



**CHEW ON THIS**

Healthy dental habits form early. Get your child off to a good start.

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# GET TODAY

DEDICATED TO IMPROVING YOUR HEALTH AND WELLNESS • WINTER 2015



*New Year's*

# RESOLUTIONS

## HEALTHY HABITS FOR 2015

BY SUSAN MILLER, MD, BOARD-CERTIFIED FAMILY MEDICINE PROVIDER AT COLE MEMORIAL'S WESTFIELD HEALTH CENTER

**Exercise.** Aim for 30 minutes, five days a week. Find what you enjoy doing, and be active, even if it's 10 minutes at a time. Walk with a friend or your dog. Sign up for a class. Exercise lowers blood pressure and reduces the risk of heart disease, hypertension, diabetes and osteoporosis. It keeps joints flexible, decreases pain and stiffness, improves energy and sleep, and relieves stress and anxiety.

**Strive for a healthy weight.** Obesity is linked to premature death and increased risk of heart disease, diabetes, hypertension and certain cancers. Look for simple changes that you can make and live with, such as eliminating sweetened drinks or avoiding late-night snacks.

**Eat well.** A diet high in fiber, with lots of fruits and vegetables, decreases risk of heart disease, stroke and colon cancer. Replace high-fat and high-sugar foods with healthier choices. Aim for five servings of fruits and vegetables each day. A helpful visual is to fill half your dinner plate with vegetables, and then the other half with lean meat or fish and a starch (potatoes, bread or pasta).

**Don't smoke.** Smoking is linked to each of the top three causes of death in the U.S. (heart disease, lung disease and cancer). It increases not only the risk of lung cancer, but also leukemia and cancers of the mouth, bladder, pancreas, esophagus and colon.

**Get screened.** See your doctor for regular care and screenings. Detecting high blood pressure, cholesterol or elevated blood sugar early lets you address problems before they cause damage. Finding cancer, or even pre-cancers, early through a skin exam, mammogram or colonoscopy, allows for effective treatment.

Does your checklist of New Year's resolutions need a reality check? ♦ If you're like many people, you may be aiming too high with your annual aspirations. That means you might give up before you really get started. ♦ Making significant lifestyle changes often takes time and patience. With realistic resolutions, you put yourself in a position to succeed.

To get started on changes that you can stick with for decades rather than days, the American Psychological Association suggests that you:

**1 Take small steps.** Don't try to reinvent your whole life in one fell swoop. Break down big goals into small stages.

Maybe you want to get your house organized. Start with one room and one task in that room. Once you've accomplished the first project, it will motivate you to move on to the next.

**2 Set a realistic timetable.** You've probably picked up your current habits over time, so don't necessarily expect to get rid of them overnight.

If you want to wean yourself off nicotine or lose 20 pounds, recognize that it will take some time. Set up a calendar with weekly targets. You'll feel less overwhelmed as you try to accomplish these major goals.

**3 Seek support.** Everyone knows it's difficult to make lifestyle changes. Reach out to family and friends. Join a support group. Look for an exercise buddy. You'll likely find that sharing your journey makes the trip easier.

Finally, there may be times that your resolve begins to dissolve. Just remember that 60 percent of those who make good on their New Year's resolutions fall short one or more times before succeeding. So stick with it!



WELLNESS

## YOUR CHILD'S CHOMPERS

**BABY TEETH DON'T** last forever. But keeping them—and the whole mouth—healthy is important for many reasons. Those teeth:

- Allow your child to chew more easily.
- Enable your child to speak clearly.
- Act as placeholders for the adult teeth that will come later in childhood.

Get your child on the path to a healthy smile from the beginning. The steps that keep your little one's teeth and gums healthy are the same three steps you (should) follow yourself: brush, floss and get regular checkups.

**EASY AS 1-2-3** While the basics are the same, baby teeth do have some special considerations. Here are the details you need to know, step-by-step, for taking care of your infant's or young child's teeth.

