



NNY Health

*Your connection
to the north
country's health
world.*

A Watertown Daily Times and
Malone Telegram publication

Daily updates: NNY360.com January 2025



SUNY Canton honors longtime nursing professor with lab. Page 5

■ **New labor lounge open
at Lewis County General.**

PAGE 2

■ **Canton doctor earns
statewide rural health
award.**

PAGE 4

■ **FDRHPO honors health
heroes.**

PAGE 6

■ **Healthy tips for the
holiday season.**

PAGE 10

■ **Carthage Area Hospital
to open pediatric center in
Watertown.**

PAGE 11



Emeriti guests and SUNY Canton patrons stand with the new signage in Wicks Hall at the rededication of the Virginia McAllister Nursing Laboratory. Pictured (l to r) are Vice President for Advancement Tracey Thompson Hastings; retired nursing faculty members John Conklin, Paula Bouchard Jacques, Christine Brassard, Joan Fregoe; retired accounting Professor Daniel Fay; and SUNY Canton President Zvi Szafran. SUNY Canton photos

Long term care workers at Samaritan, nominated by peers, are recognized for their excellent work. Page 11

*Learn more
inside*

**NORTHERN NEW YORK'S FOREMOST HEALTH PUBLICATION
BRINGING THE NEWS TO YOU**

Lewis County Health System Opens Maternity Labor Lounge

LOWVILLE — The Lewis County Health System has announced the opening of a labor lounge in the maternity department at Lewis County General Hospital.

The Labor Lounge will support maternity patients who are experiencing early stages of labor but are not in active labor. Often patients who are not in active labor are sent home and told to return when they are in active labor. Patients can be admitted under the observation of a maternity nurse to the Labor Lounge where maternity staff can provide them with physical and emotional support as they prepare for the birth of their child.

The Labor Lounge is located in the former maternity department operating room that is no longer needed because there is direct access to the operating room



Expectant mothers in the early stages of labor can utilize the Lewis County Health System Maternity Lounge. Photo provided by Lewis County Hospital Foundation

in the new Surgical Pavilion. The Labor Lounge includes a couch, chairs, TV, a dining area, a snack station and soothing music. It also includes birthing balls, rebozo wraps, yoga mats, yoga balls and a yoga bar to provide

the laboring mothers with tools to ease labor discomfort, anxiety and fear. Patients in the Labor Lounge will be monitored with wireless monitors to gauge their labor progression. Once the patient is in active labor



The Lewis County Health System Maternity Lounge has equipment including birthing balls and yoga mats to help ease labor discomfort. Photo provided by Lewis County Hospital Foundation

they will be transferred to a birthing room.

The labor lounge is a unique space for the patient and her support person to assist them in having a positive laboring experience as they transition from the ear-

ly stages of labor to active labor in a safe and comforting environment that supports an uncomplicated delivery. The labor lounge has been made possible with a grant from Brookfield Renewables U.S.

Gillibrand backs bill to extend health care subsidies

By **ALEX GAULT**

agault@wdt.net

Federal subsidies that help make Affordable Care Act healthcare plans cheaper are soon expiring, and U.S. Sen. Kirsten E. Gillibrand is warning that will mean higher costs or loss of coverage for millions of Americans.

Sen. Gillibrand held a virtual news conference urging the U.S. Congress to pass the Health Care Affordability Act, which would permanently fund the premium tax credits that help cover the cost of coverage for plans obtained through state individual health insurance marketplaces set up by the ACA.

“With critical Affordable Care Act subsidies set to ex-

pire next year, millions of Americans could soon pay thousands more for health insurance or lose their coverage entirely,” she said. “The enhanced premium tax credits were enacted by the American Rescue Plan, and extended by the Inflation Reduction Act, and they were created to bring down the cost of premiums for low and middle income individuals and families.”

Gillibrand said about 200,000 New Yorkers benefit from the credits, and more than 20 million people across the U.S. have received them since they were created.

If they’re dropped, as they are set to at the end of 2025,

an estimated 4 million people will lose their coverage because the premiums will become too expensive for their budgets, and the marketplace premium for a New Yorker could grow by \$1,440 on average per year. For a New Yorker age 45, making \$52,000 per year, the premium would go up by \$4,000, and a family of four making \$126,000 per year would see an increase of over \$16,000.

Gillibrand said she’s asked Congressional leadership to take action on the HCAA as fast as possible, and is also cosponsor of another bill in the Senate that would update the metrics used to calculate credits for marketplace plans to lower deductibles across the board,



Sen. Kirsten Gillibrand, D-N.Y., had an A rating from the NRA when she was a U.S. representative. She now has an F after moving left on the political spectrum. Bloomberg photo by Aaron P. Bernstein.

and add in more benefits for families.

