



good Health Matters

Samaritan's Newsletter to the Community



Building HOPE

Samaritan Shares Blueprint for Comprehensive Cancer Care

Fighting cancer takes advanced technology and advanced thinking, but it also takes bricks and mortar. On May 31st, Samaritan Medical Center held a town meeting to share with the community its plans for a new comprehensive cancer center, which will house cancer services and physician specialists in a single convenient location designed with patients in mind. Cancer survivors and area residents were in attendance for a look at architectural renderings of the plans and to find out why Samaritan decided to pursue the project.

More than just a building...

"A building by itself is just a shell," explains Robert Johnson, MD, a thoracic surgeon and Chair of the Samaritan Cancer Committee. "What we're creating is more than that. It's a tremendous undertaking. We're creating a comprehensive cancer care program and building a facility specially designed to contain it."

Samaritan's new cancer care program has been in the making since its Board of Trustees adopted an updated strategic plan in January 2015. Based on a regional assessment of cancer care needs that was conducted in January 2014, the recommendation was made to establish a comprehensive oncology service line that would position Samaritan to meet those needs.



Artist rendering of a potential design for the new Comprehensive Cancer Center

Striving for accreditation...

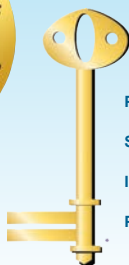
Part of establishing this new program is to achieve accreditation by the Commission on Cancer, a consortium of professional organizations dedicated to improving survival and quality of life for cancer patients through standard-setting, which promotes cancer prevention, research, education and monitoring of comprehensive quality care.

"Achieving Commission on Cancer accreditation will allow Samaritan to demonstrate to our community that we have invested in systems to ensure that cancer patients receive high quality, coordinated care, as well as making the commitment to

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A Top Performing Hospital Right Here in Watertown!

Samaritan Earns Quality Recognition from Joint Commission



- PNEUMONIA
- SURGICAL CARE
- IMMUNIZATION
- PERINATAL CARE

Samaritan Medical Center (SMC) was recently recognized as a Top Performer on Key Quality Measures® by The Joint Commission, the leading accreditor of healthcare organizations in the United States.

SMC was recognized as part of The Joint Commission's 2015 annual report "America's Hospitals: Improving Quality and Safety," for achieving and maintaining excellence in accountability measure performance for surgical care, perinatal care, immunizations and pneumonia. Samaritan is one of only 1,043 hospitals out of more than 3,300 eligible hospitals in the United States to achieve the 2015 Top Performer distinction.

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Samaritan Shares Blueprint...

ensure that supportive services and resources addressing the full continuum of care are available in our community,” says Jim Steggeman, Director of Oncology at Samaritan.

For patients, it means the assurance that Samaritan is dedicated to a full continuum of cancer care, including:

- Quality cancer care, close to home
- Comprehensive care offering a range of services and technology
- A multidisciplinary team approach to coordinate the best cancer treatment options available
- Access to cancer-related information and education
- Access to patient-centered services, such as psychosocial distress screening and navigation
- Options for genetic assessment and counseling and palliative care services
- Assessment of treatment planning based on evidence-based national treatment guidelines
- Information about clinical trials and new treatment options
- Follow-up care at the completion of treatment, including a survivorship plan

To achieve Commission on Cancer accreditation, each cancer program must undergo a rigorous evaluation and review of its performance and compliance with the standards. To maintain accreditation, Samaritan will undergo an on-site survey review every three years.



A special place of hope...

The modern design of the new comprehensive cancer care center features abundant natural light, easy and convenient accessibility to staff and supportive services and a calm, healing environment.

In addition to clinical exam and office space, this new 28,000 square foot, two-story facility will also offer space for:

- Covered, dedicated entrance
- Counseling and Supportive Care – resource center/library, patient navigation services, social workers, complimentary palliative care
- Chemotherapy/ infusion area - eighteen comfortable stations featuring reclining chairs, seating for family members, televisions and a view to the outside rooftop green space
- Appearance Center – retail sales for oncology patient-specific clothing, headwear, skin care products, wigs and breast prosthetics
- Medical conference, education and meeting rooms

Samaritan’s new comprehensive cancer care center is expected to open in late 2017.



Same Newsletter – *New Format*

We hope that you enjoy receiving our *Good Health Matters* community newsletter. In the near future, we are planning to offer an electronic version of this newsletter that will arrive directly in your email inbox. If you would prefer to receive *Good Health Matters* electronically in the future, please contact us at info@shsny.com. We will need you to provide your name, street address, city and zip and your email address. Thank you!

Make Samaritan YOUR CHOICE *for* Rehabilitation

Referrals to the Acute (Inpatient) Rehabilitation Unit may be made by a physician, patient, family member or other concerned party. Call 315-786-4800 to find out if you or a loved one meets the criteria for admission.



