



communitycare

Honoring a Respected Leader Hospital Board Chair Steps Down After 13 Years



Walter Todd, CFH Board Chair

For the past thirteen years, Walter "Walt" Todd has provided community leadership and support for area healthcare as Chair of the Clifton-Fine Hospital (CFH) Board of Trustees. Those thirteen years have seen many changes at the hospital.

"When I was first asked to join the Board, the hospital was without a full-time CEO and was experiencing some difficulties," Mr. Todd recalls. "I felt that my previous experience in

leadership roles would be beneficial in helping the hospital during the major changes I expected would be necessary to sustain services in the community."

Major changes indeed. In 2003, the hospital applied for and received special approval from the New York State Department of

Health to transition its nursing home beds to special use, a move which resulted in a significant shift in reimbursement amounts. Just five years later, in October 2008, a devastating fire destroyed the hospital's Primary Care Clinic. A temporary clinic was set up and, within a year, plans were made to start construction on a new clinic building attached to the hospital. Along with Christopher Westbrook, Mr. Todd served as co-Chair of the "Close to Home" Campaign Committee tasked with raising funds to help offset the construction costs. The campaign helped to revive the Wilderness Health Care Foundation, and eventually raised \$750,000.

More recently, Mr. Todd was deeply involved in the hospital's conversion from a public benefit corporation to a not-for-profit organization. He also helped lead the search for an affiliate hospital that has resulted in CFH's partnership with Samaritan Medical Center.

After thirteen years, Mr. Todd is now stepping down from the Board in order to devote more time to his other business and organizational responsibilities. Among other things, he is the owner of Todd True Value Supply in Star Lake.

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Physical Therapy Gets Patients Moving

Our devoted and experienced Physical Therapists are ready to assist you in all of your recovery needs. On arrival to our facility, located near the emergency room parking lot at Clifton-Fine Hospital, you will find a variety of exercise equipment including treadmills, exercise bikes, and no-step arm bikes. In addition to these, we also offer a variety of treatment modalities including: cervical and lumbar traction, ultrasound, electrical stimulation, and whirlpool therapy. Our services are provided to our inpatients, swing bed patients and long-term care residents, as well as to outpatients in the community.

Our Physical Therapists, Dr. Erica Brown, PT, DPT, Melissa Streeter, PTA, and Judy Benzel, PT, will be happy to serve your needs. They treat the following ailments:

- Ankle problems
- Arthritic pain
- Back/neck problems
- Conditioning/reconditioning
- Elbow problems
- Endurance problems
- Gait disorders/training
- Hand problems
- Hip problems
- Joint stiffness
- Knee problems
- Sacroiliac joint problems
- Shoulder problems
- Sprain/strains
- TMJ problems
- Weakness
- And MUCH more...

**To schedule an appointment,
call 315-848-2398 ext. 281**



Melissa Streeter, PTA,
works with patient
Norma Bass.





Dear Friends and Neighbors:

The reflective nature of the holiday season and the symbolism of a new year provide an opportunity for us to reflect on our recent accomplishments. In that spirit, I extend my sincere gratitude to each of you for a healthy and prosperous 2015. Clifton-Fine Hospital realized much success this past year. A few of the highlights include the following:

- Clifton-Fine Hospital was recognized as a top 20 Critical Access Hospital for patient satisfaction (nationally) for the third consecutive year.
- Dr. Brian Shambo joined Dr. John Carthy and Nurse Practitioner Deborah Body in our primary care clinic.
- We welcomed a record 315 new patients to the clinic (115 more than last year).
- We began the implementation of the Patient Centered Medical Home (PCMH) model for quality and patient safety in primary care.
- We implemented a new patient satisfaction survey system in the clinic (CG-CAHPS).
- We invested \$400,000 to revamp our obsolete Information Technology infrastructure and telemetry system throughout the hospital.
- We implemented a new Radiology Information System (RIS).
- Through our partnership with Samaritan Medical Center, we expanded our radiology services to include OB/GYN and other specialized ultrasounds.
- We had a successful Critical Access Hospital survey, conducted by the NYS Department of Health.
- Three members of our leadership team: Lisa Brooker, Laboratory Manager and Infection Control Coordinator; Erica Brown, Director of Physical Therapy; and Heather Cockayne, Chief Financial Officer, completed Cornell University's Leadership Development Program.
- The Wilderness Healthcare Foundation raised more than \$35,000 for needed equipment and began a Wellness Committee to provide outreach education to our community.