“Nobody plans to get injured or fall sick, but every

American at some point in their lives will need access to affordable healthcare,” she said.

Samaritan Medical Center
Welcomes

Jane M. Simpson, DO

Palliative Care

Palliative care is a specialized type of medical care for people with serious or life-threatening illnesses, at any age. It focuses on improving quality of life by managing symptoms, providing relief from discomfort, helping make difficult medical decisions, and addressing physical, psychological, and educational needs.



Specializing in:

- Relief from symptoms including pain, shortness of breath, problems with sleep and many more.
- Communication about a patient's goals, concerns and treatment options
- Coordination of care among all healthcare providers
- Emotional, practical, and spiritual support

Learn more about Dr. Simpson:



Now Accepting New Patients!
315-785-4673



Healing wounds *is all we do.*

For wounds that will not heal on their own, Samaritan's Advanced Wound Care Center provides comprehensive, advanced wound care in a local setting. Whether it's a cut, surgical incision or chronic wound, our team can help you reduce pain, avoid infection, speed healing and address lifestyle factors that can cause or interfere with your discomfort.

Learn more:

samaritanhealth.com/woundcare



Lewis County Health System recognizes recent certified nursing assistant graduates



Recently graduated certified nursing assistants are, in front, from left, Kayla Hubbard, Brooke Redmond, Miranda Johnson, Sydney Quin, Anna Mullin, Jill Tebo, Eryn Terry and Natalie Roberts. In back row are Elysia Weiler, Tia Bray and Taylour Gould. Photo provided by Lewis County Health System

Staff report

LOWVILLE — Lewis County Health System hosted a celebratory graduation on Nov. 1 for students from the most recent Certified Nursing Assistant (CNA) Program.

Registered nurse Jesica Nichols, Clinical Educator for Long Term Care, praised the graduates for the hard work and dedication that led them to complete the program.

“CNAs are the front line of nursing and a critical part of the care team,” Mrs. Nichols stated.

The New York State-approved course includes clinical and classroom instruction in resident care and prepares

students to sit for the CNA Nurse Assistant certification. In the skills lab, students practice taking vital signs and assisting with resident mobility and hygiene. The clinical experience also allows students to work with residents in the Lewis County Residential Health Care Facility, helping with activities of daily living and basic needs.

“All of the students are working at the Residential Health Care Facility, providing valuable and quality care for our residents,” stated Debra Wurz, nursing home administrator. “We are proud of our new graduates and so happy to welcome them to our team.”

Chief Executive Officer Gerald R. Cayer spoke about the value of seeing new CNAs trained locally in the health system.

“You represent the future of our healthcare system team,” said Mr. Cayer. “From this first step on the career ladder, along with some experience, you may be able to pursue an LPN or RN license. The following steps on the career ladder are in front of you, and we are here to help you pursue your healthcare dreams!”

For more information about the CNA training program, contact the hospital’s staff development office at 315-376-5610.

Canton doctor wins state rural health award

CANTON — Rheumatologist Eyal Kedar, MD, was honored in November as the recipient of the Dr. Gary Ogden Rural Health Practitioner of the Year Award through the New York State Association for Rural Health.

Kedar practices with St. Lawrence Health System.

To be considered for the award, an individual “must be a direct service provider who has demonstrated leadership in bringing health services to citizens of rural New York.” Candidates should further exhibit Dr. Ogden’s qualities that include “a passion for life; selfless dedication to their community, organization, and especially their patients; a strong sense of truth; and the conviction, belief, and action to make dreams a reality.”

Among the comments made for his nomination, it was noted “Dr. Kedar has made a huge difference in St. Lawrence County as the only rheumatologist in the area. He serves patients from several rural counties, and his services are in high demand. Dr. Kedar not only takes great care of his patients, but also keeps learning new skills and finding ways to improve the care he provides. He has also brought new treatments and clinical trials to his patients, giving them access to cutting-edge care they might not otherwise have.”

“It is a great honor to



Kedar

both receive the New York State Association of Rural Health’s Gary Ogden Award, and to be able to work as a rheumatologist in the North Country,” Dr. Kedar said.

“Rural areas require a generalist’s skill set and because of this I’ve been able to work in a very broad way that can be challenging to do in an urban area. This is the kind of work I love most, and I am thankful to Rochester Regional Health’s St. Lawrence Region Rheumatology team, the Clinical and Rural Health Research Department, and all of my patients for their support in building this specialty service line,” he added.

To learn more about Rheumatology services in the St. Lawrence Region, visit <https://www.stlawrencehealthsystem.org/services/allergy-asthma>.

