

Fall 2016

# Partners

*in health and wellness*

## CONFIDENCE IN STRIDE

*Thompson's Rehabilitation  
Services now offers  
SafeGait 360° technology*

## Growing for you

*An increasing number  
of specialties are  
available within  
Thompson Hospital*

## Excellence in birthing care

*Our care of mothers  
and newborns is at the  
highest level*



UR  
MEDICINE

THOMPSON  
HEALTH

## Hospital Quality Designations



Thompson Hospital is accredited by The Joint Commission and received the Certificate of Distinction in Management of Joint Replacement–Hip Joint Replacement–Knee as well as Advanced Perinatal Certification



## MESSAGE FROM OUR CEO

# Keeping lines of communication open

**TIME AND AGAIN** within UR Medicine's Thompson Health, we emphasize the importance of communication in health care.

We understand we must communicate effectively with one another in order to enhance quality and safety. We also realize while the care we offer is something we are intimately familiar with, we must keep in mind that a patient walking into our hospital for a procedure or a test may have no idea what to expect.

*Partners in Health and Wellness* is just one more way we can communicate with you, the members of our community. This magazine allows us to share information you can use to take charge of your own health, as well as information about the full spectrum of services we offer and how we are continually raising the bar.

In this issue, for example, you can learn about our new, state-of-the-art SafeGait 360°

Balance and Mobility Trainer®, our cutting-edge concussion management services and the enhanced palliative care services now available through Thompson.

We hope you will find this issue informative. As always, we welcome your feedback and invite you to contact us via our website, **ThompsonHealth.com**, or our main phone line, **585-396-6000**.



Michael F. Stapleton, Jr., FACHE

President and CEO

## Nurturing young talent

**THOMPSON HOSPITAL** and the New Vision Health Therapy Sciences program offered by Wayne-Finger Lakes Board of Cooperative Educational Services (BOCES) recently partnered to provide a unique opportunity to area high school seniors with a passion for a career in health care.

The program instructor and students are at the hospital each Tuesday and Thursday, using a conference center as their classroom. They shadow clinicians and attend presentations from hospital staff while earning college credit through Gemini courses offered in partnership with Finger Lakes Community College.

Both theory and hands-on experience are introduced, highlighting career opportunities in the fields of health care, exercise science and rehabilitation. Beginning in January, the students will have a series of three-week clinical rotations, many of which will take place at Thompson.

"We are very excited to be able to help these young people pursue their passion," says Thompson Health Vice President of Associate Services Jennifer DeVault, adding, "Who knows? They might just be our future co-workers."



Instructor Michael Tiffany, DC, looks over Sara Maher's work after a lesson on terminology that included the dissection of gummy bears.

### SELECTION PROCESS

To be selected for the program, interested high school juniors must submit an application with teacher recommendations; transcripts; a list of extracurricular, community or volunteer participation; and an essay regarding their desire to pursue a health-related career.



For information, call the Wayne-Finger Lakes BOCES Finger Lakes Technical and Career Center at **585-526-6414**.



# Advanced care, close to home



Thompson Health's becoming part of UR Medicine has led to increased services and additional specialists, many of whom split their time between Rochester and Canandaigua.

**FOR MANY PEOPLE**, the sentiment behind "There's no place like home" rings true, even when it comes to a hospital stay.

This is especially the case as we enter the winter months. It's why Thompson Hospital is working with emergency medical service personnel and physicians to ensure they—and community members—are aware of the full spectrum of services available to inpatients at Thompson.

"Since our health system first affiliated with UR Medicine in 2012, we have experienced tremendous growth, and this includes a number of services previously unavailable—or available only on a limited basis—to the inpatients in our hospital in Canandaigua," says President/CEO Michael F. Stapleton Jr., FACHE.

