

APRIL 2024



LEWIS COUNTY HEALTH SYSTEM

LCHS ANNOUNCES 2023 EMPLOYEE OF THE YEAR

Lewis County Health System proudly announces Respiratory Therapist Kristina Boucher as the 2023 Employee of the Year, a recognition that inspires us all.

"Kristina exemplifies our culture of integrity, compassion, accountability, respect, and excellence," stated Gerald R. Cayer, LCHS Chief Executive Officer. "Her compassion and kindness positively impact the lives of patients and her coworkers."

Kristina and the 2023 Employees of the Month (listed below) were honored at the Employee of the Year event in March. LCHS staff voted by ballot with the named Employees of the Month for who they felt deserved the Employee of the Year recognition.

The coworker who nominated Kristina as Employee of the Month stated she is a team player. The coworker said, "While performing her job duties, Kristina is always ready to lend a hand and meet patient needs. Whether it is with a snack or words of encouragement, she is a ray of sunshine on the night shift. She has an amazing ability to reassure patients and coworkers with her upbeat personality."

According to Kristina, she "was shocked and honored to receive this honor. I truly love hands-on patient care and working closely with patients as a team to make a difference. My coworkers are fabulous, and the team pitches in when and where needed to encourage each other, even on rough days."



LCHS Director of Cardiopulmonary Services Samantha Woodhouse and Respiratory Therapist Kristina Boucher.

WHAT'S INSIDE?

EMPLOYEE NEWS

OPEN ENROLLMENT

HOSPICE EPICUREAN EVENT

FAMILY EDUCATION EVENT

MARCH EMPLOYEES OF THE MONTH

FOUNDATION GOLF TOURNAMENT

AUXILIARY PLANT SALE

WOMENS HEALTH AND WELLNESS NIGHT

"We are so lucky to have Kristina on our team," stated LCHS Director of Cardiopulmonary Services Samantha Woodhouse. "She radiates positivity, and everyone who comes in contact with her can feel it. Attitudes are contagious and infectious, so you can't help but be in a good mood around her! She is the definition of an excellent caregiver, spending as much time as needed to answer questions and ensure her patients understand everything. She always finds out if she doesn't know the answer and circles back with the patient to close the loop. Kristina is so very deserving of this wonderful award!"

The 2023 Employees of the Month were: January – Darcy Zehr, PT, Rehabilitation; February – Matthew Gyore, Cleaner, Environmental Services; March - Kristina Boucher, RRT/CRT, Respiratory Therapy; April – Heather Bates, CST, Surgical Services, May – Emily Paulsen, RN, Coordinator, Staff Development; June – Mackenzie Goutermout, RN, Med-Surg Unit; July – Julie Smith, Patient Access Clerk, Occupational Medicine; August – Emily Koster, RN, Med-Surg and Critical Care Units, September – Gabriel Carter, CNA, Residential Health Care Facility; October – Bertha Snyder, Unit Helper, Residential Health Care Facility; November – Stanley Mathys, Van Driver, Residential Health Care Facility; and December – Andrea Peebles, Clerk, Health Information department.



WELCOME

Julie Fox, Sup. Nurse
Twila Lyndaker, Nursing Asst
Madison Martin, FSH
Kristi Mulalley, RN
Laurie Peer, Pt Access Clerk
Renee Reese, Clerk
Jaden Smith, CNA
Christopher Thomason Jr., Cust Worker
Emily Wright, Clerk

FAREWELL

Brandon Block
Kayla Foley
Emily Heins
John II Herbine
Eileen Kirch-Fitzgerald
April Murphy
Shania Pierce
Tammy Suiter
Timothy Taylor
April Zanker

**MARCH
PATS ON THE BACK**

In recognition of a job well done!

