

# Hot Off The Stretcher

A newsletter for Catskill Regional Medical Center employees, physicians and volunteers.



## SPOTLIGHT ON the Skilled Nursing Unit

Each quarter we will profile a department or service at CRMC to educate and inform the staff of its offerings. This quarter we are featuring the Skilled Nursing Unit.

Administrator **Leslie Gartland** wants the Skilled Nursing Unit to be the best Nursing Home ever. She doesn't just want to be the best in Sullivan County or in the state; she wants to be the best in the world. This lofty goal is what motivates Leslie and the entire Skilled Nursing Unit team to continuously add to and improve the services they provide.

The Skilled Nursing Unit has been serving its residents in a home-like setting since 1980. Accredited by the Joint Commission, and the recipient of IPRO's 2008 Quality Award in recognition of quality care and service, the Skilled Nursing Unit is dedicated to promoting the highest levels of independence and the best medical care for its residents. The 64-bed unit is often filled due to its popularity, and it houses both short-term patients and long-term residents.

Short-term patients typically stay in the unit for one to three months, and are focused on short-term rehabilitation. Short-term services include occupational therapy, physical therapy, speech therapy, respiratory therapy and orthopedic therapy.

When asked about last year's accomplishments, Leslie commented, "We put a focus on the short-term rehabilitation in 2009, and we have been extremely pleased with the results. We have a rehabilitation area

on the unit, and have collaborated with the Rehabilitation Department to enhance our services. **Amy Cook**, Director of Rehabilitation Services, and her team have been outstanding. Never before have I seen such a motivated unit, very much on board with a joint plan and then taking the ball and running with it." This is an excellent example of two departments working

together to achieve a positive result and advance the care of our patients.

Long-term residents enjoy a wide-range of services and activities. One of the distinct differences between CRMC's Skilled Nursing Unit and other Nursing Homes is that it's located at the Harris Campus.

"Rapid response is an extremely important advantage in the event of a medical crisis. This is something other Nursing Homes cannot offer at the level we are offering," says Leslie. "It goes far beyond rapid response though; it is the convenience that our physicians can just stop in if there is a need. While all facilities usually have labs, we can get immediate results. The list is expansive how convenient it is to be located within CRMC and we offer the best care we can to our residents because they become like family to us."



**Leslie Gartland, Skilled Nursing Unit Administrator with resident Pauline Furchak**

## Message From Our CEO

Welcome to our first issue of "Hot Off the Stretcher", an internal newsletter for Catskill Regional Medical Center (CRMC) employees, physicians and volunteers.



**Steven Ruwoldt, CEO**

The purpose of this newsletter is to provide timely updates on important information, to educate you on current services and new offerings from the hospital, and to serve as an opportunity for us to get to know each other better. The newsletter is meant to be informative, but we also want it to be fun. "Hot Off the Stretcher" will be as informative and fun as you choose to make it; this newsletter relies on input from the staff and we hope that everyone can contribute to the newsletter at some point.

We will be producing the newsletter quarterly, and we hope that it grows in size and relevance each issue. My goal is for it to shed light on the many great things we do here at CRMC that often go unnoticed or unrecognized. It will give you an opportunity to announce new services or accomplishments within your department or to announce your community outreach services. It will also give employees a chance to announce personal and professional accomplishments. I look forward to seeing the newsletter grow as CRMC grows as a family.

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## CRMC Welcomes the RISE Program



**Cindy Zingher** in her new office on the 4th floor of the Harris Campus

The Rape Intervention Services and Education (RISE) program of Sullivan County will continue its mission of advocating for anyone who is or has been a victim of sexual abuse. The program has transitioned from Planned Parenthood Mid-Hudson Valley to CRMC as its lead agency, and has moved its offices to dedicated space on the 4th floor of our main Harris Campus.

**Cindy Zingher**, Program Manager of RISE, said, "We are so excited to be part of the CRMC family. Plain and simple, we belong

here. With the portals of access available to us, it is a perfect fit. Often, one of our first actions of support is to accompany a victim to the hospital, so our new location here is extremely convenient for all involved.

With CRMC's reach, we will now be able to offer our services to western Sullivan County, and we will have office hours one to two days per week in the Physician Office Suite at the Grover M. Hermann hospital in Callicoon, N.Y."

