



# communitycare

## Healthcare on Your Schedule



Dr. John Carthy  
examines a patient at the  
CFH Primary Care Clinic

We know you're busy. That's why the Clifton-Fine Hospital Primary Care Clinic is now offering expanded hours, making it even easier to get the healthcare you need, when you need it.

Our providers, Dr. John Carthy, Dr. Brian Shambo and Deborah Body, FNP, are accepting new patients of all ages. From routine physicals, to managing chronic conditions, to caring for short-term illnesses or injuries, we're here to help you live a healthier life.

### **Now accepting new patients.**

Call 315-848-5404 to schedule an appointment today.

**NEW HOURS:** Monday – Friday • 7:30am - 6:00pm

### Did You Know?

- If you're sick and need to be seen as soon as possible, our staff will schedule you for the next available appointment – often that same day. After hours, or for more critical needs, the Clifton-Fine Hospital Emergency Department provides care 24 hours a day, 7 days a week.
- The Clifton-Fine Hospital Primary Care Clinic is certified to provide Department of Transportation (DOT) physicals. Federal law requires drivers of commercial motor vehicles (DMVs) to receive regular physical examinations, which are highly regulated for the drivers' safety. They detect physical, mental, and emotional issues that can affect a driver's ability to safely drive a commercial vehicle.
- From newborns to college-bound young adults, the Primary Care Clinic can provide all of your childhood vaccinations. We also provide adult immunizations and seasonal vaccines for diseases such as the flu.
- If you're preparing for a surgical procedure at another hospital, any required pre-op testing can typically be done right here at the Primary Care Clinic. Remember to schedule an appointment at least two weeks in advance of your surgical procedure.
- Laboratory and Imaging services are conveniently located right on site at the hospital.

**Welcome Back Dr. Shambo!** We're pleased to welcome back board-certified family medicine physician Dr. R. Brian Shambo. Dr. Shambo has returned and will now be practicing full-time at the Clifton-Fine Hospital Primary Care Clinic.

## Clifton-Fine Hospital Welcomes New Board Members

At its March annual board meeting the Clifton-Fine Hospital Hospital Board of Trustees welcomed three new members: Allen Ditch, Daphne Henri-Foley and Susan Westbrook. This was also the first annual meeting as Board Chair for John Burns, who was appointed to that position after Walter "Walt" Todd stepped down from the Board in late 2015 in order to devote more time to his other business and organizational responsibilities.

Mr. Burns and his wife, Reta, have been most-of-the-time residents of Star Lake since their retirement in 2002. Mr. Burns spent his entire teaching career at Sodus Central School, Sodus, NY starting as a fourth grade teacher and retiring as principal of the school.

Clifton-Fine Hospital was one of the features that attracted Mr. and Mrs. Burns to the area, and they have been associated with the hospital since they moved here. The couple was introduced to the hospital and its primary care clinic as patients, and later began volunteering with the residents of the long-term care facility, playing Bingo three days a week. Mr. Burns has been a member of the Hospital Board since November 2013.

*Continued on page 2*



John Burns, Board Chair



## Dear Friends and Neighbors:

Welcome to the summer edition of our community outreach newsletter, a publication intended to provide you with health education resources to inspire life-long healthy living.

In addition to the articles written by our own healthcare professionals, you will also read about key hospital activities. This year, we proudly celebrate our hospital's 65th anniversary. It's a wonderful time of reflection. As we look back over the years, it's an opportunity for us to remember all of those who made the hospital possible for our community. Please join us on August 20th for a day of celebration!

In this edition, you will also read about several new board members for the hospital and for the Wilderness Healthcare Foundation, a not-for-profit organization that proudly supports the hospital through philanthropy. I would like to personally welcome all of our new members and also take a moment to thank both boards in their entirety for their service. All of our board members are volunteers, and they work extremely hard to ensure that Clifton-Fine Hospital remains here for our community.

Lastly, I would like to thank YOU for choosing Clifton-Fine Hospital. Our future success depends on the strong, continued support of everyone in our area. I am extremely proud of the healthcare professionals and the services we offer. We are here to meet your primary care and emergent healthcare needs.

All the best to you and your family for a safe and healthy summer!

