



Personal Trainers
Not just for Celebrities



Health Insurance:
Maybe We Can Help

ALSO:

- Sinus Sufferers Can Breathe Easier
- Social Workers Valuable at Thompson

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IN HEALTH AND WELLNESS

Spring/Summer 2009



Provided by Thompson Health, Canandaigua, NY.

www.thompsonhealth.com

Making a Difference, One Patient at a Time

Whether they are regaining function after a stroke, getting back in top form following a surgery or recovering from an injury, thousands of area residents find that Thompson Health's Rehabilitation Services Department is the place where care and experience connect.

In fact, in 2008, the department's team of over 25 outpatient specialists handled a total of more than 32,000 visits.

"I am very proud of the positive impact our clinicians have on the community," says Nancy Alexander, a physical therapist and certified strength and conditioning specialist who serves as Director of Rehabilitation Services.

Dr. Robert Meyer, Medical Director of the Department, says its staff is talented, devoted and diverse. Their expertise is growing, he adds, as team members obtain new and more specific certifications and credentials to better serve the needs of patients.

Among recent developments:

- The lymphedema treatment team in Occupational Therapy has expanded to three certified lymphedema specialists. Using Complete Decongestive Therapy (CDT), they work with women and men who are experiencing swelling due to an impaired lymphatic system that could be genetic or caused as a result of surgery, cancer treatments, infection or trauma.



Courtney Middleton, left, is one of three certified lymphedema therapists at Thompson, and recently became certified in hand therapy.

- The speech-language pathologist is completing qualification to conduct FEES (Flexible Endoscopic Evaluation of Swallowing) studies to evaluate people who may have swallowing difficulties due to a stroke or nerve and muscle disease, for example.

CONTINUED ON PAGE 2

Practice 'Sun Safety' This Summer

Picnic basket? Check. Mosquito repellent? Check. Sunscreen? Check. Actually, make that doublecheck.

Whether you're headed out for a picnic, a leisurely stroll or a swim this summer, it's more important than ever to take steps to prevent skin cancer. According to the National Cancer Institute, it is the most common form of cancer in the U.S., and most cases are considered to be sun-related.

"Even in upstate New York, the sun is strong enough to cause damage that can lead to skin cancer later in life," says Dr. Dirk Bernold of Thompson Health's Sands Cancer Center and Interlakes Oncology and Hematology, PC.

The two most common types are basal cell and squamous cell cancer, with more than 1 million cases diagnosed annually. Another type of skin cancer, melanoma, is more dangerous but less common. It accounts for approximately 60,000 cases each year and is on the rise, according to a recent study.



Dirk M. Bernold, M.D.

The good news is that if detected early, skin cancer is highly treatable.

The American Cancer Society recommends telling your doctor if you notice any change in the skin, such as the size or color of a mole, or any change in sensation.

To lower your risk, practice sun safety, even on hazy or overcast days:

- Avoid the sun between 10 a.m. and 4 p.m.
- Wear comfortable clothes made of tightly woven fabric
- Use sunscreen and lip balm with a sun protection factor (SPF) of 15 or higher, applying a generous amount and reapplying after swimming or perspiring
- Cover your head with a wide-brimmed hat, shading your face, ears and neck
- If you choose a baseball cap, protect your ears and neck with sunscreen
- Wear sunglasses with 99 to 100 percent UV (ultraviolet) absorption



Bernold adds that when choosing sunscreen, it's important to find one that blocks both UVA and UVB rays. "It says right on the bottle, and the cheaper ones work just as well as the expensive ones," he says.

Proper protection can decrease levels of Vitamin D, so the doctor says supplements containing the vitamin and calcium – which Vitamin D promotes the absorption of – are

State-of-the-art Treatment for Varicose Veins Alleviates Symptoms, Improves Appearance



Shown with her son Levi at the 2008 Ontario County Fair, Jean Storie suffered from pain and swelling due to varicose veins until undergoing minimally-invasive procedures in F.F. Thompson Hospital's Polisseni Diagnostic Imaging Department.

For several years, Jean Storie simply lived with the pain and swelling caused by varicose veins. In recent years, however, the symptoms worsened.