Since 1987, RISE has provided an array of services to victims of sexual abuse and offered prevention education. The program provides advocacy and assistance to sexual abuse victims, and will accompany the victim to the hospital, police or district attorney after an incident. RISE also provides confidential individual, family or couples counseling as well as support groups, prevention education and professional training sessions. The program maintains a 24-hour crisis hotline number, which is 845-791-9595.

We offer a warm welcome to Cindy and the RISE program. If you would like to reach Cindy, you can call 845-794-3300 extension 2442 or e-mail [RISE@crmny.org](mailto:RISE@crmny.org).

## Callicoon Family Health Center Opens



**Dr. Daryl McClendon**

This new practice addresses an important community need in western Sullivan County.

The Callicoon Family Health Center offers same day or next day appointments with evening appointments on Tuesdays and Thursdays. The office phone number is 845-887-5693.

We welcome our new Doctor- **Daryl McClendon, DO**, along with staff members **Shannon Kane** and **Kathy Quinlass**. Dr. McClendon hails from Mississippi and specializes in family practice. Congratulations are also in order for him and his lovely bride who were married in December.

We have expanded our Physician Services with the opening of the Callicoon Family Health Center, located at our Grover M. Hermann Hospital Physician Office Suite.

## SPOTLIGHT ON the Skilled Nursing Unit

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The Skilled Nursing Unit has a beauty salon, two dining rooms, pet therapy, daily housekeeping, a Resident Council (a self-acting government), a Family Council focused on quality of care, a dentist and activities such as karaoke, Wii, bingo and arts and crafts. Even with the abundance of activities currently offered, Leslie and the Skilled Nursing Unit strive for more. Leslie comments, "We want to grow our activities to a whole other level of experience. We would like to introduce activities such as horticultural therapy and add individualized activities such as photography."

It is clear that the Skilled Nursing Unit offers a lot to its residents, but there is that goal of best Nursing Home ever, so there is more to accomplish. "In 2010 we want to build our respiratory care services, and we would like to become a center of excellence for our orthopedic rehabilitation," says Leslie. Other projects on the horizon are to become more involved with support groups in the community on topics such as dementia or Alzheimer's and to create an environment that is as close to home as possible. Leslie leaves us with this: "We want to be the best Nursing Home ever, and we need to begin by educating our staff and community about all of our services." The CRMC Skilled Nursing Unit continues to work toward its goal through excellent teamwork, determination and a sense of family.



# Employee News

Congratulations to...

### Designations and Certifications

**Linda Hendrickson**, Ultrasound Tech at CRMC since 1993, received her ARDMS (American Registry of Diagnostic Medical Sonographers) certification in January 2010.

**Dr. Jean Louis** from the Women's Center in Monticello has successfully passed her OB-GYN board certification.

**Leslie Gartland**, Administrator for the Skilled Nursing Unit, was recently appointed to the Sullivan County Long Term Care Council.



**Sarah and Adam Freiermuth**

### Wedding Bells

**Amy Cook**, Director of Rehabilitation Services, wed Joseph Lorino on January 30, 2010 at St. Thomas Aquinas Church in Forestburg, N.Y., with Father Ivan Csete officiating. The reception was at Joseph's home in Forestburg. The happy couple honeymooned on the Northern California coast amongst the Redwood forests and neighborhoods and hills of San Francisco.

**Sarah Bates (now Freiermuth)**, from Patient Financial Services, wed Adam Freiermuth at the Beach Lake Free Methodist Church in Beach Lake, Pennsylvania on September 26, 2009. The reception was held at the Beach Lake Fire Hall, and they honeymooned in Myrtle Beach, South Carolina.



**Liam Michael Ochse**

### Baby News

**Jennifer Ochse**, Radiation Tech at Grover M. Hermann, and her husband Mark announce the birth of their son, Liam Michael Ochse, born on December 26, weighing in at 9 lbs 15 oz, and 21 inches long. Mom and son are doing great.

### Accomplishments

**Cindy Beach**, an LPN at Grover M. Hermann for more than 18 years, received a \$50 gift card for selecting the winning name of this new newsletter, "Hot Off the Stretcher".

**The Weight Watchers Club** at Grover M. Hermann is doing great! To date, the club has lost a total of 201 lbs and is still losing.