Amber Allen x2
Amy Godlewski
Carmen Ashley
Emily Koster
Jennifer Beck
Katlyn Baldwin
Patient Billing Team x2
Sarah Scouten
Shannon Der
Stacy Godlewski



APRIL

***Happy Birthday from
Lewis County Health System!***

- 5/01 Dr. John Leuenberger, Cynthia Brouty,
Dr. Georges Akl
- 5/02 Julanne Shannon
- 5/03 Lynne Oakes, Jessica Nichols,
Heidi Taylor
- 5/04 Gina Houppert, Kayla Foley
- 5/05 Devon Smith
- 5/06 Marc Bonbrest, Julie Smith
- 5/07 Evan Leibelsperger, PA
- 5/08 Tina Dicob, Connor Hellinger,
April Murphy
- 5/09 Julia Waters, Kelly Gaylord
- 5/10 Grace Rowsam
- 5/11 Haliegh Szablewski, Kimberly Hornig,
Brandon Arthur, Melissa Kelly
- 5/12 Liza Kamprich
- 5/14 Kristi Mulalley, John Hoppel
- 5/15 Austin Jones, Brooklyn Cobb,
Haley Reed, Deborah Lachausse,
Beryl Zehr
- 5/16 Miranda Lehman
- 5/17 Cori Brouty
- 5/18 Meghan Robinson
- 5/19 Melissa Forney
- 5/21 Jacob Khan, Tracy Rockwell,
Karlee Herrington
- 5/22 Trina Berrus
- 5/23 Shannon Der, Laurie Yauger
- 5/24 Tina Szucs, Peter Farney,
Debra Bush-Christman, Dr. Jon Baker
- 5/25 Louise Reese
- 5/26 Rachel Carpenter, Ciara Schaffner,
Melanie Bush
- 5/27 Anna Kloster, Mary Comet
- 5/28 Savannah Santamour
- 5/29 Nikiesha Spann, Megan Weber
- 5/30 Philip Snow, Laurie Peer
- 5/31 Taylor Rhubarb

Health Insurance Open Enrollment

This is an important time of year to review your coverage, learn about the benefits offered, and to add or drop coverage for yourself and/or dependents. You may change plans at this time.

You must apply before April 26, 2024 by the end of the day.

1. Excellus Health Insurance

- **Lewis County PPO Plan** - for employees hired before November 1, 2022.
- **Hybrid (also a PPO)** - This plan offers the same coverage but for lower premiums with slightly higher co-pays, deductibles, and out-of-pocket maximums.
- **High Deductible Health Plan (HDHP)** - This plan offers the same coverage, premiums are even lower, but the deductible is high.
 - * **HSA** - Employees will be eligible to make Tax Exempt payroll deductions and earn contributions that can help meet your deductible.
 - * Annual limit for Single Coverage is \$4,150, Family/2 Person Coverage is \$8,300.

2. Dental Insurance

- CSEA Sunrise Dental-available to all employees
- Guardian Dental-available to all employees

3. Vision Insurance

- Vision administered by CSEA EBF-available to all employees

4. Opt Out of Insurance

- Employees who are in a position that is eligible for health insurance but who choose not to enroll in the Lewis County Health Plan (and are not enrolled as a dependent on the plan elsewhere) or those employees who want to cancel their existing health insurance coverage, will receive a monetary amount (please see your contract) on an annual basis. This payment is postpaid into quarterly installments in March, June, September and December.
- If you choose to opt out at this time, your first payment will be September 12, 2024.

5. Flex Spending-allows you to set aside money, before taxes into:

- Medical Care Reimbursement-The annual maximum contribution amount is \$3,200.
- Dependent Care Reimbursement-The annual maximum contribution amount is \$5,000.

Remember:

ALL changes must be made by April 26, 2024!

Get The Facts About Organ and Tissue Donation



One organ donor can save 8 lives
and heal 75 more through eye and tissue donation

Nearly 8,000
New Yorkers are waiting for a lifesaving organ transplant



More than 1,000
have been waiting more than five years

Nearly 400

New Yorkers died in 2023 because the organ they needed wasn't donated in time



Every 8 minutes
another person is added to the national transplant waiting list

No one is too old or too sick to register

Anyone age 16+ can join the NYS Donate Life Registry



Registering as a donor does not interfere with medical care
Donation becomes an option only after death has been determined



All major religions support organ and tissue donation, viewing it as an act of love and generosity



There is no cost to the donor's family or estate for organ and tissue donation

Donate Life New York State | donatelifeny.org | info@dliys.org | @DonateLifeNYS

PARKINSON'S SUPPORT GROUP

The Parkinson's Support Group is for anyone who has Parkinson's, is related to someone who has been diagnosed, or is the caretaker of someone with Parkinson's.

