



# HealthLink

Fall 2010

## Sept. 11: Free Workshop Aims to Improve Your Health



### Getting in shape, eating better and free sneakers, too...

It's a recipe for better health that has been put together by four local agencies, including the hospital, to create a fun, interactive program aimed at helping Schoharie County residents make simple changes that will lead to better health. All participants who complete the workshop receive a gift certificate for a pair of walking sneakers as an incentive to attend and follow through on getting and staying in shape.

Funded through a \$34,000 state grant secured by the Schoharie County Department of Health through the Healthy Communities Capacity Building Initiative, the September program will be the latest in a series of workshops that have so far served more than 100 people of all ages. With the county health department in the lead, the hospital, Cornell Cooperative Extension and Schoharie County Community Action Program (SCCAP)

have partnered to design and offer the workshops.

"The workshops target several goals identified by a recent county health assessment as priorities for better health in Schoharie County," explains Joan Miller, R.N., who coordinates the hospital's involvement. "These include the need for more physical activity and better nutrition – and the importance of fitness and nutrition in preventing chronic diseases. If we can get the people

who come to these workshops to make small, simple changes, we know we can help them prevent diabetes, heart disease and other illnesses that occur all too frequently in our community."

The two-hour workshop will be split into two sections, with the first half focusing on nutrition – healthy food choices, proper portions, recipes and the food pyramid. The second half covers fitness, including simple exercises that anyone can do and ways to introduce more physical activity into daily life. Hospital dietitian Diane Douglass, D.T.R., C.D.N., makes the connection between nutrition and chronic disease, while Jan Ryder and other Cornell Cooperative Extension staff do the teaching on nutrition and fitness.

"The whole focus is on real life and simple changes," says Penny Grimes, R.N., of the county health department, who wrote the grant that is funding the initiative. "The people who have attended so far have learned a lot and had fun at the same time. And we've heard they are putting their new sneakers to good use, too."

**The September workshop is by invitation only. It is open to adults and families, with child care provided for very young children. There are a limited number of referral slots. To arrange a referral, or for information about future workshops, please call Cornell Cooperative Extension at (518) 234-4303 by Aug. 27.**

### New Coalition Targets Prevention Priorities in Schoharie County

When New York State's health commissioner, Dr. Richard Daines, visited Schoharie County last spring, he was impressed with collaborative efforts already under way to address the state's prevention priorities, including reducing obesity, tobacco use and chronic diseases. The Healthy Communities Capacity Building Initiative workshops are just one such example.

Local nonprofit agencies are working separately and together to promote good health through a wide range of activities, from community gardening to smoking cessation and exercise. In an effort to widen the outreach and keep the momentum going, a new coalition will come together for its first meeting in October. Members of the coalition, which is spearheaded by the Schoharie County Department of Health, are Cobleskill Regional Hospital, Cornell Cooperative Extension, SCCAP, Schoharie County's Office for the Aging and Headstart. The coalition's mission will be to identify and implement cooperative programming and initiatives that will reach greater numbers of county residents with education and resources to prevent illness and promote healthy living.

"This coalition formalizes the work so many of us have been doing. It recognizes the importance of prevention and helps to sustain the gains already made," explains Kathleen Farrell Strack, R.N., M.S., Schoharie County's director of public health. "We can do much more working together, and we look forward to finding new ideas and creative approaches that will make the most of our resources."

### The View from Grandview



Dear Friends of Cobleskill Regional Hospital:

In today's health care environment, teamwork, connections and collaboration play a key role in success.

Our physicians, nurses, technicians, therapists and support staff employ teamwork every day in caring for patients. We've got valuable connections through our affiliation with the Bassett Healthcare Network, affording our small hospital access to the physician specialists, administrative resources and advanced technology of a larger medical center. We're also involved in collaborations with community organizations such as the Schoharie County Department of Health, Cornell Cooperative Extension and Schoharie County Community Action Program, which recently joined together to develop a series of wellness workshops for local residents. [See related story on this page.]