**Fran Ippolito**, Controller, and her family took home the prize for 'Most Creative' cardboard sled at the Sullivan County Chamber of Commerce 4th Annual Family Fun Day, held at Holiday Mountain on February 6, 2010. Fran sat out the race, but husband Matt, and children Marissa and Paul slid down the hill in their creative deer sled.

### Retirement

**Barbara Zayas**, LPN at Harris, recently retired after 33 years of service at CRMC. A retirement tea and cake party was held on February 9, 2010. Speeches were given by Robin Gumaer, Clinical Director 5E, and Jeannetta Hutchins, a close friend and fellow LPN. Barbara plans to enjoy her retirement with a cruise up the Alaskan coast in June 2010.



**Ippolito Family Fun Day Sled**



**Robin Gumaer, Barbara Zayas and Jeannetta Hutchins**



## Financial Update *Bob Fisher, CFO*



**Bob Fisher, CFO**

Looking back, 2009 was another successful year for CRMC which I'll discuss further in the next issue once the auditors verify our numbers. We have now had three successful years in a row and we are actively reducing our debt while growing services, which is a positive accomplishment.

2010 looks to be an exciting year for CRMC as we continue to move forward and grow services for the community. We have secured funding for a \$6.5 million expansion and renovation of our ED and are only awaiting state Certificate of Need (CON) approval to begin breaking ground.

In December, we were awarded \$2.9 million from a Healthcare Efficiency and Affordability Law (HEAL) grant to expand our outreach and diagnostic services. This will allow CRMC to build primary care offices in Callicoon and Livingston Manor, to add digital mammography, bone densitometry and ultrasound at Grover M. Hermann, and to develop an outpatient diagnostic center in Monticello, with new digital mammography, bone densitometry, ultrasound and radiographic units.

Other successful grant awards will provide an automated drug dispensing system for the ED and a 16-slice CT scanner at Grover M. Hermann. In addition, at our main Harris campus we will replace our 16-slice CT with a 64-slice unit, and will replace our MRI with a newer, faster, stronger unit.

We will still face challenges. We don't know whether we'll see a national health care plan or what that could cost us, or what cuts will be in the New York State budget. In 2009, the state revised Medicaid reimbursements, reducing our payments by \$3.7 million this year. In January, our Governor's original 2010 budget proposed an additional \$3.5 million reduction in our Medicaid funding. Currently, the above amounts are all subject to change and there is a great deal of uncertainty concerning funding cuts in 2010. We have budgeted conservatively while still allowing CRMC to grow, and we thank everyone for their consideration.

## CRMC Purchases New Equipment

CRMC is dedicated to re-investing into the hospital and purchasing equipment to advance care for our patients. In the Fourth Quarter of 2009, CRMC spent \$385,000 on new equipment and enhancements to the following departments:

DEPARTMENT	DESCRIPTION
Blood Bank	Platelet Incubator Platelet Agitator Cell Washer
Cardio Pulmonary Emergency Room	Ventilators Ob/Gyn Stretchers Trauma Stretchers Glidescope Doppler Automatic Blood Pressure Units Patient Monitors Baby Scales
Emergency Room/Pharmacy Mental Health Nursing Occupational Therapy Operating Room Physical Therapy Skilled Nursing	Medication System Platform Bed Specialty Mattresses Clinical Upper Body Cycle Glidescope Recumbent Bike Geri Chairs

## Upcoming National Health Observances

### March

- National Colorectal Cancer Awareness Month
- National Endometriosis Awareness Month
- National Nutrition Month
- Save Your Vision Month
- Workplace Eye Wellness Month

### April

- Alcohol Awareness Month
- Foot Health Awareness Month
- Irritable Bowel Syndrome Awareness Month
- National Autism Awareness Month
- National Cancer Control Month
- National Child Abuse Prevention Month
- National Donate Life Month
- National Facial Protection Month
- National Minority Health Awareness Month
- National Sarcoidosis Awareness Month
- National Youth Sports Safety Month
- Occupational Therapy Month
- Sexual Assault Awareness and Prevention Month
- Sports Eye Safety Month
- Women's Eye Health and Safety Month

## Please Welcome *Our New CRMC Employees*

### *October 2009*

Alex Salazar, Courier - Specimen Processing  
 Karen Abbott, Food Service Aid - Dietary  
 Justin Donnelly, Food Service Aid - Dietary  
 Chris McGinnis, Physical Therapist - Physical Therapy  
 Luis Merced Hernandez, Relief Cook - Dietary  
 Laura Northrup, Clinical Director - Obstetrics  
 Edgar Ruiz Reyes, Food Service Aid - Dietary

