

**Waterville****Tower grant awarded**

The Community Memorial Hospital Foundation received a \$2,000 grant from the George W. Tower Foundation in December. The grant will be used to spruce up Waterville's Barton Memorial Family Health Center.

"Community Memorial has maintained its commitment to provide primary care to the Waterville area for nearly 20 years. The Tower Foundation has joined the hospital in that commitment by providing funding to support both facility and equipment needs, that might not be met without their involvement," said Vice President Administrative Services Michael L. Ogden. "Community Memorial and the Family Health Center staff, including Dr. Robert Delorme and Michelle Rhymestine, RPA, appreciate the recognition and support of the Tower Foundation, which helps us to meet the primary health-care needs of the greater Waterville community."

**Munnsville****Preventative vaccine**

Dr. Kerri Taylor of the Munnsville Family Health Center suggests that females as young as nine years old could benefit from Gardasil, the first vaccine against human papillomavirus (HPV). The vaccine prevents infection with the strains of HPV that cause seven out of ten cases of cervical cancer and nine out of ten cases of genital warts. Gardasil was approved by the Federal government last June.

"It is great to prevent cancer and the three shot Gardasil series has been proved effective in preventing cervical cancer in young women. Any female under the age of 21 should talk to her doctor to see if she a candidate," says Dr. Taylor.

Gardasil is available at all five Family Health Centers.

**Hamilton****Nurse practitioner welcomed**

Anne Bennett, a family nurse practitioner with vast and unique experience, has joined the staff at Community Memorial Hospital's Hamilton Family Health Center.

Bennett, who is accepting new patients of all ages—her former patients are welcome as well—is interested in establishing a practice in Hamilton because of the warm, family feeling she sees at the health center. As a family nurse practitioner she is able to treat a wide variety of cases and perform minor surgeries and procedures. She is also experienced with women's health issues.

Bennett comes to Hamilton most recently from Chenango Memorial Hospital's Sherburne office and walk-in clinic. Before that, she spent six years in Alaska, flying into remote native villages to care for people, from newborns to the elderly, with the full gamut of illnesses and injuries.

"When you are the only health provider for 700 miles, you do it all," says Bennett, who returned to the Lower

48 to care for her parents. In all, she has 16 years of experience as a family nurse practitioner and 20 more as a registered nurse, working in emergency rooms, a neurological rehabilitation facility and with an obstetrician and gynecologist.

Bennett, who grew up in Buffalo and Ft. Lauderdale, ran Champion Sheet Metal in Cortland before entering healthcare. "I can work a punch press and weld," she says.

The mother of two grown children, Bennett also has 17 foster sons, all in their 30s now, whom she took in when they were teenagers.

A member of the Mohawk tribe, Bennett enjoys fly fishing, painting and is an herbalist.

**Morrisville****Physician joins staff**

Dr. Sunny Nelson has joined the Community Memorial Hospital Medical Staff and will soon begin her practice at the Morrisville Family Health Center.

A highly-trained physician, Dr. Nelson is a graduate of Brigham Young University, where she majored in psychology and minored in visual studio arts. She went on to the University of Texas Southwestern Medical Center for her M.D. and completed her residency training at Oregon Health Science University. During the three-year program she gained experience with pediatric and adult patients, prenatal care and rural healthcare.

Dr. Nelson also completed a medical rotation in Delhi, India, worked in a tertiary care center in Guatemala and has volunteered in Ecuadorian hospitals and clinics. She has lent her energies to helping children, women and the homeless.

"I feel strongly that primary care is important," reports Dr. Nelson, "and I believe in providing medicine that is accessible to everyone. I look forward to seeing patients and building continuous relationships with them."

Dr. Nelson grew up in Odessa, Texas and attended Periman High—which gained nationwide attention thanks to "Friday Night Lights," the book, movie and television series about high school football. Even with the western slant to her resume, she has a Central New York connection. "Apparently, I have an ancestor named Ransom who lived and died in Hamilton in 1821 and is buried here."

In addition to researching her family tree, Dr. Nelson enjoys the outdoors. She draws and paints, and is trying to learn guitar and improve her Spanish. She and her husband Dan, a Syracuse University administrator, who coordinates research projects for the Maxwell School, live in Hamilton.

**Morrisville****Dr. Ohl returns**

Dr. Mark Ohl has returned to his practice after a three and a half month medical leave.

