Putting Your Heart Care
IN THE BEST OF HANDS

ORTHOPEDICS | SPORTS MEDICINE | PHYSICAL THERAPY
SEAMLESS CARE FROM SURGERY TO REHABILITATION

WOUND CARE AT SCHUYLER HOSPITAL
Many of us living in Upstate New York have embraced the “buy local” movement. We appreciate locally grown food and Finger Lakes wine and craft beers. We like to patronize establishments that feature local products. However, the national trend of “local first” goes far beyond the concept of farm to table. In the field of health care, the local movement supports the crucial community priorities of enriching local health care capabilities while maintaining local control of those services.

Both hospitals within the Cayuga Health System have been engaged in the local movement for a number of years. We know that the enhancement of local health care makes our communities more self-sufficient. Moreover, the availability of excellent health and wellness services is an important factor in attracting young families and new businesses to the southern Finger Lakes. This is why we’ve worked so hard over the years to develop new medical capabilities at the local level.

Our long-standing commitment to local care has resulted in a broader array of services for people living in and visiting our region than were available just a decade ago. By way of illustration, 10 years ago local heart attack victims had to travel an hour away for percutaneous coronary intervention (PCI), a technique used to open blocked coronary arteries and restore blood flow to the heart. Today, this lifesaving procedure is performed routinely at Cayuga Medical Center, saving many lives every year. Hyperbaric treatment for healing chronic wounds is now available locally at the Cayuga Center for Wound Care. Premature newborns weighing as little as three pounds receive care in the Neonatal Intensive Care Unit at Cayuga Birthplace. The Cayuga Health System has developed advanced local capabilities in epilepsy diagnosis and treatment, neurosurgery, cutting-edge cancer care, and specialized orthopedic treatment.

In addition to the expansion of our local capabilities, our hospitals have forged close clinical relationships with a number of major medical centers. In those instances when our patients require more specialized care, such as open-heart surgery, our clinical relationships provide coordinated, expedited access to such care. This means that when patients leave town to receive care for selected procedures not available here, they can return home for follow-up with their own physicians, providing optimal continuity of care.

Comprehensive local health care not only supports the personal well-being of area residents, it supports the economic health and vitality of our communities. Consider, for example, that Schuyler Hospital is the largest employer in Schuyler County and Cayuga Medical Center is the fourth largest employer in Tompkins County. Our employees and physicians patronize local businesses, and our hospitals purchase $2.4 million of local goods and services each year from local vendors.

Our commitment to our communities extends to the wide-ranging involvement of Cayuga Health System staff as community volunteers. They enthusiastically participate in events that raise awareness of important public health issues such as heart health, cancer, diabetes, AIDS, and fitness. The doctors, nurses, technicians, therapists, and other allied health professionals who bicycle in the Ride for Heart Health are the same skillful caregivers who provide care for chest pain patients in our emergency departments and at the Cayuga Heart Institute. The health care professionals participating in the Relay for Life walkathon to raise cancer awareness are the same women and men who provide indispensable support and leading-edge care to patients and families touched by cancer. Similarly, the boards of directors of our hospitals and health care system are made up of community volunteers who are deeply committed to providing local health care of the highest quality.

Those of us affiliated with Cayuga Health System believe strongly in the “local first” movement because its impact on our communities is so positive. The impact is both personal and financial. In this issue of Cayuga Health we share a story about the excellent local care available to one of our beloved community leaders, James Brown, who suffered a heart attack. He is recovered and eager to talk about his experience with Cayuga Health System.

Each year fewer and fewer people leave our communities for care because increasingly the services they need are available locally. Our ongoing market research and your direct feedback confirm that in the communities served by Cayuga Health System, your preferred hospitals are Schuyler Hospital and Cayuga Medical Center. You have come to understand that by choosing local care, you do not have to sacrifice quality. This is our goal and our commitment to you.

John Rudd, President and CEO
Cayuga Health System
Choosing Local in a National Trend
Cayuga Medical Center and Schuyler Hospital deliver high-quality health care close to home and are major engines for job creation and economic growth in their communities.

Getting Back to their Lives

Caelia Thomas: Staying in the Game with Help from Cayuga Wellness Center
Nick Shilli/uniFB00 : Life is sweet after hip replacement surgery at Cayuga Medical Center
Kitty Shallenberger: Connecting Local Care at Schuyler Hospital to Advanced Surgery
Cornell University wrestler Jacob Taylor: Surgery at Cayuga Medical Center and Physical Therapy at Cayuga Wellness Center get him back to his sport

Sports Medicine at Cayuga Wellness Center

New Orthopedic Physicians Join Cayuga Health System

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James Brown, president of the Tompkins County United Way

Cayuga Heart Institute
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HIGH-QUALITY CARE
Close to Home

Caelia Thomas, captain of the girls’ varsity soccer team at Ithaca High School, got back her kick with help from sports medicine specialists and physical therapists at the Cayuga Wellness Center.

Nick Shilliff of Virgil got to walk his daughter down the aisle on her wedding day after hip replacement surgery at Cayuga Medical Center.

Kitty Shallenberger of Hector had knee replacement surgery at Cayuga Medical Center and physical therapy at Schuyler Hospital and got back to enjoying her regular walks with friends.

Jacob Taylor is returning to the wrestling mat at Cornell University after his shoulder repair surgery at Cayuga Medical Center and physical therapy at Cayuga Wellness Center.

The four are among hundreds of residents treated in the last year for orthopedic and sports injuries at Cayuga Health System’s Cayuga Medical Center or Schuyler Hospital. The hospitals’ programs from orthopedic surgery to sports medicine to physical therapy and rehabilitation get patients back to their sports, their jobs, and their active lives. The comprehensive programs connect the two hospitals and the Cayuga Wellness Center in Ithaca, providing patients with high-quality, seamless care from diagnosis, to surgery and physical therapy in their local communities.
During Caelia Thomas’s freshman year on the girls’ junior varsity soccer team at Ithaca High School, pain started radiating from just below her knee. She had excelled in soccer for years and the ache now affected the enjoyment she got from the sport.

Testing by Dr. Andrew Getzin, clinical director of Sports Medicine and Athletic Performance at Cayuga Wellness Center, found Caelia’s pain was due to the way her knee responded to a demanding training load. The condition led to a painful inflammation.

Several months of physical therapy at the Cayuga Wellness Center allowed Caelia to continue playing fall soccer and compete on the high school track team last spring. During her therapy, sports medicine physicians regularly re-evaluated her knee. Along with the physical therapy staff members Brian Lee, PT, OCS, CSCS; Colleen Robinson, PT, DPT, OCS; and Rob Kaplan, PT, DPT, MTC, Cert MDT, the treatment team analyzed her gait and developed a training program that taught her ways to move that reduced the risk of re-injury.

“All of her therapy got done right here in Ithaca,” says Chris Thomas, Caelia’s father who coaches youth soccer in Ithaca. “We are very fortunate to have this level of care in the community.”

Caelia, now 16 and a junior at Ithaca High School, is captain this season of the varsity girls’ soccer team and expects to be running in the spring track season.
GETTING BACK TO THEIR LIVES:

Life is Sweet
After Surgery
CARRYING 40- TO 80-POUND BOXES OF HONEY FROM BEEHIVES TO HIS TRUCK WAS BECOMING PAINFUL FOR NICK SHILLIFF IN THE SUMMER OF 2015. HIS LEFT HIP WOULD ACHE DURING THE DAY AND KEEP HIM AWAKE AT NIGHT. “IT GOT SO I COULDN’T TAKE THREE STEPS WITHOUT PAIN, AND I COULDN’T SLEEP BECAUSE I COULDN’T GET COMFORTABLE,” HE RECALLS.

Shilliff and his family run Gridley Hollow Honey Co. in Virgil, two miles east of Greek Peak Mountain Resort where his family skis each winter. Bees and honey fill their days from spring to fall when the family’s 800 to 1,000 hives produce about 40 tons of honey. As his hip pain worsened, Shilliff cut back on his skiing and wondered how he could continue running the business he started in 1989.

