Meet Our New Cardiologist, Dr. Jonathan Rodriguez

Read Our Grateful Patient Stories
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Finger Lakes Health College of Nursing and Health Sciences graduated its tenth class.

Dale Morris, CST, Surgical Technology Coordinator, Amber Castner, RN, Surgical Services Manager, Recipients of the Florence Nightingale Nurse of Distinction for Preceptorship: Ashley Harris, RN; Linda Zappia, RN; Diane Karlsen, RN; and Vickii Bement, RN.

Samantha Benjamin (Center), alongside Ardelle Bigos (Right), Finger Lakes Health Vice President of Nursing, accepts the Workplace Partnership for Life (WPFL) Organ Donation Campaign Award from FLDRN Hospital Development Liaison, Patricia Knapp (Left), RN, MSN.

The Marion S. Whelan School of Practical Nursing (MSWSPN) celebrated the commencement of their 84th graduating class.

Finger Lakes Health College of Nursing and Health Sciences Surgical Technology Program celebrated its fifth graduating class.

2019 Cubby Chase was a tremendous success with 456 participants.
A Message from the President & CEO
Jose Acevedo, M.D., MBA

In June, the board and system leadership announced that the timing is right for Finger Lakes Health to explore options regarding a potential partnership.

We are an integrated healthcare delivery system that provides a full range of acute and long-term care health services to residents of Ontario, Seneca and Yates Counties in the Finger Lakes region in upstate New York. Our Board of Directors is in contact with and beginning to vet select healthcare organizations that have emerged as potential partners willing and able to further our mission to improve health and promote well-being in the communities Finger Lakes Health serves.

In this time of unprecedented change and transformation in healthcare, Finger Lakes Health is taking a proactive approach and exploring all avenues and options to ensure future financial stability and maintain the quality clinical care required to serve the needs of its communities.

Related to this process, our Board Chair Lance Ward shared, “We believe that exploring our strategic options is in the best interest of the entire system, our employees and physicians, and most importantly, the patients we all serve.”

Specifically, the board of Finger Lakes Health has identified the following strategic objectives to guide its decision-making:

- Maintain and expand access to healthcare services including new clinical programs to meet service area needs
- Maintain a local role in governance along with parent board representation
- Augment population health capabilities and presence
- Provide enhanced support for clinical quality and compliance
- Maintain and enhance FLH long-term financial viability
- Recruit and retain providers
- Make needed investments in technology and facilities
- Enhance recognition of FLH’s clinical programs through branding

Each potential partner organization will be evaluated to understand how it can best assist FLH in realizing the system’s strategic objectives. Should the board decide to move forward in exclusive discussions with a potential partner organization, a lengthy due diligence process will be undertaken, as well as any required regulatory reviews. This process will take time.

As the board moves through this evaluation timeline, additional information will be shared. Should the board identify a preferred partner, that announcement will occur once a non-binding letter of intent has been executed that spells out key provisions of the proposed partnership.
At Finger Lakes Health our focus, rightly so, has shifted from merely treating conditions or managing chronic diseases to preventing illness and maintaining health. In the United States, significant resources are expended – more than anywhere in the world, yet we are not achieving the health outcomes we all would expect. We need to focus more on prevention versus merely treating diseases.

There is much research related to the factors which have the most impact on health. It is increasingly evident that the care delivered by healthcare providers and within hospitals or physician practices is not a primary driver of health outcomes. It is estimated that medical care accounts for merely 10-20% of the health outcomes for a population. Rather, there are other key aspects of our lives which are more significant in determining our health. As defined by the World Health Organization (WHO), a relatively new term, the “social determinants of health” has been coined which recognizes that the environments in which we are born, grow, live, work, and age, have significant influence on our health and well-being. We recognize that economic stability, educational, health and healthcare, neighborhoods and the built environment, and other socioeconomic and environmental factors are more likely to inform health status than clinical care delivered.

Social determinants of health are highly predictive of a population’s overall well-being and most disparities or differences in health are attributable to socioeconomic and demographic factors. Experts often say that more than 80% of patient health is determined by social factors and not “healthcare” as we have come to know it.

