

SENIOR CONNECTIONS™

NATIONAL RECOGNITION FOR

Compassionate, Connected Care for Seniors

ROME, MEMORIAL HOSPITAL (RMH) has been recognized as a leader in senior services, earning designation as a NICHE (Nurses Improving Care for Healthsystem Elders) facility for providing exceptional care for older adult patients.

Specialized education empowers our interdisciplinary team of nurses and other health care professionals to use best practices and strategies for quality care that is sensitive to the needs of older adult patients in a safe, comfortable environment.

“The mission of our Senior Center of Excellence is to provide compassionate and connected care across the continuum to enhance the well-being and quality of life for our older adults, their caregivers and the community we serve,” says Nancy Vaccaro, MS, RN, NICHE Program Director.

“NICHE designation highlights our commitment to providing patient-centered care to meet the unique health care needs of our growing senior community,” says Durinda Durr, Vice President Clinical Services/Chief Nursing Officer.

In Oneida County, the number of residents age 65 and older is projected to grow more than 15 percent within the next 10 years as the Baby Boomers continue to age. RMH provides comprehensive services for seniors, from primary and specialty care to specialized senior behavioral health and skilled nursing care.



SENIOR CENTER OF EXCELLENCE: Rome Memorial Hospital has earned special designation as a NICHE facility because of its interdisciplinary team that is committed to providing compassionate, connected care for every stage of life.

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Laugh it Up

IT'S GOOD FOR YOU

DID YOU HEAR the story about the fake noodles? Apparently, they were *im-pastas*.

Hopefully, you just chuckled a bit—even if you did roll your eyes! If so, you may have done your health a favor.

Research suggests that laughter is good for you. It may improve blood flow to the heart, boost your immune system and trigger the release of feel-good chemicals that can temporarily relieve pain.

A hearty laugh can lessen physical tension and stress, and gentle humor can often help defuse a tense situation.

Share your laughter with someone else, and the benefits may be even greater.

Need a place to turn for a cackle or hoot? Start with you.

Don't take yourself too seriously. Share your embarrassing moments. If you do something silly, it might not seem so bad if you can get yourself to giggle.

Here are 10 more possibilities for strengthening your funny bone:

- 1** Watch a funny movie, or search for humorous videos online.
 - 2** Host a game night with family or friends.
 - 3** Go to a bookstore and browse the humor section.
 - 4** Keep a funny CD or audiobook in your vehicle. Or listen to them on your smartphone or tablet.
 - 5** Find a screensaver that makes you laugh, and put it on your computer.
 - 6** Play with your children or grandkids. Children are experts at taking life lightly and laughing.
 - 7** Collect sayings or photos that make you smile, and put them where you can easily see them. Change them up from time to time to keep things fresh.
 - 8** Visit a pet store or animal shelter and watch the puppies and kittens.
 - 9** Spend time with people who are most likely to make you laugh.
 - 10** Read some funny cartoons.
- Remember, a good laugh is good medicine.

SOURCES: CENTERS FOR DISEASE CONTROL AND PREVENTION; MENTAL HEALTH AMERICA



Lentil Soup

Makes 11 servings.

INGREDIENTS

- 2 tablespoons olive oil
- 2 medium carrots, diced
- 2 medium stalks celery, chopped
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon ground black pepper
- 2 cups dry lentils
- 1 can (14½ ounces) crushed tomatoes
- 2 cups vegetable broth
- 6½ cups water

DIRECTIONS

- In a large soup pot, heat oil over medium heat.
- Add carrots, celery, and onion; cook and stir until the onion is tender.
- Stir in garlic, oregano, basil and pepper. Cook for 2 minutes.
- Stir in lentils and tomatoes; then add the vegetable broth and water.
- Cover and bring to a boil. Reduce heat, and simmer for at least 1 hour or until lentils are tender.
- Serve. (Leftovers can be stored in the refrigerator and reheated on the stove or in the microwave. The soup will taste even better the next day!)

