

PARTNERS

I N H E A L T H A N D W E L L N E S S

Summer 2012

DEFLECT DIABETES

Pre-diabetes is a cue to take action

CATCH THOSE ZZZs

Thompson's Sleep Disorders Center can help



ADVANCED TECHNOLOGY, EXCEPTIONAL CARE

Robotic-assisted surgery arrives at Thompson

**A
DREAM
DELIVERED**

Thompson's CEO leaves lasting legacy



MESSAGE FROM OUR CEO

A new era in care

Summer is here, and so is your latest issue of *Partners in Health and Wellness*, packed with much news to share.

We are excited to announce the opening of our Surgical Care Center, which now features advanced technology that is changing the face of surgery as we know it. This Surgical Care Center is located in our new Constellation Center for Health

and Healing, which is also home to The Wegman Family Nutritional Services Center that you can read about on page 4, as well as Rehabilitation Services, featured on page 6.

This edition of *Partners* also includes a retrospective of all of the many changes that have taken place during my more than 25 years at Thompson Health. As my tenure draws to a close, I want to thank those who have enhanced our legacy of caring. Our Board of Directors is committed to continue this legacy and ensure that the stewardship of Thompson Health will be in good hands. The health system is poised to continue bringing you excellent services and programs well into the future.

It has been an honor and a privilege to serve you.

Linda M. Farchione, FACHE
President and CEO



PAIN MANAGEMENT OFFERED AT THOMPSON

■ NEW ADVANCES IN THE DIAGNOSIS and treatment of pain are now conveniently available, right here at F.F. Thompson Hospital.

Devang Butani, MD, an interventional radiologist, leads a team in offering a number of minimally invasive outpatient services through the hospital's Diagnostic Imaging Department.

Referred by their physicians, those with back, neck and joint pain can receive a host of advanced treatments aimed at allowing them to enjoy life to the fullest.

Talk to your doctor, who may call 585-396-6701 to make an appointment for you. For more information on services offered through Diagnostic Imaging, visit ThompsonHealth.com.

Love your legs

TREATMENT ALLEVIATES SYMPTOMS, MINIMIZES APPEARANCE OF VARICOSE VEINS

■ IT'S THE TIME OF YEAR WHEN THE typical wardrobe often consists of shorts, capris and swimsuits, but it's also a time when those living with varicose veins or spider veins feel self-conscious about the veins' unsightly appearance.

Many of them turn to F.F. Thompson Hospital, where specialists led by David E. Lee, MD, use minimally invasive procedures to improve leg function and appearance.



David E. Lee, MD

Dr. Lee, who is certified by the American Board of Radiology in vascular and interventional radiology, says that while some

individuals seek vein treatment for cosmetic reasons, the majority of patients treated at Thompson also have medical symptoms related to insufficient blood flow. These can include discomfort, itching and/or burning, and heaviness in the legs.

Normally, Dr. Lee explains, one-way valves in the veins keep blood flowing toward the heart. When the valves become weak, blood flows backward, causing pooling. Veins that have lost their effectiveness bulge and become elongated and thickened.

In Thompson's Interventional Radiology Suite, a broad spectrum of venous disease is treated. These services, covered by most insurances, include minimally invasive vein ablation, ambulatory phlebectomies and sclerotherapy.



For more information about treatment from our Interventional Radiology team, call 585-396-6701 or visit ThompsonHealth.com.



ONE PATIENT'S STORY



Randy Farnsworth ■ WHEN Randy Farnsworth was diagnosed with prostate cancer in 2007, he carefully researched all of his options, including one that hadn't been available at the time of his father's diagnosis years earlier: A minimally invasive procedure involving the robotic technology of the da Vinci® Surgical System. The technology was new, but proven. Farnsworth determined that it was the best option for him—and was amazed with the results. After undergoing the procedure on a Thursday afternoon and being discharged from the hospital the next day, he felt well enough to go back to work the following Monday. In addition, of the five small incisions made in his abdomen, only one scar is visible today.

That's why, both as a patient and as a member of the Thompson Health Board of Directors, Farnsworth is thrilled that the technology is now at Thompson.

