

Summer 2014

Partners

in health and wellness



CHANGE STARTS FROM WITHIN

'Traffic Light Eating' is just one of the tools in our healthy-community campaign

Terry Ovenshire, Thompson Health
director of Nutrition Services



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MESSAGE FROM OUR CEO

Flourishing together

“**FLOURISHING**” is the word that came to mind as we produced our *Annual Report to the Community* earlier this year, and it certainly is a fitting word to describe the news contained in the pages of this summer’s issue of *Partners in Health and Wellness* as well.

As you will read, exciting growth is taking place throughout many facets of our health system.

In addition to the new primary care locations and lab draw station described on page 11, we are gearing up for the 2015 opening of our Women’s Health and Wellness Center, while providing more opportunities for you to become a true partner in your health care. For example, the My Health eRecord patient portal featured on page 10 and expanded “rounding” initiatives described on page 8 enhance communication regarding your

care, while the community wellness programs outlined in the magazine’s center spread are giving all of us the ability to eat right and stay healthy, together.

We hope you will take advantage of these programs, and we wish you a safe, healthy summer.



Michael F. Stapleton, Jr.
President and CEO

Dr. Baum joins Thompson executive team

DAVID E. BAUM, MD, is Thompson Health’s new senior vice president of Medical Services.

A graduate of Albany Medical College, Dr. Baum attended the University of Rochester Medical Center for his residency program and first came to F.F. Thompson Hospital in 1987, working as an attending physician in the Emergency Department until 1989. Dr. Baum, who in 1993 received a juris doctorate from Cornell Law School, returned to Thompson in 1998 and has served as an attending physician in the Emergency Department since then.

The Honeoye Falls resident is past president of the F.F. Thompson Medical Staff and is a Thompson representative on the Board of Directors for UR Medicine, which Thompson Health affiliated with in 2012.



David E. Baum,
MD



Carlos R. Ortiz,
MD

With both clinical and administrative responsibilities, the position of senior vice president of Medical Services involves working closely with other health system administrators and with physician leaders, providing oversight for both hospital-based care and long-term care.

Leaving the position of senior vice president of Medical Services is Carlos R. Ortiz, MD, who joined Thompson in 2006. Dr. Ortiz says his plans include returning to clinical pulmonary work and teaching, both at the University of Rochester and in the physician assistant program at the Rochester Institute of Technology.

Women's Center to offer advanced technology, individualized care

THIS PAST SPRING, the F.F. Thompson Foundation reached a milestone when its fundraising efforts for a new Women's Health and Wellness Center reached the \$1.5 million mark.

With this money to be used toward the construction of the project, the Foundation is now focused on raising \$500,000 to support the Center's Breast Health Navigation Program and an additional \$600,000 for 3-D breast imaging technology, both of which are considered essential to the unparalleled experience Thompson Health is seeking to provide to women in the area.

"Our Women's Health and Wellness Center will create a patient-centered continuum of care currently unavailable in the Finger Lakes region, offering services specifically designed around a woman's optimal breast health and bone wellness," says Thompson Health President and CEO Michael F. Stapleton, Jr.

The Center will utilize advanced technology to accelerate results, paired with individualized care for each patient.

HIGHLIGHTS WILL INCLUDE:

Same-day results

Patients will be able to wait for their results after a procedure at the same location in a private, comfortable environment. Same-day results not only eliminate the emotional strain of waiting days for the outcome of a service, but they also provide more efficient access to vital treatments after early detection.

3-D tomosynthesis digital mammography

Considered the most significant advancement in breast imaging in 35 years, 3-D



An artist's rendering depicts the waiting room at the Women's Health and Wellness Center, to open in Canandaigua next year.

tomosynthesis gives radiologists the ability to identify and characterize individual breast structures without the distortion of overlapping tissue, as can happen with conventional 2-D mammography. Tomosynthesis exams help find breast cancers early and reduce the incidence of unnecessary further testing to rule out abnormalities that may look suspicious. The 3-D tomosynthesis units will be used for every breast scan. "Our patients will take comfort in knowing our team is using the most advanced equipment available to detect breast cancers early," says Ronald Hainen, MD, director of Nuclear Medicine and Breast Imaging for Thompson Hospital.

