

Summer 2016

Partners

in health and wellness

BABIES AND BEYOND

*When it comes
to excellence in
maternity care,
Thompson delivers*

**Ready to up
your game?**

*New sports medicine
program provides
customized training*

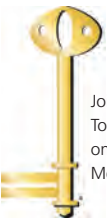
**Comfortable
recovery**

*Experience supportive
transitional care at
M. M. Ewing
Continuing Care
Center*

Hospital Quality Designations



F.F. Thompson Hospital is accredited by The Joint Commission and received the Certificate of Distinction in Management of Joint Replacement–Hip Joint Replacement–Knee



Joint Commission Top Performer on Key Quality Measures®

MESSAGE FROM OUR CEO

An abundance of good news to share

SO MUCH has happened within UR Medicine's Thompson Health since we last brought you an issue of *Partners in Health and Wellness*.

In our Birthing Center alone, recent developments include achieving a national honor for excellence in maternity care, adding neonatal nurse practitioners from the University of Rochester Medical Center to the care team and embracing an initiative to enhance the delivery experience during C-sections.

Growth within Thompson has included the new urgent care center, lab and x-ray in Newark, as well as the addition of Finger Lakes Family Care. Read more on page 3.

Elsewhere within this issue of *Partners*, you can learn about a promising new procedure offering migraine relief, a new conditioning program for athletes and renovations within our M.M. Ewing Continuing Care Center. These additions allow us to offer so much

more to community members who are recovering from an injury, surgery or illness before returning home.

Most importantly, our hospital's redesignation as a Magnet facility is something we are all very excited to share with our community, because it lets you know we are meeting rigorous standards for nursing excellence.

We hope you enjoy this latest issue of *Partners*, and we wish you a happy and healthy summer.

Michael F. Stapleton, Jr., FACHE
President and CEO



Hospital again achieves Magnet® recognition

THOMPSON HOSPITAL has once again achieved Magnet® recognition from the American Nurses Credentialing Center (ANCC).

Currently, only 433 of approximately 6,000 U.S. healthcare organizations are Magnet-recognized facilities. Thompson Hospital has been a Magnet hospital since 2004, with its first redesignation in 2010.

"This prestigious honor is tangible evidence of our nurses' commitment to providing the very best care to our patients," says Vice President of Patient Services/CNO Hazel Robertshaw. "We are incredibly proud of the exceptional knowledge, skill, dedication and compassion these nurses demonstrate every day in our hospital."

Robertshaw says Magnet recognition is the gold standard for nursing excellence. In fact, *U.S. News & World Report's* annual showcase of "Best Hospitals" includes Magnet recognition in its ranking criteria for quality inpatient care.

Before Magnet status is bestowed, an organization must undergo a rigorous and lengthy process demanding widespread participation from leadership and staff. The process begins with the submission of an electronic application, followed by documented evidence regarding patient care and outcomes. If scores are high enough, an on-site visit occurs for a more thorough assessment. The ANCC's Commission on Magnet then reviews the completed appraisal report and votes to determine whether recognition will be granted.



Newark Urgent Care Center off to a healthy start



AS THE first urgent care center in Wayne County, Thompson Health's Newark Urgent Care Center has been a busy place since first opening its doors on March 7.

"The response from the community has been beyond our wildest expectations, not only in terms of positive feedback, but in terms of the need for our services," says Director of Practice Management Catherine Shannon. She noted that more than 650 patients sought care during March alone, although the Center did not open until the second week of the month.

Located at 800 West Miller St., with a phone number of **315-226-8900**, its hours of operation are:

- Monday through Friday, 11 a.m. to 8 p.m.
- Saturday and Sunday, 9 a.m. to 5 p.m.

The location is open on most holidays. X-ray hours mirror those of urgent care, and you don't need to be a patient of urgent care in order to use this service, Shannon notes.

The location also features a lab draw station with the following hours:

- Monday through Friday, 7 a.m. to 5:30 p.m.
- Saturdays, 7 a.m. to 11:30 a.m.

