

To Your Health CALENDAR OF EVENTS

NOVEMBER

American Diabetes Month
Lung Cancer Awareness Month
National Alzheimer's Awareness Month
National Home Care & Hospice Month
Pancreatic Cancer Month
Pulmonary Hypertension Month
Great American Smoke Out
November 20

FREE Influenza & Pneumococcal
Immunization Clinic for
Potter County Adults

17 11 a.m. - 1 p.m., Austin United Methodist
Church
19 9 a.m. - 12 p.m., Galeton Senior
Center
24 9 a.m. - 12 p.m., Oswayo Valley
Senior Center, Shinglehouse

Senior Center Talks, "Vision Independence
& Adaptive Devices" with Dr.
Daniel Schott. (All talks will be held at
11:30 a.m. and are provided in conjunction
with the Potter County Area Agency on
Aging as part of Prime Time Health).

12 Galeton Senior Center
19 Oswayo Valley Senior Center

8 Free Prostate Screening at the
Patterson Cancer Care Center,
beginning at 7 a.m. Call 877-274-8200 for
appointment.

11 Open House at the Eldred Health
Center to welcome Dr. Michael
Tarbox (Podiatry) and Judy Flynn, C.R.N.P.
(Family Medicine), 3 - 6 p.m. The public is
welcome to attend.

11 Man-to-Man Support Group, Mill-
stream Inn, Coudersport, 7 p.m.
Program on Medicare Part D with David
Lush, Humana Market Point.

13 Cardiac Rehab and Diabetes
Health Fair in the link connect-
ing Charles Cole Memorial Hospital and
the Irwin Medical Arts Center, 10 a.m. - 2
p.m. Free and open to the public, free flu/
pneumonia vaccines, blood pressure, blood
sugar.

18 Ostomy Club, CCMH Main Hospi-
tal Conference Room, 10 a.m.
General discussion.

20 Book Fair in the link connecting
Charles Cole Memorial Hospital and
the Irwin Medical Arts Center, 10 a.m. - 1
p.m., continues November 21, 7 a.m. - 1
p.m. Sponsored by the Hospital Auxiliary.

DECEMBER

Drunk Driving Awareness Month

3 "Vision Independence and Adaptive
Devices" with Dr. Daniel Schott at the
Ulysses Senior Center, 11:30 a.m.

15 Community Blood Bank Blood
Drive, CCMH Main Hospital Con-
ference Room, 10 a.m. - 4 p.m. Walk-ins
welcome, 814-260-5550 to schedule an ap-
pointment.

Informational Hospice Clinic
Fourth Thursday of each month
1 - 3 p.m. at the Hospital's Patterson
Cancer Care Center

For information, 814-274-0384.

Alzheimer's Clinic & Support Group
Second Wednesday of each month
at the Hospital's Patterson Cancer Care
Center. For information and
appointment, 814-260-5208.

Charles Cole Express Care Celebrates First Anniversary

More than 2,800 patients can tell you firsthand that Charles Cole Express Care meets a community need for access to medical care at those times when your primary health care provider is not available. That's the number of patients - children and adults - served in the first year of service.



Physician Assistant
Leo Sillick with
Levi Wilfong

One of those patients is an area man whose wife insisted he visit Charles Cole Express Care when the sore throat he'd been trying to ignore brought on a high fever. "It was 5:30, my wife had just come home from work and she was very insistent! I was taken right into the exam room, and after the P.A. determined it wasn't a bacterial infection, he diagnosed a viral infection that would need to run its course. He provided advice about how I could relieve the symptoms and what to watch for. The infection did run its course and I appreciated that the office called to check on me the next day," he relates.

Charles Cole Express Care is not designed to take the place of the Emergency Department for true emergencies (such as chest pain) nor is it designed to take the place of regular check-ups. Typical conditions that might be treated at Charles Cole Express Care include colds, flu, intestinal viruses, sore throats, strains, sprains, small fractures, suturing, care of wound infections (abscesses, etc.), minor headache, rashes, dental pain, gynecologic problems, minor burns or insect bites.

