Here in a Heartbeat
Cardiology Care

A Day in the Life
of an ARU Patient

Orthopedic Surgery
Successful Outcomes . . .
Trusted Providers
Joint Commission Results Celebration

hazel Weise
2010 Cameo Award - Volunteer recognition event

2010 Camp MedQuest
M.A.S.H. Camp

Patty Smithover
2010 Employee of the Year

Scott Haileigh
2010 Leadership Excellence Award

2010 Carnival

2010 Walk & Talk
Penn Yan
Geneva

Adult Day Health Living Collection Mobile Zoo Exhibit Day Geneva General Child Care Center 2010 Kid's Fun Run Cubby Chase

Huntington Living Center
2010 Carnival

Class of 2010 Marion S. Whelan School of Practical Nursing

Class of 2010 Finger Lakes Health College of Nursing

Class of 2010
Finger Lakes Health College of Nursing

2010 Walk & Talk Waterloo

2010 Walk & Talk
Penn Yan
Geneva

2010 Walk & Talk Waterloo

2010 Walk & Talk Waterloo

Joint Commission Results Celebration

Hazel Weise
2010 Cameo Award - Volunteer Recognition Event
A letter from Jose Acevedo, M.D., M.B.A.

President & CEO

Dear Friends and Neighbors:

Welcome to “Thrive”!

We are pleased to make this magazine available, free of charge, to all of our friends and neighbors, in an effort to improve the health of our communities, to provide up-to-date health and wellness information and most importantly, to inspire you to take charge of your own health.

As a physician, I have seen first-hand the vital role that good health plays for all individuals, families and communities. I believe that everyone deserves access to world-class health care, regardless of whether we live in urban settings, suburban neighborhoods or rural communities. In this age of technology and innovation, the highest standard of care should be available for all patients. Our vision is for Finger Lakes Health to become the best health system of its size, in our region, state and nation. You deserve nothing less.

In this issue, you will learn about our gold standard of care, as demonstrated by successful accreditations from The Joint Commission. Read, in our patients’ own words, about lives saved and enhanced through our services, such as acute rehabilitation and cardiology, and see the many ways our community is enriched through initiatives such as wellness and prevention programs and our support of local vendors.

Please consider taking advantage of our upcoming opportunities to “thrive”.
• Attend a Dine & Discuss lecture.
• Enjoy one of our delicious seasonal recipes included in this issue.
• Join us for a future Walk & Talk.
• Participate in a free health screening such as the second hypertrophic cardiomyopathy (HCM) screening for young area athletes next March.

In each issue, we will bring you health-related current events and valuable tips. I am also enthusiastic about sharing some practical advice in the column “Our Communities Thrive”, featuring tips to help you thrive and enjoy all that life in the beautiful Finger Lakes has to offer.

Yours in Good Health . . .

Jose Acevedo, M.D., M.B.A.
President & CEO
Finger Lakes Health
Jerry Brewer is ready to start another day in Geneva General’s acute rehab unit. It’s his fifth day, this time. His first visit, almost two years ago, followed the amputation of his lower right leg. Now it’s his lower left that he’s learning to live without.

Years of diabetes and its complications, including vascular disease, have ravaged his body. But, somehow, Jerry never lost the fighting spirit and positive outlook he’ll need to regain his strength and start walking again.

Before coming to the Acute Rehabilitation Unit (ARU), Jerry was seen by its medical director, Dr. James Inzerillo, a board certified physiatrist, to ensure he met the program’s admission criteria. To qualify, a patient has to be able to tolerate at least three hours of intensive physical, occupational, and/or speech therapy a day and require at least two of those therapy services six days a week.

“I have faith in Jerry,” Dr. Inzerillo said. “He has the commitment and motivation to rise above his impairment, overcome his obstacles and meet the challenges of the program.”

As soon as he was admitted, the interdisciplinary team began working with Jerry to help him meet his goal of returning home as independently as possible.

Each patient in the unit is assessed by this team, which includes nursing staff, physical therapists, occupational therapists, speech language pathologists, a social worker, and the physiatrist (a rehabilitation physician). Together, they develop a treatment plan based on the patient’s specific needs.

Jerry works hard each day (see his daily routine), and with the support of his wife, Michelle, he may be home soon. “I have all the faith in the world in the ARU staff and hope that through my story others will learn about the great services offered at this facility,” Jerry said.

Jerry’s Daily Routine

7:30 a.m.
Breakfast, then a visit with Dr. Inzerillo to discuss any concerns Jerry has. They review his chart and any changes in his medical plan of care for the day.

9:00 a.m.
An hour of occupational therapy (OT) with his interdisciplinary team. His work focuses on the skills needed to independently bathe, groom and dress himself, along with other skills of daily living.

10:00 a.m.
Physical therapy (PT) in the gym, where Jerry works on strengthening his body, mobility, and ability to transfer himself from his wheelchair. Before he’s fitted for a prosthetic, he has to allow his upper leg to heal, so wheelchair skills are critical.

11:00 a.m.
Back in his room, he prepares for lunch by checking his blood sugar, with the help of a member of the nursing staff. Then he visits with other patients in the dining room or relaxes in his room. After lunch, Jerry rests for about an hour before more therapy. He is fatigued after a rigorous morning.

1:00 p.m.
PT again, from 1 to 1:30 p.m., followed by half an hour more of OT. Then, if it’s Tuesday, Thursday, or Saturday, he rests up for dialysis, offered right at GGH, the region’s only center, which starts at 3:30 p.m. Other days, he can visit with family and friends, participate in a leisure activity or rest until dinner.

6:00 p.m.
Free time for visitors, listening to music, or whatever Jerry chooses. Following dinner, the nursing staff helps him with his evening routine of getting himself ready for bed.

Jerry is expected to use what he learns in therapy, by doing as much as he can for himself. That makes therapy a 24/7 commitment, with a fuller life waiting for him at the other end.