An individualized Breast Health Navigation Team

Unique to Thompson, a fully-accredited

Breast Health Navigation Team with a dedicated full-time patient navigator will guide each patient through the entire healthcare system, offering personalized, managed care from the beginning of treatment to its conclusion.

"Although Thompson is not reimbursed by insurance companies for the Breast Health Navigation services, we believe it's essential for the patient's well-being and want these services available to all women regardless of their insurance or ability to pay," says Stapleton.

"We really want to support these women straight through their experience," agrees Director of Diagnostic Imaging Wendy Mulholland. "This team will be there for them through their diagnosis, their treatment, their aftercare and their survivorship."



To learn more about the Women's Health and Wellness Center or to make a donation, visit ThompsonHealth.com/WC or call the F.F. Thompson Foundation at **585-396-6155**.

‘I got my independence back’

FROM THE MOMENT he regained consciousness—pinned to the back of his flatbed—Ken Moore knew. His feet were gone, and he was going to have to live the rest of his life without them. What he didn’t know was how many people would be there to support him on his journey.

Just 27 at the time, Moore was hit by a car while on a routine call as a tow-truck operator.

A month at Strong Memorial Hospital—where he underwent partial amputation of both legs—was followed by four months at Monroe Community Hospital. Shortly after he returned home to Canandaigua in the summer of 2011, Moore began physical therapy in Thompson Health’s Rehabilitation Services Department.

Still unsteady on his prosthetic legs, he was primarily using his wheelchair and Lofstrand crutches when he began working with physical therapist Dudley Hallstead three times a week.

“I knew what I had to do, and he knew what I had to do,” Moore says. “It was just a matter of working my way towards it.”

With a lot of hard work, dedication and patience, they got there. At times, Moore would get discouraged. But he says Hallstead would help him work through things in order to focus on the task at hand, celebrating the milestones along the way.

“One of the biggest things was being able to not use the crutches anymore—just being able to walk around the therapy area without assistance,” Moore recalls.

Initially, Moore would arrive for therapy sessions using public transit, but in August of last year—after two years at Thompson—he was able to purchase a 2009 pickup truck and have it outfitted with hand controls. Instead of relying on others for transportation, he could finally run errands, visit friends or simply go for a drive whenever he wanted to.

“It was huge,” he says. “I got my independence back.”

By the time he was wrapping up therapy last November, Moore was able to walk in and out of therapy without taking his wheelchair with him. Compared to how he was when he started therapy, he says, it was “like night and day.”

Throughout his physical therapy journey at Thompson, Moore says, the staff was “absolutely great,” from the receptionists to the therapists.

“They’re fantastic and I loved interacting with them, working with them and joking around with them,” he says, noting he also developed camaraderie with other patients, many of whom had recently undergone knee or hip replacements.

“Seeing them get better, walk out and go on with their lives reminded me, ‘This is something I can do. This is something I can accomplish, to get back to my normal, day-to-day life,’” he says.

For Moore, who had volunteered as an emergency medical technician when not working as a tow-truck operator, “day-to-day life” now includes spending time with family, including his 4-year-old son, and focusing on the organization he founded, Move Over Awareness. Thanks to a Facebook page, a featured article in a 2013 issue of *American Towman*



Ken Moore founded Move Over Awareness, which campaigns for laws to protect roadside workers, after being injured on the job as a tow-truck operator. Follow the campaign at www.facebook.com/MoveOverAwareness.



Ken Moore, right, worked closely with physical therapist Dudley Hallstead, left, throughout his recovery at Thompson Health's Rehabilitation Services Department.

magazine and more, the organization is working to see all roadside personnel protected by "Move Over" traffic laws designed to keep law enforcement officers, emergency workers, tow/service vehicle operators and other maintenance workers safe from harm.

In New York, the 2012 law says approaching motorists must reduce their speed and, on roads with multiple lanes, move over unless traffic or other hazards prevent them from doing so safely.

Friend Curt Adams of Corby's Towing and Recovery in Canandaigua says he thinks what Moore is doing is fantastic. "The more awareness all of us can bring to the situation, the safer we'll be," he says.

Moore is still close to Adams and others in the area towing community. He is heartened when they tell him community members still ask—more than three years after the accident—how he's doing.

While he has mastered walking on flat, dry surfaces, Moore's next challenge is being able to walk on surfaces like gravel and grass.

"I'm slowly getting there," he says. "It's slowly coming along."