Newly Renovated Acute Rehabilitation Unit to Open Soon

Samaritan's Acute (Inpatient) Rehabilitation Unit (ARU) is currently being transformed as part of "Phase IV" of the Medical Center's on-going renovations. (See full story on page 5.) The new unit will include 12 private rooms with enough space to accommodate family members, an expanded therapy gym and a full apartment where patients will stay in order to gain confidence in their daily living activities before returning home. Watch for news of an Open House event once renovations are complete – tentatively late summer/early fall!

After an unexpected injury, debilitating disease or complicated surgery, you can come home again with help from Samaritan Medical Center's Acute (Inpatient) Rehabilitation Unit (ARU). The ARU combines 24-hour nursing care; physical, speech and occupational therapy; and a full-time physician who specializes in rehabilitation – making it easy to stay close to family and friends while also receiving expert care.

"Our Acute Rehabilitation Unit is designed for people who were living and functioning independently and now, for whatever reason, may be experiencing difficulty walking; with balance or coordination; bathing, eating or performing other activities of daily living; or with speech or swallowing," explains Aaron Naklick, Case Coordinator.

Samaritan's ARU, formerly known as Physical Medicine & Rehabilitation (PM&R) cares for patients who have suffered a stroke, head injury, spinal cord injury, joint replacement, complicated fracture, amputation or certain other medical conditions that result in debilitation or weakness. Some patients receive their initial medical treatment at Samaritan Medical Center. Others are transferred to Samaritan from other hospitals once their condition is stable and they are ready for therapy.

"Samaritan Medical Center offers the only acute rehabilitation unit in Northern New York," says Mr. Naklick. "It's a very specialized service not available in all hospitals. The nearest comparable services are as far away as Syracuse, Utica and Burlington, Vermont."

"Patients who receive their initial medical treatment at other hospitals should know that they can ask to be sent to Samaritan for their rehabilitation care," he adds. "An acute rehabilitation stay can range from one to three weeks, depending on the severity of the illness or injury. Being closer to home helps the patient to relax,



while his or her loved ones avoid frequent long drives, busy city traffic and the expense of travel and parking."

From the first day, patients and family work with the rehabilitation team to set goals, create a treatment plan and begin working toward discharge.

"Our team approach offers a variety of rehabilitation options that can be tailored to the patient's needs," says Paula Lidestri, MD, a Board-certified Physical Medicine & Rehabilitation specialist and Medical Director of the ARU. "Since each patient who comes to Samaritan is a unique individual, their rehabilitation program should be, too."

"We're proud to share that 90% of our patients return to their homes after rehabilitation," Dr. Lidestri adds. "That's higher than the national average of 77%."

Samaritan's ARU accepts patients who have a medical reason to be in the hospital for rehabilitation, require 24-hour nursing care and close medical supervision by a physician who specializes in rehabilitation, are able to participate in a minimum of three hours of therapy at least five days a week, and require at least two different kinds of therapy – physical, occupational and/or speech.

Renovations Continue to Transform Samaritan Medical Center

Ten years ago, Samaritan Medical Center (SMC) kicked off a period of growth unprecedented in its long history. Since then, the main campus has been transformed through the addition of the parking garage, the four-story patient pavilion, and the Macsherry Connector that links SMC and Samaritan Keep Home. Renovations have also been on-going within the walls of the Pratt Building of SMC as we modernize that facility to continue meeting the growing healthcare needs of our community.

Recent years have seen the opening of a newly renovated Rehabilitation Services Department and a new Chapel on the first floor of the Pratt building. Changes have also occurred on the 5-Pratt Medical/Surgical Unit, which was converted to private patient rooms.

Work is now underway on what is referred to as "Phase IV" of these on-going renovations. This phase will address SMC's remaining areas most in need of modernization. The areas slated for expansion and/or renovation include:

Maternity (Labor/Delivery, Recovery & Post-Partum)
Pediatrics
Inpatient Mental Health
Acute Rehabilitation

Radiology
Medical Staff Services
Support Services
(Shipping/Receiving, Storeroom, etc.)

Investing in the Future of Samaritan

Samaritan is dedicated to making the communities we serve stronger, healthier and better. But we cannot do it alone. Consider investing in the health of our community. Every gift, no matter the size, helps to make important advancements at Samaritan possible. To support the new Center for Women & Children or other current projects, please contact the Samaritan Medical Center Foundation at 315-785-5745 or donate online at samaritanhealth.com/foundation.

Artist rendering of a potential design for the new Center for Women and Children.