As you reflect, I hope you do so with a great sense of pride. I have every confidence that 2016 will be an equally positive year. Our continued success will not only be measured by our accomplishments, but by our ability to grow as a flexible, adaptable, and supportive team. Thank you for all that you have done to support our hospital and our community. All the best to you and your family for a safe and happy new year!

Robert Seamon
Chief Executive Officer



Medical school:

Weill Cornell Medical College
– New York, NY

Residency:

St. Vincent's Hospital
– New York, NY

Certification:

Diplomate of the American
Board of Family Medicine
and a Fellow of the American
Society of Laser Medicine
and Surgery

Meet the Provider: Dr. John Carthy

Q. What do you find most gratifying about being a family medicine physician?

A. Reassuring a patient that his/her condition is not serious and is fixable.

Q. Do you have any health tips to share?

A. Eat right, exercise and take some time off for yourself.

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

A. The personal involvement of all who work here.
It's a family.

Q. How did you learn about Clifton-Fine Hospital?

A. I first heard of the hospital through the New York State Medical Society in 1971. I came for six months and ended up staying for 40 years (and counting).

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

A. I enjoy reading, watching movies, fishing, snowmobiling and riding 4-wheelers.

Clifton-Fine Hospital
Primary Care Clinic
Now accepting new patients!
Call 315-848-5404.



Honoring a Respected Leader

Continued from page 1

"Clifton-Fine Hospital is a vital asset to our community, providing much needed healthcare in our rural setting. As the second largest employer, it also has a huge economic impact on our area. For these reasons I feel that my time on the Board has been very much worthwhile," says Mr. Todd.

"Walt unselfishly gave his time, efforts, and energy toward improving the level of healthcare provided in our community," says Robert Seamon, CEO of Clifton-Fine Hospital.

"Clifton-Fine Hospital has been strengthened by his tireless efforts, strategic thinking and innovative ideas. The Board and staff of CFH salute Walt Todd, a true community advocate and champion, for his thirteen years of exemplary leadership and dedicated service."

"What I'll miss the most is the people," shares Mr. Todd. "I have worked with many wonderful and dedicated Board members and hospital employees over the years who have given freely of their time and talents, always striving to provide better healthcare services and quality care. With the changes and accomplishments realized over the past few years, I believe that Clifton-Fine Hospital and Samaritan Medical Center are well positioned as partners to serve our community's medical needs for years to come."



Lisa Brooker Named Laboratorian of the Year

In November, Lisa Brooker, MT, Laboratory Manager at Clifton-Fine Hospital was celebrated as the CNY-CLMA Laboratorian of the Year at the group's annual conference.

The Central New York Chapter of the Clinical Laboratory Management Association (CLMA) represents a diverse clinical laboratory community, from Syracuse, Binghamton and Rochester to Northern New York. The organization's Laboratorian of the Year Award program recognizes laboratory professionals who have helped contribute to the success of the profession. Recipients exhibit outstanding performance in leadership, quality and community involvement.

Ms. Brooker's nomination for this prestigious award was submitted by Tony Marra, Director of Laboratory Services at Samaritan Medical Center. In part it reads,

"Lisa is a very motivated, dedicated and energetic laboratory professional who encompasses all the positive attributes our profession should demonstrate ... she has worked to bring her laboratory into compliance with all regulatory agencies, and to foster stronger relationships within the hospital and the community."

Sons of Legion Present Generous Donation



A donation check of \$250 was presented to the Clifton-Fine Hospital Auxiliary on behalf of the Sons of Legion, Mervin Eno Post 1539. The Commander, Mark Baker, and 2nd Vice, Mort Swinger, presented the check on October 28th to Auxiliary President Ann Latremore and Secretary Anne Hynes at the

Clifton-Fine Hospital Auxiliary meeting. The Auxiliary thanks the Sons of Legion for this generous donation which will help the hospital tremendously!

