

PARTNERS

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

Summer 2010

PROJECT EXCEL

*Expanding the healing
environment for
our community*

BACK TO YOUR BEST

*Physical therapy
gets you moving*

PUMP UP YOUR HEART

*Reclaim your life
with cardiac rehab*





A new *Partners* for your health information needs

As we welcome the summer of 2010, we are pleased to present the debut issue of Thompson Health's *Partners in Health and Wellness* in its new, magazine-style format. We trust that you will find it to be both vibrant and reader-friendly.

In a day and age when each of us is inundated with information, it is important to know which sources to trust. As your healthcare system and as an organization staffed by professionals who are

your friends and neighbors, we will always strive to make *Partners* a publication you can feel confident turning to for the latest in healthcare information.

As you read through each biannual issue, you will find not only news about the latest programs and services from Thompson, but useful advice on how to achieve optimum health and live life to the fullest.

As always, we welcome your feedback, whether it is regarding the new *Partners* or your latest experience with Thompson. Simply visit ThompsonHealth.com and click on "Contact Us." We value your opinion and would love to hear from you.

In the meantime, I hope that you and yours enjoy a safe and healthy summer.

Linda M. Farchione, FACHE
President and CEO



NEW HOME FOR SLEEP CENTER

Tastefully appointed, spacious suites and advanced technology can be found at the new location of Thompson Health's Sleep Disorders Center.

The fully accredited Center recently moved from the hospital to 229 Parrish St. in Canandaigua. For information about how it can help you, call **585-396-6484** or visit ThompsonHealth.com.

MEDICAL ADULT DAY PROGRAM EXPANDS

Thompson Health's medical adult day program in Canandaigua now has 10 additional openings for individuals who live alone or with caregivers but need medical supervision and companionship during the day.

Called "The Brighter Day," the Medicaid-approved program is now in its 21st year and currently serves more than 50 participants. "This program has enriched the lives of so many individuals over the years, and we are delighted to be able to serve even more," Sharon Pepper, Senior VP of Senior Living Services, says of the program expansion.

OPEN WEEKDAYS, THE PROGRAM OFFERS:

- Management of chronic conditions
- Compassionate care from a registered nurse, certified nursing assistants and a social worker
- Therapeutic exercises and massage therapy
- Social and educational opportunities
- Well-balanced meals

With no obligation, qualified individuals may enjoy a free introductory day to determine if the program is right for them. Call **585-396-6646** for details.



THOMPSON EARNS NATIONAL RECOGNITION FOR NURSING EXCELLENCE

F.F. Thompson Hospital has done it again.

The American Nurses Credentialing Center (ANCC) Magnet Recognition Program for excellence in nursing has once again designated Thompson as a Magnet hospital.

“Magnet recognition is to nursing what a gold medal is to the Olympics,” says Thompson Health President and CEO Linda Farchione. “To earn Magnet status once is a tremendous accomplishment, and redesignation affirms our commitment to meeting our patients’ needs.”

The ANCC is the leading nursing credentialing organization in the U.S., and research shows that Magnet hospitals—representing only 6.3 percent of hospitals nationwide—are more effective at attracting and keeping quality nurses. After an extensive evaluation, Magnet hospitals must maintain rigorous standards during their four-year designation.

“We’re a better hospital today because of our initial Magnet designation,” says Hazel Robertshaw, VP of Patient Care Services/CNO. “It raised the bar and inspired all of us—nurses, physicians, professional and support staff—to be even better.”



CARDIAC REHAB

Getting back on track

On April 29, 1998, local auto dealer Roy “Bud” Farnsworth was raking wet leaves when he felt pains in his arm that led to the discovery of blockage in a coronary artery.

After doctors placed a stent, a good friend who had survived a heart attack in 1982 paid a visit. “He said, ‘Farnsworth, I want you to promise me one thing—that you’ll go to cardiac rehab and keep going as long as you live,’” Farnsworth says.

Farnsworth kept that promise and works out twice a week in F.F. Thompson Hospital’s Cardiac Rehabilitation Department. “They’re simply wonderful there,” he says, noting that many times, his friend is right by his side.

HELP FOR BROKEN HEARTS

Cardiac rehabilitation is a medically supervised risk-reduction program for people who have a history of heart problems or who’ve had a heart-related procedure, such as bypass surgery or angioplasty. Patients need a doctor’s OK and testing to make sure they’re physically ready. Medicare and most private insurance plans may cover up to 36 sessions.