Adams, for one, has no doubt Moore will continue to show the same resolve he displayed throughout his physical therapy.

"He's been through a lot, but he's had a good attitude from the get-go," Adams says. "The words 'give up' haven't even entered into his mind."

THOMPSON HEALTH REHABILITATION SERVICES IMPROVING LIVES IS OUR PASSION

You didn't choose to get injured, have a stroke or need surgery. But you can choose where to be treated.

With the area's largest network of highly qualified and experienced therapists, Thompson Health Rehabilitation Services offers:

- Physical therapy
- Occupational therapy
- Sports medicine
- Athletic training
- Speech therapy
- Lymphedema therapy
- Hand therapy
- Aquatic therapy

Thompson's Rehabilitation Services team includes more than 50 licensed, credentialed professionals from many disciplines. They meet with patients in the Constellation Center for Health and Healing at Thompson Hospital, 350 Parrish St. in Canandaigua, and at Farmington Rehabilitation in the Thompson Medical Center at 1160 Corporate Drive in Farmington.

In addition, the team offers free, monthly educational programs for those considering a knee or hip replacement, as well as a free community seminar each fall for those interested in learning more about back safety.

Specialized programs offered by Rehabilitation Services include a "Senior Fitness" program; "Tuff Cuff," for athletes looking to strengthen their shoulders and prevent injuries; and "Golf Fit," to improve a golfer's game by focusing on flexibility, core stability, posture, strength and balance.

For more information on available services, visit ThompsonHealth.com.



To make an appointment in Canandaigua, call **585-396-6050**. To make an appointment at the Farmington location—which offers physical and occupational therapy—call **585-924-4449**.

In it together

SPURRED BY a community health assessment commissioned by the Ontario County Health Collaborative, Thompson Health is taking an active role in a collective effort to reduce alarmingly high local rates of obesity and high blood pressure.

And because it's been said that any meaningful change starts from within, the health system is encouraging its nearly 1,400 associates to practice what they preach, making healthy improvements to their own lifestyles in order to provide inspiration to family, friends and neighbors.

"As healthcare providers, it's our obligation to follow our own advice and serve as role models to those we serve,"



Cora Lloyd and Debra Harris, both of Nutrition Services, are among those spearheading healthy changes in Thompson Hospital's cafeteria.

says Thompson Health President and CEO Michael F. Stapleton, Jr. "As Albert Einstein once said, setting an example is not the main means of influencing others—it's the only means."

To that end, Thompson finds innovative ways to make exercise convenient for busy associates—by offering a variety of on-site classes, maintaining indoor and outdoor fitness trails, and making the Fralick Cardiac Rehabilitation and Fitness Center available to associates when it's not in use by patients.

Changes are taking place, as well, in the Wegman Family Nutritional Services Center, which in 2013 served more than 200,000 trays to associates and hospital visitors. Earlier this year, the Center introduced "Meatless Mondays," based on studies showing reduction of meat consumption can lower risks for such conditions as obesity, diabetes and cardiovascular disease. Also new are colored serving tongs at the salad bar in support of an initiative called "Traffic Light Eating." Essentially, green tongs signify healthy, nutrient-dense foods to eat anytime, every day. Yellow signifies foods that can be eaten every day in moderation, and red stands for foods to either be avoided or only eaten rarely, in small amounts.

Efforts *within* the health system are



Bonnie and Patrick Haley enjoy New York strip steak with whiskey mushroom sauce during a cooking series offered through Thompson Health's Cardiac Rehabilitation Department, in partnership with the New York Wine & Culinary Center in Canandaigua.

only the tip of the romaine, however.

For example, Thompson recently launched My Health eRecipes to help local individuals, families and even restaurants find options that are both delicious and nutritious.

Thompson Wellness professionals reach out to young people through summer camps and Salvation Army programs, in addition to continuing to offer the "Get Up! Fuel Up!" program in five local school districts, educating children about healthy lifestyles, body image and savvy consumerism. In 2013, "Get Up! Fuel Up!" expanded its classroom component by offering schools the opportunity to bring in a yoga instructor, chef Jeff McLean from

the New York Wine & Culinary Center, or both.

