

Summer 2013

Partners

in health and wellness

SOPHISTICATED SURGERY

Robotic-assisted surgery continues to grow at Thompson

Convenient care

A new lab draw station opens in Victor

Consider our Birthing Center

You'll love what we deliver!

THOMPSON
HEALTH

An Affiliate of the



UNIVERSITY of
ROCHESTER
MEDICAL CENTER

Quality designations



MESSAGE FROM OUR CEO

New surgery, new services outlined in *Partners*



THOMPSON HEALTH is off to a great start for the year. We are fiscally sound and growing.

As expected, our 2012 acquisition of breakthrough surgical technology is resulting in exciting developments, the latest of which is single-site gallbladder surgery, profiled on the center spread of this issue of *Partners in Health and Wellness*.

This leading-edge surgery comes as our \$43.5 million expansion and renovation has just wrapped up and also on the heels of last summer's affiliation with the University of Rochester Medical

Center. As you will read, the affiliation continues to enhance our ability to provide the specialties our community needs, close to home.

As we grow, our health system remains committed to empowering those we serve. Whether it's through spreading awareness of the latest news in mammography or offering education for the many people among us who are living with diabetes, we are here for you and your family.

Stay tuned for details regarding an Aug. 3 community open house to celebrate our recent expansion and renovation, and have a safe and healthy summer!

Michael F. Stapleton, Jr.
President and CEO

Expanded space for Canandaigua Family Practice

CANANDAIGUA FAMILY PRACTICE has the same address with a new, expanded space in which to see patients. In April, the practice moved from a 2,000-square-foot space on the upper level of 3170 West St. to a 4,000-square-foot space on the lower level.

"Our practice is growing as we continue to accept new patients, and it's great to be able to grow right along with it," says Thompson Health Director of Practice Management Catherine Shannon.

The new space offers five additional exam rooms, a more spacious waiting area and expanded office space for the staff, which includes Dr. Audra Laing, Dr. Susan Landgraf and Family Nurse Practitioner Jamie Vine.



Family Nurse Practitioner Jamie Vine, Dr. Audra Laing and Dr. Susan Landgraf (left to right) are welcoming new patients at Canandaigua Family Practice.

New patients are currently being accepted at all five of Thompson's family practice locations:

- **Canandaigua**, 3170 West St., **585-396-6990**
- **Honeoye**, 3 Honeoye Commons, **585-229-2215**
- **Lima**, 7325 Community Drive, **585-624-1960**
- **Shortsville**, 15 Canandaigua St./Route 21, **585-289-3560**
- **Victor**, 53 W. Main St., **585-924-0690**



For details or to fill out a patient registration form, go to ThompsonHealth.com/FamilyPractice.



The Victor lab draw station is available 7 a.m. to 5:30 p.m. weekdays and 7 to 11:30 a.m. Saturdays.

Call **585-924-3199**. For addresses and locations of Thompson's other lab draw stations—in Mendon, Farmington and Canandaigua—visit **ThompsonHealth.com**.

New lab draw station open in Victor

HAVE YOU HEARD? Thompson Health opened its newest lab draw station in Victor earlier this year.

Conveniently located at 6532 Anthony Drive—just off Route 96—the draw station welcomes lab orders from any physician or hospital on any type of order form, whether or not visitors are patients of Thompson.

Just prior to opening the station, Thompson Health Laboratory Services' diagnostic lab on the hospital's first floor nearly doubled its size to 4,230 square feet.

Part of Project Excel, the expansion couldn't have come at a better time, considering that well over 1,200,000 tests were performed in 2012, a 20-percent

increase from 2011. Technicians can now efficiently conduct more in-house testing, providing the accurate information health care professionals rely on for diagnosis and treatment. In addition, with enough space to house more sophisticated diagnostic equipment, Thompson is well-positioned for future growth.

New and improved home for Ambulatory Procedures

ONE OF THE final stages of Thompson Health's \$43.5 million Project Excel expansion and renovation was recently completed as Ambulatory Procedures moved into its new space in the Constellation Center for Health and Healing.