At Thompson Cardiac Rehabilitation, where participants range in age from

their 40s to their 80s, the team includes Bryan Henry, MD, Medical Director of Cardiac Rehabilitation; nurses; dietitians; exercise physiologists; and specialized therapists. They offer:

- Exercise training
- Cardiovascular monitoring
- Information on nutrition and heart-healthy living
- Support and counseling

A WAY BACK

Cardiac rehab can offer a map back to the life people often fear is lost.

“It provides an important step in recovery, not just physically, but psychologically, as people build confidence and share their experiences with others,” says Dr. Henry.

Indeed, Cecilie Bodnar, of Canandaigua, says the camaraderie is one of the best aspects of Thompson’s program. “We all encourage each other,” she says.

Bodnar joined in 2007 after experiencing breathing difficulties related to allergies. She needed to exercise in a medically supervised environment, so she enrolled at a maintenance level with affordable self-payments.

“It’s really helped a lot,” she says. “It keeps me moving, and they’ve really helped me individualize my program. It’s just a great place.”

For more information about Thompson’s Cardiac Rehabilitation Department, call 585-396-6253 or visit ThompsonHealth.com.



Project Excel

BUILDING A HEALTHY FUTURE

Thompson Health will soon break ground on an exciting capital project designed to ensure that the health system continues meeting the growing needs of our region well into the future.

A \$43.5 million expansion and renovation of the existing F.F. Thompson Hospital—slated for completion in 2012—centers around the Constellation Center for Health and Healing, a 61,000-square-foot, two-story addition on the north end of the hospital. In addition, Project Excel will renovate 42,000 square feet of space within the existing hospital.

The improvements involved will:

- Keep world-class medical facilities in Canandaigua, enabling residents to access the care they need, close to home
- Increase patient comfort and confidentiality
- Allow Thompson to continue to attract and retain the best physicians
- Create efficiencies that will reduce costs, speed care and promote quicker healing

Linda Farchione, President and CEO of Thompson Health, says Project Excel is in keeping with the legacy of caring founded by philanthropist Mary Clark Thompson, who established the original hospital on North Main Street more than a century ago.

“From the very beginning, Thompson Hospital has served as the center of a spectrum of healthcare services for thousands of residents and tourists in the Finger Lakes region,” Farchione says. “Through the generations, the hospital has adapted to the changing needs of our community, and it is time to do so once again.”

GROWING TO MEET THE NEED

When it was built in 1971, the existing Parrish Street hospital was designed for inpatient care. Now, however, between 80 and 85 percent of surgeries are done on an outpatient basis. At the same time, the volume of patients continues to grow. In 2009 alone, the number of surgeries performed climbed 4.6 percent.

The redesigned hospital will replace the six 40-year-old operating suites with



“We believe Project Excel will make major strides in enhancing the quality and healing environment of Thompson Hospital.”

—Nancy Marino, MD
Medical Director of Surgical Services

state-of-the-art suites that can better accommodate the latest technology, while also increasing the number of endoscopy suites from two to four.

“We believe Project Excel will make major strides in enhancing the quality and healing environment of Thompson Hospital, allowing us to treat even more patients in a timely manner and presenting modern, uplifting surroundings in which we can deliver care,” says Nancy Marino, MD, Medical Director of Surgical Services for the hospital.

Also undergoing major transformations in response to growing demands will be:

- The Clinical Laboratory, which saw 10,000 tests performed in 1971 and nearly 1.1 million in 2009
 - Rehabilitation Services, including physical therapy, occupational therapy, sports medicine and speech therapy
 - Nutrition Services, which will not only meet modern regulatory requirements but also have the space to incorporate local agriculture and sustainable food practices
 - Human Resources, which is currently housed in a trailer on the hospital campus
- Project Excel is expected to be completed within 18 to 20 months, with every effort made to minimize inconvenience to patients and their families.

“Although the construction may make it seem at times that this project is about bricks and mortar, it is about so much more,” Farchione says. “It’s about the people we serve, and it’s about providing them with world-class health care, close to home.”

COMMUNITY MEMBERS SHOW THEIR SUPPORT

The hospital’s expansion and renovation is many years in the making. In 1999 and 2000, Thompson Health identified crucial areas to update, expand or renovate, selecting those areas most in need and mobilizing resources to address them with a \$30 million project encompassing the Emergency Department, Diagnostic Imaging and a portion of Same-Day Surgery. This project was completed in 2004.

Project Excel addresses the remainder of the needs identified a decade ago. In addition to taking advantage of a decline in construction costs, the project has several options for financing that were unavailable just a few years ago.

With a theme of “Building a Healthy Future,” a \$14 million capital campaign officially kicked off in January of this year following the announcement of a \$4 million pledge from the Sands Family Foundation and Constellation Brands.