Best wishes for good health,

**Robert Seamon**  
Chief Executive Officer

### The current Clifton-Fine Hospital Board of Trustees consists of:

**John Burns, Chair**  
**Derek Lough, Vice Chair**  
**Lorraine Laurin, Secretary**

Thomas Carman  
Joe DeMart  
Allen Ditch  
Daphne Henri-Foley  
Charles Hooven  
Robert Seamon  
Susan Westbrook  
John Wheeler

## Welcome New Board Members

*Continued from page 1*

Mr. Burns shares the Board's vision to implement the newly created strategic plan, which includes the following goals:

- Increase the number of healthcare services and availability for our community.
- Attract more people to use the healthcare services available at Clifton-Fine Hospital.
- Be responsive to the health and wellness needs of the community.
- Work cooperatively with the Wilderness Health Care Foundation and Hospital Auxiliary to ensure "Trusted Care, Close to Home" for years to come.

## Why should I give to the Wilderness Health Care Foundation?

Supporting the Wilderness Health Care Foundation in its effort to raise money for Clifton-Fine Hospital represents a tangible act of support to provide quality healthcare and wellness in Clifton-Fine and surrounding communities.

### Your donation:

- **Directly impacts hundreds of people.**
- **Provides state-of-the-art equipment for Clifton-Fine Hospital.**
- **Ensures that quality healthcare is available for all area citizens.**
- **Is tax deductible to the fullest extent of the law.**



Wilderness Health Care  
Foundation  
Proudly Supporting the  
Clifton-Fine Hospital since 1993

# Wilderness Health Care Foundation

## Foundation Welcomes New Board Chair



**Annette Craig,**  
Foundation Board Chair

The Wilderness Health Care Foundation recently announced the appointment of Annette Craig as Chair of its Board of Trustees. A Board member since 2012, Mrs. Craig most recently served as Treasurer.

Mrs. Craig and her husband, Sherm, have lived in Wanakena for the past 15 years. They both retired from Pittsford, NY and spent four years full-time RVing in search of the perfect place to retire. A dedicated community volunteer, Mrs. Craig devotes a great deal of time to Clifton-Fine Hospital because she believes quality healthcare close to home is essential for all our residents and visitors. In addition to the medical aspect, she wants to work to ensure that the second largest employer in the Clifton Fine area is here to stay.

Mrs. Craig's goals for the Foundation over the next few years are to continue the fine work of the previous Boards in raising funds to sustain and improve the hospital and to form closer working relationships with the Hospital Board, the Auxiliary and the staff.

She has a huge ask of the community in return.

"Please support OUR hospital in every way you can," Mrs. Craig says. "Most Adirondack communities don't have a clinic or hospital. We are looking at expanding services ... use them! Don't go elsewhere unless your specific medical needs cannot be met by Clifton-Fine Hospital."

Mrs. Craig succeeds Dave Birchenough as Board Chair. The Wilderness Health Care Foundation Board would like to extend a huge "Thank You" to Mr. Birchenough for his years of service as Chair. He has been a part of the Foundation since 2010 and was pivotal in the "Close to Home" campaign which raised over \$750,000 to help build the Primary Care Clinic. Mr. Birchenough, who served as Chair starting in 2013, will continue on the Board of Directors for another term. Mr. Birchenough and his wife, Eileen, live on Star Lake seasonally, and both have devoted countless hours towards Clifton-Fine Hospital and the Wilderness Health Care Foundation. Thank you Dave!



## Join us for the 5<sup>th</sup> Annual Memorial Golf Tournament! August 6, 2016

Once again, we will be honoring five friends who were avid golfers and loyal supporters of Clifton-Fine Hospital: **Ed DeCorra, Gary Goolden, Dr. Dick Narkewicz, Bill Nevil, and Peter Van de Water.**

This increasingly successful event continues to grow. Our first year we raised \$5,000 with only 36 participants, while last year the tournament raised over \$15,000 with 64 participants. We are so very thankful to the 56 contributors, both businesses and individuals, who helped make last year's event so inspiring.

