



good Health Matters

Samaritan's Newsletter to the Community

A Woman's Perspective OB-GYN Delivers Care Options for Area Women

Women in Watertown and the surrounding communities now have another option for their obstetric and gynecological care. This past fall saw the opening of A Woman's Perspective OB/GYN, a new medical practice affiliated with Samaritan Medical Center.

The practice is a result of Samaritan's on-going physician recruitment efforts, and serves to strengthen OB/GYN services for the community. A Woman's Perspective OB/GYN is staffed by Drs. Kathryn Buchanan and Elizabeth Lucal.



Dr. Elizabeth Lucal (L) reviews a patient chart with A Woman's Perspective practice manager, Gina Berry.

pregnancy, and menopause," explains Dr. Lucal.

While many women may choose to see an OB/GYN regularly for pelvic exams, healthcare screenings or prenatal care, others first go to an OB/GYN only when a specific problem arises.

According to Dr. Lucal, she and Dr. Buchanan often work with a woman's family doctor to provide more specific care for female-specific medical issues such as a high-risk pregnancy, infertility, permanent contraception, ovarian or

"We specialize in the full range of women's healthcare, from your first gynecologic visit, through family planning,

cervical cancer, management of menopause symptoms or urinary incontinence.

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Samaritan Strengthens Primary Care Services for the Community

Three New Family Physicians in the Community

Of the many ways that a family can stay healthy, choosing a family doctor is one of the most important. Finding a doctor that your family can trust, feel comfortable with, and develop a long-term relationship with can be crucial to maintaining family health.

This past fall, Samaritan Medical Center made finding a doctor for your family just a bit easier by welcoming three new family medicine physicians to our community – Dr. Parul Saxena, Dr. Bina Maharjan and Dr. Jamey Burton. Drs. Saxena and Maharjan have joined the staff at the Samaritan Plaza Family Health Center in Watertown, while Dr. Burton practices at Samaritan's LeRay Family Health Center.

Unlike other physicians who specialize in treating one particular organ or disease, your family physician is uniquely trained to care for you as a whole person, regardless of your age or sex.

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Senior Village

New Senior Village Project Takes Shape

Samaritan Medical Center has started plans for the construction of a new skilled nursing and assisted living facility to provide the community with additional senior care services and fill a long-standing need for a new level of care. Site work is expected to begin in June.

Funding for this project will be accomplished through various sources, including a \$34 million HEALNY grant. The grant requires the project to be completed by October 2012. This project is part of a community-wide solution that was developed through collaborative efforts of several agencies, including the Community Assisted Living Corporation, Jefferson County, Watertown Housing Authority, Samaritan Medical Center and Carthage Area Hospital.

The Samaritan Senior Village project will provide multiple levels of support for the local elderly population, including 168 skilled nursing beds and 120 assisted living beds. For those who need some help with activities of daily living, but do not need continuous nursing care, assisted living offers a certain amount of independence and added privacy. Skilled nursing provides an extra level of attention for those who need it by offering medical care and oversight 24 hours a day.

According to Eric Endress, Project Architect for Reese, Lower, Patrick & Scott (RLPS), the architectural firm from Lancaster, PA that was selected to develop the project "the Samaritan Senior Village will feature a home-like environment that's flexible, allowing residents to stay in their rooms as they move from

assisted living to skilled nursing care ... something that benefits both the residents and staff."

Some of the industry trends that will be incorporated into the design include:

- Residential-style dining rooms for small groups of people versus a larger, institutional-type cafeteria setting
- Use of softer materials, such as carpeting versus tiled floors; less glaring paint colors to help older eyes see objects and surfaces better, and wood railings versus hard plastic or metal
- Flexible food service that is prepared on residents' schedules and that fits different lifestyles
- More abundant, but smaller "common rooms" that give residents areas for various activities such as reading, computer use, or conversation versus one big room
- Room design flexibility - such as sinks that can be lowered and cabinets that can be re-configured - allowing residents to stay in the same rooms as they start to require different levels of support

"Our emphasis is on the residents. We want to bring services to them, rather than making them go to the services," adds Mr. Endress. "This type of design improves efficiency - giving the staff more time to devote to the residents and their needs."

The planned nursing home design and the addition of assisted living beds will ensure that our older population continues to receive the best possible care in a home-like setting that is most appropriate for their unique medical, physical, and emotional needs.

Positive Changes Underway at the New Mercy

Since Samaritan took over management of Mercy of Northern New York in the last fiscal quarter of 2010, changes and improvements have occurred quickly. The new Samaritan management team headed by Dennis Casey, Administrator, Stacey Cannizzo, Assistant Administrator, and Paula Edwards, RN, Director of Nursing, have placed particular emphasis on quality of services, nursing care, staff education, facility improvements, and better communication with staff, external business vendors, and family members of residents.