NUTRITION INFORMATION

Serving size: 1 cup. Amount per serving: 151 calories, 3g total fat (0g saturated fat), 0g cholesterol, 24g carbohydrates, 9g protein, 7g total fiber, 248mg sodium.

SOURCE: NATIONAL INSTITUTES OF HEALTH



Prostate Problems

DON'T PANIC, BUT DO GET SCREENED

MEN EXPERIENCING PROBLEMS with urination may have a common prostate disease with symptoms that worsen with age, says Brent Carlyle, MD, urologist with Rome Medical Practice Urology.

Benign prostatic hyperplasia (BPH) is a very common cause of urination symptoms, such as weak urinary stream, frequent urination and getting up at night to urinate.

“For men with symptoms of BPH, there are medications and minimally invasive office procedures that can make a big difference,” says Dr. Carlyle.

The prostate is a gland of the male reproductive system located just below the bladder. The three most common conditions affecting the prostate are BPH, which causes enlargement of the prostate; prostatitis, a temporary swelling of the prostate due to infection or injury; and prostate cancer. All of these conditions may cause difficulty in urination, so it is important for men who may be experiencing urination problems to see a urologist to determine the cause.

EARLY DETECTION IS KEY. Most men diagnosed with prostate cancer have no symptoms, says Dr. Carlyle. That’s why it is important for men over 50, or who have a family history of prostate cancer, to see an urologist or their primary care provider regularly to be screened for the disease.



Brent Carlyle, MD

To schedule an appointment with Dr. Carlyle, or any of the urologists at Rome Medical Practice Urology:



**CALL
315-356-7390.**

The office is located in the Griffiss Professional Complex at 267 Hill Road, Suite 300, accessed by turning on Avery Road next to AmeriCU Federal Credit Union.

“Symptoms from prostate cancer, unfortunately, often mean the disease has progressed significantly,” Dr. Carlyle explains. “The goal of routine screening is to detect and treat the cancer before it gets to that point.”

Prostate cancer can often be detected early with a simple blood test that measures the amount of prostate-specific antigen (PSA) in the blood. A health care provider can also check the size of the prostate through a physical exam.

“Men between the ages of 55 and 69 benefit the most from prostate cancer screening,” Dr. Carlyle continues. “Younger men and older men may also benefit depending on certain risk factors.”

According to Dr. Carlyle, prostate cancer sometimes has a hereditary component. “Men with a father or brother with prostate cancer have a two to three times relative risk of having prostate cancer as compared to other men,” he says.

Finding prostate cancer early, when it is small, also determines what treatment is needed to combat it.

“The diagnosis of prostate cancer does not necessarily mean treatment,” Dr. Carlyle says. “Some men will be advised to pursue radiation or surgery, while others will be advised to proceed with active surveillance. Active surveillance means keeping a close eye on the cancer, but not necessarily intervening to treat it.”

Age of the patient and other factors determine which approach is best.

BREATHE EASY, STAY HEALTHY

PULMONARY REHAB CAN HELP YOU CONTROL YOUR BREATHING PROBLEMS

FOR JIM CHRISTMAS, of Camden, retirement did not mean relaxing in an easy chair. Not one to just sit around, Jim was happy to find a part-time job at Camden Forest Park, where he does mowing, raking, and occasional painting and construction work.

When breathing problems began to make Jim's hard work even harder, he was afraid that spending more and more time in that easy chair might be his future.

Jim sought help from pulmonologist Mohammad Seedat, MD, of Rome Pulmonology and Sleep Medicine. Dr. Seedat diagnosed Jim with COPD (chronic obstructive pulmonary disease) and sleep apnea. As his breathing problems worsened, Jim eventually had to be on oxygen 24/7. Even that didn't slow him down though. He just put a portable oxygen tank on his back and kept right on working.

Last winter, Jim's breathing problems were further complicated by illness. People with COPD are at higher risk for developing pneumonia, and three bouts of pneumonia last winter literally knocked the wind out of Jim. His breathing problems really began to affect how much physical activity he was capable of doing. That's when Dr. Seedat suggested that Jim consider the Pulmonary Rehabilitation Program at Rome Memorial Hospital (RMH).