"I feel great. It is wonderful to be back seeing patients and being productive," says Dr. Ohl. "I think I've always understood patients and their frustrations with disability, insurance and just feeling crappy day after day." After being a patient at Community Memorial, Dr. Ohl confirms something else he has known for a long time. "I treasure the nursing staff. They are professional, organized and



**Dental Arts in the Morrisville Family Health Center** provides full service dental care with a friendly, cheerful approach. The staff, from left, Cathy Stradling, Jennifer Loveless, Jan Davis, Dr. Donna Castle and Diane Strong, is all about smiles.

**The Family Health Centers offer a full range of services including obstetrics, pediatrics, adolescence, adult and geriatric care.**

**Cazenovia****Family Health Center**

3045 Route 20 East  
Cazenovia, NY 13035  
315-655-8696

Barbara Harceleroad, MD  
Carolyn Coveney, MD  
Cynthia Jones, MD

**Hamilton****Family Health Center**

164 Broad St.  
Hamilton, NY 13346  
315-824-4600

Ken Werner, MD  
Anne Bennett, NP

**Morrisville****Family Health Center**

3460 South St.  
Morrisville, NY 13408  
315-684-3117

Mark Ohl, MD  
Sunny Nelson, MD

**Morrisville****Dental Arts**

3460 South St.  
Morrisville, NY 13408  
315-684-7840

Donna Castle, DDS

**Munnsville****Family Health Center**

5180 South Main St.  
Munnsville, NY 13409  
315-495-2690

Kerri Taylor, DO  
Melanie Angell, RPA

**Waterville****Family Health Center**

117 West Main St.  
Waterville, NY 13480  
315-841-4184

Robert Delorme, MD  
Michelle Rhymestine, RPA

sensitive. I hear from my patients the nurses are wonderful and they are.”

Dr. Ohl is appreciative of his colleagues who filled in for him, and by the number of supportive cards and notes he received. “It’s gratifying and it’s good to be back. I missed the people I work with.”

## **Cazenovia** **Wise and flavorful**

As an internist, Dr. Cynthia Jones urges her patients to eat healthy foods. As an avid cook, she is interested in creating foods that taste good. And as the creator of Fish Creek Pomegranate Sauce (formerly Pee Wee’s Pomegranate Sauce), Dr. Jones has combined health and taste in a 12 ounce bottle.

“My mother was Lebanese and I grew up on pomegranates,” says Dr. Jones of the powerful and popular Mediterranean fruit that is high in antioxidants (that fight off cell-damaging free radicals) and phytonutrients (suggested to improve cardiac health). Her sauce is “a crafted wine reduction marinade” that is equally good on meat, fish, poultry and vegetables.

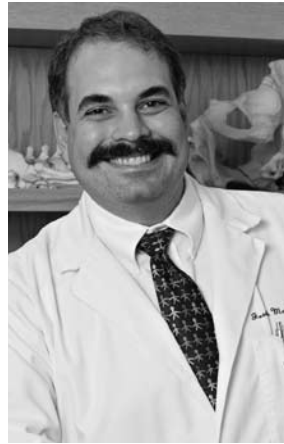
Dr. Jones also has a pomegranate vinaigrette, produces the artwork for the labels and has two more products in development. The sauce and dressing are available at Hamilton Whole Foods,

Nelson Farms, Fins and Tails and C.L. Evers in Syracuse as well as outlets in Old Forge, Ithaca, Skaneateles, Rochester and Portland, Maine.

Proceeds from the Fish Creek Products support animal care (the aforementioned Pee Wee is the feline mascot of the effort) and so it is possible, thanks to Dr. Jones, to have a healthy meal that tastes good and does good.

## **Cazenovia** **Orthopaedic Tuesdays**

Dr. Joe Maninno of Hamilton Orthopaedic Surgery & Sports Medicine sees patients every Tuesday afternoon in the Cazenovia Family Health Center. Dr. Maninno is able to offer the most advanced orthopedic care including arthroscopic rotator cuff repair, reconstructive knee and ankle surgery and total joint replacement. To make an appointment, call 315-824-1250.



**The Family Health Centers are open Monday – Friday 9:00 am – 5:00 pm. Evening hours are available.**

Family practice is a medical specialty concentrating on treating the whole patient both physically and emotionally over the course of a lifetime. Family practitioners are specially trained to treat patients at every stage of life and are able to provide health care for the entire family. The Family Health Centers of Community Memorial Hospital offer a continuity of care that is both medically important and reassuring for the patient.

The centers accept all patients regardless of ability to pay.

## **Hamilton** **New facility will open soon**

The new Hamilton Family Health Center is awaiting its State Department of Health inspection. The facility includes space to accommodate three physicians and will house the Family Health Center Business Office.



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