Skin Laser Treatments with Dr. Carthy Rejuvenate Your Look

In addition to his work in family medicine at the Clifton-Fine Hospital Primary Care Clinic, Dr. John Carthy also performs cosmetic and therapeutic outpatient skin laser treatments. Lasers can be safely and effectively used to treat a variety of cosmetic skin concerns including uneven skin texture, spider veins, acne, redness, brown spots, moles, lesions, birthmarks, scars and warts. Lasers can also be used to permanently remove unwanted facial or body hair. The number of sessions needed depends on the treatment required and the condition of your skin.



Most insurance companies do not offer reimbursement for cosmetic procedures. However, some insurance companies will cover the treatment of disfiguring birthmarks such as hemangiomas. To find out if a treatment is covered you should contact your insurance company.

To schedule an appointment or to learn more, please call 315-848-5404.



Partnering for Breast Health

One in eight women will be diagnosed with breast cancer. While that's a scary statistic, there is hope. Studies show that when breast cancer is detected in its earliest stages, a woman's chance of successful treatment dramatically increases. According to the American Cancer Society, 96% of women who find and treat breast cancer early will be cancer-free after five years.

A mammogram, or low-dose x-ray picture of the breast, is the most effective screening test for the early detection of breast cancer available to women today. In fact, mammography detects about 80-90% of breast cancers in women before they have symptoms.

Thanks to Clifton-Fine Hospital's affiliation with the Samaritan health system, area women have convenient access to mammography at three Samaritan locations: Samaritan Medical Center and Woman to Woman in Watertown, and the Samaritan Family Health Center at LeRay.

The digital mammography technology available at Samaritan means shorter exam times and a reduced radiation dose to patients. Most importantly, the radiologist can adjust the brightness of the images, change contrast, and zoom in for close ups ... all without having to take an additional image. These capabilities can result in an earlier diagnosis, and the best chance for a complete recovery. Research has also shown digital mammography to be better for detecting breast lesions in women under 50, pre- and peri-menopausal women, and women with dense breast tissue.

According to the latest American Cancer Society recommendations:

- Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.
- Women age 45 to 54 should get mammograms every year.
- Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening.
- Women with a family history or other risk factors for the disease should talk with their doctor about getting screened at an earlier age.

Are You at Risk for Fractures? Clifton Fine Hospital Offers Bone Density Testing.

Osteoporosis is a bone-thinning disease that can lead to fractures, typically in the spine, hip and wrist. Although the condition is often considered a "women's disease," men also are affected. In the United States, an estimated 10.2 million people already have the condition and almost 43.4 million more have low bone mass, placing them at increased risk for osteoporosis.

A bone density scan, also known as a bone mineral density (BMD) test, is a simple, non-invasive test that takes approximately 10-15 minutes. It can help to:

- Detect osteoporosis before a fracture occurs
- Predict your chance of fracturing in the future
- Determine your rate of bone loss or monitor the effects of treatment

According to National Osteoporosis Foundation guidelines, bone density testing is generally recommended for:

- All women aged 65 or older
- All men aged 70 or older
- Post-menopausal women under age 65 who have further risk factors for osteoporosis including a history of smoking, excessive alcohol or caffeine consumption, Vitamin D deficiency, low body weight, a small-boned body frame, taking a medication known to cause bone loss, low estrogen levels, hyperthyroidism or a history of bone fractures as an adult
- Adults who break a bone after age 50 or have lost more than 1 ½ inches of height
- Women and men over age 50 with a disease or medical condition associated with low bone mass or bone loss



Radiologic tech, Bryan Salvador, measures a patient's bone mineral density.