Local Newspapers are ←

IMPORTANT

Any Way You Look At It

Nursing school faculty honored

SUNY CANTON LAB SPACE REDEDICATED



Paula Bouchard Jacques, a revered former SUNY Canton faculty member, holds up a box of index cards containing treatments and medication preparation transcribed by Professor Emerita Virginia M. McAllister at a rededication ceremony of the lab named after the late educator. The cards have been handed down through generations of nursing faculty and are now a part of the historic Nursing program.



Emeriti guests and SUNY Canton patrons stand with the new signage in Wicks Hall at the rededication of the Virginia McAllister Nursing Laboratory. Pictured (l to r) are Vice President for Advancement Tracey Thompson Hastings; retired nursing faculty members John Conklin, Paula Bouchard Jacques, Christine Brassard, Joan Fregoe; retired accounting Professor Daniel Fay; and SUNY Canton President Zvi Szafran. SUNY Canton photos

CANTON — A recent naming ceremony at SUNY Canton recognized two exceptional nursing faculty members who were integral to the college's history.

The SUNY Canton College Foundation Inc. championed an effort to rededicate a Wicks Hall lab space for professor emerita and college-wide Hall of Fame member Virginia M. McAllister, who is credited with creating the nursing program. The process was spearheaded by Professor Emerita and patron Linda L. Fay, who passed away two weeks before the Nov. 13 naming ceremony.

"Today, we honor Virginia McAllister, the nurse who founded the nursing program in 1966 and, through her incredible determination, developed its strengths and built it into a cornerstone of our health education curricula," said Vice President

for Advancement Tracey Thompson Hastings at the event. "We will also remember Linda Fay, a truly beloved member of our SUNY Canton family, who got the ball rolling. Her efforts are one of the main reasons we are naming this space."

McAllister's career spanned more than four decades in the nursing profession. She began working at SUNY Canton in 1966 when she helped establish, develop and direct the college's nursing program. In honor of her service, her friends and colleagues banded together to create the Virginia McAllister Award for Excellence in Nursing award in 1979, which is given annually to a senior nursing student who has demonstrated academic and clinical excellence.

SUNY Canton President Zvi Szafran said that the ceremony marked a mile-

stone in the evolution of the Nursing program.

"I didn't know Virginia McAllister," Szafran said. "I do know that our nursing program has educated well over 1,000 students. Graduates are at the core of the quality healthcare here in the North Country. She was a mentor to those she worked with and is truly one of the college legends responsible for SUNY Canton's evolution."

Szafran also noted Fay's absence during the event. "Linda Fay was someone who I was proud to know and work with," he said. "I know she would have been sad to have missed this event."

In addition to Fay, several retired Nursing educators and staff members contributed to the naming, including Christine Brassard, John Conklin,

Mary Jane Doelger, Joan Eurto, Joan Fregoe, and Paula Bouchard Jacques, among others. Jacques assisted college officials with unveiling the new signage denoting the space.

"On behalf of the past nursing faculty members, we thank Linda and all of you for making our wishes come to fruition and recognizing Virginia's dedication and love of the nursing profession," Jacques said. "Virginia's professionalism and her quiet manner brought forth confidence in her faculty. She brought a profound sense of cohesiveness within the group and in our program."

She also reflected on Fay's profound influence on SUNY Canton and the Nursing program. "Linda was known as the instructor with a heart," she said.

"Her respect for her mentor is personified by her endeavors to dedicate this lab to Virginia's honor and memory."

Originally founded as a two-year associate degree program, Nursing evolved into one of SUNY Canton's signature offerings. The college is now home to a one-year LPN program, a two-year associate degree, and a Bachelor of Science in Nursing program. The four-year program allows students to begin their careers while completing their education. These programs have agreements in place with Upstate Medical University for clinicals and further advanced studies, including a doctorate of nursing program.

RECOGNIZING 'HEALTH HEROES' WHO ARE CHANGING THE HEALTH AND WELLNESS OF NORTH COUNTRY COMMUNITIES

By **HOLLY BONAME**
FDRHPO

Fort Drum Regional Health Planning Organization (FDRHPO) and North Country Health Compass Partners honored three individuals in the North Country who have dedicated their work and free time to the health and wellness of their communities.

One Health Hero was chosen in each of Jefferson, Lewis, and St. Lawrence counties, and all three were honored Thursday, November 7 during

an award luncheon at the Hilton Garden Inn, Watertown/1000 Islands. The 2024 Community Health Heroes were:

- Jefferson County – Monica Behan Purcell, Founder and CEO, Compassionate Cancer Care Foundation

- Lewis County – Krisha Greene, Library Media Specialist, Wellness Team Captain, and Mindfulness Coordinator, Pulaski Central School

- St. Lawrence County – Martha Pickard Palmer, Dieti-

tian, St. Lawrence Health, and Board Member, GardenShare

“The Community Health Hero Awards are to celebrate individuals within our community, who go above and beyond in their daily tasks, to make our communities a healthier and better place to live,” said Kayla Quinn, Population Health Coordinator with FDRHPO. “These heroes, who may otherwise go unnoticed, are phenomenal examples of how we as rural Americans can creatively address



2024 North Country Community Health Heroes (L to R): Monica Behan Purcell, Krisha Greene and Martha Pickard Palmer stand for a photo after receiving their 2024 Community Health Hero Awards. Contributed.