A mother of three and registered nurse who spends a lot of time on her feet, she found herself experiencing severe leg cramps. Sometimes, they were so bad they would wake her up.

The Gorham woman went to the Polisseni Diagnostic Imaging Department at F.F. Thompson Hospital, where specialists led by Dr. David E. Lee use minimally-invasive procedures to improve leg function and appearance. Following a consultation, she underwent a total of three outpatient procedures beginning last fall. "It was definitely worth it," she says.

Storie's symptoms improved dramatically and so did the appearance of her legs. This summer, she says, she won't feel so self-conscious while joining

CONTINUED ON PAGE 2

Benefits of a ‘short stay’ go a long way

When Eadie Webb had eye surgery last summer, she needed extra help as she recovered. Clark Meadows at Ferris Hills was the place she and her family turned to for that help, and they couldn't have been happier.

“She just raved about the staff, and we didn't have to worry about a thing,” said Eadie's daughter, Marsha Senges of Victor.

Adjacent to Thompson Health's independent living apartments for seniors in Canandaigua, Clark Meadows provides what is known as “enriched living,” both for people interested in short stays like Eadie's, or those interested in calling Clark Meadows their home.

With apartment-style living and 24-hour staffing, Clark Meadows offers assistance with tasks such as bathing, dressing and medication monitoring. Housekeeping, transportation and social/recreational programs are also among the amenities offered for an all-inclusive monthly fee, or, for short stays, an affordable daily rate.

For some, a short stay during recovery from an illness or injury offers a



Marsha Senges and her mother, Eadie Webb, found Clark Meadows to be the perfect place for Eadie to recover following eye surgery.

comfortable introduction to enriched living. “We often find that having a positive experience eases the transition for both seniors and their families,” says Program Manager Susan Wilber.

To take a tour of Clark Meadows and enjoy a complimentary lunch, call (585) 393-4330. For a virtual tour, visit www.FerrisHills.com. ★

CONTINUED FROM FRONT COVER ‘Making a Difference’



Supervised aquatic therapy is offered by physical therapists at F.F. Thompson Hospital, one of three locations for the Rehabilitation Services Department.

- A member of the Physical Therapy team will soon be certified in providing rehabilitation for Benign Paroxysmal Positional Vertigo, a common cause of dizziness.
- The Physical Therapy team now has three staff members with McKenzie Spine Certification, employing therapy and motion to decrease back-related pains.
- The clinical coordinator of Occupational Therapy/Outpatient Services became one of just 5,200 people worldwide to be certified in hand therapy.

These developments enhance the already wide breadth of offerings within Rehabilitation Services, which includes athletic training for nine area high

schools, a stroke support group offered in conjunction with Thompson's state designation as a Stroke Center, aquatic physical therapy and joint replacement-related rehabilitation.

Jim Burgess of Bloomfield is familiar with the expertise and caring manner of the Associates in Thompson's Rehabilitation Services Department.

Several years ago, he received physical therapy at the department's Farmington site following a fall from a ladder that left him with nerve damage in his neck and “Slowly but surely, I got the use of my arm back,” he says.

More recently, Burgess began

going to physical therapy at Thompson's Sports Medicine Center following a rotator cuff repair and removal of a bone spur on this left shoulder. Again, he is impressed with the progress seen from week to week by following the physical therapist's recommendations.

“It's amazing, the things they're able to do there,” Burgess said. “You see all ages, and to see all these people who've been hurt and to know they're going to get better is wonderful.”

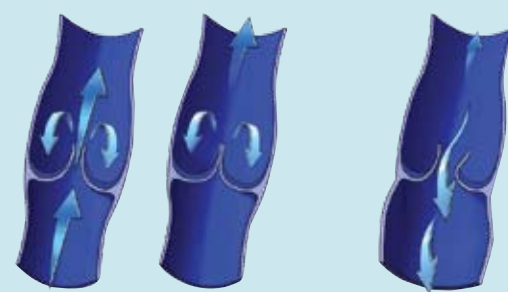
For information about any of the programs offered by Thompson Health's Rehabilitation Services Department, visit www.ThompsonHealth.com and click on “Rehabilitation Services” under “Health Care Services.” ★

CONTINUED FROM FRONT COVER ‘State-of-the-art Treatment’

her children at the waterpark. “It definitely makes me feel more comfortable about wearing shorts,” she adds.

