

SENIOR CONNECTIONS™



How's Your Balance?

3 SIMPLE EXERCISES TO STAY ON YOUR FEET

AS YOU AGE, a tiny fall can turn into a big problem. Every year more than 2 million older adults go to the emergency room because they've hurt themselves in a fall.

One way you can help safeguard against taking a fall is to keep improving your overall balance. Here are three exercises to stay steady on your feet:

HEEL-TO-TOE WALK

- Place the heel of one foot in front of the toes of the other foot until they are almost touching.
- Keep your eyes on a spot straight ahead of you to stay steady as you walk.
- Take a step, putting your heel in front of the toes of your other foot.
- Do this for 20 steps.

ONE-FOOT STAND

- Stand on one foot behind a sturdy chair. Hang onto the chair for balance.
- Hold your stance for up to 10 seconds.
- Do this 10 to 15 times. Then repeat while standing on the other foot.

BALANCE WALK

- Raise your arms straight out to the sides.
- Keep your eyes on a spot straight ahead.
- Walk in a straight line. Lift your back leg and hold it up for a second with each step.
- Do this for 20 steps.

SOURCE: NATIONAL INSTITUTE ON AGING

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YOGA FOR BETTER HEALTH

The Many Upsides of Downward Dog

It's not a stretch to say that yoga is a healthy practice. It does a body good—increasing your overall fitness. Yoga may also:



Improve posture and flexibility.



Lower blood pressure.



Aid digestion.



Improve sleep.



Reduce chronic pain.



Relieve anxiety and depression.

Getting started. Yoga is generally safe for most healthy people. But before you strike your first pose, consider learning proper form from a pro.

SOURCE: NATIONAL INSTITUTES OF HEALTH

Considering Volunteering?

If you've recently retired, you probably have some extra time on your hands. If you're looking for new ways to make friends or keep busy, you might consider volunteering in your community.

Research suggests that older people who involve themselves in activities like volunteering:

- Are less likely to get certain diseases, such as dementia.
- Tend to live longer.
- Are less depressed.
- Are able to cope with loss more easily.
- May be able to improve their cognitive abilities, such as memory and problem-solving skills.

HOW VOLUNTEERING CAN CHANGE OTHERS' LIVES

Many of the places that need volunteers are nonprofits and charitable organizations that don't have the money to hire multiple employees. By volunteering at one of these, you could help:

- Homeless people by serving meals or organizing clothing donation drives.
- Stray and unwanted cats and dogs that are being cared for at an animal shelter.
- People with disabilities who need someone to grocery shop and run errands for them.
- School children who need extra tutoring in math, English or reading.
- People in the hospital who want a book, a magazine or just someone to talk to. Volunteers also often staff the gift shop and help with administrative tasks.
- A local theater group that needs ushers or ticket-takers at show time.

SOURCES: CORPORATION FOR NATIONAL AND COMMUNITY SERVICE; NATIONAL INSTITUTE ON AGING

Looking for volunteer opportunities?

You can make a difference at RMH by calling our director of volunteers at 315-338-7134 or by visiting us online at romehospital.org/volunteer.



Grow Your Own Herbs

The most tastefully dressed dishes are wearing fresh herbs.

But these culinary darlings can be pricey to purchase. To grow them at



Chicken and Pear Salad with Mint Dressing

Makes 4 servings.

INGREDIENTS SALAD

- 4 large lettuce leaves
- 3 firm, ripe pears, cut into approximately 1-inch cubes
- Juice of ½ lemon
- 2 cups cooked chicken breast, cut into 1-inch cubes
- 1 cucumber, peeled, sliced thin and coarsely chopped
- 4 tablespoons red onion, finely chopped

DRESSING

- ¼ cup white vinegar
- 1 teaspoon lemon juice
- 1 to 2 tablespoons honey
- ⅓ cup minced fresh mint
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- 1 teaspoon cinnamon

DIRECTIONS

- Drizzle cubed pears with lemon juice.