### *November 2009*

J.P. McGuirk, Director of Marketing and Public Relations  
 - Administration  
 Shannon Parlapiano, Physical Therapist Assistant - Physical Therapy  
 Lynn Adonnino, Clinical Director - 2 W Surgical  
 Katherine Quinlass, LPN - Physician Services (Callicoon)  
 Jennifer Kessler, Speech Pathologist - Speech Therapy  
 Andrea Jones, RN - 5 East B  
 Daryl McClendon, Physician - Physician Services (Callicoon)  
 Samantha Quinlan, Certified Nurse Aide - Skilled Nursing Unit  
 Beth Schmidt, Certified Nurse Aide - Skilled Nursing Unit  
 Miranda Zeininger, Receptionist - Roth and Schwalb  
 James Henry, Coder - Medical Records  
 Ginamarie Corbett, Ultrasound Tech - Ultrasound  
 Sean McAuliff, Supervisor - Housekeeping  
 Jackie Parkinson, Administrative Assistant - Performance Improvement

### *December 2009*

Michelle Speranza, Receptionist - Human Resources  
 Lynna Pedroza, Certified Nurse Aide - Skilled Nursing Unit  
 Zachary Lyons, Courier - Adult Daycare  
 Theresa Ramos, LPN - Women's Health Center  
 Kayla Bodine, Telephone Operator - Communications  
 Krassimire Mirtchev, Physician - Physician Services  
 Danielle Rocker, Medical Assistant - Wurtsboro Family Practice

Kelly McGregor, RN - Renal Dialysis  
 Jessica Nunez, RN - Renal Dialysis  
 Sheila Schapira, RN - Psychiatric  
 Brian McDermott, RN - ER-Nursing

### *January 2010*

Colleen Hitt, RN - Renal Dialysis  
 Cynthia Zingher, Director - RISE Program  
 Nicole Perry, Ultrasound Tech - Ultrasound  
 Kim Candela, Certified OT Assistant - Occupational Therapy  
 Richard McGuire, Security Guard - Security  
 Vanessa Russell, Certified Nurse Aide - Adult Daycare  
 Tricia Harris, RN - 5 East B  
 Elizabeth Lynch, RN - 5 East B  
 Janet Osisami, Patient Representative - Patient Accounting  
 Nicole Burrell, Coordinator - Cancer Screening  
 Ryan McCosco, Nursing Assistant - Psychiatric  
 Kelly Moorer, Certified Nurse Aide - Skilled Nursing Unit  
 Tonya Sanders, Certified Nurse Aide - Skilled Nursing Unit  
 Jennifer Strano, Social Worker - Psychiatric  
 Ryan Vanlieu, Housekeeping Aide - Housekeeping  
 Danette Wilson, Nursing Assistant - Nursing Float  
 Jocelyn Wright, Nursing Assistant - Psychiatric

### *February 2010*

Gwendolyn McNally, Administrative Director of Nursing  
 - Nursing Administration  
 Ijeoma Odemene, Certified Nurse Aide - Skilled Nursing Unit  
 Sandra Herbert-Berg, LPN - Skilled Nursing Unit

## Staff Accolades

We have had several recent accolades called or sent in by satisfied patients and family members who mentioned specific staff members and the excellent service they provided. Congratulations to the following staff members for your outstanding work:

**Nadine Gallagher**, Clinical Director - Cardiopulmonary  
**Josie DeSimone**, Outpatient Representative -  
 Rehabilitation Services

**Mike Parlapiano**, Physical Therapist -  
 Rehabilitation Services  
 Mike had two separate positive testimonials sent in!

## Basic Life Support (CPR) Class Schedule

It is mandatory that every RN, LPN, NA, CNA, ORT and PCT be certified on Basic Life Support. The **RNs/LPNs** must take the **Healthcare Providers Class**, and the **NAs, PCTs, CNAs and ORTs** must take the **Heartsaver AED Class**. If your card is less than 30 days expired, you will need to complete a **Recertification Class**. If it has expired beyond that date, you will need to complete a **Certification Class**. If you opt to complete the HCP course online, you must still complete a Skills Test. You will need to schedule for the Skills Test and present a copy of your online certificate to the instructor to be eligible to participate.