According to Mr. Casey, "We've been able to achieve a great deal

thanks to Samaritan's on-going financial support and our staff's hard work and willingness to be involved." Changes have included clinical educational programs for staff in areas such as nutrition, diabetes, and infection control, as well as more timely internal communication on a daily and weekly basis to improve efficiencies and staff support. Improvements in housekeeping procedures and facility operations have greatly improved quality-of-life standards for residents.

Mercy's goal is to expand the facility in order to support up to 180 residents instead of the current number, which ranges around 140. This would help support the community's need for quality, long-term care. Mr. Casey sees the increase being achieved "gradually through increased staff and training. We want to maintain our quality gains and not lose ground on what we have already achieved."

One Patient's Story:

Morris Trahan Pavilion Stay Exceeds Expectations

"It was the best ten days I ever spent."

While it's not exactly what you expect to hear from someone after a recent hospital stay, these words are a strong testament to the quality of care provided at Samaritan Medical Center ... care that has only been enhanced by the recent opening of Samaritan's new Pavilion.

The Pavilion, which opened in November, is the new home of the Samaritan Emergency Department, Surgical Care Center, Intensive Care and Progressive Care Units, and a Medical/Surgical Unit.

According to Watertown resident Morris Trahan, a recent patient in the Pavilion's medical/surgical unit, his hospital experience was as positive as one could wish for.

"Everything about the new patient rooms made me feel very comfortable," he says. "I really appreciated being in a private room, for example, because my wife visited me every day. It was nice to have her there without needing to worry about disturbing a roommate."

"The food was excellent, I had my own flat screen TV and my own bathroom and shower," he continues. "And although my wife didn't stay overnight with me, she could have because there was a fold-out sofa right in my room."

The private patient rooms and other improved amenities that are found in the Pavilion are geared toward creating a healing environment and patient-centered atmosphere.

Morris Trahan poses with Alyssa Ryan, RN, during his stay in the Pavilion's Medical/Surgical Unit.

Trahan would recommend Samaritan Medical Center to his family, friends, and any community member in need of medical care because of its healing environment and –patient-centered atmosphere.

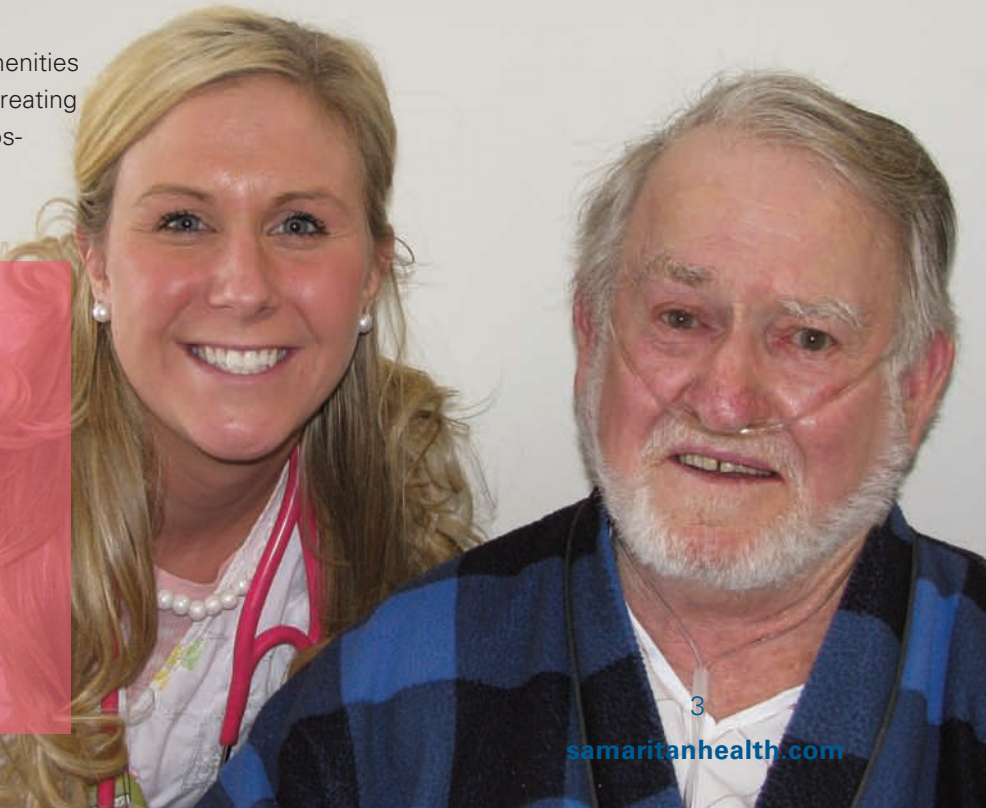


Nurses and staff members pose in one of the private patient rooms in the Pavilion's Medical/Surgical Unit.

In addition to his surroundings, Mr. Trahan also praised the care he received while at Samaritan. "The level of care, from the time I arrived until the time I left, was just fantastic. The nurses that took care of me were friendly and worked really well together."