"Again, you do not need to be a patient of our Urgent Care Center—or even a patient of Thompson Health—to use the draw station," Shannon says. In March alone, more than 150 people used the lab draw station, which is one of seven operated by Thompson.

Thompson has an additional Urgent Care Center, also with x-ray services and a lab draw station. It is located at 1160 Corporate Drive in Farmington and its phone number is **585-924-1510**.



Robert L. Smith,
MD, FAAFP



Leigh Lafferty,
FNP



Erin Mahoney,
FNP

FINGER LAKES FAMILY CARE JOINS THOMPSON

Finger Lakes Family Care (FLFC) recently joined Thompson Health, becoming the health system's ninth primary care location in the region.

Located at 23 North St. in Canandaigua, FLFC was founded in 2006 by Robert L. Smith, MD, who is joined by Family Nurse Practitioners Leigh Lafferty and Erin Mahoney.

The practice is a patient-centered medical home, offering same-day appointments for sick and acute visits, as well as chronic disease management supervised by an in-house care manager. FLFC also offers secure email communications via Medent, as well as a patient portal, allowing patients secure, online access to health records, prescription refills and appointment requests.

"Thompson is committed to quality, personalized patient care, so Finger Lakes Family Care—which has been a part of the Canandaigua community for a decade now—is a perfect fit," says Thompson Health Executive Vice President and COO Kurt Koczent. "We are very excited to have them on board."

For more information about FLFC, call **585-394-8170**. For information about Thompson's other primary care locations—including a list of those accepting new patients—visit **ThompsonHealth.com/PrimaryCare**.



For a listing of all UR Medicine Urgent Care Centers and their hours, visit urmc.rochester.edu/urgent-care.

How can a hospitalist enhance your care?

WHEN YOU'RE in the hospital, you want to have the best care possible. So the next time you or a loved one stays at Thompson Hospital, you may meet a medical professional called a hospitalist.

Hospitalists specialize in providing comprehensive, high-quality medical care to hospitalized patients, and according to the Society of Hospital Medicine, there are more than 40,000 of these specialists in the U.S.

24/7 CARE

Hospitalists provide around-the-clock care and can:

- Rapidly respond to their patients' needs
- Closely monitor their patients' progress and quickly adjust treatment as needed
- Order and review tests, x-rays and other procedures
- Meet with family members to answer questions and explain what is going on



Ali A. Hamdan, MD, shown with Crissy Lyon, RN, is medical director for the hospitalist team at Thompson Hospital.

- Keep primary care doctors informed and coordinate patient care among all members of the hospital staff, as well as other specialists as needed
- Oversee discharge from the hospital and help with the transition to the patient's home

PROVIDING PEACE OF MIND

According to Ali A. Hamdan, MD, Medical Director of Hospital Medicine, the hospitalist team is a group of board-certified internal medicine specialists who were chosen for their excellent skill sets and experience in dealing with acutely ill

patients who require hospitalization.

"They are experts in stroke care as well as in handling heart conditions and critical care management," he says.

"Because they take a team approach, more than one of these specialists may care for you during your hospital stay," Dr. Hamdan says, noting the team of providers may include several physicians as well as nurse practitioners and physician assistants.

"Our hospitalist team will work closely with your primary care physician to ensure the highest quality of care is tailored specifically to fit your unique needs," Dr. Hamdan says.

Thompson named among '150 Great Places to Work in Healthcare'

THOMPSON HEALTH is featured in the 2016 edition of the "150 Great Places to Work in Healthcare" list published by *Becker's Hospital Review*.

With locations in Ontario, Wayne, Livingston and Monroe counties, Thompson employs approximately 1,500 associates. This is the health system's second consecutive year on the list, and it's the only healthcare organization in western or central New York to be featured.

Organizations submitting nominations were considered by *Becker's*, as were organizations that have received recognition for benefits, workplace wellness initiatives, professional

development opportunities, diversity, work-life balance and a sense of community among employees.

