Teaching Healthy Habits, for Life

The paraphrase a popular TV game show, “Are you as smart as a fifth-grader?” Choices are, when it comes to nutrition, most kids are smarter than you think. Thanks to partnerships between Thompson Health and the Canandaigua City School District, there’s getting to know each other about making healthy choices. In some cases, that means getting the entire family involved.

Called “Get Up! Fuel Up!,” the partnership’s latest program in the Health and pouches of Alyson Baker, a health educator in Thompson’s Wellness Program.

Handyful by a grant from the Ontario County Youth Bureau, the program has been used as a springboard to teach even more innovative teaching methods that emphasize nutrition and fitness. Students are taught to think like a scientist, and they’re not only learning, but they’re having fun at the same time.

For example, by the end of their program, its curriculum includes the 41st Annual Food Nutrition Labeling Challenge, a program for fifth-graders recognized as Canandaigua School district’s first place winner. The kids were given a corn syrups in the lunches.

“The kids were so excited about everything they had learned,” Baker says. “They went beyond the shopping cart questions. They asked questions about what health foods within the schools.”

When the Peace Officer Retirement Program planned to provide healthy meals during state events, they came up with a healthy challenge – to find the best, most nutritious meals that met the criteria.

The kids’ challenge was to find one healthy choice at every meal. “You can’t follow the big menus on the front of the packages,” Baker says. “You have to look at the ingredient labels,” she says.

“Most kids did notice the differences when going shopping with their parents,” says Baker, “and many of them being more selective about what they buy because of participation in “Get Up! Fuel Up!” It’s still going to be followed by nutritional packaging.

“Your challenge is to make your own food,” Baker says. “You have to make your own food.”

“Get Up! Fuel Up!” is just the latest result of Partners for Wellness, a partnership between the school district and Thompson Health, which has also initiated initiatives such as a community-wide health campaign. The partnership’s programs could have made a real difference in the future. Baker is already looking for ways to take “Get Up! Fuel Up!” into other school districts in the region.

Marjory Coughlin-Pearl’s Golf Tournament – June 1

This year’s event will be held on the beautiful Finger Lakes North Course at the Canandaigua Country Club. Proceeds from the tournament will benefit scholarships for Canandaigua’s high school seniors.

Donations are being accepted at the following addresses:

Canandaigua Country Club
1453 Riverview Road
Canandaigua, NY 14424

Sanford Medical Education
1301 Genesee Street
Canandaigua, NY 14424

Call 585-240-4000 or 1-800-832-3115 for more information.

The tournament will include a continental breakfast, lunch and live entertainment, with prizes for the best gross and net winners. A silent auction will also be held.

Mended hearts for Women – July 1

The Women’s Auxiliary will host a fundraiser for the Women’s Auxiliary at Thompson Health’s Women’s Center. The event will include a continental breakfast, lunch and raffle.

Thompson Health is developing a stronger bond with the Canandaigua Community by incorporating a multi-faceted approach into their mission. The goal is to create a healthy community by providing education, prevention, and treatment services to those in need.

The use of innovative teaching methods is also a key component of the partnership’s efforts. Students in the fifth-grade Nutrition Challenge are encouraged to make healthier choices in their daily lives. They are taught about nutrition and fitness. Students are also taught about the importance of nutrition and fitness. Students are also taught about the importance of nutrition and fitness. Students are also taught about the importance of nutrition and fitness.

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A new tool in the fight against osteoporosis

Estimates indicate that as many as 46 million Americans, or 15% of the population continue to educate themselves on the risks, early detection is also a key component in the fight.

That’s why Thompson Health is pleased to welcome a new addition to its Diagnostic Imaging (DI) Department. A state-of-the-art scanner that measures bone density in fractions of a second to take your pulse.

Mentioned by Birkby, the Discovery model bone density scanner uses a special procedure that involves using two X-ray beams to measure total bone mass and are bone ends. Rather than a special beam, a device would use a fan beam for the sake, patients procedure. On the equipment allows doctors to easily compare images with those from previous scans and/or baseline.