PARKINSON'S SUPPORT GROUP

WHEN?

Second Thursday of the Month
4:00PM – 5:00PM

WHERE?

Lewis County Health System
John C. Herrman M.D. Conference Room

FOR MORE INFORMATION

Contact Linda Domagala at
315-376-6834

Open Enrollment Meetings

17
April

10:30 AM

Courthouse, Chambers

Join via Teams

Meeting ID: 225 540 053 176

Passcode: q7aRZr

1:00 PM

Human Services, DSS

Join via Teams

Meeting ID: 246 588 388 906

Passcode: 3C8fyc

3:00 PM

Hospital

John C. Herrman Conference Room

6:30 PM

Public Safety, PSB

Emergency Management, EOC

15 & 19
April

1:1 Virtual w/ Suzie

Call 315-624-2977 to schedule

Questions?

Call Your Benefits Specialist, JJ Hodkinson @ 315-376-5323

Friends of Lewis County Hospice Presents

2024

EPICUREAN DELIGHT

\$40.00
DONATION

**Raffles*

Live Music: Kasidee & Bill

*Buffet dinner provided by the Lowville Elks
Appetizers and desserts provided by local chefs and bakers*

Sunday, May 5th, 3 PM - 6 PM

Hosted by **LOWVILLE ELKS LODGE**
Lowville, NY

TICKETS MUST BE PRE-ORDERED
online: friendsofchospice.org or call: 315-493-1358
Tickets not available at the door

Family Education Group

The Residential Health Care Facility hosts monthly Family Education Groups for resident family members and the community. The meetings will consist of a presenter who will provide education and information on a different topic each month.

April 16, 2024

3:00PM – 4:00PM

John C. Herrman M.D. Conference Room

1st Floor Medical Arts Bldg, Main Campus, Lowville

Presenter:

Sally Manning - Health Information Management Director

Topic:

Access to Patient Health Information



Have Questions or Future Topic Ideas?

If there are any topics you would be interested in learning more about, please call Social Work Assistant Caitlin Tabolt at 315-376-5851.

LCGH Auxiliary Annual Plant Sale

Red, White, or Pink Geraniums.
Red, White, or Purple Petunias (six pack)
Herbs! Sage, Dill, Parsley, Basil, or Oregano (3 1/2 inch pots)
Only \$4.00 each

May 21, 2024

At LeRoy Nichols Bldg,

Fairgrounds:
Pre-Order Pick Up &
Curbside Sales
9:00am to 5:00pm

Pre-Orders Due by May 16th

To Order Call:

Vicki at 315:376-3841

([email:vrov53@gmail.com](mailto:vrov53@gmail.com))

or

Connie at 315:376-9456

(email.cohoevma@gmail.com)

Order forms are also available at LCGH Gift Shop



The Lewis County Hospital Foundation received a check for \$2,342.00 from the Lewis County General Hospital Auxiliary to support the Fund for Hope. The donation was from proceeds from the Auxiliary's annual chocolate sale on Valentine's Day.

MARCH EMPLOYEES OF THE MONTH

The March 2024 Employees of the Month are JoEllen LaFontaine and Keith Bates. JoEllen is a Licensed Practical Nurse at Lewis County Surgical Associates, and Keith is a Family Nurse Practitioner at Lewis County Family Practice.

A patient nominated both employees for through Human Resources to express his sincere gratitude for the care he received.

According to the patient, "Twenty-two years ago, my wife and I were in a terrible motorcycle accident. The Lord put some competent people in our path who used their gifts to save our lives. You would think once would be enough! They took many parts out of me, including a kidney; my other kidney healed and has served me well since."

Last summer, the patient was installing a new roof on his house; it was very hot, and he was dehydrated. He had a consultation with a surgeon at Lewis County Surgical Associates. The nurse took his vitals and said they were okay but asked him if he was alright. The patient told the nurse he had been working hard and was very tired but assured her he was fine. She asked if I could walk across the parking lot, and the patient replied yes, but I might have to stop and rest.

