

# SENIOR CONNECTIONS™

## Good for your body and soul

FOR EXERCISE, THERE MAY  
BE NOTHING LIKE  
THE GREAT OUTDOORS

IS THE GYM your usual go-to place for exercise? Then you may need a change of scenery, and one with lots of it: the great outdoors.

If you need a nudge to move your exercise outside, there's plenty of incentive.

Research suggests that outdoor exercise delivers health benefits that can't be duplicated indoors. And a key one is a bigger boost in positive emotions.

One study, for example, found that outdoor workouts can lift your mood more and help you feel more energetic and revitalized than indoor ones. Another found that as few as five minutes of outdoor exercise can improve self-esteem, especially if you're near greenery or water.

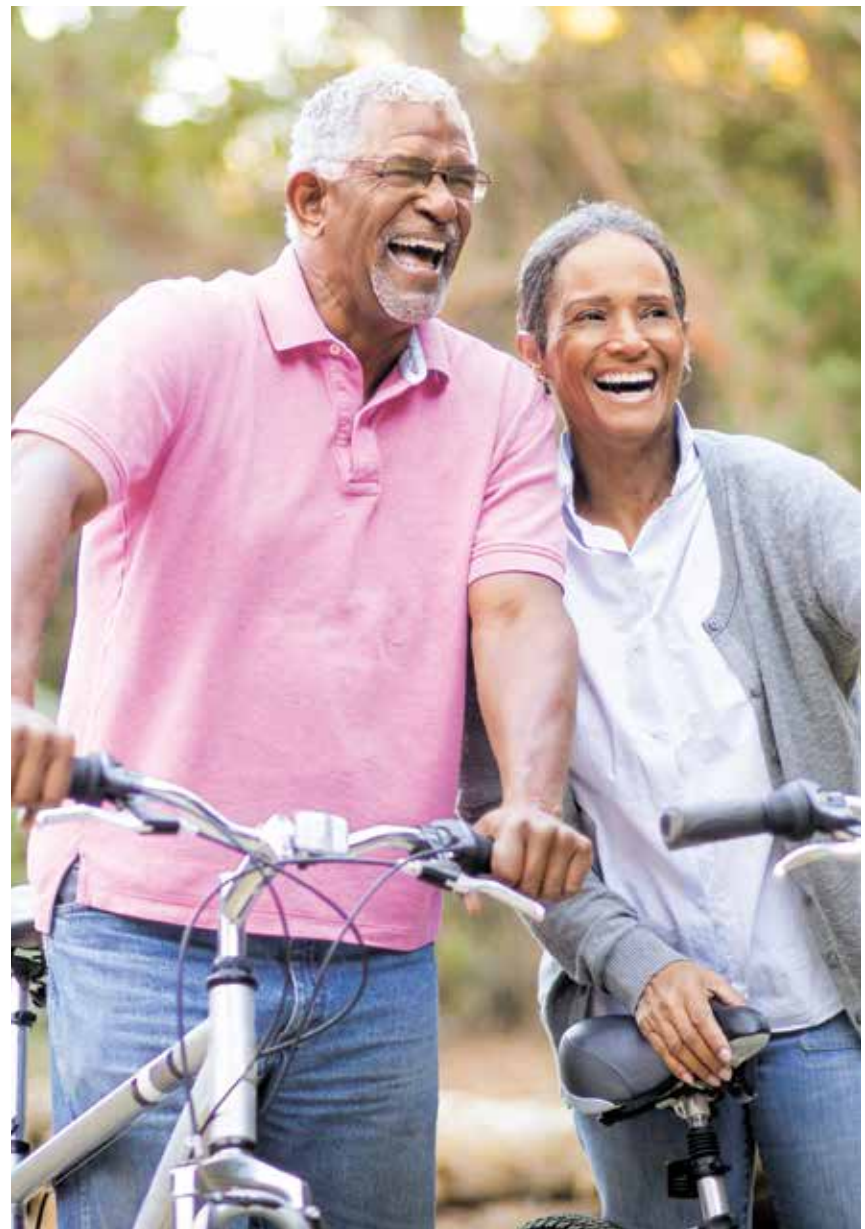
Moving your workouts outdoors also lets you:

**Connect with nature.** That's one of the best perks of outdoor exercise. Think of it this way: Where are you likely to enjoy exercise more, on a treadmill in a crowded gym or on a hiking trail in a nearby park?