The Culinary Center was the setting for a recent series of cooking classes for those who have experienced a cardiac event and are eager to enjoy healthy food that is neither bland nor boring. Presented through a partnership between Thompson's Cardiac Rehabilitation Department and the Culinary Center, the series will wrap up with a final class in September. It was underwritten by Constellation Brands, Jim and Ellie Fralick, the Rochester Institute of Technology, and Wegmans Food Markets.

"This series has been an incredible success so far, and we've had so much positive feedback from the participants," says Thompson Health Director of Cardiopulmonary Services Marie Rusaw. "It's just one example of how several partners in our community can come together with a common purpose and really make a difference."



Tracy Janczak of Core Rhythm Pilates in Victor offers on-site classes to Thompson Health associates.

Thompson Health is committed to leading the way to a healthy community—starting within our health system. We also offer programs and resources to our community, because we're all in this together.

GET COOKING WITH MY HEALTH eRECIPES!

Thompson Health is now offering free online tools for planning healthy meals.

Community members can sign up for My Health eRecipes via ThompsonHealth.com, accessing a database of more than 1,000 recipes created by professional chefs and nutritionists. The recipes feature nutritious, whole foods and can be searched by category, by health condition or by ingredient.

"No matter what the health conditions, food allergies or preferences you have or have within your family, My Health eRecipes has plenty of delicious options for you," says Randy Jacque, coordinator of Health Services for Thompson Health.

My Health eRecipes also offers cooking videos and up-to-date nutritional advice on more than 40 health conditions, numerous allergies and overall healthy eating. In addition, those who sign up can receive a weekly online meal planner—customized to an individual or to a family with multiple needs—as well as

time-saving, printable shopping lists.

"This site makes meal-planning incredibly simple," says Linda Rowsick of Thompson's Diabetes and Nutrition Therapy Center. "You can set it up and you're done—it just keeps generating new meal plans for every week, and you can use it a little bit or have it do everything for you."

Jacque and others believe My Health eRecipes can make a meaningful difference in the community.

"It's something everyone can use, it's endorsed by nutritionists and it's absolutely free," he says.

Rowsick notes My Health eRecipes is



not intended to substitute for professional medical advice, consultation, treatment or diagnosis. However, she and other Thompson dietitians are available for consultation. A physician referral is required. For more information, call Thompson's Diabetes and Nutrition Therapy Center at **585-396-6233**.



To sign up for My Health eRecipes, go to ThompsonHealth.com and click on the icon in the lower right corner to create a personal or family profile for customized meal plans.

HOSPITAL HONORED FOR EXCELLENCE IN STROKE CARE

F.F. Thompson Hospital, a New York State-designated Stroke Center, recently received even higher recognition for its exceptional treatment of stroke patients.



Sarah Gallagher, BS, RN, CCRN, stroke coordinator

The Get With The Guidelines®-Stroke Gold-Plus Quality Achievement Award was presented to the hospital for implementing specific quality improvement measures outlined by the American Heart Association/American Stroke Association.

With the goal of speeding recovery and reducing death and disability by ensuring rapid diagnosis and treatment, these research-based measures include aggressive use of medications and risk-reduction therapies.

"Thompson is dedicated to improving the quality of stroke care, and these guidelines help us achieve this goal," says Stroke Coordinator Sarah A. Gallagher, BS, RN, CCRN, an Emergency Department nurse and quality improvement coordinator for Thompson. "With this award, our hospital demonstrates our commitment to ensure that our patients receive care based on internationally respected clinical guidelines."



President and CEO Michael F. Stapleton, Jr., and nurse Suzy Holtz visit a patient.

Taking communication to a new level

WITHIN F.F. Thompson Hospital, it's not unusual for a patient to have the opportunity to tell the CEO, face-to-face, how she feels about the care being provided or even what she thinks of breakfast.

It's also not unusual to find the CEO or other members of the executive team making the rounds of departments throughout the health system—both clinical and nonclinical—at any time of day or night.

While there are other avenues for communication, "rounding" initiatives throughout the hospital allow patients, family members and associates to share suggestions and concerns immediately and directly.

These initiatives have continued to expand over the past year in order to reach as many stakeholders as possible. In January, for example, executives began rounding on evenings and on weekends so they could be sure to get feedback from off-shift associates as well as those who work regular business hours.

"Customer satisfaction is a high priority for us," says Kurt Koczent, executive vice president of the health system and COO of the hospital. "If there's something we need to address, or something we can do better, we want to know about it in as timely a manner as possible."