In Mr. Trahan's opinion, this speaks volumes about the kind of people who work at Samaritan. "The staff is extremely dedicated to patient care. You know that they have their own families and their own concerns, but they are 100% focused on taking care of their patients," he says.

"I would highly recommend Samaritan Medical Center to my family, my friends, or to any community members who need medical care," he says. "We're truly lucky to have Samaritan in our community!"



Welcoming New Healthcare Professionals



Kimberly R. Barrett, MD*
Obstetrics & Gynecology
 Fort Drum OB/GYN Clinic
 826 Washington Street, Suite 202 • 315-785-4624

Dr. Barrett joins the practitioners at the Fort Drum OB/GYN Clinic.
 Medical School: Uniformed Services University of the Health Sciences, F.E. Hebert School of Medicine, Bethesda, MD
 OB/GYN Residency: Tripler Army Medical Center, Honolulu, HI
 Board-certified with: American Board of Obstetrics & Gynecology



Krishnakumar Hongalgi, MD
Nephrology
 Nephrology Associates of Watertown, PC
 19328 US Route 11, Suite B • 315-782-0136

Dr. Hongalgi joins the practice of Dr. Khalid Sindhu at Nephrology Associates of Watertown.
 Medical School: Karnataka Institute of Medical Sciences, Hubli, Karnataka, India
 Internal Medicine Residency: Case Western Reserve University MetroHealth Medical Center, Cleveland, OH
 Nephrology and Hypertension Fellowship: Long Island Jewish Medical Center, New Hyde Park, NY
 Board-certified with: American Board of Internal Medicine with subspecialty certification in Nephrology



M. Kathryn Buchanan, MD
Obstetrics & Gynecology
 A Woman's Perspective OB/GYN
 Washington Summit, Suite C
 19324 US Route 11 • 315-788-2805

Dr. Buchanan starts a new practice with Dr. Elizabeth Lucal at A Woman's Perspective OB/GYN.
 Medical School: West Virginia University School of Medicine, Morgantown WV
 OB/GYN Residency: Baylor University Medical Center, Dallas, TX
 Active Candidate of: the American Board of Obstetrics & Gynecology



Elizabeth Lucal, MD
Obstetrics & Gynecology
 A Woman's Perspective OB/GYN
 Washington Summit, Suite C
 19324 US Route 11 • 315-788-2805

Dr. Lucal starts a new practice with Dr. M. Kathryn Buchanan at A Woman's Perspective OB/GYN.
 Medical School: Michigan State University, East Lansing, MI
 Obstetrics/Gynecology Residency: Tripler Army Medical Center, Honolulu, HI
 Board-certified with: American Board of Obstetrics & Gynecology and a Fellow of the American College of Obstetrics & Gynecology



Jamey Burton, MD
Family Medicine
 LeRay Family Health Center
 26908 Independence Way, Suite 101 • Evans Mills • 315-629-4525

Dr. Burton joins Dr. Benjamin Rudd at the Samaritan LeRay Family Health Center.
 Medical School: Uniformed Services University of the Health Sciences, Bethesda, MD.
 Family Medicine Residency: Womack Army Medical Center, Fort Bragg, NC
 Board-certified with: American Board of Family Medicine



Bina Maharjan, MD
Family Medicine
 Plaza Family Health Center
 1575 Washington Street • 315-786-7300

Dr. Maharjan joins Dr. Parul Saxena, Dr. Ryan Tyler and Dr. Joseph Wetterhahn at the Samaritan Plaza Family Health Center.
 Medical School: Sindh Medical College, Karachi, Pakistan
 Family Medicine Residency: Central Maine Medical Center, Lewiston, ME
 Board-certified with: American Board of Family Medicine



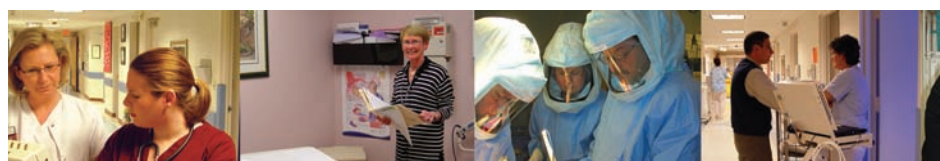
Dariusz Chrostowski, MD
Allergy and Immunology
 Advanced Asthma & Allergy of NNY, PLLC
 727 Washington Street, 2nd Floor • 315-681-4192

Dr. Chrostowski opens a new practice at Advanced Asthma & Allergy of NNY.
 Medical School: Medical University of Gdansk, Gdansk, Poland
 Pediatric Residency: Nassau University Medical Center, East Meadow, NY
 Allergy & Immunology Fellowship: Children's Memorial Medical Center, Northwestern University Medical School, Chicago, IL
 Board-certified with: American Board of Allergy & Immunology as well as the American Board of Pediatrics



Gary L. Robbins, MD
Radiology
 Northern Radiology Associates
 1571 Washington Street, Suite 101 • 315-788-3500