ARU, a 15-bed inpatient facility at Geneva General Hospital, provides physical, occupational and speech therapy services to meet the special needs of individuals who have experienced disabling injuries, illness, or surgery. The program is accredited by the Commission on Accreditation of Rehabilitation Facilities and has been recognized for outcomes in the top 3% of the nation for 3 consecutive years.

For more information about the ARU program, please contact Judy McTigue, assessment coordinator, at (315) 787-4475.
SUCCESS Stories

Finger Lakes Health proudly recognizes some of the many achievements made possible through the hard work and dedication of our medical staffs, employees and volunteers.

GGH Earns 2010 Stroke Gold Plus Performance Achievement Award
Geneva General Hospital received the 2010 American Heart Association/American Stroke Association’s Get With The Guidelines® Stroke Gold Plus Performance Achievement Award. The award recognizes Finger Lakes Health’s commitment to and success in implementing excellent care for stroke patients, according to evidence-based guidelines. To receive the award, GGH achieved 85 percent or higher adherence to all “Get With The Guidelines”-Stroke Performance indicators for 2 or more consecutive 12-month intervals and achieved 75 percent or higher compliance with a minimum 6 of 10 “Get With The Guidelines”-Stroke Quality Measures, which are reporting initiatives to measure quality of care.

Radiology and Women’s Health Services Excel at DOH Survey
Geneva General Hospital’s Radiology and Women’s Health Services underwent their semi-annual New York State Department of Health Survey and were both found to be free of any deficiencies. This survey is conducted under strict guidelines, established by the State of New York, in areas such as patient and staff safety, processes and procedures, quality control and performance improvement.

Auxiliaries Receive HANYS Advocacy Award
The Healthcare Association of New York State (HANYS) has announced that all three of Finger Lakes Health’s Auxiliaries—the Geneva General Hospital Auxiliary, the Soldiers & Sailors Memorial Hospital Auxiliary, and the Taylor Brown Auxiliary, have been awarded the Auxiliary Advocacy Award for their achievements during 2009.

Women’s Health Services Designated an ACR Breast Imaging Center of Excellence
In June, the American College of Radiology (ACR), awarded our Women’s Health Services the Center of Excellence for Women’s Breast Health. This recognition is awarded only to facilities/centers that exceed a very stringent set of federal standards.

Cardiopulmonary Department Earns Accreditations
The Cardiopulmonary Department at GGH was granted accreditation by the Intersocietal Commission for the Accreditation of Echocardiography Laboratories in the areas of Adult Transthoracic and Adult Stress Echocardiography and the Intersocietal Commission for the Accreditation of Vascular Laboratories for noninvasive vascular testing for vascular disease. These accreditations recognize the laboratory’s commitment to quality testing.

College of Nursing Receives Initial Accreditation
The Finger Lakes Health College of Nursing received initial accreditation from the National League for Nursing Accrediting Commission for a five-year period. The next site visit is scheduled for the spring of 2015.

Adult Day Health Care Programs Have Deficiency-Free Audits
The Adult Day Health Centers in Geneva and Waterloo, and the Home Away From Home program in Penn Yan were separately surveyed by the New York State Department of Health, Division of Long Term Care. All three programs were found to be free of any deficiencies. Services provided by these programs include medical care and social interaction for frail and/or functionally impaired adults in a friendly and safe environment, while at the same time offering rest, support and counseling to family and caregivers.

Dialysis Celebrates Milestone Anniversary
In November, Geneva General Hospital, the region’s only dialysis center, will celebrate 20 years of providing dialysis services to individuals diagnosed with renal failure. In addition, the Dialysis Unit received outstanding results on its New York State Department of Health survey this past spring.

Geneva General Hospital and Soldiers and Sailors Memorial Hospital Earn Joint Commission’s Gold Seal of Approval™
GGH and SSMH recently received outstanding results on separate, unannounced on-site evaluations conducted by The Joint Commission. Both acute care hospitals earned three-year accreditation by demonstrating compliance with the national standards set for health care quality and safety. The Joint Commission is the nation’s oldest and largest standards setting and accrediting body in health care.

NOTABLE NEWS

James Inzerillo, D.C., M.D., member of the medical staff and medical director of the GGH Acute Rehabilitation Unit, received board certification from the American Board of Physical Medicine and Rehabilitation.

Janet Lewis, M.D., a member of the medical staff at SSMH, received an academic achievement award for her paper, “Forgiveness and Individual Psychotherapy: Toward Integral Understanding” presented at the Integral Theory conference in Pleasant Hill, CA.

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Tea protects your bones. It’s not just the milk added to tea that builds strong bones. One study that compared tea drinkers with non-drinkers found that people who drank tea for 10 or more years had the strongest bones, even after adjusting for age, body weight, exercise, smoking and other risk factors.

Tea protects your skin and reduces inflammation risk. Research has shown that when green tea is applied to sunburned skin it decreases the development of cancerous skin tumors. Also, research on inflammation and rheumatoid arthritis shows early indications that white tea reduces the risk of inflammation, characteristic of rheumatoid arthritis and some cancers, as well as wrinkles.

Tea gives you a sweet smile. Tea itself actually contains fluoride and tannins, essential for keeping teeth strong and healthy. Compounds in unsweetened tea protect teeth by increasing the acid resistance of tooth enamel and acting as antibiotics that kill off dangerous, decay-promoting bacteria.

Tea bolsters your immune defenses. Drinking tea may help your body’s immune system fight off infection. When 21 volunteers drank either 5 cups of tea or coffee each day for 4 weeks, researchers saw higher immune system activity in the tea drinkers’ blood.

Tea helps keep you hydrated. Since caffeine is a diuretic, the thought was that caffeinated beverages didn’t contribute to our overall fluid consumption. However, recent research shows that caffeine really doesn’t factor into the equation — tea and other caffeinated beverages definitely aid in our daily hydration.

Tea is calorie-free. Tea doesn’t have any calories, unless you add sweetener or milk. If you’re looking for a satisfying, calorie-free beverage, tea is a top choice.