- In large mixing bowl, combine pears, chicken, cucumber and onion. Set aside.
- Blend vinegar, lemon juice, honey, mint, and salt and pepper in food processor or blender until smooth.
- Drizzle dressing over fruit and chicken mixture, and toss gently to coat.
- If not serving immediately, cover and refrigerate.
- To serve, retoss gently, sprinkle with cinnamon and arrange on plates with beds of lettuce.

NUTRITION INFORMATION

Serving size: ¼ of recipe. Amount per serving: 231 calories, 3g total fat (less than 1g saturated fat), 31g carbohydrates, 23g protein, 5g dietary fiber, 131mg sodium.

SOURCE: AMERICAN INSTITUTE FOR CANCER RESEARCH

home, plant your favorites in a sunny spot with well-drained soil. Water them as needed—but skip the pesticides. Basil, chives and parsley thrive in containers. Mint is easy to grow, too—though it can invade your garden, so keep a close eye on it.

Snip leaves as you need

them. To save some for the future, rinse leaves; place them one deep on a tray; and dry in a dark, well-ventilated room. Drying intensifies flavor—so use one-third to one-fourth less.

SOURCES: U.S. DEPARTMENT OF AGRICULTURE; UNIVERSITY OF ILLINOIS EXTENSION PROGRAM

Case Managers

HELPING PATIENTS WITH CARE PLANS

A CASE MANAGER is a registered nurse who works with a patient's health care team to assist in the development of care plans for

patients who have been hospitalized. These nurses work with a patient's insurance company to determine the most effective discharge plan. They arrange home care or short-term rehab services, make referrals for outpatient needs and help educate patients about their care plan. This is accomplished through communication, consideration of cost factors, and available resources.

The case management model provides a holistic health care approach that promotes quality care while optimizing the patient's own self-care. The model ensures continuity of care, which helps decrease the length of hospitalization while increasing

quality of life for patients and providing clear communication between patients and providers.

Two registered nurses at Rome Memorial Hospital (RMH) have completed the training and education required to become certified case managers (CCM). Christine Correia, RN, BSN, CCM, and Teresa Troia, RN, BA, CEN, CCM, have both been certified by the Commission for Case Management Certification.

The CCM designation is prized as the gold standard for case management

excellence across all health care and health management settings.

A graduate of Crouse Hospital School of Nursing and Keuka College, Correia has been with RMH since 2012. She joined the Continuum of Care Department in February 2015 and has a background in critical care and emergency nursing.

A graduate of SUNY IT and Mohawk Valley Community College, Troia has been with RMH since 2010. She joined the Continuum of Care Department in February 2016 and has a background in critical care and emergency nursing. Troia also holds certification in emergency nursing.



Christine Correia, RN, BSN, CCM



Teresa Troia, RN, BA, CEN, CCM

Andrew Bushnell Named CMO

Andrew Bushnell, MD, MBA, FACEP, has been named chief medical officer (CMO) at Rome Memorial Hospital.

"Dr. Bushnell possesses the leadership skills that are essential to facilitate change through the collaboration of diverse teams to advance quality and foster strategic growth for our hospital," says President and CEO David Lundquist. "In addition, his established working relationships with the hospital's medical staff provide an important asset as we work together to achieve these goals."

Dr. Bushnell, a graduate of Johns Hopkins University, Baltimore, Maryland, and the University of Maryland School of Medicine, completed his

residency at SUNY Upstate University Hospital in Syracuse.

A KEY TEAM MEMBER. The chief medical officer is a key member of the hospital's senior executive team and helps to determine the overall clinical vision and business strategy of the organization. In addition to his role as CMO, Dr. Bushnell will continue as medical director of the hospital's Emergency Department.

"As CMO, I am part of the team that will strategize, develop and implement clinical programs to provide and grow health care services in Rome," Dr. Bushnell says. "The CMO has additional duties to guarantee the delivery of the highest quality medical care by overseeing the clinical operations of the hospital staff."