Charles Cole Express Care is located on the first floor of the Irwin Medical Arts Center at Charles Cole Memorial Hospital. The clinic is staffed by physician assistants, nurses and medical assistants. Hours are Monday through Friday, 4:00 - 8:00 p.m. For additional information, please call 814-260-5585.

New Software To Improve Customer Service For Patients

Charles Cole Memorial Hospital is joining with the other hospitals in the Pennsylvania Mountains Healthcare Alliance to implement DaVincian's Revenue Orchestrator, beginning in January 2009.

The new software will work with all hospital registration and billing systems to improve customer service with enhanced information on insurance coverage and cost of care at the point of service. According to Janice Walters, Executive Director, Revenue Systems & Decision Support at Charles Cole Memorial Hospital, "DaVincian will automate the processes of insurance eligibility verification and claim status. This provides our patient registration staff with the tools they need to provide better service to our customers."

Watch for more information about what the DaVincian system means to you in a future edition of Charles Cole Today.

SUPPORTING YOUR LOCAL HOSPITAL

HEART OF COLE

Heart of Cole represents the employees of Charles Cole Memorial Hospital working together for the future of health care in our communities, for our families, our friends and our neighbors through their donations. Heart of Cole consists of three committees:

The Humanitarian Committee provides monetary assistance to hospital employees in their times of greatest need. Employees suffering personal loss due to natural disaster, injury, extended illness or death of a loved one are offered support through the generous donations of their fellow employees.

The Projects Committee provides monetary assistance for designated projects to enrich the lives of our employees, patients and their families. Funded projects have included the Hospital's new computer lab, the walk-fit trail at the Wellness Center and a Christmas project to brighten the campus for our patients and employees during the holiday season.

The Community Connections Committee provides monetary and in-kind assistance for community outreach projects, services and programs to promote health and well being such as health fairs, health screenings, and educational programs. Projects foster lasting positive changes in the lives of those in our communities.

Charles Cole Memorial Hospital opened its doors in 1967 through the generosity and vision of Mr. Charles Cole. Over the years, many have supported the vision by offering their generous donations to support new services and equipment, such as the Patterson Cancer Care Center, or new programs such as the childhood obesity initiative, sleep program, wound care services or the health care scholarship program.

Please consider joining your friends and neighbors by supporting our annual appeal. With your help, we can continue making progress.

Become a Friend of Cole with your annual gift of \$100 or above or you may wish to become a "Cornerstone Member" with your gift of \$10,000, payable with a minimum pledge of \$1,000 per year for 10 years.

Of course, if you are not able to join the Friends of Cole, you may consider making a donation, perhaps as a memorial or honor gift. These are truly caring ways to honor those you hold dear to your heart, as well as making an investment in the future.

All of your gifts can be given by mail or through the Hospital's secure website (www.charlescolememorial.com, click on Support Your Hospital). And remember, your generous donation made before December 31 can be claimed on your 2008 tax return.

Information about our Annual Appeal and other giving opportunities is available by calling Fund Development at 814-274-5204.

Yes! I want to add my support to my local hospital.

FRIEND OF COLE () Bronze - \$100-\$249 () Silver - \$250-\$499
() Gold \$500 - \$749 () Platinum - \$750-\$999

() CORNERSTONE SOCIETY - \$1,000 annual gift for 10 years

() Other Gift \$ _____ () I wish to remain anonymous

Your Name _____

Address _____

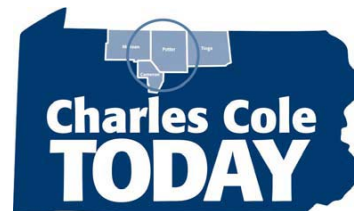
City, State, Zip _____

*In Memory Of _____

*In Honor Of _____

*Please provide the name and address if you would like us to send an acknowledgement of your memorial or honorarium.

Please complete and return to: Fund Development Department, Charles Cole Memorial Hospital, 1001 E. Second Street, Coudersport, PA 16915, along with your check made payable to CCMH. THANK YOU FOR YOUR GENEROSITY.