Previously located on the second floor of the adjacent main hospital, Ambulatory Procedures provides outpatient

surgery as well as services for a number of outpatient procedures. These procedures include:

- Colonoscopy
- EGD (a test to examine the lining of the esophagus, stomach and first part of the small intestine)
- Bronchoscopy (viewing the airways to diagnose lung disease)

Now located in the Surgical Care Center, Ambulatory Procedures has grown from two endoscopy suites to four and now features a more open nurses' station and natural sunlight. Nurses say one of the things patients have commented on most is how quiet the new space is and how much privacy it affords.

For more information about Ambulatory Procedures and its services, call **585-396-6595** or visit **ThompsonHealth.com**.

COLONOSCOPY MAY SAVE YOUR LIFE

FINDING CANCER early, when treatment is most likely to be successful, is a good thing. Preventing cancer is even better, so the team in Thompson Health's Ambulatory Procedures Center does everything it can to educate community members about screening guidelines for colonoscopy.

With the patient under sedation, colonoscopy involves the use of a long, flexible tube with a light and camera on the end. This enables the doctor to spot tumors and polyps, which are growths that can sometimes turn into cancer. If the polyps are removed—something that's typically done during the procedure—cancer can be stopped before it ever starts.

Recent research shows people who have polyps removed significantly reduce their risk of dying from colorectal cancer.

The Centers for Disease Control and Prevention recommends screening beginning at age 50—earlier if you're at high risk. Generally, you should have a colonoscopy every 10 years.

Talk with your doctor to learn when you should get screened.

HEALTH SYSTEM CONTINUES ADDING, EXPANDING SERVICES

THIS SUMMER is shaping up to be an exciting one for Thompson Health, which continues adding and expanding services as a result of the 2012 affiliation with the University of Rochester Medical Center (URMC).

Inpatient dialysis, vascular surgery and endocrinology are just the latest examples of specialties involved in the growth.

Dialysis is a blood-cleansing treatment for patients with kidney failure. Pending state approval, the offering of inpatient dialysis will benefit 50 to 60 of Thompson Hospital's patients

each year.

"The potential is much more," says Executive VP/COO Kurt M. Koczent.

Koczent says providing inpatient dialysis



Kurt M. Koczent

is just one way of ensuring that those served by Thompson need not travel far to get the care they need.

"If there is ever a time when you want to be close to friends and family," he says, "it's when you're hospitalized."

By the same token, this summer a URMC vascular surgeon is doubling the amount of time spent at Thompson, so patients in need of his services—treating conditions associated with veins and arteries—will also be more likely to receive care close to home.

And Koczent says that in September, an endocrinologist from URMC will begin seeing patients at the Thompson Health Medical Center at 1160 Corporate Drive in Farmington. This physician's major clinical interest is treating diabetes, and his services include new types of therapy.

"We are proud to be expanding our services to meet the needs of our community," Koczent says.



Urgent medical needs? We're ready to help

FROM MINOR MISHAPS to worrisome sore throats, a number of situations may not be emergencies but may need attention quickly.

Fortunately, there's a convenient solution on weekends and after your doctor's office is closed: Thompson Health Urgent Care at 1160 Corporate Drive in

Farmington (**585-924-1510**), handles a wide range of minor illnesses and injuries. These include:

- Fevers, coughs and sore throats
- Earaches
- Strains and sprains
- Cuts that might need stitches
- Minor burns and rashes

No appointments are necessary.

Hours are 11 a.m. to 8 p.m. on weekdays, 9 a.m. to 5 p.m. on weekends, and noon to 5 p.m. most holidays.

When you go to an emergency department for a problem that isn't an emergency, you're likely to wait while people with more serious conditions are seen. At Thompson Health Urgent Care, the average patient is in and out in about an hour. And with on-site x-rays and lab tests, you won't have to go to another office should you need them.

Another plus: Your visit will likely cost less than an emergency department visit.