- 1 Cleaning gums and teeth.** Before teeth even appear, clean your baby's gums with a soft, damp cloth twice a day. Once teeth start to appear, use just a tiny smear of fluoride toothpaste until your child is 3 years old. Then use a pea-sized amount until age 6—just be sure your little one spits it out and doesn't swallow it. Your child will continue to need help with brushing until around age 8.
- 2 Flossing.** Once there are two or more teeth touching, you can floss your child's teeth each day. Again, you'll need to help your child with this for a few years at least.
- 3 Going to the dentist.** Baby's first visit to the dentist



**SMILE TIME:** Dental hygienist Beth Pantuso helps Natalie and Savannah Berry get off to a good start on their dental health at Cole Memorial's pediatric dental office in Coudersport.

should happen around age 1, or about six months after the first tooth appears. Take your child for a dental checkup every six months—more often if your dentist recommends it.

**What else? Make it fun.** Sing songs or make up silly names for each tooth as you brush your child's teeth.

**Guard against decay.** Avoid giving your baby juice or milk in a bottle at bedtime—that increases the risk of cavities. For older tots, frequent snacking can be the culprit behind dental caries (cavities).

**Be an example.** Brush and floss every day. Your child

will take note.

Cole Memorial's dental health program now accepts United Concordia dental insurance. For details or an appointment, call **814-274-9198**. No child will be denied care due to inability to pay.



Sources: Academy of General Dentistry; American Academy of Pediatric Dentistry; American Dental Association



**pennsylvania**  
DEPARTMENT OF HEALTH

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## INFECTION CONTROL AND YOU

**DESPITE THE CONSIDERABLE** number of worrying news stories in the United States about Ebola, Cole Memorial is committed to instilling calm confidence in our patients, staff, community partners and the public.

Pennsylvania has not seen any patient cases of Ebola. However, Cole Memorial's infection control team incorporates the latest Centers for Disease Control and Prevention (CDC) guidelines into our protocols for responding to a potentially infected patient.

"I want people to know that our team at Cole is on top of this issue, that we have plans and we have reached out to our tertiary-level partners if their involvement is needed," says Ed Pitchford, president and CEO of Cole Memorial. "I am more than confident that our response, if needed, will be professional, calm, measured and effective."

Cole Memorial has focused on providing educational resources about infection prevention for the public in response to their questions and concerns about the disease. For example, local emergency medical services teams attended a workshop for "Ebola: EMS Preparedness & Response" on Nov. 12 at the hospital. Additionally, a new "Frequently Asked Questions" section has been added to the Health Library at [www.colememorial.org](http://www.colememorial.org), and Cole Memorial posts regular Facebook updates and responses to Ebola and other infection control topics to educate and protect families.

**What can you do?** Focus on protection from more

common infections and seasonal viruses, such as colds, influenza and pneumonia. How? By practicing healthy hygiene habits, including:

- Getting the appropriate vaccines.
- Avoiding contact with people who are sick.
- Washing your hands frequently—use alcohol-based hand gels as needed.
- Staying home if you are sick (so you do not spread the illness to other people).
- Using a tissue or coughing and sneezing into your arm, not your hand. Turn away from other people.
- Using single-use tissues, and disposing of them immediately.
- Washing your hands after coughing, sneezing or using tissues.
- Having children play with hard-surface toys that can be easily cleaned.
- Not touching your eyes, nose or mouth (germs can spread this way).
- Not sharing cups, glasses, dishes or cutlery.
- Cleaning and disinfecting surfaces and objects to reduce contamination.
- Getting plenty of sleep, being physically active, managing your stress, drinking plenty of fluids and eating nutritious food.



For more information or to locate a Cole Memorial health care provider, please visit [www.colememorial.org](http://www.colememorial.org) or call **814-274-5392**.

## OUR PROVIDERS

# COLE MEMORIAL MEDICAL GROUP RECOGNIZED

**THE NATIONAL COMMITTEE** for Quality Assurance (NCQA) announced that each of Cole Memorial Medical Group's 11 health centers has been recognized as a patient-centered medical home. Cole Memorial Medical Group received this recognition for using evidence-based, patient-centered processes that focus on highly coordinated care and long-term, participative relationships.