**Save money.** You don't need a gym membership. The outdoors belongs to all of us.

**Potentially burn more calories.** When you're jogging or biking outdoors, a strong headwind can help you burn more calories. You have to work harder to overcome the wind's resistance.

**GET OUT AND ENJOY!** So rather than staying cooped up inside, take a brisk walk either alone to clear your mind or with a



buddy to socialize. Work out your muscles on a local hill, bike on a neighborhood street, or walk one lap and jog the next at a nearby school track.

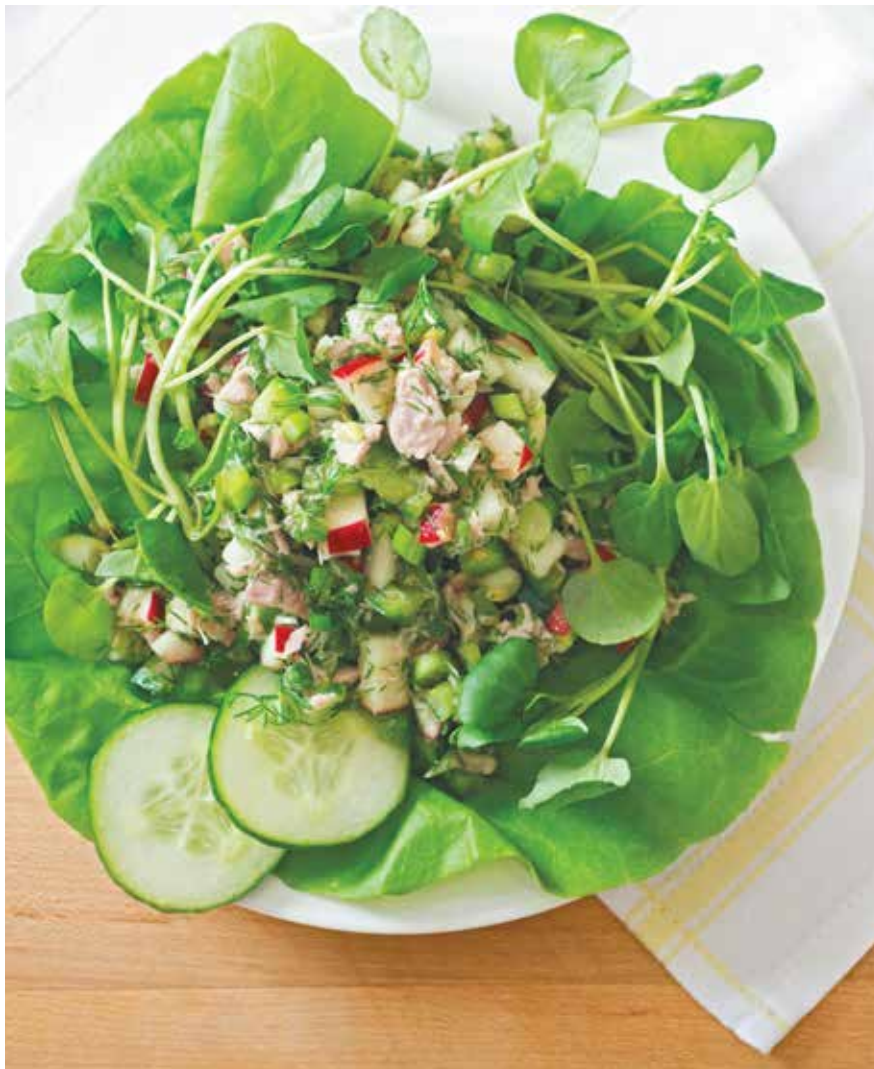
Or treat yourself to a walk in the woods, in a meadow or along a stream at a park. See if a park close by offers an exercise boot camp or a yoga class or has exercise equipment. Many parks do now.

You can turn exercise into family time too. Play on a playground with your child (or grandchild), or take a nature hike together. After all, everybody deserves to have fun outdoors.

SOURCE: AMERICAN COUNCIL ON EXERCISE

**3** COMING SOON TO ROME: THE DOROTHY G. GRIFFIN CARDIOVASCULAR CENTER

**6** JUNE IS MEN'S HEALTH AWARENESS MONTH: FIND OUT ABOUT PROSTATE PROBLEMS



## Spring tuna salad

Makes 2 servings.