As we build on our accomplishments of 2009 to work toward

Continued on page 4

### Food Service Workers Mark Milestones



Photo: Dick Danielsen

Four members of the hospital's Food Service staff celebrated milestone service anniversaries at the hospital's annual employee picnic in July. Combined, they've provided a total of 95 years of service to hospital patients, staff and visitors! Pictured, l. to r. are: **Gloria Chamberlain** (five years), Food Service Director **Pamela Strong** (25 years), **Wanda Hagadorn** (30 years) and **Linda Wood** (35 years).

## Welcome

To the HealthLink newsletter. Be sure to check inside for health and wellness articles and information for you and your family.

### Inside



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# Health Matters



The hospital and the Schoharie County Department of Health recently looked at local health data and asked for public input in order to find out the county's top priorities for preventing illness. Diet, fitness and tobacco were found to be the most important. Now, we want to help people learn how to make small, easy changes to save their own health and the health of their families.



## Make small changes, day by day

Eating healthier foods, exercising more and quitting tobacco can greatly reduce your chances of diabetes, heart disease, overweight and obesity. *Healthier You – Day by Day* is an effort to help you live a longer, healthier life by making small changes, day by day. These small changes can lead to big results!

### Small Changes for Back to School

Over the past two decades, the number of children in the United States who are obese has doubled, and the number of teenagers who are obese has tripled, according to the American Academy of Pediatrics.

Currently, a third of New York's children are obese or overweight, putting them at risk of developing serious health problems, including Type 2 diabetes, heart disease, high cholesterol, high blood pressure, asthma and several forms of cancer. Along with the risks for life-shortening chronic diseases, being overweight in a society that looks down upon this condition can lead to low self-esteem and depression.

"Part of our role as parents is to prepare our children to live independently, and that includes teaching them to develop appropriate behaviors and habits," says Stephen Strasser, M.D., an attending physician in internal medicine and pediatrics at Bassett's Cobleskill and Sharon Springs health centers.

The best way for parents to do this is to model healthy eating and exercise habits themselves, and to work together as a family on changes. "It all comes down to the family doing it together," Dr. Strasser says. "We eat healthy together, we live healthy together."

**Try these small changes that can make a big difference in preventing obesity and improving your child's overall health:**

#### Limit TV and non-schoolwork computer time –

The average American child spends four hours a day in front of the TV screen. "There's very good evidence that people who do more screen time have higher weights," says Dr. Strasser. "It could be because they're snacking while they watch TV, and also because they're not as active." He advises parents to limit their children's screen time, ideally to a maximum of one hour a day. "The idea is you need limits. One hour is nice, but for some people, just reducing it from six to three is progress."

#### Less juice and soda –

"Soda and juice are totally unnecessary, and limiting them is an easy way to get rid of calories," says Dr. Strasser. "Skim or 1 percent milk or water should be the main drinks, with soda as an occasional treat and juice limited to no more than 4 to 6 ounces a day."

#### Use portion control in school lunches –

Though school lunches are often made up of not-so-healthy foods like pizza and chicken nuggets, the portions are small, Dr. Strasser says. However, he cautions parents to be aware of whether children are choosing flavored milks, which contain more calories, carbohydrates and sugar than regular milk, and whether they have access to additional foods, such as chips and ice cream. When packing a lunch from home, involve your child and offer a range of healthy options. Treats are OK in small portions, such as one cookie or an ounce of chips.

