Best Urgent Care in the Finger Lakes

3D Mammography

Meet Our New Providers
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Educational Moments at Finger Lakes Health
Clockwise from upper left corner: 1. New Vision students, Peyton Comfort and Matthew Moniot (both from Penn Yan Academy) participated in a hands-on workshop that included dissecting pig hearts with New Vision Alumnus, Dr. Geoffrey Ostrander ’03. 2. Students, Riley Corey (Waterloo), Jaclyn Bell, (Bloomingfield), learn how to intubate using a manikin in the College of Nursing & Health Sciences lab, with Stephanie Weigand ’10, Assistant Professor FLHCONHS; 3. Scott Mattoon, PA-C, Interlakes Orthopaedic Surgery, demonstrates the process of putting on a cast with William Reese, (Mynderse Academy, Seneca Falls), Riley Corey, (Waterloo, in background); 4. Michael Roberts, PA-C, Interlakes Orthopaedic Surgery, shows Sophia DelPapa (Midlakes) how to take off a cast; 5 and 6. Students from Keuka College tour Finger Lakes Health College of Nursing & Health Sciences’ lab.

Spring 2019 Online Recipes
• Banana Pecan Biscotti
• Meatless Monday Chick Peas and Butternut Squash
• Country Beans
www.flhealth.org/healthyrecipes
The most rewarding part of my role at Finger Lakes Health is observing first-hand the incredible compassion demonstrated everyday by our employees, medical staff, and volunteers.

At Finger Lakes Health our organizational values represented by the mnemonic HEART.

Health
Exceptional care and service
Acts of kindness
Responsibility and respect
Teamwork

These values represent the intangible ways that members of the Finger Lakes Health family serve others each day and carry out their calling.

In this issue of Thrive, you will see glimpses in our patient stories, the real impact these actions make each day when patients and residents choose Finger Lakes Health for their care.

I wanted to share with you a small sampling of some recent moments when our staff, providers, and volunteers demonstrated these values, going above and beyond their roles.

At Soldiers & Sailors Memorial Hospital, Amy Lee initiated our first annual “Heels Up for Healing” 5K race to benefit the hospital. The race took place April 6 and proceeds were dedicated to bring 3D Mammography to Soldiers & Sailors. Amy, an avid runner, spearheaded this race as an opportunity for staff and the community to engage in a fun, healthy, family friendly activity while also raising needed funds toward life-saving equipment.

During our long, cold winter, Finger Lakes Health’s warm HEART shined through when several times staff stayed overtime, worked extra shifts and sheltered at our facilities instead of going home, to ensure continuity of care for patients and residents. For example, over the weekend of January 19th and 20th, more than 40 staff stayed on-site, instead of going home to their families, ensuring that we had the right blend of skills and talent to meet patient and resident needs. Facilities (maintenance and groundskeeping staff), nutritional services aides, nurses, nursing assistants, housekeepers, radiology and laboratory technologists, patient service techs (transport), and physicians each play a vital role in our mission and represent just a few of the staff who stayed though the storms to assure our HEART didn’t skip a beat.

On Valentine’s Day, several of our nursing leaders, Samantha Benjamin (Nurse Manager of the Dr. Olaf and Elaine Lieberg ICU at Geneva General Hospital) and Michelle Michael-Korn, (Finger Lakes Health’s Director of Emergency Services at The Brenda and Dave Rickey Family Foundation Emergency Department at Geneva General Hospital and the Soldiers & Sailors Memorial Hospital Emergency Department), Kara Lincoln (Manager of the Joint Center of the Finger Lakes) and Katie Dmitry (Nurse Manager of 1st Acute at Soldiers & Sailors) wore...
their HEARTs on their sleeves when they partnered with Finger Lakes Donor Recovery Network Hospital Organ Donation Campaign. At this kick-off event more than 100 Finger Lakes Health staff newly registered as organ donors to help save lives, joining the many employees who are already registered. You also can participate, visit www.organdonor.gov to learn more and help save lives through being an organ donor.

