



communitycare

The Power of Affiliation

When Robert Seamon, CEO of Clifton-Fine Hospital, arrived in Star Lake in 2013, some of the most important discussions he had with the Clifton-Fine Hospital Board of Trustees were around the topic of affiliation. "The Board realized that a small, rural hospital like ours needed to find ways to collaborate rather than compete in order to overcome the challenges of healthcare reform and thrive," he says. "They had already begun the process of exploring options to affiliate with a larger hospital."

After a detailed request for proposal and response process, Samaritan Medical Center (SMC) in Watertown, NY was selected.

"Our decision to work with Samaritan Medical Center was based on the people and the culture there," Mr. Seamon continues. "From the



Pictured signing the affiliation agreement are (Clockwise) Lisa Weber, SMC Board Chair; Thomas Carman, SMC President/CEO; Robert Seamon, CFH CEO; and Walter Todd, CFH Board Chair.

beginning of this relationship we understood that, with Samaritan Medical Center, we would be partners and peers."

"The communities we serve are at the heart of our mission, and we share an organizational culture that links us," says Thomas Carman, President and CEO of Samaritan Medical Center. "We are proud to welcome Clifton-Fine's staff, physicians and community into the Samaritan organization. There is much that we can learn from and share with each other in order to strengthen both hospitals and our communities."

But what does this affiliation mean for Clifton-Fine Hospital and our community members?

To start, you'll still see the same friendly faces around that you've always known. The hospital family that has been taking care of

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Welcome Dr. Brian Shambo & Dr. Heather Schmidt!

Dr. Brian Shambo and Dr. Heather Schmidt have joined Dr. John Carthy and Deborah Body, FNP at the Clifton-Fine Hospital Primary Care Clinic. All four providers are now accepting new patients.



Board-certified in Family Medicine, Dr. Shambo has provided care for families in Copenhagen, Lowville and the surrounding areas for the past 25 years. This has included fifteen years as an Emergency Medicine Physician, as well as ten years as a family physician. Most recently, Dr. Shambo was part of Lowville Medical Associates in Lowville.

Dr. Schmidt recently re-located to the Star Lake area from Michigan. While she specializes in family medicine, Dr. Schmidt is also certified in complementary medicine and wellness, including stress management, nutrition, and herbology.

Call today for an appointment. 315-848-5404

Meet the Provider: Dr. Brian Shambo

- Q. How would you describe being a family medicine physician?**
 A. Family medicine physicians see patients of all ages, perform minor surgery, and are the first physician a patient sees.
- Q. What do you find most gratifying about being a family medicine physician?**
 A. Getting to know people and getting to know them in detail.
- Q. What impresses you most about Clifton-Fine Hospital?**
 A. It's a very friendly place. It's a small place and that's good; similar to the way practicing medicine used to be.
- Q. What do you like to do in your free time?**
 A. Kayaking, boating, golf and walking.
- Q. What is one thing that people may be surprised to learn about you?**
 A. I have been a Lewis County resident all my life.

Watch for a Q & A with Dr. Schmidt in our Fall issue of Community Care!

Visible Changes are Happening at Clifton-Fine Hospital ... Introducing our New Logo!



Clifton-Fine Hospital

A SAMARITAN HEALTH PARTNER

Trusted Care. Close to Home.

“There are few times in the life of an organization when it has the opportunity to reintroduce itself and, with our partnership with Samaritan, this was a good time for Clifton-Fine to reposition ourselves in the community,” explains Robert Seamon, Clifton-Fine Hospital CEO. “We wanted our logo to represent the strength, vitality and growth that comes from our partnership with Samaritan, as well as reflect our physical sense of place here in the Adirondacks.”

The new Clifton-Fine Hospital logo features evergreen trees within a diamond as well as a blue and green color scheme. Transitioning to

the new logo will occur over the next year as it will be used on many things, from signage to advertising to patient care materials.

“When people we serve see this logo, we want them to see our dedication to excellence, professionalism and compassion,” adds Mr. Seamon. “We know that a new logo earns meaning over time, and we will build that meaning with every experience our patients, residents and family members have with us. Our look may be changing, but Clifton-Fine Hospital is still the place you depend on for trusted care, close to home.”