"I think the fact that Thompson Health has been able to secure the da Vinci really shows the advances in surgical procedures that can be done in a community hospital," he says. "The convenience of not having to travel to Rochester is a huge benefit to us and the surrounding communities in the Finger Lakes."

"This new Surgical Care Center reflects the shift from inpatient surgeries to outpatient surgeries," says Carlos R. Ortiz, MD, senior VP of Medical Services.

Ortiz adds that in the near future, surgeons at Thompson are expected to be using the new da Vinci technology for ear, nose and throat procedures as well as for procedures to treat gynecological and colorectal cancers.

Breakthrough robotic technology

PATIENTS EXPERIENCE LESS PAIN, FEWER SIDE EFFECTS AND QUICKER RECOVERIES

On the heels of opening its new Surgical Care Center, F.F. Thompson Hospital recently became the first in the Finger Lakes region to offer breakthrough technology that is changing the face of surgery as we know it.

This spring, the hospital acquired a da Vinci® Surgical System, currently found in only 27 percent of hospitals nationwide but quickly becoming the standard of care. These revolutionary surgical robots are used in an increasingly broad range of minimally invasive procedures, including urologic procedures to treat prostate, kidney and bladder cancers as well as gynecological procedures, such as hysterectomies and fibroid removal.

This technology uses tiny endoscopic cameras and 3-D, high-definition vision systems that allow surgeons to see far better than they could with the naked eye. Using master controllers from a console to control the robotic arms through tiny surgical openings, the surgeon has more

dexterity and better range of motion. This allows for greater precision when performing complex procedures.

For patients, these advancements mean less pain, fewer side effects and quicker recoveries.

"Having this technology at Thompson represents the hospital's commitment to surgical excellence. It greatly enhances the hospital's ability to attract and retain the highest caliber of surgeons," says Robert Scott, MD, chief of Obstetrics-Gynecology for Thompson Health.

The da Vinci is the centerpiece of the Surgical Care Center, which opened this past spring in the Constellation Center for Health and Healing, located off West Street on the main Thompson Health campus in Canandaigua.

With six new surgical suites offering 3,600 square feet of cumulative space as well as advanced technology from Stryker Integrated Solutions, the Center is part of Project Excel, Thompson's \$43.5 million expansion and renovation initiative that broke ground in late 2010.



THE WEGMAN FAMILY NUTRITIONAL SERVICES CENTER

Food for the future

One of the busiest kitchens in Canandaigua just underwent a major transformation in order to continue serving up smiles and healthy fare well into the future.

As part of Thompson Health's Project Excel expansion and renovation this

spring, Nutritional Services moved operations from the kitchen and cafeteria it had been operating out of since 1971 to The Wegman Family Nutritional Services Center, an attractive, inviting space on the ground floor of the hospital.

Featuring a bay of large windows, the new facility is approximately 30 percent larger than the previous one, bringing the seating capacity from 120 to 188 and giving Nutritional Services the room it needs to meet growing demand, keep pace with regulatory requirements, and incorporate more local agriculture and sustainable food practices into the menu.

New menu initiatives build upon a host of healthy improvements in recent years, including an expanded salad bar and expanded yogurt bar with fresh fruit, more grilled entrées and healthy grab-and-go options for those pressed for time.

"When it was built, the former kitchen was designed to produce and serve 750 meals per day," says Chris Mahan, senior VP of Support Services. "Today, we prepare and serve double that amount, not only for our patients, visitors and associates, but for the residents of our M.M. Ewing Continuing Care Center. This new space enables us to ensure that no matter what their tastes, nutritional needs or dietary restrictions, everyone will find something to their liking and enjoy it in an inviting atmosphere."

Room service offers patients a personalized experience

F.F. THOMPSON HOSPITAL'S Nutritional Services Department recently launched a new initiative—hotel-style room service for hospital inpatients.

The program, which debuted in the hospital's Birthing Center in 2008, was extended to all inpatients in late February.

"With room service, our patients get a more personalized dining experience, with every patient visited by the team daily for their menu selection," says Nutritional Services Director Terry Ovenshire. "They eat what they want, when they want, which leads to better nutritional intake as well as higher patient satisfaction."