MEDICAL OVERSIGHT AND LEADERSHIP.

Dr. Bushnell will also serve as a

liaison between the medical staff and the hospital's administration and staff. He provides oversight for the Medical Staff Office, which supports physician recruitment efforts, manages the credentialing process, and fosters ongoing performance improvement.

"I will provide medical oversight and leadership to ensure that our patients receive affordable, compassionate, quality health care," Dr. Bushnell continues. "I want to create personal ownership and responsibility by developing a culture that encourages and applauds exceptional performance and gently channels activity toward expectations. It is my responsibility to make certain health care delivery at Rome Memorial Hospital runs smoothly."

MEETING PATIENT NEEDS.

"Customer service is truly the business we are in," he explains. "We have to ensure that the

services offered to patients not only meet their medical needs, but also their emotional needs as well."

Dr. Bushnell says the greatest challenge he faces as CMO is to help guide the hospital in today's rapidly changing health care environment.

For Dr. Bushnell, the best part of being a doctor is the ability to help his patients. In his new role as CMO at RMH, he says he is most looking forward to being able to help the hospital staff to provide patients with the best possible care.

"The best part of this job is hearing from our patients and our community that the health care experience delivered by our organization surpassed their expectations," Dr. Bushnell says.



Andrew Bushnell, MD, MBA, FACEP



Teresa Hughes with Dr. Radulescu, also known as “Dr. Mike” by his patients.

TIME TO SEE AN ORTHOPEDIC PHYSICIAN?

Patient Highly Recommends ‘Dr. Mike’

TERESA HUGHES, OF ROME, put up with her sore knee for a long time.

“It had been giving me problems for years,” Teresa says. “It hurt a lot, it was wobbly at times and sometimes it would give out all together. The pain and swelling made it hard for me to get around, I had trouble going down stairs and I really could not stand very long before it was hurting so much that I had to sit down.”

Teresa knew she needed to see a doctor about her knee troubles, so she started asking her friends and coworkers for recommendations for orthopedic physicians. The answer she received over and over again was Dr. Mihail Radulescu of Rome Orthopedics & Sports Medicine, located at Chestnut Commons in Rome.

Dr. Radulescu, or “Dr. Mike” as his patients know him, provides comprehensive orthopedic care to help reduce pain and improve function for his patients so they can get back to normal activities. A member of RMH’s medical staff, he has 16 years of experience as an orthopedic surgeon and is specially trained to perform primary and revision hip and knee replacement surgery, total shoulder replacement, and hip and knee arthroscopy. He has extensive expertise and training in orthopedic trauma surgery, and he is also experienced in anterior approach hip replacement surgery.

Certified by the American Board of Orthopaedic Surgery in 2016, Dr. Radulescu was elected a Fellow in the American Academy of Orthopaedic Surgeons in January of 2018. This demonstrates his ongoing commitment to excellence.

Dr. Radulescu earned his medical degree from Carol Davila University of Medicine, Bucharest, Romania, and completed a five-year residency in orthopedic surgery at McGill University, Montreal, Canada. He advanced his orthopedic training with a specialized fellowship in hip and knee reconstruction at William Beaumont Hospital, Royal Oak, Michigan, which is a nationally recognized leader in orthopedics. Dr. Radulescu is also certified by the Royal College of Physicians and Surgeons of Canada.

“From the first time I met Dr. Mike, he made a big impression on me right away,” Teresa says. “He is so pleasant and personable. He has a real gentlemanly way about him, always saying ‘my dear’ when he talks to you.”



ROME ORTHOPEDICS & SPORTS MEDICINE

Total Care for Total Joints

Orthopedic surgeon Mihail Radulescu, MD, FRCS(c), FAAOS, recognizes that each patient is different and the amount of support that they need after surgery varies. Some patients need the extra support that only a hospital and a short-term rehabilitation program can provide.