FDRHPO
Fort Drum Regional Health Planning Organization

Building a Patient-Centered System for Health

- Population Health
- Health Information Technology
- Mental, Emotional and Behavioral
- Health Workforce
- Emergency Medical Services
- Clinical Quality Improvement

120 Washington Street, Suite 230, Watertown, New York 13601 * 315-755-2020

AllenCare Medical Transport

AMBULETTE SERVICE

Medical Appointments
Hospital Discharges • Dialysis
Family/Special Events

CALL FOR PRICING & SERVICE

Accepting Medicaid, Fidelis, VNA
Barry & Melodye Russell, Brushton, NY **518-651-9983**

the health disparities we face.”
The Community Health Hero Award – given in honor of National Rural Health Day (November 21, 2024) – recog-

See **HEROES H9**



Helping build and preserve your wealth

In rapidly changing financial markets, you want advice you can trust. At RBC Wealth Management, we view the safety and security of your accounts as a priority equal to helping you build, preserve, enjoy and share your wealth.

Now more than ever, financial advice you can trust. Call today.

Cyril Mouaikel, AWM, MBA
Managing Director –
Branch Director

William Tremont
Managing Director –
Financial Advisor

Donald Musnicki, AIF®, AWM
First Vice President –
Financial Advisor

Patrick Signor, CFP®, MBA
First Vice President –
Financial Advisor

Christine Cisco, CFP®, CPFA™
First Vice President –
Branch Director

Anthony Surber
Vice President –
Financial Advisor

John Nuber, CFA®, CPFA™
Associate Vice President –
Financial Advisor

The Watertown Branch of RBC Wealth Management

19485 U.S. Route 11 | Watertown, NY 13601 | (315) 788-4200

us.rbcwm.com/watertown



Wealth Management

Investment and insurance products: • Not insured by the FDIC or any other federal government agency • Not a deposit of, or guaranteed by, the bank or an affiliate of the bank • May lose value

Hospitals, clinics earn nursing designation

CANTON-POTSDAM, GOUVERNEUR, AND MASSENA ON THE PATHWAY TO EXCELLENCE

POTSDAM — Rochester Regional Health’s St. Lawrence Region announced its three local hospitals and clinical sites have earned the Pathway to Excellence designation from the American Nurses Credentialing Center.

The St. Lawrence Region is the only system of hospitals in New York State to achieve this global credential. It includes Canton-Potsdam, Gouverneur, and Massena hospitals, along with all their respective clinical offices. Worldwide, 235 organizations have earned the designation, with 210 of them being within the United States.

It took the entire team of St. Lawrence Region nurses three years to receive Pathway designation, which demonstrates their commitment to assuring nurses are involved in making decisions within the organization.

SLR Pathway/Magnet Pro-

gram Director Jolene Carotunuto, RN, pointed out that nursing is the largest profession in healthcare, and the SL nurses have a drive and passion for what they do, and a loyalty to the patients they care for.

“Nurses provide highly personalized patient care and are in-tune with their patients’ needs. The voice of nurses brings a unique focus to organizational decisions and high-quality results to patient-focused initiatives,” Carotenuto said.

The journey to becoming a Pathway organization involved joining the efforts of all the SLR nurses to standardize structures and procedures among the hospitals and clinical offices. They focused on the Pathway Standards by combining shared decision-making, leadership, safety, quality, well-being, and professional development across all

See AWARDS H9

WeCare Transport
Providing Compassionate & Quality Transportation

WHEELCHAIR TRANSPORT AMBULATORY TRANSPORT SERVICE STRETCHER TRANSPORT SERVICE

WeCare Transport Service, LLC
Do you need assistance getting to medical appointments? Choose WeCare for your transport needs.
Serving Clinton, Essex, Franklin & St. Lawrence Counties
518.651.7499
Medicaid, VNA & Fidelis Care, Private Pay. Credit Cards Accepted

Health Care For Everyone.

At Hudson Headwaters, our primary care providers are dedicated to meeting your specific health care needs, and keeping you in good health. We’re here for you— at every stage and every age.



HHN.org

inogen®

INOGEN® PORTABLE OXYGEN CONCENTRATORS

Call us toll-free at
1-855-602-7330



130-day risk-free trial- Return within 30 days of purchase for a full refund of purchase price.

PM230469 EN_EX_USA

Rx Only. © 2024 Inogen, Inc.