This Figure from the Centers for Disease Control shows, that it is estimated that genes, biology, and health behaviors combined account for about 25% of population health. Social determinants of health, represented by the three categories of social environment, physical environment/ecology, and health services or medical care account for the remaining 75% and scientists do not know the exact contribution of each factor. However, we know these social determinants interact with and influence individual behaviors.

At Finger Lakes Health, we have long recognized the importance of social determinants of health and the value of “population health: health initiatives.”

Our mission states, “Finger Lakes Health partners with our communities to improve health and promote well-being.” We are also working to create a resource directory accessible on our website www.flhealth.org to provide one-stop, easy-access links for community members to identify resources ranging from housing, home care, nutrition, aging services, and other key community services and partners who play a vital role in influencing these social determinants of health.

We have a long tradition and history of being engaged in our communities and partnering with other organizations.
to deliver programs and services which positively impact these social determinants of health. Here is just a small sampling of the initiatives our staff has engaged in:

**Finger Lakes Health Population Health Initiatives**

- Blood pressure clinics
- Stroke support group
- Diabetes medical management, Diabetes education, Diabetes support group, weight management classes
- 1:1 and group nutritional counseling
- Community Mobility Assessments by Finger Lakes Health Rehabilitation Services
- “Get up and Get Going” programs delivered by experts in the Rehabilitation Services
- “Walk and Talk” and support for various community walking competitions
- “CHAT & Snack” and other partnerships with area community-based organizations such as the Geneva YMCA
- Athletic training programs and medical support for area schools
- “Lunch and Learn” and employer-based Brown/Bag Lunch sessions
- “Dine & Discuss” community lectures
- Concussion prevention and management programming for student athletes
- Delivering student health services for Keuka College, New York Chiropractic College, and recently initiated with Hobart & William Smith Colleges
- Rehabilitation services for Hobart & William Smith Colleges athletics
- Cardiac Pre-Hab full sessions in all 4 counties
- Blood pressure registry participation with our primary care practices - a partnership with Common Ground Health Rochester (formerly FLHSA) and the Rochester RHIO
- Weight Watchers and other weight management programs for employees and community
- Support for local literacy programs and local partnerships
- Cubby Chase 5K/10K and Color Mile Fun Run and FLH Runner’s Club
- “Heels Up for Healing” 5K Race
- “Get Ready to Run” Training Program
- Support for area community-based organizations from physical space, to programmatic partnerships, and sponsorships
- “Project Search,” a unique employment partnership with Ontario ARC
- The Finger Lakes Health College of Nursing and Health Sciences providing education and workforce training
- The Marion S. Whelan School of Practical Nursing Program
- Partnerships with area workforce development and economic development initiatives
- The Jim Dooley Early Learning Center – 30 years of high quality childcare with sliding scale for employees and community
- Universal Pre-Kindergarten
- Thousands of mentorship hours for health career education and exploration including our partnership with Wayne-Finger Lakes Technical and Career Center for the New Vision Medical Careers Program and other workforce and career exploration educational programs
- Outpatient Psychiatric Services (groups and individual)
- Employee participation in United Way Campaigns for Ontario County, Seneca County, Northern Yates County
- “Blessing Closets” to provide patients and residents with clothing as needed

These programs are ways we reflect our commitment to our mission and that we care for our friends and neighbors to improve the health status of the communities we serve. This list grows each day with new initiatives. We appreciate the opportunity to positively impact your health.
Please provide information about your background, where you grew up, etc.

A majority of my family came over from Cuba in the 70s and early 80s, looking for a better life in the United States. They helped each other get established here, some in northern New Jersey, which is where I was born and raised. My grandparents on my mother’s side lived with us, which is how I came to be fluent in Spanish. I went to Catholic school until I left home for college at the University of Pennsylvania.

Why did you choose to become a physician?