That's why at Rome Memorial Hospital, Dr. Radulescu's patients receive individualized care planning that includes:

- Specialized pre-op and patient education.
- Physical therapy evaluation and education before and after surgery for best outcomes.
- Advanced care coordination with rehab services tailored to the patient's individual needs.

Dr. Radulescu, a member of RMH's medical staff, has specialized in orthopedic surgery for over 16 years. He is specially trained to perform:

- Hip replacement surgery.
- Anterior approach hip replacement surgery.
- Revision hip replacement surgery.
- Knee replacement surgery.
- Partial knee replacement.
- Revision knee replacement surgery.
- Hip and knee arthroscopy.
- General orthopedics and trauma.
- Advanced care coordination with rehab services.



**Mihail Radulescu, MD,
FRCS(c), FAAOS**

Prior to seeing Dr. Radulescu, Teresa had received some treatment for her knee, including injections, but nothing had really helped. She was not surprised when Dr. Radulescu recommended surgery.

Dr. Radulescu recognizes that each patient is different, and he develops a program for recovery that varies with the amount of support needed. He knows that some patients need the extra support that only a hospital and a short-term rehabilitation program can provide. That's why at RMH, Dr. Radulescu's patients receive individualized care planning, which includes:

- Specialized pre-op and patient education.
- Physical therapy evaluation and education before and after surgery for best outcomes.
- Advanced care coordination with rehab services tailored to the patient's individual needs.

"I work closely with my patients to understand their goals and develop the best plan of care for them," Dr. Radulescu says. "The main objective is to relieve their pain and restore their ability to lead an active lifestyle. Managing post-surgical pain is a top priority so

patients can begin the rehabilitation process promptly and recover more quickly."

After Teresa's surgery, Dr. Radulescu prescribed eight weeks of physical therapy. Teresa did her physical therapy at Chestnut Commons Physical and Occupational Therapy Services with three sessions per week for the eight-week period.

"I owe a lot to physical therapy," Teresa says. "I am certain that the therapy helped to speed my recovery. I was told that I would need a walker for about a week, and I was done with it and using just a cane after just a few days. Then I was able to walk without the cane in about a week. I also was able to begin driving again sooner than originally suggested and I was back to work just four weeks after my surgery."

Teresa says she feels the therapy helped with her pain after surgery too. "I was given a prescription for pain medication after my surgery but I never needed to take it," she says. "I was able to manage what pain I had with just Tylenol."

Different patients will have different experiences, but Teresa says her surgery and recovery were easier than she expected and she is very pleased with the outcome. Now Teresa is one of those friends who is recommending Dr. Radulescu to others.

"I think he is a great doctor and would recommend him to anyone—in fact, I already have," Teresa says. "I would also say to anyone who is suffering from knee pain, don't put off going to see Dr. Mike. You won't believe how much better you can feel."

Rome Orthopedics & Sports Medicine is located at 107 E. Chestnut Street, Rome. For more information or to schedule an appointment, call 315-338-9200. ~ ~ ~ ~ ~

PULMONARY REHAB

‘People Person’ Returns to Active, Social Way of Life

BETTY WESTCOTT, OF ROME, has fond memories of her career with the United States Air Force in the Morale, Welfare and Recreation units. Betty connected military service personnel and their families with social activities, recreational opportunities and fun events at bases throughout the country, as well as in Turkey.

Betty was working in Alaska when her chronic breathing problems began to affect her ability to do her job.

Betty explains, “When I found myself having to crawl up the stairs to my apartment at night because I was so short of breath, I realized I could no longer do my job.” Betty retired and moved back to Rome.

Betty is a 20-year survivor of lung cancer. However, her lungs were compromised while battling the cancer, and she also has emphysema. She thought that there was nothing that could improve her chronic breathing problems and that she was now confined to her home.

“My friend told me I couldn’t just sit in my house all the time; I needed to see if there was someone that could help me,” Betty says. Her primary care provider recommended she see Pulmonologist Mohammed Seedat, MD.