#### Don't depend on fast food and prepared meals, and when you do have these foods, limit portion sizes –

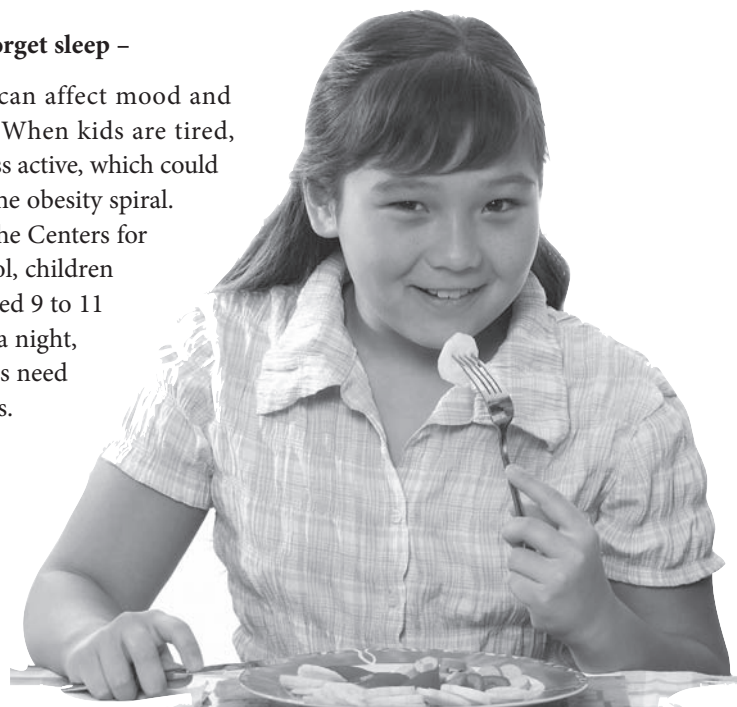
"If you bring a pizza home, don't eat until the pizza's gone. Say, 'We're going to have this many slices,'" Dr. Strasser says. Better yet, heat up some frozen veggies or make a quick salad to have with the pizza.

#### Get moving –

Kids need 30 to 45 minutes of exercise most days, in addition to what they get during PE class or recess. "Do it as a family," Dr. Strasser says. "Find a safe place to walk. Walk briskly for 15 minutes, turn around, and you've got it right there."

#### Don't forget sleep –

Lack of sleep can affect mood and performance. When kids are tired, they may be less active, which could contribute to the obesity spiral. According to the Centers for Disease Control, children ages 5 to 12 need 9 to 11 hours of sleep a night, and adolescents need 8.5 to 9.5 hours.



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### What is obesity?

Obesity is an excess percentage of body weight due to fat that puts people at risk for many serious health problems. In children older than 2, obesity is determined by a measure called the Body Mass Index (BMI), which is calculated from a child's weight and height. Your child's pediatrician should assess BMI at each well visit beginning at age 2.

For children and adolescents, BMI is referenced to growth charts put out by the Centers for Disease Control. Children and adolescents with a BMI over the 85th percentile but less than 95th percentile are considered overweight, and those with a BMI greater than the 95th percentile are considered obese.

## Small Steps to a Healthier Diet

Putting healthy food into your body is one of the best things you can do for your health. “In addition to helping you lose weight (or prevent gradual weight gain), a balanced diet that’s rich in fruits, vegetables and whole grains and low in saturated fat, sodium and added sugar will lower your risk of developing heart disease, stroke, diabetes, high blood pressure and some types of cancer,” says hospital dietitian Diane Douglass, D.T.R., C.D.N.

We all know we should eat healthier, but not everyone has time to cook every meal from scratch. That’s OK, Douglass says, because research shows that the people who are most successful in losing weight and keeping it off are those who make small dietary changes they can stick with over time.

Try these four small steps to a healthier diet:

### Eat fewer processed foods –

Prepared foods and packaged snacks typically contain hidden sodium, sugar and fat. But cooking from scratch doesn’t have to be time-consuming or difficult. Instead of having Pop-Tarts for breakfast, try two slices of whole-grain toast with a smear of trans-fat-free margarine and a dash of cinnamon-sugar. For dinner, trade in boxed macaroni & cheese and frozen chicken nuggets for quesadillas made with multigrain tortillas, reduced-fat cheese, and mushrooms, peppers and onions sautéed in a little olive oil. Top with diced tomato or salsa and a dollop of fat-free plain yogurt for a quick, easy and healthy meal.

### Pack a lunch instead of eating out one more time each week –

A typical fast food value meal is loaded with calories, fat and sodium. You’ll save calories and add nutrients by packing your favorite sandwich (use whole-grain bread and go easy on high-calorie spreads, like mayonnaise) with a handful of pretzels and a piece of fresh fruit. Not a sandwich person? Try a wrap, salad or even a combination of healthy snacks such as celery with peanut butter and raisins, yogurt, cottage cheese, almonds and fruit.