For an at-a-glance guide to help you decide whether you need urgent care or the emergency department, go to **ThompsonHealth.com** and click on "Urgent Care" under "Health Care Services."

Density matters

WHEN IT COMES TO BREAST HEALTH, you've no doubt heard about the importance of yearly mammograms and monthly self-exams, but one thing you may not have heard much about is breast density.

It's something getting more attention in recent months because of a new law in New York State requiring healthcare professionals to inform patients if dense breast tissue is found during an exam.

WHAT IS BREAST DENSITY AND WHY DOES IT MATTER?

Basically, breast density is based on the amount of fibrous or glandular tissue in the breast versus the amount of fatty tissue. When a radiologist reads a mammogram, he or she compares the amount of fatty tissue to the amount of fibrous or glandular tissue and then categorizes the breast density on a scale, with 1 being almost entirely fatty tissue and 4 being extremely dense.

According to the law that took effect Jan. 1, patients who are in category 3 or category 4 are to be informed of their breast density when they receive the routine letter that follows a mammogram. This information is also shared with the patient's physician in the routine follow-up report.

There are two reasons why it's important to know your breast density:

- Dense tissue in breasts can make it harder to discern areas of concern within the breast, which also makes it harder to detect small breast cancers.
- While common, dense breasts—determined by genetic makeup—are among the risk factors for breast cancer, along with a number of other factors including family history, weight, diet, exercise and smoking.

Wendy Mulholland is director of Diagnostic Imaging for Thompson Hospital, where more than 10,000 mammograms and breast ultrasounds are performed each year. She says the new state law pertaining

to breast density helps ensure that women have more information when it comes to empowering themselves for better health.

"It's about awareness more than anything else," Mulholland says.

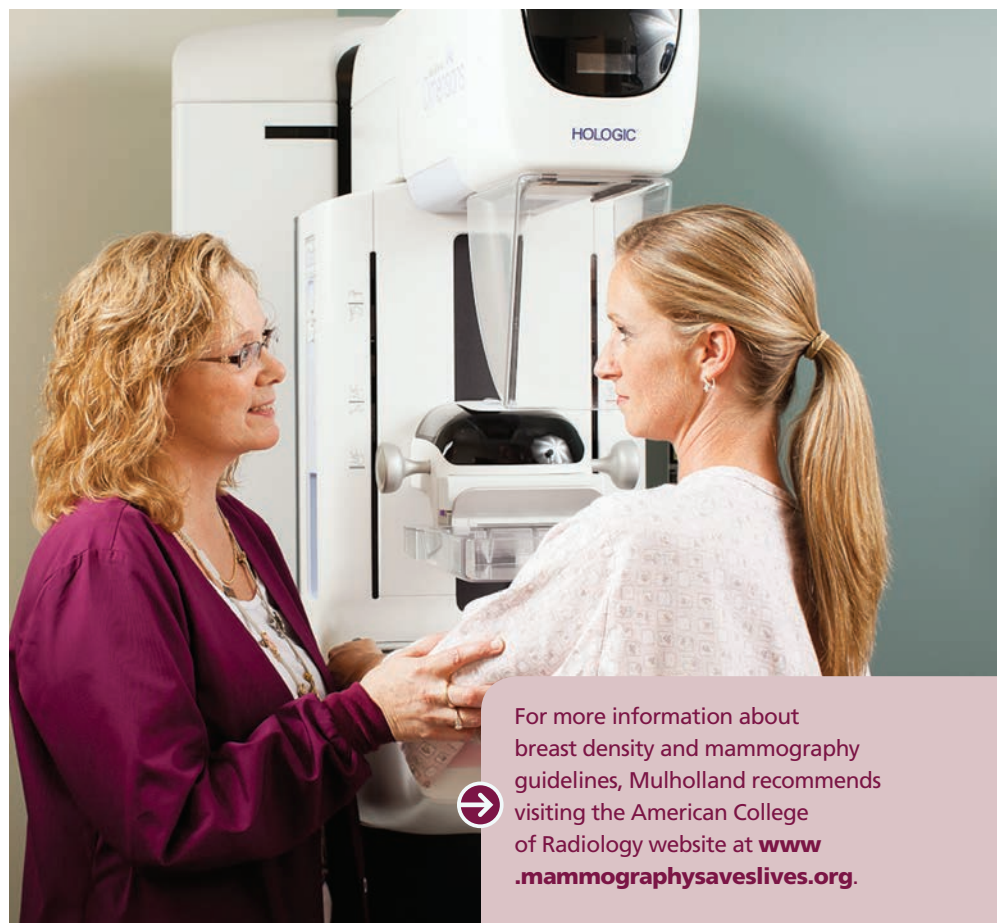
A patient whose breasts are found to be dense is urged to speak to her physician, who can then weigh all of the patient's risk factors and determine whether further screening may be warranted. This can include breast MRI and/or ultrasound, both of which are available at Thompson.