Certified by the American Board of Radiology in vascular and interventional radiology, Lee said that while some seek vein treatment for cosmetic reasons, the majority of patients treated at Thompson have medical symptoms related to venous insufficiency, such as discomfort, itching/burning and heaviness in the legs.

Normally, one-way valves in the veins keep blood flowing toward the heart. When the valves become weak, blood flows backward,



Need Caption

causing pooling. Veins that have lost their effectiveness become elongated, bulged and thickened by this reflux.

In its state-of-the-art Interventional Radiology Suite, where a broad spectrum of venous disease is treated, Thompson offers the following varicose vein treatments:

- **Minimally-invasive vein ablation:** A thin catheter is guided up the great saphenous vein in the thigh. Laser or radiofrequency energy is applied, which heats the vein and seals it closed, reestablishing normal blood flow and causing the varicosed branch veins to shrink and improve in appearance.
- **Ambulatory phlebectomy:** Used to treat varicose veins not caused by saphenous vein reflux, this involves making tiny incisions to remove the abnormal vein.
- **Sclerotherapy:** Used to treat some varicose and nearly all spider veins, this involves using an extremely fine needle to inject the vein with a solution which shrinks it.

While many patients are women, Lee has treated a number of men, including a local bartender who had trouble functioning at work and would tire easily.

“After the procedure,” Lee says, “there was a world of difference in terms of his energy level and what he was able to do.”

As for Storie, she saw the “before” and “after” pictures of her legs during a recent follow-up visit and was shocked by the difference. “Oh my gosh – what did I wait



David E. Lee, M.D.

Kick Start Your Day with an Energy Bowl

Grown in palm trees native to Central and South America, the açai (Ah-Sigh-EE) berry has become one of the most popular “power foods” out there.

The dark purple berry's taste – a delicious combination of sweet and tart – is not the only reason. The berries contain antioxidants called anthocyanins. They are a form of phytochemicals, the natural chemical compounds found in all plants that protect against disease and promote health.

Puree made from the berries is rich in the same anthocyanins found in red wine. In fact, the puree has between 10 and 30 times more anthocyanins and can help reduce the risk of heart disease.

While you should be wary of weight-loss scams trying to capitalize on the buzz about açai berries, there is no disputing the benefits of their antioxidants. ★



Tami Best, Coordinator of Diabetes and Outpatient Nutrition Therapy, Thompson Health

Healthy recipe

An Energy Bowl is a great way to try the berries for the first time, and a great way to start the day. Find the berries in larger supermarkets or online and try this simple recipe, from www.acai.vg:

Energy Bowl

- 8 oz. açai puree
- 8 whole strawberries (fresh or frozen)
- 1/4 cup plain yogurt
- 1/4 cup soy milk
- 1/2 teaspoon vanilla extract
- 1/2 cup granola
- 1/2 cup fresh berries or seasonal fruit

Directions: In a blender, puree açai, strawberries, yogurt, soy milk and vanilla for 1 minute, until smooth. Pour into a bowl and top with granola and fruit. Serve chilled.

Variants: Crumbled cookies may be exchanged for granola. Other fruit (such as bananas or mangoes) may be substituted in like amount for strawberries.



Personal Trainers Aren't Just for Celebrities Anymore



Thompson Health's Sports Medicine Center offers expert advice and counseling from trained, experienced medical professionals.

While there is never a bad time of year to start an exercise program, most would agree that the sunshine and fresh air this time of year sure helps.

Those who need that extra boost may want to consider something else – a fitness consultation from The Sports Medicine Center at Thompson Health.

The one-on-one consultations are designed to identify each patient's potential barriers to success and provide the tools and support to overcome them.

"Based on that initial assessment, we try to come up a list of goals and a plan to meet them – What is safe? And what does current research recommend that they do to improve posture, strength, range of motion and flexibility?" said Physical Therapist/Athletic Trainer Mike LeBlanc, Director of the Sports Medicine Center.

Although there is no shortage of diet and fitness promotions in the marketplace, LeBlanc says The Sports Medicine Center delivers what other

offerings cannot: expert advice and counseling from trained, experienced medical professionals.