*Dear Friends
and Neighbors:*

Clifton-Fine Hospital Patient Services

**Clifton-Fine Hospital
provides the
following services
to our community:**

Acute Inpatient Care
Emergency Care
Endoscopic
Procedures
Laboratory
Long-Term Care
Pharmacy
Physical Therapy
Primary Care
Radiology
Swing-Bed Program
(Short-term Rehab)

Welcome to the Summer 2015 edition of *Community Care*, a publication designed to keep you and your family informed of hospital activities and to provide valuable health and wellness information to inspire life-long healthy habits.

Wonderful things are happening at Clifton-Fine Hospital. In this issue, you will read about the arrival of two new primary care physicians who will be joining Dr. John Carthy and Nurse Practitioner Deborah Body in our Primary Care Clinic. We also are officially launching our new logo and tagline, representing our affiliation with Samaritan Medical Center in Watertown, NY. We have also included some articles on health and wellness, as well as a few things regarding recent hospital activities.

I would like to personally thank you for your continued support of our hospital. Each time you utilize our services, you help ensure that we can continue to provide local access to necessary healthcare care right here in our community.

Best wishes for good health,

Robert Seamon
Chief Executive Officer

*Clifton-Fine Hospital is proud to be one of the
Top 20 Critical Access Hospitals for patient satisfaction in the country!*

Ob/Gyn Ultrasound Services Now Offered at Clifton-Fine Hospital

Clifton-Fine Hospital is pleased to announce the addition of new Ob/Gyn ultrasound services for our community as one of the newest opportunities available through our recent affiliation with Samaritan Medical Center.

Clifton-Fine Hospital extends a warm welcome to Ms. Bonnie Herman, Registered Diagnostic Medical Sonographer (RDMS). Ms. Herman is Board-certified and joins our Radiology Department with 27 years of experience in the field of sonography. Ultrasounds will be scheduled every Thursday from 8:00 a.m. – 3:30 p.m.

Ultrasound, also known as sonography, is a diagnostic medical procedure that uses high-frequency sound waves to produce images of organs, tissues or blood flow within the body. This type of image is called a sonogram. There are several areas of specialization in the field of sonography, including abdomen, breast, obstetrics/gynecology (Ob/Gyn), cardiac, vascular (vessels) and neurosonology (nerves).

During pregnancy, ultrasounds have many uses. Early on, they may be used to determine due dates and reveal the presence of twins or other multiples. They also are valuable tools for evaluating the growth and development of the baby, checking its position in the womb and detecting potential problems including birth defects. Ultrasounds also are increasingly being used in the detection and treatment of heart disease, heart attack, and vascular disease that can lead to stroke.

How it works: A small device called a transducer is placed against the patient's skin near the body area to be imaged. The transducer works like both a loudspeaker and a microphone because it transmits and receives sound. The transducer sends a stream of high-frequency sound waves into the body that bounce off the structures inside. The transducer then detects these sound waves as they bounce back. The denser the object the ultrasound hits, the more of it bounces back. The resulting sounds are analyzed by a computer to form an image.

Courtesy of the Society of Diagnostic Medical Sonography

Ultrasounds with Bonnie Herman, RDMS
Thursdays from 8:00 a.m. – 3:30 p.m.
To make an appointment, call 315-848-3351
ext. 221.



The Power of Affiliation

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your family isn't going anywhere. In fact, you may see additional friendly faces around to serve you: we now have access to many Samaritan physicians and employees, including a general surgeon (Dr. Barayuga) and a radiologic technician (Bonnie Herman) who have already been to CFH to serve patients here, instead of having them travel all the way to Watertown.

That's just one of the many benefits to our hospital and patients from this affiliation. As CFH continues to build and strengthen its connection with Samaritan, our community members can also expect to see expanded patient care services; a continued investment in our workforce to ensure that we can meet future community healthcare needs; information technology upgrades, such as our patient portal that allows patients to securely access their personal medical record online; and enhanced quality initiatives that will add value for our patients, driving positive clinical outcomes and providing the means to effectively manage the health of our local population.

