



THE FACES OF HEALING

Meet Cole Memorial's outstanding health care providers.

SEE PAGE 2 ►

GET TODAY

DEDICATED TO IMPROVING YOUR HEALTH AND WELLNESS ● SUMMER 2016

Why is having a PCP important?



You feel young, you're well and always on the go. Do you really need a primary care provider? You be the judge after reading this.... ♦ A primary care provider (PCP) can be a doctor, physician assistant or nurse practitioner who partners with you on your preventive, routine and acute care. Simply put, your primary care provider will help keep you healthy as you age.



Studies in medical journals such as the *International Journal of Health Services* revealed that states with more primary care providers per capita have better health and wellness outcomes and fewer deaths from cancer, heart disease or stroke.

Cole Memorial Medical Group is committed to providing convenient access to health care with over 60 primary care and specialty providers at 12 health center locations in Cameron, McKean, Potter and Tioga counties. For your added convenience, Cole's health centers offer some same-day appointments as well as accepting most major health insurance plans,

including Medicare and Veteran's Choice.

How does a PCP make such a big impact on your health? The key is the continuity of coordinated care that he or she offers. This means you establish a relationship with your PCP to establish your goals and monitor your overall progress. Over time, the provider knows your health history, habits and personality and tracks them in order to make appropriate treatment decisions.

In between visits, you may also access your free Cole Connect online health and communication tool.

It's easy to enroll by contacting your Cole provider's office or visiting

www.colememorial.org.

Cole Memorial Medical Group's Primary Care Network includes the following practices:

- Family medicine.
- Internal medicine.
- OB-GYN and women's health.
- Pediatrics.
- Express Care clinic.

What should you look for in a PCP? Along with feeling a sense of safety, rapport and trust, you should be involved in the process of decision making as it relates to your medical diagnosis and treatments. For example, if your doctor recommends tests, he or she might then ask, "How do you feel about that?" At Cole, our primary care

providers work in a team-based environment to help you manage your health care, help answer your health questions, listen to your medical concerns and work with other medical experts. If necessary, we will coordinate your care through additional resources and encourage you to play an active part in your own health care.

Our team of professionals uses a patient-centered approach and medical best practices to provide the best possible care and support for you. A health care provider is available 24 hours a day, 7 days a week to support you.

If you need to see a specialist, a skillful PCP

will refer you to someone he or she knows and has a collaborative relationship with. If you have concerns about getting different suggestions from different specialists, your PCP can help you sort through and prioritize suggestions to act on first. This is the concept that's known as the "medical home" in which Cole Memorial Medical Group is recognized by the National Committee for Quality Assurance (NCQA).

Overall, having a PCP is an important part of living a healthy and happy life. To locate a Cole Memorial Medical Group provider near you, go to www.colememorial.org or turn to page 2.

COLE MEMORIAL MEDICAL GROUP PROVIDERS

With more than 60 providers throughout the region, Cole Memorial Medical Group's providers partner with patients to provide the highest level of personalized care in your neighborhood. Plus, we're...

{ ...ACCEPTING NEW PATIENTS! }



CARDIOLOGY



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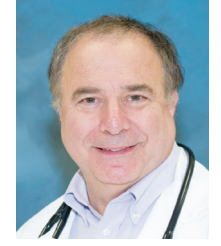


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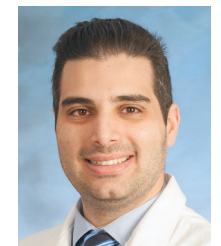


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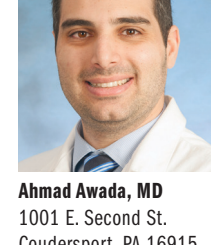


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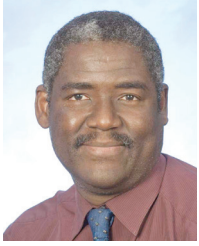
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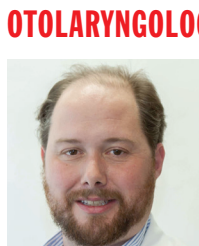
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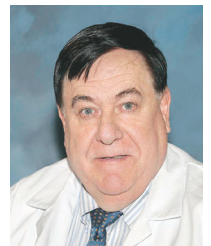
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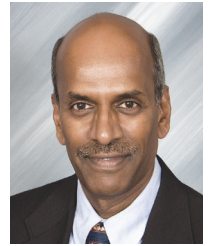


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UROLOGY



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Our Express Care clinic is open weekdays 3 to 8:30 p.m. and weekends 8:30 a.m. to 2:30 p.m. at Cole Memorial Hospital.