A neighbor who volunteers with Shilliff’s daughters on the Greek Peak ski patrol recognized the symptoms of Shilliff’s deteriorating hip joint and urged him to seek help. She had a hip replaced at Cayuga Medical Center by Dr. Deidre Blake, an orthopedic surgeon with Cayuga Medical Associates. Ten weeks after the surgery, she was back on the slopes at Greek Peak.

As his hip pain increased beyond what ibuprofen could soften, Shilliff, who is 62, saw his primary care physician, Dr. Howard Silcoff, at Dryden Family Medicine. He recommended that Shilliff see Blake, who was already on Shilliff’s list of orthopedic surgeons to consult. Shilliff and his wife, Susan, went to see Blake last September. She gave them an overview of the surgery, recovery time, the post-operative precautions of joint replacement surgery, and the various types of hip replacement joints.

“There are several types of replacement hips. A patient’s age and activity level are some of the issues to consider. Nick has an active life, so a ceramic-on-plastic hip joint that could provide years of service was an appropriate choice,” Blake explains.

Shilliff recalls telling Blake that he had three goals for the surgery: “I want to keep running my business, I want to ski this winter, and I want to walk my oldest daughter down the aisle when she gets married on New Year’s Day.” Blake thought all those goals were possible. She would do the surgery 7 a.m. on November 10 at Cayuga Medical Center.

Over the weeks leading up to his surgery, Shilliff began an exercise program to strengthen his leg muscles and speed his recovery. On the day of his surgery, he and Susan arrived early in the morning at Cayuga Medical Center. Shilliff was readied for surgery and taken to the operating room for the one- to two-hour procedure followed by an afternoon of recovery. Later that evening he started his rehabilitation with some light exercise to begin using his new hip. The day after his surgery, he was on his feet and using a walker. He was surprised that the hip pain that had been part of his every step was already gone.

Shilliff returned home three days after his surgery, which Blake said was typical for hip patients. During the
next three weeks, a visiting nurse and a physical therapist arrived three times a week to help him recuperate and maintain the daily exercises that are critical for successful hip replacement recovery. Shilli’s first outing was the Sunday after his surgery when he took a slow stroll with the aid of a walker on the road outside his home.

“I was exhausted. After about 100 feet I thought, ‘Wow, this is tough.’ I was going down the stairs one by one. But it wasn’t long – about a week or so – that I could go all the way down the road. In about two weeks I switched from the walker to a cane,” Shilli says.

In early December Shilli began physical therapy using a stationary bike in combination with exercise to continue strengthening his leg and hip muscles. He increased his road work to three daily walks to get himself ready for his daughter’s wedding day. On January 1, he walked with her down the aisle.

During an early February checkup, Shilli recalls Blake asking him if he was able to do everything he wanted to do. “I said I’d like to go skiing. She said go ahead, but just stay off those steep black diamond trails.”

The next day, 12 weeks after surgery, Shilli headed off to Greek Peak and kept hitting the trails until April when the snow got slushy and bee season was coming on. Shilli’s daughters took a video of their dad skiing and dropped off a copy at Blake’s office.

“I wanted to encourage people. There is life after surgery,” Shilli says.

His new hip may be expanding his life later this year after the fall flower honey season is over. Shilli’s looking to squeeze in some tango lessons with his wife before getting back to the slopes at Greek Peak.

2-22-2016

Dr. Blake,

Thank you for the great job on my hip replacement. It works wonderfully! We took this video of my first time out skiing with the new hip. Feel like 19 again! Feel free to use this to encourage other patients that life gets better!

Thanks.

Nick Shilliff

Twelve weeks after his hip replacement surgery, Nick Shilliff was skiing at Greek Peak, and by late spring he was back to his vigorous work days at his honey company.
Kitty Shallenberger of Hector was gradually giving up her regular three-mile walks with friends because the aching in her right knee had grown more painful during the last few years.

She needed to have knee replacement surgery, but high blood sugar levels related to her diabetes had postponed the procedure several times at the hospital her family had regularly used for years. Seeing her active life recede from the Zumba classes, Pickleball games, and walks that she once enjoyed was discouraging her.

“Not being able to walk really impacts your life. It affected where I could go, what I could do, and whether I could climb the stairs,” she says.

After surgery was delayed several times, Shallenberger discussed the knee surgery with her primary care physician Dr. Benjamin Saks, who sees patients at Schuyler Hospital.

“He told me he did not feel comfortable with me having surgery at a hospital where he would not be involved in my care,” she recalls. “I thought about that and realized I also was not comfortable because there was a disconnect. I was going to another hospital for my knee, but my doctor was not involved. I needed one doctor monitoring all my care and looking out for me.”

Schuyler Hospital’s affiliation with Cayuga Medical Center and Orthopedic Services of Cayuga Medical Associates provided the critical connections for Shallenberger to get her knee replacement surgery and for Saks to be part of her treatment team. He made an appointment last January for Shallenberger to see Dr. Joseph Mannino, an orthopedic surgeon with Cayuga Medical Associates. He sees patients three days a week at Schuyler Hospital, where he is chief of surgery and performs ambulatory or orthopedic surgery for shoulder, knee, ankle, wrist, and hand injuries. He also serves as vice president of the medical staff at Cayuga Medical Center and chair of that hospital’s orthopedics department that handles a wide range of orthopedic care including knee and hip replacement surgery.

“I saw Dr. Mannino who did a thorough examination of my knee. It now felt that all of my doctors involved in my care were on the same page. That made me very comfortable with having the surgery,” Shallenberger says. Mannino performed Shallenberger’s knee replacement in March 2016 at Cayuga Medical Center and the surgery went well. After a few days of recuperation, she was discharged to Schuyler Hospital as planned to begin her rehabilitation with two sessions of exercises each day.

“The physical therapists made me work hard, and that was good as I would not have been so disciplined if someone had come to my house a couple of days each week,” Shallenberger recalls, “When I did go home, I was much farther along than I would have been had I not gone into the rehabilitation unit where I got such great care,” she says.

The continuity of care before and after her surgery extended through her rehabilitation. When Shallenberger was ready to go home, Schuyler Hospital completed an evaluation of her house. Climbing steps was still several weeks away for Shallenberger, so assistive equipment was delivered, along with a hospital bed for the first floor. The hospital also scheduled regular in-home visits and three weekly physical therapy sessions at Schuyler Hospital allowing Shallenberger to progress toward recovery.

“They really looked out for me, and made sure I got the care and support I needed. I felt like they were taking care of someone in their family,” says Shallenberger. Two months after her surgery, she was driving again and taking up the activities that she had not been able to enjoy for years. “It’s like getting your life back. For me, every day feels a little better.”

In a few months she’ll take the next step. Mannino will replace her left knee joint at Cayuga Medical Center followed by rehabilitation at Schuyler Hospital where her primary care physician will play a key role monitoring her care. “What I really like about the connection between Cayuga Medical Center and Schuyler Hospital is that everyone is involved in my care,” says Shallenberger. “I feel like I’m not a number but a person. For me this is the right decision.”

Schuyler Hospital is the largest employer in the county and of great importance for our local economy and our health care. It is reassuring to have 24/7 emergency care as well as cancer, cardiac, orthopedic, and wound care close by. A financially strong, viable, modern hospital also keeps our whole community stronger and more vibrant.

John King, Mayor, Village of Montour Falls
During Jacob Taylor’s sophomore year on Cornell University’s wrestling team, the pain in his right shoulder began to have a familiar feel. The ache rippled through his shoulder near the end of his match at the New York State Intercollegiate Tournament in November 2015. He pushed away the pang and went on to win his 197-pound weight class.

“I don’t really feel a whole lot when I wrestle because I’m focused on the match. Afterwards, my shoulder was a bit sore and also on the next day,” he recalls.

The pain felt similar to a high school wrestling injury to his left shoulder that needed surgery to repair. Over the next few weeks, Taylor pushed through his right shoulder pain and let his left shoulder handle the work. By January pain pulsed through his right shoulder three to five times during each practice, and his left shoulder was starting to throb. His wrestling season was over. “It just made sense to stop and try to get better for the next season,” he says.