*If you meet one of the above criteria, talk to your family physician today and ask for a referral for bone density testing. Then call **315-848-3351 ext. 221** to schedule an appointment.*



Samaritan Medical Center

830 Washington St.
Watertown
315-779-5200
M, Tu, Th: 7:00am - 7:00pm
W, F: 8:00am - 4:30pm

Woman to Woman

1575 Washington St.
Watertown
315-785-4155
M-F: 8:00am - 3:30pm

LeRay Family Health Center

26908 Independence Way,
Ste 101
Evans Mills
315-629-4525
M-F: 8:00am - 4:30pm

***Make an appointment
today for your
mammogram at
Samaritan! Remember
you will need a
physician referral.***

Get the Facts About the Flu Shot!

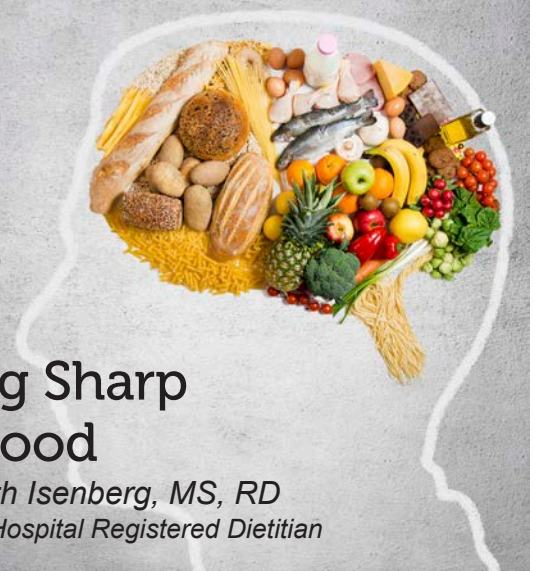
For millions of people every season, the flu can mean a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and miserable days spent in bed. However, what you may not realize is that each year flu and related complications also cause hospitalizations and sometimes even death. This is why the Centers for Disease Control and Prevention (CDC) recommends an annual flu vaccine for everyone six months and older. It is the best way to protect yourself and your family!

- **It is not too late to receive the flu vaccine. Flu season usually peaks in February, and can continue through May.**
- **You should get a new flu shot every season. Flu viruses are constantly changing, so the formulation of the flu vaccine is reviewed each year and sometimes updated to keep up with changing flu viruses.**
- **The flu shot cannot give you the flu. It may produce mild symptoms but these symptoms are brief and far less severe than the actual flu itself.**

If you haven't had your flu shot yet, call the Clifton-Fine Hospital Primary Care Clinic at 315-848-5404. One of our friendly registration clerks will be happy to schedule an appointment for you to see our nurse. All you need to do is fill out a quick form and we're ready to help protect you from the flu!

The MIND Diet: Staying Sharp with Food

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



There's growing scientific support for a new theory that says the food choices you make can help reduce your risk of mental decline and Alzheimer's disease. The suggested approach, appropriately known by the acronym MIND, emphasizes eating fruits, vegetables and starches coupled with a lower intake of red meats. The MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet is a combination of the Mediterranean diet and the DASH Guidelines for hypertension.

A person may not be able to adopt all of the MIND diet recommendations at once. However, one of the best things about the MIND diet is that you don't have to stick to it perfectly to still see benefits. Researchers found that adults who followed the diet only part of the time still cut their risk of Alzheimer's disease by about 35%. Scientists need to do more research on the MIND approach, but it is a promising start and another great reason to eat healthy.

"Brain Healthy" Food Groups to Include:

- ✓ **Green leafy vegetables** – every day
- ✓ **Other vegetables** – at least once a day
- ✓ **Nuts** – every day
- ✓ **Berries** – at least twice a week
- ✓ **Beans** (i.e., pinto) – every other day
- ✓ **Fish** – at least once a week
- ✓ **Poultry** – at least twice a week
- ✓ **Olive oil** – use it as your main cooking oil
- ✓ **Whole grains** – three servings a day
- ✓ **Wine** – one glass daily

Foods to Avoid or Limit:

- Red meats** – less than four servings a week
- Butter and stick margarine** – less than 1 tablespoon per day
- Cheese** – less than 1 serving per week
- Fried foods or fast foods** – less than one serving per week
- Limit pastries and sweets**

Congratulations!

