

careconnection

A Healthy Lifestyle Today for a Better Tomorrow

HOLIDAY 2024



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Transformation**

Meet River Hospital's New CEO & President

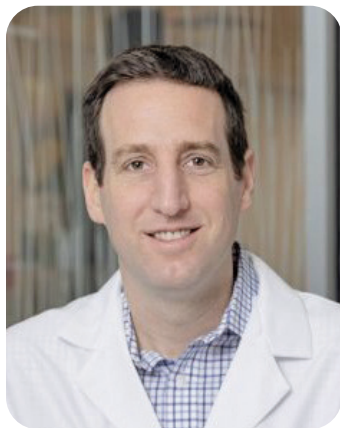
Please join us in giving a warm welcome and congratulations to Kelley Tiernan, River Hospital's new CEO & President. Kelley took on the interim role after previous CEO, Emily Mastaler, departed to pursue a new opportunity last May.

"Having served as interim CEO since March 2024, Kelley has proven her leadership capabilities and has earned the board's full confidence, as well as that of our staff, providers, and members of the communities in which River serves," said Norman E. Snyder, River Hospital Board Chairman. "She is the appropriate leader to strategically guide the organization into its next phase while continuing to provide accessible, high-quality healthcare."

Ms. Tiernan will continue to focus on achieving long-term sustainability through efficient operations and strategic growth to continue to meet patient needs.

Ms. Tiernan has been a hospital financial leader for more than 27 years. During her tenure, she has successfully supported ongoing service line and operational development, and she has provided direct oversight for multiple departments such as Finance, Materials Management, Information Technology, Human Resources, and Revenue Cycle.

"It is an honor for me to take on this role and I am grateful for the opportunity to continue working with the incredible team and staff here at River," said Ms. Tiernan. "I look forward to further transformation and growth while also advancing our mission to make healthcare more comprehensive and accessible to the communities we serve."



Dr. Eyal Kord, MD

Guys—Have you had a PSA Test?

First, you may be asking, what is a PSA test? A PSA (prostate-specific antigen) test is a blood test that helps healthcare providers diagnose and manage prostate cancer. Prostate-specific antigen is a protein made by both healthy cells and cancer cells in the prostate gland. The PSA level in your blood can be detected with a PSA test. A high PSA level could be a sign of prostate cancer, but it might also be caused by an infection, enlargement of the prostate or other noncancerous causes.

If your primary care provider is not able to rule out other causes, you may need another PSA test, and if you continue to have abnormal PSA results, you may need additional testing. Prostate cancer screening is recommended for men ages 55 to 70 or as young as age 40 for men at high risk. River Hospital has a Urologist that does PSA testing, and also specializes in issues related to the bladder, prostate, kidneys, and much more. Discuss the pros and cons of screening with your provider so you can make the best decision. Give us a call to schedule with Dr. Kord today at **315.482.2094**

New Electronic Medical Record System launched Fall of 2024

Each year, we prioritize our efforts to improve operational efficiency and support our strategic objectives. With that in mind, and following our guiding principle of putting patients first, we have worked hard to implement a singular, integrated electronic medical record (EMR) system. After years of using separate systems for patient electronic medical records, River Hospital has elevated its information systems infrastructure to improve workflows, enhance patient safety, and make it easier for patients crossing among providers to get their care.

The EMR transition team has worked tirelessly to bring our new EMR system up to speed to match the level of care that we are delivering to our patients. Along with more efficient workflows and eliminating the need to jump from one system to another in caring for patients, the conversion to a new EMR makes it easier to share information among providers and allows patients to have their medical record at their fingertips. With this transition, River Hospital patients moved from the current patient portal to an MHealth system. This user-friendly system

gives patients power to manage their health and allow them access to lab and imaging results, appointment requests, reminders for screenings, and more. For questions, you can give us a call at **315.482.1261**.

BENEFITS TO EMR INTEGRATION



Are You Ready to get the Holiday Season Started with a Delicious Appetizer?

Ingredients:

- 1 lb. refrigerated pizza dough
- Egg wash (1 egg whisked with 1 tbsp water)
- 7 mozzarella sticks
- 1/4 c. melted butter
- 1/2 c. finely grated Parmesan
- 1 Tbsp. thinly sliced basil
- 1 Tbsp. chopped parsley
- 1 Tbsp. chopped rosemary
- Marinara, warmed (for serving)

Step 1

Preheat oven to 450°. Line a large baking sheet with parchment paper. Cut mozzarella sticks into 1" pieces and set aside.

Step 2

On a floured surface, divide pizza dough into two pieces. Stretch and

roll each piece of dough into a long rectangle, then cut dough into 2" squares (you'll need 33 total).

Step 3

Wrap a dough square around each piece of mozzarella, forming a tightly sealed ball. Place balls seam-side down on the baking sheet in the shape of a Christmas tree (they should be touching). Brush egg wash on dough balls and bake until golden, 15 to 20 minutes.

Step 4

Meanwhile, whisk together melted butter, Parmesan, and herbs. Brush on baked pizza balls. Serve warm with marinara for dipping.



Steve Hawes
Dietary Director



Happy Holidays!

Wishing you a healthy New Year. This holiday season reminds us that we are blessed to be part of this great community. Your support of our hospital is appreciated, and not something we take for granted. From your friends and neighbors who make up our family of healthcare professionals, we wish you a Happy Holiday and a New Year filled with health and happiness.



River Hospital
Polar Bear Dip

February 22, 2025
at Bonnie Castle Resort

SCAN ME!


REGISTRATION IS OPEN!
Are you ready to take the plunge?

35TH ANNUAL

POLAR BEAR DIP

For more information, check out www.riverhospital.org/events