The Pulmonary Rehab Program teaches patients the benefits of regular exercise with breathing techniques to help control shortness of breath. Examples include riding a stationary bike, walking on a treadmill or doing

weight-bearing exercises in a chair. Participants learn how the lungs work and how lung problems affect breathing. Information on medications and equipment, such as how and when to take medica-

tions and how to use oxygen (if prescribed), is also part of the program. "At first I was not sure about trying pulmonary rehab," Jim says. "Exercise—I don't do that kind of stuff. I never worked out in my life. But I had gotten to the point where I could barely climb the stairs. My breathing problems were really starting to slow me down, and I needed to do something."

Jim says he was really surprised at the results he saw after just a few weeks of pulmonary rehab. "The whole program is just great," Jim says. "I learned how to breathe right. They taught me how to blow out when I'm exerting myself instead of holding my breath, which I did. I remember doing that. I was able to gradually increase my levels on the exercise equipment. I really began to see a difference in my breathing, and it didn't seem to take that long."

Jim started pulmonary rehab in early March and graduated from the program in April. He had three goals at the beginning: to increase his strength and endurance, to learn proper breathing techniques and to decrease his shortness of breath.

When he started, Jim never imagined that the exercise and education he received through the Pulmonary Rehab Program could actually allow him to manage his breathing without the help of oxygen. After completing the program, Jim is breathing so much better that he only needs

 RMH's Pulmonary Rehab Program can help you catch your breath by calling 315-338-7149.

AT A GLANCE

RMH's Pulmonary Rehabilitation Program

For most people, the winter can just be a nuisance. But for people with chronic obstructive pulmonary disease (COPD), cold temperatures and blustery weather can make breathing more difficult.

Lynda Ferris, MS, RRT, Coordinator of the Pulmonary Rehabilitation Program at Rome

Memorial Hospital (RMH), offers the following suggestions for staying healthy with the change of seasons. While these tips may be most beneficial to those dealing with breathing problems, they are also good advice for everyone.

- 1 Drink plenty of fluids, especially water to help keep secretions from becoming thick.
- 2 Watch humidity levels in your home to prevent the buildup of mold and mildew. A basic humidity meter can help monitor this. Try to keep the level below 40 percent.
- 3 Watch for early warning signs of breathing problems, such as change in color or consistency of secretions, wheezing, chest tightness, and

increased shortness of breath. Report these early to your physician to help reduce the chances of problems worsening and requiring an ER visit or hospitalization.

CATCH YOUR BREATH WITH PULMONARY REHAB. The Pulmonary Rehabilitation Program at RMH combines exercise and education to break the downward spiral of a patient's physical condition due to COPD and other chronic respiratory problems. The program is designed to help these patients participate in activities with less shortness of breath, as well as teach them how to live better with their lung condition.



BENEFITS OF EXERCISE: Jim Christmas says he never worked out in his life, but when he saw how much physical exercise helped improve his breathing, he now hits the Pulmonary Rehab gym twice a week. Jim says he is living proof that anyone can improve their health and ease their breathing problems by attending the Pulmonary Rehab Program at Rome Memorial Hospital.

additional oxygen at night through his CPAP machine for his sleep apnea.

“I never thought I’d come off the oxygen,” Jim says. “I thought I would be on that for the rest of my life.”

“It is unusual for a person to come off oxygen after pulmonary rehab,” says Lynda Ferris, Coordinator of the Pulmonary Rehabilitation Program at RMH. “There have been other cases where we were able to get oxygen lowered or discontinued, but that is not the norm. Jim is very motivated and compliant with all his therapy. He has really given his all to exercise, and I do believe that’s made a huge difference for him.”

“Since starting pulmonary rehab, Jim has increased his six-minute walk distance by 200 feet, which is a 16 percent increase for him,” Ferris

continues. “For people with COPD, if we see at least a 100-foot improvement in their walk post-program, it is considered successful. “And his shortness of breath has decreased by 50 percent.”