For Thompson, such recognition has included receiving three *Rochester Business Journal* "Wealth of Health" awards—for associate wellness programs—as well as becoming an American Heart Association Gold-Level Fit-Friendly Worksite and being named a "Leader in LGBT Healthcare Equality" by the Human Rights Campaign Foundation.

➔ Employee testimonials and information about Thompson's unique corporate culture can be found in the Careers section of **ThompsonHealth.com**.



Opportunities within Thompson Health include non-clinical positions, like that of driver Ron Chabot at Ferris Hills at West Lake.

Current job openings are posted on the site and can also be found on Thompson's Facebook page under the "Open Jobs" tab, as well as on LinkedIn and on Twitter, @ThompsonCareers.

New sports medicine program a HIT with athletes

THOMPSON HEALTH'S Rehabilitation Services Department is offering a sports performance enhancement program called HIT—short for “high-intensity training.”

Ideal for student athletes or weekend warriors ages 13 to 40, the program involves customized one-on-one training with certified athletic trainer Austin Pratt. One-hour sessions are twice a week for five weeks, culminating in an individualized home program.

Pratt says HIT challenges each participant in a different way, taking him or her to the next level of athleticism.

“The participant can expect to leave this program stronger, faster, more functional, more knowledgeable and everything in between,” he says.

The cost for HIT is \$165 and includes a pretest, the five-week program, a post-test and the development of a home program.

HIT is one of several programs offered by Thompson's certified athletic trainers. Other programs are:

- W.I.P.P.—warm-up for injury prevention and performance

- SportsMetrics—knee injury prevention program focusing on jumping and landing mechanics
- Tuff Cuff—stretch and strengthen rotator cuff muscles

Thompson provides contracted athletic training services for high schools throughout the region. Working in the schools, the athletic trainers are able to evaluate and treat athletes after an initial injury and determine if it is necessary for further evaluation by a physician or if the athlete would benefit from a comprehensive rehab program. The trainers are liaisons between the coaches, parents, athletes, nurses, athletic directors and physicians in discussing the athlete's status and what steps should be taken to return athletes safely back to their sport.



Visit [ThompsonHealth.com/HIT](https://www.thompsonhealth.com/HIT) to download program forms for HIT. For information about it and other sports medicine programs at Thompson, call **585-396-6050**.



YOUNG ATHLETES CHEER THEM ON TO SAFETY

Game time can boost a youngster's social skills and provide plenty of exercise as well as fun, but every sport poses at least some risks. As a parent, you can help reduce these risks.

Most often, young athletes are sidelined by:

- Sprains and strains
- Growth-plate injuries, when developing tissues at the ends of long bones get hurt
- Overuse injuries as the result of repetitive motions that stress and strain bones and soft tissues

To help your child score in safety, consider the following advice:

Get equipped. Depending on the sport, a helmet, body padding, mouthguards or shin guards, eye protection, and proper shoes may be needed.

Play by the rules. Many rules are designed to prevent injuries. Make sure your child knows—and follows—them.

Beat the heat. Give your child a water bottle and encourage frequent intake.

Warm up. Encourage warm-up exercises before and cooldown exercises after both practices and games.

Don't downplay concussions. In general, players with a concussion shouldn't get back in the game until medically evaluated and cleared to play.

Encourage rest. Athletes need breaks in between seasons and during practices and games.

Finally, teach your child to speak up if sick or hurt, and check with the doctor should you suspect an injury.

Sources: American Academy of Pediatrics; National Institutes of Health; Safe Kids Worldwide



Certified athletic trainer Austin Pratt, left, works with a local athlete on the battle ropes, which help with muscular strength and endurance while improving core, shoulder and lower extremity stability.

Thompson delivers



Board-certified lactation consultant Courtney Phillips, RN, chats with Shirley Figuera de Cole of Canandaigua after the delivery of Lorenzo Enrique Cole in February. Phillips, a second lactation consultant and six certified lactation counselors promote breastfeeding in Thompson Hospital's Birthing Center, where nearly 650 babies were born in 2015.