A team trainer referred Taylor to Dr. Zaneb Yaseen, an orthopedic surgeon at Cayuga Medical Associates, who is also the orthopedists for several Cornell and Ithaca College sports teams. Her examination showed Taylor had dislocated his left shoulder and needed surgery to repair torn ligaments in his shoulder and bicep. His left shoulder would also need surgery, but that could wait until the right shoulder recovered.

“Elite collegiate wrestlers put a lot of stress on their shoulders and knees. When a dislocation occurs, future dislocations are more likely unless the injury is surgically repaired,” Yaseen says.

She repaired Taylor’s right shoulder injuries in February 2016 during a two-hour surgery at Cayuga Medical Center. After a long weekend break and with his arm in a sling, Taylor returned to Cornell where he studies nutritional science. Yaseen kept close watch on her patient, regularly checking Taylor’s shoulder, and starting him on a recovery and rehabilitation program. Following his second successful shoulder surgery in late April, Taylor needed to get both his arms and shoulders in condition for the upcoming wrestling season. Yaseen referred him to the physical therapy department at Cayuga Wellness Center where she could monitor his progress. Taylor began weekly sessions with Tim Reynolds, a physical therapist who is also a board certified orthopedic clinical specialist and certified strength and conditioning specialist.

Taylor’s rehabilitation continued into the summer with daily exercises and weekly physical therapy sessions with Reynolds. Improvement seemed slow to Taylor who was accustomed to the ‘no pain, no gain’ mantra of many competitive athletes. But, at this stage of his recovery, exercising to the point of pain could undo weeks of therapy. Yaseen could see from Reynolds’s progress reports on Taylor and her follow-up evaluations that the Cornell wrestler’s shoulders were steadily progressing to handle the demands of the upcoming season.

Pre-season wrestling practice got underway in September, seven months after Taylor’s first shoulder surgery. Both shoulders were now healed, and Taylor was ramping up his conditioning to tune up his muscles and endurance. In October Yaseen cleared Taylor for practice matches so he could train for the season’s opening weekend in November, which includes the New York State Intercollegiate Tournament. Last season at that tournament he won his weight class, but injured his shoulder. This season he heads back to the mat with both shoulders healthy, strong, and ready to wrestle to win.
Sports Medicine at Cayuga Wellness Center

Sports Medicine and Athletic Performance at the Cayuga Wellness Center is the most comprehensive sports medicine facility in the region. A team of three fellowship trained sports medicine physicians and eight certified athletic trainers are experts in sports and exercise medicine. They provide care to non-athletes as well as recreational, high school, collegiate, and elite/international-level athletes. Our doctors treat pain from osteoarthritis, analyze shortness of breath in athletes, evaluate and coach amateur and elite athletes looking to improve their performance, and use state-of-the-art musculoskeletal ultrasound to maximize patient outcome. The Sports Medicine and Athletic Performance program is located at 310 Taughannock Blvd., Ithaca and at 1122 Commons Avenue, Cortland. For more information about the program call, (607) 252-3580 (Ithaca), or (607) 428-8004 (Cortland).

Fnu Seemant, MD has areas of specialty which include treatment of acute and chronic musculoskeletal injuries, arthritis management, ultrasound evaluation for soft tissue injuries and ultrasound-guided injections, management of chronic illnesses on physical performance, and comprehensive concussion management. He is certified by the American Board of Family Medicine and also holds certifications in geriatric medicine and sports medicine. He served as a team physician for the University at Buffalo Division I football team and was involved in research projects related to concussion.

Zaneb Yaseen, MD specializes in orthopedic surgery and sports medicine. She was chief resident in orthopedic surgery at the University of Rochester Medical Center and completed a sports medicine fellowship at the University of Pittsburgh Medical Center. Her research has appeared in several medical journals including Arthroscopy, the Journal of Hand Surgery and the Journal of Neuroscience. She can be reached at (607) 272-7000.

Andrew Getzin, MD is the clinical director of Sports Medicine and Athletic Performance at Cayuga Wellness Center. He is certified by the American Board of Family Medicine and also holds a certification in sports medicine. His areas of expertise include concussions, back pain in young athletes, stress fractures, endurance training and shortness of breath, and lower leg pain during exercise. He is team physician for several colleges in the region.

Amy MacQueen, MD specializes in orthopedic surgery and sports medicine. She was chief resident in orthopedic surgery at the University of Rochester Medical Center and completed a sports medicine fellowship at the University of Pittsburgh Medical Center. Her research has appeared in several medical journals including Arthroscopy, the Journal of Hand Surgery and the Journal of Neuroscience. She can be reached at (607) 272-7000.
While in medical school, Dr. Ben Donohue considered both surgery and internal medicine for his future as a physician. Eventually it was orthopedic surgery that drew his attention. “This type of surgery appeals to me because it provides such a broad array of diagnostic and surgical experiences,” Donohue says.

Donohue grew up just outside of New York City, but spent some time every summer on Skaneateles Lake, near where his paternal grandfather had grown up in Scott and Cortland. After getting his undergraduate degree in economics from Dartmouth College, he went to Columbia University where he earned his medical degree in 2004. While in medical school, he spent a rotation in the Dominican Republic, working at several hospitals and improving his medical Spanish.

He then completed a five-year orthopedic surgery residency at Tufts University, with most of his clinical time spent at Tufts Medical Center, New England Baptist Hospital and Newton-Wellesley Hospital.

He obtained a master’s degree in business administration from the Harvard Business School in 2011. While there, he did projects on health-care reform and improving health-care systems. He next worked at several companies in the Boston area including a start-up company that took him to London and Saudi Arabia, where he taught finance and business analysis to attorneys and college students.

“Teaching has always been rewarding for me. Hopefully that makes me a better clinician and a more constructive member of any health-care team,” Donohue says.

In 2014, he returned to orthopedic surgery with a two-year fellowship at Beacon Orthopaedics & Sports Medicine in Cincinnati. He was an assistant team physician for the Cincinnati Reds baseball team and at several local colleges and a local high school. Treating players in real time when they are injured on the field was surprisingly helpful to his training, Donohue says.

“During a game, a team physician does not have diagnostic images, a controlled environment or time for soft tissue swelling to declare the severity of an injury. You learn to triage quickly and decide whether a player can return to the game or whether he or she needs to be seen in a clinic electively or an emergency department urgently,” he explains.

Donohue found that at the college and high school level, a team physician’s job involves a broad array of medical, surgical, and public health work. “It is another nice way for physicians and hospitals to give back to the community,” he says.

A return to New York and Ithaca’s college town energy both strongly attracted Donohue to Cayuga Medical Center. Donohue lives in downtown Ithaca a few blocks off the Commons. When he’s at home, he enjoys playing acoustic guitar, doing crossword puzzles, and exploring Ithaca’s restaurants.

Blake Marson, MD
Orthopedist

During his 25 years as an orthopedic surgeon, Dr. Blake Marson focused his attention on the major surgeries of knee and hip joint replacement and reconstruction while providing general orthopedic care that included broken bones, wrist and hand injuries, and arthritis.

Early in his career, he worked at Level One trauma centers in Philadelphia, Boston, and Pittsburgh. He was chief of orthopedic surgery at the Southern Arizona Veteran’s Administration Hospital in Tucson and assistant professor of clinical surgery at the University of Arizona. Most recently, he was an orthopedic surgeon practicing at hospitals in Cooperstown and Hamilton, N.Y. and specializing in adult reconstructive care while also serving as a consultant on disability case reviews.

Those decades of surgical, teaching, and consulting experiences provide him with a perspective on patient care that is now part of his practice as a non-surgical orthopedist for Specialty Services of Cayuga Medical Associates in Cortland. As an orthopedist, Marson is at the beginning of the decision process for patients seeking treatment for muscle or skeletal issues. Injured patients get examined, tested, and evaluated at his 1122 Commons venue, Cortland office. Treatment can often start on the same day as the first visit. If surgery is needed, an expedited appointment with a surgeon is made, and Marson’s work-up on the patient reduces the time before an operation is scheduled.