## ON-CALL SERVICES AND SPECIALTIES

Among the many services added or enhanced over the past few years are on-call coverage from these specialties:

- Cardiology
- Critical Care/Pulmonology
- Ear, nose and throat

- Gastroenterology
- General surgery
- Infectious Disease
- Interventional Radiology
- Nephrology (with inpatient dialysis available)
- Neurology and Neurosurgery
- Obstetrics/Gynecology
- Oncology
- Ophthalmology
- Orthopaedics
- Podiatry
- Urology
- Vascular services

In addition, on-site palliative care consults are provided (see page 9 of this issue of *Partners in Health and Wellness* for details), and Thompson also now offers a wound care treatment team that includes a board-certified surgeon, a wound care-certified nurse and a physical therapist certified in wound care.

## EXCELLENCE IN NURSING

Aside from the growth experienced since the affiliation and the subsequent variety of specialties, Thompson offers an advanced level of nursing care.

The hospital first achieved Magnet® designation from the American Nurses Credentialing Center in 2004, with its most recent redesignation in 2015. Vice President of Patient Care Services/Chief Nursing Officer Hazel Robertshaw says Magnet is considered the gold standard in nursing care.

In addition, the hospital's staff has for many years included a nurse who is certified as a sexual assault nurse examiner. The hospital also has been a NICHE (Nurses Improving Care for Healthsystem Elders) Designated Hospital since 2011, offering exemplary care to older adults.

"In many cases, we can offer the same level of care you can get in Rochester," Stapleton says. "In addition, we continue to evaluate all services so we can bring even more to our community in the future."



Complete health care, from A to Z: To learn more about Thompson's services, click on the "Health Care Services" tab at [ThompsonHealth.com](http://ThompsonHealth.com).



The team members at our Shortsville Family Practice are taking part in a grant-funded program to track results and drive improvements.

SHORTSVILLE FAMILY PRACTICE

# A new approach to primary care

**THOMPSON HEALTH'S** Shortsville Family Practice is part of an initiative to transform primary care through teamwork, care managers, and the use of electronic clinical data to track results and drive improvements.

As one of 65 primary care practices to partner with the Finger Lakes Health Systems Agency (FLHSA) in a program funded through the agency's \$26.6 million Centers for Medicare & Medicaid Innovation award, Shortsville Family Practice team members reviewed data from their electronic medical records (EMR) and discovered that only about 40 percent of their patients ages 50 and older had gone for the recommended screening for colon cancer.

So the team developed a new process. Now, before the patient even walks in the door, the nurse checks the EMR and flags the file if a colonoscopy is needed. After the doctor talks to the patient about the

importance of a colonoscopy, the care manager addresses any barriers—such as a lack of transportation—and the receptionist schedules an appointment with the specialist before the patient leaves the office.

As a result, the practice's rate for colonoscopies has risen significantly. And according to Director of Practice Management Catherine Shannon, this is just one example of the new approach to care. The care team's emphasis on partnering with the patient is in keeping with Patient-Centered Medical Home (PCMH) certification from the National Committee for Quality Assurance.

"I am very proud of our Shortsville office," Shannon says. "Despite undergoing a great amount of change, they took advantage of all the supports offered by the FLHSA grant and embraced the philosophies of living as a Patient-Centered Medical Home."

## TWO PHYSICIANS JOIN PRIMARY CARE TEAM



Bobby Khan, DO

Bobby Khan, DO, recently joined Thompson Health's Shortsville Family Practice, which is among the Thompson-owned primary care locations accepting new patients.

Dr. Khan, who earned his medical degree from the New York College of Osteopathic Medicine in 2011, completed his residency at Nassau University Medical Center and most recently worked as a family physician on Long Island. In Shortsville, he joins Family Nurse Practitioners Katherine Exter and Alice DeMallie.

An open house to welcome him will be held at the practice from 5:30 to 7 p.m. on Wednesday, Nov. 30.



Vincent Yavorek, MD

Returning to Thompson Health's primary care team is Vincent Yavorek, MD, who has been practicing in Bloomfield for many years and was affiliated with Thompson

up until 2006. During renovations at his Maple Avenue location, Dr. Yavorek will be seeing patients in offices on the third floor of the Professional Office Building on the main Thompson Health campus in Canandaigua.