I didn’t decide I wanted to go into medicine until the time between my junior and senior years of college. I had tried different classes out but nothing really grabbed my attention until I took a series of neuroscience classes early in my junior year. From there, I went on to do some work in the Haydon Neuroscience lab at Penn, studying the support cells in the brain called glia and their role in epilepsy. While the work was interesting, I came to appreciate more the application of research to human disease. Additionally, work in a basic science lab can be lonely and I found myself at times enjoying my interaction with others and our discussions of research more than the actual research itself. Going into medicine was the logical decision that allowed me to blend science with interpersonal relationships that I missed.

Where did you do your training?

I attended medical school at Stony Brook University in Long Island. I went on to complete my residency in Internal Medicine at NYU Winthrop in Mineola, NY where I also served as Chief Resident. I also completed my fellowship training in cardiology at NYU Winthrop.

Why did you choose to specialize in cardiology?

Within internal medicine, cardiology by far has the most robust evidence base and research to support our day-to-day decision-making. It also offers the most versatility in one’s ability to care for patients through the various tools by which to diagnose and treat patients. We are able to image not only the structure of the heart by modalities such as ultrasound, CT, or nuclear medicine, but we can also electrically map how the heart conducts electricity and directly visualize the cholesterol plaque responsible for heart attacks. We can help treat high blood pressure and high cholesterol with medications, open blocked arteries and replace severely malfunctioning heart valves through catheters, place pacemakers in patients whose natural conduction is diseased, electrically silence arrhythmias, and even keep blood circulating in patients with failed hearts using mechanical pumps implanted in the heart. All this requires close collaboration with other medical and surgical specialties, which is an important part of patient care. The most amazing part is that despite all these available technologies, the field of cardiology continues to advance and new ways of treating various forms of heart disease are researched routinely.
Do you have any special interests related to cardiology?

While I have some special interests in electrophysiology and valvular heart disease, I have particular interest in cardiovascular imaging and the role it plays in diagnosis of heart disease and guidance of structural heart interventions.

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

There is no better feeling for a doctor than seeing a patient recover from their illness and knowing that you helped play a part in their recovery. The relationships and bonds I form with patients while guiding them through both sickness and health is unique to medicine and one of the most rewarding parts of my work.

Why did you decide to join Finger Lakes Health?

Finger Lakes Health affords me an opportunity that is very rare for new cardiologists like me in today’s health care setting. I am lucky to have the independence of a private practice with an established patient population, experienced and capable nurse practitioner, and excellent office staff, as well as the financial security, operational support, and large referral base offered by a health care organization such as Finger Lakes Health. Additionally, the geography is well-suited for my family in its excellent schools, friendly people, and affordable living.

What do you like to do in your free time?

Right now, I spend as much time as I can with my wife and three children. Otherwise, I like to draw, play basketball, watch sports, or read medical journals.
Soft tissue sarcomas are cancers that develop in soft muscle, nerves, fibrous tissues, blood vessels, or deep skin tissues. They often present as growths “under the skin.”

“What Courtney had is incredibly rare. There are only a few cases of this kind of cancer in the country. The lesson is to always come for a check-up about anything on your skin that you think is different or not healing.”

– Emily M. Lambert, M.D.

Soft and Strong

Courtney Tusch overcomes skin cancer with Dr. Lambert’s care

They talk to each other not with words, but by the subtle pull or nudge of reins resting against a long dark mane and a quickened gallop. Together they fly over the barriers of jump blocks, bushes, and fear.

Riding English, with an equestrian’s grace, Courtney Tusch has found serenity amongst the yearlings and stallions. Any anxiety to speak, to be herself around others, vanishes as she brushes the dirt off, saddles the horse, and speaks with her hands atop her mount.

When Dr. Emily Lambert of Geneva General Dermatology first saw what appeared to be a small cyst on Courtney’s leg, she knew it needed attention. When the biopsy revealed that the 24-year-old had soft tissue sarcoma, “an incredibly rare” form of skin cancer, “it was overwhelming and took the breath right out of me,” remembers Courtney’s mother Annie, a feeling normally reserved for watching Courtney fall off a saddle.

In a span of just three months, an initial diagnosis lead to surgical care from an oncologist this past August. “I can’t say enough good things about Dr. Lambert and her whole staff,” said Annie. “With Courtney’s anxiety, she made sure she was taken care of.” Medicine goes far beyond technical skill.