Constellation Brands President and CEO and Thompson Health board member Robert Sands says the pledge is in keeping



Thompson Health President and CEO Linda Farchione announces Project Excel.

with his family’s many years of support for Thompson Health.

“We have a special place in our hearts for Canandaigua. It’s where we live, where many of us grew up and where our company was founded,” Sands says, noting that both the Sands family and Constellation Brands consider quality health care to be “a vital service to our community, critical to our well-being and the well-being of our families.”

With the Sands/Constellation gift, a \$1 million donation from the late Robert and Ruth Craugh, and a large anonymous donation, more than \$10 million has been raised to date.

Recently, the Bullis Fund through the Rochester Area Community Foundation announced that it would contribute a \$200,000 challenge grant to Project Excel.

“We’re already seeing tremendous support for Project Excel,” says Farchione. “We’re looking forward to bringing the new updated clinical care areas to our community, supporting our vision of bringing confidence and compassion to every healthcare experience.”

To find out how you can get involved in building a healthy future for our community, call the Foundation at 585-396-6155 or visit ThompsonHealth.com.



Managing diabetes

PUT FRUIT AND VEGETABLES AT THE TOP OF YOUR MEAL PLAN

If you have diabetes, you need to control your blood sugar, blood pressure, cholesterol, weight and other factors that put your health at risk. That can seem like a pretty tall order.

Fortunately, you can whittle down those risks by following a meal plan that helps you decide what, how much and when to eat. Combine that with your prescribed medications and the right amount of exercise, and your diabetes is likely to become much more manageable.

CREATING A PLAN

Work with your doctor, dietitian or other healthcare professional to design the right plan, and be sure to include a broad range of foods you enjoy.

The American Diabetes Association offers these suggestions:

- Eat plenty of fruits and vegetables—at least two servings daily of fruits and at least three servings of vegetables.
- Keep track of carbohydrates. You're likely to need 6 to 11 daily servings of whole grains; beans; and starchy vegetables, such as corn and peas.
- Get two to three servings of low-fat or nonfat dairy products each day.
- Eat lean meat and other types of protein, but don't overdo it. Generally, 4 to 6 ounces of protein is enough for the whole day. For reference, 3 ounces of lean meat is about the size of a deck of cards.
- Watch fats and sweets. Liquid oils—such as olive and canola oils—are generally healthier than solid fats—such as butter or solid vegetable shortenings—which are high in saturated and trans fats.

MOVING FORWARD

To get started, keep a food diary to figure out what you're eating now—not only the type of food but also the portion size.

Once you're aware of your habits, it's easier to see where changes can be made. What's more, you'll be taking powerful strides toward reducing your risk of diabetes complications, such as heart disease and stroke.

New technology arrives

■ THANKS TO A GENEROUS DONATION FROM THE Thompson Guild, the Diabetes and Nutrition Therapy Center at F.F. Thompson Hospital recently purchased continuous glucose monitoring technology called the CGMS iPro.

Providing insight undetected on log books and with finger sticks, this small sensor is worn for three days, recording 288 blood glucose levels in the tissue fluid over each 24-hour period.

This reliable information can serve as a useful motivational tool. In fact, a study in *The New England Journal of Medicine* found that patients in the 25-years-and-older group had improvements in all measures of glycemic control.



{ To learn more, contact the Center at 585-396-6233 or visit ThompsonHealth.com.

Benefit bicycle tour offers three routes

■ JOIN US SATURDAY, JULY 31, FOR THE Tour de Thompson, formerly known as the Ride for Independence.

This bicycle tour of the Bristol Hills features scenic views of Canandaigua Lake with a 15-mile ride, a 31-mile ride or a 100K ride featuring 6,800 feet of climbing.

The Tour includes rest stops and a support-and-guidance vehicle. It begins and ends at Onanda Park on the west shore of the lake, where there will be a post-ride picnic, hiking, fishing and swimming.

Registration begins at 7 a.m., followed by a mass start at 8 a.m. You can also register online at ThompsonHealth.com. The all-inclusive registration fee is \$30 prior to July 15 and \$35 after, with T-shirts provided to the first 50 registrants. The post-ride picnic, massages and free parking on the upland side of the park are also included.

Proceeds benefit the Rehabilitation Services Aftercare Program, helping people with chronic disease maintain their level of function by continuing services after insurance benefits have ended or they have reached a maintenance level in their therapy.



For details or to register, visit ThompsonHealth.com or call Dudley Hallstead at 585-396-6050.