Tea increases your metabolism. Lots of people complain about a slow metabolic rate and their inability to lose weight. Green tea has been shown to increase metabolic rate. By drinking five cups of green tea per day, your body burns 70 to 80 additional calories. Over one year’s time, you could lose eight pounds just by drinking green tea.

Tea may help slow progression of Alzheimer’s disease. Both green and black teas have been shown to hinder the activity of two brain enzymes associated with Alzheimer’s disease. Although tea consumption cannot cure Alzheimer’s, it may be another part of the puzzle in treating or slowing down the development of the disease.

Tea may reduce risk for Type 2 diabetes. In one study, drinking three to four cups a day reduced the risk of Type 2 diabetes by one-fifth. The authors believe factors like magnesium or antioxidants, known as lignans or chlorogenic acids, may be responsible.

All real teas, which include white, green, black and oolong varieties, are beneficial. Whatever your preference, try a cup and sip your way to good health.
Heart Failure — New Thoughts on an Old Foe
Tuesday, October 26, 6 p.m.
Joe Gomez, M.D., Cardiologist
Alan Chu, D.O., Internal Medicine Physician
Heart failure affects millions of Americans. Early recognition and aggressive treatment can significantly improve quality of life. At this presentation, we will discuss new tools to combat this common and challenging problem.
Club 86, Geneva

It’s Tough to Embarrass a Urologist
Tuesday, November 2, 6 p.m.
Emilio Lastarria, M.D., Urologist
Talking about urological issues, such as erectile dysfunction, incontinence etc. can sometimes be uncomfortable for patients, but in order to get the most effective treatment, an open, honest discussion is always the best approach. This presentation will address what your urologist wants and needs to know about you.
Meritage Ballroom, Belhurst Castle, Geneva

A New Era of Surgery at Finger Lakes Health
Monday, November 8, 6 p.m.
Dahlia Alspaugh, M.D., General, Vascular and Thoracic Surgeon, Director of Vein & Laser Center of the Finger Lakes
Eva Wall, M.D., F.A.C.S., General and Critical Care Surgeon
In addition to a new physician joining Geneva General Surgical Associates, advances in technology are revolutionizing the surgical care and options we provide to our patients. Come meet our new surgeon, Dr. Eva Wall, along with Dr. Dahlia Alspaugh to learn about innovative surgical procedures offered right here in the Finger Lakes.
Ramada Inn — Geneva Lakefront, Geneva

Screenings with Meaning — Preventative Measures That Can Save Your Life
Thursday, November 18, 6 p.m.
Dora Pita-Acevedo, M.D., Internal Medicine Physician
Many of us recognize the importance of regular preventative screenings, but the next questions are usually, ‘Who should be screened?’ and ‘How often are screenings needed?’ Join us to learn criteria for cancer and disease screenings that can preserve your health.
Meritage Ballroom, Belhurst Castle, Geneva

Our Counties Are Obese — What Can We Do About It?
Wednesday, December 1, 6 p.m.
Philipp Wirth, M.D., Internal Medicine Physician
Weight-loss management is a seemingly constant topic in the media, but what can we do to actually improve our health? This presentation will compare health and weight-related statistics from area counties, and provide tips to get our health headed back in the right direction.
Meritage Ballroom, Belhurst Castle, Geneva

Treating Upper and Lower Extremity Fractures in Adults
Thursday, December 9, 6 p.m.
Olaf Lieberg, M.D., Orthopedic Surgeon
A broken bone is never planned, nor pleasant, but there are various treatment options, regardless of your age. Discussion will address the differences between these options, and increase understanding about orthopedic remedies to an upper or lower extremity fracture.
Meritage Ballroom, Belhurst Castle, Geneva

Osteoporotic Compression Fractures — Prevention and Management
Tuesday, December 14, 6 p.m.
Raman Dhawan, M.D., Orthopedic Surgeon
By 2020, it is expected that 14 million people in the U.S. will have osteoporosis, and 47 million Americans will have low bone mass. Learn how this condition can lead to compression fractures, particularly of the spine, and how they can be treated and prevented.
Ramada Inn — Geneva Lakefront, Geneva

Reserve your seat today by calling (315) 787-4636 or 531-2053. Or, register and pay online at www.flhealth.org/events.

Each program includes a full meal and discussion for $10/person. Due to the popularity of our series, reservations and payment are required seven days prior to the event.
New Faces
Medical Staff

Andre H. Johnson, M.D., joins the medical staff of Geneva General Hospital this fall, specializing in the field of Orthopedic Surgery/Sports Medicine. Dr. Johnson earned his medical degree at Albany Medical College in Albany, NY. He completed his orthopedic surgery residency at Akron General Medical Center in Akron, OH and fellowship at Nirschl Orthopedic Center for Sports Medicine and Joint Reconstruction in Arlington, VA. He is certified by the American Board of Orthopedic Surgery. Dr. Johnson joins FLH Medical, P.C. – Orthopedic Surgery at 789 PreEmption Road, Suite 600 in Geneva. Appointments can be made by calling (315) 719-0060.

Scott A. Mooney, M.D., has joined the medical staffs of Geneva General Hospital and Soldiers & Sailors Memorial Hospital, specializing in the field of interventional radiology. Dr. Mooney attended medical school at New York Medical College in Valhalla, NY, completed his residency at the University of Rochester Medical Center, and is board certified by the American Board of Radiology. He practices with the Finger Lakes Radiology, LLC office at Geneva General Hospital.

Elyssa L. Pohl, M.D., recently relocated to Geneva to join the medical staff at Geneva General Hospital, specializing in the field of anesthesiology. Dr. Pohl is a graduate of SUNY Upstate Medical University in Syracuse, NY. She completed her internship at Mary Imogene Bassett Hospital in Cooperstown, NY and her residency at St. Lukes-Roosevelt Hospital Health Center in New York, NY.