With the addition of Dr. Yavorek's practice in Bloomfield, Thompson now has 10 primary care locations.



For information about primary care through Thompson's practices, visit [ThompsonHealth.com/PrimaryCare](http://ThompsonHealth.com/PrimaryCare).

# Providing care at the highest level

HOSPITAL EARNS  
ADVANCED CERTIFICATION  
FOR CARE OF MOTHERS  
AND NEWBORNS

## WHEN SHAYNA AND ELKANNAH

Young of Farmington were preparing for the birth of their daughter, they knew Thompson Hospital's Birthing Center was the place they wanted to welcome their new addition.

Not only is Shayna's certified nurse-midwife, Jennifer Orcutt, based right across the street at the Canandaigua Medical Group, but Thompson was where big brother Amadeus, now 2, was born in 2014.

"It's a wonderful hospital. I love it," Shayna says. "It has such an intimate feeling, but it has everything a patient could possibly need and more."

The family needed a little more support than expected after little Arabella Rose arrived on Aug. 10. Shayna says the birth itself was an "amazing" experience: "Jen is incredible, and the team of nurses with her were really wonderful too." But Arabella was experiencing a breathing issue that required her to be on oxygen for the first couple of days, and she needed antibiotic treatment as well.

With Elkannah caring for Amadeus at home, Shayna remained at the hospital until Arabella could be discharged a week later.

"It was a scary week, but they eased my fears," Shayna says. "They just cater to every need."



Both Amadeus, 2, and his little sister, Arabella, were born at Thompson Hospital, which recently earned Advanced Perinatal Care Certification from The Joint Commission.

## TEAMWORK, COLLABORATION AND COMMUNICATION

More than 700 babies are born at Thompson every year, and experiences like the Youngs' are part of the reason the hospital recently earned Advanced Perinatal Care Certification from The Joint Commission, the premier health-care quality improvement and accrediting body in the nation. The advanced certification program recognizes commission-accredited hospitals committed to patient-centered care for mothers and their newborns.

"It's always gratifying to receive outside validation of our quality," says Executive Vice President/Chief Operating Officer Kurt Koczent. "This prestigious certification affirms the capability of our hospital to provide care at the highest level."

Thompson underwent a rigorous on-site review in July to assess its compliance with certification standards for perinatal care. During the review, a commission representative completed an independent evaluation of Thompson's perinatal healthcare services, as well as

the following key requirements:

- Integrated, coordinated patient-centered care that starts with prenatal and continues through postpartum care
- Early identification of high-risk pregnancies and births
- Management of mothers' and newborns' risks
- Available patient education and information about perinatal care services

"The achievement of this advanced certification verifies our ongoing commitment to quality improvement processes," says Director of Obstetrical Nursing Deborah Jones. "The reviewer specifically cited out teamwork, collaboration and communication with patients as he directly observed our patient care."

The perinatal certification comes on the heels of Excellus BlueCross BlueShield's announcing earlier this year that Thompson had been named as one of the first hospitals to receive the Blue Distinction Center+ for Maternity Care designation, recognizing evidence-based, patient-centered care as well as cost efficiency.



To view a status of The Joint Commission accreditation for Thompson and other hospitals, visit [www.qualitycheck.org](http://www.qualitycheck.org).



# Move freely, confidently

**NEW SAFEGAIT  
360° BALANCE AND  
MOBILITY TRAINER®  
HELPS PATIENTS MAKE  
GREAT STRIDES**

**THOMPSON HOSPITAL** recently became the first in the state to offer revolutionary SafeGait® technology in a full-time outpatient setting.

This state-of-the-art technology, developed by Victor-based Gorbel® Medical, can “unweight” and provide fall protection to individuals with a variety of impairments as they practice walking, improve strength and overcome balance concerns.