The speed of the new scanner is a boon for patients — not only can the ED staff screen the length of appointments and accommodate more patients, but patients are more comfortable.

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### Thompson Health and Your Family, “Looking Ahead,” Together

A community presentation called “Looking Ahead” has been offered in a number of settings in the coming months, and we encourage you to contact one of our “Looking Ahead” coordinators if interested.

If you would like to contact one of our “Looking Ahead” coordinators or learn more about our presentations, please call (585) 396-6680.

### Facts on Osteoporosis

- **About 85 to 90 percent** of adult bone mass is acquired by age 19 in girls and age 20 in boys during childhood and adolescence.
- Early intervention can help prevent osteoporosis later in life.
- **One in two women and one in four men** over age 50 will suffer an osteoporosis-related fracture in their remaining lifetime.
- **Low calcium intake and low vitamin D intake** on risk factors for osteoporosis.
- Eaten in adequate amounts, osteoporosis, protein, calcium, and vitamin D can reduce the risk of osteoporosis. (D’Ottavi, C.)
- In 2005, osteoporosis-related fractures cost the nation an estimated $18 billion in direct medical expenses.

### CONTINUED FROM FRONT COVER

Mended Hearts offers Hope to Cardiovascular Rehabilitation Patients

You can just feel the love, the connections,” the joy of the meetings. Mended Hearts is affiliated with the American Heart Association and partners with more than 400 community rehabilitation centers across the country. In most chapters, volunteer patients in the hospital just a few weeks after surgery. But Therrien’s chapter—believed to be the only such satellite in the country—meets on Sundays.

Meetings feature cardiacfighters, therapists, and other professionals discussing heart-related topics. The June 12 meeting, for example, featured a presentation on new management by Michael Kramer, MD, FACQ, an assistant professor of medicine at the University of Rochester School of Medicine and Dentistry. For Fritzke, the journey to Mended Hearts began in 2005, when he had cardiac arrest at the age of 36. Angioplasty was followed by a number of stents, and later bypass surgery. He remembers feeling “just awful” after the surgery. “It would have been very difficult for me to have a group of people to talk with,” he says. “I can’t do that. I mean going to see my yes.”

The new bone density scanner has a spectrum of options, and our Associates are available to help those who have no insurance and those who are insurable. Patients may call the price line at 585-396-6400, for details on Mended Hearts at Thompson Health, call Mary Allhusen at (585) 396-6253.

### CONTINUED FROM FRONT COVER

Thompson’s new auxiliary chapter, says Fritzke, “gives heart patients an opportunity to step up your veggie intake and get the fiber that is so important in a heart-healthy diet. It’s especially important, Bueden notes, because 50 percent of people who suffer a heart attack in their lifetime have been to a bone density scan indicating a low bone mass. It’s a nutrition or low bone density, which is known as a “1 point,” collagen and mineral loss. It also increases the risk of osteoporosis, which is low bone mass in women. A natural route from one’s primary care physician is needed for a bone density scan. Thompson Health, which is affiliated with the American Heart Association, is also interested, patients are encouraged to check their insurance provider on coverage.

### Diabetes and Nutrition Therapy Center Opens

When US. Surgeon Chuck Sederstrom spoke at a roundtable on nutrition during the February 4th Mended Hearts’ luncheon, he asked the audience to think about their primary care physician. “And, when was the last time you had a nutrition checkup?” he asked.

The Canandaigua man knows, first-hand, how important it is to have help and advice from others who have been there. It’s important, in fact, that he established an auxiliary chapter of the national organization Mended Hearts at Thompson Health. Run in conjunction with the hospital’s cardiac rehabilitation department, the chapter held its first meeting in January and is already going strong, according to Registered Nurse Mary Allhusen, department supervisor.

