



GET TODAY

THE FACES OF HEALING

Meet Cole Memorial's outstanding health care providers.

SEE PAGE 2 ►

DEDICATED TO IMPROVING YOUR HEALTH AND WELLNESS ● FALL 2015

WHAT SHOULD MY PRIMARY GOAL BE?

HAVE A PRIMARY CARE PROVIDER!

The term *primary care provider* is frequently used in the medical world. But what is a primary care provider (PCP), and why is it so important that you have one? ♦ PCPs are doctors, nurse practitioners or physician assistants. They serve as your main medical contact—the first call you make when your throat hurts, you have a fever or you need an annual exam. ♦ Cole Memorial Medical Group's



Primary Care Network includes:

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

Partnering with a provider at Cole Memorial who knows your medical background is the best way to keep your health on track.

The main role of a PCP is to evaluate and treat health needs, recommend and coordinate any additional medical services you may need, and communicate with other medical specialists who are providing care to you. They can also conduct your yearly physical and help keep you on track with the recommended immunizations and health screenings appropriate for your age.

When choosing your PCP, pick someone you are comfortable with. Your PCP gets to know

you over a period of time. Yes, even during periodic office visits. He or she gets a sense of the person you are. Your PCP can get to know your values, your family situation, your job pressures and maybe even your goals. These may seem like unimportant aspects in relation to your health care, but they can all have a profound effect on your health.

You may visit other physicians for certain needs, but it is recommended that you see your PCP whenever you can for the best continuity of your health care. Partnering with a provider at Cole Memorial who knows your medical background can help keep

you healthier.

In between visits, be sure you are also accessing your free *Cole Connect* online health and communication tool. It's easy to enroll at www.colememorial.org. All you need to get started is your Cole Memorial medical record number from your patient

documents or provider office, your name, birth date and your email address that you want on file here. For enrollment assistance, please contact your provider's office, call 814-274-5275 or email ColeConnect@charlescolehospital.com.

For your added convenience, Cole

Memorial's health centers now provide same-day appointments at most locations. **We accept most major medical insurance plans, including Medicare, Medicaid and Veterans Choice.** To locate a Cole Memorial Medical Group provider near you, go to www.colememorial.org or turn to page 2.



Don't take our word for it—read the feedback from some of our patients:

"The doctor was awesome. He explained things very well in his treatment approach and testing."

"I would recommend Cole Memorial. I had bad experiences at other places but it's always good here."

"Any time I have been a patient I have always been treated with nothing but the best care—everyone is always very nice!"

"The nurses in internal medicine are the best! They're friendly, professional, caring and concerned."

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! }



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45 Pine St.
Port Allegany, PA 16743



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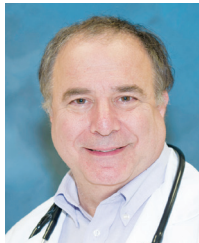
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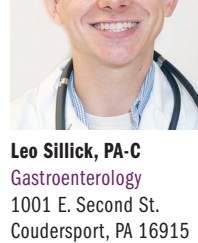
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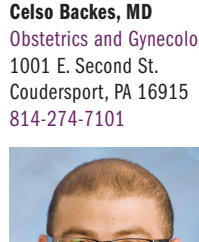
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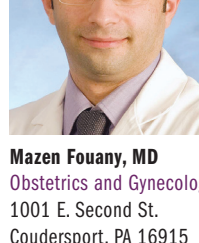
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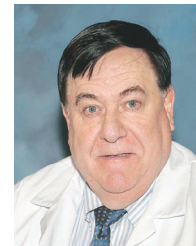
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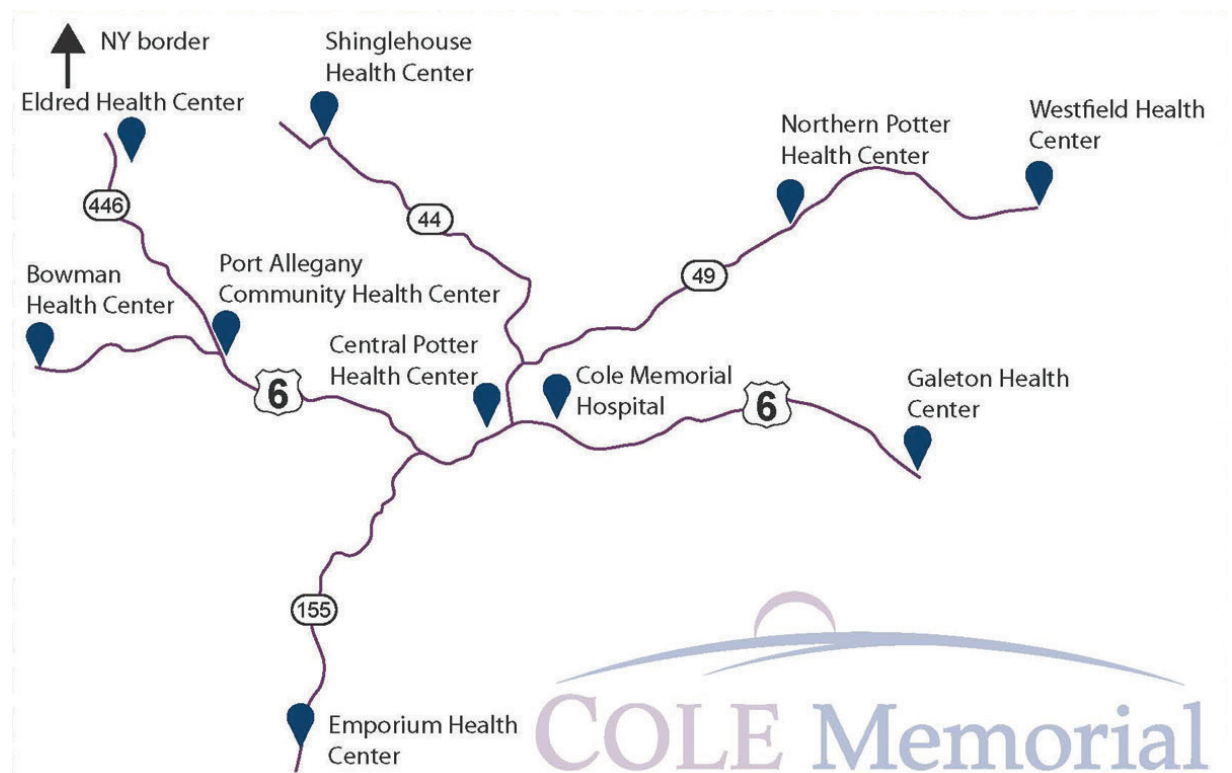


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Express Care is also available at Cole Memorial in Coudersport for after-hours care Monday through Friday from 4 to 8 p.m. But watch for new extended hours coming soon!



COLE Memorial



EVENT CALENDAR



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.

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.

Light Up A Life Celebration
Thursday, Dec. 3, 5:30 p.m.
Cole Memorial Hospital's Courtyard
For details or to buy a memorial light on our 60-foot tree, call 814-274-5550 or visit www.colememorial.org.

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
- First Saturday of each month, 10 a.m.
Coudersport Catholic Church

For details, call 814-274-7101.

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

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

All dates and times are subject to change without notice.



JOIN OUR FOUNDER'S CIRCLE



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@charlescolehospital.com. 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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www.colememorial.org



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