One of the most visible changes from a patient perspective will be the new **Center for Women & Children**. The Maternity and Pediatrics departments, currently located on separate floors, will be situated on one floor in order to provide an environment that appeals to the needs of both women and children. A separate parking lot and new, dedicated entrance will lead patients and visitors to a relaxing, spa-like environment featuring soothing colors, nature themes and abundant natural light. The Center for Women & Children will include:

Labor and Delivery

- Increasing from six to eight labor/delivery rooms, each with its own Jacuzzi tub
- Rooms large enough to accommodate family members who are present for the birth
- Adding a second operating room to accommodate Cesarean-section births

Post-Partum

- In this area where moms and babies go after the delivery until they go home, the room and furniture will be designed with the family in mind. Medical equipment is tucked away behind wood panels, with space is dedicated for personal belongings and flowers.

Samaritan Delivers Nationally Recognized Maternity Care (and babies)!

Pediatrics

- Bright, child-friendly colors and a “virtual” playroom to appeal to young patients
- Rooms will feature chalk/white boards for drawing and gaming capabilities

Other planned changes include:

Inpatient Mental Health:

The outdated institutional environment on this unit will be transformed to one that considers the unique healing needs of our patients in a calmer, warmer environment. In addition to an increase in beds from 32 to 34, the programming and activity space will feature enhancements for the patients and staff.

Acute (Inpatient) Rehabilitation Unit (ARU):

As part of the renovations, this unit will grow from the six shared rooms that exist today to twelve private rooms with enough space to accommodate family members. An expanded gym within the unit will make additional equipment available as part of the patient's therapy, including stairs, walking bars and even a car simulator to ensure that the road to recovery is traveled safely.

Prior to their discharge, patients will stay in a full apartment within the unit in order to gain confidence in their daily living activities once they return home. A living room, kitchen, bedroom and bathroom will enable the patient to test the skills and adaptive techniques learned during their rehabilitative stay.

(See our article on the Acute Rehabilitation Unit on page 3!)

Renovations are expected to be complete within the next 3-5 years.



Over 1,700 babies are born at Samaritan Medical Center each year. That gives us more than 1,700 reasons to proudly announce that Samaritan is one of the first hospitals designated as a Blue Distinction Center for Maternity Care by Excellus BlueCross BlueShield. This national designation recognizes hospitals that consistently demonstrate expertise in delivering quality maternity care safely and effectively, and we're honored to be one of them!

The Blue Distinction Centers for Maternity Care program evaluates hospitals on several quality measures, including the percentage of newborns that fall into the category of early elective delivery, an ongoing concern in the medical community. Compared with babies born 39 weeks or later, early term infants face higher risks of infant death and respiratory ailments, such as respiratory distress syndrome, pneumonia, and respiratory failure, among other conditions.

In addition, hospitals that receive a Blue Distinction Center for Maternity Care designation have agreed to meet requirements that align with principles that support evidence-based practices of care, as well as having initiated programs to promote successful breastfeeding. The program also evaluates hospitals on overall patient satisfaction, including a willingness to recommend the hospital to others.



“The expertise and experience of our Maternity providers and nurses here at Samaritan resulted in this distinction, which recognizes their commitment to providing the highest quality of care to both mothers and babies,” explains Tom Carman, President and CEO of Samaritan. “We are proud of the level of care that is provided by these true professionals, as well as the compassionate manner in which it is provided.”

Blue Cross and Blue Shield (BCBS) companies across the nation have recognized more than 280 hospitals as Blue Distinction Centers for Maternity Care, an expansion of the national Blue Distinction® Specialty Care program.

For more information about the program, visit www.bcbs.com/bluedistinction.

About Blue Distinction Centers

Blue Distinction Centers (BDC) met overall quality measures for patient safety and outcomes, developed with input from the medical community. A Local Blue Plan may require additional criteria for facilities located in its own service area; for details, contact your Local Blue Plan. Blue Distinction Centers+ (BDC+) also met cost measures that address consumers' need for affordable health care. Each facility's cost of care is evaluated using data from its Local Blue Plan. Facilities in CA, ID, NY, PA, and WA may lie in two Local Blue Plans' areas, resulting in two evaluations for cost of care; and their own Local Blue Plans decide whether one or both cost of care evaluation(s) must meet BDC+ national criteria. National criteria for BDC and BDC+ are displayed on bcbs.com. Individual outcomes may vary. For details on a provider's in-network status or your own policy's coverage, contact your Local Blue Plan and ask your provider before making an appointment. Neither Blue Cross and Blue Shield Association nor any Blue Plans are responsible for non-covered charges or other losses or damages resulting from Blue Distinction or other provider finder information or care received from Blue Distinction or other providers.



When you invest in the
Samaritan Medical Center Foundation,
you are investing in the health
of our community for generations to come!