As part of our efforts to raise funds to bring 3D Mammography to Women’s Health Services at Geneva General Hospital, the Finger Lakes Health Foundation sold huge Mammo Bars (dark and milk chocolate bars) to support the cause. These bars feature Kaylee Stone of Phelps and Lew Ann Giles of Dundee, both survivors who lent their personal stories to the cause. Marie Gay, our much-loved receptionist at Women’s Health, made it her mission to sell the most bars, based on a personal goal. Marie sold 65 bars personally raising $1,300.

I am most grateful to all our staff who demonstrate everyday that the common thread is the HEART that connects us all.

Sincerely,

Jose Acevedo, M.D., M.B.A.

(Continued from Page 3)

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(Continued from Page 3)

New Faces

Finger Lakes Health welcomes these new faces to our health system.

Susan Carlson, DNP, NPP, RN, PMHNP-BC, PMHCNS-BC has been named Dean of the Finger Lakes Health College of Nursing & Health Sciences and the Marion S. Whelan School of Practical Nursing.

Carlson received her Doctor of Nursing Practice from St. John Fisher College, Wegmans School of Nursing in Rochester where she was the recipient of the DNP Academic Excellence Award and the Doctor of Nursing Practice DNP Clinical Practice Scholarship Award. She is board-certified by the American Nurse Credentialing Center as both a Psychiatric Mental Health Nurse Practitioner and Psychiatric Mental Health Clinical Nurse Specialist.

She completed her Post-Master Nurse Practitioner Certification at the University of Rochester School of Nursing, her Master of Science in Nursing from the University of Rochester School of Nursing and her Baccalaureate of Science in Nursing from the State University of New York at Brockport in Brockport.

Carlson has multiple published articles about emergency psychiatric nursing, nursing education, and tool development.

Phil Beckley has returned to the Finger Lakes Health Board of Directors upon his re-election in September 2018 for a five-year term.

Philip Beckley of Geneva had previously served as a member of Finger Lakes Health Board of Directors beginning in 2007. He then served as Secretary in 2010-2011, Vice Chair beginning in 2012, and Chair from 2015-2016.

Beckley is retired as the publisher of the Finger Lakes Times newspaper in Geneva, where he worked from 1969 through 2005, and is currently a partner in SPLASH Public Relations and Marketing. He is a member of the boards of directors of Geneva Growth, the Geneva Housing Authority and the Geneva Rotary Club and has also served on many community boards in the past. Beckley and his wife, Linda, are long-time residents of Geneva. Beckley is an avid golfer and enjoys reading.

Dr. Susan Carlson

Phil Beckley
Meet Dr. Sarah Chang, Family Medicine Physician

Dr. Sarah Chang

About Me
I grew up in Fort Lee, N.J., a town that sits on the other side of the George Washington Bridge connecting New Jersey and New York City. In fact, I spent most of my life thinking upstate New York was the last exit on the Palisades Interstate Parkway! I was thrilled to find out there was so much more to explore.

I chose to become a physician because…
I initially intended to study acupuncture and oriental medicine because of my familiarity with it growing up with Korean parents. However, given the Asian origins of the field, my parents were highly skeptical of training done outside of Asia. They suggested it was possible to help patients as a physician too, so why not train in a field of healing that the United States is good at? Their logic seemed to make sense and I am thankful to have learned allopathic medicine.

My Training
I graduated from Wellesley College with a major in American studies as well as biological sciences. I graduated from Rutgers – Robert Wood Johnson Medical School in Piscataway, N.J. and completed my family medicine residency at Mount Sinai Beth Israel in New York, N.Y., with a focus in urban underserved medicine.

I chose to specialize in family medicine because…
I liked the ideology in family medicine of looking at patients as people and wanting to learn how their social issues contributed to their medical problems and finding creative ways to treat the issues.

