August means back to school is just a few weeks away and time to schedule your child’s yearly immunizations that ensure their long-term health. Immunizations tell your child, “I will never let your health get in the way of your dreams.” During August, which is National Immunization Awareness Month plan an outing that includes a short visit with the pediatricians and primary care providers at Community Memorial Hospital Family Health Centers. Make immunizations a priority!

Following your child’s visit to one of the five Family Health Centers at Community Memorial Hospital you are given a summary of the visit and a list of your child’s current immunizations.

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**Be Prepared for Emergencies!**
Fear is a natural and an instinctual response that helps protect and keep us safe. Fear can be fun-like the rush of a roller coaster ride or fear can keep us from the things we should or want to do.

**Two New Physicians Join Community Memorial Hospital**
Community Memorial Hospital announces the addition of two new physicians who will join our Medical Staff.

**Community Memorial Launches Drug Take Back Program**
Community Memorial Hospital Pharmacy is one of only two locations in Madison County collecting leftover pharmaceuticals free of charge from residents.
“Most think their children’s shots are ‘up to date’, but vaccine recommendations do change periodically, and all children need booster shots from 4-6 years of age and again at age 11. Childhood immunizations are best given at your Medical Home, where all aspects of your child’s health are reviewed. At each visit, we review your child’s immunizations and provide you with an updated record. We also report all vaccines to the New York State Immunization Information System (NYSIIS),” said Jennifer Meyers, MD and Pediatrician at the Community Memorial Hamilton Family Health Center, a Level Three Patient-Centered Medical Home. “Additionally, a good guide for every parent or guardian, the Centers for Disease Control and Prevention (CDC) releases annually an immunization schedule that keeps you and your kids on track. You can visit their website at www.cdc.gov/vaccines/recs/schedules/default.htm for online tools and useful information that assures your child a healthy and uninterrupted school year.”

Did you miss any dates on the schedule? Not to worry! The CDC, with Georgia Tech has created a new online tool called the Catch Up Immunization Scheduler, www.cdc.gov/vaccines/schedules/hcp/imz/catchup.html, help you determine what the best options are to get your kids back on track. It’s never too late to put their health first.

Community Memorial Hospital is delighted to announce the addition of two new physicians who will be joining our Medical Staff.

Hao Lam, DO, FAAFP will join our Family Health Centers as a Primary Care Physician. Dr. Lam comes to Community Memorial Hospital from Yonkers New York where he was most recently a provider for Southern Westchester Urgent Care. Graduating from Bowdoin College in Brunswick, Maine, Dr. Lam received his Doctor of Osteopathic Medicine from the Chicago College of Osteopathic Medicine in Downers Grove, Illinois. He completed his residency in Family Medicine at Lutheran Medical Center and most recently received his Master of Public Administration from Baruch College in New York City. He is board certified by the American Board of Family Medicine and is fluent in Spanish, Vietnamese and Chinese. Dr. Lam will practice in the Morrisville Family Health Center (315-684-3117).

Jocelyn Morin, MD joins the Community Memorial Hospital medical staff, practicing as a Family Medicine physician in our Cazenovia Family Health Center (315-815-1430). A graduate of Dartmouth College in Hanover, New Hampshire, Dr. Morin served in the Peace Corps for four years as a volunteer, secondary school teacher and chemistry/biochemistry professor in Sub-Saharan Africa before attending and graduating from The Ohio State University Medical School in Columbus, Ohio where she also completed her Family Medicine residency. She is a member of the American Academy of Family Physicians, the Ohio Association of Family Physicians and the American Medical Association.

Welcome to Community Memorial Hospital!
Be Prepared for Emergencies!

Fear is a natural and an instinctual response that helps protect and keep us safe. Fear can be fun-like the rush of a roller coaster ride or fear can keep us from the things we should or want to do. Embrace your life with bravado to do the right thing, be prepared for emergencies, and nourish your sense of adventure. For accidents and medical emergencies, call 9-1-1, stay calm, provide complete information and stay on the phone until the operator says it is ok to disconnect.

“When you need to go to the emergency room sometimes time is of the essence. You can help the staff of Community Memorial Hospital, if you come prepared with the following: identification, insurance cards and a list of all medications, chronic conditions, surgeries, allergies and advanced directives. The computers in most emergency departments are not connected to your primary care providers office computer notes and this information can be time consuming to obtain. Any information from previous visits may not be accurate and/or up-to-date with the information needed to expedite your care”, said Bernadette Caisselle, RN, Director of Emergency Services at Community Memorial Hospital.