The 2016 Memorial Tournament will be held at the Clifton-Fine Municipal Golf Course on August 6th. Breakfast and Registration begin at 8 AM. There will be an awards ceremony following the conclusion of the tournament at the Haven at Star Lake starting at 2:30pm. The awards ceremony is open to the public, everyone is welcome to attend, and more information can be found on the registration form.

- **Have a team or just love to play golf? Sign up now and enjoy a fun filled day on the course while also supporting a great cause!**
- **Consider joining dozens of community residents and businesses by contributing to the tournament and to Clifton-Fine Hospital, be it by sponsoring a hole, making a direct donation, or offering a gift certificate or items for our raffle! For more information, please contact the Foundation office today by calling 315-848-4284 or email at [MRiquelme@cfhis.org](mailto:MRiquelme@cfhis.org).**
- **Visit our website - [Cliftonfinehospital.org](http://Cliftonfinehospital.org) - today to download a registration or sponsorship form.**

## Contact Us

Wilderness Health Care Foundation  
315-848-4284





## Warm Weather Health Warnings

Even short periods of high temperatures can cause serious health problems. Heat-related illnesses, such as heat exhaustion and heat stroke, occur when your body can't keep itself cool. Know the symptoms and what to do.



### Recognizing Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness and is the body's response to an excessive loss of the water and salt contained in sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment. Warning signs include:

- Heavy sweating
- Feeling weak and/or confused
- Dizziness
- Cold, pale, and clammy skin
- Nausea or vomiting
- Headache
- Fast, weak pulse
- Fainting

### What should I do if I think someone has heat exhaustion?

- Move the person to a cooler location – indoors with air-conditioning or outdoors in a cool, shady place
- Have the person lie down and loosen their clothing
- Have the person drink water or other fluids. Do NOT drink alcohol or caffeinated drinks (such as soda)
- Have the person take a cool shower or bath, or apply cool, wet cloths to as much of their body as possible
- If the person does not feel better within 30 minutes, you should contact a doctor. If heat exhaustion is not treated, it can progress to heatstroke.

### Recognizing Heat Stroke

Heat stroke occurs when body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. It is much more serious than heat exhaustion, and can cause death or damage to your organs and brain if emergency treatment is not provided. Warning signs include:

- High temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid and strong pulse
- Severe headache
- Dizziness and feeling light-headed
- Feeling confused, anxious or disoriented
- Nausea and possible vomiting
- Possible unconsciousness

### What should I do if I think someone has heatstroke?

- Call 911 immediately — this is a medical emergency
- Move the person to a cooler location
- Cool the person rapidly using whatever methods you can. Put the person in a tub of cool water or in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously. You can also apply ice packs to the person's armpits, groin, neck and back.
- Do NOT give fluids
- If there is vomiting, make sure the airway remains open by turning the victim on his or her side



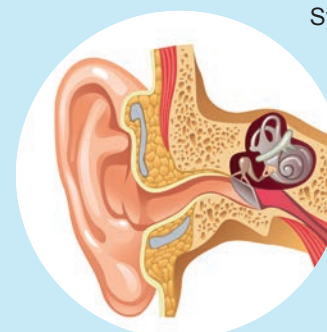
## Stay in the Swim of Things:

### What You Need to Know About Swimmer's Ear

Here in the Adirondacks, nothing defines summer like a day at the lake. The cool water washes away the cares of a completed school year or a busy day at work. But a dip in the water may not end so swimmingly. Summer is the time of year when many people get swimmer's ear.

Swimmer's ear, or acute otitis externa, is a common infection of the outer ear canal. Swimmer's ear typically happens when water gets trapped in the ear canal, creating a warm, moist environment for bacteria to grow. However other factors can also contribute to swimmer's ear including:

- Contact with excessive bacteria that may be present in hot tubs or polluted water
- Anything that causes a cut or abrasion in the skin within the ear canal, including vigorous ear cleaning with cotton swabs, inserting a foreign object into the ear or skin conditions such as eczema
- Wearing devices that block the ear canal and may injure the skin, such as hearing aids, headphones, or ear plugs



Symptoms of swimmer's ear include itchiness inside the ear, redness and swelling, mild to moderate pain that gets worse when the ear is tugged or moved, a sensation that the ear is blocked or full, difficulty hearing clearly, and sometimes pus drainage from the ear.