Eva M. Wall, M.D., F.A.C.S., has joined the medical staff at Geneva General Hospital, specializing in the field of General Surgery. Dr. Wall is a graduate of Johns Hopkins University in Baltimore, MD and attended medical school at George Washington University in Washington, DC. She completed her residency at Geisinger Medical Center in Danville, PA and a fellowship in Surgical Critical Care at The Queen’s Medical Center in Honolulu, HI. She is board certified by the American Board of Surgery and Surgical Critical Care. From 2001 to 2003, Dr. Wall was the Chief of Trauma Surgery at Rochester General Hospital. She joins the Geneva General Surgical Associates office at 200 North Street, Suite 304 in Geneva. Appointments can be made by calling (315) 787-5381.

Foundation Board Elects Members

Nancy Peelle of Dundee is retired from the Dundee Central School District, where she taught elementary school for 24 years. Ms. Peelle is a former member of the Soldiers & Sailors Memorial Hospital Board of Directors, and has long been active in the community. She has served on the Dundee Library Board, co-chaired local blood drives, taught safe driving for AARP, held various officer positions at the Dundee Presbyterian Church, and has served on the St. Mark’s Terrace Board. She has two sons, Anthony and Sanford.

Eva Steadman (not pictured) of Geneva is a civic leader and homemaker. She is past president of the Geneva Historical Society, and has served on the boards of Family Counseling of the Finger Lakes, the Geneva Library, Geneva YMCA, and Seven Lakes Girl Scouts Council. She is active at the Presbyterian Church in Geneva, and is a member of Philanthropic Educational Organization International. Ms. Steadman has received awards and recognition from The League of Women Voters, the Geneva Historical Society and Rotary International. She is past president of the Ontario County Medical Alliance and past secretary of the NYS Medical Alliance.
The following new members were elected to the Board of Directors of Finger Lakes Health at the annual meeting:

**David Bunnell** is President of Bunnell Associates, LLC, an investment company engaged primarily in real estate development and related activities in Geneva. Bunnell is an active member of the community, serving on the following boards: Smith Center for the Arts, Geneva BID, Geneva Growth, Ontario County Economic Development Corporation and the Finger Lakes Boating Museum. Bunnell currently resides in Geneva with his wife, Lynne. They have three grown children.

**Menzo Case** is President & CEO, Seneca Falls Savings Bank and also serves on its board. He holds a NY state license as a certified public accountant and previously held the title of Executive Vice President and CFO at Seneca Falls Savings Bank. Case currently serves on the boards of the following local organizations: Habitat for Humanity of Seneca County, Seneca County Housing Coalition, and the Finger Lakes Workforce Investment Board. Case and his wife, Susan, have four children and reside in Seneca Falls.

**Kelly J. Mittiga** is Senior Vice President, Retail Banking for First Niagara Bank. Originally from Buffalo Grove, IL, Mittiga is a William Smith College graduate and also an involved member in the community. Currently, she is serving as Board Chair for the Geneva Area Chamber of Commerce and is Treasurer and Past President, of the Boys and Girls Club of Geneva. She is also a member of the following professional organizations: Jobs for Geneva, FLCC Geneva Advisory Council, City of Geneva Revolving Loan Fund, and the City of Geneva Economic Development Advisory Council. Mittiga currently resides in Geneva with her husband, Benjamin and their three children.

**Suzanne Sinclair** was elected as chair to the Board of Directors. Ms. Sinclair is the County Manager of Seneca County. She is currently an Executive Board member for the Genesee/Finger Lakes Regional Planning Council. Sinclair moved to the Finger Lakes from Washington State, where she served as Island County auditor, and was involved with a number of civic organizations. Sinclair resides in Seneca Falls.

**Donald P. Wertman** is the Chief Operating Officer of Seedway, LLC located in Hall. Mr. Wertman is a graduate of Seedsman’s Academy at Purdue University and has been employed with Seedway since 1974. Locally, he is a Trustee of Keuka College. He is also Past Board Chair of Finger Lakes Health and Geneva General Hospital Board of Directors. Mr. Wertman is an ordained elder and choir member of Geneva Presbyterian Church. Wertman is a member of the Board of Managers of the Bach Choir of Bethlehem, PA. He has a grown daughter, Roberta, and currently resides in Hall with his wife, Christine.
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Geneva (315) 787-4204
Penn Yan (315) 531-2904
www.flhealth.org
Every 33 seconds a person in the United States dies from a heart-related condition. Problems with the heart do not discriminate by age or gender, and all too often they occur when you least expect them. Some individuals are diagnosed after sudden, acute symptoms arise. For others, cardiac conditions may go undetected, especially in cases where no alarming symptoms are noted.

Learn how six area residents, ages 18 to 87, recently faced challenges with their hearts and how local cardiology care played an important role in their recoveries. While diagnoses vary and each story is unique, the heart of the matter in each case is their appreciation of local access to world-class cardiology care.

At age 18, the biggest decision most young adults have to make about doctors is who will take over when they age-out of their pediatrician’s office. However, Curtis Irland of Seneca Falls learned he would have to confront more serious issues. That was the age at which this now freshman soccer player at Tompkins Cortland Community College added a cardiologist to his health care team.

Curtis and his brother, the sons of Connie and Gus Irland, attended Finger Lakes Health’s September 2009 Hypertrophic Cardiomyopathy screening, at the urging of their Uncle Mike, who is Curtis’ trainer and was then serving as an athletic director at a local high school.

“It turned out that it saved my life,” Curtis says now.

Dr. Dmitry Chuprun was one of the health care providers screening teenage athletes that day, and he detected a problem with Curtis’ heart. Dr. Chuprun sat down with Curtis and Connie and explained what he’d found. Curtis had Wolff-Parkinson-White Syndrome, an extra, abnormal electrical pathway in the heart that causes a very fast heartbeat at times.

“Dr. Chuprun is one of the best doctors I’ve ever had,” Curtis raved. “He explains complicated things in a way that an 18-year-old can understand. I can get in to see him the same day I call for an appointment, which is very convenient.”

After being diagnosed, Curtis underwent two separate heart surgeries. Each time it went well.

“I can play soccer and any other sport I want . . .” he said, “I can play as hard as I want, and I know I won’t have any problems with my heart now.”