Patients now have a wider assortment of tasty choices such as parmesan-crusted

tilapia, homestyle pot roast au jus, Mediterranean veggie and hummus wraps, and even a daily chef's special. There are also made-to-order salads and wraps, grilled items, healthy side dishes, and desserts, all delivered with restaurant-style service within 30 to 45 minutes of ordering.

The new system features glossy, color-coded menus specially made for patients with certain diets, with tips for healthy eating once they return home.

"This new program is just the latest extension of Thompson's commitment to patient-centered care," says Thompson Health Executive VP/COO Michael Stapleton. "It's all about customer service."





DIABETES AND NUTRITION THERAPY CENTER: A RESOURCE FOR HEALTHY LIVING

■ WITH A TEAM OF SKILLED professionals, the Diabetes and Nutrition Therapy Center at F.F. Thompson Hospital provides self-management education to those with diabetes and nutrition information to anyone who wants to eat healthy and stay healthy.

Located just around the corner from the main hospital lobby, the Center is staffed by Certified Diabetes Educator Jane Hallstead, RN, MSN, and Linda Rowsick, CDN, a registered dietitian certified in adolescent weight management education. They provide individualized assessment and educational assistance, offering services that include:

- Individual or group classes
- Glucose monitoring
- Continuous glucose monitoring sensors (CGMS)
- Medical nutrition therapy, including consultations on healthy eating and menu planning, weight management, and nutrition education assistance for a wide variety of medical conditions

“Our Diabetes Self-Management Education program is recognized by the American Diabetes Association, which assures high-quality education for patient self-care,” says Wendy Blakemore, director of the Center.

The Diabetes and Nutrition Therapy Center is open Monday through Friday, and accommodations can be made for late afternoon or early evening hours. A support group meets monthly, often hosting guest speakers, and Saturday classes are held every other month.

Feel free to call the Center at **585-396-6233** with any questions.

Pay attention to pre-diabetes

meteorologists often 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.

But 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.

TAKING A SAFER ROUTE

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 and shopping in a new way. A healthy diet is one that cuts back on calories and fat and emphasizes low-fat or nonfat dairy products, whole grains, lean meats, dried beans, fish, and lots of fruits and vegetables.

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

To learn more about pre-diabetes, call our Diabetes and Nutrition Therapy Center at **585-396-6233** or visit www.diabetes.org.



Hand therapy is just one of the specialties offered by Thompson Health's occupational therapists at locations in both Canandaigua and Farmington.

CAN OCCUPATIONAL THERAPY HELP YOU?

■ ACCORDING TO THE AMERICAN Occupational Therapy Association, you may benefit from occupational therapy if you have:

- A work-related injury
- Arthritis, multiple sclerosis or another chronic health condition
- Mental health or behavioral problems
- A learning problem or a developmental disability
- A spinal cord injury, an amputation or a burn-related injury.

For more information, visit www.aota.org.

OCCUPATIONAL THERAPY

Improving quality of life

you don't have to be injured at work or even have a job to benefit from seeing an occupational therapist (OT).

OTs are highly trained professionals who work with people with disabling mental or physical conditions to improve their ability to perform tasks at home as well as in the workplace.

For example, if you have had a stroke and are paralyzed on one side of your body, an OT can help you learn how to do things one-handed or relearn how to use the impaired side of your body.

An OT can assist with all types of activities, from using a computer to caring for daily needs—such as dressing, cooking and eating—to finding a suitable job. If you need help setting up an exercise program to increase strength and dexterity or learning how to use adaptive devices, such as crutches or a wheelchair, an OT can help.

"A customized treatment program is created for each individual, to enhance quality of life for optimal independence,"

says Thompson Health OT Cheryl Bloom.

"We usually see a patient from the point of injury, or shortly thereafter," Bloom adds, "and continue working with them until they reach an optimal level of functioning in activities of daily living such as toileting, dressing, bathing, eating and grooming tasks and individual activities of daily living such as household tasks, workplace tasks and leisure time activities."