Local Man Determined to Rebound After Accident

Charles Cole Surgeons Save Man's Life

While Bert Ianon was lying in the emergency room at Charles Cole Memorial Hospital, thoughts of walking his daughter down the aisle someday kept him determined to survive. Had panic taken over, he could have very well bled to death.

July 18 was a typical summer day until, while disposing of an old toilet, Bert's wrist was slashed in a freak accident. His emergency medical technician training kicked in as he asked his wife for a

towel, then calmly instructed his wife and daughter to call 911 and drive him to the ER.

Doctors at Charles Cole Memorial Hospital told him that all 10 tendons were completely severed as well as the nerves and a main artery. Losing his right hand and bleeding to death were very real possibilities.

"I talked to my wife and daughter. If they had to take my hand so I didn't bleed to death, I told them to do it. We'd find a way to make it work," Bert said.

Orthopedic Surgeon Dr. Terry Foust was just finishing his first week on the job when called for the emer-

gency case. He spent over five hours in the operating room trying to save his hand while meticulously reattaching each tendon in his wrist to the corresponding tendon in his hand like a set of unmarked electrical wires. Dr. Frank Horn repaired his ulnar artery, the main blood vessel in the forearm.

Following the surgery, Dr. Foust was unsure how much use Bert would have in his repaired hand. After the cast was removed a couple of weeks later, he became more optimistic. A custom-made splint followed the cast to prevent further damage while helping his tendons heal.

But again, Bert's tenacity and positive attitude prevailed as he tackled his regular therapy sessions with Aaron Wonderly at CCMH's Irwin Rehabilitation Center. He dutifully completed each exercise, knowing that deep down he would beat the odds again.

"Without the rehab from Aaron, Dr. Foust's work would all be for naught," he said. Two months following the accident, Bert displayed his new scar, which he calls his "arrow to God," as he flexed his slightly swollen hand. His strength was gradually improving and he explained how most of the feeling had returned. "I am so pleased he is doing so well," Dr. Foust said.

While Bert realizes that the sensation and use of his repaired hand may never be 100 percent, it's not stopping him from trying. He recently played football and continuously asked Dr. Foust during a recent office visit when he could drive, bowl, and bow hunt.

No matter what the future holds, Bert is grateful to be alive. "I have a guardian angel on my shoulder," he said.

Dr. Foust practices at Champion Orthopedics and Sports Medicine in the Irwin Medical Arts Center. For more information, please call 814-274-0900.

Don't Miss Getting Your Flu Shot!

Each year, Charles Cole Memorial Hospital and the Potter County Area Agency on Aging, through a grant by the Pennsylvania Department of Health, provide free influenza (flu) and pneumococcal (pneumonia) vaccines to adults (age 18+) in Potter County.

All adults should be vaccinated annually for influenza and individuals 65 years or older should receive the pneumococcal vaccine. Those with chronic conditions such as heart, lung or liver disease, asthma, cancer and diabetes are strongly encouraged to be vaccinated as recommended.

Immunization clinics have already been held in Coudersport, Ulysses, Harrison Valley and Genesee. Remaining clinic locations are set as follows:

November 17 - 11 a.m. - 1 p.m., Austin United Methodist Church
November 19 - 9 a.m. - 12 p.m., Galeton Senior Center

November 24 - 9 a.m. - 12 p.m., Oswayo Valley Senior Center

For additional information, visit www.immunize.org/vis or www.charlescolememorial.com.



A Newsletter from Charles Cole Memorial Hospital
1001 East Second Street
Coudersport, PA 16915
Phone 814-274-9300
www.CharlesColeHospital.com
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Leader's Column 'Banding' Together

At Charles Cole Memorial Hospital, we are committed to providing safe care in a safe environment. As part of this commitment, we are advancing our patient safety strategies by voluntarily banding together with other hospitals in Pennsylvania, and across the country, to adopt a standard color coding system for patient wristbands.

Colored wristbands are used to provide visual cues to members of the health care team about a patient's clinical status, such as an allergy, or about a patient's wishes, such as at the end of life.