Whether a woman has dense breasts or not, Mulholland says the most

important thing is to keep up with regular mammograms, which are recommended by the American Cancer Society for women over 40.

"We certainly don't want women to feel that they don't have to go for mammograms as often if they have low breast density," she says, noting that the American College of Radiology, the Society of Breast Imaging and the American Cancer Society are among several organizations promoting mammography as an effective and valuable tool in detecting breast cancer.

For information about diagnostic imaging services offered at Thompson Hospital in Canandaigua and at Thompson Urgent Care in Farmington, visit [ThompsonHealth.com](https://www.thompsonhealth.com).



For more information about breast density and mammography guidelines, Mulholland recommends visiting the American College of Radiology website at www.mammographyaveslives.org.

da Vinci[®] on duty in the OR

IN MEDICAL MATTERS, bigger isn't always better. From pills to needles to scars, we'll take the smallest we can get.

That's also true of surgical incisions, the very smallest of which are likely to come when a doctor uses the da Vinci[®] Surgical System, among the latest in robotic-assisted technology for minimally invasive surgery.

Minimally invasive surgery is a technique that lets a doctor operate through a series of tiny openings instead of one larger cut. Smaller cuts come with potential benefits for the patient, such as less discomfort and a quicker recovery.

Until recently, though, minimally invasive procedures were mostly used for simpler operations, according to the *Journal of Minimal Access Surgery*. The da Vinci system changed that. Now, even difficult surgeries can be done using this system.

You might find an amazing addition to your surgery suite—one that won't be wearing a mask or scrubs. It's a robotic surgical system.

PICTURING DA VINCI

The da Vinci system is a computer-enhanced surgical tool that is made up of two main parts: a cart and a console.

The cart stands next to the patient. It features up to four robotic arms. Three can be fitted with a wide array of surgical instruments, and the fourth is

equipped with a sophisticated 3-D camera.

A few feet away, the surgeon sits at the console. Using precision forceps-like controls, he or she manipulates the robotic arms.

The doctor's every hand, wrist and finger movement is translated to the surgical instruments inside the patient. While the surgeon works, he or she views the operation on a magnified, high-resolution screen.

Every action is directly controlled by the surgeon. The robotic arms cannot be programmed to move on their own.

For more information, go to our website,
davincisurgery.thompsonhealth.com.





SCAR-FREE SURGERY

THOMPSON FIRST IN FINGER LAKES TO OFFER DA VINCI® SINGLE-SITE GALLBLADDER REMOVAL

THOMPSON HOSPITAL recently became the first in the Finger Lakes to offer single-site gallbladder surgery, performed with the breakthrough technology offered by the da Vinci® Surgical System.

“With gallbladder disease affecting a significant percentage of our population and gallbladder removals one of the most common surgeries performed, Thompson is pleased to be able to offer this minimally invasive option to our patients,” says Thompson Health President/CEO Michael F. Stapleton, Jr.