### INGREDIENTS

- 1 (6-ounce) can water-packed albacore tuna
- $\frac{3}{4}$  cup finely chopped Honeycrisp, Gala or Fuji apple
- $\frac{1}{2}$  cup finely chopped green bell pepper
- $\frac{1}{2}$  cup finely chopped scallions, green and white parts
- 2 tablespoons fresh lemon juice
- Salt and ground black pepper to taste
- 1 tablespoon canola oil
- $\frac{1}{3}$  cup chopped fresh dill
- 2 teaspoons grated lemon zest
- 4 butter or Boston lettuce leaves
- 4 slices European (English) cucumber
- 2 lightly packed cups watercress sprigs

### DIRECTIONS

■ In mixing bowl, finely flake tuna with fork. Mix in apple, green pepper and scallions. Add lemon juice, salt and pepper to taste, and toss to combine. Mix in canola oil. The salad may be covered and refrigerated for up to 4 hours.

■ When ready to serve, mix in the dill and lemon zest. Line 2 salad plates each with 2 lettuce leaves and add 2 cucumber slices. Mound  $\frac{1}{2}$  of the tuna salad on each plate. Surround with the watercress sprigs, and serve.

### NUTRITION INFORMATION

Serving size:  $\frac{1}{2}$  recipe. Amount per serving: 220 calories, 10g total fat (1g saturated fat), 12g carbohydrates, 22g protein, 3g dietary fiber, 55mg sodium.

SOURCE: AMERICAN INSTITUTE FOR CANCER RESEARCH

### ARTHRITIS

## Balance movement with rest

When it comes to arthritis, movement is a good thing. Whether you exercise at home or at a gym, being active can help keep your joints and body limber. Exercise is also a great way to relieve arthritis pain in the long run. But sometimes rest is best.

### STRIKE A BALANCE.

Although it's good to keep moving, you may need to balance movement with rest. If you do too much, you could make your arthritis symptoms worse. Then you may end up avoiding activity altogether.

Try these tips from the Arthritis Foundation and other experts to help you find the best approach:

**Pace yourself.** Plan your activities so that you don't do too much at one time. For instance, follow workouts or chores with short breaks.

**Rest when needed.** Feeling achy today? You may need to take it easy when arthritis flares

up—especially if you have rheumatoid arthritis.

**Find your sweet spot.** It takes time to see how much activity you can do without causing a flare. You may make mistakes at first, and that's OK. In time you'll figure out how much you can do without exacerbating your symptoms.

**Don't beat yourself up.** If today seems like a bust, maybe tomorrow you'll have more energy.

**Do what you enjoy.** If you're looking for joint-friendly ideas, consider walking, swimming, stretching or riding a bike.

**Keep notes.** A diary or journal can help you keep track of what exercises and how much activity bring on symptoms.

**Talk to your doctor.** Everyone's situation is different. Your doctor can help design an activity plan that's best for you.

SOURCES: AMERICAN COLLEGE OF RHEUMATOLOGY; ARTHRITIS FOUNDATION; NATIONAL INSTITUTES OF HEALTH

## Grow your own herbs

The most tastefully dressed dishes are wearing fresh herbs. But these culinary darlings can be pricey to purchase. To grow them at home, plant your favorites in a sunny spot with well-drained soil. Water them as needed—but skip the pesticides. Basil, chives and parsley thrive in containers. Mint is easy to grow too—though it can invade your garden, so keep a close eye on it.

Snip leaves as you need them. To save some for the future, rinse leaves; place them one-deep on a tray; and dry in a dark,



well-ventilated room. Drying intensifies flavor—so use two-thirds to three-fourths less.

SOURCES: U.S. DEPARTMENT OF AGRICULTURE; UNIVERSITY OF ILLINOIS EXTENSION



# Providing a vital need

## ROME HOSPITAL FOUNDATION RECEIVES \$1.3 MILLION DONATION TO OPEN CARDIOVASCULAR CENTER IN DOROTHY G. GRIFFIN'S HONOR

**R**OME HOSPITAL FOUNDATION has received a donation for \$1.3 million from the Dorothy G. Griffin Charitable Foundation to support the opening of a Cardiovascular Center at Rome Memorial Hospital. The donation is the largest received in Rome Hospital Foundation's 24-year history.

