



Clifton-Fine Hospital

Winter Issue

Volume 1

Winter is here and it is time for our first 2010 newsletter. In this issue we will be discussing **how to be prepared for an emergency, remaining calm when having blood work, tips for teens to get better sleep, our Capital Fundraising Campaign, community news and Alzheimer's disease.**

As part of our continued service and outreach to our community, we are offering this, our third quarterly Clifton-Fine Hospital Newsletter as a way to keep you informed of all of the Hospital happenings and encourage you to take advantage of the many fine health care services that your "close to home" hospital provides.

If you have any comments or suggestions for upcoming newsletters please feel free to contact Devin Rice at:

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"Quality Care, Close to Home"

ARE YOU PREPARED FOR AN EMERGENCY?

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Having an emergency supply kit prepared can save your life. The following is a list of basic items that every emergency kit should include.



Water, one gallon of water per person per day for at least three days, for drinking and sanitation



Food, at least a three day supply of non-perishable food



Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries



Flashlight and extra batteries



First aid kit



Whistle to signal for help



Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place



Moist towelettes, garbage bags, and plastic ties for personal sanitation.



Wrench or pliers to turn off utilities



Can opener for food (if kit contains canned food)



Matches in waterproof container



Prescription medications



Formula and diapers



Pet food and water



Family documents



Cash and change



First aid book



Sleeping bags



Extra Clothes



*Bleach and medicine dropper



Fire Extinguisher



Local maps

*When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

Remain Calm

Tips for having your blood drawn

No one likes to get stuck with a needle, but it is often times necessary in determining a diagnosis. Blood work is essential in diagnosing everything from diabetes to cancer, to infection. Unfortunately, there is no way around not having blood taken if you want to know what is wrong with you. X-rays and clinical exams are helpful, but when it comes down to it, our blood has all the keys to identifying what is going on in our bodies.

Clifton-Fine Hospital cannot save you from getting stuck with a needle, but we can offer these helpful tips to remaining calm while having your blood drawn.

1. Be well hydrated. A dehydrated body means dehydrated veins which will be more difficult for technicians to poke. Being well hydrated will make the entire process more bearable.

2. Warm moist compress. Holding a warm moist compress over the site of injection 10 minutes before having blood drawn will facilitate blood flow to the area. This will soften the skin and dilate the veins.

3. Relax. Easier said than done, I know. Relaxing, however, will reduce tension in your body. The more tension there is, the more pain there will be.

4. Find a distraction in the room. Find something in the room to concentrate on. A ticking clock, an interesting poster, or even an interesting piece of equipment can help distract you from your fear of the needle.



5. Find a distraction in your mind. Go over what you need to do today in your mind. Think about the events of the day or an interesting riddle. Anything to get your mind off what is going on.

6. Distraction poster. Clifton-Fine Hospital's lab has a poster with names of colors written on it. The trick here is that the word does not match the color that the word is (**Blue**). This simple trick can be just the distraction you need.

7. Breathing. Make sure you breath. Hyperventilating will cause you to pass out. Be aware of your breathing and keep a good steady pace.

8. Positive Self Talk. Repeat a personal mantra to yourself such as "You can do this".

9. EMLA cream. This cream is used rarely and mostly with small children. It is a simple numbing agent.

10. Strike up a conversation. Talk with the lab technician, a conversation can be a perfect distraction.

Promoting Better Sleep Cycles for Your Teens

The Internal Clock

Studies have shown that the average teenager needs about 9 hours of sleep for optimum day time alertness. These same studies have shown that very few teenagers actually get the proper amount of sleep each night. There are many factors that contribute to the lack of sleep, homework, part time jobs, family and friend stressors, all of these things contribute to how well and how much sleep your teen gets. So what can you do to promote better sleep cycles for your teens?