Curtis is encouraging all high school athletes to attend the next HCM screening on March 5, 2011 “no matter what else is going on that day . . . because it can save your life.”

When John Van Niel, 50, of Seneca Falls was diagnosed with hypertrophic cardiomyopathy (HCM), a congenital heart condition causing the muscle of the heart to thicken, he knew the diagnosis needed
Dr. Joe Gomez, chief of cardiology at Geneva General Hospital and member of Geneva General Cardiology Associates, had spear-headed the nation’s largest HCM screening in September 2009, which drew more than 400 young athletes.

When John learned about Gomez, he scheduled an appointment primarily so that he could arm himself with more information to maximize the value of his visit with the Minnesota-based specialist. But, after meeting Gomez, John felt confident in Gomez’s abilities to oversee his care.

“Because I’m not the only one
ten rapid heartbeat that commonly causes poor blood flow, heart palpitations, shortness of breath, and weakness that can lead to fatigue and increases risk for stroke.

Dan, 51, recently recalled how he learned of his condition.

“One evening, I was sitting in my chair watching television and I felt a fluttering in my chest. I started getting light-headed and tired. I contacted Dr. Winston Hamilton, who recommended that I go directly to the emergency room,” he said. “There I met Dr. Joe Gomez who told me what I had to do to get better. I was immediately impressed by his ‘tell-it-like-it-is’ style. It set him apart from everyone else.”

When I was first diagnosed with ‘A-Fib,’ I was unable to play golf. I tired quickly and experienced dizziness. Dr. Gomez got me on the right path, and now I’m on my way to feeling better. My golf game is getting better, too.”

If you live in Geneva, you likely know, or have seen, Dan Chelenza. He delivers for United Parcel Service, is a community volunteer and an avid golfer. What you may not know is that Dan is also a cardiology patient.

Dan was diagnosed with atrial fibrillation, an irregular and of-
Chelenza said he likes that the Geneva General Cardiology practice is right here. “It’s local. To me it is very important that you don’t have to drive an hour to get to a cardiologist, and these guys are the best,” he said, noting that whenever he calls with a question, he gets an immediate answer, or they call him back right away. “And if I need to come in and visit Joe that day — it’s never an issue.”

That suits his community-minded nature well. A long-time member of the Sons of Italy, “I love supporting this community,” he said. “I am committed to making Geneva an even better place. Not only does my wife Mary depend on my heart, the community depends on my heart, and I am more than willing to give my heart to the community.”

Laura Schick recalls the moment this year when she first suspected her health might be in jeopardy. “I woke up in the middle of the night with chest pain, feeling like a heavy weight was on my chest,” the 51-year-old Geneva mom said. She thought it was indigestion, but on an off chance that it was something more, she took an aspirin, which is a blood thinner and often recommended if a heart attack is suspected.

The next day was her day off and, as a busy mom, she had many things to do. “I had to have my oil changed, get my hair done and go grocery shopping. As the day progressed, I experienced other symptoms, but still never thought I could be having a heart attack. When I got home from Wegman’s, I felt something tapping me on the shoulder, telling me something was really wrong,” she recalled.

“You just don’t want to believe it could be your heart, especially as a woman. Thankfully, I did get myself to Geneva General Hospital’s Emergency Department,” she said.

That’s when she first met Dr. Joe Gomez, and she remembers that he apologized for being a little out of breath; he had, literally, just run over from his office.

“I am so grateful that he was there for me so quickly,” Schick said. He examined her, confirmed that she had indeed had a heart attack and explained what was going to happen next.

“As he helped me prepare for the Mercy Flight to Rochester for surgery, he put me at ease,” she said. “I was confident, even with the pain I was experiencing, and I really felt I was in good hands.”

Of course, Laura couldn’t help but think of Dani, her 14-year-old daughter, who would be waiting to be picked up from school. So, while Laura was boarding the helicopter, she and Dani spoke on the phone briefly.

“Dani is my life,” Laura said.

Danni, short for Danielle, says now, “I was nervous for her, because I had never experienced anything like this before. I just couldn’t lose her. When I got to see her in the hospital, it was so nice to see her smiling and know that she was OK.”

Never one to just sit on life’s sidelines, Laura’s glad she’ll be able to get back to her usual activities, which includes being Dani’s number one lacrosse fan.

“I’m so glad to be on the fast road to recovery,” she said.

Husband, father and avid motorcyclist, Joe Cosler, 59, leads a very busy life — especially when you factor in his job in the Grounds Maintenance Department at Keuka College. He has a lot of people counting on him each day.

So, he’s very grateful to cardiologist Dr. Dmitry Chuprun, whom he credits with helping him avoid a “serious” heart attack.

Joe first met Dr. Chuprun in the emergency room at Soldiers & Sailors Memorial Hospital in Penn Yan. He had just had
an electrocardiogram (EKG) and the ER physician called for a second opinion on the reading. Dr. Chuprun quickly recognized that something was wrong. He sent Joe to a tertiary care hospital in Rochester, and specialists there performed an angioplasty, opening Joe’s three blocked arteries.

It was an emotional time, and Joe recalled how comforted he and his wife were by Chuprun’s ability to explain Joe’s condition in layman’s terms.

The Coslers live in Prattsburg, and Joe has chosen Chuprun for his follow-up care. “It’s very convenient to see him in the Penn Yan office,” Joe said.

“Dr. Chuprun is a great leader. He will stay late if he needs to, and his staff care about what they do,” Joe said. “They are all very accommodating; I can’t say enough good things about them. They are fantastic.” It is important to Joe that the practice is close to home and he knows he will receive high-quality care.

“Dr. Chuprun helped me keep my main motor going so I can enjoy the things in life that are important to me . . . my family, my motorcycle and my job. Many thanks to Dr. Chuprun,” Joe said.

Long-time Genevan, Pete Petrucci looks forward to seeing his new great-granddaughter, Stella, go to school and grow into a “fine young lady.”