"We are incredibly grateful to the Dorothy G. Griffin Charitable Foundation for their extremely generous and transformational contribution," said Becky D'Aiuto, Rome Hospital Executive Director. "Rome Hospital Foundation works every day to support the hospital in their mission to provide quality care close to home. We have been fortunate that Dorothy G. Griffin shared in and supported the importance of that mission. Now through the generosity of her foundation, the availability of quality cardiac care can be expanded to better serve the Rome community."

**CARING FOR THE COMMUNITY.** The cardiovascular center at Rome Memorial Hospital will be named in honor of Dorothy G. Griffin. The Dorothy G. Griffin Cardiovascular Center will provide the optimal space, medical equipment and technology necessary to provide expanded cardiac services for the residents of the Greater Rome community. The region's top cardiologists from St. Joseph's Health and Central New York Cardiology will provide care to their patients at the Dorothy G. Griffin Cardiovascular Center at Rome Memorial Hospital.

"Providing quality cardiovascular care in our community is a critical component to a healthy community. The statistics related to the impact of heart disease are staggering and the needs for cardiac care increase every year," said David Lundquist, Rome Memorial Hospital President and CEO. "The ability to open a cardiovascular center in Rome will allow us to expand our cardiac care services to meet our patient needs. We thank the Dorothy G. Griffin Charitable Foundation for their generosity and support. Rome Memorial Hospital will deliver the quality cardiac care that this community deserves."

"It is fitting to have a cardiovascular center named in Dorothy's



Dorothy G. Griffin



honor. Dorothy had a very big heart," said Chuck Schoff, Dorothy G. Griffin Charitable Foundation Trustee. "She would have supported this contribution very much."

**GIVING BACK.** Dorothy G. Griffin, along with her brother Bill, operated a multi-million dollar business in Rome, Varflex

Corporation. Bill Griffin continues to run the business today. Mrs. Griffin, who passed away in March 2015, was an active community advocate who watched the community evolve and transition over the years. She recognized the needs of the community and was committed to giving back to the area where she had helped grow a successful business. She supported Rome Hospital Foundation and Rome Memorial Hospital because she recognized the importance of the hospital's vitality to the community. Rome Hospital Foundation named their leadership giving program as a tribute to her generosity. Many business owners, community members, physicians and hospital employees support the Dorothy Griffin Society with annual contributions.

Rome Hospital Foundation provides vital philanthropic support to Rome Memorial Hospital. Rome Hospital Foundation is a separate 501 (c) (3) and an integral partner in Rome Memorial Hospital's mission to provide quality healthcare with compassion. Rome Hospital Foundation accepts gifts on behalf of Rome Memorial Hospital and works to fund both present and future equipment and program needs.



**2019 Events**  
Call  
**315.338.7181**



**Golf Classic**  
Monday, June 24  
Teugega Country Club  
10:30 a.m. registration  
Noon shotgun start



**Brew Ha Ha**  
Saturday, Sept. 28  
Woods Valley Ski Area  
4:00—8:00 p.m.



**Annual Gala**  
Saturday, Nov. 9  
Turning Stone Resort  
6:00—11:00 p.m.

# Two new partners in your health

## MEET THE COLORECTAL EXPERTS AT ROME SURGICAL SPECIALISTS

**T**WO COLORECTAL SPECIALISTS with more than 35 years of combined experience have joined Rome Surgical Specialists to provide general surgical and colorectal services in Rome.

Alberto Del Pino, MD, and Theresa Wendel Ruddy, MD, MPH, are specialists in the surgical and nonsurgical treatment of diseases of the colon and rectum, including cancer, inflammatory bowel disease, hemorrhoids and other related conditions. They have completed advanced surgical fellowships in the treatment of these diseases, in addition to their full general surgical training.

Drs. Del Pino and Ruddy are performing a broad range of general and laparoscopic surgical procedures at Rome Memorial Hospital, including colorectal and colon cancer surgery, gallbladder and hernia surgeries, and endoscopies.

They are board-certified by the American Board of Surgery and the American Board of Colon and Rectal Surgery. They join Pedro Del Pino, MD, who is board-certified by the American Board of Surgery and fellowship-trained in thoracic surgery. They are accepting new patients at the new office located at 1614 N. James St. in Rome.