My special interests are:
I am interested in integrative medicine and in learning about alternative modalities that patients try for their ailments and how allopathic medicine can contribute towards healing.

I joined Finger Lakes Health because…
After living near New York City all my life and completing residency in Manhattan, my husband and I felt we put in enough time in the city. We vacationed in the Finger Lakes a couple of times previously, and so when a job opportunity arose, we decided to come up and see how we liked it. Once we realized we loved the Finger Lakes, it was an easy decision to choose to work at Finger Lakes Health (Lifecare Medical Associates) with a group of dedicated physicians and staff.

When I know I am helping my patients, I feel…
I am grateful for the opportunity to serve the Finger Lakes community.

In my free time, I like to…
Looking at, being on, or thinking about the gorgeous lakes in all four seasons! I also enjoy playing the violin.

Dr. Chang is accepting new patients. She is seeing patients at Lifecare Medical Associates, 1991 Balsley Road, Seneca Falls, NY 13148. Please call (315) 539-9229 to schedule an appointment with Dr. Chang.

To make an appointment to see Dr. Sarah Chang, please call Lifecare Medical Associates at (315) 539-9229.
Ready when you need us.

You don’t always know when surgery will be necessary, but when it is, we want your choice to be an easy one.

We are the physicians at Geneva General Surgical Associates. Committed to providing the highest quality care to patients, we stand ready for emergency surgery, and also offer patients who are planning an elective surgical procedure the peace of mind that comes from knowing you are in the hands of skilled surgeons.

As board-certified surgeons, we want your first choice to be local. Contact us at Geneva General Surgical Associates – your trusted surgical care experts.

Geneva General Surgical Associates

200 North Street, Suite 203
Geneva • (315) 787-5383

418 North Main Street
Penn Yan • (315) 531-2983
Mammography Saves Lives

1 in 8 women will be diagnosed with breast cancer.

While there have been recent conflicting recommendations about mammography screening guidelines, the most important information for us to focus on is that mammography screening saves lives.

We perform screening mammograms as a way to increase early detection and save lives. The goal is to reduce deaths due to breast cancer by detecting breast cancer early, when treatment is more effective and less harmful. Simply put, the goal of breast cancer screening is to reduce the incidence of advanced disease.

The American College of Radiology (ACR) and Society of Breast Imaging (SBI) recommend that women start getting annual mammograms at age 40. The American Cancer Society (ACS), US Preventive Services Task Force (USPSTF), ACR and SBI agree that this approach saves the most lives.

If a first degree relative has an earlier diagnosis under age 40, it is recommended that you start screening 10 years before the age your first degree relative was diagnosed.

Breast cancer has to reach a certain size to be detected in any manner. The benefit of screening mammography is earlier detection and lower risk that the breast cancer will have spread at the time of detection. Waiting for breast cancer to become evident as a palpable lump detected on a breast self-exam or by a primary care physician, means it will be larger and more likely to have spread to lymph nodes or elsewhere at the time of detection. This is especially true for premenopausal women. Based on studies of modern screening mammography there are 30 to 40% fewer deaths due to breast cancer among women screened with mammography than among those who do not undergo screening.

At Geneva General Hospital’s Women’s Health, we have recently installed a Hologic 3D mammography unit and we are currently fundraising (see page 9) to bring this same technology to Soldiers & Sailors Memorial Hospital. The new 3D units capture more images in nearly an identical time for the patient and using the same dose of radiation. These images provide an enhanced tool for the radiologists reading the study to interpret the results. This technology is especially important for women with dense breast tissue.

We offer convenient day, evening and weekend hours. Mammography screening is covered by most insurances and there are county programs which are designed to help offset any costs. We also have special donated funds to assist patients who might need transportation for a screening mammogram or might miss work for a diagnostic mammogram or breast ultrasound, if called back for a mammogram. There are many resources and no reason to not get this life-saving screening.