The NCQA Patient-Centered Medical Home is a model of primary care that combines teamwork and information technology to improve care, improve patients' experience of care and reduce costs. Medical homes foster ongoing partnerships between patients and their personal clinicians instead of approaching care as the sum of episodic office visits. Each patient's care is overseen by clinician-led care teams that coordinate treatment across the health care system.

"NCQA Patient-Centered Medical Home recognition raises the bar in defining high-quality care by emphasizing access, health information technology and coordinated care focused on patients," says NCQA President Margaret E. O'Kane, MHA. "Recognition shows that Cole Memorial has the tools, systems and resources to provide its patients

with the right care at the right time."

To earn recognition, which is valid for three years, Cole Memorial demonstrated the ability to meet the program's key elements, embodying characteristics of the medical home for its internal medicine, pediatrics, and primary care practices. NCQA standards aligned with the joint principles of the Patient-Centered Medical Home established with the American College of Physicians, the American Academy of Family Physicians, the American Academy of Pediatrics and the American Osteopathic Association.

"The achievement of Patient-Centered Medical Home recognition under the most rigorous standards is a key element to our

delivery of care model," says Janice Walters, executive director of Cole Memorial Medical Group. "We look forward to continuing to provide quality, comprehensive, primary care services through our clinically integrated Patient-Centered Medical Home model and to leverage what we have been doing to impact the health of the communities we serve."

For more information, visit [www.colememorial.org](http://www.colememorial.org) or the NCQA website at [www.ncqa.org](http://www.ncqa.org).



## WELCOME, NEW PROVIDERS

**THE COLE MEMORIAL** Medical Group is pleased to announce that Sarah Colson, CRNP, recently joined the Bowman Health Center team in Smethport.

A resident of Kane, Pennsylvania, Colson returned to the area after teaching at Jamestown Community College's nurse education department in Jamestown, New York, and receiving her master of science degree in nursing with a concentration in the family nurse practitioner program from George Washington University in District of Columbia.

She also holds an associate and bachelor's degree in nursing from the University of Pittsburgh at Bradford.

Colson has extensive experience as a registered nurse in Pennsylvania at Warren General Hospital, Elk Regional Health Center and Bradford Regional Medical Center. She also held the position of clinical manager of the Veteran Affairs Outpatient Clinic in Bradford, Pennsylvania, until 2013.

To make an appointment, call 814-887-5395.

The Cole Memorial Medical Group is also pleased to welcome Jeffrey Nolt, MD, a board-certified family medicine specialist, to the Central Potter Health Center team in Coudersport.

After owning a seasonal camp in the area for many years, Dr. Nolt was familiar with Cole Memorial. He comes with more than 20 years of experience from the WellSpan Medical Group in York, Pennsylvania, and a private practice at the Adams-Cumberland Medical Center in Gardners, Pennsylvania.

Dr. Nolt also holds a bachelor's degree from Messiah College in Grantham, Pennsylvania, and received his medical degree at Hahnemann University Medical School after completing a residency in family medicine at Altoona Hospital, both in Pennsylvania.

For more information or to make an appointment, call 814-274-5577.



**Sarah Colson, CRNP**



**Jeffrey Nolt, MD**

### COLE MEMORIAL MEDICAL GROUP

## PRIMARY CARE PROVIDERS

#### Family practice

- Christian McMonigal Jr., PA-C
- Jeffrey Nolt, MD

**Central Potter-Coudersport**  
814-274-5577

- Amy Sorg, CRNP
- Eldred** 814-225-4241

- Kathy Fragale PA-C
  - David Kulling, MD
- Emporium** 814-486-0810

- Debra Carr, PA-C
  - Andrew Kayes, MD
- Galeton** 814-435-2942

- Julie Baker, PA-C
  - Rebecca Gardner, PA-C
  - Jason G. Tronetti, DO
- Port Allegany** 814-642-2505