➔ If you or a family member have had a recent experience with Thompson Health and would like to share your feedback, visit ThompsonHealth.com and click on "Contact Us" or call the Customer Service Excellence Line at **585-396-6434**.

WEBSITE OFFERS COMPREHENSIVE VIEW OF SENIOR LIVING OPTIONS

A new website encompasses the entire senior living continuum of care offered by the health system. It's located at www.ThompsonSeniorLiving.com and includes information about:

- **Ferris Hills at West Lake**, an independent living community with apartments for active seniors
- **Clark Meadows**, enriched living apartments for those who need some assistance with daily tasks

- **The Brighter Day**, a medical adult day program
- **The M.M. Ewing Continuing Care Center**, a skilled-nursing facility offering long-term care as well as post-hospital care

Says Senior Vice President of Senior Living Services Dona Rickard: "This site does a fabulous job of letting seniors and their families know exactly what Thompson offers, at every age and every stage."



Operation kids eases minds

AS MARIE CURIE ONCE SAID, “Nothing in life is to be feared. It is only to be understood.”

With that in mind, Thompson Health offers a unique program for its young patients who have surgery coming up. Called Operation Kids, the program features lighthearted, hands-on tours for children who are scheduled to undergo appendectomies, tonsillectomies or other surgeries.

Lasting between 30 and 45 minutes, these evening tours take the children and their families through Thompson’s Surgical Care Center, operating rooms and Post-Anesthesia Care Unit.

“This program significantly decreases the level of anxiety in children and their families when it comes to the prospect of surgery,” says program founder Rob Hine, RN, BSN, RNFA. “It alleviates fears by familiarizing them with the surgical environment and procedures, making the entire experience more positive.”

Known to children as “SpongeRob”

for his SpongeBob SquarePants scrubs and yellow surgical clogs, Hine says hundreds of people—including a 64-year-old woman anxious about an upcoming gallbladder surgery—have gone on the Operation Kids tours. Feedback is overwhelmingly positive, plus Hine and his colleagues report that the calmed nerves have led to decreased use of premedication anesthesia in these patients.

Jesica Lloyd of Shortsville, whose 8-year-old daughter recently went on the tour prior to surgery, says the tour actually helped her and her husband too.

“It eased my mind,” Lloyd says, “because we understood more of what was going on after she went into the operating room.”



During an Operation Kids tour, nurse Rob Hine, RN, BSN, RNFA, uses a doll named Charlie to explain what will happen during surgery at Thompson.



Operation Kids is held the second and fourth Tuesdays of each month at 7 p.m. in F.F. Thompson Hospital’s Surgical Care Center. There is no charge, but registration is required. Call **585-396-6231** and leave your name and number.

Safety campaign focuses on young drivers

A THOMPSON HEALTH nurse is front and center with an Ontario County Safety Council campaign called “One Text or Call Could Wreck It All.”

Disaster Preparedness RN Lynnette Ward is chairing the campaign, which is funded in part through a Mary Clark Thompson grant from the F.F. Thompson Foundation. She and New York State police Sgt. Ken Kehl, president of the safety council, have met with local school superintendents to enlist their help in spreading awareness among young people about how

dangerous distracted driving can be.

“Research shows that younger, less experienced drivers have the highest proportion of distraction-related crashes, many of them fatal,” Ward says.

Ward was among those participating at a May 15 Canandaigua Academy event focused on safety issues, including distracted driving. In addition to supplying bumper stickers and car air fresheners with the words “One Text or Call Could Wreck It All,” the Ontario County Safety Council funded silicone thumb rings,

which are similar to the popular “Live Strong” bracelets. They say “W8 2 TXT” and are meant to make a driver stop and think before texting.

Through the initiative, both Canandaigua and Victor schools already have signs in their school parking lots to remind their students of the dangers.

Sgt. Kehl says this is just the beginning. “We want to do whatever we can to keep kids—and other motorists—safe.”



Lynnette Ward, RN



**ONE TEXT OR CALL
COULD WRECK IT ALL!**

www.OntarioCountySafetyCouncil.org





ACCESS THE PATIENT PORTAL

To use MyHealth eRecord, Thompson family practice, internal medicine and rheumatology patients need access to a computer or smartphone connected to the Internet and an up-to-date browser, such as Internet Explorer or Safari. You will also need an email address, which will only be used to notify you when you have a new message in your portal account. It is treated with the same privacy and care as your health records, and Thompson recommends using an email address to which only you have access.