“Patients get quick access to high-quality orthopedic care, an analysis of their injuries from a board certified
Michael Waters, MD  
Orthopedic Surgeon

Michael Waters says he knew from day one of his orthopedic surgery residency that he was going to be a hand surgeon.

While at Ohio State University’s medical school, he spent about a month on a clinical rotation with a hand surgeon. The delicate work that focused on fixing injuries to the many bones, blood vessels, nerves, tendons, and ligaments from the forearm to the fingertips captivated his attention. He explored other types of surgery, but none had the draw for him like the complexities of hand surgery.

“If you think about what makes a difference in a person’s life, you can restore more function by giving a person more hand use than just about anything else. Patients are phenomenally grateful if you can take away the pain or improve the function in their hands. It is incredibly gratifying work,” he says.

After graduating from medical school in 2010, Waters did his residency until June 2015 in Syracuse at the State University of New York Medical University’s Department of Orthopedic Surgery. There, his experiences ranged from routine hand surgery, repairing broken bones, and peripheral nerve injuries to reconstructions of severely injured extremities.

After Syracuse, the family moved to Houston where Waters took a yearlong combined hand and upper extremity fellowship at Baylor College of Medicine. He worked at a Level One trauma center and with specialists in orthopedics and plastic surgery at the Texas Medical Center.

While in Houston, he also worked with engineers at the Baylor College of Medicine Center for Space Medicine to explore the possibilities of using 3D printing technology to make splints for treating broken bones and other upper extremity conditions for astronauts deployed to long space missions. As improvements in 3D printing technology increase the speed of producing splints, Waters expects the technology to move into mainstream medicine.

Prior to medical school, Waters got a bachelor’s degree in business administration at Brigham Young University in Provo, UT. Before college, he did missionary work in the Dominican Republic for The Church of Jesus Christ of Latter-day Saints. During his 22 months on the Caribbean island, he became fluent in Spanish and describes his missionary experience as life changing for his personal growth.

The Ithaca area arrived on Waters’s radar during his five-year residency in Syracuse. He and his family enjoyed visiting Ithaca, and he was impressed with the community’s sophisticated medical services. Also, attracting his family to Ithaca was Cornell University. His wife, Kari, got her master’s degree in social sciences from Syracuse University and will be applying to doctoral programs in political science.

The Waterses have three daughters. They recently moved to Lansing where the girls will be attending the nearby schools. In his down-time, Waters enjoys being outdoors and especially spending time with his family. He enjoys some light woodworking and has built beds, chairs, and desks for his daughters.
HEART ATTACK SCARE

‘I realize how lucky I was.’
Karen Brown could see her husband James had something more than a touch of the flu last February. He had taken a sick day that Thursday from the United Way of Tompkins County where Brown is the president. He said he felt queasy and thought he had a case of indigestion. When the feeling didn’t go away, he assumed the office flu bug had caught up with him.

As she was getting ready to turn in for the night, she checked on her husband who was resting on the sofa and watching a basketball game. When he looked up at her, she saw his face was gray. Karen’s concern level rocketed to alarm.

“She said she was going upstairs to get dressed and take me to the hospital. I knew from her voice, this was not a request,” Brown recalls.

He had played Division 1 basketball in college and had kept active with exercise and hiking. “I thought I knew my body, and how I responded to exertion. This could not be happening to me,” he says.

Karen was more certain. She had checked a card describing the five warning signs of a heart attack that months earlier her husband had attached to the kitchen refrigerator. As she read off the indicators, she and James realized he had two of the warning signs. His denial flickered, and they headed for Cayuga Medical Center, overlooking the recommended protocol of calling 911 for help if a heart attack is suspected.

A half hour later, they were at the Emergency Department (ED) of Cayuga Medical Center. James still doubted he was having a heart attack. At the ED reception desk Karen’s message was quick and clear: “He’s having a heart attack.”

In moments her husband was on a stretcher, nurses were attaching monitors to his chest and drawing blood for tests. “I still did not think I was having a heart attack,” Brown admits.

After the test results came in, an ED physician delivered the diagnosis. Brown had definitely had a heart attack. His wall of denial collapsed and a wave of guilt flooded in. “I had denied it every step of the way and now faced the truth,” he said.

As Brown recalled the time he wasted while his heart muscle struggled, he realized he failed to heed familiar warning signs. “The guilt hit pretty hard. How could I purposely do this to myself, and how could I do this to someone I love? How could I do this to Karen?” Brown asks. He got his answer later that morning when a nurse asked if he knew the first symptom of a heart attack. She offered a single word: Denial.

While being evaluated in the Emergency Department, Brown’s blood pressure was unusually high and his doctor was worried. “I’ve had a low or normal blood pressure all my life,” Brown says. “This was different. My body was not responding in the way it always had. I knew something was definitely wrong.”

Life-saving intervention
After his blood pressure came down, Brown was prepared for cardiac catheterization. Dr. Marcis Sodums, an interventional cardiologist with the Cayuga Heart Institute at Cayuga Medical Center, made a small incision in Brown’s wrist. Next, a thin catheter was guided to his heart. The procedure, called percutaneous coronary intervention or PCI, allowed Sodums to inspect the coronary arteries. In Brown’s case, a bit of plaque had broken off an arterial wall causing a temporary blockage of blood flow to his heart muscle. The catheterization also showed where plaque had narrowed two blood vessels. Sodums inflated a small balloon on the tip of the catheter to widen the arteries and inserted two stents to maintain the openings. Tests showed no damage to Brown’s heart.

That Thursday night and on Friday, the Browns stayed in the hospital doing lots of hall walking as part of his initial cardiac rehabilitation. He went home on Saturday. He returned to work at the United Way on Wednesday, “probably too soon” he says, but kept a light schedule for several days.

Since February, Brown regularly sees Cayuga Heart Institute cardiologist Dr. Brian Marino for checkups that have all been good. He joined a twice-weekly program for cardiac rehabilitation at the Center for Healthy Living of Cayuga Medical Center where the trainers’ support and enthusiasm keeps Brown motivated. Each day he makes sure to walk 10,000 steps, sometimes more on the weekends. With the exercise and a keener eye on meal portions he’s walking 20 pounds lighter on the road to full recovery.

“I realize how lucky I was,” Brown says. “I feel tremendous gratitude.”

Protecting your heart
For information on the percutaneous coronary intervention program at the Cayuga Heart Institute of Cayuga Medical Center and the warning signs of a heart attack, see page 14.
**DR. PAUL STEFEK** is the director of interventional cardiology at the Cayuga Heart Institute. The institute is one of a few in New York to have earned the prestigious full Chest Pain Center Accreditation with Percutaneous Coronary Intervention from the Society of Cardiovascular Patient Care. Stefek is board-certified in interventional cardiology and is a Fellow of both the American College of Cardiology and the Society for Cardiovascular Angiography and Intervention. He has been practicing interventional cardiology for 30 years.

For more information visit cayugamed.org or call the Cayuga Heart Institute at (607) 274-4590.

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**What are the symptoms of a heart attack?**

Symptoms include: discomfort in the chest, such as pressure, tightness, heaviness, or pain; pressure or pain between the shoulder blades; discomfort or pain in the throat, jaw, or arm. These sensations are persistent; they do not go away after a couple of minutes. They may be accompanied by sweating, shortness of breath, nausea, vomiting, and anxiety.

**What should a person do?**

Take the symptoms seriously and call 911 for help. This is the most important initial step when a heart attack is suspected. An ambulance quickly brings trained healthcare providers to you. They can diagnose a heart attack, administer an EKG, relay the results to physicians at the Cayuga Medical Center Emergency Department, and begin medication. The ambulance crew also triggers an alert for the hospital’s cardiac care team to prepare for a patient’s arrival. Driving yourself or having someone drive you is dangerous. Life-threatening changes can occur on the trip, and the ambulance can safely get you to the hospital. Every minute that you wait to call may lead to more damage to your heart muscle.

**Is there a way to know ahead of time if I am at risk for a heart attack?**

Many people who suffer a heart attack have had previous symptoms of compromised blood flow to the heart. People who have significant blockages often experience one or more of the symptoms described above when they exert themselves with activity. However, when they stop the activity, the symptoms stop. If this happens to you, it is crucial that you seek medical attention to see if you have a heart problem.