Gifts are tax deductible and can be made one of three ways:

- Donate online at samaritanhealth.com/foundation
- Mail your donation to: Samaritan Medical Center Foundation of Northern NY, 830 Washington St., Watertown, NY 13601
- Contact the Foundation office at 315-785-5745

**Please save
the dates for our
2016 EVENTS!**

**Events to benefit the
Samaritan Medical Center
Foundation of NNY, Inc:**
to support services and programs
throughout the
Samaritan Health System

**Circle of Hope Breast Cancer
Awareness Brunch
October 1st**

**A North Country
Festival of Trees
December 2nd - 4th**

**Events to benefit Children's
Miracle Network
Hospitals at Samaritan:**

to support child-centered areas
of Samaritan and other healthcare
organizations in the tri-county region,
as well as providing
financial assistance to families
in a medical crisis.

**River Rat Triathlon
August 28th**

**Radiothon
November 2nd - 4th**

**The Samaritan Medical Center
Foundation's Grateful Patient, Family
& Friends Program**

When words just aren't enough to say "Thank you" ... Samaritan Medical Center Foundation's Heart to Heart program allows patients, families and friends an opportunity to thank a special caregiver or department who went the extra mile and made a difference in their visit or stay. Donations from this program will benefit patients and staff for years to come. Since its inception in 2010, the Heart to Heart program has raised over \$75,325. Here are some of our most recent honorees:

Teresa Bednar
Jenna M. Moore

David J. Flint, MD
Jenna M. Moore

Maja Lundborg-Gray, MD
Beth & Randy Fipps
Jenna M. Moore

Karen Jobson, RN
Beth & Randy Fipps

Jody Miller
Jenna M. Moore

Alicia Rabon
Beth & Randy Fipps

Brian Roggie, MD
Beth & Randy Fipps

Aaron Robert Shaw, PA-C
Martin A. Yenawine

Hannah Sherrill
Jenna M. Moore

**SMC 3rd Floor
Nursing Staff**
Maria Fitzgerald

SMC Emergency Dept.
Beth & Randy Fipps
Linda Turner
Timothy C. Canaan
Jonas P. Hershberger
Joseph Hostetler
Menno Hostetler
Lowville Amish Church
Leonard R. Marsh
Elmer D. Miller



Abraham Stutzman
Gideon J. Swartzentruber
Jonas Swartzentruber
Abe Troyer

Sarah Wallace
Jenna M. Moore





Children's Miracle Network Hospitals

Helping Local Kids

Real Miracles in Northern New York

Samaritan Medical Center has served as the North Country's official Children's Miracle Network Hospital since 1990, striving to raise and allocate funds to improve the health and well-being of children in Jefferson, St. Lawrence, and Lewis counties. Every dollar raised stays local. In 2015, Children's Miracle Network Hospitals at Samaritan funded more than \$110,000 in new equipment, including isolettes for the Neonatal Intensive Care Unit (NICU) and bili-lights to treat babies with jaundice in Maternity, NICU and Pediatrics. In addition, a total of \$29,750 was allocated to nearly 30 local families through our Direct Family Assistance Program, which provides financial assistance to families with sick and injured children. Finally, seven area hospitals and healthcare organizations were the recipients of \$59,694 in equipment grants.

When you support these local retailers and businesses, you support Children's Miracle Network Hospitals at Samaritan. Thank you to our corporate partners who support us with a fundraising campaign each year:

- | | | |
|-----------------------------------|------------------------------|--|
| Walmart | Rite Aid | Ollie's Bargain Outlet |
| Sam's Club | Sunoco A+ | Nice 'n' Easy <i>(select locations)</i> |
| Kinney Drugs | Tops Friendly Markets | Subway |
| Ace Hardware | LIDS | Dairy Queen |
| Fairfield Inn & Suites | Long John Silver's | |

Samaritan Society Adds New Members

The Samaritan Society recognizes the Samaritan Medical Center Foundation of Northern New York's most generous benefactors. The compassionate individuals united by this honorary distinction share a profound commitment to Samaritan and to its tradition of quality healthcare. Membership is extended to those who make a commitment of \$15,000 or more with up to ten years to pay their commitment. Collectively to date, Samaritan Society donors have contributed or pledged more than \$2,100,712 in support of improving the quality of healthcare in our community. Charitable giving such as this allows Samaritan to enhance patient care services, provide continuing education for our talented healthcare professionals, expand facilities and bring specialized equipment to the Samaritan Health System that otherwise might not be possible.



We would like to thank our newest Samaritan Society members:

- | | |
|--|---|
| Kim & Jennifer Allen | Kevin Kieff |
| Darrel & Margaret Aubertine | Dr. Scott & KI LaClair |
| Dr. Bhupinder & Parveen Bolla | Sean & Katie Mills |
| Dr. & Mrs. Andrew Crossley | Dr. Fritz Roc |
| Bonnie Eppolito | Barry & Ellen Waite - Waite Toyota |

continued from front cover

A Top Performing Hospital...