A. David Peter, MD

The operation is just the latest procedure made possible with the da Vinci® Surgical System acquired by Thompson Health in 2012 and already in use for gynecological, urological and colorectal procedures.

A. David Peter, MD, a board-certified general surgeon with the Canandaigua Medical Group and member of Thompson’s medical staff, underwent specialized da Vinci training and began performing the single-site gallbladder removals this spring.

These surgeries, which involve a small incision in the navel, allow Peter to use 3-D, high-definition visuals to make smaller, more precise movements. Potential benefits include minimal pain; a quick recovery; and high satisfaction among patients, who are left virtually scar-free.

“It’s nearly invisible because it’s hidden within the belly button,” Dr. Peter says.

According to Dr. Peter, the more conventional laparoscopic gallbladder removal—which involves four small incisions—is still an excellent option for many patients. In addition, he notes, not all patients are candidates for single-site gallbladder removal.



If you are facing gallbladder surgery, discuss treatment options with your doctor. For details on da Vinci surgery at Thompson—including videos and patient testimonials—visit davincisurgery.thompsonhealth.com.

BENEFITS FOR THE PATIENT

Although it’s not suitable for every procedure, the da Vinci system allows surgeons to perform complex operations through incisions the size of a dime.

The smaller openings can lead to several benefits for the patient, including:

- Less pain, scarring and blood loss
- A shorter hospital stay
- A lower risk of infection

TYPES OF SURGERIES

The da Vinci system can be used for a variety of operations, from minor to major procedures.

Thompson Health has several surgeons who are highly trained and qualified in using the system for a variety of procedures. In addition to the single-site gallbladder removals that began at Thompson this spring, da Vinci procedures at Thompson include colorectal, gynecological and urological surgeries.

THE FEMALE RISK FACTOR

IN COMPARISON TO MEN, WOMEN ARE TWICE AS LIKELY TO DEVELOP GALLSTONES.

AT THIS VERY MOMENT, your body could be hiding a potentially painful surprise.

Gallstones—clusters of solid material that form in the gallbladder—occur in up to 20 percent of U.S. women by age 60, according to the American College of Gastroenterology.

In comparison to men, women are twice as likely to develop gallstones. Many risk factors for gallstones are specific to women. Your risk is greater, for example, if you are overweight, have had multiple pregnancies or take birth control pills.

Gallstones are also more likely to develop if you have diabetes. People who have diabetes generally have high levels of triglycerides, a form of fat in the blood, that may increase the risk of gallstones. While gradual weight loss may lower the risk of gallstones, losing too much weight too quickly can actually increase your risk. Gallstones are common among people who undergo bariatric surgery to lose weight.

Gallstones form when liquid stored in your gallbladder hardens into pieces of stonelike material. Many people have gallstones but don’t have symptoms. With these silent stones, you may never need treatment.

The situation changes when a gallstone blocks the passage of bile between your gallbladder and small intestine.

Symptoms can include sudden severe pain in the upper right part of your belly, under your right shoulder or in your chest. If you have frequent gallbladder attacks, your doctor may recommend surgery to remove your gallbladder.

Get fit with Golf Fit



WANT TO IMPROVE YOUR HANDICAP? A golfer's fitness level greatly affects the quality of his or her game, and now Thompson Health is offering Golf Fit, a special program for golfers.

Golf Fit is a one-on-one program that concentrates on flexibility, core stability, posture, strength and balance in order to improve a golfer's game.

The program begins with a brief fitness consultation as well as a biomechanical golf swing assessment. Based on the results, a customized exercise program is designed for each participant by instructor Ann Galbo, a certified golf conditioning specialist and certified athletic trainer from Thompson Health Rehabilitation Services. Participants are asked to dress comfortably and bring a golf club.

Three personalized, one-hour sessions are offered for a total cost of \$75. To schedule these appointments or for more information, call Galbo at Thompson Health Rehabilitation Services at **585-396-6050**.