GETTING HELP. Dr. Seedat sees patients at Rome Pulmonology and Sleep Medicine, 267 Hill Road, Suite 300, in Rome. The practice cares for patients with lung disorders and diseases, as well as sleep disorders. Dr. Seedat told Betty that pulmonary rehabilitation at RMH would help her to manage her condition and be more active.

“At first I wasn’t sure about the idea, but I finally decided to give it a try,” Betty says. “I am so thankful that I did.”

A NEW LEASE ON LIFE. Betty says that the pulmonary rehab program of education,



Betty Westcott comes to RMH’s Pulmonary Rehabilitation gym twice a week. The program, celebrating its 10th anniversary, helps patients with chronic lung disease breathe easier and live better.

instruction and exercise gave her a new lease on life. The program teaches patients the benefits of regular exercise and breathing techniques. Participants also learn about how the lungs work and how lung problems affect breathing. They also get information on medications and equipment, such as how and when to take medications and how to use oxygen (if prescribed).

“It’s a gradual thing,” Betty explained. “But once you get going you can really see the difference it makes.” Betty comes into the Pulmonary Rehabilitation gym at the hospital twice a week for her exercise routine. “I have learned that just sitting is the worst thing I could do,” she says.

“I honestly believe that I would probably be close to death today if I hadn’t gone to pulmonary rehab,” Betty says. “I tell people about it all the time. If I see someone in Walmart wearing oxygen, I go right up to them and tell them they should try the pulmonary rehab program at Rome Memorial Hospital. They might think I’m crazy, but I guarantee that if they try it, they will be amazed at how much good it will do.”

Rome Memorial Hospital’s Pulmonary Rehabilitation Program

AT A GLANCE

- The hospital-based outpatient program started in 2008.
- The program is accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation for the highest standards in pulmonary rehabilitation.
- We are staffed by licensed respiratory practitioners under the medical direction of pulmonologist Mohammed Seedat, MD.
- The most common diagnosis seen is COPD, but we also serve patients with other respiratory problems, such as pulmonary fibrosis and bronchiectasis, and pre/post-lung transplant patients.
- Most pulmonary rehabilitation services are reimbursable through Medicare and most private insurance carriers with a referral from your primary care physician or pulmonologist with pre-approval.
- Progress reports are sent to referring physicians every 30 days and upon graduation.
- We offer individualized programs combining exercise and education for up to 12 weeks (8 to 10 weeks being the most common). Participants meet two to three times per week for one- to two-hour sessions, Monday through Friday.
- Upon graduation, patients may opt to continue in maintenance (two to three times per week on a self-pay basis).

For more information about the Pulmonary Rehabilitation Program at RMH, please call **315-338-7149**.



RESEARCH HAS SHOWN that certain risk factors may increase a person's chances for developing cancer. Some risk factors can be controlled, like exposure to certain chemicals or tobacco use. Other factors are beyond our control, like age, personal history and family history.

Knowing your personal and family history of cancer is the first step in determining if you might be at increased risk. The Women's Imaging Center at Rome Memorial Hospital (RMH) is now providing enhanced screening to all breast imaging patients to determine hereditary risk factors for certain cancers.

The hereditary risk screening program is designed to help individuals and health care professionals make more informed decisions and take a personalized, proactive approach to care based on the results of genetic testing.

"Knowledge is power, and knowing your own story is half the battle," says John Restivo, MD, Chairperson of RMH's Medical Imaging Center and lead interpreting physician. "This program is designed to help people with a strong personal or family history of cancer better understand their own risk of developing hereditary cancers, and allows them to be more empowered in their health care decisions based on the benefits of genetic testing."