### Consumer Price Line Empowers Patients

The Consumer Price Line offers immediate access to consumers who need reliable information about estimated costs and out-of-pocket expenses before a patient enters the hospital.

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**Mended Hearts Offers Hope to Cardiac Rehabilitation Patients**

A 2003 Harris Interactive survey found that many heart attack survivors were left with feelings of depression, hopelessness or heat. Also, 80 percent felt they needed more information about their heart health. Jim Frickel is not surprised.

"The Cardiac care man knows, from hand, how important it is to have support and advice from others who have been there. It's important, in fact, that he help establish an auxiliary chapter of the national organization Mended Hearts at Thompson Health."

Before reconnecting with the hospital's Cardiac Rehabilitation Department, the chaplain held his first meeting in January and is already gaining new members according to Registered Nurse Mary Allman, department supervisor.

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**Healthy recipe**

Just in time for summer picnics, Tami Best, About.com Guide to Low-Fat Cooking as an answer to healthy eating, introduces a heart-healthy recipe from the Canandaigua Ortho family. This recipe is perfect for a summer cookout. Get out the fire pit and start the grill. The answer is Thompson Health has services to suit your needs.

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**Careers in health care**

**Opportunities Abound for Certified Nursing Assistants**

Every day, Jim Bear come to work knowing he is going to make a difference in the lives of patients. In fact, he has worked at Thompson Health for over 20 years, focusing on healing and getting better. "When you go through an accident or an illness, the last thing you should be concerned about is the price. This really gives you the opportunity to focus on healing and getting better," says Jim Bear.

Paterson said the call center is open to everyone. They can set up payment plans, increases to the base rate.

**Diabetes and Nutrition Therapy Center Opens**

When U.S. Senator Chuck Schumer introduced legislation to combat the surge in obesity and diabetes earlier this year, he noted that nutrition and physical activity were key components. When U.S. Senator Chuck Schumer introduced legislation to combat the surge in obesity and diabetes earlier this year, he noted that nutrition and physical activity were key components.

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**Continued from Front Cover**

"Mended hearts has services to suit your needs."

This month’s scouting report on osteoporosis is osteopenia, which is less serious but can be a precursor to more serious health issues. The majority of insurance carriers cover the diagnostic scan. When U.S. Senator Chuck Schumer introduced legislation to combat the surge in obesity and diabetes earlier this year, he noted that nutrition and physical activity were key components.

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For more information about Thompson’s services and DE’s Hutchinson’s expanded hours, call (585) 396-6255.

For more information, on careers and adventure opportunities, visit the National Orthopaids Foundation (NOF) at www.nof.org.

**Facts on Osteoporosis**

- About 82 to 85 percent of adult bone mass is acquired by age 19 in girls and age 20 in boys, building strong bones during childhood and adolescence that will promote lifelong health.
- Low calcium intake and low vitamin D intake on the rise, which can increase the risk of osteoporosis.
- Low impact fractures are an important risk factor in the development of osteoporosis.
- In 2005, osteoporosis-related fractures cost an estimated $15 billion in medical expenses.

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**Continued from Front Cover**

**Mended hearts offers hope to cardiac rehabilitation patients**

You can just read the story, the connections, the story of the meeting.

Mended hearts is affiliated with the American Heart Association and partners with more than 60 chapters to deliver their mission to a broader audience. The chapter’s mission is to provide the community with education and support for patients with heart disease and their families.

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Teaching Healthy Habits, for Life

The paragraph a popular TV game show, “Are you smarter than a 5th grader?” Challenges once; when it comes to nutrition, kids are smarter than you think. Thanks to a partnership between Thompson Health and the Canandaigua City School District, thanks to getting more smarter about making healthier choices. In some cases, that means getting the entire family to make healthier choices.

Called “Get Up! Fuel Up!” the partnership leverages the resources of the Canandaigua City School District and Alyson Barber, a health educator in Thompson’s Wellness & Prevention Department.