“You need someone who is going to make you feel comfortable, not just be a good surgeon,” smiled Dr. Lambert. “For as young as she is, this is very overwhelming. Skin cancer can happen at any age, but I learned how tough she is, and she has an amazing mother.”

When Courtney thinks about her first days back at the barn with her now 19-year-old colt, after her procedure she is all smiles. “I gave him some treats,” she was quick to add. As Prince now has arthritis pain, they soothe each other. What began as equestrian therapy for a shy girl has become a time of competition and confidence for a young woman.

Today, Courtney will continue her recovery knowing she will saddle-up in a place that gives her “no fear.” With an open pasture and future, she has a staff at Finger Lakes Health cheering her every step.

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Nathan Phillips has been promoted to Radiology Supervisor at Soldiers & Sailors Memorial Hospital (SSMH). He replaces Mary Ann Walton, who served as Radiology Supervisor for 40 years and is enjoying a well-deserved retirement.

In the position, Phillips plays a pivotal role in implementing 3D mammography at SSMH, maintaining survey readiness at all times for New York State Department of Health Surveys, overseeing department upgrades, maintaining current systems and supervising/mentoring staff.

Phillips has been with Finger Lakes Health since 2007, first serving as Radiologic Technologist, Clerical Manager and Picture Archiving and Communications System (PACS) Administrator. He is currently enrolled at Keuka College working towards his BA in Organizational Management.

Dorothy Ricks has been promoted to Nutritional Services Director at Finger Lakes Health for all the acute and long term care facilities.

Ricks had been the Manager of Nutritional Services at Huntington Living Center for the last 28 years, and has been serving in the capacity of Interim Director since February 2019. Before her career path began, Ricks graduated from the State University of New York (SUNY) at Alfred State College. She then received a Bachelor’s Degree from SUNY College of Fredonia, and completed training at the Cornell Leadership Program.

Recently, Ricks was honored with the 2019 Premier Illuminating Excellence Award. This national award recognizes 10 finalists for their dedication and work ethic to great food service. Criteria for the honor includes patient/resident/student satisfaction scores, and professional and community activities. Winners were named in the categories of Acute Care, Continuum Care, Education, Nutrition, and Commercial.

During her tenure at the health system, Ricks has been responsible for many improvements to the organization including the development of a mentorship training program to assist staff, and high quality leadership and care brought to coordinating food and nutrition services at multiple sites throughout Finger Lakes Health.

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Today she can stand up straight, not just because of her confidence in the quality of her cooking. Lisa Barrett has returned to her passion and work from debilitating back pain. She “has her life back,” and it has given her a renewed purpose. When Dr. Olaf Lieberg struggled to walk, he knew the road ahead included invasive treatment. Today, they each blaze ahead with confidence and a strong back.

Chibuikem “Dr. Chibu” Akamnonu, M.D., and Raman Dhawan, M.D., of Interlakes Orthopaedic Surgery were ready to help Lisa and Dr. Lieberg, as they are ready to help you. Specializing in spine surgery, they will diagnose your condition and provide both non-surgical and surgical interventions to help alleviate, reduce, and eliminate the pain.

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When those who give need help
Lisa Barrett stands tall and is living life on her terms

The woman who serves comfort food to family, friends, and students, needed someone to comfort and heal her.

Lisa Barrett sat with tears and trembling hands in the waiting room of surgeon Dr. Chibu’s office at Interlakes Orthopaedic Surgery (IOS) in Clifton Springs. For at least four years, Lisa “was being tough,” and managing chronic back pain until her suffering reached “an 11 on a scale of zero to ten.” Her primary care physician, Dr. Philipp Wirth at Lifecare Medical Associates ordered an MRI at Geneva General Hospital, referred her to Dr. Chibu, and set her on a straight path. Physical therapy preceded two cortisone shots
before spinal surgery became a reality, the day after Lisa was approved for insurance coverage. “I was so highly impressed with the level of care and the promptness of everyone who helped me,” said Lisa. From the administrative hands of the office to the nursing hands of those who “prayed and comforted me each of the three nights I was in the hospital, I just knew that they were all in this profession for a reason and it was a blessing for me.”