As an 87-year-old husband, father, grandfather, great-grandfather, brother and friend, he has a lot of other people to be around for, too. That’s why he said he is especially pleased to have found peace of mind with Dr. Joe Gomez of Geneva General Cardiology Associates.

He likes knowing that if he’s ever in the emergency room or the hospital, his doctor and medical records will be readily available. Petrucci said he feels his heart and his family deserve the “gold standard” of care that Dr. Gomez provides.

Five years ago, Pete had two stents placed in the arteries of his heart. Since that time, Pete has become a patient of Dr. Gomez and undergone another stent procedure in Rochester. As part of his recovery plan, Dr. Gomez strongly recommended Pete start cardiac rehabilitation. Pete now attends three times a week through Geneva General Hospital’s Cardiac Rehab Program.

Last June, he played in the annual Cardiac Rehabilitation golf tournament and his team placed third out of 50. Pete said he’s sure he wouldn’t be playing golf or enjoying life’s simple pleasures without Dr. Gomez and the Cardiac Rehab team.

He exudes confidence. “I will always be able to play golf, as long as I have Dr. Joe Gomez as my cardiologist,” he exclaimed.

Recently, Pete witnessed Dr. Gomez’s dedication firsthand. While golfing with Joe, he received a call that a patient needed to be seen. Dr. Gomez left the tournament immediately and went directly to tend to his patient.

“I feel reassured knowing that Dr. Gomez is always available,” he said.

For more information or to make an appointment please contact:
Geneva General Cardiology Associates
Geneva (315) 787-4204
Penn Yan (315) 531-2904
www.flhealth.org
Approximately 200 community members endeavored to improve their health during Finger Lakes Health’s “Walk & Talk for Health” program. Offered from May through October, Walk & Talk for Health provided a way for community members to improve their fitness, learn ways to live healthier and meet healthcare providers.

Walk & Talk for Health consisted of 23 walks, held at 3 locations – Geneva, Penn Yan and Waterloo, led by local health professionals. The 200 participants tallied approximately 2.3 million steps on the pedometers distributed at each person’s first walk. That totals more than 1,000 miles or roughly the distance between New York City and Miami, FL.

Paul Wenderlich, Seneca Falls, who participated in the Waterloo walks, commented that the program made him “more aware of exercising.” As an outcome of the Walk & Talks, he said that he took the time to walk more instead of driving as much – one week he logged 127,000 steps. “It makes me feel better,” he said.

Alice Lisi, Geneva, a regular walker at the Geneva events, noted that the pedometer was “a trigger for her to walk more” and she has found her clothes fitting better as she has dropped some weight during the duration of the program. She also said she “really enjoyed the companionship of the walk program.”

Pat and David Rogers, Penn Yan, attended the walks on the Keuka Outlet Trail in Penn Yan regularly and tracked a lot of miles in between walks as well. “We enjoyed the Walk & Talk sessions. They helped us stay focused on our walking goals and increase our daily steps,” the couple said. “It was motivational and fun, too.”

Elke and Bill Hall, two other regular walkers in Penn Yan, also said the program helped them “stay focused and to actually take 30 minutes out of the day to dedicate to us and to our health. It was a great program.”

The Walk & Talk for Health program was an outgrowth of Finger Lakes Health’s collaboration with county Public Health Departments that looked at community health needs and how to address those needs. All three counties in Finger Lakes Health’s service area – Ontario, Seneca and Yates – identified similar health priorities. They are Access to Care, Chronic Disease (specifically Cardiovascular Disease), and Physical Activity and Nutrition.

Finger Lakes Health’s Walk & Talk for Health program was aimed at addressing all the priorities. Evaluations from walk participants are currently being collected to assess the program and determine future plans.
Building for the Future

Finger Lakes Health continually improves the infrastructure of its facilities to accommodate new technology. The following projects demonstrate the organization's commitment to deliver high-quality care in a safe and healing environment.

**Seneca Family Health Center (SFHC)**

Our new SFHC facility will be completed in mid-October. The building, located adjacent to the current center, is on the campus of Huntington Living Center in Waterloo.

The new building provides nine patient exam rooms, plus space for the Occupational Health Services program, and a new lab draw station. Care in the practice is delivered by physicians, Edward Zgleszewski, M.D., Agata Olszowska, M.D. (Drs. Ed & Aggie), and nurse practitioner, Roberta Korich, FNP-C, RNFA.

“Finger Lakes Health built this new facility to meet the ongoing healthcare needs of Seneca County residents,” explains Frank Korich, Vice President and Site Administrator for Finger Lakes Health. The Center is accepting new pediatric, adult and geriatric patients and accepts most insurances, as well as self-paying patients. For more information or to make an appointment, call (315) 787-4977 or visit our website at www.flhealth.org.

The laboratory patient services center, open Monday through Friday from 7 a.m. - 3 p.m., “is designed to create an access point in Waterloo for laboratory phlebotomy services, so patients don’t have to drive to Geneva or Seneca Falls,” notes Korich. The Seneca Family Health blood draw station, like all Finger Lakes Health laboratory patient services centers, provides service to anyone with a physician order. Patients do not have to be a patient of Geneva General Hospital or of any Finger Lakes Health affiliated physicians to use the blood draw services.

**A community open house to showcase the new center is planned for Wednesday, November 3, from 3:30 to 5:30 p.m. and the public is welcome.**

The existing Seneca Family Health Center facility will continue housing its current tenants, in addition to the Society for the Protection & Care of Children, who will join them in November.
GGH Radiology and Patient Care Room Renovations
The Radiology Department at GGH introduced the Discovery™ XR650 digital radiography system in mid-August, allowing the staff to take X-ray imaging to a new level. The innovative clinical applications help reduce exam and wait times for processed images. “Patients in wheelchairs or those with physical limitations will appreciate the speed at which we can position them for X-rays,” said Jeff Fultz, director of Diagnostics.

Renovations on 2 West and 3 West
The acute care patient units at Geneva General are being renovated with patient rooms getting floor repair, wall and corner protection, painting, sink counter replacements and new televisions. Ten rooms have been refurbished as of this writing. Renovations will continue with 32 more rooms on those units planned over the course of the next year.

