

careconnection

A Healthy Lifestyle Today for a Better Tomorrow

SUMMER 2024



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Meet Shannon Corbett, River Hospital's Newest Physical Therapist Assistant

By Wayne Strauss, Contributing Writer

Yoko Ono has been quoted as saying, "Healing yourself is connected with healing others." Shannon Corbett, River Hospital's new Physical Therapist Assistant, may be the perfect example of this connection.

Ms. Corbett, of Clayton, played soccer during her years at Thousand Islands High School. In 2016, she tore her left anterior cruciate ligament (ACL), and her treatment included physical therapy. In 2018, she tore her right ACL, requiring another regimen of treatment and physical therapy. These experiences, though painful, led her to recognize her interest in helping others to heal at River Hospital.

She recalls, "My second experience with physical therapy was at River Hospital. Throughout my treatment, Jodey McAvoy worked closely with me to understand my needs as well as to help me recover. His very personal approach helped me more than I realized at the time. My first experience, at a different institution, wasn't nearly as personal; the therapy was successful, but I really felt like a number. With this perspective I understood what I wanted to do after college - and where. My experience at River Hospital was truly inspiring."

A Physical Therapist Assistant (PTA) is a licensed clinician who works under the supervision and direction of a licensed physical therapist. The physical therapist examines a patient and devises an individual treatment plan to improve motion, manage pain, and prevent disability. PTAs work directly with the patient to

"My experience at River Hospital has enabled me to make a difference for patients early on in my career."

- Shannon Corbett



implement the treatment plan, track progress and provide feedback to the physical therapist. At River Hospital, PTAs collaborate closely with physical therapists in pursuit of the best outcomes for patients.

Ms. Corbett graduated from SUNY Canton's PTA program in May of 2024, and completed her last six-week clinical rotation at River Hospital, where she began her career in June, 2024, practicing under her limited permit. "In the physical therapy field, the path to becoming a PTA is different than the path to becoming a physical therapist," she continues. "Working closely with patients in their healing process is important to me; it's what drives me, which is why I chose PTA. And I believe that overlooking the beautiful St. Lawrence River during treatment helps patients to remain positive."

If you are in need of **Physical Therapy services**, give us a call today to help get you scheduled: **315-482-1116**.

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.



New Orthopedics Partnership

River Hospital is proud to announce a new partnership with Samaritan Medical Center to expand **orthopedic care** to residents of the North Country. Please join us in welcoming Dr. Brian Zafonte, MD to our team of orthopedic specialty providers. The addition of Dr. Zafonte will allow for continued growth and additional appointment and surgical options for patients. To make an appointment, please call **315-482-2094**.



Dr. Michael Zahn, MD



Dr. Brian Zafonte, MD



Recipe: Peach Burrata Salad

Steve Hawes, Dietary Manager



Ingredients:

- 2 cups spring lettuce mix (spinach or arugula)
- 2-3 fresh peaches, sliced
- 8 oz burrata cheese, pulled apart and scattered
- Balsamic glaze
- Basil leaves for garnish
- Crostini for serving

Directions:

1. Wash Lettuce and Peaches: Prepare the salad ingredients by washing the greens and then the peaches.
2. Slice the Peaches: Cut the peaches down the middle and remove the pits. Slice the peaches and set them aside. Because I like a little extra fiber, I leave the peaches with the skin on. Peeling the peaches is a personal preference.
3. Assemble Salad: To assemble the salad, layer the greens on a platter. Then, top the greens evenly with the prepared peach slices.
4. Add Burrata Cheese: Pull the burrata cheese apart into pieces and layer them on top of the salad.
5. Drizzle Balsamic Glaze: Drizzle the salad with balsamic glaze. Don't leave this out!
6. Garnish and Serve: Garnish with fresh basil leaves and then you can serve it with a side of crostini. Enjoy!

RIVER HOSPITAL RECEIVES \$10.7 MILLION NEW YORK STATE GRANT



River Hospital has recently received a grant of \$10.7 million from New York State's Statewide Health Care Facility Transformation Program III. This program is administered by the New York State Department of Health and the Dormitory Authority of the State of New York. The program goal is to improve patient care by supporting high-quality facilities serving the inpatient, primary care, mental health, substance use disorder and long-term care needs of communities throughout the state. The award will be used to support hospital capital improvements, including upgrades to the inpatient unit, and to accommodate program growth.

The Statewide Health Care Facility Transformation Program was established to help reduce health care costs, and improve health outcomes, by expanding access to inpatient, primary, preventative, and other ambulatory care services. Grant awards are intended to support projects which will help ensure the financial sustainability of safety net health care providers, and the preservation or expansion of essential health care services.