2015 Service Awards

The Board of Directors and Administration of Clifton-Fine Hospital wish to honor the following staff for their years of continued dedication and loyalty to the Hospital.

FIVE YEARS

Laura Fenton
Lorinda McFerran

TEN YEARS

Tonya Kelley-Lamica
Janet Rhodes

FIFTEEN YEARS

Jim Cook



TWENTY-FIVE YEARS

Susan Ziemba

Beating the "Winter Itch"

by Deborah Body, FNP

Clifton-Fine Hospital Primary Care Clinic

Xerosis cutis is the medical term for abnormally dry skin. This name comes from the Greek word "xero," which means dry. Dry skin is common, especially in the elderly. It is usually a minor and temporary problem, but may cause some discomfort. After all, your skin needs moisture to stay smooth.

Abnormally dry skin is a problem that we see in the Clifton-Fine Hospital Primary Care Clinic, especially during the colder months. Eczema is the more chronic form of this problem and the symptoms include itchy, red, and dry skin caused by inflammation. It's most commonly found in children, although adults can get it as well. It is treated with oral medications, steroid creams and light therapy.

If you have very dry skin, cleanse your face just once a day, at night. In the morning, rinse your face with cool water.

Apply cool cloths to itchy dry skin

Use a gentle cleanser. Soaps can strip oils from the skin. Stop using deodorant bars, antibacterial soaps, perfumed soaps, and skin care products containing alcohol, like hand sanitizers. Look for either a mild, fragrance-free soap or a soap substitute that moisturizes.

To lock in moisture from a bath or shower, apply a moisturizer while the skin is still damp. My favorite is plain old Vaseline. Apply to wet skin with wet hands. This helps trap the moisture and rehydrate your skin.

Cover up outdoors in winter. In the cold, wear a scarf and gloves to help prevent chapped lips and hands.

Limit time in the bathtub or shower. A 5- to 10-minute bath or shower adds moisture to the skin. Spending more time in the water often leaves your skin less hydrated than before you started. Do not bathe more often than once a day.

Courtesy of the American College of Dermatology (aad.org) and Healthline (healthline.com/health/xerosis).

IN MEMORY OF Barbara Latray

It is with extreme sadness and a heavy heart that we announce the loss of our colleague and friend, Barbara "Barb" Latray, who passed away on August 9, 2015.

A long-time employee, Barb's career at Clifton-Fine Hospital spanned over 30 years of service. Barb started in September 1984 in the Dietary Department and then later moved to the Billing Department for the remainder of her time at the hospital. She will be greatly missed.



Barbara
Latray



Wilderness Health Care Foundation

Our Year-End Appeal

Thank you to all who have contributed to the Year-End Appeal. Many donations were made in memory or honor of a loved one. Those being remembered and honored are:

In Honor of:

The Clifton-Fine Community
CFCS Employees
Dr. John Carthy
Rosemary Kyer
Dr. Milton L. Lowell

Shirley Meek
Christine & Tim Nargi
Fred & Sis Smith
Walter Todd
The Haven at Star Lake

In Memory of:

Christa Baxter
Bruce Campbell
Joy Caton
Trudy Lee & Donna Darlene Dowling
Buzz Dumas
James F. Dubuar
Ed Drake
Martha (Molly) Hance
Lawrence & Doris Jacobson
Mary E. Jeffries
Mimi Keith
Ralph Kerr
Ted Lanphear
Our colleague - Barbara Latray

Eric & Elsie Lindberg
Bill Nevil
Raymond & Teresa Pomerville
Tim O'Donnell
Theodore H. Rautenberg
Mr. & Mrs. Harry Shene
Josephine Shrider
Clark Smith
Dr. Leon Sutton
Corey M. Swanson
Mary Tate
Duthan & Helen Ward
Dorothy Welling
Jeffrey Whitford
Ralph Young

The generosity of our Year-End Appeal donors allows us to expand the services Clifton-Fine Hospital provides and ensure that we stay up-to-date with the latest technology. The impact on our patients is immediate.