South Seneca Laboratory Patient Service Center (PSC)
Geneva General Hospital opened the South Seneca Laboratory PSC in late August at 2214 Route 96 in Ovid. The center is open Monday, Wednesday and Friday from 7 a.m. to noon each day. The phone number is (607) 869-3599.

The center offers phlebotomy and specimen collection services to anyone with a physician order. All patients, with a physician order for laboratory work from any physician, are welcome to use the center. Services are not limited to only patients of Geneva General or Finger Lakes Health affiliated physicians. Patients with an order from their physician for blood or other specimen tests may drop in anytime during center hours, no appointment is necessary. Most major insurances are accepted.

“Our goal in opening the Laboratory Patient Service Center is to improve access and convenience to residents in southern Seneca County,” explains Korich.

The South Seneca Patient Service Center joins eight other laboratory draw stations/patient service centers operated by Finger Lakes Health, including Clyde Family Health Center, Dundee Family Health Center, Taylor-Brown Patient Service Center, Seneca Falls Patient Service Center, Soldiers & Sailors Memorial Hospital, Penn Yan, Geneva General Hospital, the Geneva General Hospital Medical Office Building and the Pre-Emption Road Patient Service Center in Geneva. For directions and hours on any of the draw stations, visit www.flhealth.org/lab.
Finger Lakes Health often partners with local vendors for needed supplies and business services. Striving to invest in our local economy, FLH turns to many businesses like Geneva Printing Company, Inc. and Vital Telecommunications, Inc. for their expertise. Their commitment to quality products and customer service helps our organization continue to deliver excellence.

Geneva Printing Company, Inc.
Geneva Printing opened in 1954 and offers full-service printing, in-house mailing, high-speed copying and graphic design services. Ron and JoEllen Alcock bought the business in 1995 and proudly serve many local and regional businesses, schools, and not-for-profit organizations. “Our community is fairly small, and the relationships we have with our local clients, including Finger Lakes Health, are very important to us. We always strive to meet and exceed each client’s individual needs,” JoEllen said.

Their commitment is demonstrated through Ron’s involvement on Finger Lakes Health’s Forms Committee. As an adviser, he helps ensure the multitude of forms FLH uses conform to industry standards. “His direct involvement and assistance are invaluable,” shares Forms Committee chair Kim Kelsey. “We wouldn’t experience this level of service with a non-local vendor.”

The Alcocks have also developed a personal respect for Finger Lakes Health’s commitment to excellence — something Ron witnessed firsthand when he went to the Emergency Department a few years ago for what appeared to be internal bleeding. It turned out he needed surgery to remove a benign stomach tumor. “The care I received from Dr. D’Silva and the nursing staff on the surgical floor was excellent,” he said. “It’s reassuring to know that the people you’re counting on for your health care hold themselves to the same high standards that you expect from yourself.”
Vital Telecommunications, Inc.

Bernie Castner grew up in a family where his father and uncles all worked in communications. His father was a lifetime employee at New York Telephone / AT&T, where he maintained telephone services and equipment for Geneva General Hospital and Soldiers and Sailors Memorial Hospital.

Bernie started Vital Telecommunications in 1985, the year his father retired, and one of his early sales was to GGH. From a footprint that serviced telephone systems throughout western New York, Vital Telecommunications now maintains a focus on telephone and network systems for Finger Lakes Health, providing telephone maintenance on thousands of telephones and on the hospital’s network fiber and cable infrastructure. “The work that the hospitals require has enabled us to add another full-time employee,” Bernie noted. With his long relationship with GGH and later Finger Lakes Health, Bernie has supported many new systems. “I was in awe several years ago when one of the first 64 slice CT scanners in Upstate New York was installed at GGH, and again when the advanced digital mammography system was installed in Women’s Diagnostics,” he said. “I feel very strongly that community members are unaware of the advanced technology our hospitals have deployed. Imagine my surprise last year, when I visited a Rochester area hospital and found they did not have an electronic drug verification system — technology that I helped install at GGH and SSMH two years ago. We are also proud of the leading edge non-medical systems, including the automated patient registration kiosks and the wireless visitor network,” he added.

During the past several years, Bernie has become well acquainted with the services offered by Finger Lakes Health. During several hospitalizations and an extended stay in the Acute Rehab Unit at GGH, “I was able to experience personally the excellent medical care provided by the physicians, nurses and staff,” he said. The visitor network, which provides internet access to patients and visitors, “made it possible for me to continue my business from my laptop during my rehabilitation. It was truly a win/win for my company and the hospitals, and it is a win/win for all members of our community who need medical services at one of these hospitals,” he concluded.
When Lucile Mallard checked-in to Geneva General Hospital for hip replacement surgery last July, she was in quite a bit of pain.

The receptionist told her the staff would see her as soon as possible. Mallard recalls now that it seemed like just two minutes passed before her name was called, and she swiftly moved through the pre-operative preparation and into surgery for the procedure.

“I don’t have any complaints about anything,” she said recently.

In recovery, Mallard said Dr. Lieberg checked on her regularly, and the nurses told her not to hesitate to ask for medication if she was feeling uncomfortable.

“Geneva is our community, and I think we should promote our own,” she said. “Both the hospital staff and Dr. Wong have taken that extra step for me,” he said. “I wouldn’t go anywhere else.”

Mallard was also full of praise for the nursing assistants, LPNs and RNs. She took great comfort in their professionalism. “Everyone,” Mallard said, “including the housekeeping staff, made my experience as a patient more comfortable and treated my guests with respect making them feel ‘special’ including my great-grandchildren.”

Mallard said she would recommend Dr. Lieberg to friends and family because of her prior experiences with him. She has always been pleased with the care she and family members have received from him, she said, condensing what matters to four words, “I just trust him.”

As a long-time Genevan who is active within the community, Mallard said it was important to her to be cared for locally. Despite some friends and neighbors’ suggestions that she schedule her surgery in a bigger city, she opted for Dr. Lieberg and the team at Geneva General Hospital.