Every delivery is a special delivery

IN LIGHT OF THE NEWS this spring that another Finger Lakes community hospital will no longer deliver babies, Thompson Hospital's Birthing Center is inviting expectant parents throughout the region to take a tour and decide if Thompson is the best place for them to welcome new additions to their families.

The Birthing Center, which in 2012 delivered nearly 600 babies, is renowned for high-quality medical care. In addition to spacious suites and state-of-the-art equipment, the Birthing Center has:

- Cesarean births well below the state average
- Exclusive breastfeeding rates nearly double the state average (research shows that breastfeeding helps ensure optimal nutrition, health and growth)



- Medical staff patient satisfaction in the 99th percentile

The Birthing Center team includes four obstetrician-gynecologists, a certified nurse-midwife, two family practice physicians and specially trained registered nurses. In addition, a certified lactation consultant and certified breastfeeding counselors are available to provide breastfeeding support services upon

request from patients, nursing and medical staff.

"The entire team is not only highly skilled, but dedicated to making sure all new parents have the best possible experience," says Birthing Center Director Deborah Jones. "Our goal is to provide safe care while meeting the individual needs of each family, making every delivery a special delivery."

To that end, Thompson Health offers a wide variety of classes to help prepare and educate expectant and first-time mothers and their family members. These include childbirth preparation classes, breastfeeding classes, infant CPR and even classes for young siblings.

The classes are available to all families, whether or not their babies are born at Thompson. Similarly, the services of the lactation consultant are available to all mothers, as well, regardless of where their babies are born.

For a tour of the Birthing Center, call **585-396-6260**. For a list of physicians who deliver babies at Thompson, visit **ThompsonHealth.com**. For more about classes for expectant and new parents, visit our website or call **585-396-6497**.



PRE-DIABETES: WHY YOU SHOULDN'T IGNORE IT

JUST AS meteorologists warn us of impending bad weather, doctors do the same with our health, warning us when we're at risk for a serious disease.

An example: a condition called pre-diabetes.

If you've been diagnosed with pre-diabetes, it means you have a blood glucose (sugar) level that is creeping up. Your level isn't high enough yet to be called type 2 diabetes, but it is abnormally high. The condition is basically a warning that screams, "Pay attention! Danger ahead!" That's because your risk of developing full-blown diabetes is increased with pre-diabetes. And once you have diabetes, it never goes away.

Here's the good news: If you act now, you can slow this trip toward diabetes. You may even be able to stop it altogether.

According to the American Diabetes Association (ADA), you can cut your risk of developing type 2 diabetes by 58 percent if you:

- Lose just 7 percent of your body weight, or about 15 pounds if you weigh 200 pounds.
- Exercise moderately—taking a brisk walk, for example—30 minutes a day, five days a week.

These may require turning off the TV, prioritizing schedules to make time for exercise, and eating in a new way. A healthy diet is one that cuts back on calories and fat and emphasizes whole grains, lean meats, dried beans, fish and lots of fruits and vegetables.

By taking positive steps now, you can put yourself on the path to better health—a path that just might lead to a life without diabetes.

To learn more, visit the ADA website at www.diabetes.org



Our certified diabetes instructor is a registered nurse who offers individual consultations to give you the skills and knowledge you need to manage your diabetes.

Learn about self-managing diabetes through Thompson

WITH DIABETES affecting an estimated 8 percent of the population, Thompson Health is offering self-management classes on a monthly basis.

These group classes require a physician referral and are facilitated by a registered dietitian and a registered nurse certified as a diabetes educator. The classes each consist of two three-hour sessions held on the same day with a lunch provided in between.

Session one covers issues such as learning to live with diabetes, the basics of healthy eating, and coping with stress and physical activity. Session two addresses oral medications, insulin, managing and monitoring blood glucose, personal health habits, and long-term complications.

CONVENIENT CLASSES

Offered on both Thursdays and Saturdays—on an alternating

basis—classes are held on Thompson Health's main campus at 350 Parrish St. in Canandaigua. They are covered by most health insurances, with participants responsible for a co-pay. A sliding fee schedule and a scholarship fund are available for those without insurance. Spouses or significant others are welcome to attend, free of charge.