859 Ward Drive, Suite 200, Goleta, CA 93111

Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

Awards

From H7

the facilities, which provided nurses with the building blocks upon which nursing excellence can grow.

“To say I am proud of our nursing team for achieving this designation would be an understatement,” said St. Lawrence Region VP, Chief Nursing & Patient Care Officer Christina Latta, RN.

“Receiving our Pathway to Excellence designation took years in the making and our nursing team proved they were up for the task. I am proud to be a part of a team that believes in nursing excellence, well-being, and maintaining a positive culture in the work environment,” Latta said. “Through shared decision-making we empower our nurses to have a voice, and practice autonomy resulting in improved patient outcomes, higher

engagement, and greater retention.”

Carotenuto said that in being Pathway designated, the SLR of Rochester Regional Health promotes positivity for existing nurses. Furthermore, it serves as an attraction for bringing new nurses to the team.

“Hospitals that obtain the Pathway designation have a healthy work environment where nurses practice with independence and professional integrity. Nurses who

work in such organizations experience higher workplace satisfaction and professional growth. These hospitals also experience increased recruitment and retention of high-quality clinical nurses and nurse leaders,” she said.

“Nurses are interested in working at Pathway-designated organizations because they directly involve nurses in creating a positive workplace. In using their voices to influence decisions within a hospital or system, nurs-

es at Pathway institutions are influential in building a high-performing organization that provides exceptional nursing care,” Carotenuto said.

To learn more about being a nurse in the SL Region, visit <https://www.stlawrence-healthsystem.org/nursing>. To learn about Pathway to Excellence, visit <https://www.nursingworld.org/organizational-programs/pathway/>.

Heroes

From H6

nized North Country residents who have demonstrated outstanding public service and a commitment to improving the health and wellness of their community. Nominations were accepted from the community at large, and winners were selected by members of North Country Health Compass Partners.

“Each year we are impressed with the caliber of nominations and all the wonderful work being done to better the health and wellbeing of our community. What stands out the most about this year’s recipients is that they all come from different fields,” said Mrs. Quinn. “Monica runs a non-profit organization for patients diagnosed with cancer, Martha is a dietician and local and sustainable food activist, and Krisha is a library media specialist, mindfulness and wellness instructor, and an overall role model to young students. While each individual is making strides in their separate sectors, they are all actively pursuing a better community.”

At the luncheon, each Health Hero was presented with a plaque by their nominator after being congratulated by their peers and keynote speaker Kylie Schell, Founder and Executive Director of Encompass Recreation.

During the awards ceremony, the recipients had an opportunity to speak about be-

ing chosen for the award and the work they are dedicated to in their communities. Monica Behan Purcell said, “To be of service to others with love and compassion is a life worth living,” referring to the work her foundation does for cancer patients in the North Country. “Through these integrative cancer care therapies we are able to help treat the whole person, mind, body, and spirit,” she said.

Krishna Greene was honored with the 2024 Community Health Hero Award for her work in bringing wellness initiatives into her workplace. “The time you spend with others in nature and in the pursuit of personal wellness is truly time well spent, physically, emotionally, and socially. It has been such a joy to make these memories and build these connections.”

In St. Lawrence County, Martha Pickard Palmer was honored for the work she does both at GardenShare and with St. Lawrence County Health Systems. “Every day I make meaningful connections with the people I work with, discovering what truly motivates them to make healthier changes in their lives. This keeps me energized and passionate about the work I do,” she said.

The 2025 Community Health Hero Award nomination process will be announced on FDRHPO’s Facebook page and on the website www.fdrhpo.org in September.

Here is some background on each of the recipients: Monica Behan Purcell Monica Behan

Purcell has worn many hats throughout her lifetime. She had a successful career signed with RCA Records, developed her music-inspired fashion label, and most recently in life ventured into entrepreneurship creating a skin cell nutrient system containing antioxidant benefits for cellular rejuvenation called Modicum. Later, she developed her sister company Modicum Compassionate Care, which focused on the healing power of her skincare line for cancer patients. From there, she recognized the need for integrative therapies including massage, Reiki, yoga, meditation and breath work, acupuncture, nutritional counseling, wellness coaching, support groups, cranial sacral therapy, lymphatic massage, and sound therapy to help cancer patients through their journey with the disease and started the Compassionate Cancer Care Foundation. This foundation is the focus of her endeavors now and she has been able to serve patients throughout the tri-county region. When she is not serving her community, she can be found living with her husband, Eric, in Dexter or on Murray Island in the 1000 Islands.