- Adjust the lighting - People are naturally programmed to sleep at night, adjusting the lighting to be darker at night time tells our bodies that it is time for sleep. In the morning opening the curtains and allowing the sunlight in tells us it is time to wake up.
- Stick to a schedule - Scheduling sleep can be difficult. Try and develop a schedule that fits with their needs such as homework and part time jobs. Also make this schedule apply to weekends so that the week day schedule will not be interrupted.
- Cut out naps - A quick 30 minute nap after school can be refreshing but too much napping will make it more difficult to get the much needed night time sleep.
- Curb the caffeine - Caffeine may help your teen to stay awake during class time but too much caffeine will effect the quality and duration of night time sleep.
- Keep it calm - A warm shower and a nice book to read are great ways to wind down after a busy day. Try and avoid stimulating activities before bed time such as texting, web surfing and watching television. Designate the bedroom as a place to sleep and not a place to watch television.



Other Culprits

It is not always the internal clock that can affect your teen's sleep patterns. Here are a few other suggestions that may be disturbing their sleep.

- Medication - Many over-the-counter cold and allergy medications and prescription medications have side effects that can affect sleep.
- Insomnia - If your teen is unable to fall asleep or has difficulty remaining asleep it is likely they will have day time sleepiness.
- Depression - Sleeping too much or too little is a common sign of depression.
- Obstructive sleep apnea - When throat muscles fall slack during sleep, they stop air from moving freely through the nose and windpipe. This can interfere with breathing and disrupt sleep.

If you're concerned about your teen's daytime sleepiness or sleep habits, contact your teen's doctor. If your teen is depressed or has a sleep disorder, proper treatment may be the key to a good night's sleep.

Clifton–Fine Hospital Begins Work On Capital Fundraising Campaign

Campaign Committee

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Walter Todd

Christopher Westbrook

Committee Members

Pat Adams

Robert Adams

Donald Baxter

David Birchenough

Stephen Golden

Anne Hynes

Robert Kimmes

Richard Narkewicz

Kathleen Nevil

George Persson

Robert Raymo

Allen Splete

Susan Washburn



Since the loss of its primary care clinic in the Fall of 2008, Clifton-Fine Hospital has been working on a plan to rebuild. After much consideration, it was decided to begin a capital fundraising campaign for the project. Just as the community has depended on Clifton-Fine Hospital in times of need, the Hospital is now looking to the people for whom it cares to join in building on the future of healthcare in our community. This will be the first time since the Hospital was built in the early 1950's that any kind of fundraising has been attempted.

In early January Walter Todd and Christopher Westbrook were selected as co-chairs of the campaign, and they have enlisted a number of talented committee members to help in the fundraising efforts.

Frequently Asked Questions

Will this addition help with physician turnover?

Having a new clinic will help recruit and retain physicians by offering a modern and well-planned facility to practice medicine.

Will this space allow for additional services?

The new clinic will have enough exam rooms and office space to accommodate four full-time medical providers. This additional space can be used by outreach providers offering new services to the community, and/or as space for an additional primary care provider if needed.

Will the towns be asked for more support?

Additional support from the Towns of Clifton and Fine will **not** be requested as a result of the construction project.

What is the increase in operating costs?

Since the main reason for the project is to construct a replacement clinic, there will be no additional operating costs. Operating costs will most likely decrease by having a much more energy efficient clinic building.

When will construction start/ be completed?

Construction is anticipated to begin in April 2010 and expected to be completed in October 2010.

Taking Care of The Community

Tylenol Arthritis Recall

Acetaminophen, better known as Tylenol, is probably in your house whether you know it or not. Acetaminophen is used to relieve pain and/or fever. When taken as directed it does its job well. When taken in excess it can cause severe liver damage, especially if combined with alcohol. Right about now you're saying, "But I only take two tablets every four hours like it says on the bottle." And I believe you. The problem is that acetaminophen is found in over 600 products, most of them over-the-counter (OTC). Everything from children's cough syrup to narcotics. If you're like most people you only read the label to find out how much to take. You need to read the rest of the label to find out what all the ingredients are. If you don't, you could wind up taking twice as much acetaminophen as you should and that could become a problem. For instance, you have a bad cold. You know: coughing, sneezing, body aches, sore throat, fever. So you take two 500mg. tablets of acetaminophen every six hours for the fever and achiness. After all, if 325mg. is good then 500mg. must be better. But what about the cough? You find some cough medicine in the closet and add that to the acetaminophen. You're too sick to read the label so you don't notice that the cough medicine has acetaminophen in it. One of the most popular night time cough medicines contains 1000mg. of acetaminophen in a normal adult dose of two tablespoons. Instructions say you can take it every six hours. You have now effectively doubled the recommended dose of 4000mg. per 24 hours to 8000mg. in 24 hours. If you keep this up until your cold is gone, you risk the chance of damaging you liver too.