My advice to thrive is simple, call today, (315) 787-4555 Geneva or (315) 531-2555 Penn Yan, to schedule your mammogram and encourage those you love to get their mammogram every year according to the guidelines.
Your Support Brings Cutting Edge Technology to Our Communities

Starting December 6, 2018, the Women’s Health Services at Geneva General Hospital began offering our patients the most accurate mammogram available – digital breast tomosynthesis, also known as 3D mammography. This state of the art technology allows our physicians to treat patients of all breast densities who are at risk for breast disease, while reducing procedure time, minimizing costs and improving patient comfort.

On Tuesday, February 19, more than 100 people gathered at Women’s Health Services in the North Street Medical Office Building to celebrate the installation of the new 3D mammography equipment. The group, consisting of Finger Lakes Health administrators, staff and health professionals as well as prospective patients and community members were able to see the equipment and learn about the benefits of 3D mammography from radiologist, Dr. Scott Mooney.

Dr. Mooney explained, “The technology will help the radiologists detect invasive breast cancers earlier, and will reduce the number of patients who need additional imaging after a screening mammogram.”

The skilled physicians from Finger Lakes Radiology are big proponents of 3D mammography, and feel that the technology is a ‘game changer’ for our facilities and Lisa Davis, Women’s Health Services Coordinator at Geneva General Hospital, shares their enthusiasm for the equipment.

Davis says, “Our patients deserve the most up to date technology in breast imaging.” She adds, “I have been performing mammography for 31 years and the images and the technology amaze me!”

The installation of the 3D mammography equipment was made possible, thanks to a generous lead gift from the Brenda and Dave Rickey Family Foundation honoring Joy McDonald-Roulan and from donations from the community to the 2018 Geneva General Hospital Annual Campaign. A plaque has been installed in the mammography room to acknowledge the gift honoring Joy.
The Rickeys were on hand to celebrate with Finger Lakes Health representatives at the ribbon cutting ceremony, made all the more touching as several of Joy’s family and friends were in attendance.

More than $4500 was also raised through the sale of “3D Mammo” candy bars, featuring the breast cancer journey of Kaylee Stone, whose story was featured on the labels. All $20 candy bar purchasers were eligible to be entered into a raffle drawing for a choice of a $250 cash prize or a 3D camera. The winning ticket was drawn on January 9th by Marie Gay, receptionist at Women’s Health Services. Marie was chosen to draw the ticket, as she was the number one salesperson, selling 65 out of 200 bars!

Fundraising efforts are now under way to support plans to bring 3D mammography to Soldiers & Sailors Memorial Hospital in Penn Yan. Finger Lakes Health will earmark all donations to the 2019 Soldiers & Sailors Annual Fund for this campaign, and “3D Mammo” bars, featuring the story of Lew Ann Giles, of Dundee, are available for sale throughout the health system.

To make a donation to the 3D Mammography campaign or to designate your gift to any department at any of our sites or a project/area of special importance to you, contact Helen Kelley, Director of Development for the Finger Lakes Health Foundation: (315) 787-4050 or helen.kelley@flhealth.org. Your gift will make a lifesaving difference.
FLH Medical, P.C. Urgent Care,
Providing the BEST Care for Our Community

We were voted as the BEST “Urgent Care” in the Finger Lakes by the Finger Lakes Times Readers’ Choice Awards. Read what our patients are saying:

- Best urgent care hands down. Have been here several times, and have always left feeling great about the care I received. Staff really cares about what you have to say, and do their best to make you feel better! Definitely recommend!
  - Shannon L.

- 5 stars! Excellent care. Staff was very personable and professional. The provider listened to my concerns and provided me with compassionate care. The wait was less than 5 minutes. Total visit time was less than 15 minutes. I highly recommend this Urgent Care - will definitely be returning for any future needs.
  - Andrew J.