Thompson Health's Rehabilitation Services Department provides occupational therapy both at the Constellation Center for Health and Healing on the main hospital campus in Canandaigua and at the Thompson Medical Center at 1160 Corporate Drive in Farmington. Services include:

- Hand and upper extremity expertise—treatment following fractures, tendon injuries, nerve injuries, arthritis, amputations, infections or joint replacements
- Lymphedema treatment to reduce, control and prevent chronic swelling
- Splint fabrication of the upper extremity
- Rehabilitation for neurologically involved

patients, including those with Parkinson's disease and those who have had a stroke

- Ergonomics evaluation and modification
- Home and office assessment and modification
- Fine motor and coordination assessment and retraining
- Cognitive/visual perceptual evaluation and training
- Retraining in dressing, bathing and toileting skills
- Adaptive equipment training for increasing or maintaining function
- Kitchen and meal preparation assessment and skill building
- Activity modification and energy conservation

To learn more about these services, as well as physical therapy, speech therapy and sports medicine services offered through Thompson's Rehabilitation Services Department, visit ThompsonHealth.com.

Get a better night's *sleep*

Everyone has the occasional night when sleep is less than ideal, but if this has become routine, you may have a sleep disorder that could affect work and relationships or literally make you sick. High blood pressure, heart disease, stroke and other medical conditions have all been linked to sleep disorders.

Thompson Health's Sleep Disorders Center, the only fully-accredited sleep center in the Finger Lakes, can help. The painless, noninvasive tests commonly given at the Center include:

Polysomnogram (PSG). This overnight exam is often used to detect sleep apnea, a common sleep disorder characterized by pauses in breathing, shallow breaths and snoring.

Sensors are placed on your head, face, chest, legs and a finger. As you sleep in a spacious, tastefully decorated suite, sensors record brain waves, eye movements, heart rhythm, blood pressure, airflow, blood-oxygen levels and other functions.

Multiple sleep latency test. Among other things, this daytime test helps diagnose narcolepsy, a rare but potentially serious neurological sleep disorder marked by excessive daytime sleepiness and sudden episodes of muscle weakness.

With sensors attached to your head, face and chin, you try to nap. A



Joseph Modrak, MD, is among the board-certified physicians at Thompson Health's Sleep Disorders Center.

technician checks your brain activity to see if and how quickly you fall asleep and how deeply you sleep.

Maintenance of wakefulness test.

This exam involves sensors attached to your head, face and chin to gauge daytime alertness. It may be used to evaluate sleep-disorder treatments or to show if you're awake enough to drive safely, for example.

"Through testing and an accurate diagnosis, most sleep disorders can be effectively treated," says Ellen True, manager of the Center. "We urge people who may benefit from a sleep study to talk to a doctor or give us a call so we can help."

DO YOU HAVE A SLEEP PROBLEM?

TELLTALE SIGNS OF A SLEEP disorder include the following:

- You regularly have trouble getting to sleep or staying asleep
- People say you snore or that you gasp for breath when you sleep
- During the night, you have a strong urge to move your legs, or your legs tingle, itch or ache
- You wake up tired and can't function normally during the day
- Your fatigue lasts two to three weeks or more

If you have any of these signs, talk to your doctor.

After an initial exam, he or she may refer you to a sleep center for more tests.

National Sleep Foundation





Out of balance?

FIND YOUR EQUILIBRIUM BETWEEN WORK AND HOME

anyone who works and has a family knows that juggling the two can be stressful.

Why that is so isn't a mystery.

Jobs can be 24/7 commitments these days, with text messages and cellphones keeping us one ringtone away from the office.

Meanwhile, family, housework, bills and schedules demand attention and create pressure.

Both men and women say the strain of stress takes the joy out of work and life, and relationships in both settings suffer.

Too much stress affects health as well. Research shows that it zaps concentration, weakens the immune system and makes us irritable and depressed. Stress makes us more susceptible to colds, backaches, heart disease, heart attacks and other ailments too.

So learning to balance work and home is a noble—and healthful—goal.

To keep things in sync, consider these four suggestions from the American Psychological Association and Mental Health America.

1 MAKE TECHNOLOGY WORK FOR YOU. Simple equipment can make life more flexible and enjoyable. Wearing headphones and listening to music at work, for example, can help block interruptions and keep you focused.

It's essential, however, that technology not let work creep into family time and vacations.

Set rules, such as turning off your smartphone when you get home or silencing electronic gadgets during dinner. Set aside time at night to return work calls—and communicate that plan to others.