Designed to accommodate a patient weighing up to 350 pounds, the SafeGait 360° Balance and Mobility Trainer uses an overhead device that slides along a monorail-like track. It can help people who are working to overcome a wide variety of challenges, including stroke, MS (multiple sclerosis), Parkinson’s disease, amputations and traumatic brain injuries.

## **CUSTOMIZED TREATMENT**

Before the SafeGait 360° even arrived at Thompson, Director of Rehabilitation Services Carole Drake says, patients who heard it was coming began booking their appointments.

The first to use it was a man who’d had a stroke and had experienced anxiety over the possibility of a fall during previous physical therapy sessions. Drake says the system—which can

be adjusted to a patient’s individual needs—provided reassurance each time the man needed it.

“Every time the machine caught him, he gained confidence and pushed himself that much harder,” Drake says, noting that the man told the therapy team he felt he accomplished more in his first SafeGait 360° session than he ever had in physical therapy before.

Mike Brooks of Canandaigua was also among the first patients to use the SafeGait 360° at Thompson. Health concerns, including spinal stenosis and arthritis, have been making it increasingly difficult for him to get around.

“It takes some of the weight off my knee and ankles,” Brooks says.

## **A SAFEGUARD**

Drake notes the system’s Dynamic Fall Protection software provides protection during standing, sitting, stair and floor tasks alike. The therapist, meanwhile, can keep both hands free by using a wireless controller strapped to his or her forearm.

In addition, the SafeGait Patient Management Software allows therapists to track patient progress by exporting the data to the patient’s health records and comparing it to data from previous therapy sessions in order to customize treatment plans.

Physical Therapist Nancy Buerman, in the field for 35 years, says the SafeGait 360° is a welcome addition to the tools available in Thompson’s Rehabilitation Services Department because it takes away the concern regarding a potential fall, not only for the patient but for the therapist as well. “It gives you the freedom to try more difficult tasks, especially floor-to-stand and resistance walking—something you normally wouldn’t try with someone who has poor balance,” she says.

To see a video about the SafeGait 360°, visit [www.SafeGait.com](http://www.SafeGait.com).



SafeGait 360° requires a physician referral. For more information, call Thompson Health Rehabilitation Services at 585-396-6050.

# A better tool to manage concussions



PHOTO: Messenger Post Media

➔ For more information on ImPACT, call Thompson Health Rehabilitation Services at 585-396-6050.

Prior to their season, all Bloomfield boys and girls varsity soccer players took the ImPACT baseline test offered through Thompson Health.

**NOW MORE THAN EVER**, concussions and the associated risks are making headlines. And now, local athletes and others at risk for concussions have access to the latest technology in concussion management. This past July, just in time for the start of fall sports practices at area high schools, Thompson Health's Sports Medicine Department acquired ImPACT, the most scientifically validated computerized concussion evaluation system, as well as the only FDA-cleared concussion evaluation and management tool for ages 5 to 59.

"As a clinician—and a former Division I athlete in college who experienced concussions first-hand—I think this is a crucial piece of technology that allows us to better assess and manage a concussion, which in a lot of ways is a

hidden injury that is not always easy to diagnose," says John Ahern, Thompson Health Clinical Coordinator of Outpatient Orthopaedic and Sports Physical Therapy.

A concussion is a type of mild traumatic brain injury caused by a blow to the head or a hit to the body that makes the head and brain move rapidly back and forth. This can harm brain cells.

Most people fully recover, but every concussion needs to be taken seriously. Some cause lasting changes in thinking, learning and memory, and having more than one concussion raises the risk of long-term problems.

### HOW IT HELPS

ImPACT is a tool to help licensed health-care providers evaluate and manage a

suspected concussion. It offers both a baseline test—administered prior to the start of a sport season, school year or other activity—as well as a post-injury test, with post-injury results compared to baseline scores or to the norm as part of the assessment of the injury.

Before their fall season, all boys and girls varsity soccer players at Bloomfield Central Schools took the baseline test.