The patient started to leave after the consultation, but the nurse had other plans. When he got to the nurse's station to check out, she asked if "I would forgive her as she had called upstairs and asked the provider to see me before I left. I told her I did not have a family provider, and she said I would have one before I left. I said I did not have an appointment, and she responded that the provider did not care. The provider examined me and asked me to go to the Emergency Room. I said I am not going to do that. He then asked if I would go downstairs to the lab for a blood test and not leave until I saw him in half an hour. I completed the blood work and waited to see him again. He told me that I only had one kidney, and it was operating at only 30%, and my internal organs were already starting to shut down. He begged me to go to the Emergency Room. I tried to reason with him and said I would go home, drink lots of water, and rest. He responded, if you do, you'll never make it back to the Emergency Room. If you go to the Emergency Room, I will stop to see you when I am done seeing patients. The Emergency Room admitted me. I was in the hospital for two days to rehydrate and flush my kidney. Now, I am up to 51% and holding my own because these employees love their jobs. Thanks to their professional attitudes and willingness to go the extra mile, I am alive today!"

Lewis County Health System congratulates JoEllen and Keith on this well-deserved recognition!



JoEllen LaFontaine, CLPN and Keith Bates, FNP-C

Lewis County Hospital
FOUNDATION

G 2024 **OLF**

TOURNAMENT

315-376-5110

Cedar's Golf Course

**Friday, June 7th
9:00am**

4-Person Captain & Crew

\$400 per team

**Cash Prizes
Skins Game
Putting Contest**

Raffles

**LONGEST DRIVE
MEN & WOMEN**

**CLOSEST TO THE PIN
MEN & WOMEN**

Hole in One Contest for \$10,000

Sponsored by the LCHS Senior Leadership Team

Join us for a relaxing and informative evening with our OB/GYN medical providers and health system staff experts.

WOMEN'S Health & Wellness Night

TUESDAY, APRIL 30, 2024

5PM-7PM

TUG HILL ESTATE

4051 Yancey Rd, Lowville, NY 13367

- ✔ A variety of healthcare info specifically for women
- ✔ Meet our physicians and women's health experts
- ✔ Enjoy refreshments and win door prizes

6-6:30PM - A PRESENTATION FROM HEALTH EXPERTS ON
WOMEN'S HEALTH SERVICES, BREAST SURGERY, AND PELVIC FLOOR DYSFUNCTION.

FEATURED PRESENTERS

Danah Ernst, Women's Health FNP-C

Rachel Zehr, MD, General Surgeon

Lynne Pominville, PT, Pelvic Floor Specialist



RSVP is appreciated but not required,
call Michelle Kelley at 315-376-5203

LCHS Hosting Women's Health and Wellness Night April 30, 2024 at Tug Hill Estate

Lewis County Health System invites women of all ages to attend our first Women's Health and Wellness Night on Tuesday, April 30, 2024, from 5:00 p.m. to 7:00 p.m. at the Tug Hill Estate, 4051 Yancey Rd, in Lowville. This FREE event offers women an evening to socialize with friends, enjoy great food, and have a chance to win great prizes, all while learning about the latest in women's health!

At the event, you will have the opportunity to meet our physicians and health experts, who are dedicated to providing services that support women throughout their health journey. There will be a variety of informational booths providing one-on-one opportunities to discuss women's health topics, from health education, nutrition, heart health, rehabilitation services, and breast health and screening.

From 6 p.m. to 6:30 p.m., participants will hear from health experts Danah Ernst, Women's Health FNP-C, Rachel Zehr, MD, General Surgeon, and Lynne Pominville, PT, Pelvic Floor Specialist, who will provide information on Women's Health Center services, breast surgery, and pelvic floor dysfunction.

As a token of our appreciation for your participation, we have prepared some exciting door prizes for you to win, including a beach-ready Bogg bag tote, a rejuvenating massage gift certificate, and more!

Don't miss out on this incredible opportunity to prioritize your health and well-being. If you would like to attend, please RSVP to Michelle Kelley at 315-376-5203 or admin@lcgh.net.