- I was in from out of town needing an appointment at an Urgent Care. From the first moments inside the door to my actual exam with Brooke I was not only impressed but felt completely at ease and comfortable in her care. The bonus was that I was in and out within a 15 minute time frame. What a great experience.
  - Cheryl F.

- After taking a fall and getting injured, I went to FLH Urgent Care in Geneva to seek treatment. I was greeted with kindness by the receptionist & offered to help myself to some coffee while I waited for the provider. However there was no time as I was immediately taken into the treatment room. I was assessed by nurse and provider and x-rays were ordered on the spot. The provider then explained my situation thoroughly and what was necessary in the best course of care. This was my first experience with FLH Urgent Care and I would definitely recommend this UC for quick service, and excellent care. Thank you Shar Secor and your staff for such good care.
  - Rob O.
We are committed to caring for our neighbors, friends and family. We are committed to caring for YOU.

Our Urgent Care services are designed for all minor injuries and unexpected illnesses. We are staffed with highly qualified and experienced physicians, physician assistants, nurse practitioners, and nursing staff who are ready to provide on-the-spot care for orthopaedic injuries, dental pain, minor wounds requiring sutures, minor cuts and burns, sexually transmitted infections, urinary tract infections, colds and flu-like illnesses, sore throats, earaches, and cough. We also offer sports physicals. “We have tested over 2000 patients for the flu since October 1st 2018. 472 patients have tested positive for Influenza A, with the highest spike during the month of March 2019,” comments Bob Switzer, PA-C, Director, Urgent Care.

We provide point-of-care testing for:
- Influenza
- Mononucleosis
- Pregnancy
- Strep Throat
- Urine
- Lyme Disease Testing

“Lyme disease is the most common tick-borne disease in North America. Early detection and treatment can help resolve symptoms and prevent progression of the disease, so we are very excited to be able to offer Lyme-testing at our Urgent Care locations since we see so many patients that present with tick bites” comments Switzer.

We offer two locations that are open everyday, with convenient hours.

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

GENEVA
Finger Lakes Health Commons
789 Pre-Emption Road
(315) 781-2000
Ultherapy!
Now being offered at Geneva General Dermatology.

The Ultherapy Difference
FDA approved Ultherapy is a non-invasive procedure that lifts and tightens skin on the neck, chin and brow and improves lines and wrinkles on the décolletage. This non-surgical treatment relies on ultrasound therapy to deliver its collagen-boosting treatment and stimulates production of your skin’s own collagen and elastin. Unlike other more invasive treatments, you get real results with no downtime.

Safety is Our #1 Priority
Geneva General Dermatology is a full-service practice offering personalized medical, cosmetic and surgical dermatology care. We are committed to providing the highest quality of care and service in a supportive and educational environment.

To learn more about Ultherapy and to make an appointment, please call Geneva General Dermatology at (315) 787-5355.

Trust the Experts in Skin Care at Geneva General Dermatology.

May is Skin Cancer Awareness Month

These are all skin cancers
Have you been checked?

Geneva General Dermatology
70 Mason Street • Geneva, NY 14456
(315) 787-5355 • www.flhealth.org/dermatology
Small and Mighty Auxiliaries Have Big Impact

Geneva General Hospital Auxilians spend many hours conducting multiple fund raisers during the year to support projects in our facilities through the Finger Lakes Health Foundation. In 2018, the group donated $3,000 to the Foundation in support of 3D mammography at Geneva General, and provided a $500 scholarship to a New Vision student.

1 Valentine Basket Winner. Emily Mogray, a physical therapist with the Transitional Care Program at Living Center South, was the winner of the Geneva General Hospital Auxiliary Valentine’s Day Basket which was filled with goodies including wine, candy, decorative items and candles and was valued at more than $200. The raffle brought in $341 for the Auxiliary, which supports programs and services at Geneva General Hospital.

