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Cardio Care

In the midst of 2022, Marney Rowland, age 53, was an avid walker, logging anywhere between four to seven miles daily. The tread on her sneakers showed her success, and the scale did, too, as she'd begun losing weight and feeling healthier. Dropping 25 pounds, Marney noticed her heart felt like it was skipping beats.

Community Memorial Primary Care Physician, Dr. Kerri Taylor, adjusted some of Marney's medications – but the condition worsened. When she began to see some kaleidoscope colors in the corners of her eyes, Dr. Taylor referred her to Dr. Avneet Singh, Cardiologist at Community Memorial. "I had seen a cardiologist about six years ago but hadn't had any abnormal findings," noted Marney. "These symptoms and everything that came after was unexpected."

In early November, Dr. Singh's office performed an EKG (electrocardiogram) on Marney – a test recording the heart's electrical signal to check for different heart conditions. After seeing some concerning results, a second EKG was performed immediately following. The next day, the office called Marney and asked her to return for a nuclear stress test, which uses an injection and an imaging machine to create pictures of the blood flow to the heart. Marney was then sent to Crouse Health in Syracuse for a heart catheterization, a procedure in which a thin tube is guided through a blood vessel into the heart.

"The doctor came in and said I had blockages and needed a five-way bypass, and I was sent to Upstate Hospital, next door, right away," added Marney. "They kept me a few days, and then I had surgery. Seven hours in the OR for what ended up being a quadruple bypass, then five more days as an inpatient, and I went home."

Post-op, Marney has some fluid still on her lungs, and her care team adjusts her medications and monitors her blood levels weekly. "Dr. Singh advised I will most likely be on A-Fib medication for a couple of months, which is common," stated Marney. "I feel better than I did yesterday but not as good as I'll feel tomorrow."

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Cardio Care continued

Home recovering, Marney notes the appreciation for her long-time primary care provider. "I've seen Dr. Taylor for 20 years, I love her – and now, I've got a great Cardiologist with Dr. Singh. He has a great attitude with patients and always lifts me mentally." Originally from the Oneida and Sherrill area, Marney moved north a few years ago, now traveling for an hour to see Dr. Taylor and Dr. Singh. "When you have a great medical provider you love, it's worth going the distance to them."

To learn more about the primary and specialty care services provided within the Community Memorial network, visit [CommunityMemorial.org](https://www.communitymemorial.org).

Community Memorial Hospital is a critical access hospital in Hamilton, NY and offers primary care in five locations; Hamilton, Cazenovia, Morrisville, Munnsville, and Waterville.

SPECIALTY OFFICE
(315) 648-6408

HAMILTON FAMILY HEALTH CENTER
(315) 824-4600

When you have a great medical provider you love, it's worth going the distance to them.

Marney Rowland



Meet The Providers

Avneet Singh, MD, FACC

Cardiologist

Dr. Singh is a Fellow of the American College of Cardiology and is certified by the American Board of Internal Medicine (ABIM) in Internal Medicine and Cardiovascular Disease. He is also certified by The National Board of Echocardiography (NBE), The Certification Board of Nuclear Cardiology (CBNC), and The Certification Board of Cardiovascular Computed Tomography (CBCCT). He is welcoming new patients at the Hamilton Heart Center.



Rebecca Dorn, FNP-C

Nurse Practitioner, Cardiology

Dorn earned her Associate's degree in Applied Science in Nursing from Fulton Montgomery Community College and her Bachelor of Science Nursing degree from SUNY Plattsburgh. She also obtained her Master of Science in Nursing as a Family Nurse Practitioner from SUNY Upstate Medical University in Syracuse. Dorn has more than 30 years of nursing experience, most recently specialized in providing urgent care services. She has also provided care to patients as a Hospitalist and previously served as an Emergency Department Director. She is welcoming new patients at the Hamilton Heart Center.



CEO Update



Welcome to the New Year!

2022 was undoubtedly a trying year for our providers and staff as we adjusted to this new pandemic era of healthcare services. This environment created some of the most significant staffing challenges of our time while we courageously served historical volumes of patients in our Emergency Department. These patients from our community also came to us requiring a higher level of care, which challenged our hospital as well as other regional medical centers that we rely on to accept our most critically ill patients when they needed advanced services. Caring for our patients is our number one priority, and we remain committed to increasing services to patients in this community.