How does the banding initiative work? Upon admission, or at any point during your hospital stay, a colored alert wristband may be placed on your arm. The colors of the wristbands and their meanings are:

Red = Allergy
Yellow = Fall Risk
Green = Latex Allergy
Purple = DNR (Do Not Resuscitate)
Pink = Restricted Limb

Standardization is a fundamental concept in patient safety so we are proud to be banding together with other hospitals for this patient safety initiative.

Pennsylvania's efforts to standardize color coded wristbands have gained national attention and other states have, or are considering, similar color banding safety initiatives. For more information, visit the Pennsylvania Patient Safety Authority website, www.psa.state.pa.us.

And a special note . . . please help us by removing any special cause wristband prior to your admission to the hospital to avoid any possible confusion.

Lucia M. Lajcsak
Patient Safety & Compliance Officer



Charles Cole Memorial Hospital
1001 East Second Street
Coudersport, PA 16915

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MEET YOUR NEW MEDICAL CARE PROVIDERS

Dr. Steven Herrmann • Cardiology

Dr. Steven Herrmann, M.D., Ph.D., F.A.C.C., F.A.S.E., joined the medical staff at Charles Cole Memorial Hospital on September 19. Dr. Herrmann is director of the Heart Center at Bradford Regional Medical Center, an affiliate of the Hamot Medical Center's Hamot Heart Institute.

As the Eastern Region Medical Director of the Hamot Heart Institute, Dr. Herrmann will continue his practice at BRMC and expand cardiology services to CCMH where he joins Dr. Howard Miller, Dr. Syed Bhat and Dr. Halbert Feinberg, a board certified cardiologist associated with the Arnot Ogdan Health System in Elmira, N.Y.



Dr. Herrmann earned a Ph.D. in cardiovascular physiology and biophysics at the University of Washington and a medical degree at St. Louis University, where he also completed a residency in internal medicine and fellowships in cardiovascular diseases and interventional cardiology. He is board certified in internal medicine, cardiovascular disease, adult echocardiography and nuclear cardiology.

Q. Dr. Herrmann, describe how you will be working with the physicians and staff in providing enhanced cardiology services at Charles Cole Memorial Hospital.

A. Coming from an academic environment, I have been extremely pleased with the reception of the staff – namely the cardiopulmonary staff. I have found that the administration and physicians at Charles Cole Memorial Hospital share the common goal of providing the best care possible for all of their patients. I believe we can collaborate on the standards of care and disease management protocols. The physicians work very well together and share knowledge and experiences for the benefit of the patient.

Q. Tell us about new procedures/treatments that you bring to patients at CCMH.

A. I am very interested in observing and learning what services are being performed at CCMH and collaborating with the staff. We have already been able to increase the cardiology clinic days so patients have increased access to care in a more timely fashion, allowing patients to stay closer to home for their cardiac care.

My affiliation with Hamot Medical Center will expand the telemedicine initiatives already in place at Charles Cole for interactive evaluation between CCMH patients or physicians and either myself or other specialists at Hamot Heart Institute. This telemedicine link also allows us to bring enhanced educational opportunities transmitted live. The physicians and staff can participate as if they were attending the conference without having to leave the hospital.

Q. Tell us your impressions about practicing in a rural area.

A. I lived in St. Louis before coming to Bradford and I did not have the opportunity to interact with patients like I do here. The interaction with patients is a wonderful part of what I do and they are so friendly! Their familiarity certainly has given me a new perspective regarding patient care when you know the patient and their friends and family on a personal level.



For further information about cardiology services at Charles Cole Memorial Hospital, please contact your primary care provider or call 877-274-8200.

Judy Flynn, CRNP • Family Practice, Eldred

Judy Flynn, R.N., M.S.N., F.N.P. joined the staff of the Charles Cole Memorial Hospital Eldred Health Center on October 27.

She is a graduate of the University of Pittsburgh at Bradford where she received associate's and bachelor's degrees in nursing. She earned a master's degree as a Family Nurse Practitioner at the State University of New York at Buffalo. She most recently worked as a nurse practitioner in the emergency department at Bradford Regional Medical Center.