*Rome Memorial Hospital, nationally recognized as a leader in infection prevention and patient safety, has the lowest surgical-site infection ratio in the region.* ~

**'I WILL LISTEN.'** Dr. Ruddy graduated from the State University of New York at Buffalo School of Medicine and Biomedical Sciences. She completed her general surgical residency at Rush University Medical Center/Stroger Cook County Hospital in Chicago. While in residency, she earned her master's in public health degree in health policy and administration from the University of Illinois in Chicago. Dr. Ruddy advanced her training with a fellowship in colorectal surgery at Brown University/Rhode Island Hospital.





**Alberto Del Pino, MD**



**Theresa Wendel  
Ruddy, MD, MPH**

“When faced with a surgical procedure, patients can trust that I will listen to their concerns, explain their options and involve them in the decision-making process,” says Dr. Ruddy. “It is important for a surgeon to be sensitive to patients’ individual goals and expectations.”

“My partners and I recognize the importance of having a surgical group committed to taking care of Rome and surrounding communities,” she continues. “We are here to meet that need.”

**‘I HELPED IN MY FATHER’S OFFICE.’** Dr. Alberto Del Pino earned his medical degree from Chicago Medical School, where he was nominated to the Alpha Omega Alpha Medical Honor Society. He completed his general surgical residency and advanced his training with a fellowship in colon and rectal surgery at the University of Illinois College of Medicine, Chicago.

The son of a general surgeon, Dr. Alberto Del Pino grew up in the world of medicine.

“My brother and I helped in my father’s office and learned the value of communicating openly and building a relationship with patients,” he says. “Taking the time to learn about a patient’s lifestyle and expectations is important to the patient’s recovery and ongoing well-being.”

**PROFESSORS RUDDY AND DEL PINO.** Before they moved to Rome, both specialists were entrusted with providing medical education to the next generation of physicians.

Dr. Ruddy served as a clinical assistant professor in the department of surgery at SUNY Upstate Medical University and as a teaching fellow in surgery at the Alpert Medical School of Brown University.

Dr. Del Pino was a professor in colon and rectal surgery at Cook County Hospital and West Side VA Medical Center, an assistant professor in surgery at Rush University, and an instructor in surgery at University of Illinois Hospital.



**Accepting new patients!** For more information or to schedule an appointment, please call the Rome Surgical Specialists office at **315-337-0202**.

## Rome Surgical Specialists

Experience. Compassion. Quality.

When you need surgery, choose Rome Surgical Specialists. Our surgeons are board-certified, experienced and committed to providing the highest standard of care.

### **ALBERTO DEL PINO, MD**

- General surgery.
- Colorectal surgery.
- Endoscopy.

### **THERESA WENDEL RUDDY, MD, MPH**

- General surgery.
- Colorectal surgery.
- Endoscopy.

### **PEDRO DEL PINO, MD**

- General surgery.
- Thoracic surgery.
- Breast surgery.

Rome Surgical Specialists offers a broad range of surgical, laparoscopic and non-surgical procedures, including:

### **GENERAL SURGERY**

- Removal of skin and colon cancers.
- Gallbladder removal.
- Bowel obstruction and resection.
- Colostomy and ileostomy.
- Gastrectomy.
- Appendectomy.
- Hernia repair.
- Hemorrhoid removal.

### **THORACIC SURGERY**

- Treatment for lung and esophageal diseases, including cancer.
- Bronchoscopy.

### **BREAST SURGERY**

- Breast biopsy and sentinel node biopsy.
- Mastectomy and lumpectomy.

### **ENDOSCOPY**

- Screening and diagnostic colonoscopy.
- EGDs—a procedure to examine the esophagus, stomach and part of the small intestine.

Our surgeons are members of Rome Memorial Hospital’s medical staff and provide 24-hour coverage in the Emergency Department.



## MEN'S HEALTH: GET IN THE KNOW

# Prostate problems as you age

**T**HE PROSTATE is a small gland that can cause big problems as men get older, and every year close to 200,000 men in the U.S. will be diagnosed with prostate cancer. Urologist Brent E. Carlyle, MD, and his partners at AMP Urology of Rome Medical Practice want men of all ages to be aware of the signs of prostate trouble.

The prostate is the size of a walnut and sits in front of a man's rectum and under his bladder. It makes some of the fluid that creates semen.

"If you are having prostate problems, you may have trouble urinating or controlling your bladder," Dr. Carlyle explains. "It may be hard to start, stop or delay the flow of urine."