"This software does not eliminate or reduce the possibility of injury initially, but it does provide us the opportunity to protect our athletes from returning to play too soon," says Jon Mastin, Bloomfield Director of Health, Physical Education and Athletics. "We know they want to get back into the game and we want them to return to the game as soon as possible but without the risk of an additional, more severe brain injury."

Athletes and people playing sports aren't the only ones at risk for concussions, however. Falls are a common cause of concussions, and they can happen to everybody, from toddlers on playgrounds to older adults with balance problems. No matter what the cause, Ahern says, an evaluation can be helpful and can be arranged without a physician's referral.



Physical Therapist John Ahern and Athletic Trainer Mary Butlak are among the Thompson Health professionals who use ImPACT to evaluate and manage suspected concussions.

# Anatomy of a stroke

## WHY EMERGENCY TREATMENT IS VITAL

**MAYBE YOU'VE HEARD** the phrase "Time lost is brain lost." This simple sentence says a lot about the need to treat stroke as an emergency.

The longer you wait to seek help, the greater the likelihood of brain damage that can lead to long-term disability or even death. If you act quickly, however, treatment may stop a stroke and help you or a loved one avoid the devastating consequences of this sudden event.

"During each minute of a stroke, 1.9 million neurons are destroyed," says Critical Care Registered Nurse Sarah Gallagher, Stroke Coordinator for Thompson Hospital.

### HIGHLY SPECIALIZED STROKE CARE

A New York State-designated Stroke Center, Thompson is a recipient of the American Heart Association/American Stroke Association's Get With The Guidelines-Stroke Silver Plus Quality Achievement Award.

In addition, Thompson is affiliated with UR Medicine's Strong Memorial Hospital, which is recognized by The Joint Commission and the American Heart Association/American Stroke Association as a Comprehensive Stroke Center. This designation, which has been achieved by only two other hospitals in New York State, places Strong among an elite group of institutions providing highly specialized, complex stroke care. In addition, Strong has the area's only dedicated neuromedicine intensive care unit, which provides multidisciplinary care to critically ill patients with complex neurological life-threatening illnesses, such as stroke.



**If you think someone is having a stroke, call 911. Our experienced stroke team is always ready.**

### HOW A STROKE HAPPENS

A stroke occurs when blood flow to the brain is suddenly disrupted. This can happen in two ways:

- **Ischemic stroke.** In more than 80 percent of strokes, a blood vessel leading to the brain is blocked by a blood clot. Clots can form in arteries narrowed by plaque deposits or can travel to the brain from other parts of the body, such as the heart.
- **Hemorrhagic stroke.** Less commonly, a weakened blood vessel breaks, spilling blood into or around the brain. One frequent cause is an aneurysm, which occurs when a section of blood vessel weakens and balloons out. Untreated, it can rupture, leaking blood into the brain. Blood vessels weakened by high blood pressure may also be prone to rupture.

Stroke can affect any area of the body, depending on which part of the brain is

damaged. It can cause paralysis or weakness; problems with speech, memory or thinking; emotional problems; or chronic pain. Signs of stroke include sudden:

- Severe headache with no known cause
- Confusion
- Numbness or weakness in the face, arm or leg, especially on one side of the body
- Difficulty seeing in one or both eyes
- Trouble walking

### KNOW YOUR RISK FACTORS

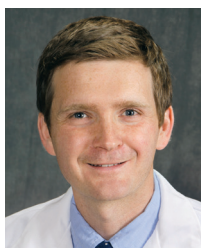
Talk with your doctor about your personal risk for stroke. Not all risk factors can be changed, such as age or having a family history of stroke. However, you can prevent or treat many risk factors, such as high blood pressure, diabetes, smoking, being overweight or not exercising.

Sources: American Stroke Association; National Institutes of Health



# Emergency medicine physician helps enhance palliative care

**ADAM CARDINA, MD**, has worked in Thompson Hospital's Emergency Department since 2012. After taking a sabbatical to pursue a palliative care fellowship at the University of Rochester Medical Center, he now spends three days of his work week providing palliative care alongside Cheryl Williams, MD, who joined Thompson's medical staff in 2014.