Q. Tell us how your experience prepares you for your new position.

A. I bring a wide range of experience in different areas of practice to the patients at the Eldred Health Center. I have a strong foundation in the Emergency Room with Advanced Cardiac Life Support and Pediatric Advanced Life Support certifications. That prepares me for a lot! I started my career in women's health and I also have experience in pediatrics. All will serve me well in providing high quality health care to the patients at the Eldred Health Center.

Q. Family Practice is about building relationships with your patients. How do you go about establishing those relationships in a new practice?

A. I am excited about getting to know the patients at the Eldred Health Center and having the opportunity to work with Dr. Tronetti in taking care of our patients' health. I find it's easier to build a rapport with your patients when you are a good listener and I think I do that very well. Patients need their problems to be taken seriously and they want to be heard.



Judy Flynn is accepting new and established patients at the Eldred Health Center, 814-225-4241.

Dr. Saket Prasad • Gastroenterology

Dr. Saket Prasad, M.D. joined the medical staff at Charles Cole Memorial Hospital on October 13.

Dr. Prasad, who previously practiced at the Veterans Administration New Jersey Healthcare System, earned a medical degree at Leeds Medical School in England. He completed an internship at Leeds General Infirmary, a residency in internal medicine at Our Lady of Mercy Medical Center in the Bronx, and a fellowship in gastroenterology and hepatology at Robert Wood Johnson Medical School in New Brunswick, NJ. He is certified by the American Board of Internal Medicine with a subspecialty by the Board of Gastroenterology.

He has presented at the American Gastroenterology Association, American College of Gastroenterology, and American College of Physicians meetings, and conducted a variety of research including studies on peptic ulcer bleeding and hormonal metabolic controls.

Q. When should a patient see a gastroenterologist?

A. Patients with heartburn, swallowing difficulties, abdominal pain or blood in the stool should see their primary care doctor for initial evaluation. Everyone should have a primary care doctor who can then refer patients to me for additional evaluation and treatment.

All persons over the age of 50 should have a screening colonoscopy to check for colon cancer. We're pleased to be able to offer open access endoscopy here. In open access, the patient's primary care doctor can send patients directly to me for a colonoscopy without an additional appointment. This is a convenience to patients in that they don't need to take the time for an additional appointment before the procedure.

Q. What are some of the procedures you are doing at Charles Cole Memorial Hospital?

A. We are currently doing endoscopy procedures, colonoscopies and ERCP. ERCP is used to diagnose and treat disorders in the bile duct, gallbladder and pancreas. In the future, I hope to be able to offer capsule endoscopy.

Q. What are your first impressions of Charles Cole Memorial Hospital?

A. I find that the staff is very efficient and it's an advantage that everyone knows everyone. It's a "homey" feeling and I'm pleased to be part of it.



For further information about the gastroenterology services provided by Dr. Prasad, please call 814-274-9024.

Dr. Nirav Patel • Hospitalist

Dr. Nirav Patel, M.D. joined the medical staff of Charles Cole Memorial Hospital in September as a hospitalist.



Dr. Patel earned a medical degree at George Washington University and completed a residency in internal medicine at the University of Medicine and Dentistry of New Jersey, New Jersey Medical School. He joins the Charles Cole Memorial Hospital hospitalist team of Dr. Brenda Wahlers, medical director; Dr. Syed Bhat, Dr. Rafael Meller and Dr. Howard Miller and physician assistants Mandy Sillick, Victor Jackson, Melissa Juliano and Emily Lynch.

Q. What is a hospitalist?

A. A hospitalist provides care to patients while they are in the hospital. The hospitalist provides medical management for a good majority of non-surgically related illnesses and assumes the care of hospitalized patients while staying in close communication with the patient's primary care physician.

Q. We understand you will be beginning a nephrology fellowship in 2009. How do your training and experience as an internist prepare you for caring for patients in the hospital setting and how does this experience fit with your plans for further medical training?

A. General internists are trained to manage a broad spectrum of diseases involving all of the major organ systems. Whether the disease is related to the heart, the lungs, the kidneys, or other systems, general internists are well prepared to manage these conditions. During our residency, much of our training is working with patients in the hospital setting. It is an environment which is very familiar to us. Continuing to work as a hospitalist upon completion of training is a natural extension for most internists.