WOUND CARE



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COLE Memorial

COMMUNITY



EVENT CALENDAR



To view our full calendar, go to www.colememorial.org/ColeTodayCalendar.

ADD/ADHD/Autism Support Group
 Fourth Wednesday of each month, 4:30 to 6 p.m.
 Cole Memorial Hospital main conference room
 For details, call **814-274-9198**.

Better Breathers Support Group
 Second Wednesday of every third month, 11:30 a.m. to 12:30 p.m.
 Cole Memorial Wellness Center in Coudersport
 For details, call **814-274-5550**.

Cancer Support Group
 Third Monday of each month, 7 p.m.
 Cole Memorial's Patterson Cancer Care Center
 For details, call **814-260-5555**.

Light Up a Life Celebration
 Thursday, Dec. 1
 5:30 p.m.
 Cole Memorial Hospital's Courtyard
 For details or to buy a memorial ornament or lights, call **814-274-5550** or visit www.colememorial.org.

Diabetes Support Group
 Last Thursday of each month, 11 a.m. to noon
 Cole Memorial Hospital rehabilitation conference room
 For details, call **814-274-5300**.

Diabetic Education Sessions
 ■ Every Monday, Wednesday and Friday, by appointment
 Cole Memorial's Irwin Rehabilitation Center in Coudersport

■ **First Monday of each month, by appointment**
 Cole Memorial's Shinglehouse Community Health Center
 ■ **Third Monday of each month, by appointment**
 Cole Memorial's Port Allegany Community Health Center
 For referrals or details, call **814-274-5300**.

Grief Connection
 Every Tuesday, 7 p.m.
 Champion Orthopedics' meeting room in Coudersport
 For details, call **814-647-8616**.
Look Good...Feel Better
 Third Monday of each month, 1 to 3 p.m.
 Cole Memorial's Patterson Cancer Care Center
 For details, call **814-260-5555**.

"Talk Baby" Group
 ■ **First Thursday of each month, 5:30 p.m.**
 Cole Memorial Wellness Center in Coudersport
 ■ **First Saturday of each month, 10 a.m.**
 Coudersport Catholic Church
 For details, call **814-274-7101**.
All dates and times are subject to change without notice.

JOIN OUR FOUNDER'S CIRCLE



Charles Cole

The Cole Foundation appreciates the generosity and foresight of people like you who wish to shape the future of health care in our community while leaving a lasting legacy. We invite you to be part of the Founder's Circle by making a charitable gift of any size in your will or estate plan.

Your planned gift can take many

forms, including:

- Gifts of stock, bonds and real estate.
- Gift annuities.
- Life insurance.
- Retirement assets.
- Establishment of a trust or endowment fund.
- A bequest in a will.

Your generosity will be appreciated and recognized in our Founder's Circle records for making a difference now and in the future.

To discuss planned giving or other ways to give to the Cole Foundation, call **814-274- 5520** or email patrice.levavasseur@colememorial.org. You may also

mail the following donation form with a check payable to the Cole Foundation to:

Cole Foundation
1001 E. Second St.
Coudersport, PA 16915.

Name: _____
 Address: _____ City: _____ State: _____ ZIP: _____
 Phone: _____ Email: _____
 YES, please contact me about estate or planned giving. I prefer to make a tax-deductible gift of remembrance.
 Enclosed is a check in the amount of:
 \$2,500 \$1,000 \$500 \$100 \$50 \$25 Other
 Charge to: MasterCard Visa # _____ Exp. date: _____ 3-digit code on back _____
 Signature: _____
 Anonymous I do not wish to be listed in publications
 In memory of _____ In honor of _____
 Please send an acknowledgment to:
 Name: _____ Address: _____ City: _____ State: _____ ZIP: _____
 Please use my donation to support:
 Area of greatest need Capital equipment Home Health & Hospice Patterson Cancer Center Reach Out & Read
 Scholarship fund Skilled Nursing & Rehab Stimaker Healing Garden Women's Health Fund Other: _____

Thank you for your generosity!

COLE TODAY is published as a community service for the friends and patrons of COLE MEMORIAL, 1001 E. Second St., Coudersport, PA 16915
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 website: www.colememorial.org



Ed Pitchford
 President and CEO

Information in COLE TODAY comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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SUMMER 2016



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www.colememorial.org



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