Symptoms include:

- Going to the restroom more often.
- Rushing to the bathroom but not being able to go or urinating a small amount.
- Leaking urine.
- Getting up often at night to urinate.
- Blood in your urine or semen.
- Pain or burning while urinating.
- Pain during ejaculation.

"If you are having prostate symptoms, it is time to see your urologist," says Dr. Carlyle.

You may have one of these common problems:

- **Benign prostatic hyperplasia (BPH):** This is the most common prostate problem in men older than 50.

If you have BPH, it means your prostate is enlarged as a result of something other than cancer. BPH causes frequent urination, including at night. You may notice your urine has a different color or smell. You may also experience pain when you urinate or after ejaculation.

- **Prostatitis:** This is the most common prostate problem in men under 50. It causes inflammation and swelling of the prostate.

Chronic prostatitis causes pain in the penis, scrotum, perineum (area between the scrotum and anus), belly and lower back. Bacterial prostatitis symptoms include a fever, chills and body aches.

They may come on fast or slowly.

■ **Prostate cancer:** If you're having prostate symptoms, it is important to have your urologist check you for prostate cancer. A prostate exam, blood test and possibly an ultrasound will help your doctor make the determination.

"Ultrasound-guided prostate biopsies are done right in our office for the comfort and convenience of our patients," Dr. Carlyle says. "Prostate biopsies help us diagnose disorders and diseases in the prostate. If cancer is identified, we are able to grade the cancer and determine the best treatment plan."

"The best advice is to talk to your urologist," Dr. Carlyle says. "Prostate problems can lead to other issues, such as problems with sex, urinary tract infections, bladder stones, kidney failure and more."

Dr. Carlyle and the urologists of AMP Urology of Rome Medical Practice have specialized training and expertise in many

*AMP Urology of Rome Medical Practice is located in the Griffiss Professional Complex, 267 Avery Lane, Suite 300, Rome. Contact the office by calling 315-356-7390.*

aspects of urology, including cancer, prostate disease, male and female incontinence, male sexual dysfunction, and kidney stone disease. They are trained in open, robotic, laparoscopic and endoscopic techniques.

Dr. Carlyle; Wael R. Muakkassa, MD; and Bashar Omarbasha, MD, are members of Rome Memorial Hospital's medical staff and provide 24-hour coverage in the Emergency Department.



# Home for the holidays

## SHORT-TERM REHAB AT RMH GOT JIM ON THE ROAD TO RECOVERY

**B**EING HOME for the holidays had a whole new meaning for Jim and Maureen Pekarski last year. After having open-heart surgery to replace an aortic valve in July 2018, Jim experienced multiple complications that left him unable to walk, talk or eat. He needed a tracheotomy to be able to breathe. He and his doctors consider it a miracle that he survived. Jim spent the better part of five months away from home, in and out of hospitals and rehabilitation centers, on a very difficult road to recovery.

With the many setbacks in Jim's healing process, his family put in a lot of travel to visit him in various health care facilities throughout the area. So the Pekarskis were thrilled when they were able to get Jim transferred closer to home to the short-term rehabilitation unit at Rome Memorial Hospital. It's here that Jim received the care and therapy that enabled him to get back on his feet and back home.

"When we first brought Jim to Rome, not only couldn't he walk, talk or eat, he also had developed terrible bed sores from being immobile for so long," Maureen says of her husband. "Once we got to Rome Hospital though, the staff there worked as a team to care for Jim and he began to really make steady progress toward getting better. We could not have asked for better care. Everyone in the short-term rehab unit at Rome Memorial Hospital was just marvelous."

**A FULL TEAM EFFORT.** Jim arrived at the short-term rehab unit on Sept. 5. From day one, his care team began working together to set Jim on a path of recovery that would get him back home with his family in time for the holidays.

"Jim was pretty medically complex when he arrived here, and his condition was poor with his recent history of heart and respiratory failure necessitating a tracheotomy and feeding tube," says Physical Therapist Melissa Williams, PT, DPT. "It was a full team effort between nursing, physical therapy, occupational therapy and speech therapy to get Jim well."

"Jim started slow but became more positive, motivated and involved in his recovery when he began seeing the gains he



**No place like home: Jim Pekarski and his wife, Maureen, were happy to be able to celebrate Thanksgiving at home after Jim's difficult recovery from heart surgery. Thanks to the care and therapy he received at Rome Memorial Hospital's short-term rehab unit, Jim was able to get back on his feet and back at home in time for the holidays.**

was making along the way," Melissa recalls.