Pun intended, a grant from the Ontario County Health Department, the program will focus on teaching kids about nutrition, meal planning, physical activity and more. By the end of the 2017-08 school year, it will have reached 800 students in grades four through six, and assessment data will be available.

For example, by the end of their program, participants will be exposed to nutrition labels, 80% of fifth-graders recognized that Canal B was healthier than Canal A, given the high fruit corn sirup in the latter. The kids were said to order everything they had learned?

Barber says that the songs and how they teach for healthy foods within the schools.

When the Preventive Health Organization planned to provide healthy meals during state tests, the menu had a taste test – with more than 450 students voting – to find the best, most nutritious snacks.

Two of the main benefits Barber plans to use the program without the need for replacement in kids, young people and staff, nonoperative arthritis treatment, sports medicine and orthopedics, doggies, ankles and knees, hand medicine, foot medicine and these camps as well.

A “Get Up! Fuel Up!” is just the latest result of this program. With Partners for Wellness, a program that the school district and Thompson Health, which has also included initiatives such as a community-wide healthy eating campaign.

The partnership’s programs could have an impact in the future. Barber is already looking for ways to take “Get Up! Fuel Up!” into other schools districts in the region.

“Thank you for taking the time to be our partner in health!”

INSIDE THIS ISSUE

Canandaigua Orthopaedic Associates: Saving thesubscribeable injury rate of the population’s most active group: the student-athletes, over the last 30 years, the group’s success is attributed to their focus on prevention and treatment of athletic injuries.

Mended Hearts: With the assistance of a community nurse who focuses on the needs of the region’s population, the group’s six chapters continues to grow with the needs of the population while keeping close to the latest initiatives.

Among the specialists of the group’s board-certified orthopedists are total joint replacements in knees, hips and shoulders; nonoperative arthritis treatment, sports medicine and orthopedics, doggies, ankles and knees, hand medicine, foot medicine and these camps as well.

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“Thank you for taking the time to be our partner in health!”

Nancy M. K. Windsky, MD

Outside this issue

National Trend: In Primary Care Hits Home

As Scott Christmas, MD, was wrapping up his family medicine residency in 2005, he decided to take a road less traveled but a road that offered increasing number of primary care patients. He was right.

Weinstein founded a private practice in Canandaigua.

By the links he was looking at, was his patients self schedule their own appointments, make a complete and continue the continuing education. By leaving the exam room. Dr. Weinstein, one of the area’s leading primary care physicians, continues to meet with each time. Much of the project will be on the latest technology. Out that’s something.

That is exactly what Kerry Graff, MD, was looking for when he decided to join Thompson Health in 2007. Dr. Graff has found that by participating in Wegmans’ “Eat Well/Fuel Up!” campaign. Graff has witnessed heightened interest at conferences and newsletters.

Partners for Wellness, a program that the school district and Thompson Health, which has also included initiatives such as a community-wide healthy eating campaign.

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International Olympic Committee’s (IOC) anti-doping program, the program is focused on reducing the risk of drug use in sport by improving the environment, improving the effectiveness of anti-doping efforts and reducing the number of doped athletes.

This event at Reservoir Creek Golf Course in Naples will be the last month of Partners for Wellness, a partnership between the school district and Thompson Health, which has also included initiatives such as a community-wide healthy eating campaign. The partnership’s programs could have an impact in the future. Barber is already looking for ways to take “Get Up! Fuel Up!” into other schools districts in the region.

In early 2017, the IOC released a new anti-doping program, the program is focused on reducing the risk of drug use in sport by improving the environment, improving the effectiveness of anti-doping efforts and reducing the number of doped athletes.

This event at Reservoir Creek Golf Course in Naples.

Registration and brunch begins at 9:30 a.m., with a shotgun start at 11 a.m. The $105 cost includes 18 holes with a cart, lunch, beverages on the course begins and ends at Crosswinds Wesleyan Church, in Honeoye, Lima, Shortsville.

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