



# careconnection

*A Healthy Lifestyle Today for a Better Tomorrow*

SUMMER 2025



## RIVER HOSPITAL'S CONVENIENT CARE: HERE WHEN YOU NEED US

Whether you're here for the summer or just passing through, River Hospital's Convenient Care is ready to help with walk-in treatment for life's minor mishaps and unexpected illnesses. From fish hook removals and sprains to physicals and DOT exams, our team provides quick, expert care — no appointment needed. Stay healthy, stay local! Appointments available or walk-in's welcome- 315-482-2094

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# Wayne Strauss Leaves Lasting Legacy with \$2 Million Gift to River Hospital

For those who knew Wayne Strauss, the River wasn't just a place, it was home. With the announcement of a \$2 million gift to River Hospital following his passing in the fall of 2024, Strauss' deep connection to the area and commitment to the community he cared about will continue to make a lasting impact.

Born in 1957, Strauss was a New York native with a sharp intellect and wide-ranging interests. He earned a Doctor of Law degree from Syracuse University and was a licensed member of the New York State Bar. Known for his ability to explain complex financial concepts clearly, Strauss had a long career in finance, taught as an adjunct professor at St. John Fisher College, and was a speaker at Nazareth College. Strauss retired in 2018 after a 21-year career as Vice President and Senior Product Manager at Oppenheimer Funds in Rochester. He was also an attorney, writer, mentor, and friend.

His passion for teaching was matched by his love of writing and community service. He contributed regularly to The Thousand Islands Sun and Thousand Islands Life, where his articles showcased his tremendous gift of storytelling. "Wayne had a special place in his heart for the River, and it was evident in his writing," said Stephanie Weiss, Executive Director of Development at River Hospital. "He believed deeply in sharing matters of both health and community, and River Hospital brought those values together."

Wayne was also a dedicated volunteer for River Hospital events. He served for many years as a volunteer judge for his favorite event - The Polar Bear Dip and brought genuine enthusiasm to everything he did in support of the hospital's mission. His thoughtful presence and genuine enthusiasm for the hospital's work made him a cherished friend to the institution and its staff.

River Hospital, which plays a vital role in caring for both residents and visitors, is now the grateful recipient of Strauss' generosity. His \$2 million gift; one of the largest in the hospital's history, is designated specifically for River Hospital's endowment, a cause that was especially important to him. This investment will support the long-term financial stability of the hospital and ensure the continued delivery of quality care for generations to come.

"Wayne's gift is transformational - not just for its size, but for the impact it will have on our patients and community," said Kelley Tiernan, CEO and President of River Hospital. "He understood how vital local healthcare is to our area, and his generosity will help strengthen our ability to provide care now and into the future."

"Wayne's final act of generosity ensures that River Hospital and the people and place he loved, will continue to thrive," Weiss added. "His legacy is not just one of wealth, but of wisdom, warmth, and unwavering support for a community that will forever be grateful."

To honor Wayne's memory, a memorial engraving will be placed near the seating area overlooking the river in front of River Hospital - a peaceful spot he loved. His ashes were laid to rest in the River, and his spirit will remain part of the place he held so dearly.

*Wayne loved to Volunteer at River Hospital Events. Pictured here at Day with a Fishing Guide, May 2019*





## Summer Recovery & Strength: Physical Therapy at River Hospital

Whether you're bouncing back from a sports injury, managing chronic pain, or simply looking to move better and feel stronger, River Hospital's Physical Therapy team is here to support your journey—with personalized care in one of the most serene settings in the region.

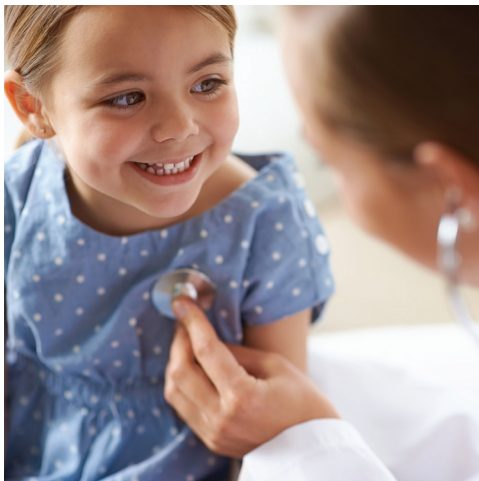
Overlooking the beautiful and calming St. Lawrence River, our therapy suite offers more than expert care—it offers a place to breathe, refocus, and heal. The scenic views bring a natural sense of calm to each session, making your recovery feel less clinical and more restorative. Our updated facility now features new rehabilitation equipment, and every session is individually tailored.

Some examples of things we treat are:

Each patient receives personalized 1-on-1 therapy, ensuring their goals, comfort, and progress come first. There's no better time than summer to commit to your health. Imagine improving your strength and mobility while taking in the gentle movement of the St. Lawrence River just outside your window.

Ready to get started? Call our Physical Therapy Department at **315.482.1116** to schedule an appointment. Referrals are welcome, and we work with most insurance plans.

- **Orthopedic conditions**
- **Neck and Back Pain**
- **Arthritis and Acute/Chronic Pain**
- **Repetitive Strain Injuries**
- **Fall Prevention**
- **Balance and Mobility**
- **Sports Injuries**



## School's Out: Use summer break to schedule a well-child visit!

Our team of family medicine providers are here to help with wellness guidance, and to make sure that all vaccinations are up to date so that young patients remain healthy and free from vaccine-preventable illnesses throughout the school year. Call the River Hospital **Family Health Center** at **315-482-2094** and we can get you scheduled.



## Spinach and Feta Omelette

### INGREDIENTS

- 2 tablespoons butter
- 1 clove of garlic, peeled and minced
- 1 tablespoon red onion, chopped
- 1 cup loosely packed fresh spinach, chopped
- 2 large eggs
- 1/2 tablespoon milk (optional)
- 2–3 tablespoons freshly crumbled feta
- Freshly ground salt and pepper to taste

### INSTRUCTIONS

1. Peel and mince/chop the onion and garlic
2. Wash, dry and chop the spinach

3. Whisk 2 eggs with a bit of milk (optional), and season with freshly ground pepper.
4. Melt approx. 1 tablespoon butter in a skillet over medium heat, and sauté the onion and garlic until translucent, 2 to 3 minutes.
5. Add the spinach and sauté until wilted.
6. Remove the onion, garlic, and spinach from the pan, and set aside, transferring onto a plate.
7. Melt another 1 tablespoon of butter to the pan, and pour the whisked eggs into the skillet. Cook on medium low until the eggs are set.
8. Add the cooked spinach, onion and garlic mixture on top of the omelette.
9. Sprinkle with most of the crumbled feta and fold the omelette in half or thirds, turning off the heat and letting the cheese warm for a minute or two.
10. Transfer the omelette to a plate and sprinkle the remaining feta on top as a garnish.