"This affiliation will allow us to remain the community hospital our patients expect and deserve ... only better and stronger," Mr. Seamon concludes.

HAPPY RETIREMENT!

Clifton-Fine Hospital would like to express our very best wishes to

Debbie Folsom, for her 26 years in Accounting,
Joan Foster, RN, after 36 years in Nursing, and
Cheryl Woodward,

for her 14 years of service in the Dietary Department.

We thank you for your many years of commitment and loyalty to the hospital and hope that you have a wonderful retirement.

You will be missed!



Ease Arthritis Symptoms via Diet

by Elizabeth Isenberg, MS, RD
Clifton-Fine Hospital Registered Dietitian

Current research is suggesting that a diet change may help ease symptoms of arthritis and promote improved health.

- **Increase intake of anti-inflammatory goods**
 - a. Consume sources of omega-3 fatty acids as in salmon, tuna, walnuts, flaxseed.
 - b. Use extra-virgin olive oil that contains oleo canthal that may prevent or lessen the inflammation associated with arthritis.
 - c. Include sources of anti-oxidant nutrients such as vitamins C, beta-carotene, and lycopene found in colorful foods such as fruits and vegetables (especially strawberries, carrots, beets and kale), as well as in dark chocolate, green tea, nuts, red wine and many spices.
 - d. Obtain adequate sources of vitamins D and C. Research suggests people with higher blood levels of these nutrients are more mobile with walking and balance.
 - e. Turmeric and ginger both seem to offer anti-inflammatory effects.

Foods to Avoid:

Processed fried foods are higher in toxins called advanced glycation end products (AGEs). These substances are formed in foods cooked at high temperatures, such as frying and on the grill. Cooking meats at lower temperatures or under marinades can lower the level of these substances formed.

Lose Weight:

Arthritis is more of an issue in overweight people. Losing even a little weight can be helpful in easing pain.



CFH Patient Portal: Your Secure Online Health Connection

Clifton-Fine Hospital and the Clifton-Fine Primary Care Clinic offer a secure patient portal that allows patients to access certain parts of their health information online – anytime, anywhere.

Whether you're maintaining good health, recovering from a recent illness or injury, managing a chronic condition, or having a consult for surgery, we want to make sure you have your most up-to-date medical information available to you. It's all part of our commitment to helping our patients and their families be more active participants in their own care.

Using the patient portal, you can easily view your personal health summary (in "real time"), including medications, immunizations, allergies and most lab results. You can also view and print your medical records easily, safely and according to your schedule. Connecting with Clifton-Fine Hospital has never been easier!

GET STARTED!

During the patient registration process, you will be asked if you would like to register for a patient portal account. If you provide us with an e-mail address, a registration link will be e-mailed to you. Simply click on the link and follow the instructions to create your personalized, confidential, and secure patient portal account with Clifton-Fine Hospital and the Clifton-Fine Primary Care Clinic.

If you do not have an upcoming medical appointment but would still like to receive an emailed registration link to create your personalized patient portal account, please contact a Hospital Registrar at 315-848-3351.

To create a patient portal account without providing an e-mail address, please visit the Registration Department at Clifton-Fine Hospital.

The Clifton-Fine Hospital and the Clifton-Fine Primary Care Clinic staff are available to assist you in creating your patient portal account. Please contact us at 315-848-3351 if you need assistance or would like a demonstration of the patient portal.

A Friendly Reminder from the Clifton-Fine Hospital Primary Care Clinic

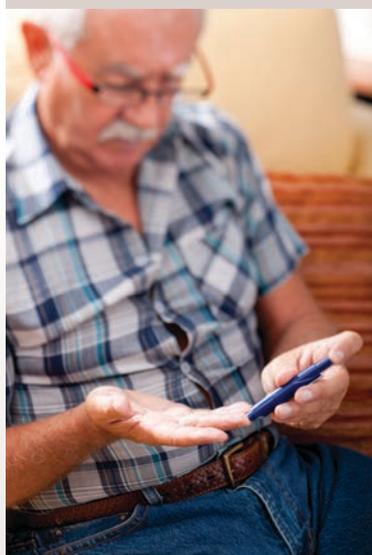
We ask that you please plan to arrive 15 minutes before your scheduled appointment. This will enable us to complete the registration process and gather routine nursing information prior to your appointment time with the doctor or family nurse practitioner.