Adam Cardina, MD

"She's an incredibly compassionate, capable and caring doctor who is an excellent role model, for sure," Dr. Cardina says of Dr. Williams.

They offer both inpatient and outpatient consults to help give patients with cancer and other conditions—including congestive heart failure, chronic kidney disease, lung disease and Parkinson's disease—relief from symptoms and stress.

Dr. Cardina says he is grateful for the opportunity to now practice palliative medicine, as well as emergency medicine.

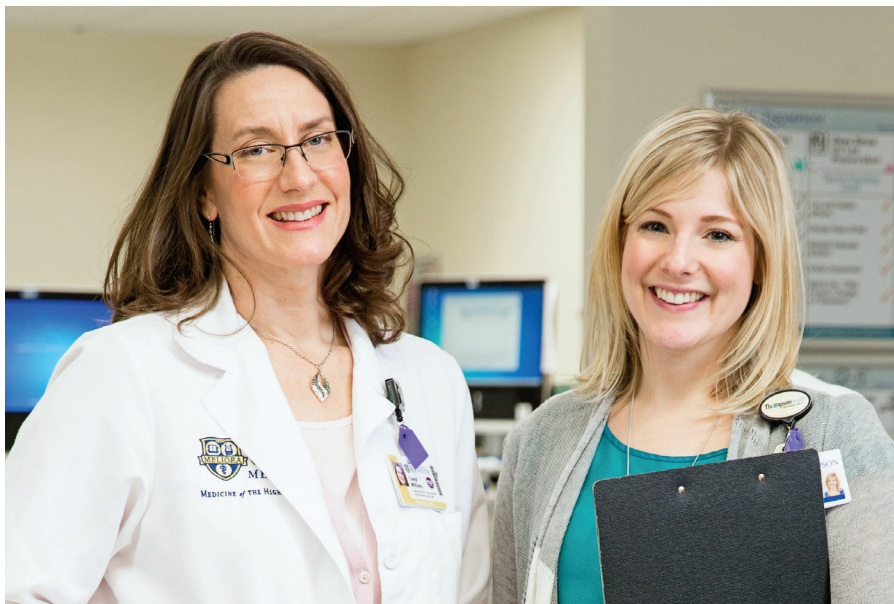
"Both are important," he says, "and I think one enhances the other."

In fact, it was in the ED that he first became interested in palliative care, seeing patients whose visits were related to the progression of chronic illnesses and wanting to address these bigger issues.

"I felt like there was more I could offer," he says, "and the context of an ED visit didn't allow for it, so I had to change roles."

## MORE COMPREHENSIVE CARE

According to Dr. Williams, consults and follow-up visits increased an average of 20 to 25 percent during the program's first year at Thompson.



From left: Cheryl Williams, MD, shown on one of Thompson Hospital's medical/surgical floors with Rachel Wise of Case Management/Social Work, is now joined by Adam Cardina, MD, in offering palliative care consults.

Now, she and Dr. Cardina are working on seeing even more patients. Their plan is to expand outpatient consults as well as inpatient consults, seeing patients before hospital admissions and working with physicians from other disciplines on campus—such as oncology and pain management—to address symptom needs and care goals.

"My vision is to try to develop a mini-palliative care division within Thompson that allows us to provide more comprehensive care, creating a web of people and keeping patients here who would have—in the past—required transport to Rochester," he says.

Senior Vice President of Medical Services David Baum, MD, says Dr. Cardina's presence at Thompson further strengthens the existing program.

"An important goal of palliative care medicine is to have our patients

understand their illness and to be able to choose a treatment plan that best suits their needs," he says.

Dr. Baum also notes that in the ED, Dr. Cardina can "bring his knowledge of palliative care principles to the front lines of medical care, where patients and their families can begin to determine their care options."