Once he was up and mobile, Maureen could see her husband making progress daily. "He was really determined," she says.

**"OUR MIRACLE MAN."** Occupational Therapist Kristina Stalnaker, OTR/L, provided therapy for Jim to help him regain his ability to perform basic activities of daily living.

"In addition to medical treatment, we provided encouragement when he was down and kept him motivated toward his goal of getting back home," Licensed Practical Nurse Gayle Illingworth, LPN, says. "He was so sick when he first got here, we often called him 'our miracle man' because of his amazing recovery."


Getting his tracheotomy removed was another major step in Jim's amazing recovery. Once that happened, Speech Therapist Melissa Flury, MS, CCC-SLP, worked with Jim to help him regain his ability to speak and swallow.

Jim says he does not remember much during the first months of his recovery,

but once he got to Rome his memory began to return. Melissa Flury worked with him to help with his cognition.

One thing Jim does remember is the first meal he was able to eat on his own—"Scrambled eggs, sausage and toast," he says with a smile. Jim was cleared to go home on Nov. 9 in time to enjoy another memorable meal with his family on Thanksgiving Day.

"I have to thank the entire short-term rehab team for getting me well and home in time for the holidays," Jim says. "Every member of the staff was just phenomenal. I just cannot say enough about the amazing job they did getting me better so that I could finally go home."

 The short-term rehab unit, located in Rome Memorial Hospital's Residential Health Care Facility (RHCF), is the only skilled nursing facility in Oneida County to earn the highest five-star rating from the Centers for Medicare & Medicaid Services' Nursing Home Compare. For more information about short-term rehab or RHCF, call **315-338-7305**.



# Take time for you

## RESIDENTIAL HEALTH CARE FACILITY HAS LOWERED RATES FOR RESPITE CARE SERVICES

ROME MEMORIAL HOSPITAL's Residential Health Care Facility (RHCF) has lowered its daily rate for respite care services so the program is more accessible to caregivers who need a temporary rest from taking care of an aging or ill family member at home.

"At Rome Memorial Hospital, we provide a safe and comfortable environment where your loved one can stay and enjoy compassionate care from trained professionals while you take some time for yourself," says RHCF Administrator Anthony Joseph, MSW, MPA, LNHA.



**Anthony Joseph, MSW, MPA, LNHA**

"Our new rate of \$290 is the lowest in Rome and one of the lowest in the region, and it includes private room, cable television, activities, three meals a day and 24-hour care from a team who has set the standard in delivering exceptional care."

The RHCF is an 80-bed skilled nursing facility, located on the hospital's third floor, which provides long-term care, as well as short-term rehab and respite care programs. It has been recognized as a top-performing nursing home by the New York State Department of Health. It is the only facility in Oneida County to be ranked among the top 20 percent of nursing homes statewide through the Nursing Home Quality Initiative for four consecutive years.

"Caring for a family member can be very rewarding, but everyone needs to take some time occasionally to care for themselves," Joseph says. "Respite services can give you the time you need to take a vacation or tend to other family matters."

*Respite services are available for stays up to 42 days. Arrangements for respite care can be made by calling the admissions coordinator at 315-338-7305.*

CALL US!

AMP Urology at Rome Medical Practice

Personal Care for Life's Most Personal Issues

Accepting New Patients

- Brent E. Carlyle, MD
- Wael F. Muakkassa, MD
- Bashar Omarbasha, MD



Griffiss Professional Complex  
267 Hill Road, Suite 300, Rome

315.356.7390

## SENIOR CONNECTIONS

SENIOR CONNECTIONS is published as a community service for the friends and patrons of ROME MEMORIAL HOSPITAL, 1500 N. James St., Rome, NY 13440, telephone 315-338-7000, romehospital.org. If you would like to change your mailing address or prefer to be taken off the mailing list, please call the Public Relations Department at 315-337-5309.

David W. Lundquist  
Anthony Joseph, MSW, MPA, LNHA

PRESIDENT/CHIEF EXECUTIVE OFFICER  
RESIDENTIAL HEALTH CARE FACILITY ADMINISTRATOR

Information in SENIOR CONNECTIONS comes from a wide range of local and national medical experts. Models may be used in photos and illustrations. Contact your health care provider with any concerns or questions about content that may affect your health.

2019 © Coffey Communications, Inc. All rights reserved.