If you are unable to keep a scheduled appointment, we ask that you contact us at least 24 hours in advance. We strive to accommodate people who call needing an urgent appointment because of an illness. By canceling your appointment, you allow us to offer that time slot to a patient in need.

The Clifton-Fine Hospital Primary Care Clinic is a convenient way to keep your entire family healthy. We provide a full range of services for patients of all ages, including: preventative care, pediatrics, women's health, acute care for short-term illnesses and injuries, and chronic illness care (such as asthma, high blood pressure, or arthritis). We're here to help you live a longer, healthier life!



Learn More About Diabetes



Diabetes is a metabolic disease that causes high blood glucose (sugar) either because insulin production is inadequate, or because the body's cells do not respond properly to insulin, or both. Insulin is a hormone that allows glucose to enter your cells and be converted to energy.

Diabetes can strike anyone, from any walk of life, and it does. In the last decade, the number of cases of people living with diabetes increased

almost 50 percent to more than 29 million Americans. Worldwide, it affects more than 380 million people. By 2030, the World Health Organization estimates that the number of people living with diabetes will double.

Type 1 and Type 2 are the most common forms of diabetes, but there are also other types, such as gestational diabetes, which occurs during pregnancy.

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. Only 5% of people with diabetes have this form of the disease. In type 1 diabetes, the body does not produce insulin. The cause of this isn't entirely clear, but it may include genetic risk factors and environmental factors.

Type 2 diabetes is the most common form of diabetes. If you have type 2 diabetes, your body does not use insulin properly. This is

called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time, it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels. Type 2 diabetes has been linked to obesity, genetic risk and inactivity.

In diabetes, the high levels of blood sugar attack the blood vessels. This can contribute to hardening and blockages of the arteries, putting diabetics at a higher risk for heart attacks and strokes. It can also damage nerves, including those that we need for sight, those that serve our hands and feet, and even those that go to our kidneys and other organs. That's why people with diabetes can develop blindness, numbness in the hands and feet, ulcers on the feet that can lead to amputation, and kidney disease. As a result of these complications, diabetes takes more lives than AIDS and breast cancer combined, claiming the life of one American every three minutes.

The most common diabetes symptoms include frequent urination, intense thirst and hunger, unusual weight loss, extreme fatigue, blurry vision, cuts and bruises that are slow to heal, and numbness and tingling in the hands and feet.

There is no cure for diabetes, but it can be managed. Many people with diabetes live long and healthy lives. Balancing the food you eat with exercise and medicine (if prescribed) can keep your blood glucose in the healthy range.

If you are experiencing any of the symptoms, talk to your family physician or make an appointment at the Clifton-Fine Hospital Primary Care Clinic today.

Courtesy of the Diabetes Research Institute Foundation and the American Diabetes Association.

Take Care TO Prevent Rabies



Summer months in the Adirondacks bring an increased risk of rabies to our area. Rabies is a deadly disease caused by a virus that attacks the central nervous system. Infected mammals can transmit the rabies virus to humans and other mammals. People usually get exposed to the rabies virus when an infected animal bites them. Exposure may also occur if saliva from a rabid animal enters an open cut or mucous membrane (eyes, nose or mouth).

Exposure to a rabid animal does not always result in rabies. If treatment is initiated promptly following a rabies exposure, rabies can be prevented. If a rabies exposure is not treated and a person develops symptoms of rabies, the disease almost always results in death. Fortunately, only a few human cases are reported each year in the United States.

Rabies is most often seen among wild animals such as raccoons, bats, skunks and foxes, but any mammal can be infected with rabies. Pets and livestock can get rabies if they are not vaccinated to protect them against infection. The first sign of rabies is usually a change in an animal's behavior. It may become unusually aggressive and may lose its fear of people and natural enemies. The animal may become excited or irritable and attack anything in its path.