The Soldiers & Sailors Memorial Hospital Auxiliary had another outstanding year of fund raising, contributing $12,000 to the Soldiers & Sailors Annual Fund of the Finger Lakes Health Foundation to support 3D mammography at the Penn Yan hospital. The Auxiliary’s contribution was made possible by another profitable year for the Peppermint Parlor snack bar and gift shop and the work of many volunteers and friends of the Auxiliary.

2 Auxiliary Donates to 3D Mammography. Soldiers & Sailors Memorial Hospital Auxiliary Board president, Sylvia Eisenhart, presents Helen Kelley, Director of Development for Finger Lakes Health Foundation, with a check for $12,000 to support acquisition of a 3D mammography unit for the Penn Yan hospital. Other members of the Auxiliary Board pictured in back from left: Marilyn Smith, Eisenhart, Kelley, and Shirley Jensen, and seated from left: Doris Vander Weide and Kathie Sheridan.

Taylor-Brown Auxiliary conducted many fund raisers, which enabled the group to donate more than $9,200 to Huntington Living Center. The money funded entertainment and game rental for the annual resident picnic as well as other entertainment such as bands, Zumba gold sessions, Sirius radio renewal and game supplies.

3 Taylor-Brown Auxiliary Donates Game Supplies. Residents at the Huntington Living Center enjoy activities and games thanks to donations from the Taylor-Brown Auxiliary.

Finger Lakes Health is very grateful to those in our community who give of their time and talents to participate in our Auxiliaries. If you are interested in learning more about becoming a member of an Auxiliary, contact Helen Kelley at (315) 787-4050 or helen.kelley@flhealth.org.
Finger Lakes Outpatient Rehabilitation Services

“Excellent, all of them, caring, thoughtful, respectful, professional, and they know their jobs and perform them well!” This is a recent quote from a patient of Finger Lakes Health’s Outpatient Rehabilitation Services. Finger Lakes Health Rehabilitation Services provide physical therapy, occupational therapy and speech therapy services in Ontario, Seneca and Yates counties. Every individual who requires therapy receives one on one attention during the therapy visit. Over the last few years, Finger Lakes Health Rehabilitation has expanded services and sites, and have early and evening hours available. All the therapists at Finger Lakes Health (FLH) have advanced degrees and some are specially trained and certified in a variety of treatment methods allowing for care of a variety of diagnoses.

Orthopaedic Care
The physical therapists and occupational therapists provide care for local, elite athletes both at the college and high school levels. The therapists work with our team of providers from Interlakes Orthopaedic Surgery (IOS) and surrounding physicians for a team approach to getting these athletes back in the game. Our team of therapists also treats weekend warriors as well as those who have had orthopaedic surgical procedures, such as hip or knee replacement or shoulder or back procedures. If everyday strains and sprains are your ailment, our therapists can address those concerns and help decrease your pain and increase your strength and mobility to help you live a healthier life with less joint pain and disability.

Neurological and Stroke Care
If you or someone you know suffered a stroke or is fighting a neurological disease such as multiple sclerosis or Parkinson’s disease, the therapy team can help establish goals to maximize mobility and restore function. At Finger Lakes Health, a patient can receive physical therapy, occupational therapy and speech therapy services all at the same time, under one roof. The team of therapists will collaborate and coordinate services to meet the goals of the patient. The overlapping team approach allows the therapists to work on function, cognition, memory and mobility together. Having all services at one place is convenient to both the patient and family caregivers.

Post-Concussion Care and Vestibular Care
If you have had a concussion with unresolved symptoms of decreased tolerance to activities, the physical therapists’ at FLH can help. Using specialized assessment techniques, the therapist can help you “normalize” your symptoms and return to learn, play and life. The therapist can help anyone of any age who may have suffered a concussion or multiple concussions.

If you are experiencing dizziness, loss of balance or benign positional vertigo (BPV), our physical therapists can help you alleviate these symptoms. The therapists will move
the patient through a variety of specialized exercises and techniques to increase tolerance to everyday activities and decrease the impact of symptoms of dizziness and loss of balance.