In 2023 we brought back our February Go Red cardiac health program with Colgate University. This event featured our Cardiology team; Dr. Avneet Singh and Rebecca Dorn, FNP-C. Also coming up, we will host a free health clinic with General Surgeon Dr. Gregory Ripich for community members to get more information on hernias, prevention and treatment, as well as a free hernia screening. It is also important to CMH that we provide critical access to primary care through urgent care and same-day services in our five Family Health Centers.

Our ongoing transformation project will resume this year as well. Construction kicked off in 2019, with plans to modernize over half of our facility. While we completed the construction of our new Inpatient wing and Emergency Department, we were ultimately caught in the downstream impact of the global pandemic. Labor and supply costs have challenged the project, and the economy has continued to drive up financing costs. Community Memorial considered all options for moving this project forward. After months of consulting and consideration, we are excited to look forward to making good on our promise to the community to transform our facility and medical equipment to match the quality care that our team provides.

I want to acknowledge the hard work and dedication of our Community Memorial Auxiliary, a team of volunteers who have supported our team in many ways. Heavily impacted by the pandemic, their ability to host their fundraisers and perform their cherished volunteer activities in the hospital was drastically reduced. Thus, they persevered and continued to do everything they could to support CMH, and they had an incredible turnout at 2022's December Holiday Sale. In this edition, we share information on how to get involved with this group if you wish to learn more.

Seasonal Health: COVID vs. FLU vs. RSV

Regionally, hospital Emergency Departments, Urgent Care offices and primary care providers have experienced high volumes of illness in recent months, specifically respiratory illnesses. In the height of the pandemic, social distancing, mask mandates and increased hand washing practices impacted and decreased rates of flu and RSV – but since restrictions have been relaxed, rates of illnesses have spiked, with associated hospitalizations following.

COVID – CORONAVIRUS

COVID-19 is caused by SARS-CoV-2, a new coronavirus. Coronaviruses are a family of viruses named for their corona-like shape. Sometimes, the general term “coronavirus” is used with COVID-19, but this is technically incorrect because there are many types of coronaviruses in this family. Vaccines and booster shots are available to combat this virus.

FLU – INFLUENZA

The flu is caused by the influenza virus and spreads quickly during the winter months when people spend increased time together indoors. There are many influenza virus strains, which can change yearly, so you should get a flu vaccine each year.

RSV – RESPIRATORY SYNCYTIAL VIRUS

RSV is caused by the respiratory syncytial virus, a highly contagious virus that can infect children and adults. In adults and older children, RSV is typically a mild illness similar to the common cold. In infants and the elderly, the symptoms can be more severe.

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Seasonal Health: COVID vs. FLU vs. RSV continued

While COVID, the seasonal flu and RSV are highly contagious respiratory infections, they do have differences. To become better informed, check out the differences between these illnesses, what to know and where to go:

	COVID-19	FLU	RSV
SYMPTOM STATS			
Onset of Symptoms	Gradual Onset, Abrupt Escalation	Abrupt Onset	Mild Onset, Abrupt Escalation
Severity of Symptoms	Mild to Severe	Mild to Severe	Mild to Severe
Length of Symptoms	7-25 days	7-14 days	3-7 days
SYMPTOMS			
Fever	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Cough	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Red Eyes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sneezing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Body Aches	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sore Throat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Headache	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Fatigue	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Runny Nose	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Stuffiness	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Nausea/Vomiting/Diarrhea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trouble Breathing	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

KEY: COMMON RARE SOMETIMES

SOURCE: <https://www.labcorp.com/coronavirus-disease-covid-19/covid-news-education/covid-19-vs-flu-vs-rsv-how-tell-difference>



CMH Wellness Center

The Community Wellness Center of CMH offers guests and members the important benefits of exercise while encouraging healthy practices in individual nutrition goals. And, the personal trainers on staff can educate on strength training at no additional cost.




Personal exercises for individuals and groups are designed and monitored by the trainer and paired with guidance to ensure the safest and most beneficial use of fitness center time. Open to anyone looking to get healthier, the Wellness Center combines important topics of fitness, nutrition and education to make the biggest impact on maintaining health and wellness for the body and mind.

With unlimited use of the facility, there's an excellent selection of professional equipment with instructions on the safest and most efficient way to use everything from the elliptical-cross trainers to treadmills and weights. The friendly and social environment encourages members and guests of all ages and abilities to feel supported, no matter their exercise routine preference or experience level.



Know Where To Go:

Use this chart to guide your illness needs!