Staggering, convulsions, choking, frothing at the mouth and paralysis are sometimes seen. Many animals will also make very unusual sounds.

If you are exposed to rabies, wash all wounds thoroughly with soap and water and seek medical attention immediately. Report all animal bites to your health department, even if they seem minor. The phone number for the St. Lawrence County Public Health Department is 315-386-2325.

Try to keep track of the animal that exposed you and report this information to the county health department so the animal can be captured safely. If an animal that has caused a potential human exposure to rabies cannot be observed or tested for rabies, treatment may be necessary for the people exposed. This treatment consists of a dose of human rabies immune globulin (HRIG) administered as soon as possible after exposure, plus four doses of rabies vaccine given over two weeks.

Courtesy of the St. Lawrence County Public Health Department

The St. Lawrence County Public Health Department is a good source for additional rabies information. Learn more at: <http://www.co.st-lawrence.ny.us/Departments/PublicHealth/RabiesControl>.

PROTECT YOURSELF

- 1** Don't feed, touch or adopt wild animals, stray dogs or cats. If a wild animal is on your property, let it wander away. Bring children and pets indoors and alert neighbors who are outside.
- 2** Teach children not to touch any animal they do not know and to tell an adult immediately if they are bitten by any animal.
- 3** Be sure your pet dogs, cats and ferrets, as well as horses and valuable livestock, are up-to-date on their rabies vaccinations. Vaccination protects pets if they are exposed to rabid animals.



Thank You

to the Wilderness Health Care Foundation & Hospital Auxiliary from Clifton-Fine Hospital

We appreciate your work toward supporting quality improvement efforts throughout the organization. Gifts from the Wilderness Health Care Foundation and the Hospital Auxiliary provide support for equipment, services and projects that help Clifton-Fine Hospital and the Clifton-Fine Primary Care Clinic provide safe, high-quality healthcare services.

You can support the Foundation and its mission in the following ways:

- ✓ Make a cash gift or annual contribution.
- ✓ Give a gift of securities, land, buildings or personal property.
- ✓ Name the Wilderness Health Care Foundation in your will.
- ✓ Designate the Wilderness Health Care Foundation as a charitable beneficiary.
- ✓ Set up a charitable trust or gift annuity.

Wilderness Health Care Foundation



Many Thanks To All of Our Generous Supporters!

Our year-end appeal was a tremendous success. We raised \$14,855 from 54 donors this year. As a result, the Wilderness Health Care Foundation was able to purchase not one, but three, much needed items for Clifton-Fine Hospital! Every donation we receive helps us expand the services our hospital provides and ensures that we stay up-to-date with the latest technology. The impact on our patients is immediate.

With funds raised through our 2014 year-end appeal, we were able to purchase these items in key areas:

- A new disinfection system for the Radiology Department to support continuous efforts to prevent infections and protect patients better during and after each procedure
- A new monitoring system for the Quality Control Department that verifies the cleanliness of any surface, including hands, in just seconds. This system is easy to use and helps the hospital control the possible spread of any contaminants and eliminate potential sources of infection
- New refrigeration units for the Primary Care Clinic and hospital Laboratory Services Department to ensure that critical supplies (such as medications, vaccines, and blood products) are stored safely and available to patients when they are needed

Thank you!

Malinda Riquelme
Executive Director
315-848-4284
mriquelme@cliftonfine.net

Clifton-Fine Hospital Participates in Veterans Choice Program

The Veterans Access, Choice, Accountability Act (VACAA) is a law that expands the number of options Veterans have for receiving care to ensure that they have timely access to high-quality services. The Veterans Choice Program (VCP) provides primary care, inpatient and outpatient specialty care, and mental health care for eligible Veterans when the local VA Medical Center (VAMC) cannot provide the services due to lack of available specialists, long wait times for appointments or being an extraordinary distance from the Veteran's home.

If you are already enrolled in VA Healthcare, the VCP allows you to receive healthcare from non-VA doctors. You are eligible if either of these situations applies to you:

- You have been (or will be) waiting more than 30 days for VA medical care
- You live more than 40 miles away from a VA medical care facility or face one of several excessive travel burdens.