**Pelvic Floor Care**
The muscles on the floor of your pelvis support your internal organs. If these muscles become weak, it can cause urinary incontinence, pelvic floor prolapse, pain, and decrease quality of life. Specialized trained therapists at FLH rehabilitation services can help decrease these symptoms, strengthen these muscles and provide education to help you live a more rewarding life and not be limited by these symptoms.

**Community Outreach**
FLH Outpatient Rehabilitation Services also values the health of our community. At our Geneva General Hospital site at Garnsey Outpatient Rehabilitation Center, we offer free monthly screenings for fall risk for community members over the age of 65 years old. Throughout the year, community exercise programs are available at all sites. The classes offer instruction on how to safely exercise and monitor your body’s response to exercise. The therapists at FLH are committed to the health and wellness in these prevention programs.

“Get Up and Get Moving” is a community-based exercise program made possible by the Rochester Area Community Foundation and Yates Community Endowment. This 4 week (8 session) program is led by the Finger Lakes Health Rehabilitation team to help reduce preventable injuries, increase proper body mechanics, increase confidence and increase activity. The grant supports participants and provides a 3 month membership to the YCRR. The next sessions will be in June and September. To register, please call 315-531-2577.

The physical therapists, occupational therapists and speech language pathologists at FLH rehabilitation services pride themselves on providing the highest level of care for a variety of diagnoses. They have helped thousands get their lives back. All patients with a valid medical prescription can call for an appointment and receive a thorough individualized assessment focused on maximizing their potential. Whether your needs are to get back into the game, return to work, improve cognition, speech or function with activities of daily living and ambulation, the team at FLH rehabilitation is there for you at the following 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

*Evening Hours Available

Maureen Loyal, Director of Rehabilitation Services, was recently honored at the Rochester Business Journal Healthcare Achievement Awards in the Management Category.
Welcome Providers

Finger Lakes Health is pleased to welcome three physicians and a physician assistant to our list of providers.

Sarah Chang, M.D.
**Specialty:** Family Medicine
**Medical School:** Rutgers- Robert Wood Johnson Medical School, Piscataway, NJ
**Residency:** Mount Sinai Downtown (formerly Beth Israel) Family Medicine Residency, New York, NY.
**Office:** Lifecare Medical Associates
1991 Balsley Road
Seneca Falls, NY 13148
**For an appointment:** (315) 539-9229

Katelin Malishchal, PA
**Specialty:** Family Medicine/Urgent Care
**Certification:** Physician Assistant Program
**Master’s Degree:** Lock Haven University of Pennsylvania, Lock Haven, PA
**Office:** FLH Medical, P.C. Urgent Care (Geneva and Seneca Falls)

Omar Qureshi, M.D.
**Specialty:** Radiology, Diagnostic Radiology
**Certification:** Board-certified, American Board of Radiology
**Medical School:** University of Rochester School of Medicine, Rochester, NY
**Residency:** University of Miami/Jackson Memorial Hospital, Miami, FL, Diagnostic Radiology
**Fellowship:** University of California, San Diego, CA, Musculoskeletal Radiology and Musculoskeletal MRI
**Office:** Finger Lakes Radiology, LLC, Geneva, NY

Diabetes Care Center of the Finger Lakes has moved!

We are now located in Geneva General Hospital. Patients should enter through the Garnsey Rehabilitation entrance or the Emergency Department entrance and follow the signs.

196 North Street
Geneva, NY 14456
Tel: (315) 787-4006
Fax: (315) 789-1678

Online Bill Pay Now Available!

We all know how busy today’s world is. People are constantly multi-tasking and have competing priorities during the day. This is why we are offering our patients the ability to pay their bills at their convenience at [flhealth.org/patients-visitors/patient-financial-services/pay-your-bill-online](http://flhealth.org/patients-visitors/patient-financial-services/pay-your-bill-online). This service is available 24 hours a day, seven days a week, 365 days a year!