"We understand what matters most to patients at Samaritan Medical Center is the quality and safety of the care they receive. That is why we have made it a top priority to improve positive patient outcomes through evidence-based care processes," explains Mario F. Victoria, MD, Chief Medical Officer for Samaritan. "We're proud to be named a Top Performer as it recognizes the knowledge, teamwork and dedication of our entire hospital staff."

The Top Performer program recognizes hospitals for improving performance on evidence-based interventions that increase the chances of healthy outcomes for patients with certain conditions. To be a Top Performer, hospitals had to meet three performance criteria based on 2014 accountability measure data, including:

- Achieve cumulative performance of 95 percent or above across all reported accountability measures;
- Achieve performance of 95 percent or above on each and every reported accountability measure with at least 30 denominator cases; and
- Have at least one core measure set that had a composite rate of 95 percent or above, and within that measure set, achieve a performance rate of 95 percent or above on all applicable individual accountability measures.

Welcoming New Healthcare Providers

These providers have joined Samaritan during the past year:



Paula Gregg, MD
Family Medicine

Samaritan Family Health Center at LeRay
26908 Independence Way, Ste 101 • Evans Mills
315-629-4525

Dr. Gregg joins Dr. Akshat Jain, Dr. Neel Shah and Brett Bunker, PA at the Samaritan Family Health Center at LeRay.

Medical School:
Uniformed Services University of the Health Sciences, Bethesda, MD

Family Medicine Residency:
Martin Army Community Hospital, Fort Benning, GA

Board-certified with:
American Board of Family Medicine



Heather Irobunda, MD*
Obstetrics/Gynecology

Fort Drum OB/GYN Clinic
826 Washington Street, Suite 202 • 315-785-4624

Dr. Irobunda joins the practitioners at the Fort Drum OB/GYN Clinic.

Medical School:
Albert Einstein College of Medicine, Bronx, NY

OB/GYN Residency:
Walter Reed National Military Medical Center, Bethesda, MD

In Board process with:
American Board of Obstetrics and Gynecology



Jie He, MD
Hospitalist

Samaritan Medical Center
315-779-5298

Dr. He joins the Samaritan Hospitalist Group.

Medical School:
Stony Brook School of Medicine, Stony Brook, NY

Internal Medicine Residency:
New York Hospital Queens, Flushing, NY

Board-certified with:
American Board of Internal Medicine



Paula Lidestri, MD
Physical Medicine & Rehabilitation

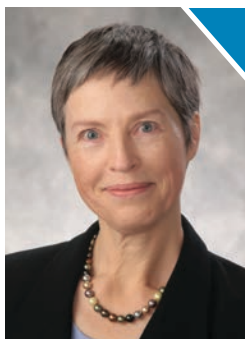
Dr. Lidestri joins Samaritan Medical Center as the Medical Director for the Acute Rehabilitation Unit.

Medical School:
New York Medical College, Valhalla, NY

Physical Medicine & Rehabilitation Residency:
New York Presbyterian Hospital - University Hospitals of Columbia and Cornell University, New York, NY

Medical/Interventional Spine Fellowship:
Cleveland Clinic Foundation Spine Institute, Cleveland, OH

Board-certified with:
American Board of Physical Medicine & Rehabilitation



Day Hills, MD
Oncology/Hematology

Samaritan Oncology-Hematology
531 Washington Street, Suite 1000 • 315-788-7990

Dr. Hills joins Dr. Florence Arnold, Dr. Osagie Bello and Dr. John Poggi at Samaritan Oncology-Hematology.

Medical School:
Cornell University Medical College, New York, NY

Internal Medicine Residency:
New York Presbyterian Hospital/Columbia Presbyterian Medical Center, New York, NY

Medical Oncology Fellowship:
New York University Medical Center, New York, NY

Board-certified with:
American Board of Internal Medicine with subspecialty certification in Medical Oncology



Andrew Majak, DPM
Podiatry

513 Washington Street, Suite 2 • 315-782-4800

Dr. Andrew Majak joins Dr. Walter Majak in his practice.

Medical School:
Temple University, Philadelphia, PA

Podiatric Surgery Residency:
Geisinger Community Medical Center, Scranton, PA

In Board process with:
American Board of Foot & Ankle Surgery



Aaron Huizenga, DO
Family Medicine

Samaritan Family Health Center at Clayton
909 Strawberry Lane • Clayton • 315- 686-209

Dr. Huizenga joins Dr. Stephen Grybowski, Dr. John Jepma, Dr. Jack Rush, Sonja Pierce, FNP, and Sharen Yaworski, FNP at the Samaritan Family Health Center at Clayton.