### Reduce dinner portions every day –

Dinner is the time when many people overeat, especially if they’ve skipped breakfast or eaten on the run during the day. Try eating a little less at dinner each day by using a smaller plate, filling half your plate with vegetables, eating slowly and having fruit for dessert.

### Replace one sugary beverage (soda, juice, sports drinks, sweetened teas and coffee drinks) a day with water –

You’ll save 700-1400 calories a week. Over a year, this one small change could add up to a weight loss of 10 to 20 pounds!

## Snack Smart

Try these snack ideas from the American Dietetic Association. For more healthy eating tips, visit: [www.eatright.org](http://www.eatright.org)

- One tablespoon peanut butter on slices of a medium apple
- Three cups air-popped popcorn sprinkled with 3 tablespoons grated Parmesan cheese
- Toasted waffle topped with ½ cup blueberries and 2 tablespoons low-fat yogurt
- Fruit smoothie: Blend 1 cup fat-free milk, ½ cup frozen strawberries and ½ banana
- One 6-inch flour tortilla with ¼ cup black beans and 2 tablespoons fresh salsa
- Small baked potato topped with salsa and 1 ounce low-fat cheese
- Yogurt parfait: Layer 6 ounces fat-free yogurt, ½ cup blueberries and ¼ cup granola
- Trail mix: Mix 20 almonds, miniature box of raisins and ¼ cup sunflower seeds
- Quick-to-fix salad: 2 cups mixed greens with ½ cup mandarin oranges, 1 tablespoon sliced almonds and 2 tablespoons reduced-fat dressing
- Tri-color veggie snack: 6 baby carrots, 10 sugar snap peas (or green pepper strips), 6 cherry tomatoes and 2 tablespoons reduced-fat ranch dressing for dipping

## It’s Time to Quit Smoking: We Can Help

*With the price of a pack of cigarettes at an all-time high, there’s no better time to quit smoking.*

In New York State, smoking kills 25,000 people every year, and another 570,000 New Yorkers are afflicted with a serious disease caused by smoking, according to the state health department. Most people know that smoking can cause lung cancer, but did you know that tobacco smoke also increases your chances of developing many other diseases? These include other cancers, emphysema and chronic bronchitis, peripheral vascular disease, heart disease and stroke. According to the Centers for Disease Control and Prevention, cigarette smokers are two to four times more likely than nonsmokers to develop coronary artery disease and twice as likely to have a stroke.



## Don’t Go It Alone

*A special program for people who are thinking about quitting smoking*

**Wednesday, Oct. 20**  
**6 p.m.**  
**Morrissey Conference Room**  
(lower level of hospital)  
**Light refreshments will be served**

Tired of paying almost \$10 for a pack of cigarettes and looking for a way to quit? At this program, you can meet and talk to hospital health care professionals who are specially trained to help people who want to quit smoking. Come learn what quitting can mean to your health and your loved ones. Get a free peak-flow and carbon monoxide level screening done. Learn about resources and services that can help. You don’t have to go it alone! Drop-ins are welcome, but reservations are helpful. Please call (518) 254-3270 to register.

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## Medical Specialty Services

Call (518) 254-3317 for information on the following specialty services, provided right here at Cobleskill Regional Hospital for your health and convenience by the physicians of the Bassett Healthcare Network.

Cancer care (Oncology/Hematology) • Digestive system (Gastroenterology) • Ear-nose-throat (Otolaryngology) • Endocrinology • Eye care (Ophthalmology) • Foot health (Podiatry) • General surgery • Hearing (Audiology) • Heart care (Cardiology) • Lung health (Pulmonology) • Neurology • Neurosurgery • Orthopedics • Pain management • Plastic surgery • Rheumatology • Thoracic surgery • Urology • Vascular surgery • Women’s health (Obstetrics/Gynecology)

Bone Densitometry, CT, Full-service Laboratory, Magnetic Resonance Imaging (MRI), Mammography, Nutritional Counseling, Occupational Therapy, Physical Therapy, Pulmonary Therapy, Speech Therapy, Ultrasound.