Dr. Robbins joins the practitioners at Northern Radiology Associates.
 Medical School: Upstate Medical University, Syracuse, NY
 Diagnostic Radiology Residency: Upstate Medical University, Syracuse, NY
 Board-certified with: American Board of Radiology





Fritz Roc, MD, FACC
Cardiology

New York Heart Center
19472 US Route 11, Suite 205 • 315-779-7430

Dr. Roc joins the practice of Dr. Vojtech Slezka at New York Heart Center.
Medical School: University of Haiti, Port-au-Prince, Haiti
Internal Medicine Residency: Bronx Lebanon Hospital Center, Bronx, NY
Cardiovascular Disease Fellowship: Bronx Lebanon Hospital Center, Bronx, NY
Board-certified with: American Board of Internal Medicine with subspecialty certification in Cardiovascular Disease.



Thiru Singam, MD
Hospitalist

Samaritan Medical Center • 315-779-5298

Dr. Singam joins the Samaritan Hospitalist Group.
Medical School: Saba University School of Medicine, Netherlands-Antilles
Internal Medicine Residency: Louis A. Weiss Memorial Hospital, Chicago, IL
Rheumatology Fellowship: University of Saskatchewan, Saskatoon, Saskatchewan, Canada
Board-certified with: American Board of Internal Medicine



Gail S. Rose-Green, MD
Pediatrics

Pediatric Associates of Watertown
18969 US Route 11 • 315-782-4391

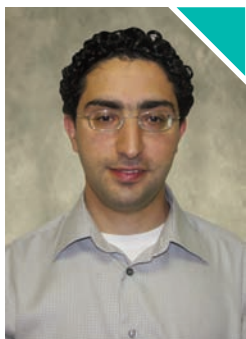
Dr. Rose-Green joins the practitioners at Pediatric Associates of Watertown.
Medical School: University of the West Indies, Jamaica
Pediatrics Residency: Albert Einstein Medical Center, Philadelphia, PA
In Board process with: American Board of Pediatrics



Anil Singh, MD
Hospitalist

Samaritan Medical Center • 315-779-5298

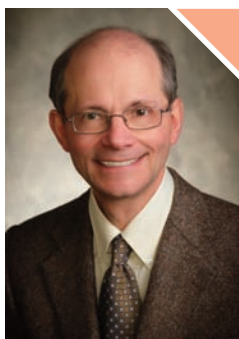
Dr. Singh joins the Samaritan Hospitalist Group.
Medical School: Dow Medical College, Karachi University, Karachi, Pakistan
Internal Medicine Residency: Mount Sinai Queens Hospital, Jamaica NY
Board-certified with: American Board of Internal Medicine



Tareq Saghir, MD
Hospitalist

Samaritan Medical Center • 315-779-5298

Dr. Saghir joins the Samaritan Hospitalist Group.
Medical School: Ross University School of Medicine, Dominica, West Indies
Internal Medicine Residency: Seton Hall University at St. Francis Medical Center, Trenton, NJ
Board-certified with: American Board of Internal Medicine



John J. Wasenko, MD
Radiology

Northern Radiology Associates
1571 Washington Street, Suite 101 • 315-788-3500

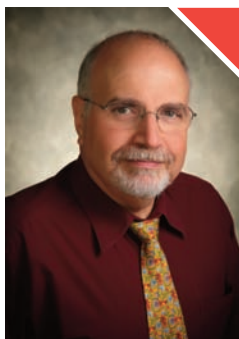
Dr. Wasenko joins the practitioners at Northern Radiology Associates.
Medical School: Albany Medical College, Albany, NY
Diagnostic Radiology Residency: SUNY Upstate Medical University, Syracuse, NY
Neuroradiology Fellowship: Cleveland Clinic Foundation, Cleveland, OH
Board-certified with: American Board of Radiology with specialty certification in Neuroradiology



Parul Saxena, MD
Family Medicine

Plaza Family Health Center
1575 Washington Street • 315-786-7300

Dr. Saxena joins Dr. Bina Maharjan, Dr. Ryan Tyler and Dr. Joseph Wetterhahn at the Samaritan Plaza Family Health Center.
Medical School: Maulana Azad Medical College, New Delhi, India
Family Medicine Residency: Bronx Lebanon Hospital Center, Bronx, NY
Board-certified with: American Board of Family Medicine



Michael K. Waters, MD
Emergency Medicine

Samaritan Medical Center

Dr. Waters joins the Samaritan Emergency Department and North Country Emergency Medical Consultants.
Medical School: New Jersey Medical School, Newark, NJ
Family Medicine Residency: Somerset Medical Center, Somerville, NJ
Board-certified with: American Board of Family Medicine



* This practitioner is a military physician with Fort Drum, therefore, his/her practice is limited to military and military dependents.

Leaving a Legacy of Health

How can you make a difference in the lives of your family, your friends, your neighbors and the entire Northern New York community?