**What happens in a percutaneous coronary intervention?**

A cardiologist inserts a flexible tube, or catheter, into a blood vessel in the patient’s wrist or upper thigh. The catheter is guided to the heart by a type of X-ray called a fluoroscopy procedure. A dye is released so the area where the blood vessel has narrowed can be identified. When the catheter is in place, a smaller catheter with a balloon covered with a wire mesh stent is advanced through the first catheter, across the blockage and inflated. The balloon inflation compresses the plaque and expands the stent. Once the plaque is compressed against the artery wall and the stent is in place, the balloon is deflated and withdrawn. The stent stays in the artery, holding it open. Patients who have an elective PCI procedure typically spend a night in the hospital and go home the following day. PCI patients who had heart attacks usually stay in the hospital for two to four days following the procedure.
Welcoming New Practitioners

Please join the Cayuga Health System family as we welcome these talented specialists to our medical staff.

PHYSICIANS

ALLERGY, ASTHMA and IMMUNOLOGY

Shaan M. Waqar, MD | Asthma & Allergy Associates | 840 Hanshaw Road | Ithaca, NY | (607) 257-6563

Certification: American Board of Internal Medicine - Internal Medicine
Medical School: Albany Medical College (Albany, NY)
Internship and Residency: North Shore-Long Island Jewish Health System (Great Neck, NY) – Internal Medicine
Fellowship: North Shore-Long Island Jewish Health System (Great Neck, NY) – Allergy and Immunology

In addition to his post-doctoral work in allergy and immunology, Shaan Waqar has served as a clinical instructor of pediatrics at Hofstra North Shore-LIJ School of Medicine (Hempstead, NY). He is a member of the American Academy of Allergy, Asthma and Immunology, the American College of Allergy, Asthma and Immunology, and the New York Allergy and Asthma Society. He graduated magna cum laude from Rensselaer Polytechnic Institute with a bachelor of science degree in biology. Waqar is fluent in English, Urdu/Hindi and conversant in Spanish.

EMERGENCY MEDICINE

Eleni Kosmas, MD | Cayuga Emergency Physicians | Cayuga Medical Center

Certification: American Board of Family Medicine
Medical School: SUNY Upstate Medical University (Syracuse, NY)
Internship and Residency: St. Joseph’s Hospital (Syracuse, NY) – Family Medicine

Eleni Kosmas comes to Cayuga Medical Center after 15 years of family medicine practice in the Syracuse area. During that time, she was the medical director of the North Syracuse Central School District and a school physician at Paul V. Moore Central Square High School. She also has worked as a physician for MD Live, which provides tele-medicine services via secure phone and web connections. She graduated summa cum laude from Le Moyne College in Syracuse where she received a bachelor of science degree in biology with a minor in chemistry and an honors degree.

Afoma F. Ndubuisi, MD | Cayuga Emergency Physicians | Cayuga Medical Center

Medical School: New York Medical College (Valhalla, NY)
Residency: Staten Island University Hospital (Staten Island, NY) – Emergency Medicine

Afoma Ndubuisi most recently worked as an attending physician at the Staten Island University Hospital where she trained residents and medical students. She is affiliated with the American College of Emergency Physicians, Emergency Medicine Residents’ Association, and the Society of Academic Emergency Physicians. She graduated from Binghamton University with a bachelor of science degree in biochemistry.

Walter Rojas, MD | Cayuga Emergency Physicians | Cayuga Medical Center

Certification: American Board of Family Medicine
Medical School: University of Guadalajara, Mexico
Internship and Residency: Montefiore Medical Center for the Albert Einstein College of Medicine (Bronx, NY).

Walter Rojas graduated from medical school in 1994 and has worked at hospitals and health care facilities in the United States, Colombia and Mexico. He most recently worked at Our Lady of Lourdes Hospital in Binghamton and previously at Montefiore Medical Center and Bronx-Lebanon Hospital Center. He has experience in family medicine, and emergency care. He is fluent in Spanish and English.
Medhat Barsoom, MD | Cayuga Emergency Physicians | Cayuga Medical Center

Medical School: Cairo University, School of Medicine (Cairo, Egypt)
Residency: University at Buffalo/Catholic Health System/Sisters of Charity Hospital (Buffalo, NY) – Internal Medicine

Medhat Barsoom works as an emergency room physician at Mercy Hospital in Buffalo and previously worked as assistant medical director at Olean General Hospital. He also was a physician at Western New York Intermediate Care and site supervisor at Sisters of Charity Hospital, both in Buffalo. He previously worked at hospitals in Geneva, NY and in Florida. He is fluent in Arabic and English.

Alex H. You, MD | Cayuga Emergency Physicians | Cayuga Medical Center

Medical School: University of California at Los Angeles, David Geffen School of Medicine (Los Angeles, CA)
Residency: Brooklyn Hospital Center (Brooklyn, NY) – Emergency Medicine

Alex You most recently worked at Emergency Medical Associates of Parsippany, NJ as an emergency room physician serving hospitals in that region. In addition to learning his medical degree in 2010, he also received a master’s of business administration degree in finance from UCLA. He received a master’s degree in health administration and a bachelor of science degree in human biology from Cornell University.

FAMILY MEDICINE

Alexandra M. Karnow, DO | Cayuga Family Medicine | 302 W. Seneca Street | Ithaca, NY | (607) 697-0360

Medical School: New York College of Osteopathic Medicine (Old Westbury, NY)
Internship and Residency: United Health Services, Wilson Medical Center (Johnson City, NY) – Family Medicine.

Alexandra Karnow has also been a clinical assistant instructor for SUNY Upstate Medical University in Syracuse, NY and at Lake Erie College of Osteopathic Medicine in Erie, PA. Her research work has been published in the European Journal of Neuroscience. She graduated cum laude from Mount Holyoke College, South Hadley, MA where she received a bachelor of arts degree in biology with a minor in chemistry. She is fluent in Spanish and English and conversant in German.

INTERNAL MEDICINE

Judith Griffin, MD | Costello & Costello, MDs | 217 N. Aurora Street, Suite 2 | Ithaca, NY | (607) 273-2811

Certification: American Board of Internal Medicine - Internal Medicine
Medical School: Columbia University College of Physicians & Surgeons (New York, NY)
Residency: Montefiore Medical Center/Albert Einstein College of Medicine (Bronx, NY) – Primary Care and Social Internal Medicine

During the last 10 years, Judith Griffin has worked at hospitals and health care facilities in the United States, Uganda, Mexico, Switzerland, and Tanzania. She most recently worked as a hospitalist at Maine General Heath, Augusta, ME and in Lausanne, Switzerland, developing community medicine plans at the Lausanne University Hospital. She received a bachelor of arts degree in economics and political science from the University of Pennsylvania. She is fluent in Spanish and English and conversant in French.

OPHTHALMOLOGY

Gregory J. Zablocki, MD | Arleo Eye Associates | 100 Uptown Road | Ithaca, NY | (607) 257-5599

Medical School: University of Colorado (Denver, CO)
Internship and Residency: University of Utah (Salt Lake City, UT) – Internal Medicine, SUNY Upstate Medical University (Syracuse, NY) – Ophthalmology

Gregory Zablocki is a member of the American Academy of Ophthalmology and the Onondaga County Medical Society. Prior to attending medical school, he was an ophthalmology technician and a certified nurse aide for a skilled nursing facility. He graduated from the University of Colorado - Boulder with a bachelor of arts degree in molecular cellular developmental biology.
ORTHOPEDICS

Benjamin F. Donohue, MD | Orthopedic Services of Cayuga Medical Associates
16 Brentwood Drive, Suite A | Ithaca, NY | (607) 272-7000

**Medical School:** Columbia University College of Physicians & Surgeons (NY, NY)

**Internship and Residency:** Tufts Medical Center (Boston, MA) – Orthopedic Surgery

**Fellowship:** Beacon Orthopaedics & Sports Medicine (Cincinnati, OH) – Orthopedic Surgery

In addition to his medical degree, Benjamin Donohue received a master of business administration degree from the Harvard Business School in Cambridge, MA where he did research on risk-adjusted outcome measures in healthcare and a care redesign survey. During his fellowship in orthopedic surgery, he was also an assistant team physician for the Cincinnati Reds, Wittenberg University, Wilmington College, and high school sports teams. While in medical school, he did field work in the Dominican Republic and is conversant in Spanish. He graduated magna cum laude from Dartmouth College, Hanover, NH, with a bachelor of arts degree in economics.