Nephrology is a subspecialty within internal medicine that focuses on the diagnosis and treatment of kidney diseases. Nephrologists treat all types of kidney disorders including electrolyte disturbances, acid/base disorders, hypertension, acute kidney disease, and kidney stones, among others. Many of the medical conditions managed in the hospital involve the kidneys.



The Hospitalist Staff at Charles Cole Memorial Hospital is available by calling 814-274-9300.

Dr. Frank Horn • General Surgery

Dr. Frank Horn III, M.D. joined the medical staff of Charles Cole Memorial Hospital on October 20.

Dr. Horn was an active member of the medical staff at Hanover Hospital for nearly 30 years where he performed general, peripheral vascular and non-cardiac thoracic surgery. He earned a medical degree at the University of Pittsburgh School of Medicine and completed a surgical residency at Hershey Medical Center. He is board certified by the American Board of Surgery and is a member of the Fellow American College of Surgeons, York County Medical Society, Pennsylvania Medical Society, and Hershey Surgical Society.



His office will be located in the hospital's general surgery suite in the Irwin Medical Arts Center where he will see patients every other week.

Q. Dr. Horn, you've been practicing general surgery for nearly 30 years. What appealed to you about the practice opportunity at Charles Cole Memorial Hospital?

A. I had worked at Charles Cole as a locum tenens surgeon and liked what I saw. I welcome the chance to slow down by not practicing full time, and the position at Charles Cole offers me that opportunity, working in collaboration with Dr. Michael Haraschak.

Q. Tell us something about your experience and some new surgical options that will be available here.

A. As one would imagine, I've seen a lot in my years as a surgeon. My experience includes many surgical procedures including vascular, non-cardiac thoracic, trauma, colon and rectal surgery, vasectomies, tubal ligation and office-based minor surgery. I hope to expand the surgical practice here with the addition of vascular, non-cardiac thoracic and endocrine surgery.



Appointments with Dr. Horn may be scheduled by calling 814-274-8750.

Dr. Michael Tarbox • Podiatry

Dr. Michael Tarbox, D.P.M. began his practice at the Eldred Health Center and Port Allegany Community Health Center on September 15.

Dr. Tarbox, a Port Allegany High School graduate, earned a medical degree at the Ohio College of Podiatric Medicine. He completed a podiatric surgical residency at the University of Connecticut School of Medicine, Saint Francis Hospital and Medical Center, and a foot and ankle surgery fellowship at Lambeth National Health Systems in London. He is a member of the American Podiatric Medical Association and an associate of the American College of Foot and Ankle Surgeons.



Prior to returning to the area, he worked at St. Vincent Health System in Erie. He is living in Roulette.

Q. Dr. Tarbox, many people may be unfamiliar with what a podiatrist does. Can you tell us what kinds of treatments you provide?

A. Podiatrists specialize in the medical care of the foot and ankle. Our training focuses on diagnosis, treatment and prevention of foot and ankle disorders by medical and surgical means. I care for people of all ages, treating any foot problem. The common disorders include bunions, heel pain/spurs, hammertoes, neuromas, ingrown toenails, warts, skin disorders, corns and calluses. Pediatric patients may be referred to me for ingrown toenails or plantar's warts, for example. I also offer care and education for patients with diabetes, which can cause special concerns with the feet.

Q. What new procedures are you planning for your practice?

A. I am providing ankle scopes - or arthroscopy - to evaluate the causes of ankle pain. Arthroscopy involves the use of fiberoptic cameras and very small surgical tools, which work through a small incision. Repairs can also be performed without more invasive surgery. I also have experience with the hammertoe correction process that can be performed in an office setting.

Q. The transition to small town life shouldn't be too difficult for a native of the area. How are you adapting to the change?

A. After spending several years in the city, it's great to be able to live where I can appreciate the peace and quiet. It's very meaningful to be back home and focus on patient care for people I know and grew up with.



To schedule an appointment with Dr. Tarbox at the Eldred Health Center, please call 814-225-4241; Port Allegany Community Health Center, 642-2505.

Learn more about all the health care providers at Charles Cole Memorial Hospital on our new website
www.charlescolememorial.com