It's as easy as remembering the Samaritan Foundation in your will!

Planned giving is a valuable way for you to support Samaritan Medical Center, Samaritan Keep Home and the vital services that these organizations provide to our community.

Planned giving is simply a deferred donation, arranged well ahead of time, usually through wills, life insurance, charitable trusts, or gifts of property or stock. Planned giving does not usually require an immediate gift, but instead guarantees that a contribution will be made in the future. This allows you to contribute to the hospital in coming years without worrying about your current financial needs.

Planned gifts may be designated for specific Samaritan programs or to support the hospital's greatest needs. Gifts may be used to fund new patient care services, purchase high-tech equipment, construct new facilities or assist with the continuing education of more than 1,800 employees. The return on your investment in Samaritan's future will be a vibrant, healthy hospital for future generations in the North Country.

There are a variety of easy giving options from which you can choose – from naming us as a beneficiary in your will or life insurance policy, to more complex trust arrangements. We recommend that you consult an attorney or financial advisor to make certain that your contemplated gift fits into your overall circumstances and planning.

If you have already made your estate plans and remembered the Samaritan Foundation in your will, please let us know. By informing us of your wishes, we can celebrate you for your thoughtful generosity and better plan for the future and

intention of your gift. We will also be able to acknowledge you as a member of the Stevens Society, a group that recognizes individuals who have chosen to support the mission of Samaritan through a charitable bequest and/or lifetime planned gift of any size.

For more information about the Samaritan Foundation of Northern New York, or to discuss your options for donating, call us at 315-785-5745.



“Gifts may be used to fund new patient care services, purchase high-tech equipment, construct new facilities or assist with the continuing education of more than 1,800 employees.”

A Woman's Perspective...

continued from front cover

Dr. Lucal's enthusiasm for her specialty shows through the moment she starts talking about it. "I think women are fabulously dynamic with changing healthcare needs as they move through life," she says. "Women are usually very involved in their healthcare, and are quick to see how things such as work, marriage and children can impact their overall health."

Dr. Lucal points to minimally invasive GYN surgeries, an area that holds particular interest for both her and Dr. Buchanan, as an example of how they help their patients.

"If surgery is needed to treat a particular complaint, there are many new procedures available that not all women may be aware of," she explains. "Most of these procedures are minimally invasive which means that our patients typically experience less pain, fewer complica-

Samaritan Strengthens Primary Care...

continued from front cover

In addition to diagnosing and treating acute and chronic illnesses, your family physician provides routine check-ups, immunizations, screening tests, and counseling on lifestyle changes in an effort to prevent illnesses before they develop. And, if a health condition arises that requires care from another specialist, your family physician will be there to guide you and to coordinate all aspects of your care.

Dr. Burton stresses the importance of finding a family physician with whom you can develop an on-going relationship. "By getting to know you, your family, your hobbies, even your 'quirks'... your family doctor is able to recognize when something is 'wrong' or 'just not right'. It helps us to help you, medically speaking."

Sometimes community members feel that they don't need to see a family doctor because they aren't sick or don't have any on-going health issues. "Think of your body like the vehicle that you drive," says Dr. Burton. "Like your vehicle, your body requires regular 'maintenance' - which includes monitoring your blood pressure, checking your cholesterol, and listening to your heart and lungs ... to name a few. Similar to servicing your vehicle, by performing healthcare maintenance your family doctor helps you avoid needing a major overhaul in the future."

Family doctors provide comprehensive healthcare, but many also have areas that are of specific interest to them. For Dr. Burton, these areas include sports medicine, women's health, and military medicine. Dr. Maharjan has a special interest in women's health and geriatrics, while Dr. Saxena focuses on women's health, pediatrics and the treatment and management of diabetes and asthma.

While the addition of these three new physicians has strengthened primary care services in Watertown and the surrounding communities, there is still an on-going need for additional practitioners and family physician recruitment continues to be a top priority for Samaritan Medical Center.

The Samaritan Family Health Centers are now accepting new patients. Please call to make an appointment.

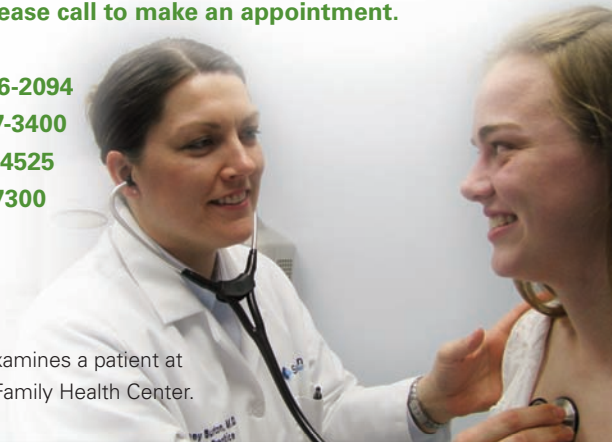
Clayton • 315-686-2094

Lacona • 315-387-3400

LeRay • 315-629-4525

Plaza • 315-786-7300

Dr. Jamey Burton examines a patient at Samaritan's LeRay Family Health Center.



tions, shorter hospital stays and are able to get back to their everyday lives more quickly."