“Geneva is our community, and I think we should promote our own,” she said.

The value of a small, local hospital wasn’t lost on Canandaiguan Scott Oberdorf, either. He underwent knee replacement surgery at Geneva General Hospital.

A patient of Dr. Helen Wong, Oberdorf said that larger city hospitals sometimes lose that personal touch with their patients, but the staff at Geneva General took time to get to know him as an individual.

Like Mallard, Oberdorf had prior experience with his orthopedic surgeon. After a July 2007 accident, he needed four separate surgeries, which gave him a chance to forge a relationship with Dr. Wong and the Geneva General staff.

“In my eyes, they really care about their patients,” he said.

Oberdorf said he’d definitely recommend Interlakes Orthopaedic Surgery to others, not only because of the quality care, but because of the personal care he has received time after time.

“Both the hospital staff and Dr. Wong have taken that extra step for me,” he said. “I wouldn’t go anywhere else.”

“I just trust him.”

— Lucile Mallard of Geneva with great grand-daughter, Gesana Mallard
Dear Friends:

As chair of the Finger Lakes Health Foundation’s board, I invite you to consider focusing a share of your charitable giving, this year, on three priorities that will save lives and promote good health in the communities Finger Lakes Health serves.

Each year, the Foundation seeks community support for equipment and services that would not otherwise be available. I am pleased to share our priorities for 2010:

• A new telemetry system for Geneva General Hospital’s surgical floor (2 West). It would send instrument read-outs directly to the nurses’ station and enable specially trained nurses to continually monitor and evaluate patients’ cardiac rhythm, before and after surgery. This new system will increase efficiency, link the telemetry data to the patients’ electronic medical records and provide an extra layer of expert clinical oversight to surgical patients’ care. The goal for this campaign is $140,000.

• Instructional technology for the Finger Lakes Health College of Nursing. This includes interactive-learning software, 10 computers, and audiovisual podiums for 2 classrooms. The goal for this campaign is $40,000.

• The latest digital mammography technology for Soldiers & Sailors Memorial Hospital. Producing extremely high-quality images with improved patient comfort, this equipment will enable women in Yates County to receive state-of-the-art mammogram imaging. The goal for this campaign is $150,000.

In addition to helping us achieve these goals, the Foundation is always grateful for gifts to its “Finger Lakes Health Fund,” which was set up to offer financial support wherever the greatest needs appear across the health system.

Your contributions toward these 2010 priorities will have a positive impact on the health of our community. Personal philanthropy, yours and mine, can make a true difference here at home. Thank you for your past and ongoing support of Finger Lakes Health and its affiliated entities. We are deeply grateful to you!

Susan Hyser,
Finger Lakes Health Foundation Board Chair

For more information or to make a gift online, visit www.flhealth.org/foundation. In addition to a web link for secure giving, the website features a printable pledge card, enabling you to print out a gift form to complete and return by mail. When making a gift, please note on the memo line of your check which project or fund you wish to support. For more information, including how to contribute appreciated securities, contact the Finger Lakes Health Foundation, 196 North Street, Geneva, NY 14456, (315) 787-4050.

‘Personal philanthropy, yours and mine, can make a true difference here at home’
No one wants to visit the Emergency Department. Whether as a patient or concerned family member, these visits are typically filled with stress. We know how difficult these times can be. In an effort to enhance the patient and family experience, the following renovations have been made to Geneva General Hospital’s Emergency Department.

Enhancing Patient Safety & Comfort
• State-of-the-art electronic monitoring of rooms from the nurses’ station.
• Improved security system for patients, families and staff.
• Larger waiting area for patients’ families and friends.
• Flat screen televisions, with cable, in all treatment areas for viewing while patients and families wait for test results and treatment.

Improving Patient Privacy
• Remodeled registration areas provide a higher level of privacy for patients.
• Glass doors on treatment areas near the nurses’ station reduce noise levels.
• All 14 treatment areas are equipped with either a traditional door or a glass door for patient privacy.

“...I was impressed with how quickly things moved along, and how everyone showed up so promptly and ready to go to work...”

Linda Bucklin, RN, a familiar face in GGH’s Emergency Department
Welcome Dr. Winston Hamilton

FLH Medical, P.C. is proud to welcome Dr. Winston Hamilton to our Internal Medicine team.

Accepting New Patients

- Same-day appointments available.
- All care always provided only by experienced physicians.
- Accepting new patients 18 years and older.
- Most insurances accepted.
Call today for an appointment.

Specialty Care Close to Home

Emilio Lastarria, M.D., is a Urologist who specializes in areas of prostate cancer, urinary incontinence in men and women, male erectile dysfunction, and urinary stones. His expanded list of procedures includes endoscopic surgery, bladder, prostate and kidney surgery.

Jeffrey Rosenberg, M.D., is a Nephrologist who specializes in the diagnosis and management of kidney disease. Dr. Rosenberg, medical director of Dialysis, treats many different kidney disorders including chronic kidney disease, kidney stone prevention, electrolyte disturbances, hypertension, and the care of those requiring renal replacement therapy including dialysis and renal transplant patients.

Check out our new website!
www.flhmedical.com
Geneva General Hospital and Soldiers & Sailors Memorial Hospital have earned the Joint Commission’s Gold Seal of Approval™.

By demonstrating compliance with The Joint Commission’s more than 300 national standards for health care quality and safety, Geneva General Hospital and Soldiers & Sailors Memorial Hospital, both hospitals affiliated with Finger Lakes Health, earned three-year accreditations.

The Joint Commission arrived at Soldiers & Sailors Memorial Hospital on August 23 and 24, 2010 to conduct an unannounced accreditation survey. Another set of surveyors arrived at Geneva General Hospital on August 24, and completed a second unannounced survey on August 27, 2010. The successful accreditation awards resulting from simultaneous unannounced surveys underscore Finger Lakes Health’s dedication to excellence in areas such as Emergency Management, Infection Prevention and Control, Leadership, Life Safety and Medication Management.

It is our honor to shine for you.