## DID YOU KNOW?

Palliative care is different from hospice care. Hospice is for people who are facing the end of life. Hospice patients always receive palliative care to help make their final months more comfortable. But palliative care is also for people who are trying to cure, slow or manage their disease.



Christine Williams of Ovid in Seneca County could not move her legs when she arrived at the M.M. Ewing Continuing Care Center in March but walked out with a cane less than a month later, thanks to a team that included Physical Therapy Assistant Alex Selim.

# Amazing strength, team support

## DETERMINATION AND THERAPY HELPED WOMAN FIGHT BACK FROM A DEBILITATING ILLNESS

**CHRISTINE WILLIAMS** of Ovid had just recovered from a stomach bug earlier this year when she began experiencing extreme weakness in her legs, as well as tingling in her hands and feet.

An emergency department visit led to a diagnosis of Guillain-Barré syndrome (see sidebar) and a 28-day hospitalization at Strong Memorial Hospital in Rochester. There, the virus traveled into her lungs, and she was placed on life support.

After she was able to breathe without the ventilator, Williams underwent acute rehabilitation at Strong and then was transferred to Thompson Health's M.M. Ewing Continuing Care Center in Canandaigua for continued rehabilitation in the center's Skilled Transitional Unit.

Williams arrived at the continuing care center on March 18. The 54-year-old married mother of two adult daughters had no movement in her legs and was unable to walk. Staff members had to use a hydraulic lift to move her.

➔ For more information about the Skilled Transitional Unit at the M.M. Ewing Continuing Care Center, call **585-396-6021**.

### GETTING STRONGER

She then began working with Occupational Therapist Amanda Pallar-Skorusa and Physical Therapy Assistant Alex Selim in the new gym adjacent to the Skilled Transitional Unit.

"Amanda was nothing but encouraging, and Alex knew just the right amount to push," Williams says.

"Within the first week, they were able to get me into a stand aid. Within another week, I was using a walker."

During her stay, she found support from the nurses as well. Less than a month after arriving with little hope, she walked out of the M.M. Ewing Continuing Care Center using a cane. Soon, she was walking without the cane, and in July she went back to work as a cook for the South Seneca School District.

Pallar-Skorusa says she was thrilled to be a part of the team that worked with Williams, and also thrilled with her progress. "I am so very proud of her and her amazing strength," she says.



Amanda Pallar-Skorusa, OT

## GUILLAIN-BARRÉ SYNDROME RARE, BUT TREATABLE

Guillain-Barré syndrome is a serious disorder that occurs when the body's immune system attacks nerve cells, causing muscle weakness and sometimes paralysis.

Usually, the weakness starts in the legs, but it can spread to the arms and upper body. In severe cases, it can affect the muscles that control breathing and be life-threatening.

Doctors don't know what causes this syndrome. It's often preceded by an infectious illness, such as the flu. And recently, some countries facing Zika outbreaks have also reported an uptick in Guillain-Barré syndrome.

Although there's no cure, treatment can help people recover. Usually, this treatment is in a hospital where some people may need a ventilator to breathe. It may also include:

- A plasma exchange, which can eliminate antibodies that may contribute to nerve damage
- Immunoglobulin therapy, which delivers proteins that lessen the immune system's attack on nerve cells
- Physical therapy, once a patient starts to regain limb control

Many people eventually recover fully.

# Adding meaning to a milestone

**WHEN THOMPSON HEALTH** holds a special place in a family's life, a milestone such as a birthday, an anniversary or a loved one's passing can present an opportunity to make the occasion all the more meaningful.

For Mrs. Elinor Wormer of Ferris Hills at West Lake in Canandaigua, the wedding of her daughter Susan to longtime partner Edward "Ed" Chippero presented just such an opportunity. The couple had requested donations to charity in lieu of wedding gifts, and Mrs. Wormer immediately knew she wanted to make a gift through the F.F. Thompson Foundation to Thompson's skilled-nursing facility, the M.M. Ewing Continuing Care Center. "It seemed only fitting," she says.