Don't let the words "sports medicine" in the name fool you – while the consultations can be tailored to athletes who are looking to improve their performance, they are meant for anyone. In fact, they are sometimes sought by people who have never exercised before.

"The people who can really benefit are the ones that are relatively sedentary and could really use something to give them a little bit of a jump start," says LeBlanc.

Fitness consultations, which cost \$47, are just one of the services offered by The Sports Medicine Center, where physical therapists and athletic trainers specialize in the rehabilitation of injuries or conditions involving the back, shoulder, elbow, hip, knee, ankle and foot.



Mike LeBlanc, P.T., A.T.

They offer:

- Specialized rehabilitation of the extremities
- Orthotic intervention, fabrication and brace fitting
- Golf Fitness programs by golf conditioning specialists

The Sports Medicine Center is located at 3170 West Street in Canandaigua. To schedule an appointment, call (585) 396-6700. ★

The second annual PowerPlay Performance Camp, for junior and senior high athletes, will be held Tuesdays, Thursdays and Fridays from July 20 through August 7 at Uptown Fitness in Canandaigua. Participants will focus on developing speed, power and agility while also learning how to prevent injuries. For information, call (585) 396-6700 or email James.Porcella@ThompsonHealth.com.



Need Health Insurance? Maybe We Can Help



With the eligibility requirements recently expanded at the same time more families are looking for ways to make ends meet, Thompson Health is urging community members to explore the options offered to New York residents.

The health system's Facilitated Enrollment program is a friendly, face-to-face way to get no- or low-cost state health insurance, including Child Health Plus.

"I think a lot of people out there are eligible and have no idea," says Lori Rivet, Facilitated Enrollment Coordinator.

As of last fall, families at or under 400 percent of the federal poverty level are eligible for Child Health Plus. Their monthly subsidized premium ranges from free to \$40 per child, depending on income. For example, a family of two (single parent/child) with an annual income less than \$35,000 would be eligible for a \$15/month plan, while a family of four with an annual income less than \$53,000 would also be eligible for a plan that costs \$15 per month, per child.

Also, Rivet notes that under Child Health Plus, there are no co-payments.

Thompson has Facilitated Enrollment offices in both Wayne and Ontario counties, where staff members meet with applicants and help with the enrollment forms. They also follow up with applicants and assist with renewals.

For more information or to set up an appointment, call 1-585-396-6463 or, toll free, 1-888-758-7658. ★

Careers in health care

Social Workers 'Valuable Members of the Team' at Thompson

When the average person thinks of a health care setting, the players who first come to mind are typically physicians and nurses, but social workers often play a vital role as well.

In fact, within Thompson Health, they see between 85 to 90 percent of hospital patients and also work with 100 percent of the residents of our skilled-nursing facility, the M.M. Ewing Continuing Care Center.

"The members of our Case Management/Social Work Department are valuable members of the team for many of our patients and residents," says Dr. Carlos R. Ortiz, Senior Vice President of Medical Services. "Whether they're advocating for a domestic violence victim who has just arrived in the

Emergency Department, marshalling services for a senior citizen so he can return home to continue his recovery from surgery or simply lending an ear to a family going through a difficult time, their contributions help ensure that we provide exceptional care."

Mary Savastano, the Director of Social Work/Case Management, said the profession is an excellent choice for those who not only want to help others but have an affinity for it and are able to make meaningful connections with patients, residents and loved ones.

"You have to be able to talk with people with compassion and understand what they may be going through," she says.

In addition, Savastano says, medical social workers must have a firm grasp of the many resources



Mary Savastano, L.M.S.W.

available in the community and be able to work closely with representatives of other agencies as well as other members of the health care team. "That really is what helps us be successful, together," she says.

While the situations that medical social workers deal with on a day-to-day basis can be difficult, Savastano says the rewards are many and can come in the form of something as simple as a heartfelt thank-you note or a hug. "It really is just sometimes the little things that let us know our work is important and that it has a positive impact," she says.

According to the U.S. Department of Labor, the field of social work in health care is expected to grow 24 percent over the next seven years. Schools in this region offering social work degrees include Keuka College, Nazareth College, SUNY Brockport and Roberts Wesleyan College. For more information, visit www.naswdc.org.