Physical therapy

IT CAN DO A BODY GOOD

Sometimes, your body just won't work the way you expect it to. Among the many possibilities:

- You have a knee or shoulder problem that makes it hard for you to do everyday activities.
- Your neck, back or wrist hurts when you sit at your desk.
- You find it difficult to keep your balance, but you don't know why.
- You have problems exercising because of your weight.
- You've lost mobility after surgery, a serious accident or a stroke.

HELPING HANDS

Fortunately, these and other problems can be helped with physical therapy (PT).

Helpful to people of all ages, PT is used to treat a variety of muscle, bone and nerve problems. It can help prevent pain and injury and strengthen and retrain weak muscles. It can also help people adapt to physical limitations.

Thompson Health's Rehabilitation Services team includes more than 20 licensed physical therapists at three locations: F.F. Thompson Hospital in Canandaigua, The Sports Medicine Center in Canandaigua and Farmington Rehab.

THERAPIES THAT WORK

PT often begins in the hospital if you are recovering from surgery, a stroke or another medical condition. It can last a few days to a week and is typically covered by insurance.

Depending on the condition being treated, outpatient PT may include exercise, aquatic therapy, hot or cold compresses, massage, ultrasound, electrical stimulation, or a combination of treatments.

"No matter what the circumstances, our goal is the same—to return a patient to an optimum level of functioning and help restore the confidence needed to return to work, sports or everyday activities," says Nancy Buerman, Clinical Coordinator of Outpatient Physical Therapy Services.



For more information about what these experienced professionals can do for you, call 585-396-6050 or visit ThompsonHealth.com today.

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Linda M. Farchione, FACHE, President and CEO

Send correspondence and address changes to: **Office of Corporate Communications**
Thompson Health
350 Parrish Street
Canandaigua, NY 14424
585-396-6670

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SANDS CANCER CENTER MARKS 10 YEARS

The Sands Cancer Center at Thompson Health marks its 10th anniversary this year and is gearing up for a daylong community symposium.

"Cancer: A Family Perspective" will be held Sept. 23 at Burgundy Basin in Pittsford, with Gary Mervis of Camp Good Days and Special Times as the keynote speaker.

For details, call the Center coordinator at 585-396-6780.

To find out how the Center offers the latest in care close to home, visit ThompsonHealth.com.

Calendar of events — Summer 2010

Visit ThompsonHealth.com for more information about these and other events, unless otherwise noted.

14th Annual RoseWalk

Saturday, June 19, Sonnenberg Gardens & Mansion

Register and walk anytime between 8 and 11 a.m. A minimum \$10 donation benefits Cardiac Rehabilitation. For more information, call 585-396-6155.

Sunset Serenades

Concert Series Kickoff

Wednesday, July 7, 7 p.m., Ferris Hills at West Lake

Free, with refreshments available for purchase. Additional concerts are scheduled for July 14, 21 and 28 as well as Aug. 4 and 11. For more information, call 585-393-0410.

Eighth Annual Tour de Thompson Bicycle Ride

Saturday, July 31

See details on page 7.

Summer Soiree

Wine Auction and Gala

Friday, Aug. 6, 6 to 11 p.m., Steamboat Landing

Cost: \$150 per person. Proceeds benefit F.F. Thompson Foundation, Inc. For more information, call 585-396-6155.

Fashion Show and Luncheon

Thursday, Aug. 19, 10:30 a.m. to 2 p.m., Bristol Harbour Resort

Cost: \$50 per person. Proceeds benefit the Thompson Guild's programs. For tickets, call 585-394-6091.

Marty's Chop Shop Hot Rod Gathering and Swap Meet

Saturday, Aug. 21, 11 a.m. to 4 p.m., Railway Place in Hall

Entry fee: \$5 per hot rod. Admission is free to the public. Proceeds benefit Sands Cancer Center Patient Needs Fund. For more information, call 585-526-6539.

Ninth Annual Crosswinds 5K

Saturday, Sept. 4, 7:30 a.m. registration; 9 a.m. start, race begins and ends at Crosswinds Wesleyan Church

Cost: \$15 for preregistration or \$20 on day of race (GRTC discounts). Proceeds benefit Sands Cancer Center Patient Needs Fund. For more information, call 585-229-2475, e-mail crosswinds5K@gmail.com or visit www.crosswindsonline.org.

10th Annual C52 Justin Rothe Memorial Ride

Saturday, Sept. 18, 7:30 a.m.

registration; 8:30 a.m. mass start at F.F. Thompson Hospital 52-mile tour around Canandaigua Lake. A \$40 fee includes a post-ride party, and proceeds benefit asthma care at Thompson. For more information, call 585-554-4046.



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