Medical School:
Kirksville College of Osteopathic Medicine, Kirksville, MO

Family Medicine Residency:
Mercy General Health Partners, Muskegon, MI

Board-certified with:
American College of Osteopathic Family Physicians



Diemthuy (Nancy) Nguyen, MD
Anesthesiology

Jefferson Anesthesiologist Services
104 Paddock Street, Suite 202 • 315-785-8509

Dr. Nguyen joins the practitioners at Jefferson Anesthesiologist Services.

Medical School:
SUNY Buffalo School of Medicine, Buffalo, NY

Anesthesiology Residency:
Icahn School of Medicine at Mount Sinai Hospital, New York, NY

Board-certified with:
American Board of Anesthesiology

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



Jonathan R. Oliva, DO, FACOG
Obstetrics/Gynecology

A Woman's Perspective OB/GYN
22567 Summit Drive, Bldg 2, Ste C • 315-788-2805

Dr. Oliva has been practicing at the Fort Drum OB/GYN Clinic since 2012. He now joins Dr. John Barrett, Dr. Kenya Cain, Joann (Jodi) Hill, (CNA), and Nicolette (Nicki) Vallandigham, CNA at A Woman's Perspective OB/GYN.

Medical School:
Michigan State University College of Osteopathic Medicine, East Lansing, MI

OB/GYN Residency:
Walter Reed National Military Medical Center, Bethesda, MD

Board-certified with:
American Board of Obstetrics and Gynecology



Jahangir Randhawa, MD
Nephrology

Nephrology Associates of Watertown, PC
19328 US Route 11, Ste B • 315-782-0136

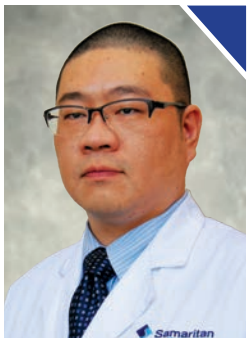
Dr. Randhawa joins Dr. Khalid Sindhu at Nephrology Associates of Watertown.

Medical School:
Army Medical College, Pakistan

Internal Medicine Residency:
Newark Beth Israel Medical Center, Newark, NJ

Nephrology Fellowship: Robert Wood Johnson University Hospital, New Brunswick, NJ

Board-certified with: American Board of Internal Medicine, additional subspecialty board-certification in Nephrology in process



Yu Sung, DO
Hospitalist

Samaritan Medical Center
315-779-5298

Dr. Sung joins the Samaritan Hospitalist Group.

Medical School:
Western University of Health Sciences College of Osteopathic Medicine, Pomona, CA

Internal Medicine Residency:
Samaritan Medical Center, Watertown, NY

In Board process with:
American Osteopathic Board of Internal Medicine



Matthew Weinstein, DO
Ophthalmology

826 Washington Street, Ste 102
Watertown, NY 13601 • 315-681-6379

Dr. Weinstein joins Dr. David Ewing-Chow at David A. Ewing-Chow, MD, PLLC.

Medical School:
Philadelphia College of Osteopathic Medicine, Philadelphia, PA

Ophthalmology Residency:
NOVA Southeastern University/ Larking Community Hospital, Fort Lauderdale, FL

Cornea and Refractive Surgery Fellowship:
Mount Sinai Hospital, New York, NY

In Board process with:
American Osteopathic Board of Ophthalmology

Join us!

*Ribbon Cutting
& Open House*

**Samaritan
Family Health
Center
at Adams**

September 21st • 5:00 p.m. - 7:00 p.m.
10881 NYS Route 11 in Adams

The renovation and expansion of the Family Health Center at Adams is now complete. The project, which started in 2015, included a 5,200 square foot addition to the existing building as well as renovations to the existing space. The building is now home to the Samaritan Family Health Center, a new Samaritan imaging/lab center that offers mammography, bone density testing, x-ray, ultrasound and lab draw services, and a separate Urgent Care Center operated by Dr. Collins Kellogg.



The Family Health Center at Adams providers include:

Dr. Joseph Wetterhahn, Maria Alicea, PA, and Gina Wetterhahn, PA.

One of the exciting new features of the Family Health Center expansion is a new group-teaching kitchen.

Dr. Joseph Wetterhahn and Gina Wetterhahn have both received special

training through a Harvard University-sponsored program that will enable them to offer healthy cooking and nutrition classes to their patients as they focus on wellness and prevention.



Making House Calls

Samaritan Home Health brings medical care to you.

From skilled nursing to rehabilitation to IV therapies and more, Samaritan Home Health provides professional care that aids recovery, keeps older individuals independent and helps those newly diagnosed with a chronic condition cope. All with the goal of keeping you right where you want to be: at home.

In January, Samaritan acquired Genesis Home Health Agency – now known as Samaritan Home Health (SHH). The former Genesis Agency had been operating under a management contract with Samaritan since early 2014.