If you think you may have swimmer's ear it's important to see a doctor. If left untreated, the ear pain will worsen and the infection can spread. In rare cases this can cause complications such as temporary hearing loss, recurring ear infections, cellulitis and/or damage to underlying bones and cartilage.

Treatment for the early stages of swimmer's ear typically consists of antibiotic eardrops. Remember – it's important to keep water out of your ear during the entire course of treatment.

To prevent swimmer's ear from keeping you out of the water, it's important to keep your ears as dry as possible. This might mean using a swimming cap or earplugs, and always using a towel to dry your ears as thoroughly as possible after swimming and showering. Help any remaining water to drain out of the ear canal by tilting your head and holding each ear facing down. Pulling your earlobe in different directions while the ear is facing down. If water is still in the ears, consider using a hair dryer to move air within the ear canal. Be sure the hair dryer is on the lowest heat and speed/fan setting, and hold it several inches from the ear.







BOCES students from the Southwest Tech School

# Teaching the Next Generation of Healthcare Professionals

## Certified Nursing Assistants

This past spring, Clifton-Fine Hospital hosted a group of senior class BOCES students from the Southwest Tech School in Gouverneur. These students were in the process of completing their Certified Nursing Assistant (CNA) certification as part of the school’s health careers program. They shadowed and worked with our staff for a series of eight weeks. This program not only allows the students to graduate with their CNA certification but also gives them a head start on their future endeavors in the medical field. While at Clifton-Fine, the students assisted with therapeutic feeding and learned about the use of therapeutic equipment such as whirlpool tubs and Hoyer lifts. They left a good impression with our residents as potential future caregivers. The Clifton-Fine Hospital staff wishes these students the best of luck and congratulates them on all of their hard work this year.

## Registered Nurses

Starting with the Fall 2016 semester Clifton-Fine Hospital will be partnering with the SUNY Canton Associate Degree Registered Nursing Program for the first time. SUNY Canton first year nursing students will begin their clinical rotations at Clifton-Fine Hospital. This is a unique opportunity for the student nurses, as they will be exposed to a small hospital. This experience will allow nurses to critically think through situations at an earlier stage of their training.

Clifton-Fine Hospital is the smallest hospital in New York State, and with that status comes a whole different set of issues that larger facilities do not face. Nurses must be able to think quickly and must also be able to improvise to provide high quality patient care while also maintaining a safe environment for patients. Exposing student nurses to this setting provides them with a multi-disciplinary approach to patient centered quality care.

## New Training Equipment

Due to the overwhelming response to the Wilderness Health Care Foundation’s 2015 Year End Appeal, the Foundation was able to purchase much needed training equipment for our Clifton-Fine Hospital Nursing Department. The equipment purchase will include an advanced cardiovascular life support training mannequin so that our nurses will be able to receive the training they need right on site at the hospital. The opportunities for the new mannequin are endless, allowing our medical staff to stay up-to-date on life saving techniques.

*Thank you to all who donated and made this purchase possible!*

# Update from the Wellness Committee

Thanks to the generous support of our community, the Wilderness Health Care Foundation was able to establish a community Wellness Committee last summer.

This summer, the Wellness Committee has helped launch an “At Work” Weight Watchers program that is open to anyone associated with the hospital, including any member of the community who would like to participate through the Wellness Committee, at a reduced rate. The group has 20-25 participants and meets every Wednesday evening at 7pm at the hospital. Meetings will run until mid-October and will be continued if there is still interest.

Plans are also underway to re-start the Clifton-Fine Hospital Walking Club. In the meantime, summer is the perfect time to get started with some walking on your own. Walking is a gentle, low impact exercise. It’s safe, simple and, If done regularly, it can help:

- Lower LDL (bad) and raise HDL (good) cholesterol
- Lower your blood pressure
- Reduce your risk of heart disease and cancer
- Manage your weight
- Relieve stress and improve your mood

Anyone can stop by the Wilderness Health Care Foundation office to pick up a pedometer to track their steps. Try to add about 30 minutes of walking each day ON TOP of your usual daily activities or, if you’re counting steps, work up to 10,000 a day.