To activate an account, patients must first contact their Thompson doctor's office to receive a unique activation code. Once you have received the code, you can create your own username, password and other login information used to verify your identity.

The patient portal helps you take a more active role in your health care. Having a patient portal account helps your providers:

- Create a more accurate record of your medical history
- Educate you on certain aspects of your health
- Provide a more efficient means of communication, eliminating sources of frustration such as phone tag
- Allow you to print or download portions of your chart to take with you to other providers participating in your care, thus reducing the amount of paperwork you may need to fill out
- Eliminate the amount of paper waste produced since documents, letters and orders that might otherwise be mailed to you can be sent quickly and conveniently to your portal account

Thompson Health Director of Information Technology Services Mark Halladay says great care is taken to make sure health information is kept private and secure. The patient portal uses HTTPS to provide encrypted communication between you and your doctor's office. "Access to your portal account is controlled through secure access codes, personal IDs and passwords," he says. "Only you will have access to the login information needed to view your account."

Take an active role with your **electronic** medical records

YOUR HEALTH IS IN YOUR HANDS—literally at your fingertips, in fact—with a secure online gateway to your medical information.

Offered by Thompson Health via **ThompsonHealth.com**, our patient portal—MyHealth eRecord—is convenient and provides more accurate records, faster feedback and more rewarding visits.

MyHealth eRecord is available at no charge to Thompson family practice, rheumatology and internal medicine patients. Your online account pulls information from your own personal medical record. With the patient portal, you are able to:

- Send and receive non-urgent messages, including test results and educational material
- Easily note changes to your personal information, including phone number,

address and insurance changes

- Request a refill for a medication prescribed by a provider at the practice
- View upcoming and previous appointments
- View and/or print your current medications and allergies list

Portions of electronic medical records are also available—via a separate portal—to individuals who have been admitted to F.F. Thompson Hospital since April 1, providing them with limited information regarding their hospital stays. Plans are in place to expand the service throughout other areas of the health system, as well.

A personal email invitation is sent to these patients if they provided an email and completed a form during their stay.

Primary care locations added

WITHIN THE PAST SIX MONTHS,

Thompson Health's network of primary care sites has grown to encompass long-standing practices in Macedon, Farmington and Clifton Springs, with plans for a Palmyra practice to join the network as well.

First, Macedon Kachoria Family Practice opened at 1033 Route 31 in Macedon.

The practice was donated to Thompson by Dr. Lekrhaj B. Kachoria, who, after nearly 40 years of practicing in Macedon, retired to pursue volunteer medical service in Botswana as well as other opportunities.

As the health system recruits a full-time physician for Macedon, family nurse practitioner Susan Quinn of Thompson is currently joined two days a week by Susan Rockwell, MD, of Thompson.

Open Mondays, Tuesdays, Wednesdays and Fridays from 8:15 a.m. to 5:45 p.m., as well as Thursdays from 9 a.m. to 3:30 p.m., the Macedon practice is accepting new patients of all ages.

Also accepting patients is Farmington

Family Medicine at 5505 Route 96.

Founded by Marc S. Zarfes, DO, in 1985, the medical practice became part of Thompson in

February, with Dr. Zarfes seeing patients Mondays and Wednesdays from 7 a.m. to 5 p.m., Tuesdays and Thursdays from 7 a.m. to 1 p.m., and Fridays from 7 a.m. to 3 p.m.

The most recent addition to Thompson Health—just this month—is Zbigniew Lukawski, MD, at Thompson Health Midlakes Medical Care. Board-certified in internal medicine, Dr. Lukawski has been practicing at 16 E. Main St. in Clifton Springs for 20 years.

Dr. Kären M. Nickell of Palmyra has signed an agreement with Thompson as well, with both parties working together to develop the certificate of need application for state approval.

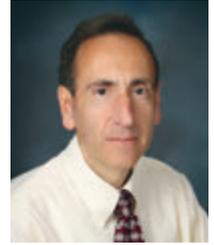
Meanwhile, construction is underway at Victor Family Practice, which



Zbigniew Lukawski, MD



Susan Quinn, FNP



Marc S. Zarfes, DO

is growing from 2,560 square feet to 3,360 square feet in anticipation of the arrival later this summer of Elisabete Sharp, MD, who will join John McGuire, MD, and John Sharza, MD, as well as physician assistant Jennifer Mead-Samuels.