Blake M. Marson, MD | Specialty Services of Cayuga Medical Associates at Cortland
1122 Commons Avenue | Cortland, NY | (607) 428-8004

**Certification:** American Board of Orthopaedic Surgery

**Medical School:** SUNY Upstate Medical University (Syracuse, NY)

**Internship and Residency:** Albert Einstein Medical Center (Philadelphia, PA) – Orthopedic Surgery; Massachusetts General Hospital (Boston, MA) – Joint Reconstruction; Thomas Jefferson University Hospital (Philadelphia, PA) – Hand Surgery; Shriners Hospital for Crippled Children (Philadelphia, PA) – Pediatric Orthopedics; Albert Einstein Medical Center (Philadelphia, PA) – General Surgery

**Fellowship:** University of Pittsburgh Medical Center (Pittsburgh, PA) – Adult Reconstruction Orthopedic Surgery

Blake Marson has held medical and clinical teaching positions in orthopedics and sports medicine at practices and health institutions in central New York, was assistant professor of clinical surgery at the University of Arizona College of Medicine and chief of orthopedic surgery at Southern Arizona Veteran's Administration Medical Center (Tucson, AZ). He graduated summa cum laude from SUNY Albany with bachelor of science degrees in finance and economics.

Michael Waters, MD | Orthopedic Services of Cayuga Medical Associates
16 Brentwood Drive, Suite A | Ithaca, NY | (607) 272-7000

**Medical School:** Ohio State University College of Medicine (Columbus, OH)

**Internship and Residency:** SUNY Upstate Medical University (Syracuse, NY) – Orthopedic Surgery

**Fellowship:** Baylor College of Medicine (Houston, TX) – Hand and Upper Extremity Combined Fellowship

Michael Waters was recently involved with research on the potential use of 3D-printing for upper extremity splint fabrication in space at the Baylor College of Medicine Center for Space Medicine. He graduated cum laude from Brigham Young University in Provo, UT with a bachelor’s degree in science and business administration. He is a candidate member in the American Society for Surgery of the Hand and a member of the American Academy of Orthopaedic Surgery. He is fluent in English and Spanish.

Meredith Benesch, FNP, BC | FAMILY NURSE PRACTITIONER | Urgent Care
Cayuga Emergency Physicians | Cayuga Medical Center

**Certifications:** Family Nurse Practitioner, Registered Nurse, Massage Therapy

**Education:** Master of Science, Family Nurse Practitioner, SUNY Upstate Medical University (Syracuse, NY); Bachelor of Science in Athletic Training, SUNY Cortland (Cortland, NY); Associate Degree in Nursing, Tompkins Cortland Community College (Dryden, NY)

Meredith Benesch has worked in urgent care at Cayuga Medical Center since 2014 providing care for wounds, assessing treatments and counseling patients and their families on illnesses and care. Earlier she cared for mothers during labor and delivery at Cortland Regional Medical Center and worked in that hospital’s intensive care unit. She is also a massage therapist in Cortland.

Susan C. Burchill, MS, FNP | FAMILY NURSE PRACTITIONER | Neurology
Cayuga Neurologic Services of Cayuga Medical Associates | Medical Office Building
201 Dates Drive, Suite 301 | Ithaca, NY | (607) 273-6757

**Certification:** Family Nurse Practitioner, Registered Nurse

**Education:** Master of Science in Nursing, Family Nurse Practitioner, Binghamton University, Decker School of Nursing, (Binghamton, NY); Bachelor of Science in Nursing, Misericordia University (Dallas, PA)

Susan Burchill has worked in health care since 1993 and has extensive experience as a registered nurse in pediatric, emergency room, oncology, public health, wound care, interventional radiology, and neonatal intensive care. She most recently worked as a home health nurse for the Lourdes at Home/Hospice operated by Ascension Home Health, Lourdes Hospital, Binghamton, NY.
Sarah E. Champion, FNP-C, MSN, RN, UNP-C | FAMILY NURSE PRACTITIONER | Gastroenterology
Gastroenterology Associates of Ithaca | 2435 N. Triphammer Road | Ithaca, NY | (607) 272-5011

**Certification:** Family Nurse Practitioner, Registered Nurse  
**Education:** Master of Science in Family Nursing, Binghamton University, Decker School of Nursing, (Binghamton, NY); Bachelor of Science in Nursing, Syracuse University (Syracuse, NY)

Sarah Champion has worked in health care nursing roles since 1985. She most recently worked for Blue Ridge Associates in Neurology, Christiansburg, VA. Earlier she was a gastroenterology nurse practitioner for Gastroenterology Associates of Ithaca. She was a nurse practitioner in family practice and urology and worked in public health, obstetrics, medical/surgical units and skilled nursing care at health care facilities in the Finger Lakes region.

Samara Touchton, FNP-C | FAMILY NURSE PRACTITIONER | Hospitalist
Hospital Medicine Specialists of Cayuga Medical Associates | Cayuga Medical Center

**Certification:** Family Nurse Practitioner  
**Education:** Master of Science in Nursing, Family Nurse Practitioner, SUNY Upstate Medical University (Syracuse, NY); Bachelor of Science in Nursing, University of Pittsburgh (Pittsburgh, PA); Bachelor of Science in Psychology and Music, University of Pittsburgh (Pittsburgh, PA)

Samara Touchton has most recently worked as an adjunct instructor at Crouse Hospital in Syracuse supervising and evaluating students’ laboratory and clinical work. Earlier she worked as a registered nurse in the Emergency Department of Cayuga Medical Center. She has also been a registered nurse for oncology services at hospitals in New York and Georgia.

Jeannie Trujillo, FNP-C | FAMILY NURSE PRACTITIONER | Pain Medicine
Cayuga Medical Center

**Certification:** Family Nurse Practitioner  
**Education:** Master of Science in Nursing, Family Nurse Practitioner, Binghamton University, Decker School of Nursing, (Binghamton, NY); Bachelor of Science in Nursing, Binghamton University, Decker School of Nursing, (Binghamton, NY); Associate Degree in Nursing, Borough of Manhattan Community College, City University of New York (New York, NY)

Jeannie Trujillo most recently worked as a nurse practitioner at Ithaca Primary Care managing acute and chronic illnesses in adults and had earlier worked with an Ithaca family physician in private practice. She has been an adjunct nursing instructor at Binghamton University and a staff nurse at health facilities in Bronx, NY.

Kari Winkleblack Schmidt FNP-C, RN | FAMILY NURSE PRACTITIONER | Hospitalist
Hospital Medicine Specialists of Cayuga Medical Associates | Cayuga Medical Center

**Certification:** Family Nurse Practitioner  
**Education:** Master of Science in Nursing, Family Nurse Practitioner, SUNY Upstate Medical University (Syracuse, NY); Bachelor of Science in Nursing, SUNY Upstate Medical University (Syracuse, NY); Associates Degree in Nursing, Tompkins-Cortland Community College (Dryden, NY)

Kari Winkleblack Schmidt has worked since 2005 as a surgical charge nurse and staff nurse at Cayuga Medical Center and also served on the hospital’s nursing policy and procedures committee. She has worked as a staff nurse at Trumansburg Family Health Clinic, and earlier she was a hospital aide at Cayuga Medical Center.