The L4-5 Laminectomy with a Transforaminal and Posterior Lumbar Fusion operation, performed by Dr. Chibu at Geneva General, did more than repair Lisa’s spinal stenosis. “Dr. Chibu gave me my life back.”

“The fear of the unknown is my biggest fear. I’ll never forget how calmly and compassionately Dr. Chibu treated me,” Lisa recalled with the emotion of the moment coming back to her. “He was kind and very reassuring.”

Shortly after surgery, as her husband Paul was aiding her out of bed, with her back brace on and into her walker, he noticed how she began to move with newly found confidence. It has been years since she felt this way. “My pain had gone on for so long that I forgot how I used to feel.” She was back at work just six weeks later, and today she feels like herself, doing things “I couldn’t do in my thirties,” smiles Lisa.

Not only did the orthopaedic care she received at Finger Lakes Health get her moving again, it made the Kappa Alpha kitchen at Hobart College – her sanctuary – home once again for the “chef and mom,” as the young Statesmen call her.

“It excites me to know that I can live a full life now, and I have the phenomenal care team at Finger Lakes Health to thank.”

We get you moving

Interlakes Orthopaedic Surgery (IOS) 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 The Joint Center of the Finger Lakes 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. For more information visit www.fhealth.org/services/surgery/orthopaedics.
Surgeons who go the extra mile

Dr. Lieberg and Dr. Dhawan have each other's back

“Waiting as long as you can” was the advice that Dr. Lieberg used to tell his patients who needed back surgery. He tried to follow his own advice after sustaining a back injury lifting a patient. In fact, he waited so long that the pain became unbearable that he closed his private practice and joined Interlakes Orthopaedic Surgery so his patients could have follow-up care. Waiting also caused permanent damage to his right leg.

With his 50th medical school reunion on his mind and an afternoon ahead of gardening and home repairs to keep his retired hands moving after four decades in the operating room, Dr. Olaf Lieberg reflected on having been a patient of Dr. Raman Dhawan of IOS.

When Dr. Dhawan performed the Three Level Posterior Lumbar Fusion, Dr. Lieberg insisted that the surgery be performed at Geneva General Hospital because of the quality of care he would receive.

“I referred patients to the best and in my 40 plus years of medicine, Dr. Dhawan is the best spine surgeon as well as trauma surgeon that I have ever seen, and that includes myself,” said Dr. Lieberg with a smile.

Before the surgery, standing more than 10 minutes and sleeping was difficult because of the leg pain. Never one to be sidelined, Dr. Lieberg persisted until his spinal stenosis prevented him from “going the extra mile,” his mantra for a successful life.

One night in the hospital and a back support for six weeks was all the rehabilitation he needed. Dr. Lieberg was himself again and able to return to work as an orthopaedic surgeon, for another four years before calling it a career.

“My greatest regret in life is not thanking enough, all those who helped me get where I am today.” He hopes his gratitude to Dr. Dhawan is one way to demonstrate his thankfulness.

“The surgical care provided at Finger Lakes Health stands up against any place,” emphasized Dr. Lieberg. “Local physicians are under pressure to perform in a way that those at bigger research hospitals are not.”

Geneva General is home to surgeons who call the Finger Lakes their home. They live with the success of their surgeries each day as they walk into the grocery store or attend school functions and see their results.

“When I see someone with persistent back pain I tell them not to wait. Go see the best, Dr. Dhawan, and have it evaluated before it causes permanent damage to your nerves, like my foot drop from waiting too long. For myself and others, there is no excuse for delaying treatment with the excellent level of care so close to home.”

Today, as his pain is nonexistent, Dr. Lieberg will tackle projects around the house with the same zeal he had before. Age is just a number with a healthy spine.

Every master of their craft knows that they stand on strong shoulders. They did not get there alone. From Dr. Lieberg’s first days at Geneva General, to Dr. Dhawan and Dr. Chibu, they carry on a legacy that is both local and world class.