2 KNOW THAT BALANCE REQUIRES ORGANIZATION, NOT PERFECTION. To be efficient at work and at home:

- Set manageable goals every day
- Break big jobs into smaller tasks, then tackle them one by one
- Look for ways to simplify, streamline and delegate
- Keep an ongoing to-do list and cross off errands and chores as they get done
- Keep a master calendar to remember important appointments
- Learn the fine art of saying no

3 REMEMBER THAT YOU MATTER. This may sound counterintuitive, but even on a busy day, an hour-long walk or trip to the gym is time well-spent.

Exercise reduces stress, depression and anxiety. It helps you focus and feel more energized. Eating well, exercising regularly and getting plenty of sleep should be priorities—no matter how demanding life and work are.

4 REDEFINE BALANCE OFTEN. Life and work do not stay calibrated on their own. Stresses shift. Duties change. One secret of a balanced life is making careful, small adjustments every day to keep moving forward. Ask for help—at home or at work—if you need it.

Urgent medical needs? We're ready to help

Two months after fighting off bacterial pneumonia and bronchiolitis, 5-month-old Colin Keyser developed a familiar cough. He refused to nurse, crying for two hours straight.

Theresa Keyser put Colin in his car seat and headed from their Newark home to Thompson Health Urgent Care at 1160 Corporate Drive in Farmington, scared about what was happening and uncertain of what to expect.

A friendly, efficient woman at the registration desk provided instant reassurance.

"That was nice—to have someone who is competent, who cares, and who really seems to love their job, right from the get-go," says Keyser, a former health care professional whose baby was seen by the nurse,

followed by a physician assistant, within minutes.

Digital x-rays quickly read by a radiologist indicated that the bronchiolitis very well may have been returning. The physician assistant advised Keyser to take Colin to an emergency room if his condition worsened and to visit the pediatrician in the morning. When she did, Colin's x-rays were already there.

"I've never even heard of that kind of expediency," says Keyser, noting that the pediatrician agreed wholeheartedly with Thompson's assessment of the situation.

Colin, since diagnosed with asthma and receiving treatment, is doing well, and his mother knows where she will take him or other family members if they ever need urgent care in the future.

"It's the 'trifecta' when you need it the most—the testing you need from friendly people who are competent," she says of Thompson Health Urgent Care.



Colin Keyser

A CONVENIENT SOLUTION

From minor mishaps to worrisome fevers and sore throats, almost every family has pressing medical needs at times. Though they may not be emergencies, they need attention now.

On weekends and after your doctor's office is closed, Thompson Health Urgent Care can handle a wide range of minor illnesses and injuries, such as:

- Fevers, coughs and sore throats
- Earaches
- Strains and sprains
- Cuts that might need stitches
- Some burns and broken bones
- Animal bites
- Rashes and other allergic reactions that aren't life-threatening

WALK RIGHT IN

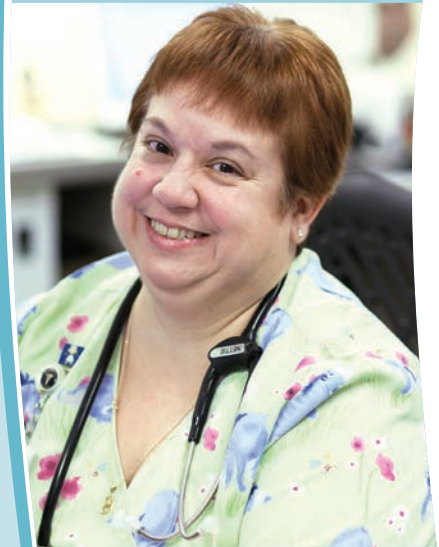
Thompson Health Urgent Care is open from 11 a.m. to 8 p.m., Monday through Friday, from 9 a.m. to 5 p.m. on Saturday and Sunday, and from noon to 5 p.m. on most holidays. No appointment is needed, most forms of insurance are accepted and co-pays are lower than co-pays for emergency room visits.

An added bonus: Wi-Fi is available in the waiting room.