“I really learned to pay attention to my breathing,” Jim says, “and the importance of regular exercise and breathing. There was a lot I didn’t know, and I learned a lot about managing my breathing problems.”

Jim now enjoys retirement and his work much more since he is breathing better.

Take it from Jim: “Come here to the Pulmonary Rehab Program, don’t put it off. You might think that you can’t do this, but you really can. I’m living proof of it. It’s a good program. It definitely helped me.”

If you have a difficult time catching your breath due to a chronic lung condition, outpatient pulmonary rehabilitation can help you breathe easier again by slowly rebuilding your strength and conditioning while also providing education and information to help you better manage your disease.

Pulmonary rehabilitation serves adolescent to geriatric patients with any chronic lung disease or condition that affects breathing, including:

- COPD.
- Pulmonary fibrosis.
- Asthma.

- Chronic bronchitis.
- Cystic fibrosis.
- Neuromuscular disorders.


The Pulmonary Rehab Program features:

- **Exercise** to help you increase endurance, strength and flexibility. You may ride a stationary bike, use a treadmill or do exercises in a chair. You will be taught **stretches** to do before and after exercise. You may also use weights to build strength. Your pulse rate and oxygen levels will be checked.

- **Education** about how the lungs work and how your lung problem affects your breathing.
- **Medication and equipment education,**

such as how and when to take medications and how to use oxygen (if prescribed).

- **Breathing techniques** to help you learn to control shortness of breath.
- Education about **how to pace yourself** during daily tasks to give you more energy and help you do more in your daily activities.

 For more information about the program at RMH, please call **315-338-7149**. The Pulmonary Rehabilitation Program is certified by the American Association for Cardiovascular and Pulmonary Rehabilitation for the highest standards in pulmonary rehab.

Don't Take a Holiday from Heart Health

HERE COME the holidays! For some, it's one of the happiest times of the year. But when you're trying to do right by your heart, the holidays can pose a challenge. Festive favorites are often calorie-rich and loaded with sodium and fat. And schedules can be rushed. Between shopping and decorating, who has time for exercise?

Well, you can enjoy the festivities without letting your heart down. Start with these tips from the American Heart Association and the Academy of Nutrition and Dietetics:

MODERATION. At the holiday buffet table, the key is portion control. These ideas can help:

- Eat a healthy snack before you attend an event with food.
- Trick your eyes with smaller plates—your portions will look bigger.
- Fill your plate with veggies before moving on to entrees.
- Slow down. Try this trick: Put your fork down between each bite. Savor the flavor—and the moment with family and friends. The more time you

spend chatting, the less time you'll spend eating.

■ Wait 10 minutes before getting seconds to see if you're still hungry.

And finally, you don't have to skip your favorite treats altogether. Try just a little taste of each, and really enjoy it. Remember, there will be plenty more next year! Or even next week.

HEART-HEALTHY IN YOUR HOLIDAY KITCHEN. Will you be hosting a family dinner? To help you (and your guests) eat healthier:

Cut fat where you can. Try to limit artery-clogging fats when preparing meals. For instance, use olive oil instead of butter. Or choose low- or fat-free milk instead of heavy cream. Opt for baking foods, rather than frying.

Flavor your favorites without salt and sodium. Try lemon juice or herbs and spices—for example, garlic, rosemary, cloves or thyme. And to get rid of extra salt, rinse canned foods before you add them to dishes.

Offer beverage options



without alcohol or added sugars. For a festive, tasty holiday punch, add some 100 percent fruit juice to club soda. Or prep a pitcher of ice water with lemon wedges or mint leaves—beautiful, refreshing and sugar-free. For hot drinks, keep your kitchen stocked with spiced or fragrant teas. They can be just as comforting as a cup of cocoa.

KEEP YOUR HEART IN MOTION. Invite the kids and grandkids for after-dinner walks with you. Or start out a shopping trip with a few laps around the mall. Heart-healthy exercise still deserves a spot on your busy schedule!