Avery Marzulla-Dulfer, PA-C | PHYSICIAN ASSISTANT | Hospitalist
Hospital Medicine Specialists of Cayuga Medical Associates | Cayuga Medical Center

**Certification:** Physician Assistant  
**Education:** Master of Medical Sciences, Physician Assistant Studies, St. Francis University (Loretto, PA); Red Rocks College, Physician Assistant Studies (Lakewood, CO); Bachelor of Science, Integrative Physiology cum laude, University of Colorado (Boulder, CO)

Avery Marzulla-Dulfer was most recently a hospitalist physician assistant at Canton-Potsdam Hospital, Potsdam, NY where she handled the admission, management, and discharge of medical and critically ill patients and the co-management of surgical patients. While at that hospital, she was also an adjunct assistant clinical professor at Clarkson University. She has worked in health care since 2005 as a primary care provider, biomechanics technician, medical assistant, and physical therapy aide. In 2011 she became a physician assistant working in outpatient and inpatient internal medicine.
Erica A. Gantz, PA-C | PHYSICIAN ASSISTANT | Neurosurgery
Progressive Neurosurgery of CMA | 16 Brentwood Drive, Suite A | Ithaca, NY | (607) 269-0033

Certification: Physician Assistant
Education: Master of Science Physician in Assistant Studies, Le Moyne College (Syracuse, NY); Bachelor of Science in Biomedical Science, Rochester Institute of Technology (Rochester, NY)

Erica Gantz recently completed her physician assistant studies and had a variety of clinical rotation experiences including primary care, pediatrics, women’s health, general surgery, and internal medicine at hospitals and health care facilities in upstate New York. She previously worked as a patient care technician at the Medical University of South Carolina, Charleston, SC. She has worked with developmentally disabled adults and studied health care services in Dubrovnik, Croatia.

Sarah Bodie Robinson, PA-C | PHYSICIAN ASSISTANT | Orthopedics
Orthopedic Services of Cayuga Medical Associates | 16 Brentwood Drive, Suite A | Ithaca, NY | (607) 272-7000

Certification: Physician Assistant
Education: Master of Health Sciences, Physician Assistant Studies, University of South Alabama, College of Allied Health (Mobile, AL); Bachelor of Science, Biology, University of Alabama (Tuscaloosa, AL)

Sarah Bodie Robinson most recently worked at an orthopedic group in Opelika, AL with five surgeons and two other physician assistants. There, she saw patients with neck and low back pain, general orthopedic patients, and had her own clinic hours. She previously worked in a Clifton, NJ neurosurgery practice where she was responsible for pre- and post-operative care, hospital rounds, new patient evaluations, and assisting in spine surgeries.

Robert Glantz, CRNP-CFRN | NURSE PRACTITIONER | Urgent Care
Emergency Department, Schuyler Hospital | 220 Steuben Street | Montour Falls, NY | (607) 535-7121

Certification: American Academy of Nurse Practitioners, Registered Nurse, Flight Nurse
Education: Master of Science in Nursing, University of Scranton (Scranton, PA); Bachelor of Science in Nursing, University of Phoenix Online (Tempe, AZ)

Robert Glantz was most recently a nurse practitioner in a Level 2 trauma center in the Guthrie Health System. Earlier he was a flight nurse with Air Methods Corp., a national medical air transport service based in Englewood, CO. He has worked in health care since 2002 as a registered nurse at hospitals in New York and Pennsylvania.

Patricia Leigh Kelly, NP-C, MSN, RN | NURSE PRACTITIONER | Geriatric Care
Medical/Surgical, Schuyler Hospital | 220 Steuben Street | Montour Falls, NY | (607) 535-7121

Certification: Adult Geriatric Nurse Practitioner, Registered Nurse
Education: Post-Graduate Certificate, Adult Gerontological Nurse Practitioner, Binghamton University (Binghamton, NY); Master of Science in Nursing, Keuka College (Keuka NY); Arnot Ogden School of Nursing (Elmira, NY)

Patricia Leigh Kelly was most recently a nursing supervisor and quality assurance auditor at the Bethany Manor Skilled Nursing Facility in Horseheads. Earlier she was director of nursing at Coming Center for Rehabilitation and Healthcare in Corning. She has worked in health care since 1993 as a nurse, nursing manager, and staff educator at several skilled nursing facilities in the Southern Tier.

Amanda Kinsman, FNP-C, MSN, RN | FAMILY NURSE PRACTITIONER | Medical/Surgical Care
Medical/Surgical, Schuyler Hospital | 220 Steuben Street | Montour Falls, NY | (607) 535-7121

Certification: Family Nurse Practitioner, Registered Nurse
Education: Master of Science, Family Nurse Practitioner Program, Binghamton University (Binghamton, NY); Bachelor of Science in Nursing, Keuka College (Keuka NY)

Amanda Kinsman most recently worked in administration at Schuyler Hospital, supervising staff and promoting patient safety and outcomes. She has been a nurse in the hospital’s Emergency Department providing care for ill and injured patients, and counseling patients. She has worked in health care since 2005 in skilled nursing facilities, hospice care, home health care, intensive care, and substance abuse care.
Foundation Gala Raises $110,000 for New Epilepsy Unit

The 2016 Cayuga Medical Center Foundation’s Fall Gala netted $110,000 to benefit the new Cayuga Medical Center Epilepsy Monitoring Unit.

The unit will provide adult and pediatric inpatient epilepsy monitoring services to the Southern Tier. The facility will be located at the Cayuga Medical Center and is a collaboration between the hospital and the University of Rochester Medical Center. Cayuga Medical Center will be the only hospital in the Southern Tier to have an epilepsy monitoring unit.

The 11th annual event was held in September at the Country Club of Ithaca with almost 400 people attending. This year’s theme was “An Evening to Care.” During the last 10 years, the Gala has generated well over $500,000 that has stayed in Tompkins County to help Cayuga Medical Center expand and renovate the clinical services used to meet community health needs.

—Jan Hertel, Executive Director
Cayuga Medical Center Foundation
News and Updates

CAYUGA MEDICAL CENTER

Hospital’s Sculptures Get Facelift

A set of eight animal sculptures from the late 1930s that decorate the gardens outside Cayuga Medical Center have been restored by two Trumansburg residents, Kasia Maroney, an art conservationist and Steve Carver, an artist.

The sculptures were created by six different artists through the federal government’s Works Progress Administration established during the Great Depression era. The artwork was originally installed at the children’s playground at the Herman M. Biggs Memorial Hospital, north of the current Cayuga Medical Center. The animals sit about two- to three-feet tall, about at eye level for the youngsters who were at the hospital.

Carver went looking for the sculptures after he had read about them in a directory of WPA art projects. When he found them, he noticed they needed to be cleaned and a few needed repairs. The pieces include a hippopotamus, a monkey, two bears, a walrus, a dog, a lion, and an elephant. They were cast from a concrete-like material and the porous surfaces had collected decades of moss and lichens growth. A few years went by before the project came to the attention of John Rudd, president and CEO of Cayuga Health System that operates Cayuga Medical Center and Schuyler Hospital.

“John was quite interested in the sculptures and encouraged us to go ahead with the project,” Carver says.

The cleaning and repairs on the sculptures were done without removing them from the hospital’s Mitchell Gardens, south of the Emergency Department entrance. The project was finished in May.

Garbo, Sterling, Win Awards for Excellence

Marguerite Sterling, RN and Charles Garbo, MD were the 2016 recipients of the Louis Munchmeyer Award for Excellence at the Cayuga Medical Center.

Sterling is a registered nurse in the radiation oncology department at Cayuga Medical Center. She has been with Cayuga Medical Center for 35 years and played an important role in the birth and growth of the thyroid nodule clinic at the hospital’s oncology department.

Garbo has been a member of the medical staff at Cayuga Medical Center in the Department of Oncology since 1992. He is certified in medical oncology and hematology by the American Board of Internal Medicine and has played a key role in developing the hospital’s cancer treatment program during the last 24 years.

Dr. Louis Munchmeyer, who died in 2008, was on the medical staff at Cayuga Medical Center for 38 years and was known for his kind demeanor and the interest he showed toward the many patients that he treated. The medical staff executive committee at Cayuga Medical Center felt that Dr. Munchmeyer based his medical practice upon the principles of excellence of care for patients, concern for patient quality of life, and community involvement. The annual award honors individuals who emulate these qualities. The 2016 award was given at the Medical Staff Annual Meeting held earlier this year.
Cayuga Birthplace Earns National Environmental Design Award

Environmentally-friendly design and construction methods used for Cayuga Birthplace have earned the maternity center a LEED certification.