- Ramani Arya, MD
  - James N. Barke, MD
  - Eric Schreiber, PA-C
- Shinglehouse** 814-260-9352

- Sarah Colson, CRNP
- Smethport** 814-887-5395

- Patricia Thum, DNP, NP-C, CRNP
- Ulysses** 814-848-7555

- Debra Carr, PA-C
  - Susan Miller, MD
- Westfield** 814-367-5971

#### Internal medicine

- Taylor Carrington, PA-C
- Julie Coppersmith, PA-C
- Crystal Fowler, PA-C
- Aaron Hill, MD
- Emily Lynch, PA-C
- Howard J. Miller, MD
- Jeffrey Nolt, MD
- Mandy Sillick, PA-C

- Tiffany Taylor, PA-C
  - Brenda Wahlers, MD
- Coudersport** 814-274-5276

#### Obstetrics/Gynecology

- Celso L. Backes, MD
  - Mazen Fouany, MD
- Coudersport** 814-274-7101

#### Pediatrics

- Hongye Li, MD
  - Mary Ann Rigas, MD
  - Korin Trumpie, PA-C
- Coudersport** 814-274-9198

- Hongye Li, MD
- Emporium** 814-486-0810

- Becky Seefeldt, DNP-BC, CRNP
  - Marlene Wust-Smith, MD
- Port Allegany** 814-642-7205

**Express Care Clinic at Cole Memorial in Coudersport**

Open weekdays from 4 to 8 p.m.



For more information or to make an appointment, call 814-274-5577.



# EVENT CALENDAR

To view our full calendar, go to [www.colememorial.org/ColeTodayCalendar](http://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.

**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.

**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.

**Myasthenia Gravis Support Group**

Second Monday of every other month, 6 p.m.  
Left side of Cole Memorial Hospital main conference room  
For details, call 814-260-5550.

**"Talk Baby" Group**

First Thursday of each month, 5:30 p.m.  
Cole Memorial Wellness Center in Coudersport  
For details, call 814-274-9301, ext. 1243.

**Therapeutic Touch**

Second Thursday of each month, 6:30 p.m.  
Cole Memorial's Patterson Cancer Care Center  
For details, call 814-274-9045.

**Free Mammogram Screenings\***  
**Wednesday, Feb. 18.**  
**By appointment only.**  
**To register, call 814-274-8200.**

\*For underinsured and uninsured women ages 40 and older.

All dates and times are subject to change without notice.



## GRANDMA'S CHICKEN VEGETABLE SOUP

Preparation time: 30 minutes  
Number of servings: 4

**INGREDIENTS**

- 1 can (14½-ounce) reduced-sodium chicken broth
- ½ cup water
- 1 pound (3 medium) potatoes, cut into ½-inch cubes
- 1 medium carrot, cut into ¼-inch slices
- 1 pound boned and skinned chicken breasts, cut into 1-inch chunks
- 1 medium zucchini, cut into ¼-inch slices
- 3 green onions, sliced
- 2 teaspoons dried basil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

**DIRECTIONS**

- In 3-quart saucepan over medium heat, combine broth and water.
- Cover and bring to boil.
- Add potatoes and carrot; cover and cook 5 minutes.
- Add chicken, zucchini, onions and basil; bring to boil, reduce heat, cover and cook until chicken is opaque throughout, about 7 minutes.
- Season with salt and pepper.

**NUTRITION INFORMATION**

Per serving: 240 calories (12% calories from fat); 25g carbohydrates; 3.1g total fat; 65mg cholesterol; 1g saturated fat; 4g dietary fiber; 216mg sodium; 28g protein

Source: Produce for Better Health Foundation (supplied courtesy of the United States Potato Board)

COLE TODAY is published as a community service for the friends and patrons of COLE MEMORIAL, 1001 E. Second St., Coudersport, PA 16915  
telephone: 814-274-9300, website: www.colememorial.org

**Ed Pitchford**  
President and CEO

**COLE TODAY**

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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