For information on job openings within Thompson Health, visit www.ThompsonHealth.com. ★

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SAVE THE DATES

Dementia Care: Choices, Challenges and Resources is an informative event for those who have loved ones with dementia. Dr. Gary Kochersberger, a geriatrician affiliated with both Thompson Health and the VA Medical Center, will be the keynote speaker. A panel will include other professionals, as well as community members who are caring for loved ones with dementia. It will be held at 6:30 p.m. **June 4**, at St. Patrick's Church in Victor, and again at 6:30 p.m. on **June 8**, at Crosswinds Wesleyan Church in Canandaigua. Please call (585) 396-6506 to RSVP.

Colors of Hope will be hosted by the Sands Cancer Center on **June 18**, in Kershaw Park in Canandaigua to honor the courage of cancer patients, survivors and their families. Call (585) 396-6780 for details on this early evening event, which is free and open to all.

WE VALUE YOUR INPUT

If you have a moment, please complete and mail the attached survey or take the survey online, at www.ThompsonHealth.com. Your comments will help us develop our plans for the future health and wellness of our community!



MAKE A DIFFERENCE

Please visit www.ThompsonHealth.com for information about making a donation to Thompson Health.

Balloon Sinuplasty Helps Some Sinus Sufferers Breathe Easier



Kimberly Bussey

A change in seasons always signaled a sinus infection for Kimberly Bussey of Canandaigua. As someone with chronic sinusitis, it was something the 34-year-old speech pathologist just became accustomed to.

The congestion, the headaches that occasionally turned into migraines and the pressure that at times even made her teeth hurt made it difficult to function at work or during recreational activities.

Last fall, the sinus infection that arrived with the change in seasons never left. Then it turned into bronchitis, and despite allergy shots and an assortment of antibiotics, Bussey's bronchitis and sinus infections continued to "flip flop" with each other during the winter.

These days, however, Bussey is breathing easier thanks to a new procedure called balloon sinuplasty™.

Performed at F.F. Thompson Hospital and offered through each of the Ear, Nose & Throat

practices affiliated with the health system, the surgical procedure is less invasive than traditional sinus surgery.

"It's not for everybody but it is for many people, and it will probably revolutionize the field of sinus surgery," says Dr. W. Bradley Simmons, the ENT doctor who performed Bussey's balloon sinuplasty™ in March.

Using a small, flexible catheter, a doctor performing the outpatient procedure inserts a tiny, deflated balloon into the sinuses. When it is inflated, the balloon microfractures the honeycomb-like bone, widening the walls of the passageway to restore normal sinus drainage.

According to Acclarent, the company that created the technology for balloon sinuplasty™, some patients can return to normal activities within 24 hours.

Simmons says balloon sinuplasty™ is best for patients who have significant symptoms – repeated infections, pressure and facial pain – but who do not have sinus disease in terms of polyps that require removal through traditional sinus surgery. Patients

who do have severe disease in the frontal sinus area can also benefit from balloon sinuplasty™, he says, when it's used in combination with the traditional surgery.

"I've been amazed at the quick recovery and the excellent results," the doctor adds. "I can tell you, I'm impressed."

Bussey was similarly impressed and is looking forward to this summer, when she can truly enjoy things like getting outside for a

little yard work or taking motorcycle rides with her husband.

"I guess I didn't realize how congested I was," she says. "It's nice not to be, and it's nice just to be able to smell things and taste things." ✨

Caption



Thompson Health Summer Calendar of Events

Opportunities for recreation – as well as opportunities to make a difference and have fun doing it – abound this summer, with Thompson Health hosting events for people of all interests.

Margery Coughlin Pawluk Golf Tournament – June 5
Held at Reservoir Creek Golf Course in Naples and benefitting the Pawluk Patient Needs

Fund at the Sands Cancer Center, the event begins with registration at 9:30 a.m. The cost of \$105 includes a cart, brunch, dinner and more. Visit www.ThompsonHealth.com or call (585) 374-5276.

Sands Sunny Stroll – June 6

This walk is held at Kershaw Park in Canandaigua from 9 a.m. to 11 a.m. Proceeds benefit the Patient Needs Fund at Sands Cancer Center. Call (585) 393-1240.