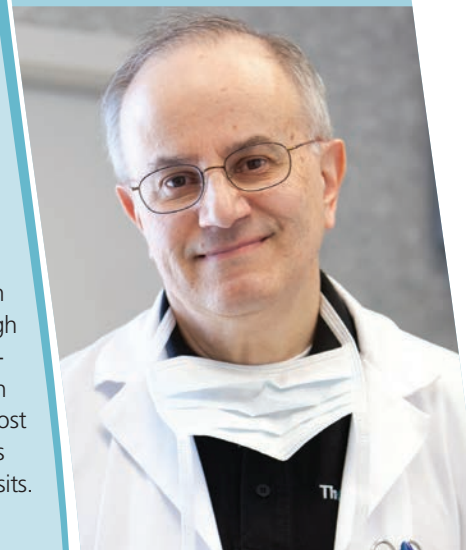
IS IT AN EMERGENCY?

Of course, when you have a medical emergency, you need to be seen in the emergency department—immediately. Here are some signs and symptoms of medical emergencies:

- Chest pain or pressure
- Bleeding that doesn't stop
- Trouble breathing or shortness of breath
- Losing consciousness
- Coughing or vomiting blood
- Sudden or severe pain
- Sudden vision changes
- Confusion or changes in mental status
- Head injuries



Nettie Oberdorf, LPN



John Manfred, MD



Joan Fulton, LPN

For a side-by-side comparison of which care is appropriate for a variety of conditions, and for directions to Thompson Health Urgent Care, visit ThompsonHealth.com.

Lightning: Danger ahead

■ A LIGHTNING STORM CAN BE AN awe-inspiring display of nature's power. It can also be deadly.

Except for floods, lightning causes more deaths each year in the U.S. than any other natural hazard, according to the American College of Emergency Physicians.

To protect yourself in a lightning storm, follow this expert advice:

- Get or stay inside. Avoid metal objects, water, plumbing, electrical appliances and corded phones. Don't lie on concrete floors or lean against concrete walls.
- If you're caught outside, locate shelter as soon as possible. You're safer in an enclosed vehicle than being openly exposed outside, but don't touch anything metal.
- If you're outside and unprotected, find a low spot away from tall trees. Squat down to make yourself a smaller target, and place your hands over your ears and your head between your knees. To reduce contact with the ground, don't lie down. Stay on the balls of your feet. In general, pay attention to the weather. It can change quickly. Whenever you hear thunder, there's a risk of lightning.

BASEBALL

Help kids play it safe

the crack of the bat, the smack of the ball hitting leather and the umpire bellowing "play ball" are all sounds you enjoy hearing at your child's baseball game. What you don't want to hear is your child crying in pain after getting injured.

In 2010, more than 282,000 players younger than 18 were treated for baseball-related injuries, according to the U.S. Consumer Product Safety Commission.

Most baseball injuries occur because of contact with a ball, a bat or another player. Common baseball injuries include sprains, strains, cuts and bruises. Overuse injuries—from repetitive throwing motions—are also possible, especially to the elbow and shoulder.

To help reduce the risk that your child will be injured, make sure that he or she:

- Has a physical exam before the season begins
- Always wears a helmet when batting, waiting to bat and running bases
- Wears a helmet, face mask, throat guard, chest protector, protective supporter (boys), mitt and shin guards when playing the catcher position
- Stretches and warms up properly before games and practices
- Avoids playing in extremely hot weather or during thunderstorms with lightning

To help prevent overuse injuries, be sure to:

- Limit the number of teams your child plays on in one season
- Not allow your child to play baseball year-round
- Follow rules that limit the number of pitches your child can throw, and don't allow your child to pitch on consecutive days or on multiple teams

Most baseball injuries occur because of contact with a ball, a bat or another player. Common baseball injuries include sprains, strains, cuts and bruises.



Charitable foundation lays groundwork for an exceptional health system



Nancy and Bob Sheridan of Canandaigua contribute to the Thompson Foundation's Annual Fund in gratitude for the many positive experiences they and their loved ones have had with Thompson Health.

a strong foundation is the key to a sturdy structure.

That's true in a literal sense for a building or a home. It's also true in a figurative sense for community health systems. They depend on their foundation—the philanthropic arm of a hospital—for financial support.

These days, that support is more important than ever.