Remember that the Wellness Committee is always looking for new members and anyone can join. All you need to do is come to meetings. For more information about the Wellness Committee or our Weight

Watchers program, please contact Malinda Riquelme at 315-848-4264.



# The SamaritanSYSTEM

## Hospital Upgrades Health Information & Telemetry Systems

### Clifton-Fine Health Information System (CFHIS)

Thanks to the combined efforts of the Clifton-Fine Hospital and Samaritan Medical Center Boards, leadership, and Information Systems and Maintenance staff, Clifton-Fine Hospital (CFH) was



Dave Northrup, Chief Information Officer & Director of Facilities

recently able to implement an all new data architecture. CFH’s new network will facilitate the technology-centric future needs of providing quality healthcare in our community. It has already allowed CFH to upgrade its cardiac monitoring system, integrate secure private and public WiFi access throughout the facility, and drastically improve overall speed, reliability, storage, and security throughout our system. Modernization of CFH’s information system has increased available bandwidth nearly 25,678% in the core of

the network, providing a 900% bandwidth increase from the user station to any server in the architecture. Deployment of the new virtual server architecture allows CFH to store 9,424% more data than it was able to with its previous core servers.

### Cardiac Monitoring System (Telemetry):

Clifton-Fine Hospital has just finished upgrading and modernizing its cardiac monitoring system. The new system will provide our Nursing unit and Emergency Department with state-of-the-art technology that will allow the hospital to thrive in today’s information driven healthcare industry. The new system has significant improvements over the one previously used, including increased collaboration ability and most importantly – upgraded security. The system as a whole will be much easier to manage and will enhance patient care and safety by providing accurate and detailed cardiac monitoring.



## Healthy Food Choices for Living with Diabetes

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

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

### Some points to keep in mind:

- If you are overweight, weight loss efforts are a good beginning.
- The goal is to make one’s own insulin. In the beginning when first diagnosed (type II), the aim is to improve the effectiveness of one’s own insulin if this can be done. Prescribed pills for diabetes (if being used), or injected insulin work for you by keeping blood sugar in an acceptable, healthy range.
- Many people have cardiac issues along with blood sugar issues so follow an eating pattern that is heart healthy. It should be divided as follows: 45 – 60% of your calories should come from carbohydrates (“carbs”) (e.g. fruits, starches, vegetables), with about 20% of your calories from protein choices (e.g. meats, cheese, eggs, peanut butter) and 20% of the calories from fat choices (e.g. nuts, salad dressings, etc.).
- The basis of the diabetic nutritional approach is to include an agreed upon number of carb choices at each meal and snack. (This is known as the “consistent carb approach” which makes the insulin work better.)
- It is unfortunate that sometimes healthcare providers convey the notion that carbs are bad. In working with people who have diabetes, we must emphasize that carbohydrates, when chosen wisely, are healthy! Desserts are also carbs but usually offer too many calories with little else of benefit.
- Carbs are also emphasized because foods such as fruits, starches, and vegetables contain thousands of healthy chemicals (found in plants) that help to promote overall health. These are in addition to vitamins and minerals!

*If you have been diagnosed with diabetes, we encourage you to ask your healthcare provider for a referral to meet with a registered dietitian for an eating plan customized for you.*



# Be Cautious When Using Over-the-Counter Medications

By Dr. Brian Shambo

Think twice before prescribing anything for yourself, especially if you are already taking a medication or supplement. Most people assume that if a medication or supplement can be purchased without a prescription that it must be well documented as safe both if taken by itself, and with other medications. Nothing could be further from the truth. In fact, the FDA has no power to regulate the supplement market. This means that you have no way of knowing what is in that vitamin or supplement tablet or how it may interact with other medications or food in a negative way. Further, the product has no legal requirement to even contain what is advertised on the label or have any of the claimed effects on your health. Lastly, there have been cases where supplements imported from other countries contained traces of poisonous metals such as lead and mercury.

The drugs that can be purchased “over-the-counter” are regulated by the FDA, which at least assures some measure of accuracy of content. However, many of these medications are worthless or potentially harmful. Combinations of drugs, whether prescription or not, have the potential to interact in so many ways that, even with computers, we can only know the most common interactions.