**Information/Main Phone:** (518) 254-3456 • **Hours:** Business Hours, Ambulatory Care Hours: 8 a.m. to 5 p.m., M-F • **Visiting Hours:** Noon to 8 p.m., daily

## Savvy Seniors: Free Lunch & Learn Series

Our popular "Lunch & Learn" educational programs for seniors return this fall. The programs are scheduled for Fridays, from 11:30 a.m. to 1 p.m. in the hospital cafeteria. Reservations are a MUST! Please call (518) 254-3270 by the Friday before the event to reserve your place.

### Family Caregivers: How to Help Yourself and Your Loved Ones

Friday, Sept. 17

As we get older, it becomes more likely that we will be called upon to care for a chronically ill loved one. Caregivers face many difficult challenges, including taking care of their own health. Hospital Social Work Liaison Susan Cimino-Cary will help you understand how to manage illness with your loved one, how to navigate the healthcare system, how to take of your own health and more.

### Get Balanced to Prevent Falls

Friday, Oct. 1

Due to popular demand, we're repeating this program from our spring series. Physical therapist Kathleen Ellis will help you learn how to avoid one of the leading causes of hospital admissions for older adults – including some basic exercises to improve balance and coordination.

### Vitamin D and the Golden Years

Friday, Oct. 8

Vitamin D is essential to good health – in fact, recent studies link it to our ability to fight many illnesses, from colds to cancer and heart disease. Vitamin D also promotes bone and muscle strength. Getting enough Vitamin D becomes more difficult as we age. Learn why Vitamin D is especially important for older adults, how much Vitamin D you need and other Vitamin D essentials in this program presented by Cobleskill Health Center physician Joyce Burton, D.O., and hospital dietitian Diane Douglass, D.T.R., C.D.N.

## The View from Grandview

Continued from page 1

new goals, we will continue to think collaboratively.

In this challenging economy, the impact of health care reform is still a great unknown. We know we have a lot to do, but our position as a Bassett Healthcare Network affiliate puts us head and shoulders above many other hospitals our size.

In 2010 and beyond, we will continue to evaluate what services are needed in Schoharie County and respond accordingly. We were successful in this regard in 2009, when, for example, the number of people undergoing diagnostic studies in our Sleep Lab nearly doubled, and MRI volume increased with the addition of weekend scheduling, for patient convenience. This year, we plan to build on our investments in medical imaging technology with a significant upgrade to our CT scanner, so that if you ever need this important diagnostic test, you'll have access to this advanced equipment right here in Schoharie County.

Some of our biggest achievements in 2009 involved our efforts to promote wellness and prevent disease. Diabetes was the focus of our community education campaign, and we were recognized by the Seton Health Center for our inpatient smoking-cessation efforts. We also collaborated with the Bassett Healthcare

Network, Schoharie County Health Department and other community agencies to produce a three-year Community Service Plan that identified the biggest prevention priorities in our area and developed plans to address them. We're continuing this important work in 2010 through collaborative efforts and hospital programs such as the Healthier You, Day by Day community education campaign. [See story on Page 2].

It goes without saying that our biggest collaboration is our relationship with the people we serve. CRH registered 72,373 patients in 2009, an increase of 2.8 percent. The hospital, in turn, has re-invested in the community by providing increased financial assistance to patients in need. In 2009, our Community Service Plan, which provides financial assistance for qualified people who cannot pay their hospital bill, funded more than \$203,000 in services to 291 patients, an 8.3 percent increase.

With prudent management, teamwork and your ongoing support, we'll continue to invest in our building, equipment, staff and services, always with the same goal: to be the best hospital for this community.