EXPECTING A BABY?

Soon-to-be new parents can subscribe to Thompson Health's free *My Baby Expectations*™, a monthly emailed newsletter that steps you through preparation, delivery and baby's first year.

Based on the due date, you will receive information on what to look forward to that month. Additionally, you will receive four months of information on breastfeeding, a parenting newsletter after the baby turns 1 and annual health reminders for your child.

Visit thompsonhealth.privatehealthnews.com to sign up.



WHEN SHIRLEY FIGUERA DE COLE and her husband, Jeremy Cole, welcomed a third son in February, it marked the couple's third experience in Thompson Hospital's Birthing Center, where, Figuera de Cole says, "all the nurses have become like family."

Every request was cheerfully accommodated, says Figuera de Cole, and she felt well-supported throughout her stay.

"It was awesome," the Canandaigua resident says. "The nurses, the techs, the doctor, the housekeeper—everyone was amazing."

Based on her family's experience with the births of Lorenzo and his two elder brothers, it came as no surprise to Figuera de Cole to learn that recently Thompson was one of only three centers in the region to receive a national honor for delivering quality maternity care while meeting the requirements for cost-efficiency.

The Blue Distinction Center+ for Maternity Care designation from Excellus BlueCross BlueShield came after the Center was evaluated on several quality measures and found to support evidence-based practice of care as well as promotion of successful breastfeeding.

Thompson's breastfeeding rate is consistently above 80 percent, and Director of Obstetrics Deborah Jones says there are several reasons for this high figure:

- Thompson offers prenatal classes that introduce soon-to-be moms to the health benefits of breastfeeding, which include lowering the risk of postpartum depression and certain cancers for moms and lowering the risks of infection and childhood obesity for babies.
- The Birthing Center has two board-certified lactation consultants and six certified lactation counselors available to new moms, both while they're in the hospital and after they've gone home.
- The lactation consultant and another Birthing Center nurse facilitate a monthly support/educational gathering for new moms, called the First Time Around Group.

According to Jones, a big influence on the high breastfeeding rate is the support from the doctors and certified nurse-midwives who deliver babies at Thompson, because long before the

babies are born, these providers promote the benefits of breastfeeding.

“We would not have these rates without their tremendous support,” Jones says. “They’re the ones who plant the seed.”

Jones says the national Blue Distinction Center+ for Maternity Care designation also highlights Thompson’s zero rate of early elective deliveries. According to Excellus, early elective deliveries are an ongoing concern in the medical community. Compared with babies born 39 weeks or later, these infants face higher risks of infant death and respiratory ailments.

In addition, Jones says, the Excellus designation recognizes Thompson’s focus on family-centered care and patient satisfaction.

A new initiative to enhance patient satisfaction at Thompson involves ensuring mother and baby skin-to-skin contact in the operating room following a C-section.

Traditionally, the baby would be placed in a warming crib and, after Apgar tests, wrapped in a blanket and shown to the parents. Now, at Thompson, when appropriate, the baby is quickly placed skin-to-skin on the mother’s chest, which helps build immunity through early colonization of the baby’s skin with the bacterial flora of the mother.

“It’s also just a nice bonding moment and it makes a surgical event feel like a normal birth experience for the mom,” Jones says.

Also new in Thompson’s Birthing Center: Neonatal Intensive Care Unit nurse practitioners from the University of Rochester Medical Center (URMC) provide coverage from 7 p.m. to 7 a.m., seven days a week, attending deliveries and providing immediate assistance for any newborn experiencing difficulties.

With more than two dozen Birthing Center nurses and providers certified in electronic fetal monitoring, a robust simulation program offering training for low-frequency and high-risk situations and experiential learning, Jones says Thompson is unique among community hospitals when it comes to maternity care.