I have a short list of rules that I ask my patients to follow regarding over-the-counter (OTC) prescribing:

- 1. Do not take anything that isn't on this list without consulting with your provider first. This may seem like a bother to both you and your provider, but may prevent harm. If you listen to your provider, you can save a lot of money because many OTC products are useless.**
- 2. Do not take the advice of other providers to take a substance, especially if they are selling it. If they are profiting from your purchase, you cannot trust the advice.**
- 3. Your medicine cabinet should contain only a few OTC medicines. The following are safe and effective for occasional use in most people when used as directed:**
  - **Pain reliever:** Acetaminophen (Tylenol) is the first and only choice for most people. Aspirin, ibuprofen (Advil, Motrin) or naproxen (Aleve) are effective medications but can cause life-threatening bleeding from the stomach. More than very occasional use should be only after consultation with your provider.
  - **Allergy medicines:** A nasal steroid spray (Flonase or Nasacort); a long-acting antihistamine (Zyrtec, Claritin or Allegra); an antihistamine eye drop for itching due to allergies (Zaditor is one of many).

- **Cold and flu medicines:** Most cold and flu medicines are worthless and some can be harmful. None of them shorten the course of viral illnesses such as colds, flu and most sore throats. There may be an occasional indication for a cough suppressant; my suggestion is Delsym. The only reasons to take it are for cough that interferes with sleep or that is severe enough to be causing chest pain.
- **Cuts and scrapes:** A tube of Bacitracin comes in handy for cuts and scrapes that may become infected. Neosporin is not the same thing. I never recommend it.
- **Skin rashes:** A tube of Hydrocortisone cream for allergic skin rashes. This only works for minor itchy rashes. Widespread rashes or those not going away quickly, usually need something else.
- **Ringworm:** A tube of Lamisil AT is effective if you are sure you have ringworm.

My parting shot is to share one of the most insightful things I have ever read on this subject. It comes from David Buchholz, M.D., who is a migraine specialist at Johns Hopkins University. He writes, “In order for a substance to cure, it must have the potential to harm. Herbs work chemically the same as drugs. Those that have no potential for side effects, have no potential, other than placebo, to cure.” Think about that the next time someone tries to sell you the latest miracle cure. If there truly were miracle cures out there, wouldn't we all know about them?



## Medical school:

St. George's University  
School of Medicine  
— Grenada, West Indies

## Residency:

New York Medical College  
— Valhalla, NY

*Our Emergency  
Department is available  
24 hours a day, 7 days  
a week, typically with  
minimal wait times.*

## Meet the Provider: Dr. George Snicer

### Q. How would you describe being an Emergency Medicine physician?

A. It is a very fulfilling job, especially here. Here I feel like I make a difference.

### Q. What do you find most gratifying about being an Emergency Medicine physician?

A. The feeling that I serve a proper and good need within the community.

### Q. Do you have any health tips to share?

A. After seeing all manner of disease in this job, the two best tips I can offer would be: don't smoke and eat in moderation.

### Q. What impresses you most about Clifton-Fine Hospital?

A. Clifton-Fine Hospital is part of a close-knit community and actually, at times, the moral center of that community.

### Q. How did you happen to first learn about Clifton-Fine Hospital?

A. I was doing locum (temporary) work in 2007 and came here for a few weeks. When I found out there was a full-time position available I decided to stay.

### Q. What do you like to do in your free time?

A. I like to read, work on the internet, and (mostly attempt to) fix and clean up my house.

### Q. What is the one thing that people may be surprised to know about you?

A. I love to cook! My family could cook dishes from almost any nationality and I have a good recipe book.



## SAVE THE DATE

*for These Upcoming Clifton-Fine Hospital  
Auxiliary Fundraisers!*

### Calcutta Fundraiser Friday, August 19th

*Star Lake Community Center*

Dinner starts at 5:30 p.m. and drawings begin at 6:30 p.m.  
Tickets are \$30.00 and include a Spaghetti Dinner for 2 and a number to be entered into the grand prize drawing of \$1,000.00.  
There are only 99 tickets available.