Eric Stein, FACHE  
President and CEO

## Community Calendar

### September

Friday, Sept. 17

**Savvy Seniors:**  
**Free Lunch & Learn Series**  
**Family Caregivers: How to Help Yourself and Your Loved Ones**  
11:30 a.m. to 1 p.m.  
Cafeteria. Reservations required.  
Call (518) 254-3270 by the Friday before the event

Friday, Sept. 24

**Auxiliary Bake Sale**  
8:30 to 11 a.m.  
Upper Level Lobby

### October

Friday, Oct. 1

**Savvy Seniors:**  
**Free Lunch & Learn Series**  
**Get Balanced to Prevent Falls**  
11:30 a.m. to 1 p.m.  
Cafeteria. Reservations required.  
Call (518) 254-3270 by the Friday before the event

Friday, Oct. 8

**Savvy Seniors:**  
**Free Lunch & Learn Series**  
**Vitamin D and the Golden Years**  
11:30 a.m. to 1 p.m.  
Cafeteria. Reservations required.  
Call (518) 254-3270 by the Friday before the event

Thursdays, Oct. 14, Oct. 21  
and Oct. 28

**Map Your Way to Better Self-Management**  
**For people with diabetes**  
2 to 4 p.m.  
Morrissey Conference Room  
To register, call Diane at  
(518) 254-3403

Friday, Oct. 15

**Auxiliary Bake Sale**  
8:30 to 11 a.m.  
Upper Level Lobby

Wednesday, Oct. 20

**Don't Go It Alone**  
**A special program for people who are thinking about quitting smoking**  
6 p.m.  
Morrissey Conference Room  
To register, call (518) 254-3270

### November

Thursday, Nov. 4

**Terri Lynn Nut Sale**  
9 a.m. to 2 p.m.  
Upper level lobby  
Sponsored by hospital Auxiliary  
Proceeds benefit hospital

Friday, Nov. 12, Saturday, Nov. 13

**32nd Annual Holiday Bazaar**  
Presented by the Auxiliary to  
Cobleskill Regional Hospital  
Noon to 7 p.m. Friday  
9 a.m. to 2 p.m. Saturday  
Cobleskill Fire Hall, 663 Main St.  
Parking is available in front of the  
firehouse

### Ongoing Support Groups

Sponsored or supported by Cobleskill  
Regional Hospital

#### The Schoharie County Cancer Support Groups

**For people with cancer**

Sept. 14, Oct. 12, Nov. 9  
Cafeteria Conference Room

**For people with cancer and their families**

Sept. 28, Oct. 26, Nov. 23  
Cafeteria Conference Room

#### Stroke Support Group

**For stroke survivors, their families and caregivers**

Sept. 1, Oct. 6, Nov. 3  
Morrissey Conference Room

#### Alzheimer's Support Group

Last Wednesday of the month  
Sept. 29, Oct. 27, Nov. 24

7 to 8:30 p.m.  
Lower level meeting room

Please call to register: (518) 254-3424

Save the Date: **Auxiliary Holiday Bazaar • Nov. 12 & 13**

## A Fun New Way to Learn

Special Program for People with Diabetes:

**Map Your Way to Better Self-Management**

**Oct. 14, 21, 28 • 2 – 4 p.m., Morrissey Conference Room**

It's a fact: When we discuss new things with others, and when learning is fun, we learn more. With this in mind, our new program for adults with diabetes uses a colorful, fun, board-game-like "conversation map" to engage a small group of participants (three to eight adults) in conversations about diabetes. This Diabetes Conversation Group will meet for three sessions. Participants will be guided by the "conversation map" to help generate discussion to learn about managing their diabetes. Dietitian Diane Douglass, D.T.R., C.D.N., and Lynn Coppolo, R.N., C.D.E., will facilitate this program. Call Diane at (518) 254-3403 for more information or to reserve your place for the first session.

### Fall 2010

A Community Publication from Cobleskill Regional Hospital

**HealthLink** is published by Cobleskill Regional Hospital. The 40-bed, not-for-profit community hospital provides acute and progressive inpatient care and outpatient specialty and emergency services. The hospital is affiliated with Bassett Healthcare Network, a health care organization comprising six hospitals, a skilled nursing facility, and 25 health centers serving communities in rural, central New York. The information contained within is based on data provided by medical experts and is intended to be general in nature. Your physician should be consulted in regard to matters concerning the medical condition, treatment and needs of your family. Please direct questions and comments regarding HealthLink to Joanne Gleba, Director of Communications & Development, Cobleskill Regional Hospital, 178 Grandview Drive, Cobleskill, NY 12043.

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Cobleskill Regional Hospital

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