Be Good to Your Heart

RMH's retail pharmacy offers free blood pressure screenings from 10 a.m. to 1 p.m. on the fourth Thursday of each month. Mark your calendar to have your blood pressure checked on Dec. 28 or Jan. 25. The retail pharmacy is on the ground floor of the hospital with easy access from the Bartlett entrance off East Oak Street.


SATURDAY , FEB. 24

Rome Indoor Walk: Join Us!

According to the American Heart Association, exercising for as little as 30 minutes a day can reduce your risk of heart disease.

Joining a team for the American Heart Association's Rome Indoor Walk may be a good place to start.

For the 15th consecutive year, Rome Memorial Hospital is the site sponsor for the event, which will take place on Saturday, Feb. 24, at Rome Free Academy. Registration begins at 8 a.m.

 For more information, call the American Heart Association at **315-580-3964**.

TIMELY CARE

More Scheduling Options at the Women's Imaging Center

WOMEN NOW HAVE more options for mammogram appointments, thanks to the addition of a second 3D mammography machine and additional hours at the Women's Imaging Center at Rome Memorial Hospital (RMH), an American College of Radiology (ACR) Breast Center of Excellence.

Because everything is sharper and clearer in 3D, images produced by 3D mammography have been proven to be better at locating breast cancers while they are still small and more easily treatable. And 3D images allow radiologists to better pinpoint the size, shape and location of breast abnormalities for women of all ages and breast densities.

The Women's Imaging Center has added a second 3D mammography unit, which provides greater availability of appointment times for women.

RMH is the only facility in the area that can perform needle biopsies guided by the clarity of 3D mammography images. The 3D mammography equipment used at the Women's Imaging Center is the lowest dose system available and does not require any more breast compression than a traditional 2D exam.

The Women's Imaging Center at RMH received designation



as an ACR Breast Imaging Center of Excellence by earning ACR accreditation in mammography, stereotactic breast biopsy, breast ultrasound (including ultrasound-guided breast biopsy) and breast MRI. Being named a Breast Imaging Center of Excellence acknowledges the Women's Imaging Center's high practice standards in image quality, personnel qualifications, facility equipment, quality control procedures and quality assurance programs.

New, Expanded Mammography Appointment Hours:

- Everyday appointments 7:15 a.m. to 4:15 p.m., Monday through Friday.
 - Extended hours available as early as 6:30 a.m. or as late as 7 p.m. during the week.
 - Frequent Saturday availability from 7:15 a.m. to 2 p.m.
- For availability of extended weekday and weekend appointments, call the Centralized Scheduling Office at **315-338-7338**.

SHARPER AND CLEARER 3D IMAGES:

Mammography technologists Michele L. Rossi, RT(R)(M)(CT), left, and Michele L. Charbonneau, RT(R)(M), take a look at one of Rome Memorial Hospital's 3D mammography systems.

Learn more about mammograms at RMH at romehospital.org or RMH's Facebook page.



Now Open: Physicians Urgent Care at Griffiss

CONVENIENT WALK-IN URGENT CARE SERVICES are now available in Rome for patients ages 2 and older, say Rome Memorial Hospital (RMH) President and Chief Executive Officer David Lundquist and Slocum Dickson Medical Group President Maria Gesualdo, DO.