A HISTORY OF CARING

Philanthropy has a long-standing history in health care, and Thompson Health is no exception. The health system was founded by Canandaigua benefactress Mary Clark Thompson in 1904.

In fact, most hospitals in the U.S. evolved from philanthropic gifts, explains Thompson Health Senior VP of Support Services Chris Mahan. "When a community had a need for consistent medical care, people joined forces to build centers for doctors' practices, and hospitals were born."

These early hospitals often provided care regardless of a person's ability to pay—a tradition that continues today. Because many patients don't have health insurance, health systems can find themselves in a financial bind when people

can't pay their bills. Even when people are covered by insurance, reimbursement from insurance companies and government programs—such as Medicaid—often falls short of the cost of care.

All of this, combined with rising operating expenses and a need to keep up-to-date with the latest medical technology, can present financial challenges. That's where philanthropy comes into play again—through Thompson Health's charitable foundation asking the public to help support improvements that will benefit the community.

MANY WAYS TO GIVE

Funds secured by the F.F. Thompson Foundation are raised in a variety of ways—from special events and capital campaigns to annual appeals and planned giving. Sometimes donations are made immediately; other times they're deferred, meaning that donations will be given at some point in the future, perhaps even after the donor's death.

Often, donations are highly personal in nature. That's the case for Bob and Nancy Sheridan of Canandaigua. Their children and grandchildren were born at Thompson, and Nancy's mother—who passed

away in 2011—was a resident at the M.M. Ewing Continuing Care Center. The staff there became an extended family.

"Supporting the Annual Fund each year is our way of helping to ensure that others in our community will continue to have access to the same wonderful care that our family has experienced," says Bob Sheridan.

The Annual Fund, notes Mahan, is a popular option for Thompson donors because it is unrestricted, meaning funds are used when and where they are most needed, ensuring modern facilities and leading-edge equipment.

All gifts, no matter what their size, can help a health system and the people it serves. Anyone considering a large donation should consult an accountant, advisor or attorney to discuss the tax and financial implications of the gift, Mahan says.

If you're interested in making a donation to Thompson and would like to learn more about your options, contact Director of Development Anita Pietropaolo at 585-396-6671 or visit ThompsonHealth.com.

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TOUR DE THOMPSON SLATED FOR JULY 28

IT'S NOT TOO LATE TO REGISTER for the Tour de Thompson—the benefit bicycle tour of the Bristol Hills.

With three ride lengths to challenge cyclists of all abilities, the Saturday, July 28, tour features a SAG vehicle and rest stops. It begins and ends on Canandaigua Lake's western shore at Onanda Park, which hosts a post-ride cookout.

Registration begins at 7 a.m. with a mass start at 8 a.m. Individual riders may set out anytime before 10 a.m.

Register at ThompsonHealth.com, for an all-inclusive fee of \$35 (\$40 after July 15). Proceeds support Thompson Health's Rehabilitation Services Aftercare Program.



Find us on
Facebook

Keep up with Thompson Health, health tips and health news. Facebook members can search for Thompson Health and click "Like."



Rebecca Colleen and The Chore Lads will bring their bluegrass music to Ferris Hills for the opening concert in the Sunset Serenades series on Wednesday, July 11.

Join us for Sunset Serenades at Ferris Hills this summer

The lineup for this summer's Sunset Serenades concert series features bluegrass, big band and everything in between.

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

The schedule is as follows:

- **July 11:** Rebecca Colleen & The Chore Lads
- **July 18:** Dick Stacy & The Dixie Land Rhythm Aces
- **July 25:** Nostalgic Reunion
- **Aug. 1:** 78 RPM

- **Aug. 8:** The Jack Allen Band
- **Aug. 15:** Traveling Cabaret

Ferris Hills is best accessed from the 3300 block of West Lake Road in Canandaigua, and ample parking is available.

An affiliate of Thompson Health, the independent senior living community is located on 57 acres, with 84 one- and two-bedroom apartment homes. The adjoining Clark Meadows features 48 enriched-living apartments for residents who need assistance with daily tasks.

Visit www.FerrisHills.com or www.ClarkMeadows.com for more information. For a personal tour, call 585-393-0410.