Krishna Greene Krisha Greene has been working as a school librarian in the North Country for the last 19 years. She is currently in her first year as the Middle/High School Librarian at Pulaski Academy. Before her move to Pulaski, Krisha was the PreK-12 Librarian and Tech Integration Coach at Copenhagen Central School. In her role with Copen-

hagen she was the Wellness Committee Chair, Mentoring Committee Chair, Crisis Committee Chair, Social Committee Chair, Assistant Coach for Girls Varsity Softball and Vice President of the Copenhagen Teachers Association. Her passion for wellness and self-care inspired her collaborative work with the incredible staff at CCS, resulting in successful grant funding to provide staff and students with opportunities for wellness, mindfulness, and social-emotional learning (SEL) opportunities. Krisha is certified in YogaEd and the Zensational Kids Mindfulness Program and has led Yoga and Mindfulness activities for students and staff both during and after school. In addition to her Makerspace, Wellness and Healthy Cooking Clubs, Krisha also worked with the executive board of the Copenhagen Teachers Association to implement a SEL program for staff including a monthly Social Emotional Learning (SEL) Book Club, LC33 Hiking Challenge and 2-year SEL professional development event at FFA Camp Oswegatchie. Krisha loves to be active outside of her school responsibilities and is an avid runner and cyclist. Hiking and camping with her family and friends are two of her favorite activities and she can often be found walking with her family and dogs every evening on the family farmland. Her 3 daughters are her whole world, and her soulmate and super supportive husband helps to make everything she wants to do possible! Wellness is all about balance and Krisha finds bal-

ance in her life by finding joy in nature, joy at home and joy in her work.

Martha Pickard Palmer, MS, CNS, CDN Martha holds a Bachelor of Science Degree from Cornell University, in Ithaca, and a Master of Science Degree in Human Nutrition from the University of Bridgeport in Bridgeport, Conn. She currently works as a Clinical Nutritionist at Potsdam Primary Care, part of the St. Lawrence Health System. Working with a wide range of patients, dealing with pediatrics, and chronic illness. She enjoys helping her clients discover their nutritional deficiencies and imbalances that may be leading to ill health, and she counsels them on the uses of healing foods, lifestyle changes and supportive supplements to address their health needs. She enjoys getting to know her patients and helping them discover ways to take better care of their health. She is on the Executive Board and the Education and Outreach Committee for GardenShare. She started her professional career working with grass-based farmers for the partnership between Grazing Lands Conservation Initiative and the Adirondack North Country Association. She is very passionate about the connection between healthy farms and healthy people. She lives on her family farm with her husband, two children, pigs, chickens, dogs and cats. For more about National Rural Health Day, visit <https://norh.org/nrhd>.

Healthy tips for the holiday season

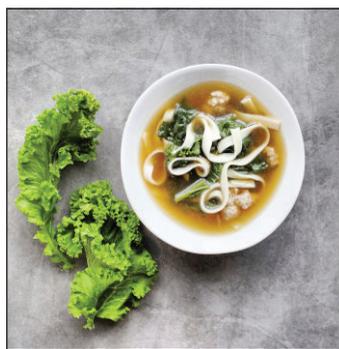
The holidays are a time where family and friends come together to celebrate, usually over a spread of beautiful and delicious foods. See the tips below for some ways to continue to meet your nutrition goals and still enjoy the flavors of the season.

If you're the host:

- Try low-sodium broths in your dishes.
- Try using Greek yogurt in place of sour cream in your dishes.
- Focus on whole foods rather than processed foods.
- Don't skimp on the vegetables.

If you're a guest:

- Don't skip meals before your event. Skipping meals can lead to overeating later in the day.
 - Don't feel obligated to get a little of everything. Focus on foods you really enjoy and pay attention to appropriate portion sizes.
 - If you choose to drink alcohol, make sure you drink water before and after your drink. Alcohol should be limited to two drinks per day for men and one drink per day for woman
 - If you love multiple holiday desserts, try to cut smaller portions instead of having multiple full slices.
- If you have any nutrition questions, concerns or would like to participate in



For those wanting to eat better in 2025 soup is a good option as it is filling and can make you feel better bowl by bowl. One such healthy option is kale with spicy meatballs soup. (Jessica. J. Trevino/Detroit Free Press/MCT)

nutrition counseling. Please contact your local Lewis County Office for the Aging to speak with our Registered Dietitian.

Health Matters is a weekly column centering on providing helpful tips for healthy living on an array of topics. Remember to get approval from your doctor before starting any exercise program or other health regimen. This week's column was provided by Amanda Woolnough, registered dietitian nutritionist and certified dietitian nutritionist at Lewis County Office for the Aging.