Specific guidelines set forth by the National Comprehensive Cancer Network, the U.S. Preventive Services Task Force, and the American College of Obstetricians and Gynecologists provide the framework for RMH's comprehensive cancer risk assessment program. The program includes:

- A thorough evaluation of genetic and non-genetic factors that impact cancer risk.
- Recommendations for and implementation of genetic testing.
- Increased and enhanced cancer screening and management.
- Accurate and up-to-date information



Screening for Breast Imaging Patients

RMH INTRODUCES AREA'S ONLY
HEREDITARY CANCER RISK SCREENING



The Women's Imaging Center at RMH is now providing enhanced screening to all breast imaging patients to determine hereditary risk factors for certain cancers. The screening program is part of the personalized breast care women are accustomed to receiving at The Women's Imaging Center.

about breast cancer risk and risk reduction strategies.

Initially, female patients will be introduced to the program at the time of their imaging appointment. Personal and family history of cancer, reproductive history and breast history is used to calculate a cancer risk assessment in patients with a family history of breast cancer.

Patients participating in the program

will be screened for 28 genetic mutations that impact hereditary risk for eight cancers, including breast, ovarian, gastric, colorectal, pancreatic, melanoma, prostate and endometrial cancers. The patient's genetic results are available four to six weeks after screening, at which time patients may meet with Dr. Restivo and Nurse Navigator Linda Lyon, RN, CN-BN to discuss findings and recommendations.

For more information about the hereditary cancer risk screening program and RMH's Medical Imaging Center, please contact Leigh Loughran, operations manager, at 315-338-7577.

MRI Available for Patients with Pacemakers and ICDs

ROME MEMORIAL HOSPITAL'S Magnetic Resonance Imaging (MRI) team is now certified to perform MRIs on patients with magnetic-resonance conditional Implanted Cardioverter Defibrillators (ICDs). RMH is the only facility in Rome and Oneida certified to perform MRIs on patients with these devices.

ICDs are medical devices implanted within a patient, designed to automatically detect and treat irregular heartbeats called arrhythmias. When a problem is identified, the device can deliver electric pulses or shocks to help control the arrhythmia. ICDs are similar to pacemakers; however they can deliver a stronger electric pulse for more serious arrhythmias.

According to the American College of Cardiology, as of August 2016, over 2 million patients had pacemakers or ICDs, with 50 percent of them estimated to need an MRI. Magnetic-resonance conditional ICDs are specialized devices that allow patients to undergo MRI procedures.

"This procedure to scan a patient with an MRI conditional ICD requires the coordination of a registered nurse as well as certified Medtronic personnel to be present during the entirety of the MRI exam," says Sharon Carson, director of Medical Imaging.

"The magnetic-resonance conditional ICD must be disabled by the Medtronic technician prior to the patient entering the MRI and reprogrammed once the patient



Rome Memorial Hospital's Magnetic Resonance Imaging (MRI) team is now certified to perform MRIs on patients with MRI conditional Implanted Cardioverter Defibrillators (ICD) and MRI conditional pacemakers. Pictured is Craig Pole, MRI supervisor/MR safety officer at Rome Memorial Hospital.

is removed from the MRI room. The patient is continuously monitored while undergoing the MRI, and an Advanced Cardiovascular Life Support (ACLS) certified registered nurse or physician must be immediately present in MRI for the duration of the exam."

Carson explains that the procedure to scan a patient with an MRI conditional pacemaker is similar; however, the pacemaker is not completely disabled. Instead it is set to a "sure scan" mode, enabling it

to continue to function during the MRI exam.

"Dr. John Restivo, chairman of the Medical Imaging department at Rome Memorial Hospital, and MRI supervisor/MR safety officer Craig Pole are to be commended for identifying the need for this specialized imaging and for working to ensure that Rome Memorial Hospital is providing every appropriate service to our patients to alleviate the need for them to travel to other facilities," Carson says.

CALL US!

Rome Orthopedics & Sports Medicine



Mihail Radulescu, MD, FRCS(c), FAAOS
Specializing in orthopedic surgery for over 16 years

Total Care for Total Joints

- Pre-op education
- Physical therapy evaluation before and after surgery
- Advance care coordination with rehab services



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