“The level of quality is exceptional, and we are extremely proud of the excellent care given by our staff and providers,” she says.

EXPECTANT MOMS: YOU ARE IN GOOD HANDS WITH US

If you’re looking for a local provider who delivers babies, there are several to choose from:

Canandaigua Medical Group OB/GYN, 585-393-2800

Jillian Babu, MD
Laura Burgess, CNM*
Catherine Cantwell, MD
Jennifer Orcutt, CNM*
Robert Scott, MD
Jessica Schock, CNM*

Thompson Health Canandaigua Family Practice, 585-396-6990

Susan Landgraf, MD
Bryan Sandler, MD

Valley View Family Practice Associates, 585-554-3119

Geoffrey Ostrander, MD
Donna Schue, MD

*Certified nurse-midwife



With student Angela Manjgaladze observing, Certified Nurse-Midwife Jennifer Orcutt provides labor support to Stephanie Plate of Waterloo, in Thompson Hospital’s Birthing Center.

Certified nurse-midwives deliver more than babies

Which medical professionals offer top-quality care for women?

If you thought of primary care physicians, internists, OB-GYNs, physician assistants and nurse practitioners, you’re right. But that list isn’t quite complete. There’s another group of professionals caring for women of all ages, through every stage of life. They are certified nurse-midwives (CNMs).

Midwives are probably best known for helping women give birth, and at Thompson Hospital’s Birthing Center, they delivered 21 percent of the babies born in 2015. But CNMs also care for women from the time of their first menstrual periods through menopause—and beyond.

Each CNM is a licensed registered nurse who graduated from an accredited college or university, obtained a master’s degree or doctorate in midwifery, and passed a national certification exam.

This background—along with extensive hands-on clinical training—not only qualifies CNMs to care for laboring moms and deliver babies; it also enables them to offer a full range of primary care to women, such as:

- Providing well-woman exams, including doing Pap tests and breast exams
- Providing information about health screenings, tests and vaccines
- Counseling women about family planning
- Treating sexually transmitted infections
- Writing prescriptions for treatments and medications
- Offering health education on topics such as basic nutrition and parenting
- Helping women navigate menopause

Certified nurse-midwives practice in every state—in birthing centers, health centers, homes, hospitals and private practices.



For more information, visit the website of the American College of Nurse-Midwives at midwife.org.

Different causes, treatment options for chronic wounds

SCRAPES, BLISTERS, and sores come and they go, mostly mending on their own. But sometimes, a wound can linger for months, causing pain and making life miserable.

Treating these chronic wounds—and stopping similar sores from cropping up in the future—requires special care.

The most common chronic wounds are venous stasis ulcers, pressure ulcers and diabetic ulcers.

Venous stasis ulcers. These are caused when veins in the legs are unable to push blood back toward the heart. The blood pools, which causes swelling, inflammation and sores.

People at highest risk include older adults, women and those who are

overweight. Prevention includes wearing compression stockings to keep blood moving through veins in the legs.

Pressure ulcers. When someone stays in one position too long, the ongoing pressure hampers blood flow—especially at bony spots like the tailbone, hips or heels. And that can trigger sores.

Bedridden people and people who use a wheelchair are among those most likely to get these ulcers, which are also called bedsores.

Prevention includes keeping the skin clean and dry and changing positions often.

Diabetic ulcers. These develop as a result of nerve damage, a common consequence of diabetes. A loss of feeling—often in the feet or legs—means even

minor injuries can go unnoticed, allowing infection to set in.

Prevention includes tight control of blood sugar, daily foot checks, frequent visits to the doctor, and wearing proper shoes and socks.

Treatment of a wound will depend on its type and severity. In general, though, wounds should be kept clean and covered, with blood flow maintained and infections treated with antibiotics.

In some stubborn cases, certain people with chronic wounds may need special therapeutic machines to assist in healing. In other cases, surgery may be needed to get rid of dead tissue.