Heart Attack / Cardiac Arrest and Stroke
Heart attack and stroke victims can benefit from new medications and treatments if administered relatively quickly after a heart attack or when stroke symptoms first appear. Heart attack, cardiac arrest and stroke are life-and-death emergencies – every second counts. If you see or have any of the listed symptoms, don’t wait more than a few minutes and no longer than five minutes before calling for help.

Heart Attack / Cardiac Arrest
Sudden loss of responsiveness. No response to gentle shaking. No normal breathing. The victim does not take a normal breath when you check for several seconds. No signs of circulation. No movement or coughing.

If cardiac arrest occurs, call 9-1-1 and begin cardiopulmonary resuscitation (CPR) immediately. If an automated external defibrillator (AED) is available involve someone nearby, if they are trained to use it. It’s important to remember that everyone is different and just because what is listed is common, it is by no means an absolute rule. If you even think you are having a heart attack or in cardiac arrest, call 9-1-1. Remember time lost is heart muscle lost.

Women:
- Shortness of breath may occur with or without chest discomfort
- Nausea and light-headedness
- Flu-like symptoms, including chills and cold sweats
- Heart palpitations
- Chest discomfort (angina): pain, tightness or pressure in the center of the chest that lasts more than a few minutes, or that goes away and then returns.
- Discomfort in other areas including pain or discomfort in one or both arms (especially the left arm), the back, between the shoulder blades, neck, jaw, teeth, or stomach.
- Heartburn or indigestion
- Extreme fatigue

Men:
- Crushing, squeezing, or burning pain, pressure, or fullness in the center of the chest that may radiate to the neck, one or both arms, the shoulders, or the jaw with chest discomfort that lasts more than a few minutes or goes away and then returns.
- Shortness of breath, dizziness, nausea, chills, sweating or weak pulse
- Cold and clammy skin, gray pallor or a severe appearance of illness
- Fainting (rare)

Source: American Heart Association

Stroke
Learn the warning signs that someone is having a stroke: F.A.S.T.

FACE – Ask the person to smile. Does one side droop? (This is caused by numbness or weakness of the facial muscles.)

ARMS – Ask the person to raise both arms. Does one arm drift downward? (This is caused by numbness or weakness of the muscles on one side of the body.)

SPEECH – Ask the person to repeat a simple sentence. “It is sunny today.” Are the words slurred? Can the person repeat the sentence correctly?

TIME – If the person shows ANY symptoms, time is important. Call 9-1-1 immediately.

Poison
If the victim collapses or is not breathing, call 9-1-1. Call poison control if the victim is awake and alert. Keep all poisonous agents, including household cleaners and medications, in designated areas away from food, out of reach of children, and away from heat or flame. All should be stored in their original containers and used according to label directions.

Fire
Every family should have an escape plan in case of a fire. Practice fire drills regularly, make sure all smoke detectors and fire alarms are in working order, and keep fire extinguishers within reach.

Burns
- Do not remove burnt clothing
- Do not immerse a person with large severe burns in cold water (doing so can cause shock)
- Check for signs of circulation and administer CPR, if necessary
- Cover the area with a cool, moist, sterile bandage/cloth
- Serious Scrapes
- Cuts and scrapes usually stop bleeding on their own. If they don’t, stop bleeding by applying pressure continuously for 20 to 30 minutes. If blood spurts or continues to flow after continuous pressure, seek medical assistance.

Natural Disasters
Disasters can strike quickly with little or no warning. It is important to know your community’s emergency plans, warning signals, evacuation routes and location of emergency shelters.

Having enough supplies to last two weeks for everyone in the family is recommended.
- Water - one gallon per person per day
- Non-perishable food items, can-opener and eating utensils
- First aid kit
- Candles, matches and lanterns
- A battery powered radio, a flashlight and extra batteries
- Keep supplies in a cool, dry area and replace items that expire.

Navigating the Emergency Room
If you need to go to the emergency room, come prepared with the following: identification, insurance card(s) and a list of all medications, chronic conditions, surgeries, allergies and recent lab or test results.