If you are suffering from back pain, call today to schedule an appointment with Dr. Chibu or Dr. Dhawan. They will help to “get you moving” again!
Neck and Low Back Pain Treatment at Finger Lakes Outpatient Rehabilitation

Finger Lakes Health Rehabilitation Services offers comprehensive care for individuals suffering from neck and back pain. Orthopaedic clinical specialists and certified physical therapists at our outpatient locations can help reduce your pain and increase your ease of mobility. Physical therapists are scheduled for one on one treatment sessions, making you the focus of your care throughout your entire treatment.

Through our hands on approach, therapists will utilize joint mobilizations, massage techniques and therapeutic exercises to improve your neck or low back range of motion. Once pain and mobility are addressed, therapists will tailor your sessions to your goals. Whether your goal is getting back onto the golf course, fishing, returning to work, or enjoying time with your family, the therapist will work with you to gain the mobility needed to meet your goals.

In addition to your hands-on treatment, a large component of neck or back injury is education and environment modification. The physical therapists can work with you on proper body mechanics and lifting to prevent re-injury to your neck or low back. This education would be specific to your daily activities and how you move through your own home and work environment. The physical therapists will also work with you on recommendations for changes you can make to your home or work environment so that you can maintain proper positioning when performing tasks.

The physical therapists at our outpatient locations in Geneva, Waterloo, and Penn Yan can provide the care you need to improve your neck or low back pain, and get you moving and back to life. The following is the list of our locations:

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

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

- Outpatient Rehabilitation Services at Huntington Living Center
  369 East Main Street
  Waterloo, NY 13165
  (315) 787-4944

For more information, please visit our website at: www.flhealth.org/rehabservices

*evening hours available
Welcome Providers

Kristen Bennett, M.D.
Specialty: Pediatrics
Certification: Board-eligible, American Board of Pediatrics
Medical School: Jacobs School of Medicine, SUNY Buffalo, Buffalo, NY
Residency: UPMC Children’s Hospital of Pittsburgh, Pittsburgh, PA
Office: Finger Lakes Medical Associates
200 North Street; Suite 101, Geneva, NY
207 1/2 Lake Street, Penn Yan, NY
For an appointment: (315) 787-5200

Leandro Bernardo, M.D.
Specialty: Hospitalist
Certification: Board-certified, American Board of Internal Medicine
Medical School: University of the Philippines College of Medicine, Manila, Philippines
Residency: Johns Hopkins University School of Medicine/Good Samaritan Hospital of Maryland, Baltimore, MD
Fellowship: Nephrology, St. Louis University School of Medicine, St. Louis, MO

Clarissa Del Rosario, M.D.
Specialty: Hospitalist
Certification: Board-certified, American Board of Internal Medicine and the American Board of Nephrology
Medical School: Far Eastern University/Nicanor Reyes Medical Foundation Institute of Medicine, Quezon City, Philippines.
Residency: Internal Medicine at Winthrop University Hospital, Mineola, NY
Fellowship: Nephrology, University of Medicine & Dentistry of New Jersey Robert Wood Johnson University Hospital, New Brunswick, NJ

Ruth Boadu Odoi, M.D.
Specialty: Hospitalist
Medical School: Ross University School of Medicine, Portsmouth, Dominica, West Indies
Residency: Stamford Hospital, Stamford, CT
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Ronald H. Prokopius, M.D.
Specialty: Hospitalist
Certification: Board-certified, American Board of Internal Medicine and the American Board of Internal Medicine in Geriatrics
Medical School: Northeastern Ohio Universities College of Medicine, Rootstown, OH
Residency: Summa Health System/Northeastern Ohio Universities College of Medicine Program, Akron, OH
Fellowship: Geriatrics, The Cleveland Clinic Foundation, Cleveland, OH

Jonathan Rodriguez, M.D.
Specialty: Cardiology
Medical School: Stony Brook University School of Medicine, Stony Brook, NY
Residency: NYU Winthrop Hospital, Long Island, NY
Fellowship: Cardiology, NYU Winthrop Hospital, Long Island, NY
Office: Geneva General Cardiology Associates
200 North Street, Suite 304, Geneva, NY
418 North Main Street, Penn Yan, NY
For an appointment: (315) 787-4204