We offer on-line bill pay for the following practices and services:
- Geneva General Hospital
- Soldiers & Sailors Memorial Hospital
  - Hospital bills include inpatient charges, outpatient charges including Emergency Department, Laboratory, Radiology, Surgery and Dialysis
- FLH Medical, P.C. Clifton Springs Internal Medicine-Heather Green
- FLH Medical, P.C. Geneva Primary Care
- FLH Medical, P.C. Keuka Health Care
- FLH Medical, P.C. Pre-Emption Family Medicine
- Lifecare Medical Associates
- Finger Lakes Gastroenterology
- Interlakes Orthopaedic Surgery

We will be offering on-line bill pay in the future for:
- Anesthesia (Professional)
- Hospitalist (Professional)
- Clyde Family Health Center
- Dundee Family Health Center
- Seneca Family Health Center
- Geneva General Cardiology Associates
- Geneva General Dermatology
- Geneva General Surgical Associates
- Long Term Care
Shriners Hospitals for Children provides specialized care to children with orthopaedic conditions, burns, spinal cord injuries, and cleft lip and palate, regardless of the families’ ability to pay. Generally, care is provided until age 18, although, in some cases, it may be extended to age 21. All care and services are provided in a family-centered environment. For more information, please visit shrinershospitalsforchildren.org.

If you know a child Shriners Hospital for Children may be able to help, please let their family know about this complimentary screening clinic.
Hi my name is Eric (Rick) Hessney and I live in Dresden, as I have most of my life. In the late spring of 2018 I had my Gall Bladder removed and complications set in. Following my hospitalization in Geneva, then Rochester. I spent 5 months in these hospitals due to various infections and complications until I came the Homestead in Penn Yan for Rehabilitation.

Now, it’s almost Christmas time, and after several near death experiences, I’m at the point where I am strong enough to not only return home and take care of myself, but I can get back to my two adorable cats Pancho and Cisco.

I owe the entire staff at "The Homestead" for my recovery and don’t have any idea how I can thank them as they made me mostly whole again minus my gall bladder. They are a blessing to the community.

ThankYou

Eric Hessney
Newly Renovated

The Homestead at Soldiers & Sailors Memorial Hospital is a 150 bed skilled nursing facility. We provide short-term rehabilitation services, including physical therapy, occupational therapy, speech therapy, as well as traditional and specialty long term care services.

Come to rehab on our newly renovated unit close to home!

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

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
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Rehabilitation

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Transitional Care Rehabilitation

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Let your family be part of our family. Call (315) 787-4733 today to schedule a tour and discuss availability.

We put our hearts into caring for your loved one.

Finger Lakes Health
Long Term Care

www.flhealth.org
The Get Ready to RUN program consists of weekly coached workouts in a supportive environment, designed to safely improve your health, enhance your fitness, and prepare you to complete the Cubby Chase 5K (3.1 miles) or 10K (6.2 miles) on July 27, 2019. You will train in a group setting and receive individualized weekly suggested workouts so you can reach your goal and the finish line!

The beginner program is designed to guide you, starting out with walking, and building into running and completing your first 5K road race. For experienced runners who can complete 5K distance, the “Reach For 6.2” program will help you build endurance and improve your performance to take the next step to run a 10K.

The program begins May 28, 2019 Tuesday evenings for eight weeks from 6 – 7 p.m. Location: Jim Dooley Center for Early Learning & various running venues in the Geneva area. Cost is $62 which includes registration to participate in the Cubby Chase 5K or 10K event on July 27, 2019.

Register for the Get Ready to RUN program online at https://runsignup.com/Club/NY/Geneva/FingerLakesHealthRunningClub

Or, contact race organizer, Kathy Ryrko at (315) 787-4190 or kathy.ryrko@flhealth.org.