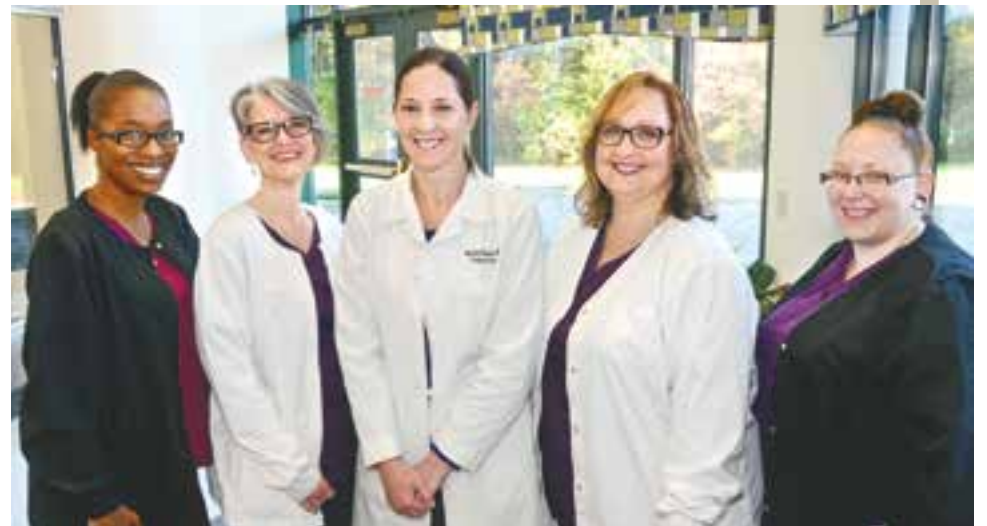
Physicians Urgent Care at Griffiss is open in the Mohawk Glen medical building in Suite 120, located in the rear of the building. Open to the public, Physicians Urgent Care participates with most major insurance plans, including Medicare and Medicaid.

“Restoring urgent care services to meet the community’s needs has been one of our top priorities,” Lundquist says. “We are excited to be working with Slocum Dickson Medical Group, who will be staffing the new urgent care with a physician on-site, working in collaboration with nurse practitioners and physician assistants to provide expert, personal medical care for minor illnesses and injuries.”

“We are very excited to be part of this new urgent care,” says Dr. Gesualdo. “This is a wonderful example of how two organizations, using high-quality standards, can join forces to help meet the needs of our community.”

“Slocum Dickson has extensive experience providing quality urgent care services for the treatment of minor problems, such as sprains, broken bones, cuts, common illnesses and job-related injuries,” Lundquist says.

When a patient can’t wait for an appointment with their provider, Physicians Urgent Care is an alternative for minor problems



EXPERT, PERSONAL CARE: Rome Memorial Hospital and Slocum Dickson Medical Group have joined forces to bring urgent care to the community. The team at Physicians Urgent Care at Griffiss provides expert, personal care for minor illnesses and injuries. Pictured, from left, are Danesha McLeod, CMA; Patti Gambier, LPN; Shelly Hearn, MD; Judy Verminski, RN; and Jeanette Ramos, RN.

that aren’t serious enough for the Emergency Department.

“The urgent care is currently open 9 a.m. to 3 p.m., Monday through Friday, but we will expand our hours to meet the community’s evening and weekend needs,” Lundquist explains. “Because of the critical need, we felt it was important to open the office as soon as possible and expand hours into the evening and weekends as we become fully operational.”

Physicians Urgent Care at Griffiss is a member of RMH, with expert providers from Slocum Dickson Medical Group. RMH is a nonprofit health care system based in Rome, providing services to patients throughout central New York. From primary care to long-term care, RMH delivers quality, compassionate medical care for every stage of life. With its specialized senior behavioral health unit and residential health care facility, the hospital is recognized as a valuable resource for senior services. The hospital earned special designation as a NICHE (Nurses Improving Care for Healthsystem Elders) facility for providing quality care for older adult patients. RMH is an affiliate of St. Joseph’s Health.

Prompt Walk-In Care

9 a.m.—3 p.m. Monday-Friday
Griffiss Business & Technology Park
91 Perimeter Road, Suite 120, Rome
Visit romehospital.org/PhysiciansUrgentCare or call
315.356.7777

CALL US!



Rome Pulmonology & Sleep Medicine

Mohammed Seedat, MD
Katherine M. Freeman, RN, MS, FNP-C

- Pulmonary Disease
- Sleep Medicine
- Internal Medicine
- Critical Care



267 Hill Road, Suite 300, Rome, NY
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SENIOR CONNECTIONS

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