TAKE ACTION TO IMPROVE HEART HEALTH



BLOOD PRESSURE SELF-MONITORING PROGRAM

It's FREE Includes Blood Pressure Monitor



A SMALL INVESTMENT PRODUCES BIG RESULTS

The YMCA's Blood Pressure Self-Monitoring Program helps participants:

- Reduce their blood pressure by identifying patterns and trends on which act.
- Better manage their blood pressure over time
- Increase their awareness of triggers that elevate blood pressure
- Improve their knowledge of heart-healthy eating habits
- Enrich communication with their health care provider by sharing self-monitoring results

TO QUALIFY, YOU MUST:

- Be at least 18 years old
- Be diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

YMCA MEMBERSHIP IS NOT REQUIRED TO PARTICIPATE IN THE PROGRAM.

For program questions contact :
Michelle Graham
Email: mgraham@nnyymca.org
Phone: 315.782.3100
watertownymca.org

EXPERIENCE THE BENEFITS OF RED LIGHT THERAPY

ACHES • DIABETIC ULCERS • ECZEMA
ACNE • VARICOSE VEINS & MORE

CUTS • PERMS • COLORS • TANNING



3076 ST. RT 11 MALONE

518-319-4009 (Across From Carsada Dairy)

MON.- WED. 9AM- 6PM | THURS. & FRI. 9AM -5PM

Carthage Area Hospital to open pediatric care center in Watertown

Times staff report

WATERTOWN — Carthage Area Hospital, a member of the North Star Health Alliance, announced Monday that it will open a pediatric care center for families in the north country.

On Jan. 6, North Star Pediatrics will begin providing services at 1571 Washington St., Suite 107, in Watertown, offering care for children in the new location.

The team at North Star Pediatrics will feature providers Dr. Josiree Ochotorena, Dr. Fernando Ongkingco III, Dr. Sandra Timerman and Joyce Ndungu, family nurse practitioner, who previously cared for families at Child and Adolescent Health Associates.

According to a statement from North Star Health, the doctors will continue to deliver the same personalized and expert care patients have come to rely on, now with the added support and resources of Carthage Area Hospital and the North Star Health Alliance.

“We understand the importance of consistency and continuity of care in pediatrics,” Dr. Ochotorena, medical director of Child and Adolescent Health Associates, said in the statement. “Current patients can rest assured that the care they receive will remain the same, as we are committed to delivering personalized, patient centered care. By joining the North Star Health Alliance, we are gaining access to enhanced resources that will strengthen pediatric ser-



Dr. Josiree Ochotorena
Provided photo

vices for families in our community.”

North Star Health said families can feel confident knowing their trusted providers will continue to deliver the same compassionate care, with no changes to existing care plans or quality of service.

At the same time, North Star Pediatrics will welcome new families, expanding access to health care for all children in the community, according to the announcement.

As part of the North Star Health Alliance, the team will have access to enhanced resources and support, allowing them to provide even more comprehensive and collaborative care.

Located in the North Country Orthopaedic Group building in Watertown, North Star Pediatrics also offers families seamless access to same-day orthopedic and sports injury clinics, along with imaging services through the orthopaedic group NCOG, ensuring timely care, according to North Star Health.

Samaritan recognizes long term care workers for their excellent work



Rachel Hughes. Contributed.



Megan Catlin. Contributed.

Watertown, NY – Samaritan Medical Center is pleased to announce its outstanding workers in long term care (OWL) Award recipients for October 2024.

Samaritan Summit Village Certified Nursing Assistant (CNA) Rachel Hughes, and Samaritan Keep Home Certified Nursing Assistant Megan Catlin won the OWL Award for their respective facilities.

Hughes was nominated for the OWL Award by a family member of a Samaritan Summit Village resident who said: “Rachel is so welcoming, and she shows my loved one great care. Knowing Rachel is there for my loved one is a true blessing.”

Catlin was nominated for the OWL Award by Samaritan Keep Home Director of Nursing, Megan Larkins, with the following statement for nomination:

“Megan is kind and compassionate. She cares for our

residents as if they are her own family. She goes above and beyond to provide safe, quality care to all our residents. She is patient and gentle when she cares for our vulnerable residents with dementia and Alzheimer’s. Megan always comes to work with a smile on her face and greets our residents with a warm welcome to Samaritan Keep Home.”

Hughes and Catlin were presented with certificates and tokens of appreciation during recognition ceremonies at their respective facilities.

These awards will continue to be presented throughout the year, and nominations can be submitted by patients, families, or colleagues at any time. To make a nomination or to learn more about the Samaritan DAISY, BEE, and OWL Awards, visit www.samaritanhealth.com/dai-

sy-bee.

About Samaritan’s Long Term Care Services Caregivers at Samaritan Summit Village and Samaritan Keep Home provide round-the-clock skilled nursing care and significant assistance with the activities of daily life. Nursing homes have nursing staff on duty 24 hours a day to help individuals meet their daily physical, social and psychological needs. A licensed physician supervises each resident’s care and therapy, including speech, occupational, and physical therapy are available to provide rehabilitation services. Samaritan Summit Village also offers Assisted Living with six neighborhoods and apartments that are comfortable, functional, and safe. This facility is for those who need a little extra help while continuing an independent lifestyle.