Pink Fly Invitational Golf Tournament – June 6

This women-only tournament, at Victor Hills Golf Club, benefits Thompson's Breast Health Navigation Program and begins with 9:30 a.m. registration. A cart, lunch and dinner are included in the \$70 per person cost. Visit www.ThompsonHealth.com or call (585) 738-4058.

Sands Cancer Center Golf Classic – June 8

Patients of the cancer center benefit from this event, held at Bristol Harbour in Canandaigua. Lunch, dinner, a cart and more are included in the \$175 per person cost. Visit www.ThompsonHealth.com or call (585) 396-2200, ext. 610.

Rose Walk – June 21

Both 1- and 2-mile routes are offered during the walk at Sonnenberg Mansion and Gardens, with proceeds supporting the Cardiac Rehabilitation Scholarship Fund. There is a minimum donation of \$10 per walker. Visit www.ThompsonHealth.com or call (585) 396-6155.

Sunset Serenades – July 8

This Wednesday evening series of free concerts is held at Ferris Hills at West Lake in Canandaigua. Kicking off with a performance by the Dady Brothers, it continues for six weeks, with each concert beginning at 7 p.m. and attendees encouraged to bring lawn chairs. Call (585) 393-0410.

Ride for Independence – August 1

Participants in Thompson's Rehabilitation Aftercare Program benefit from this bicycle ride, offering scenic routes of 62.5, 31 and 15 miles. The \$35 cost includes rest stops and a post-ride cookout. Visit www.ThompsonHealth.com or call (585) 396-6050.

Summer Soiree Gala Event – August 7

Held at Steamboat Landing in Canandaigua, the gala benefits the F.F. Thompson Foundation and includes wine, dinner, dancing and both live and silent auctions for a cost of \$150 per person. Visit www.ThompsonHealth.com or call (585) 396-6155.

Thompson Guild Fashion Show and Luncheon – August 20

This annual fund-raiser for Thompson Health programs will be held at Bristol Harbour Resort, with tickets of \$50 per person. Call (585) 374-5066.

Marty's Chop Shop Hot Rod Gathering & Swap Meet – August 22

The Sands Cancer Center Patient Needs Fund receives proceeds from this event, held from 11 a.m. to 4 p.m. in the hamlet of Hall. Visit www.martyschopshop.com or call (585) 526-6539.

Pink Ribbon Round-Up – August 30

Held during Sonnenberg's Bridal Showcase, this fund-raiser benefits the Breast Health Navigation Program at Thompson Health. Optional donations with admission support the cause, as does the raffle of a handmade quilt donated by the Ivy Thimble of Victor. Visit the weddings page at www.Sonnenberg.org or call (585) 394-4922.

Crosswinds 5K – September 5

With registration at 7:30 a.m., the 9 a.m. race begins and ends at Crosswinds Wesleyan Church in Canandaigua. It benefits the Sands Cancer Center with a pre-registration cost of \$15 (\$20 the day of the race). Discounts are given to GRTC members. Visit www.crosswindsonline.org or call (585) 229-2475.

C52 Justin Rothe Memorial Bike Ride – September 19

Proceeds from this event support the purchase of pulmonary function diagnostic equipment. This 52-mile ride around Canandaigua Lake costs \$40 per rider. Visit www.ThompsonHealth.com or call (585) 554-4046.

Spring/Summer 2009 Survey

We are interested in the needs of our community. Please take a moment to answer the following questions to help guide Thompson Health in future planning and partnership development.

Your age: 18 – 25 26 – 40 41 – 55 56 – 70 70+

Your zip code: _____

What is the most pressing health care need for you and your family?

- | | |
|--|--|
| <input type="checkbox"/> Transportation to health care | <input type="checkbox"/> Housing for seniors |
| <input type="checkbox"/> Obtaining health insurance | <input type="checkbox"/> Availability of needed healthcare |
| <input type="checkbox"/> Care for seniors | Please explain: _____ |
| <input type="checkbox"/> Finding a doctor | _____ |
| <input type="checkbox"/> Prescription costs | <input type="checkbox"/> Other: _____ |

Which hospital do you primarily use?