Ashley Harris, MSN, FNP-C
Certification: Family Nurse Practitioner
Master’s Degree: Saint John Fisher College, Rochester, NY
Office: Interlakes Orthopaedic Surgery
Finger Lakes Health Commons,
789 Pre-Emption Road, Geneva
430 Clifton Springs Professional Office Park,
Clifton Springs, NY
For an appointment: (315) 789-0993

Staci Hooker, MSN, RN, FNP-C
Certification: Family Nurse Practitioner
Master’s Degree: SUNY Upstate Medical University
Office: Finger Lakes Gastroenterology
Geneva Office Park, 821 Pre-Emption Road, Suite 300, Geneva, NY
For an appointment: (315) 787-5310

Lisa Mejia, MSN, ARNP, FNP-BC, CWCN
Specialty: Family Medicine
Certification: Family Nurse Practitioner
Master’s Degree: University of Miami - Coral Gables, FL
Office: Lifecare Medical Associates
1991 Balsley Road, Seneca Falls, NY
For an appointment: (315) 539-9229

Ashley Pajk, MSN, A-GNP-C
Certification: Adult-Gerontology Nurse Practitioner
Master’s Degree: Keuka College, Keuka Park, NY
Office: FLH Medical, P.C. Geneva Primary Care
200 North Street, Suite 102, Geneva, NY
For an appointment: (315) 787-5400
New Health System Board Members

Finger Lakes Health’s Board of Directors has elected five new board members: Ryan Hallings, John Hicks, Susan Stork, Menzo Case, and Matthew Talbott, M.D.

Ryan Hallings, a Vice President and Commercial Loan Officer at Lyons National Bank, previously served as Vice President of Community Development for the Finger Lakes Economic Development Center (FLEDC). A member of Penn Yan Rotary, Mr. Hallings also serves on the Board of Directors of the Cornell Cooperative Extension of Yates County, is a member of the Yates County Farmland Preservation Board and the FLEDC Loan Review Committee as well as the advancement committee of the Arc of Yates. Mr. Hallings’ previous board service includes the Board of Education for Penn Yan CSD, Yates Cultural and Recreational Resources and the Town of Milo Planning Board. Named as a Rochester Business Journal “40 under 40” honoree, Mr. Hallings and his wife have two children.

John Hicks, a long-time Ontario County Administrator until 1995, has held management positions for the New York State Department of Environmental Conservation, the Geneva Business Improvement District, and for the Ontario County Industrial Development Agency as airport manager. Mr. Hicks served as a sergeant in the United States Marine Corps and earned the rank of captain in the United States Air Force Reserve. His impact on the local community stretches from volunteering for the Salvation Army, to serving as President of the Smith Opera House, President of the Ontario County Cooperative Extension, serving on the Hobart Athletic Association, and as a board member for the former National Bank of Geneva. Mr. Hicks and his wife have four children.

Susan Stork is a leasing agent for Birkett Landing and a licensed real estate broker. Devoted to the community, Mrs. Stork’s service includes Finger Lakes Health Foundation Board Chair, Lakeside Country Club Board of Directors, Penn Yan Academy Athletic Hall of Fame Treasurer, and as a volunteer for St. Michael’s Elementary School in Penn Yan and for the Yates County History Center. Mrs. Stork and her husband have three children.

Menzo Case is the President and Chief Executive Officer of Generations Bank, Agency & Investment Services. Mr. Case served in the United States Marine Corps and has volunteered since for several local civic organizations. He currently serves as President of Habitat for Humanity of Seneca County and as the Elder, Treasurer, and Sunday School Administrator for the Finger Lakes Christian Fellowship. Mr. Case also serves on the Board of Directors for the National Women’s Hall of Fame, the Seneca County Industrial Development Agency, The Merry Go Round Theater, Women’s Right to Run 19K, and New York Chiropractic College. He is a licensed Certified Public Accountant. Mr. Case and his wife have four children.