There is no class in July. The next class is scheduled for Thursday, Aug. 20, from 8:30 a.m. to 3:30 p.m.

For more information, call **585-396-6233**. Referrals from primary care physicians can be faxed to **585-396-6915**.

THE SUPPORT YOU NEED

Thompson also offers individual consultations as well as a free support group for people with type 2 diabetes. For information about this group, held the third

Wednesday of each month, call **585-396-6233**.





Short-stay program provides a home away from home

IMAGINE a comfortable, hotel-like setting where you enjoy chef-prepared meals in an elegant dining room—for only \$99 per day.

That is what is offered at Thompson Health's enriched living community of Clark Meadows through a short-stay program allowing individuals 55 and older to stay in a fully furnished apartment for as little as three days or as long as six weeks.

Located in Canandaigua, adjacent to the independent living community of Ferris Hills at West Lake, Clark Meadows is

for people who need assistance with daily tasks and medication monitoring. Licensed professional nurses and personal care attendants are available 24 hours per day.

A COMFORTABLE RECOVERY

A short stay at Clark Meadows is an ideal option following recovery from surgery or

illness, serving as a stepping stone to home.

It was exactly what Canandaigua resident Louise Radak needed while recovering from a hip replacement last year.

"Living alone made it impossible for me to return home after hip surgery," she says. "I learned of Clark Meadows' program and found a home away from home. At Clark Meadows I found a wonderful staff, superb meals and interesting guests. It was a great experience."



Louise Radak stayed at Clark Meadows while recovering from hip replacement surgery.

Short stays are also an option when a caregiver who lives with a senior needs to go out of town for business or a vacation.

The daily rate of \$99 includes not only the meals and care mentioned above but:

- Housekeeping
- Basic cable and a private phone line
- Transportation
- An emergency response system with a waterproof pendant or wristband provided, as well as pull cords in bathrooms and common areas
- Social/recreational programs

Those considering a short stay or making Clark Meadows their home are invited to take a personalized tour and enjoy a complimentary lunch. To schedule a visit, call **585-393-4330**. For more information about Clark Meadows, visit www.ClarkMeadows.com.



Known for a wide range of music styles including country, bluegrass, folk and Irish, the Dady Brothers begin the six-week Sunset Serenades concert series on July 10.

Sunset Serenades kick off July 10 at Ferris Hills

THE LINEUP for the 2013 Sunset Serenades series features Irish folk, big band and everything in between.

Held in the main courtyard of Ferris Hills at West Lake, this annual concert series is free and open to the public. Each Wednesday evening concert begins at 7 p.m., and you are encouraged to bring a lawn chair.

The lineup is as follows:

- **JULY 10:** Dady Brothers
- **JULY 17:** Dick Stacy & The

Rhythm Aces

- **JULY 24:** The Jack Allen Big Band
- **JULY 31:** Almost Irish
- **AUG. 7:** 78 RPM Big Band
- **AUG. 14:** Dick Otto & The Music Makers

Ferris Hills is best accessed from the 3300 block of West Lake Road in Canandaigua.

For more information, call

585-393-0410 or visit www.FerrisHills.com.



Nick and Sarah Vecchioli generously gave through the F.F. Thompson Foundation Wish List in memory of their son.

You can grant a wish

WHILE THANK-YOU NOTES and messages on Thompson Health’s Facebook page are just a couple of the ways patients and families express appreciation for excellent care, the F.F. Thompson Foundation is a vehicle for expressing gratitude in a way that ensures others will benefit from the same high level of care in years to come.

Like all not-for-profit health systems in New York State, Thompson is increasingly dependent on charitable gifts to grow and thrive. Each and every gift helps Thompson provide the growing community with exemplary health care. Although cash contributions are the most common form of a charitable gift, there are many other ways to support the health system. An increasingly popular option is to fund an item on the health system’s Wish List.