A hysterectomy, or surgical removal of the uterus, is a perfect example of how GYN surgery has evolved. A hysterectomy used to be the answer to a variety of medical issues, including fibroids, abnormal uterine bleeding, endometriosis, and chronic pelvic pain. The procedure required an abdominal incision, a two to three night hospital stay and another four to six weeks of recovery.

Today, while abdominal hysterectomies are still performed in some cases, there are a variety of other alternatives that are far easier on the patient. Some symptoms can be treated with medication, while others do require surgery – but can use procedures such as endometrial ablation that specifically address only the problem area and can often be done on an outpatient basis. There are also minimally invasive hysterectomies that can be an option depending on the patient's complaint, medical history and risk factors.

"Dr. Buchanan and I are here to help our female community members – both with typical OB/GYN concerns and with more complex healthcare needs that a woman's usual practitioner might not specialize in," concludes Dr. Luca. "Our practice has received a warm welcome and we're looking forward to becoming part of the community."

A Woman's Perspective OB/GYN is now accepting new patients. Please call 315-788-2805 for more information.



Samaritan Expands Its Network of Off-Campus Care Centers with Coffeen Street Location

Let's face it. When you need a medical test – whether for a one-time health issue or for on-going monitoring - it's an added benefit to find it close to home. With today's busy lifestyles, staying local is a valued convenience.

Samaritan Medical Center is keeping pace with our community's growth by providing outpatient testing centers where they're needed most – close to where our patients live and work. In October 2010, Samaritan opened its newest center on Coffeen Street in Watertown, across from the Jefferson Community College campus.

The Coffeen Street Outpatient Testing Center provides X-ray and laboratory testing, with plenty of free parking. The Center also offers convenient hours, so you don't have to miss work or take extra time away from family or friends.

"We're making it easier than ever to get the healthcare tests you need," explains Michael Mandich, Radiology Services Supervisor. "The Coffeen Street location is the latest addition to Samaritan's network of off-campus care centers. We also have several other Watertown locations, as well as facilities in LeRay and Clayton."

All of the off-campus centers provide outpatient tests only, which allows them to make those patients the top priority. Samaritan Medical Center itself is still a source for outpatient

imaging and lab testing, but handles testing for inpatients and Emergency Department cases as well.

"At each of our testing centers, we're committed to efficient turnaround and providing the referring physician with quick and easy access to test results," adds Mr. Mandich. "We understand that the tests we're performing are often crucial to a patient's diagnosis, treatment or follow-up."

For a full listing of Samaritan's Community-Based Outpatient Testing Centers please see the special insert opposite this article.



Samaritan Joins HealthConnections™: A Vital Link to Improved Patient Care

In today's world, most of us receive medical care from more than one clinic, doctor or hospital. Each provider keeps its own records with information about your test results, medications and medical history. However, healthcare providers can make better decisions about your care and treatment when they have as much information as possible about your health. That's why Samaritan Medical Center is joining HealthConnections this summer.

HealthConnections' Health Information Exchange is a secure computer information system that gives authorized healthcare providers access to patient information from multiple sources as soon as it is available.

HealthConnections is the Regional Health Information Organization (RHIO) of Central New York, which covers an eleven county region that includes: Onondaga, Oswego, Cayuga, Tompkins, Cortland, Madison, Oneida, Herkimer, Lewis,

Jefferson, and St. Lawrence. Several Syracuse-based hospitals are already on board. Samaritan will be among the first Jefferson County healthcare providers to be connected, with numerous other North Country hospitals and physician offices also scheduled to join in 2011.

For individual patients, access to good care becomes easier and safer when records are shared. Patients benefit from fewer duplicate tests and procedures, faster second opinions, a reduced risk of errors caused by illegible handwriting or incomplete records, and more informed care during office visits and emergencies.

Patients must provide consent to each of their participating healthcare organizations for their medical information to be viewed electronically. In the near future, when you use a Samaritan service, you will be asked during registration for your consent.

For more information, please visit www.healthconnections.org.



Samaritan Outpatient Testing Centers

Accepting both walk-in patients and those with appointments, Samaritan's outpatient centers are designed to get you in and out for medical testing as quickly as possible.

We offer private and easy access to routine lab work, ultrasound, mammography, bone density scans and x-rays for both adults and children. We accept all physician orders and provide efficient turnaround that quickly gets the test results back to your doctor.