Sources: American Academy of Family Physicians; American Diabetes Association; Association for the Advancement of Wound Care



WOUND CARE EXPERTS AVAILABLE TO HELP

Approximately 6.5 million patients in the United States are affected by chronic wounds, and it's estimated that 1 to 2 percent of the population will experience a chronic wound at one time or another.

Locally, those with wounds not responding to conventional treatments within two to four weeks often turn to Thompson Health's Rehabilitation Services Department, which offers a comprehensive approach designed to speed the healing process and allow patients to regain quality of life as quickly as possible.

Thompson's wound care treatment team includes a board-certified surgeon, a wound care-certified nurse and a physical therapist certified in wound care. Their areas of expertise include:

- Diabetic/neuropathic ulcers
- Pressure ulcers
- Arterial ulcers
- Venous stasis ulcers
- Problematic surgical wounds
- Traumatic wounds

"We work with the patient and his or her referring physician to coordinate the best course of treatment," says the team's physical therapist, Carole Drake, adding that education and caregiver training for the home are provided as well.

Thompson accepts prescriptions for wound care evaluation and treatment from any physician. Most insurance plans are accepted as well.

If you are concerned about a wound that does not seem to be healing, contact your physician.

Certified in wound care, Thompson Health Physical Therapist Carole Drake, right, is part of a Thompson wound care team which also includes A. David Peter, MD, left.

Treat that hernia before it becomes an emergency

DO YOU remember a time when your toe was poking through a worn area at the tip of your sock?

An inguinal hernia is similar—except the sock is the layer of muscle across your abdomen, and what’s poking through it is an inner organ.

That may sound a bit unsettling. And the fact that you often can press the bulge back into place might make it more so.

Inguinal hernias aren’t usually a medical emergency. Treatment can depend on the hernia’s size, your symptoms and even your age.

However, Joseph Talarico, MD, one of four general surgeons with Thompson Health, says hernias do not heal by themselves and will continue to worsen if ignored.

WHAT IS AN INGUINAL HERNIA?

Inguinal hernias occur when a section of intestine or abdominal fat pops out of a weak area in the abdominal wall.

There are two types of inguinal hernias: direct and indirect.

- An indirect inguinal hernia is caused by a defect in the abdominal wall that is present at birth. It happens more often in boys than girls. Premature infants are also more likely to be born with this type of hernia. Although rarely an emergency, an indirect inguinal hernia should be



Thompson Health General Surgeon Joseph Talarico, MD, specializes in hernias, single-incision gallbladder operations and da Vinci and laparoscopic procedures. He says that while hernias cannot heal by themselves, the operation to repair a hernia is an outpatient procedure, and the patient returns home the same day.

fixed with surgery as soon as possible.

- A direct inguinal hernia usually occurs in adult men. It develops slowly after years of continuous pressure or stress on the abdominal wall.

SIGNS, SYMPTOMS AND RISK FACTORS

The first sign of an inguinal hernia usually is a small bulge under the skin on one side of the groin. Other symptoms can include pain or pressure at the hernia site.

Risk factors for an inguinal hernia include:

- Chronic constipation and straining during bowel movements
- Being older than 40
- Having a family history of hernia
- Being overweight
- Lifting heavy objects
- Smoking

WHY SEE YOUR DOCTOR?

Inguinal hernias may grow larger over time, and that can lead to more

serious problems.

Dr. Talarico says it’s important to see the doctor once a hernia is symptomatic, with pain, tenderness or swelling, for example.

If a hernia is ignored, one serious condition that can occur is known as incarceration, in which the hernia gets trapped and can’t be pushed back in. If an incarcerated hernia becomes strangulated, Dr. Talarico says, “what was an easy operation now becomes an emergency.”

Yet hernia surgery usually is a one-day event. Dr. Talarico says the operation is an outpatient procedure involving three small incisions. The patient spends approximately 35 minutes in the operating room, under anesthesia, and is able to return home the same day. Over-the-counter medications and icing are then typically used during recovery.