"Given the key role a primary care physician plays in the delivery of quality health care, we are thrilled to be able to give residents of our region so many wonderful options in so many convenient locations," says Cathy Shannon, director of Practice Management for Thompson.

→ For information on all eight of Thompson Health's primary care locations, visit ThompsonHealth.com.

LAB DRAW STATION OPENS IN MACEDON

With a celebratory open house in April, the Laboratory Department at F.F. Thompson Hospital marked the opening of a new lab draw station in Macedon.

Located at 1033 Route 31, the station features convenient hours and experienced phlebotomists.

"Already, volumes are exceeding expectations, which tells us people in the area appreciate having the services they need close to home," says Wendy Blakemore, laboratory services director.

Offering blood draws and specimen drop-off, Blakemore says, the station offers short wait times and a friendly staff.

Orders from any healthcare provider on any type of requisition are welcome.

This draw station joins Thompson's five other locations: two in Canandaigua and one each in Victor, Farmington and Mendon.

Hours for the new Macedon location are:

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

The Macedon draw station can be reached at **315-538-8327**. Visit ThompsonHealth.com for a complete list of draw stations, hours and locations.



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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CMM30452



Sunset Serenades kicks off July 9

SUNSET SERENADES, Ferris Hills, at West Lake's annual summer concert series, will kick off on Wednesday, July 9, with a performance by a big band called The Music Makers.

The six-week, Wednesday evening concert series is free and open to the public, with free parking available for the 7 p.m. concerts. Those who attend are encouraged to bring lawn chairs.

The remaining schedule is as follows:

July 16—Paulsen, Baker & Friends (folk, popular, country)

July 23—Dady Brothers (Irish)

July 30—Krazy Firemen (Bavarian/Oktoberfest music)

Aug. 6—Rebecca Colleen and the Chore Lads (bluegrass)

Aug. 13—Trio Los Claveles (Latin)
Ferris Hills is best accessed from the 3300 block of West Lake Road (County Road 16) in Canandaigua, via Peg Rayburn Drive.



For more information on the **Sunset Serenades** concerts, call **585-393-0410**. For more on Ferris Hills, visit www.ThompsonSeniorLiving.com.

CALENDAR OF EVENTS

SENIOR CAR CLASSIC

Thursday, July 24, 11 a.m. to 2 p.m.
Ferris Hills at West Lake, Canandaigua

Car show with entertainment from an Elvis tribute artist.

TOUR DE THOMPSON

Saturday, July 26, 7 a.m., registration; 8 a.m., mass start
Onanda Park, Canandaigua

Choose from a 62.5-mile, 30-mile or 15-mile bicycle ride. Includes bike numbers, rest stops, a SAG vehicle and free parking on the upland side of Onanda Park, plus a post-ride picnic and leg massages. Cost is \$35 if registered by July 15 (\$40 after). Proceeds benefit Rehabilitation Services Aftercare Program at Thompson. Visit ThompsonHealth.com/tdt to register; call **585-396-6050** for more information.

THOMPSON HEALTH GUILD FASHION SHOW AND LUNCHEON

Thursday, Aug. 14, 11 a.m. to 2 p.m.
Bristol Harbour Resort, Canandaigua

Featuring fashions from Jane Morgan's Little House. Vendors to showcase items before and after show. Tickets are \$50 and support Guild programs within the health system and community. Checks payable to the Thompson Health Guild may be sent to Judy Reader, 3 Waltham St., Victor, NY 14564.

CROSSWINDS 5K

Saturday, Aug. 30
Crosswinds Wesleyan Church, Canandaigua

Event benefits patients of the Sands Cancer Center at Thompson Hospital. Registration fee before Aug. 30 is \$15 (\$13 for Greater Rochester Track Club [GRTC] members). Fee on day of race is \$20 (\$15 for GRTC members). Includes awards and post-race refreshments. T-shirts guaranteed to all registered by Aug. 19. Visit www.crosswindsonline.org/5k, email crosswinds5K@gmail.com or call **585-229-2475**.



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



Find us on Facebook