		
PRIMARY CARE PROVIDER	URGENT CARE	EMERGENCY ROOM
<p>Check-ups and regular screenings</p> <p>General medical and behavioral health questions</p> <p>Questions or concerns about medications</p> <p>Mild fevers</p> <p>Cold and flu symptoms</p> <p>Mild to moderate pain or discomfort</p> <p>Management of a chronic condition</p>	<p>Sprains and strains</p> <p>Mild allergic reactions</p> <p>Mild to moderate asthma symptoms</p> <p>Moderate pain or discomfort of joints or back</p> <p>Mild burns</p> <p>Minor cuts or wounds requiring prompt attention</p> <p>Animal or insect bites</p>	<p>Babies needing immediate care</p> <p>Significant difficulty breathing</p> <p>Broken bones</p> <p>Severe pain, especially in the chest or stomach</p> <p>Severe burns</p> <p>Possible drug overdose or poisoning</p> <p>Thoughts of suicide or self-harm</p>

To best protect yourself and your loved ones from all illnesses, continue to wash your hands, stay home when you are sick, and maintain a regular preventative wellness lifestyle with routine check-ups with your primary care provider. To learn more about the primary care services at Community Memorial, along with all other services offered, please visit us online at CommunityMemorial.org/family-health-centers.

The Wellness Center emphasizes a total body workout, targeting activities that feature balance, mobility, strength maintenance, cardiovascular health and more. Also available is physician input for programs to be tailored to goals and ability levels if participants prefer. As a community outreach for Community Memorial Hospital, the highest standards for a healthy and clean environment are met, with strict cleaning practices to ensure the safety of all.

Affordable monthly membership fees mean patrons do not have to travel to join a gym, and a local wellness program is instrumental in the community. Regular exercise has many benefits beyond physical, including the positive impact on reducing mental health disorders such as anxiety and depression while improving self-esteem. Exercise has been found to alleviate social withdrawal. The promotion of psychological well-being is continually fostered, with the consistent messaging of 'come, try and succeed'!

Located on Route 12B in Hamilton next to S&S Appliances, this space offers adequate parking and a comfortable atmosphere for workouts. Current hours of operation are 6 am-noon and 1 pm-5 pm, Monday through Friday. Multiple membership plans are available, including monthly and quarterly rates for individuals, couples and families (guests must be 14 or older and be accompanied by an adult).

The Wellness Center has served the community for over two decades, and the team invites those interested to come visit to observe and learn more about the facility, program and more!

To learn more about the Community Wellness Center:

173B Utica Street, Hamilton, NY 13346
CommunityMemorial.org/services/wellness-center
wellnesscenter@cmhhamilton.com
 (315) 825-0163



Community Memorial

Quality Healthcare Close to Home

150 Broad Street
Hamilton, NY 13346

Free Hernia Clinic Screening with Dr. Gregory Ripich

THURSDAY, MARCH 2, 2023
4pm-6pm

Cazenovia Family Health Center
3045 John Trush Jr. Boulevard, Suite 1
Cazenovia, NY 13035
(315) 815-1430

[CommunityMemorial.Org](https://www.CommunityMemorial.Org)



Welcoming New Members!

The Auxiliary of Community Memorial (CMH), founded even before the hospital opened its doors, was formed to support the new organization in various ways. Each year, several fundraisers are held, with all proceeds benefiting the Community Memorial health network. Funds raised have provided the hospital with vital equipment, furniture for physician offices, televisions for patient rooms and more.

As volunteers, the Auxiliary members aid the hospital in other ways, including supporting the reception desk, assisting with patient navigation, and patient and visitor temperature screenings. Additionally, the Auxiliary hosts the popular Holiday Sale held in the community each December.

The Auxiliary presents an opportunity to engage with and meet new people, try out skills and uncover hidden talents to make valuable personal contributions. There is always room for new members, and the Auxiliary welcomes anyone interested in volunteering to attend a meeting to learn more or reach out to the Auxiliary President, Gloria Gaudreau, at the information listed below. How much one volunteers is up to the individual – a few hours a day, week, or month, or on special projects; giving of oneself has many rewards and personal satisfaction. There are no restrictions on membership – all ages are welcome. Currently, there are bi-monthly meetings held on the hospital campus in Hamilton.

To learn more about the Auxiliary, its mission, membership benefits and more, contact President Gloria Gaudreau at gloria.gaudreau@gmail.com or auxiliary@cmhhamilton.com.



Thank everyone who supported the 2022 Holiday Sale! From those that donated crafts, CMH staff for donating raffle baskets, the Hamilton First Baptist Church for the space and everyone that attended the sale! **The 2022 proceeds exceeded \$8,000!**