Matthew Talbott, M.D. is Director of Emergency Medicine for Finger Lakes Health and Chief of the Medical Staff of Geneva General Hospital. Dr. Talbott is a graduate of The Ohio State University College of Medicine & Public Health and completed his residency in Emergency Medicine at The University of Rochester Medical Center. Dr. Talbott specializes in Emergency Medicine and is a Diplomat of The American Board of Emergency Medicine and Fellow of The American College of Emergency Physicians.
Your donation to Finger Lakes Health helps enhance quality, accessible health care in our communities.

**The gift you make today will bring:**

- Compassion and caring for all who need healing
- Friendship and cheer for those who need companionship
- Engagement and light to raise spirits
- Commitment to excellence for all in our care
- Encouragement and inspiration to keep up the fight

You choose how your generosity will impact friends and neighbors. Direct your gift to:
- Support the area of greatest need across the health system.
- Support needed equipment and programs for acute, primary, specialty and long term care.
- Support this year’s special program to bring life-saving, 3D mammography equipment to Yates County.

Mail a check, today, payable to:
Finger Lakes Health Foundation
196 North Street, Geneva, NY 14456

or call (315) 787-4074

Or donate online at: [https://www.flhealth.org/make-a-donation](https://www.flhealth.org/make-a-donation)
Grateful Families

Living Center at Geneva - South
“I cannot say enough about the physical therapist & occupational therapist, they get kudos for their patient care in helping me and getting all of us back to the best we can be. It’s all in our attitude. Thanks to the staff”
~Living Center of Geneva Resident

The Homestead at Soldiers & Sailors Memorial Hospital
“The people here are the happiest that we have ever seen. You can tell they are in this career for the right reason.” We are not used to having everything so organized in healthcare and it’s a great change for us!
~Homestead Resident Family Member

Huntington Living Center
Many thanks and much gratitude for the entire staff: social work, accounting, dietary/ kitchen, aides, OPs and PTs, security and maintenance. ~ Huntington Living Center Resident Family Member

In the day-to-day of life we all feel underappreciated at times - please let this remind you in those difficult times, what each of us do really does makes a difference.

Our family wishes to thank you all for the time devoted to the care and comfort of all those who pass through your facility, and for taking the time to understand and care for our mother, her dignity and comfort through her passing.
~ Huntington Living Center Family Member
The Special Needs Unit at Huntington Living Center

Huntington Living Center in Waterloo offers a 40-bed specialized care unit for individuals with Alzheimer’s disease/ dementia and other related cognitive impairments.

The design of the Special Needs Unit allows for a secure environment where residents who are confused and forgetful can safely move about the unit, while receiving 24-hour supervision and personalized care.

The three wings of the unit convene in a bright, spacious dining room. Residents enjoy diet-specific meals in the dining room as well as dementia-specific, meaningful activities and recreational programs. The Zumba exercise program that is filled with music and dance moves is the number one attended activity by the residents and always puts a smile on everyone’s face.

The Zumba exercise program is the number one attended activity by the residents and always puts a smile on everyone’s face.

The dining room overlooks a large, fully enclosed outdoor courtyard, which features lovely landscaping, a gazebo, and a pavilion for all to enjoy!

If your loved one is in need of dementia care, we are here for you! Call (315) 787-4733 today to schedule a tour and discuss the availability.

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.
To: Friends of
Finger Lakes Health

Getting your lifesaving mammogram screening just got a little easier!

Finger Lakes Health is offering Walk-In Screening Mammograms

**GENEVA**
Second Monday of the month:
December 9, January 13, February 10, March 9, and April 13
7:30 a.m. – 11:30 a.m. and 12:45 p.m. – 4:30 p.m.

Women’s Health Services
200 North Street, Suite 303 • (315) 787-4400
(Located in the Medical Office Building, adjacent to Geneva General Hospital)

**PENN YAN**
Third Wednesday of the month:
December 18, January 15, February 19, March 18, and April 15
9:30 a.m. – 6:00 p.m.

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

Patients do not need a referral nor will they incur a copay for a screening mammogram. For uninsured patients, the CSP of the Finger Lakes Region provides free screenings for colorectal, cervical and breast cancers for uninsured men and women. Please call (877) 803-8070 to see if you are eligible for a free screening.

https://www.flhealth.org/services/mammography