Sources: American Medical Association; National Digestive Diseases Information Clearinghouse

Full circle for local couple

FOR RANDY and Margaret Farnsworth, Thompson Health has been an important part of their family's health and well-being for their entire lives. Both were born and raised in the area, and are devoted supporters of Thompson.

"We are blessed to have such a great hospital in our community," says Randy Farnsworth. "I was born prematurely at Thompson, and both of our parents were treated there. It really hits home to know your family is getting the best care in a time of need."

As third-generation business owners, the Farnsworths and Randy's sister Martie Buttaccio oversee the operations of Farnsworth Auto Group. It started in 1917 in Shortsville as a Chevrolet dealership and now encompasses two Canandaigua locations with Cadillac, Buick, GMC and Chevrolet. As the family approaches the 100th anniversary of the business, they have a true understanding of the commitment needed to thrive for generations, much like Thompson.

"Thompson's commitment to quality and continuous improvement in an ever-changing environment with health care is really superb," Margaret Farnsworth says. "The dedication from all the associates, volunteers and board members allows them to work toward a common goal of providing the best care possible."

Randy Farnsworth notes that Thompson's 2012 affiliation with UR Medicine has allowed Thompson to provide additional services and expertise.

The couple recently joined the University of Rochester's George Eastman



Longtime Thompson supporters Margaret and Randy Farnsworth of Victor recently joined the University of Rochester's George Eastman Circle and made a five-year pledge, with 100 percent of their gift designated for Thompson Health.

Circle. As members, they have the option to support one or more of the over 200 funds available through the university with a five-year pledge. Designating 100 percent of their gift to Thompson—where their personal interests and passions are greatest—they have committed

to unrestricted support wherever the health system needs it most.

"Contributing to the George Eastman Circle was a logical step in continuing to provide steadfast support to Thompson, and one we are proud to make," Randy Farnsworth says.



FOUNDATION HOSTS A CASUAL LAKESIDE SOIRÉE ON FRIDAY, SEPT. 9

The F.F. Thompson Foundation's annual gala this year will be "A Casual Lakeside Soirée" on Friday, Sept. 9, at the Inn on the Lake in Canandaigua.

Seating is strictly limited for the event, which will be held from 6 to 11 p.m. and will include dinner as well as entertainment provided by The Skycoasters.

➔ Tickets are \$225 per person and available for purchase at **Thompson Health.com/Soiree** or by calling the Foundation at **585-396-6155**.

Sponsorship opportunities are also available.

Specialized unit provides a stepping stone to home

RECOVERING FROM a serious illness, surgery or injury can be a challenge, both physically and emotionally. But helping people through recovery is exactly what the Rehabilitation Services team and the associates in the Skilled Transitional Unit at the M.M. Ewing Continuing Care Center specialize in.

Although M.M. Ewing also offers long-term care, its 22-bed Skilled Transitional Unit—which opened in late 2015—is dedicated to people who are leaving the hospital and in need of medically-complex care and rehabilitation before returning home.

The average length of stay for transitional care is two weeks, but a stay on the Skilled Transitional Unit can range anywhere from five to 100 days.

PHYSICAL AND OCCUPATIONAL THERAPY

With private and semiprivate rooms featuring flat-screen TVs, the unit is located adjacent to a new, 700-square-foot gym, where both long-term residents and guests can work with physical therapists and occupational therapists.

Also new at M.M. Ewing is an occupational therapy apartment, primarily for patients of the Skilled Transitional Unit who are getting ready to return home. The apartment has a kitchen area and a bath area with a tub, so people can work with occupational therapists to ensure they will safely be able to resume aspects of daily living.

AN INDIVIDUAL CARE PLAN

According to Vice President of Long-Term Care Amy Daly, when a guest begins their stay on the Skilled Transitional Unit, an interdisciplinary care planning team develops the clients' individual care plan and monitors the progress during their journey to optimal health. This team also includes a social worker, who



ABOVE: Jillian Dunkelberger (left) is among the team of occupational therapists who work with patients and residents in the new occupational therapy apartment at the M.M. Ewing Continuing Care Center.