- | | |
|--|---|
| <input type="checkbox"/> F.F. Thompson | <input type="checkbox"/> Soldiers & Sailors |
| <input type="checkbox"/> Strong Memorial | <input type="checkbox"/> ViaHealth Newark Wayne |
| <input type="checkbox"/> Rochester General | <input type="checkbox"/> Highland |
| <input type="checkbox"/> Clifton Springs | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Geneva General | |

Where do you currently get your health information?

(check all that apply and give specific names)

- | | |
|---|---|
| <input type="checkbox"/> ThompsonHealth.com | <input type="checkbox"/> Classes |
| <input type="checkbox"/> Other Internet Sites _____ | <input type="checkbox"/> Health Reference Books |
| <input type="checkbox"/> Newspaper _____ | <input type="checkbox"/> Physician _____ |
| <input type="checkbox"/> Radio _____ | <input type="checkbox"/> Brochures |
| <input type="checkbox"/> TV _____ | <input type="checkbox"/> Other: _____ |

Do you have health insurance? Yes No

If offered, would you be interested in attending any of the following educational programs or utilizing any of the following services?

(check all that apply)

NUTRITION/FITNESS:

- | | |
|--|--|
| <input type="checkbox"/> Weight Management Programs
(Group or Individual) | <input type="checkbox"/> Healthy Eating |
| <input type="checkbox"/> Special Diets | <input type="checkbox"/> Yoga, Tai Chi, Self Defense, etc. |
| <input type="checkbox"/> Healthy Lifestyles | <input type="checkbox"/> Other: _____ |

CHRONIC DISEASES:

Diabetes Prevention and/or Care:

- | | |
|---|--|
| <input type="checkbox"/> Nutritional Counseling | <input type="checkbox"/> Insulin Information Session |
| <input type="checkbox"/> Healthy Cooking | <input type="checkbox"/> Support Group for Diabetes |

Dementia Care:

- | | |
|--|--|
| <input type="checkbox"/> Caregiver Education | <input type="checkbox"/> Caregiver Respite |
| <input type="checkbox"/> Support Group for Dementia Care | |

Respiratory Illness:

- | | |
|--|---|
| <input type="checkbox"/> Chronic Obstructive Pulmonary Disease | <input type="checkbox"/> Congestive Heart Failure |
| <input type="checkbox"/> Support Group for Respiratory Illness | |

Other:

- Fibromyalgia

MIND/BODY HEALTH:

- | | |
|--|--|
| <input type="checkbox"/> Stress Management Classes | <input type="checkbox"/> Behavioral Modification Classes |
|--|--|

STROKE PREVENTION:

- | | |
|--|--|
| <input type="checkbox"/> Prevention and Detection Education | <input type="checkbox"/> Treatment Options |
| <input type="checkbox"/> Support Group for Stroke Prevention | |

IN HOME SERVICES:

- | | |
|---|---|
| <input type="checkbox"/> Meals | <input type="checkbox"/> Light Housekeeping |
| <input type="checkbox"/> Transportation | <input type="checkbox"/> Personal Companion |
| <input type="checkbox"/> Light Home Maintenance | <input type="checkbox"/> Errands/Shopping |
| <input type="checkbox"/> Support (service referral, future planning, financial paperwork, etc.) | |

DEALING WITH END OF LIFE ISSUES:

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Finances and Paperwork Assistance | <input type="checkbox"/> Counseling |
| <input type="checkbox"/> Support Group for End of Life Issues | |

OTHER:

- | | |
|---|--|
| <input type="checkbox"/> Advanced Directives (Health Care Proxy, Living Will information) | <input type="checkbox"/> Cancer Care |
| <input type="checkbox"/> Information about health insurance options | <input type="checkbox"/> Parenting |
| | <input type="checkbox"/> Senior Living Options |
| | <input type="checkbox"/> Youth Development |

Other comments: _____

Name/address/e-mail (optional): _____

Extra Copy

State-of-the-Art Treatment

for?" she said.

For more information about treatment from the Interventional Radiology team at Thompson, call (585) 396-6189.

Practice Sun Safty

essential for bone health.

And does Bernold practice what he preaches when it comes to sun safety? You bet. After returning from a week in Cancun recently, he says, "Every one of my staff asked if it was raining every day while I was there."