Make Your Home a Safe Haven
- Install a working fire alarm and use it
- Make sure all doors and windows are locked
- Keep a porch light, entrance light, back and side door lights on during the night
- If you are going out of town, inform a trusted neighbor to keep an eye on your home
- Keep up the appearance that the home is occupied by having someone collect your mail
- Set your lights on a timer
- Do not tell strangers or acquaintances your home is empty or you are home alone
- Another serious danger associated with your home and home-life is domestic violence. One in four women are victims of domestic violence, which includes physical and emotional abuse, sexual assault, isolation, and someone controlling your life. If you or someone you know is a victim, get out and get help, stay with family or friends and/or call the call the National Domestic Violence Hotline at 800-799-SAFE. This line is available 24 hours a day every day of the year.

Don’t allow fear to become a factor in balancing your life, but embrace it with bravado and make a choice for better health.
SAV E THE DATE:

URGENT CARE HOURS:
Monday thru Friday // 5:30-9:00 pm
Saturday & Sunday // 10 am - 2 pm & 3 pm – 5:30 pm
(315) 648-6411

SAVE THE DATE:

FALL INTO GOOD HEALTH
Tuesday, October 2
Second Annual Fall into Good Health, Red Barn in Cazenovia

SHARE IN THE CARE GALA
Saturday, October 20
Sixth Annual Share in the Care Gala, Hall of Presidents, Colgate University

BE SURE TO FOLLOW AND LIKE US FOR THE LATEST NEWS AND UPDATES!
WWW.COMMUNITYMEMORIAL.ORG

COMMUNITY MEMORIAL LAUNCHES
DRUG TAKE BACK PROGRAM
Community Memorial Hospital Pharmacy is one of only two locations in Madison County collecting leftover pharmaceuticals free of charge from residents. The Drug Take Back Pilot Program sponsored by the New York State Department of Conservation (DEC) offers residents convenient locations to dispose of leftover and expired medications – just one part of a comprehensive strategy to reduce the impact from unwanted drugs on public health and the environment.

“Prescription drug take back receptacles provide a place where unused prescription drugs can be safely disposed. This program prevents prescription and over the counter medications from getting into the hands of children, impacting our pets and waterways. Medication collection events and programs are part of a nationwide effort to reduce the amount of pharmaceutical products being flushed or poured into drains and landfills” remarked Martha Wilhelm, RPH Director of Pharmacy at Community Memorial Hospital.

To learn more about Community Memorial Drug Take Back Program contact the Pharmacy Department at 315-824-6585.

DAVID FELTON SCHOLARSHIP AWARD WINNERS
David W. Felton Community Memorial Hospital Award – is given to graduating seniors in honor of long-time and now retired CEO, David W. Felton by the Board of Directors at Community Memorial Hospital. The annual award is given to a graduating senior who plans to pursue a career in healthcare or who has performed well in the health sciences or natural sciences.

Congratulations to the following students from area school districts who have been honored with this prestigious award!

Brookfield - Chalee Wratten will be attending SUNY-Polytechnic Institute majoring in Nursing.
Cazenovia - Morgan Maliga will be attending SUNY-Binghamton in the fall exploring majors in the medical field.
Hamilton Central School - Shelby Curtis, who will be attending Utica College and Noah Walden who will be attending Brandeis University. Both students will be starting in the fall.
Madison - Kayla Stoll and Ashley Mayne will both be attending Morrisville-State College and both will be majoring in Nursing.
Morrisville - Eaton-Mackenzie Sterburg will be attending Morrisville State College in the fall majoring in Human Performance and Health Promotion.
Otsego Valley - Garrett J. Forrest will be attending Onondaga Community College for Fire Protection/Paramedic Training and Victoria Rosalif who will be attending SUNY-Potsdam majoring in Psychology.
Sherburne-earlville - Sophia Khoury will be attending the University of Scranton in the Fall majoring in Occupational Therapy.
Stockbridge Valley - Catherine Meeker will be attending Mohawk Valley Community College in the Fall majoring in Radiology.
Waterville - Alexandra Law Johnson will be attending Utica College in the Fall majoring in Occupational Therapy.

Help us save paper: if you would like to receive ONLY an electronic copy of Healthy Living or if you do not want to receive future publications of Healthy Living from Community Memorial please contact marketing@cmhhamilton.com or call 315-824-6082.