MASSENA HOSPITAL
WOUND CARE CENTER

For Pain-free Hugs, We're Here for Donna.

Living with chronic disease is hard enough. But when chronic wounds made even the most joyful times difficult for Donna, she came to Massena Hospital's Wound Care Center.

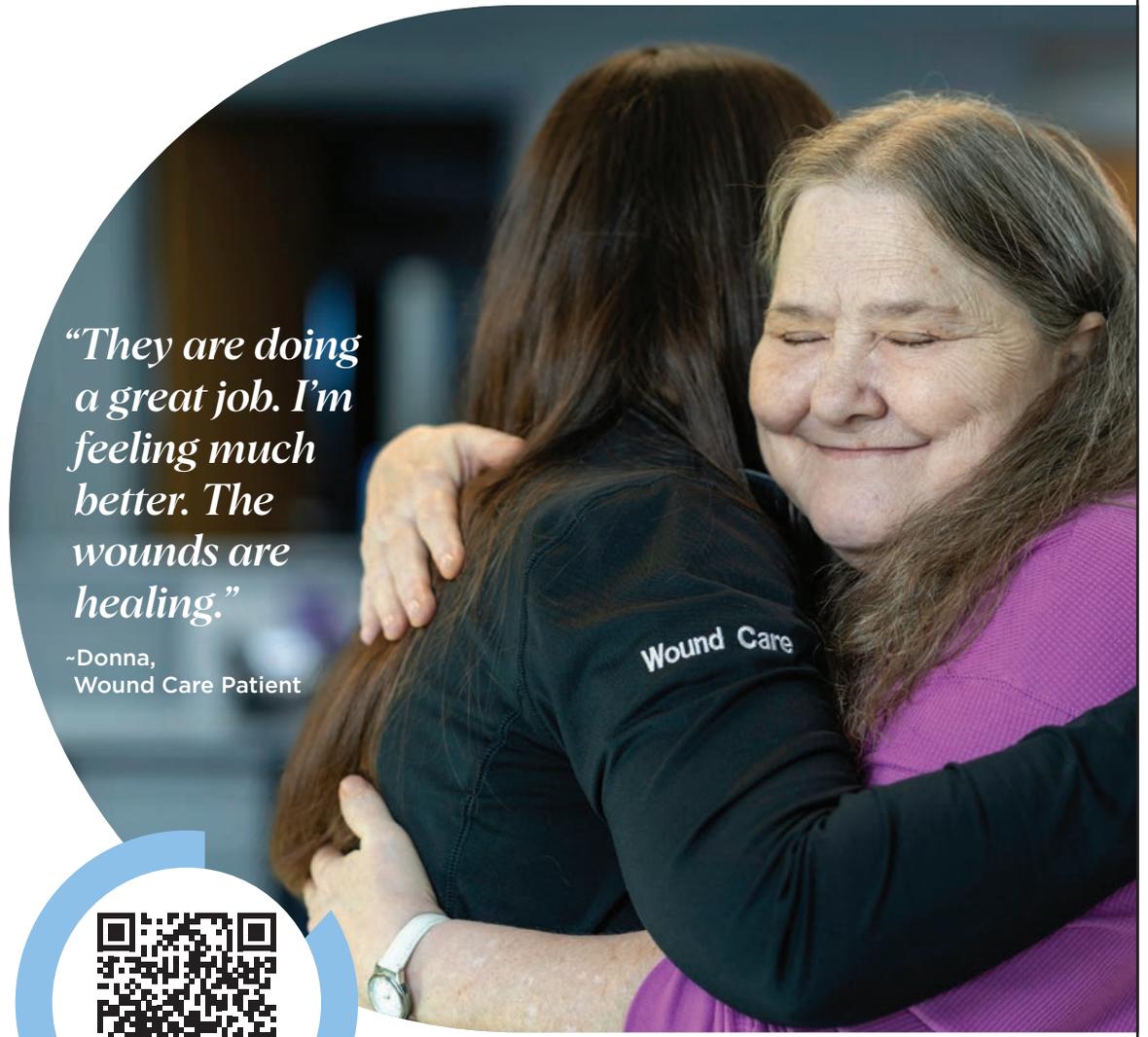
We looked at all aspects of her condition - nutritional status and vascular flow, lifestyle and mobility - and created a personalized healing plan specifically for her.

It's a comprehensive approach to wound care and it works.

"They are doing a great job. I'm feeling much better. The wounds are healing."

-Donna,
Wound Care Patient

Scan to hear Donna's story and find out more.



ROCHESTER
REGIONAL HEALTH