**Please contact Jean Hewlett at extension 2816 in the Staff Development office (5th Floor) for full registration details.**

### *Healthcare Provider Certification Class- (4Hrs)*

March 26th (Friday), 9a to 1p, 3rd floor  
ASB Classroom  
April 5th (Monday), 1p to 5p, 3rd floor  
ASB Classroom  
May 21st (Friday), 9a to 1p, 3rd floor  
ASB Classroom  
June 25th (Friday), 1p to 5p, 3rd floor  
ASB Classroom

### *Healthcare Providers Recertification Class - (3Hrs)*

March 26th (Friday), 2p to 5p, 3rd floor  
ASB Classroom  
April 5th (Monday), 9a to 12n, 3rd floor  
ASB Classroom  
May 21st (Friday), 2p to 5p, 3rd floor  
ASB Classroom  
June 25th (Friday), 9a to 12n, 3rd floor  
ASB Classroom

### *Heartsaver AED Certification Class - (4Hrs)*

March 11th (Thursday), 9a to 1p, 3rd floor  
ASB Classroom  
April 23rd (Friday), 1p to 5p, 3rd floor  
ASB Classroom  
May 7th (Friday), 9a to 1p, 3rd floor  
ASB Classroom  
June 9th (Wednesday), 1p to 5p, 3rd floor  
ASB Classroom

### *Heartsaver AED Recertification Class - (3 Hrs)*

March 11th (Thursday), 2p to 5p, 3rd floor  
ASB Classroom  
April 23rd (Friday), 9a to 12n, 3rd floor  
ASB Classroom  
May 7th (Friday), 2p to 5p, 3rd floor  
ASB Classroom  
June 9th (Wednesday), 9a to 12n, 3rd floor  
ASB Classroom

## Yoga Classes Available At CRMC

All employees are invited to attend yoga classes.

### *Learn to:*

- Relieve pain through good posture
- Use movement to let go of stress
- Increase energy with easy breathing
- Relax with stretching
- Work at your own pace

### *When:*

Mondays, 5:00 p.m. to 6:00 p.m. in Boardroom A; Thursdays, 1:00 p.m. to 2:00 p.m. in ASB 3rd Floor Conference Room

**Cost:** \$10.00 per class; pay as you attend/ no commitment

**Teacher:** Susanne Spring, Yoga Instructor, 436-5516

Bring your own mat if you have one and dress comfortably.

Suitable for all levels!

## Human Resources Introduces New EAP Program

In January 2010, Human Resources announced that CRMC is now offering our Employee Assistance Program (EAP) through the WorkPlace Employee Assistance Program, which is available to all staff and family members. The WorkPlace EAP provides free confidential counseling, information and referral services to employees and their families experiencing difficulties that can adversely affect their lives.

Some of the major problem areas that your EAP can help with are:

- Family Problems
- Marital Conflicts
- Alcohol and Drug Abuse
- Stress (Personal/Work)
- Financial Problems
- Legal Problems
- Emotional Problems
- Domestic Violence
- Eating Disorders
- Elder Care Issues

An employee or immediate family member can contact EAP 24 hours a day, 7 days a week at (845) 485-3710 or (800) 724-0917. If you would like additional information on the EAP program, please call CRMC Human Resources.

## Community Events

### **4th Annual Blood Bowl Shatters Previous Sullivan County Blood Drive Records**

CRMC co-sponsored the 4th Annual Blood Bowl with Thunder 102 radio station. The Blood Bowl was held on January 27, 2010 at The Lodge in Rock Hill and was the most successful blood drive ever in Sullivan County. There were 150 presenting sponsors yielding 125 units of blood. This was a great turnout, and we look forward to everyone's continued support.



**Bob Fisher, CFO and wife Jill after giving blood**

### **CRMC Donates to Support Haiti**

CRMC donated \$9,000 to the Thunder 102/Town of Thompson Dollars for Haiti Radiothon on January 21, 2010. Medical staff and employees raised \$4,500 and the hospital matched that amount for a total of \$9,000. This was accomplished in less than two days and was an incredible effort by the staff at CRMC. Thank you all for your generous and caring donations.

Donations raised from the radiothon helped support the efforts of Doctors Without Borders, American Red Cross, The Salvation Army and UNICEF as they help the people of Haiti recover from the devastating earthquake. The radiothon, which was put together in less than four days, exceeded all expectations and raised \$52,000 to help support the relief efforts in Haiti.