Door Prizes • 50-50 Raffle

You do not have to be present to win the Grand Prize, but you do have to be present for any door prizes. **Contact Melissa Streeter at 315-848-2565 to purchase a ticket**

### Annual Clifton-Fine Hospital Craft Fair Saturday, September 10th

10:00 a.m. - 3:00 p.m.

*Clifton-Fine Arena*

Attendance is free to the public.

Vendor cost: \$10.00 per table

**Contact Ann Latremore at 315-848-2511 or Melissa Streeter at 315-848-2565 with questions or to reserve a table.**

## Thank You to the Clifton-Fine Hospital Auxiliary!

The leadership and staff of Clifton-Fine Hospital (as well as our patients and residents!) appreciate all that you do to support the hospital and its mission.

Each spring the Auxiliary purchases all of the flowers for our summer landscaping and Jodi Szlamczynski, Wilderness Health Care Foundation board member and dedicated hospital volunteer, plants them. This year the Auxiliary also purchased supplies to re-finish the gazebo on the hospital grounds and arranged for our local Lions Club members to complete the work as a community service project.

If you want to make a difference, consider becoming a member of the Clifton-Fine Hospital Auxiliary. For more information, contact Ann Latremore at 315-848-2511.

## Annual Garage Sale

On August 5th & 6th Dorothy Adams will hold a garage sale at her home in Oswegatchie. All proceeds go to the Long-Term Care residents for their activities. Dorothy also accepts donations of items for the sale.



# The Beginning...

When Dr. Robert V. Persson first moved to Newton Falls in 1935 to serve as the company doctor for the Newton Falls Paper Mill, he was the only physician for the entire region. The nearest hospital was 35 miles away at a time when cars on the road were fewer and slower. It soon became clear to Dr. Persson that a community hospital was needed.

Support for Dr. Persson's plan continued to build over the years. In 1943, the first meeting of interested parties in the Clifton and Fine Townships was held and, as a result, J. Otto Hamele of Wanakena was designated Chairman of the sponsoring committee



## August 5, 1951

Clifton-Fine Hospital is dedicated at 3pm and opens for use. Total cost of the project upon completion is \$315,000. The hospital's first patient is seen on August 28th. An expectant mother, Nila Ward Boyd delivers the first baby born at the hospital. Within the first five years 550 babies are delivered at Clifton-Fine Hospital.



## 1951

Lawrence L. Jacobson serves as the hospital's first General Superintendent and Business Manager from 1951-1964. The medical staff at the time of the hospital's opening includes Dr. Robert V. Persson, Dr. Leon E. Sutton, Dr. William R. Carson and Dr. Clifford H. Marsh. The original nursing staff consists of Violet Cornell, Florence De Witt, Doris Hall, Evelyn Hooven and Helen Stinehelper.



of a new Clifton-Fine Hospital. Two years later a regular township election carried two proposals by a sizeable majority. The first was to create, build, operate, and maintain a public hospital. The second was to allow the two townships, Clifton and Fine, to bond a total of \$75,000 toward the hospital project.

Four acres of land north of the village of Star Lake were purchased from Ethel and Herbert Snider for the facility building site in 1946. By 1949 the general contract for building the hospital was awarded to Deline, Charlebois, & Wagner of Watertown and a groundbreaking ceremony was held on August 4th.



## 1971

Dr. John (Jack) Carthy is hired as a surgeon and general practitioner. He leaves the community in 1986, but returns as a family practitioner in 2009 and is still seeing patients today.



## 1976

The Clifton-Fine Medical Clinic opens. This new \$85,000 facility, financed by the Towns of Clifton and Fine, is constructed approximately 50 yards from the Hospital.



## 1985

As a community service project, the Clifton-Fine Lions Club purchases thirteen televisions for patient rooms. Television service is free of charge for all patients.



## 1993

The Wilderness Health Care Foundation is established by Stan Lawrence, a resident of Cranberry Lake and, at the time, Chairperson of the Clifton-Fine Hospital Board of Directors. The Foundation's mission is to support Clifton-Fine Hospital through fund-raising endeavors.

## 1998

The Clifton-Hospital Ambulance Service is established to transport inpatients. The service was discontinued in 2012 due to lack of funding.