Cayuga Medical Center received the certification this fall for its multi-million-dollar renovation of the Cayuga Birthplace that opened in 2014. The award is given by the U.S. Green Building Council after independent, third-party verification shows a building project achieves high performance in the key areas of human and environmental health, sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality.

The state-of-the-art Cayuga Birthplace is located on the first floor of the medical center. The unit has six labor and delivery rooms, 12 post-partum rooms, a neo-natal Intensive Care Unit (NICU) with four bassinets and four single family NICU rooms for individualized and family-centered infant care. A Cesarean Section Surgical Operating Room is located within the Labor and Delivery Suite making seamless care easily accessible.

The Cayuga Birthplace project received generous donations via fundraising by the Cayuga Medical Center Foundation, and by gifts from the Cayuga Medical Center Auxiliary.

Cayuga Medical Center Receives Gold Seal Accreditation

Cayuga Medical Center received a renewal on its three-year Gold Seal of Approval accreditation from The Joint Commission on Accreditation of Healthcare Organizations in October following the commission’s unannounced evaluation of the hospital in September.

The commission is the world’s leading health-care accrediting body and is responsible for setting national patient-care standards. Cayuga Medical Center has regularly achieved the commission’s highest accreditation ratings. The medical center received its last three-year Gold Seal accreditation in 2013 and its laboratory earned its most recent Gold Seal accreditation in 2015. To receive a Gold Seal of Approval accreditation, a health-care organization must achieve the commission’s highest standards in several areas including emergency management, environment of care, infection prevention and control, leadership, and medication management.

“This most recent Gold Seal of Approval accreditation underscores the high level of care patients receive from Cayuga Medical Center,” says John Rudd, president and CEO of Cayuga Health System that operates Cayuga Medical Center and Schuyler Hospital. “This outstanding performance is due to the efforts of the medical center’s entire staff who deliver high-quality care to our community.”

The commission, which is governed by representatives from the American College of Physicians, the American College of Surgeons, the American Dental Association, and the American Medical Association, evaluates and accredits more than 19,500 U.S. health care organizations, including about 4,000 hospitals.

Joel Malina Joins Health System, Hospital Boards

Joel M. Malina was elected earlier this year to the boards of both the Cayuga Health System and Cayuga Medical Center.

Malina is Cornell University’s vice president for University Relations. He is Cornell’s principal spokesperson and coordinates internal and external communications functions as well as the university’s relationships with federal, state, and local policy makers and stakeholders.

The Cayuga Health System is a regional health organization that includes Cayuga Medical Center and Schuyler Hospital in Montour Falls.
SCHUYLER HOSPITAL

Michele Myers Receives Lou Sand Award

Schuyler Hospital Director of Rehabilitation Services Michele Myers was named the 2016 recipient of the Lou Sand Award at the annual Employee Recognition Dinner earlier this year. She received 13 nominations for the award from coworkers who described her as an employee who encourages a team atmosphere that promotes a creative as well as a productive work environment, a leader, and a role model. One nomination recalled how she shoveled icy sidewalks at the hospital to help her patients get safely to and from their vehicles.

Myers thanked the hospital staff for the award, which was especially meaningful to her as she knew Betty Lou Sand both as a teacher and as a hospital board member. Sand died in 2005.

Schuyler Hospital annually gives the award to an employee who demonstrates exemplary service to others, and whose compassionate commitment of service to their fellow employees, patients, residents and community brightens the lives of those they touch, which were all traits exemplified by the late Sand.

Also at the Employee Recognition Dinner, 54 employees were honored for five to 45 years of service for a total of 655 years of combined experience at the hospital and its Seneca View Skilled Nursing Facility.

Schuyler Hospital Earns Gold Seal of Approval

Schuyler Hospital received The Joint Commission’s Gold Seal of Approval for Hospital Accreditation by demonstrating continuous compliance with its performance standards. The Gold Seal of Approval is a symbol of quality that reflects an organization’s commitment to providing safe and effective patient care.

A team from The Joint Commission made an unannounced inspection of Schuyler Hospital in March. During the review, the Commission team evaluated compliance with hospital standards related to several areas, including emergency management, environment of care, infection prevention and control, leadership, and medication management.

New Members Join Hospital, Foundation Boards

The Schuyler Hospital and Schuyler Health Foundation Boards have elected new board members for 2016-2017.

New members to the hospital board are Suzanne Blowers and Tom LiVigne. Blowers was also appointed secretary. She had previously served on the health foundation board and is currently on the Cayuga Health System board. She joins returning officers, Kyle Tuttle, chair; Carl Sgrecci, vice-chair; and Jerry Mickelson, treasurer. LiVigne has previously served on the hospital board. On the Health Foundation Board, Kerry Keller, Marsha McElligott, and Emily Peckham were elected to the Board. Returning officers are Kathy Fragola, chair; Brenda Warren-Fitch, vice-chair; and Jerry Mickelson, secretary/treasurer.

Auxiliary Members Cited for Service

Two members of the Schuyler Hospital Auxiliary were named Volunteers of the Year and another nine auxilians received Lifetime Member distinctions at a luncheon earlier this year.

Clara Greis and Marie Decker were named Volunteers of the Year. Greis is a former auxiliary president, and Decker is a former hospital employee who now volunteers in the auxiliary’s gift shop.

Members over age 90 receiving the Lifetime Member distinction were: Jean Argetsinger, Mary Berry, Shirley Craver, Virginia Eaton, Clara Hoover, Helen James, Janeth Richards, and Joan Ward. Marion Roberts received the Lifetime Member distinction for those over age 100.
Advancing Wound Care at Schuyler Hospital

Wound care at Schuyler Hospital has brought a growing array of advanced treatment for chronic wounds to patients since its Wound Center opened in early 2015.

Patients are treated each Wednesday at the clinic by Dr. James Winkler and wound care nurses. The care provided at the Orthopedics and General Surgery Clinic in Schuyler Hospital is affiliated with Cayuga Center for Wound Healing at Cayuga Medical Center, where Winkler also sees patients. Both hospitals are part of the Cayuga Health System.

“Having sophisticated wound care at Schuyler Hospital is a great service to local residents. Before the clinic opened, patients would have to leave the community for this kind of care,” Winkler says.

He has treated patients as a family practice physician in Montour Falls for 30 years and seen firsthand the important role local hospital care has for the community.

The Schuyler Hospital clinic provides enhanced care for many patients with chronic wounds and non-responsive conditions. Wounds that do not heal after 30 days frequently have underlying medical conditions. Diabetes and vascular diseases can play a role in these types of wounds and are more often seen as patients age, Winkler says.

Highly specialized treatments of chronic wounds at Schuyler Hospital include bio-engineered skin substitutes for grafts to close a wound, advanced anti-microbial dressings, and surgical debridement of non-viable tissue that can impair healing. Tests are also done at the clinic to determine if insufficient blood flow is causing a wound or delaying its healing.

When a patient needs more advanced care, Winkler can expedite a referral to the wound care center at Cayuga Medical Center where he also sees patients. Infections that cause persistent wounds may be treated with hyperbaric oxygen therapy, or HBOT. That therapy clears many infections and enhances the body’s natural healing process by having a patient breathe 100 percent oxygen in a total body chamber where atmospheric pressure is increased and controlled. Wound care at Cayuga Medical Center also uses grafts from a patient’s skin to close wounds, vacuum assisted wound treatment, biological and biosynthetic dressings and growth factor therapies.

“Patients frequently see their chronic wounds heal completely or make significant progress toward healing with those advanced treatments. Patients still needing follow-up care for a nearly healed wound can return to the Schuyler clinic until they have completely healed,” Winkler says.

To make a wound care appointment at either Schuyler Hospital or Cayuga Medical Center, call (607) 274-4203.
Life is Sweet
Seamless Care from Surgery to Rehabilitation