

careconnection

A Healthy Lifestyle Today for a Better Tomorrow

WINTER 2022



New Family
Medicine Provider

How to Beat the
Holiday Blues

Vaccinations
for Winter

Physical Therapy
for Athletes

Bone
Health



Sarah Hill, FNP-BC



Lisa Trickey, RPA-C



Dr. Corina Bassity, DO

Looking for a Family Medicine Provider?

River Hospital can help. We have a team of family medicine providers that are taking new patients. Give us a call today and we will get you scheduled! **315.482.2094**

River Hospital Welcomes Dr. Corina Bassity, DO



River Hospital Family Health Center is pleased to announce the expansion of its care team with the addition Dr. Corina Bassity, DO. Dr. Bassity has been practicing for over 12 years, most recently at Finger Lakes Community Health Center, Sodus NY.

Dr. Bassity received her Doctor of Osteopathic Medicine in June 2010 from Lake Erie College of Osteopathic Medicine and is board certified in Family Medicine. She did her Family Medicine Residency at the Sisters' of Charity in Buffalo, NY. As an osteopathic medicine provider, she is trained in understanding how the mind, body, and spirit connect to impact the body.

As a member of the River Hospital Family Health Center team, Dr. Bassity is accepting new patients. River Hospital Family Health Center provides comprehensive family healthcare services to year-round and seasonal residents of the River Communities. Our family medicine providers can diagnose and treat a wide range of illnesses, injuries, and conditions. If you would like more information on family healthcare services or to schedule an appointment with Dr. Bassity, please call **(315) 482-2094**.

How to Beat the Holiday Blues



For many, the holidays are not so merry and bright; in fact, all the hype and expectations around the holidays can have the opposite effect. There is a lot of pressure to make the holiday season the most wonderful time of the year, and this can be emotionally overwhelming-- especially for people who are hurting. Just like adults, children and teenagers often exhibit signs of stress, anxiety, or depression around the holidays, so recognizing and attending to these difficult conditions is important for all ages. If you are one of the many that find themselves feeling off this time of year, remember, it's okay to find the holidays difficult. Instead, here are some ways for you to effectively fend off those holiday blues:

Be kind to yourself

Since the season is all about giving--first and foremost, give the gift of patience and generosity to yourself. Also remember to be as compassionate as possible to others-- because everyone has a story.

Set healthy boundaries

It's the holidays. The season of peace, love, and joy, and for many, the season of stress, anxiety, and feeling overwhelmed by tasks, duties, family relationships, and commitments. Learning to be comfortable saying no can be a great step toward reducing anxiety, freeing you to focus on what is really meaningful to you this time of year.

Volunteer

An important aspect of resiliency, especially during the holiday season, is a sense of belonging to healthy communities. If you are alone or don't have a healthy community this season, consider spending your time helping others.

Start a new tradition

In truth, there are no rules for how to spend your holidays. If old traditions trigger unhappy memories, start new ones. Starting something new might offer an opportunity to experience this time of year in a different way.

FINDING HELP

If you or someone in your family is struggling with mental health, a behavioral health specialist, such as a therapist or psychologist, may be able to help. River Hospital's Behavioral Health Services offers help for adults, children, and teens. Give us a call at 315.482.1277 to learn more, or to schedule an appointment.

5 Vaccines That You Can Get At River Hospital to Help Keep You Healthy This Winter



Flu Vaccine (Anyone 6 months +) Protect against: Influenza, the common cold-weather infection that causes fever, chills, cough, muscle aches, and headaches. However, in seniors, these symptoms can be especially debilitating.

Shingles Vaccine (Anyone 6 months +) Protects against: Shingles, a painful rash that is caused by the same virus that causes chicken pox. If you've had chicken pox before, the virus can reactivate years later, causing shingles. If you haven't had shingles, you can still be at risk.