## July 15, 1995

A devastating micro-burst strikes the Clifton-Fine area at 5 a.m. with 80 mile per hour winds. While the hospital itself is structurally undamaged, many other buildings are not so lucky. The hospital does lose its "memory tree," a large blue spruce, donated by the SUNY-ESF Ranger School in Wanakena in the 1950s.



## 2002

The early 2000s see the opening of both the Physical Therapy addition and the hospital's Skilled Nursing Unit. The new Physical Therapy building is a 1,200 square foot addition to the existing garage that is still in use today to provide outpatient therapy for community members. After receiving approval from the NYS Department of Health, Clifton-Fine Hospital converts 11 of its 20 acute care beds to nursing home beds. When the new Skilled Nursing Unit opens, after \$75,000 in physical plant renovations, eighteen people are on a waiting list for placement.



A new 6,700 square foot Clifton-Fine Hospital Primary Care Clinic opens on January 11th after the original Clinic is destroyed by an early morning fire on October 12, 2008. Chaired by Walter Todd and Chris Westbrook, the Wilderness Health Care Foundation's "Close to Home" campaign raises over \$750,000 to contribute to this project.

## 2011



## 2003

The Hospital Auxiliary funds the construction of a gazebo on hospital grounds for patients, visitors and staff to enjoy. Four years later, in 2007, Clifton-Fine Hospital is recognized as the sole provider in a medically underserved area and receives designation as a federal Critical Access Hospital.



## 2013

Robert L. Seamon is hired as the hospital's tenth CEO. He continues in that position today. Mr. Seamon works closely with the Board of Trustees to explore options to affiliate with a larger hospital, a process which ends on March 31, 2014 when Clifton-Fine Hospital becomes affiliated with Samaritan Medical Center.



# The Future...

Generations of families have placed their trust in Clifton-Fine Hospital, and with sound guidance from hospital trustees; a strong partnership with Samaritan Medical Center in Watertown; a supportive and committed community; and the dedication of our talented physicians, staff and volunteers; we look toward our next 65 years stronger than ever.

*Thank you for your support!*



# Clifton-Fine Hospital Patient Services

## Primary Care Clinic

**315-848-5404**

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. Now accepting new patients. Call today for an appointment.

**Hours:**

Monday - Friday: 7:30 a.m. – 6:00 p.m.

## Emergency Department

Our Emergency Department is available 24 hours a day, 7 days a week, typically with minimal wait times.

## Laboratory

**315-848-4232**

Our full service laboratory offers walk-in lab draws with very short wait times.

**Hours:**

Monday, Tuesday, Thursday, & Friday  
7:00 a.m. – 5:00 p.m.

Wednesday:

6:00 a.m. – 5:00 p.m.

Saturday:

8:00 a.m. – 11:00 a.m.

*(On Saturdays, please use the ED entrance and register at the Outpatient Lab.)*

## Physical Therapy

**315-848-4281**

We provide physical therapy services for inpatients, outpatients, swing bed patients and long-term care residents.

**Hours:**

Monday – Friday: 8:00 a.m. – 4:00 p.m.

## Radiology (Imaging)

**315-848-4222**

We offer several different imaging modalities in a comfortable setting, including: Bone Density scans, CT scans, Ultrasound and X-ray.

**Hours:**

Monday – Friday: 8:00 a.m. – 5:00 p.m.

Ultrasound: Wed. 8:30 a.m. – 4:00 p.m.

## We also provide the following services to our community:

Acute Inpatient Care

Long-Term Care

Swing Bed Program (Short-term Rehabilitation)



**Clifton-Fine Hospital**

A SAMARITAN HEALTH PARTNER

*Trusted Care. Close to Home.*

1014 Oswegatchie Trail

Star Lake, NY 13670

(315) 848-3351

cliftonfinehospital.org 

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# It's About Time!

Join us for  
Clifton-Fine Hospital's

# 65<sup>th</sup> Anniversary Celebration!

**Saturday, August 20, 2016  
1:00pm - 4:00pm**

We invite you to help us celebrate the past  
65 years as well as learn how we plan to  
continue for the next 65 years!

- Tours of the hospital
- Guest speakers at 2:00pm
- A classic car display with local participants
- Music covering the last six decades
- Light refreshments

## Rain or Shine!