A) Clayton Family Health Center

315-686-2094
X-ray & Lab Tests – walk-in or by appointment
Hours: Lab: Monday – Friday
7:00 a.m. – 3:30 p.m.
X-ray: Monday – Friday
8:00 a.m. – 4:00 p.m.
(closed from 12:00 p.m. – 1:00 p.m.)
909 Strawberry Lane • Clayton
Fax: 315-686-2821

B) Coffeen Street X-ray & Lab Center

315-755-2140
X-ray & Lab Tests – walk-in or by appointment
Hours: Mon./Tues./Wed./Fri.
8:00 a.m. – 7:30 p.m.
Thurs./Sat./Sun.
8:00 a.m. – 5:30 p.m.
1213 Coffeen Street, Suite 2 • Watertown
Fax: 315-755-2142

C) LeRay Family Health Center

315-629-4525
X-ray & Lab Tests - walk-in or by appointment
Hours: Monday – Friday
8:00 a.m. – 4:30 p.m.
26908 Independence Way, Suite 101 • Evans Mills
Fax: 315-629-5751

D) Outpatient Testing Center

315-779-5231
Lab Tests - walk-in or by appointment
Hours: Monday – Friday
6:00 a.m. – 5:00 p.m.
826 Washington Street, Suite 205 • Watertown
(Medical Office Building - adjacent to Samaritan Medical Center)
Fax: 315-779-5239

E) Patient Service Center

315-786-8962
Lab Tests - walk-in or by appointment
Hours: Monday – Friday
7:30 a.m. – 4:30 p.m.
(closed from 12:00 p.m. – 1:00 p.m.)
1571 Washington Street, Suite 102
(in the North Country Orthopaedic Group Bldg) • Watertown
Fax: 315-786-8962

F) Washington Summit Imaging & Lab Center

315-788-1204
X-ray & Lab Tests - walk-in or by appointment
Ultrasound - by appointment only
Hours: Monday – Friday
8:00 a.m. – 4:00 p.m.
(closed from 12:30 p.m. – 1:00 p.m.)
19324 US Route 11, Bldg 2,
(Outer Washington St.) • Watertown
Fax: 315-788-0943

G) Watertown Breast Imaging (WBI)

315-782-5008
Mammography, Bone Density Scans, Ultrasound and Breast Biopsies - by appointment only
Hours: Monday – Friday
7:30 a.m. – 4:30 p.m.
428 Washington Street • Watertown
Fax: 315-782-5032

H) Woman to Woman

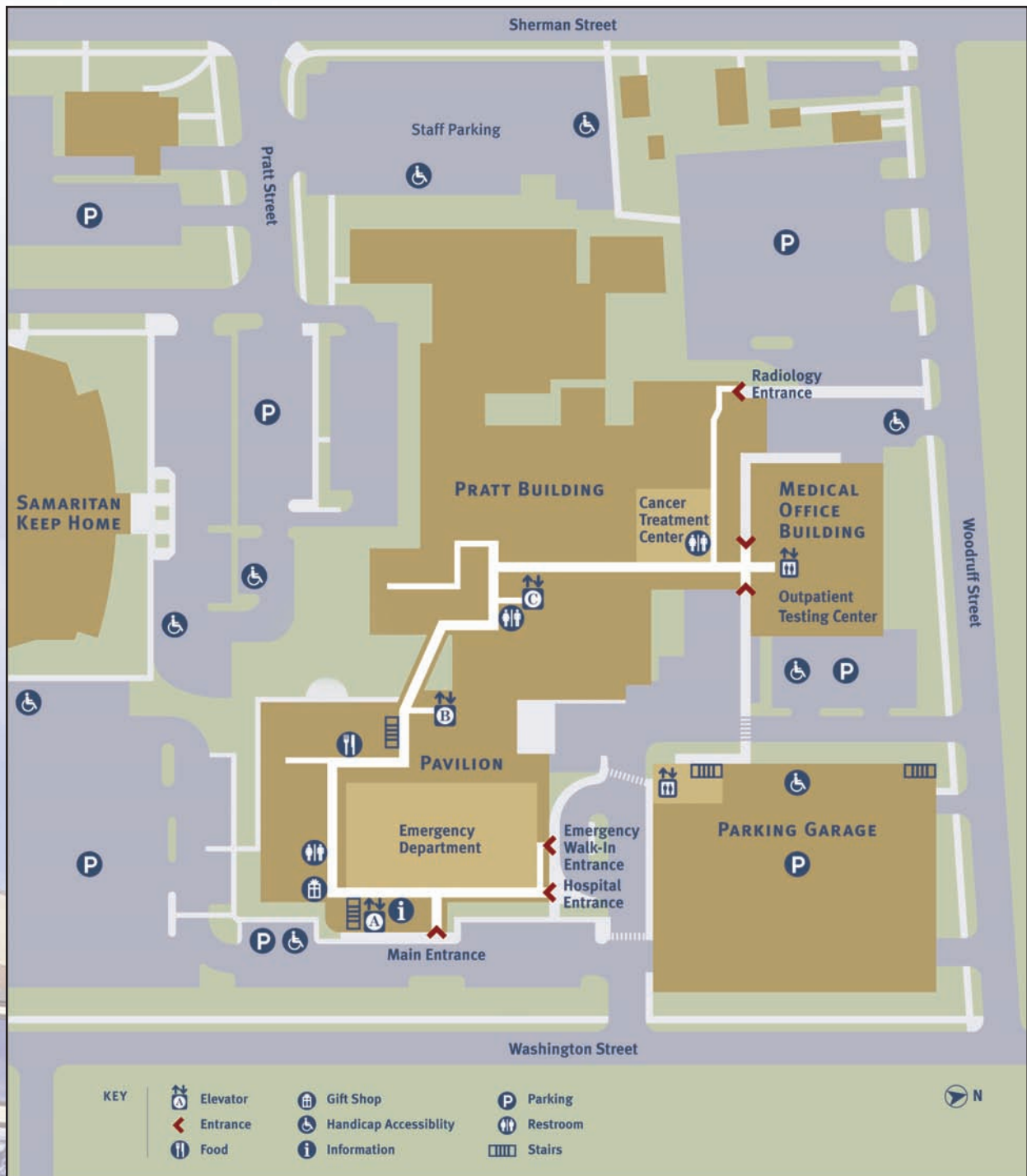
315-785-4155
Mammography, Bone Density Scans and Ultrasound - by appointment only
Hours: Monday – Friday
7:30 a.m. – 4:30 p.m.
1575 Washington Street • Watertown
Fax: 315-779-5066