### **WSUL/WVOS Heart-a-Thon**

The 32nd Annual WSUL/WVOS Heart-a-Thon was held at CRMC's cafeteria from 8 a.m. to 5 p.m. on Saturday, February 27, 2010. Volunteer David Kaufman was honored at the event. Kaufman, a longtime community leader and volunteer, was recognized for his "lifetime of achievements" including his support for the Heart-a-Thon and the hospital.

All proceeds will go to CRMC's cardiopulmonary department for the purchase of a new telemetry system, which provides wireless bedside monitoring for continuous surveillance of cardiac patients.



**On December 3, 2009, CRMC's Steven Ruwoldt, CEO and Jodi Goodman, Community Services Director were presented with a check for \$40,000 from the 31st Annual 2009 Heart-a-Thon co-chairs Jacquie Leventoff, of Kohl's Department Stores, and Howard Braunstein, of M&M Auto Group, Heart-a-Thon committee member Les Krist, and WSUL/WVOS sales representative Mark Seiczek and General Manager Helena Manzione.**

### **United Way Toy Drive**

CRMC participated in the 2009 United Way Toy Drive during the holidays. The drive was very successful and several large loads of toys went to the United Way of Sullivan County for the holiday season. Many local children in need had a happy holiday due to the generosity of the staff at CRMC.

### **Local High School Students Donate to CRMC**

CRMC is extremely fortunate to be part of such a strong community. In the past few months, several high school students have provided donations to the hospital. It is refreshing to see the strong sense of community in the youth of Sullivan County and we thank them for their kindness and efforts to make a difference.



**Girl Scout Sierra Boxberger of Swan Lake presents Geri Orr, Assistant VP Professional Services, and Jodi Goodman, Community Services Director with donated stuffed bears and matching hand-sewn blankets to needy children at CRMC as part of her Girl Scout Gold Star Award project. Sierra's mother Vicki is also pictured.**



**CRMC received more than 100 toys donated by the Fallsburg High School Career Academy Program (CAP) during the Holidays. Melodie Denner of CRMC's Community Service Office is pictured with Josh Ingber and Mona Ingber from Fallsburg High School.**



**The Sullivan West High School Girls Basketball team presents Steven Ruwoldt, CEO with a check for \$2,000 on January 26, 2010. The funds were raised at the First Annual "Pink Out" game on December 22 where all proceeds were donated to CRMC's Oncology department. The Tri-Valley High School Girls Basketball team also assisted in the effort.**



## 2010 CRMC GOLF TOURNAMENT

The CRMC Golf Tournament is this year's major fundraising event and we are looking for everyone's support to help promote it. All proceeds go directly to the hospital, so even if you are not a golfer, please help support this initiative. Whether you contact your vendors or simply tell a friend, you can make a difference! More details will follow.

We are also looking for Committee Members for the 2010 CRMC Golf Tournament. Committee meetings will begin at the end of March. If you are interested in joining the Golf Tournament Committee please contact J.P. McGuirk at extension 2070 or email [mcguirkj@crmcny.org](mailto:mcguirkj@crmcny.org).

## Coming Soon!



## Health Tips

### MEN'S HEALTH TIP

***What men should know about diabetes & exercise ...***

As little as 150 minutes a week of moderate physical activity can reduce your risk of diabetes.

Take 30 minutes a day to get some cardio in. Even a light jog or brisk walk will do.

Can't get outdoors or to the gym? Use your stairs. Run up the stairs for 20 minutes at different paces. Change it up and take two at a time, and then slow down to one at a time. If you have kids, use them in this

exercise and play games with them that will get your heart rate up.

### WOMEN'S HEALTH TIP

***Take 10 years off your age!***

Lifting NOW can slow middle-age spread. Women who strength train 2-3 times a week can decrease their body fat by 3.7%. Strength training builds muscle that burns calories. Lifting weights can also help preserve bone density.

***Excerpts taken from the January 2010 issue of the Stall Street Journal, a newsletter from Relph Benefit Advisors, CRMC's Health Insurance Broker.***

### CONTACT Us

*If you have any comments or suggestions, please contact J.P. McGuirk, Director of Marketing and Public Relations at [mcguirkj@crmcny.org](mailto:mcguirkj@crmcny.org).*

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*Advancing Patient Care for Our Community*

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