Updated on a regular basis in response to needs throughout Thompson, the Wish List consists of items that will improve the quality of life for

patients or residents or improve the workplace for associates. Often not covered by a particular department’s budget, they can include anything from a bariatric phlebotomy chair to a specialized scope used by speech therapists.

“Items on our Wish List range from a couple hundred dollars to several thousands of dollars,” says Foundation Director Anita Pietropaolo.

When Nick and Sarah Vecchioli learned about the Foundation’s Wish List, they decided it provided another opportunity to turn a tragic loss into something positive. In addition to funding a scholarship for Canandaigua Academy seniors in memory of their son Justin—who died in an accident several years ago—the couple wanted to do something for children being treated in Thompson’s Emergency Department.

Originally, they considered donating stuffed animals, but then they learned of

the need for a flat-screen television that could be wheeled into treatment bays for pediatric patients.

“We were happy to provide an item wished for by the ED—it’s just a small token of appreciation,” Nick says.

Similarly, Natalie Ross has funded several Wish List items, including a blanket warmer for the ICU and vital signs monitors for the M.M. Ewing Continuing Care Center.

“Thompson Health is truly a jewel in our community, and I’m happy to help it sparkle,” the Canandaigua woman says.

Whether for a group planning an event, a family using an occasion such as a birthday for philanthropy, or an individual simply looking to give back to the community, Pietropaolo says the Wish List is a perfect resource for those who wish to fund a specific item.



Natalie Ross of Canandaigua is a generous donor.

For more information about how you or your group can grant a wish or support the health system in other ways, call Anita Pietropaolo at 585-396-6155.



PARTNERS IN HEALTH AND WELLNESS is published as a health promotion and disease prevention resource of Thompson Health.

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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WE'RE GROWING!

Thompson Health, Ontario County's largest employer, is hiring and has a variety of positions open.

To view these positions, simply visit the "Career Opportunities" section of ThompsonHealth.com, which also describes the benefits Thompson offers and features testimonials from Thompson associates.

In addition to nursing positions in the hospital—which holds the prestigious Magnet designation from the American Nurses Credentialing Center—there are both clinical and nonclinical positions available throughout Thompson.

The health system, which provides high-quality health care to approximately 165,000 residents of the greater Finger Lakes region, is an affiliate of the University of Rochester Medical Center and has locations in Ontario, Monroe and Livingston counties.



CALENDAR OF EVENTS



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

TOUR DE THOMPSON

Saturday, July 27, Onanda Park in Canandaigua

Registration for this bicycle tour through the Bristol Hills begins at 7 a.m., with a mass start at 8 a.m. Choose from a metric century (62.5 miles), a 31-mile route or a 15.4-mile route. Register online at ThompsonHealth.com. Cost is \$35 per person (\$40 after July 15). Proceeds benefit those using the aftercare clinic offered by Thompson Health Rehabilitation Services. For more, email Dudley.Hallstead@ThompsonHealth.org or call **585-396-6050**.

THOMPSON GUILD FASHION SHOW AND LUNCHEON

Thursday, Aug. 15, Bristol Harbour Resort in Canandaigua

Fashions from Jane Morgan's Little House in Aurora will be featured at this annual event, along with a number of vendors showcasing their items from 10:30 a.m. to noon and again after the show. Tickets are \$50 and support the Guild's programs, which enhance the health system and benefit the community. Checks payable to the Thompson Guild may be sent to Judy Reader, 3 Waltham St., Victor, NY 14564.

CROSSWINDS 5K

Saturday, Aug. 31, Crosswinds Wesleyan Church in Canandaigua

Benefitting Thompson Health's Sands Cancer Center, this event begins at 9 a.m. with registration starting at 7 a.m. The cost is \$15 for those who pre-register and \$20 for those who register the day of the race (for members of the Greater Rochester Track Club, the cost is \$13 and \$15, respectively). For details, visit www.crosswindsonline.org, call **585-229-2475** or email crosswinds5K@gmail.com or bobandrus1@frontiernet.net.