After all, it was there that her husband of more than 60 years, Dr. Donald Wormer, received specialized care for a form of dementia, beginning in 2013.

A general surgeon for 28 years in Olean, Dr. Wormer had settled in comfortably at the continuing care center, befriending the staff and checking on other residents to see how they were doing. The family felt it was as though he was still a practicing physician, "making the rounds" at the hospital. The quality care he received up until his death in October 2014 was a blessing for the entire family, according to his wife.

And the family's thoughtfulness became a blessing to Thompson, according to Foundation Director Anita Pietropaolo.

"As a community health system, we have a special relationship with many families in the area," she says. "We are always so appreciative when they show their gratitude for the care they have received by making a gift benefiting others we serve."

## MANY WAYS TO DEDICATE FUNDS

There are several options within the health system when it comes to designating a gift in honor of a special occasion. Donations can benefit programs and services, equipment needs within the hospital, the Sands Cancer Center, the skilled-nursing facility or other aspects of Thompson's senior living continuum of care.

"We work with a family to make sure their contribution—whether it's in conjunction with a joyous occasion or somber occasion—is directly applied to the cause that means the most to them, and we are honored to do so," Pietropaolo says.



In celebration of the wedding of her daughter Susan, left, Mrs. Elinor Wormer of Ferris Hills at West Lake in Canandaigua made a gift to Thompson Health.



For more information about contributing to Thompson Health, see the enclosed envelope, call **585-396-6155** or visit **ThompsonHealth.com/Foundation**.

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Send correspondence and address changes to:  
**Office of Corporate Communications**  
Thompson Health  
350 Parrish St.  
Canandaigua, NY 14424  
**585-396-6670**

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Fall 2016

## FEATURED EVENTS

### 25TH ANNUAL HOLIDAY BAZAAR

**Thursday, Dec. 1, 8 a.m. to 4 p.m.**  
**M.M. Ewing Continuing Care Center,**  
**350 Parrish St., Canandaigua**

Featuring over 30 vendors with a variety of handmade crafts as well as a bake sale, this event benefits programs enhancing the lives of residents of the 178-bed continuing care center, a skilled-nursing facility.

### THOMPSON GUILD TREE OF LIGHTS CEREMONY

**Monday, Dec. 5, at 7 p.m.**  
**Thompson Hospital, 350 Parrish St.,**  
**Canandaigua**

A minimum donation of \$5 designates a light in honor or in memory of a loved one at the tree lighting, which is followed by music and refreshments indoors. Call **585-396-6155** or visit **[ThompsonHealth.com/Tree](http://ThompsonHealth.com/Tree)** for more information.



Visit [ThompsonHealth.com](http://ThompsonHealth.com) for information about these and other events.



Find us on Facebook

# Do you really need a flu shot?



**SOME PEOPLE** think catching the flu is like coming down with a bad cold—nothing a little rest and a warm bowl of soup won't help fix. So when it comes to flu prevention, they might ask, "Why bother?"

In reality, no one should ever underestimate influenza. It's no wimpy virus.

In fact, just look at what could happen this winter if the flu visits you. You could:

- Miss a lot of work—and if you have kids, they could miss school.
- Potentially develop serious complications, like pneumonia, and have to go to a hospital. Sometimes this even happens to young and healthy people—not just those at high risk.
- Spread the virus to a baby, grandparent or someone with health problems—any of whom would be more likely to become very ill if they catch the flu.

Thompson Health Director of Infection Prevention Michelle Vignari, RN, CIC,



Get up-to-date information about the flu season and the flu vaccine at [www.flu.gov](http://www.flu.gov).

says the smart thing to do is get the flu vaccine, which has a safe track record and can't cause the flu.

According to experts at the Centers for Disease Control and Prevention, nearly everyone older than 6 months should get the vaccine each year, before flu season peaks.

Getting vaccinated takes just a moment. But it could make a world of difference for your health—and the health of those around you.



Michelle Vignari,  
RN, CIC