Diagnostics, comes to our health system with more than 30 years in the healthcare and diagnostics field.

Gregor earned his Master and Bachelor of Business Administration degrees from Medaille College in Buffalo, NY. He received his certificate and licensure to practice Diagnostic Radiologic Technology from Millard Fillmore School of Radiologic Technology in Buffalo, NY.



Audrey Torio, BSN, RN, has joined our Long Term Care team at Finger Lakes Health as Director of Nursing at Huntington Living Center. She has more than 17 years of progressive nursing leadership experience within the long term care community in Central New York.

Torio earned a Bachelor of Science in Nursing degree from Elmira College, Elmira, NY.



Edward Guzik, MSN-BA, RN, joins our health system as Director of Critical Care Services ED/ICU with more than 20 years of experience. He is responsible for overseeing operations for the Emergency Departments at Geneva General Hospital and Soldiers & Sailors Memorial Hospital, as well as the Intensive Care Unit (ICU) at Geneva General Hospital.

Guzik earned his Master of Science in Nursing degree from Aspen University, Denver, Colorado where he was a member of Delta Epsilon Tau International Honor Society and his Bachelor of Science in Nursing degree from American International College, Springfield, MA.



Chad Hoffman-Fragale, MBA, SPHR, CHHR, SHRM-SCP, is our new Vice President of Human Resources who joins us with more than 20 years of experience in healthcare.

Hoffman-Fragale earned his Master of Business Administration from Excelsior College, Albany, NY and his Bachelor of Arts in Secondary Education and Spanish from the State University of New York-Oswego, Oswego, NY.

Helping Your Employees Stay Healthy



Finger Lakes Health is committed to providing quality, comprehensive Occupational Health Services. Our program is staffed by a team of professionals who possess the skills and expertise needed to provide employers with services essential to a complete employee health and safety program.

Our mission is to develop long term, loyal client relationships by anticipating, identifying, and responding to client needs.

We strive to provide superior and innovative occupational health management services which will comply with governmental regulations, promote positive employee relations, and contribute to our clients' business success.



Lifecare Medical Associates

1991 Balsley Road, Seneca Falls, NY 13148

(315) 539-9229

www.flhealth.org/services/occupational-health-services



Interlakes ORTHOPAEDIC Surgery



Neck

Shoulder

Elbow

Back

Hand

Hip

Knee

Ankle
& Foot

789 Pre-Emption Road
Finger Lakes Health Commons

430 Clifton Springs
Professional Park

Geneva

(315) 789-0993

Clifton Springs

(315) 462-3501

100% of patients of the Total Joint Replacement Program of the Finger Lakes who were surveyed said they would recommend Geneva General Hospital to their family.

Interlakes Orthopaedic Surgery (IOS), with offices in Clifton Springs and Geneva, specializes in the medical and surgical treatment of all musculoskeletal disorders from sports and overuse injuries, fracture care, and arthritis, to osteoporosis, spine injuries and disorders to get you moving again. The IOS team provides state-of-the-art medical and surgical care including arthroscopic surgery, sports medicine, spinal surgery, and performs total joint replacements

exclusively at Geneva General Hospital, which is certified by the Joint Commission for Disease Specific Care Hip and Knee Replacement.

Please call (315) 789-0993 or (315) 462-3501 for an appointment, or ask for a referral.

We get you moving

To: Friends of
Finger Lakes Health

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Keeping You Healthy Inside & Out!



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

Services we provide/
conditions we 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 is currently accepting new patients. For appointments, please call **(315) 787-5310**



Angel Diaz, M.D.



Henry LeGuyader, M.D.



Christine Yu, M.D.



Staci Hooker, FNP-C



Brandee Burley, PA-C



Kristin Verrette, PA-C



TELEMEDICINE
APPOINTMENTS
AVAILABLE