Before taking any medicine, you should always read the entire label. It contains a wealth of information: usage, dosage, ingredients, precautions, and side effects to name a few.

H1N1 Vaccination Report

With the advent of H1N1 influenza this past autumn, Clifton-Fine Hospital was faced with a challenge. The local Public Health Department was swamped with Immunization Clinics to be done so we became proactive. We offered to conduct community clinics and assist at the school clinic using our vaccine (Public Health had not received enough vaccine to begin school immunization clinics). Out into the community we went. Immunization clinics were held for the Clifton-Fine Central School (students and staff), the Ranger School, the local ambulance crews/first responders and the community in general (2 clinics). The hospital employees and their families were done at a special Hospital – Point of Dispensing exercise conducted by the Clifton-Fine Hospital Emergency Preparedness Department to practice how the hospital would function in a real disaster. We processed 51 staff and family members in a three-hour period. Throughout all this, the Clifton-Fine Clinic was also providing flu immunizations.

In all, Clifton-Fine Hospital administered 393 seasonal influenza and 450 H1N1 immunizations for a total of 843 doses given.

If you have not received your "flu shot" it is not too late. Seasonal flu season is on its way (February and March) and we can give influenza vaccine until March 31st.



What is... Alzheimer's



What it is: Alzheimer's disease is a brain disorder first discovered by German physician Alois Alzheimer. Alzheimer's disease is a fatal and progressive form of dementia that destroys cells of the brain causing confusion, memory loss and behavioral changes. The condition worsens over time. Some symptoms of Alzheimer's may occur as part of a normal ageing process. For more information on Alzheimer's disease as opposed to normal ageing processes you can contact the Alzheimer's association at their 24/7 Helpline at: 1.800.272.3900.

Symptoms: There are 3 stages in the development of Alzheimer's disease. The first stage consists of: Short term memory loss, confusion, difficulty with calculations, inability to understand abstract ideas. Stage 2 consists of: Behavioral changes, change in level of functioning, difficulty communicating, disorientation to place and time, difficulty finding words, poor judgment, frequently misplacing things in odd places, loss of interest, depression, seizures, psychotic behaviors, hallucinations, paranoia and urinary incontinence. Stage 3 consists of: An inability to perform tasks of daily life, inability to walk, toilet or swallow, total lack of communication, immobility. The immobility can lead to pressure ulcers (bed sores), pneumonia and constipation.

Tests: The only true way to diagnose Alzheimer's disease is with an autopsy. However doctors are able to tell if a person has "probable Alzheimer's Disease" or "possible Alzheimer's Disease". With probable Alzheimer's there is no other cause for the symptoms. With Possible Alzheimer's there is a possibility for an alternative cause. The most common tests for diagnosing Alzheimer's disease is a cognitive test consisting of questions pertaining to: Problem solving, ability to pay attention, memory and counting. In addition to the cognitive tests doctors will order a CT scan and/or an MRI. The CT scan and MRI can identify atrophy of the brain that may suggest Alzheimer's disease.

Treatments: There is no known cure for Alzheimer's disease. People afflicted with Alzheimer's disease are treated by providing them with a stable environment in which to live. In this stable environment drug therapy is implemented. The drug therapy is used to improve memory but does not work as a cure of the disease. Most commonly the drugs Aricept, Namenda, Exelon, and Razadyne are used to treat the symptoms of Alzheimer's disease. These drugs are effective by stopping the breakdown of Acetylcholine, a neurotransmitter.

Risk Factors: This condition is most common in persons over 65 however symptoms can begin between the ages of 40-60. Head trauma, viruses, previous strokes and the presence of Down syndrome increase the risk of incurring the disease.

Prevention: Continued engagements in social activity, exercising your brain, a healthy diet and avoiding head trauma are ways to prevent or slow the effects of Alzheimer's disease.

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To schedule an appointment or for more information please feel free to call our facility.

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Laboratory

(315)848-3351 ext 230

Nurses Station

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Radiology

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Emergency Department

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