If you have not yet contributed, don't worry, there's still time. We need your support to keep our hospital equipment up-to-date and to ensure that quality healthcare is easily accessible to everyone in our community.

You can mail your donation to:

Wilderness Health Care Foundation
1014 Oswegatchie Trail • Star Lake, NY 13690

Contact Us

Wilderness Health Care Foundation
Malinda Riquelme – Executive Director
315-848-4284
mriquelme@cfhis.org

Close to Home Campaign

The Close to Home Campaign was launched in 2010 to raise money for the construction of a new Primary Care Clinic. The original clinic was lost in a fire in 2008.

The new Primary Care Clinic is a wonderful addition to our hospital and has allowed for the expansion of the services offered. The campaign was truly a community effort and raised an unprecedented \$750,000. While 2015 marked the close of the Close to Home Campaign, the generosity of our more than 400 donors will not be forgotten.

From the Wilderness Health Care Foundation and everyone at Clifton-Fine Hospital - Thank You!

Your Gifts at Work

When you make a gift to the Wilderness Health Care Foundation, you are giving the gift of good health to your family, friends, and neighbors by supporting quality healthcare and wellness in Clifton-Fine and the 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.

Wellness in our Community

Thanks to the generous support of our community, the Wilderness Health Care Foundation was able to establish a community Wellness Committee last summer. This group is open to anyone who would like to make Clifton-Fine a healthy community. Wellness covers many aspects of our lives and the topics discussed are varied. The group meets every other month, usually upstairs at Coffee Fever. The next meeting will be in March. To confirm the meeting date or to learn more about the Clifton-Fine Wellness Committee, please call the Wilderness Health Care Foundation office at 315-848-4284.



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, Tuesday, Wednesday, & Friday:
8:30 a.m. – 5:00 p.m.

Thursday: 8:30 a.m. – 8:00 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. – 4:30 p.m.

Wednesday:

6:00 a.m. – 4:30 p.m.

Saturday:

8:00 a.m. – 11:00 a.m.

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

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 Hours –

Thursday: 8:30 a.m. – 4:00 p.m.

We also provide the following services to our community:

Acute Inpatient Care

Long-Term Care

Physical Therapy



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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PERMIT #184
WATERTOWN, NY
13601

Volunteer Committee Supports Residents

With the goal of “enriching” the lives of the Clifton-Fine Hospital long-term care residents, a group of Hospital volunteers and staff worked together to raise funds to support entertainment, trips and on-site activities.

The Volunteer Committee applied for and received a grant from the Damouth Fund administered by the Clifton-Fine Economic Development Corporation, the Smart Growth Committee and the Adirondack Foundation. The grant money, along with proceeds from Dorothy Adams’ Garage Sale, matching funds from the Hospital and generous donations from Kim Nolan and Jim Powers, were combined to create an operating budget. The Volunteer Committee meets regularly with hospital staff to brainstorm possible activities. Buffy Matthews, Nursing Department, then turns these possibilities into reality for the residents to enjoy.



Elizabeth Guiles, RN, poses with a new portable keyboard piano purchased by the CFH Volunteer Committee for the enjoyment of the long-term care residents.

The Committee would like to thank everyone who donated items for Dorothy’s Garage Sale as well as those who stopped by to shop. Please remember to start saving your items for Dorothy’s 2016 Garage Sale to benefit the residents!

Clifton-Fine Hospital Named to Top 20 Critical Access Hospital List for Third Year in a Row

Clifton-Fine Hospital’s commitment to deliver high-quality care that meets the needs of patients has once again achieved special recognition from the National Rural Health Association.

This nonprofit organization recently designated Clifton-Fine Hospital (CFH) as one of the Top 20 Critical Access Hospitals in the country for patient satisfaction. This is the third year that CFH has earned this prestigious designation.

“We are grateful for this independent evaluation, and the results reflect our focus on providing care for patients and their families that exceeds expectations,” says Robert Seamon, the hospital’s Chief Executive Officer. “Our patients come to us at important times in their lives, and our physicians and staff are ready to provide them with the highest-quality care possible.”