RIGHT: The Continuing Care Center also has a new, larger gym for Rehabilitation Services as well as a new, 22-bed Skilled Transitional Unit.



helps coordinate care during the stay as well as discharge plans once the stay is wrapping up.

“Our goal is to help individuals of all ages recover in the safety and security of our facility, to give them the confidence they need to resume their daily activities and return to the community,” Daly says.



For information about the M.M. Ewing Continuing Care Center, located at 350 Parrish St. in Canandaigua, visit the Senior Living section of **ThompsonHealth.com** or call **585-396-6021**.

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Summer 2016



Migraines? Chronic headaches? We may have the answer

F.F. THOMPSON HOSPITAL now offers an innovative treatment found to offer sustained relief to many who suffer from chronic migraines and cluster headaches.

Called an intranasal sphenopalatine ganglion (SPG) block, the image-guided procedure is minimally invasive and involves no needles. "It's a very unique alternative," says Devang Butani, MD, an interventional radiologist specializing in pain management.

During the image-guided procedure, a thin catheter is inserted through the nasal passages to administer lidocaine. This takes approximately 20 minutes, and according to Dr. Butani, involves minimal risks.

The administration of the lidocaine is said to act as a "reset button" for the brain's migraine circuitry, so when the initial numbing from the lidocaine wears off, the migraine trigger has less effect.

According to Butani, an intranasal SPG block can also benefit patients with facial distribution pain syndromes, such as trigeminal neuralgia or persistent pain of the upper or lower jaw after root canals.

 No referral is needed for a minimally invasive SPG block, and most insurances cover the procedure. To schedule a consultation at Thompson, call **585-396-6701**.



Devang Butani,
MD

FEATURED EVENTS

FREE
5TH ANNUAL SENIOR CAR CLASSIC
Thursday, July 7,
11 a.m. to 2 p.m.
Ferris Hills at West Lake, Canandaigua

The event is free, with food available for purchase. Interested in entering your classic car—at no charge? Call **585-393-0410**.

15TH ANNUAL CROSSWINDS 5K
Saturday, Sept. 3, 8:30 a.m. race start
Crosswinds Wesleyan Church, 3360
Middle Cheshire Road, Canandaigua


Preregistration is \$15, and same-day registration is \$20, benefiting the Patient Special Needs Fund at the Sands Cancer Center in Canandaigua. Visit **5k2015.wix.com/crosswinds-5k**, call **585-697-4927** or email **crosswinds5K@gmail.com**.

FREE
SUNSET SERENADES
Wednesdays, July 13 to Aug. 17,
7 p.m.
Ferris Hills at West Lake, Canandaigua

The free concert series kicks off July 13 with Paulsen, Baker & Friends and continues with a different band each Wednesday evening, closing Aug. 17 with The Eastside Swingtet. For more information, call **585-393-0410** or visit **FerrisHills.com**.

THOMPSON HEALTH GUILD FASHION SHOW AND LUNCHEON
Thursday, Aug. 11,
10:30 a.m. to 2 p.m.
Bristol Harbour Resort, Canandaigua

Featuring attire from The Country Ewe, Antoinette's Bridal & Accessories and Dick Anthony Ltd., this event benefits Thompson Health's Breast Imaging Center. Tickets are \$50 each. Register at **ThompsonHealth.com/Fashion**, or call **585-507-0055**.

 Visit ThompsonHealth.com for information about these and other events.

 Find us on Facebook

TOUR DE THOMPSON
Saturday, July 30,
7 a.m. registration,
8 a.m. mass start
Onanda Park, Canandaigua

This scenic bicycle tour benefits the aftercare clinic offered by Thompson Health Rehabilitation Services. The cost is \$35 if registered by July 15 (\$40 after). Register at **ThompsonHealth.com/TDT**. For information, call **585-396-6050**.