I) Radiology/Imaging Services at Samaritan Medical Center

315-779-5200
X-ray - walk-in or by appointment
Ultrasound, Mammography, CT, MRI, PET/CT, Angiography and Interventional - by appointment
Hours: Monday – Friday
8:00 a.m. – 5:00 p.m.
830 Washington Street • Watertown
Fax: 315-785-4181



Samaritan Medical Center Campus Map



Celebrating 40 Years at Samaritan

Excellence in healthcare is a familiar phrase. To some it conjures up superior technology. To others it means great personal care. The truth, as we all know, is a delicate balance of the two. A balance that always benefits the patient.

At Samaritan Medical Center, we have many employees who provide that caring balance every day. Some have reached personal milestones in their dedication and commitment. We are proud to recognize two of those staff members who are celebrating 40 years of service at Samaritan.

Cynthia Woodard, RN

Part of the charter class in Nursing at Jefferson Community College, Ms. Woodard began her nursing career at Samaritan as an RN in October 1971. During her time at Samaritan, she has worked in a number of departments, including Medical/Surgical, Outpatient Procedures, Ambulatory Surgery, and Pain Management.

Ms. Woodard has been involved in various ways with the Pain Management program since its beginnings at Samaritan – about 20 years ago. She has helped to develop policies and procedures as the program has evolved and expanded from treating patients within other units to having its own dedicated center.

“Cindy is an open, warm, kind and loving person with a huge heart,” comments Pamela Denney, RN, Pain Center, Endoscopy and Short Stay Nurse Manager. “She brightens everyone’s day and is the epitome of a nurse – professional, smart, knowledgeable and caring.”

Another of Ms. Woodard’s accomplishments at Samaritan is her service on the committee that developed the first stages of pre-computer bedside patient charting. Taking charts from the nursing stations to the bedside allowed for more accurate real-time charting versus end-of-shift charting as had been done previously. “I am very proud of what we achieved. This change gave nurses more time to care for their patients and provided accurate, up-to-the-minute documentation that was accessible to all of the doctors and nurses on the floor,” states Ms. Woodard.

Ms. Woodard’s long service has allowed her to witness many changes at Samaritan. “The growth over the years has been

amazing,” she says. “Samaritan is truly my second home and my second family. I’m so proud of what Samaritan has done in and for our community over the years.”

Jung Kim, NA

Quiet, unassuming, dependable, hard working – all positive words his co-workers use to describe Mr. Kim. He came to the United States from Seoul, Korea in 1971 and quickly got his first American job – at Samaritan. In fact, Samaritan helped Mr. Kim obtain his social security number once he became an American citizen.

Mr. Kim’s decision to work at Samaritan was fortunate for more reasons than he could have guessed at the time. Not only did he find on the job training and a career, but he also met the future Mrs. Kim, a nurse in Samaritan’s Maternity Department.

According to his supervisor, Pamela Denney, RN, “Mr. Kim is willing, pleasant and extremely dependable. He does what needs to be done, but he’s also a very caring man.”

Although Mr. Kim has only worked in three departments at Samaritan – Housekeeping, Rehabilitation and Short Stay – he is well known throughout the hospital. In his usual unassuming way he says that Samaritan is “a good place to work with excellent people.” Now 66, Mr. Kim hopes to retire in four years and “move to someplace warm!”

Jung Kim, NA and Cynthia Woodard, RN pictured with Samaritan Medical Center President & CEO, Tom Carman (center) to mark their 40th anniversary.





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