Tetanus Vaccine (Anyone 2 months +) Protects against: Tetanus disease, which causes a painful locking of the muscles all over the body. In some cases, tetanus can be fatal.

Pertussis Vaccine (Anyone 2 months +) Protects against: Whooping cough, a disease that has been on the rise in adolescents and adults. Coughing fits as a result of whooping cough can be so severe that it can lead to broken ribs and passing out.

Pneumococcal Vaccine (Anyone 6 weeks +) Protects against: Blood, brain, and lung infections like pneumonia and meningitis. Diseases like these are the leading cause of vaccine-preventable illness and death in the United States.

To get vaccinated for any or all shots listed above, call River Hospital Family Health Center to make an appointment at **315.482.2094**

Physical Therapy for Athletes



Injuries are a large part of any sport. As much as athletes try to avoid injury, accidents do happen. Sports injuries have prevented many athletes from practicing, playing in games, and have even ended careers. Physical therapy helps athletes to reduce pain, improve their overall health and fitness, and prevent recurring injuries. Physical therapy works to assist an athlete to rebuild strength and movement after an injury through different exercises, stretches, and specialized techniques. It can also help an athlete manage pain and prevent avoidable damage in the future.

If you are experiencing pain after an injury contact River Hospital physical therapy for an appointment. Our team takes great pride in our ability to successfully enhance the performance of any athlete. Give us a call today to learn more about why physical therapy can help you as an athlete. **315.482.1116**.

The Path to Better Bone Health

Winter's shorter days are here, and while darker days can be emotionally hard, they can also be hazardous to your bones due to a lack of vitamin D and exercise. Here are 4 ways to bolster bone health and reduce your risk of falls and fractures:

1. Eat smart

Consume plenty of calcium, vitamin D and protein.

2. Exercise

The best moves for bones are weight-bearing (walking, hiking, tennis) and resistance (strength training) activities.

3. Mind your medications

Certain medicines can make it hard for bones to absorb calcium. Talk with your health care provider about your regimen. They might remove some drugs and add others to protect your bones.

4. Don't smoke

Smokers may have trouble absorbing calcium from food. Female smokers also have lower levels of bone-boosting hormones in their blood.

Ready to assess your bone health?

Call River Hospital Family Health Center for an appointment at **315.482.2094**

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Overnight Cinnamon Roll French Toast Casserole

This Cinnamon Roll French Toast Casserole is the absolute best holiday brunch. It literally tastes just like a cinnamon roll, without all the work of making cinnamon rolls. Plus, it's great to prepare the night before and either bake up for guests at home, or to bring along to a pot-luck brunch.

Ingredients

- 27 ounces bread, cubed (about 11 cups of bread of choice)
- ¾ cup sugar
- 1 tablespoon cinnamon
- 4 tablespoons softened butter, ghee or coconut oil
- 2–1/2 cups milk of choice
- 8 eggs

For Powdered Sugar Glaze

Mix together ½ cup powdered sugar with 2 teaspoons milk of choice



Steven Hawes
River Hospital Dietary Manager

Directions

Either leave out the bread overnight, or toast in a 350-degree oven for 15 minutes until toasted. Mix together sugar, 2 teaspoons cinnamon and softened butter together in a small bowl until crumbly. Grease a 9×13 baking dish. Place half of the bread cubes in the greased pan. Sprinkle ½ of the cinnamon sugar mixture on top. Top with remaining bread cubes. Whisk together milk, eggs and 1 teaspoon cinnamon in a large bowl. Pour evenly over the top of the bread cubes. Using your hands, push down on the bread cubes to make sure they come into contact evenly with the milk. Sprinkle the remaining sugar mixture over the top of the bread cubes. Cover and let sit, refrigerated, overnight. When ready to bake, preheat the oven to 350°F. Bake in the oven 35-40 minutes, until set. Meanwhile make glaze: Mix powdered sugar and milk. Let the baked french toast casserole sit for 10 minutes before drizzling with glaze and serving.

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.



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