To get started, you need to pick a healthcare provider, such as one of the providers at the Clifton-Fine Hospital Primary Care Clinic.

Step 1: Check to see if you are eligible at:
<http://www.va.gov/healthbenefits/apps/choice/>

Step 2: Make sure you have information on hand about any other health insurance coverage you may have.

Step 3: Call 1-866-606-8198 to make sure you qualify and to schedule an appointment.

When you call, you will be asked for your zip code, address, and preferred community provider.

Additional information regarding the Veterans Choice Program can be found at www.va.gov/opa/choiceact/

Free health screenings are still available for our area Veterans. These screenings are supported by the Wilderness Health Care Foundation. Please call 315-848-3351 to make your appointment today!

Clifton-Fine Hospital is now part of the Samaritan Health System!

This network of care also includes:

Samaritan Medical Center

Since its founding in 1881, Samaritan Medical Center has evolved into a 294-bed community hospital and regional referral center for Northern New York. The hospital provides a full array of services including medical and surgical care, critical care, emergency care, cancer care, pediatrics, maternity, a Level II Neonatal Intensive Care Unit (NICU), inpatient mental health services, and over 40 different medical specialties.

Imaging & Lab Services

From routine lab work to x-rays, mammograms and more, Samaritan's extensive network of community-based testing and treatment centers lets you choose a location that's most convenient for you.

Long-Term Care

Located on the Samaritan Medical Center campus, Samaritan Keep Home is a skilled nursing facility that offers an elevated level of residential care with 24-hour staffing for our 272 residents. The North Country's newest long-term care facility, Samaritan Summit Village, can accommodate 100 Assisted Living residents, 20 Enhanced Assisted Living residents and 168 skilled nursing residents, creating a continuum of care for our community.

Samaritan Family Health Network

With seven locations throughout Jefferson and northern Oswego Counties, Samaritan's Family Health Centers provide a full range of primary care services for patients of all ages.

Specialty Clinics and Centers

This network of physician specialties and outpatient services includes gastroenterology (GI), ear, nose and throat (ENT), general surgery, oncology/hematology, pulmonology, urology, women's health, behavioral health, the Interventional Pain Management Center, the Wound Care Center and the Sleep Disorders Center of Northern New York.



Clifton-Fine Hospital
A SAMARITAN HEALTH PARTNER
Trusted Care. Close to Home.

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cliftonfinehospital.org 

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WATERTOWN, NY
13601

PURPLE DAY

For Epilepsy March 26



by *Dr. Erica Brown, PT, DPT*
Clifton-Fine Hospital Director of Physical Therapy

On March 26th Clifton-Fine Hospital employees participated in Go Purple for World Epilepsy Awareness Day. We were able to raise \$83 to donate to the local Epilepsy Foundation.

Epilepsy is a chronic disorder characterized by recurrent unprovoked seizures. Seizures and Epilepsy are not the same thing. A seizure is defined as an event, and Epilepsy is a disease involving recurrent unprovoked seizures. Epilepsy is the fourth most common neurological problem. It is estimated that each year, 48 out of 100,000 will develop Epilepsy. The diagnosis of Epilepsy is higher in younger children and older adults.

Clifton-Fine employees demonstrated their ongoing support for our friends, family and neighbors who battle Epilepsy on a daily basis. We plan to continue to show our support by participating in other awareness days. For more information, contact the Epilepsy Foundation.

July 29

OPEN HOUSE

Join us at the Clifton-Fine Hospital Primary Care Clinic for a meet & greet with CFH and Samaritan physicians and staff

Aug 1

GOLF TOURNAMENT

Join us for our 4th Annual Memorial Golf Tournament at the Star Lake Golf Course

Aug 23

CYCLE ADIRONDACKS

The Wilderness Health Care Foundation will sponsor a hospitality booth

Sept 12

CRAFT FAIR

Clifton-Fine Hospital Auxiliary Craft Fair

**SAVE
THE DATE!**

*Upcoming
Events*

Remember to support our local businesses. They support the hospital!