“By adding a certified home health agency (CHHA) to our continuum of healthcare services, Samaritan is working to help manage the overall health of our community,” explains Nicole Davis, RN, Director of Patient Services/Administrator of SHH. “Care from the Samaritan Home Health team can often help prevent hospitalizations or reduce the need for nursing home placement. It enables patients who are homebound or not one hundred percent recovered from an injury or illness to receive medical treatment right in the comfort and familiarity of their own homes.”

Samaritan Home Health is certified to care for patients throughout Jefferson County. Patients must be under a physician’s care, receive a referral and have a health condition

that requires skilled nursing and/or physical therapy. Those who would benefit from home health services often include individuals who have recently been diagnosed with a chronic condition (diabetes, congestive heart failure, chronic obstructive pulmonary disease (COPD), etc.) and need to learn how to manage their disease at home; individuals who are still recovering from a hospitalization and need additional care; or individuals who have an on-going health need (home IV therapy, wound care, etc).

Once your doctor has established a need, SHH will send an experienced registered nurse (RN) to visit you and develop a plan of care and schedule of visits. The nurse will teach you and your family members the best way to help in your recovery while providing the specialized nursing care that you need. The nurse will also arrange for any additional help you may need, such as a physical therapist, occupational therapist, speech therapist, nutritionist, home health aide or medical social worker. Your care team will meet weekly to discuss your progress and will keep your doctor informed of any changes in your condition.

Once you are under our care, a SHH registered nurse is available 24 hours a day, seven days a week for emergency calls. The nurse will advise you over the telephone or send a member of the SHH team to visit your home if necessary.

“This is a care option that people need to be aware of,” shares Mrs. Davis. “Research confirms that there really is no place like home for patients to recover ... where they are most relaxed, following their treatment plan, and supported by family members, loved ones and Samaritan Home Health.”

With each in-home encounter, Samaritan Home Health is positively impacting the lives of local community members - one visit at a time. To learn more please call 315-782-0415.

Michelle Barr, RN, Case Manager, checks a Home Health patient’s lungs.

Stay Informed.

Enroll in mySamaritanHealth.com Today!



Would you like to be able to access your important health information whenever you need it, no matter where you are? With Samaritan Medical Center’s online Patient Portal, you can do all of that and more.

MySamaritanHealth.com is an online tool that helps you actively manage your healthcare easily, securely and according to your schedule. Using MySamaritanHealth.com you can:

- Easily view your personal health summary, including medications, immunizations and allergies.
- View the results of your lab work, imaging/radiology tests, and other medical reports.
- View, print and download your medical records on demand.
- Receive educational materials, including a copy of your discharge instructions.
- Review your billing statements – with the option to pay them online.
- And more!

Connecting with Samaritan has never been easier.

Respite Program Offers Caregivers a Break

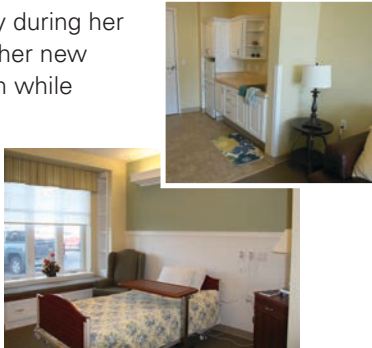
"The caring and compassion of everyone at Summit Village is readily obvious. Any time I needed help or needed something, a staff member was there for me."

What do you do when there's a family wedding out-of-state and Grandma isn't well enough to travel? That's the situation that Mary Brown's family recently found themselves in. While Mrs. Brown, who lives by herself on the outskirts of Pulaski, is fairly independent, her health hadn't been the best lately and her family members worried about leaving her on her own. What if she fell? What if she forgot to take her medications?

That's when Mrs. Brown's granddaughter-in-law, Angela Anderson, suggested a stay at Samaritan Summit Village as part of the Respite Care program.

"I stayed at Summit Village for a week," shares Mrs. Brown, "and it was wonderful ... like a vacation. The caring and compassion of everyone at Summit Village is readily obvious. Any time I needed help or needed something, a staff member was there for me."

Mrs. Brown made friends quickly during her stay, enjoying group meals with her new acquaintances in the dining room while sharing stories about their lives. She later told her family that she would definitely stay at Summit Village again, adding, "the apartment I stayed in was beautiful. The whole experience was like being at a country club!"



Samaritan Respite Care

Whether you're going away on business, planning a vacation, or simply need a break from your duties as caregiver, Samaritan Summit Village's Respite Care program is the perfect solution for providing your loved one with the individualized care he or she needs.

The Respite Care program provides two levels of care - Assisted Living and Skilled Nursing. Assisted Living guests enjoy a fully furnished one bedroom apartment, three meals a day, and laundry and housekeeping services, plus experienced staff members who are available to offer personal assistance with daily needs. Skilled Nursing guests receive a semi-private room, all meals, and 24-hour nursing care. All Respite Care guests experience the same amenities available to permanent residents at Summit Village, and may also participate in any of the social, educational, devotional and recreation activities scheduled daily for residents.

The Samaritan Respite Care program is private pay with a one-week minimum stay. Pre-registration is required. Skilled Nursing guests must have a medical screening before their stay and must have a local primary care provider. For more information, call 315-782-7033.

If you've been a patient at Samaritan Medical Center within the past year, you may choose to self-enroll in the hospital portal using a link on MySamaritanHealth.com. Please remember that your e-mail address must already be on file at the hospital for you to self-enroll. If you did not provide your e-mail address during the patient registration process, please call the Health Information Management (HIM) Department at 315-785-4099, Monday-Friday, 7:00 a.m. – 3:00 p.m. and provide your e-mail address. It will be added to your account information, and you can then self-enroll at your convenience.

If you did provide an email address to our staff, you may already be enrolled.

There is no need to self-enroll again. Contact our HIM Department for password resets or for help in logging into the portal.

When you visit MySamaritanHealth.com to self-enroll, you will need to provide your first and last name, date of birth, medical record number or the last four digits of your social security number, and a valid email address that matches the one Samaritan has on file. Your medical record number can be found on your discharge paperwork; it is the seven-digit number following M. Once you have successfully enrolled, a one-time use ID, password and additional instructions will be emailed to you.



Patients at the Samaritan Family Health Centers and the Samaritan specialty clinics also have access to a patient portal through MySamaritanHealth.com. Simply contact the office and speak to a representative about enrolling in that specific portal.



ONE PATIENT'S STORY

The Samaritan Wound Care Center

When you have a chronic wound, you need more than just another bandage. You need the expertise of a dedicated wound care team with a specialized approach to healing.

The Samaritan Wound Care Center provides advanced medical and surgical treatment options to speed the healing process – including hyperbaric oxygen therapy, wound dressings, debridement and skin grafting. All are delivered in a convenient location that keeps you close to home for treatment.

Ask your doctor about visiting our Wound Care Center if: you have a wound that has not healed in 30 days or more; you have a sore with increasing pain, redness or swelling, foul odor or change in color; or if you have a surgical wound that becomes infected. **For more information, call 315-755-2024.**

Healing Begins at the Samaritan Wound Care Center

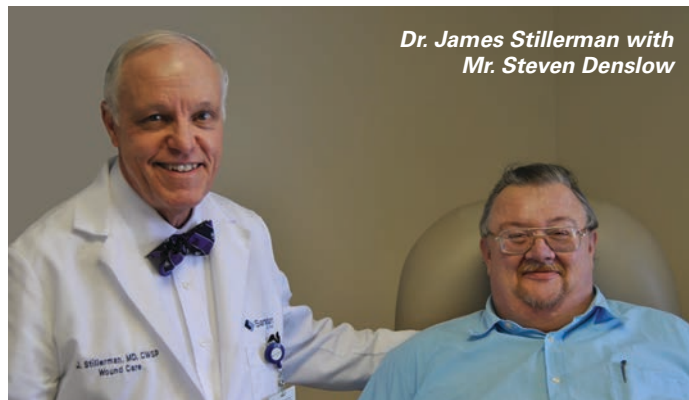
About eight years ago, Boonville resident Steven Denslow developed a blister on his left foot. “No big deal,” you might think, “It’ll heal quickly.” But what if it didn’t?

While most wounds do heal on their own, Mr. Denslow soon found himself one of the eight million Americans suffering from a chronic wound. The blister eventually became an open sore, with the circumference of a soda can. After another doctor told him that nothing could be done and that his foot would need to be amputated, Mr. Denslow heard about Dr. James Stillerman.

“Think about a wound. It hurts. It aches. It limits your mobility. A wound that doesn’t heal changes your whole life,” says Mr. Denslow. “Dr. Stillerman changed my life again. His knowledge and experience saved my foot!”

After first encouraging Mr. Denslow to lose weight to help with the recovery process, Dr. Stillerman performed a skin graft in September 2013. After a week in the hospital and four months at home with no walking, Mr. Denslow began regular wound care appointments. Approximately two years later, his foot ulcer was healed.

“When Dr. Stillerman told me that he was joining the staff at Samaritan Medical Center and helping to open a new wound care center in Watertown, I didn’t even think twice about following him to his new location to complete my care,” says Mr. Denslow. “I would recommend the Samaritan Wound Care Center and Dr. Stillerman to anyone with a wound that won’t heal.”



Dr. James Stillerman with Mr. Steven Denslow