



Your resource for healthy living and wellness

ISSUE 2 2026

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New cardiac CT for Delaware Valley

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Expert stroke care close to home made all the difference



Coordinating patient-centered care across our region

UHS is proud to be a healthcare leader in our region, with a long-standing commitment to the communities we serve.

Encompassing four hospitals, long-term care, home care services and physician practice sites in the Southern Tier, UHS is here to meet your healthcare needs, wherever you are.

With so many care centers across our System, UHS places a strong emphasis on strengthening collaboration among all sites, practices and partners. By working together as one unified healthcare system, our teams stay aligned in support of our mission to improve the health of the communities we serve by delivering safe, effective, patient-centered care. This alignment allows us to deliver the best possible outcomes for all who trust us with their care.

In this issue's cover story, you will read about one example of that coordination in action: A Norwich-area patient experiencing a stroke received immediate care at UHS Chenango Memorial Hospital before being transferred to UHS Wilson Medical Center for further evaluation and recovery at the region's only designated Comprehensive Stroke Center.

At UHS, we are continually working to expand access and advance care throughout the region we serve. As you read through this issue, you will learn more about the latest innovations and advancements at our rural hospitals—including a new residency program—that further strengthens our ability to provide exceptional care close to home.

Whether you live in Greater Binghamton or in one of the rural communities we serve, you can trust that you'll receive the high-quality, patient-centered care you deserve when you walk through the doors of any UHS location.

John M. Carrigg

President and CEO of UHS



UHS Chenango Memorial Hospital celebrated the grand opening and ribbon cutting of the new Broad Street entrance and parking lot.

Facility Improvements

Refreshed and Ready

Ribbon-cutting ceremony marks major milestone at UHS Chenango Memorial Hospital

UHS Chenango Memorial Hospital celebrated the opening of its new Broad Street entrance and parking lot, along with a new Orthopedics Suite, marking another significant milestone in the ongoing Chenango Memorial Hospital Medical Neighborhood Project.

The Norwich-based hospital proudly welcomed members of the community to a grand opening and ribbon-cutting celebration that included tours of the new spaces.

The work represents the second phase of the hospital's broader modernization initiative, which has brought many visible improvements to the Norwich campus over the last eight years.

The new lot includes 114 parking spaces, with an increased number of spaces dedicated to individuals with limited mobility. The improved layout and proximity to the entrance will help create a smoother, more welcoming experience for both patients and visitors.

The Chenango Memorial Medical Neighborhood Project continues with a brand-new Infusion Center currently under construction. The new space will provide patients with greater comfort and an enhanced care experience. Additional projects in the works include a new Inpatient Medical Surgical floor and Intensive Care Unit.

"We are committed to ensuring the rural communities we serve have access to modern facilities that keep pace with the rapidly advancing healthcare landscape, supporting safety, quality and an excellent patient experience," said John M. Carrigg, president and chief executive officer, UHS.

The Chenango Memorial Medical Neighborhood Project is part of UHS's broader, ongoing commitment to strengthening rural healthcare across our System, ensuring patients have convenient access to high-quality, patient-centered care throughout all the communities we serve.



Rural Community Investment

To learn more about the UHS Chenango Memorial Medical Neighborhood Project, visit: www.nyuhs.org/uhs-chenango-memorial-hospital-medical-neighborhood



The UHS Delaware Valley Hospital Radiology team offers cardiac CT scans to area residents.

We're able to provide advanced cardiac imaging locally.

Rolland "Boomer" Bojo, president and chief executive officer, UHS Delaware Valley Hospital

Technology

Better Visibility

UHS Delaware Valley Hospital expands access to advanced cardiac imaging

UHS Delaware Valley Hospital has launched a new cardiac CT program, expanding access to advanced diagnostic care for patients in Walton and surrounding rural communities.

The hospital completed its first cardiac CT scan in April, marking an important milestone in its continued effort to bring more specialty services close to home. In the program's first week, UHS DVH completed nine scans, with four more already scheduled for the following week—a sign of strong early demand.

For Rolland "Boomer" Bojo, president and chief executive officer, UHS Delaware Valley Hospital, the program represents another step in UHS DVH's work to improve local access to high-quality care.

Cardiac CT is a fast, noninvasive imaging test that evaluates the heart and surrounding blood vessels. It can help identify artery narrowing, blockages and other signs of heart disease. The program includes coronary CT angiography, which helps assess coronary artery disease, as well as calcium scoring, which measures calcified plaque in the arteries.

Before the service was available locally, patients often had to travel an hour or more to Binghamton for this type of advanced cardiac imaging. In a rural area where

public transportation is limited, that distance can become a barrier to timely diagnosis and care.

"Transportation is a huge issue," Mr. Bojo said. "We have been working diligently to bring more services here, so that individuals don't have to travel."

Kirill Davidov, MD, chief medical officer, UHS Delaware Valley Hospital, said cardiac CT can be especially beneficial for patients with low-to-moderate risk of coronary artery disease, including those with symptoms such as stable angina.

"It's a noninvasive test that we can use when we suspect that they have coronary artery disease," Dr. Davidov said.

Compared with traditional stress testing, cardiac CT can also be easier to schedule and faster to complete. While a stress test may require a cardiologist on site and additional coordination, the scan itself is completed in under 10 minutes.

"The CT scan is much more attainable," Dr. Davidov said.

For DVH, the new program is part of a broader commitment to improving cardiovascular care and expanding access to modern diagnostics across Delaware County. 

Medical Neighborhood Project Update

UHS Delaware Valley Hospital is advancing its Medical Neighborhood Project, a major expansion designed to support the future of care in Delaware County and the surrounding region. Recently, the project marked a significant milestone with the ceremonial demolition of the former Addiction Treatment Program building, signaling the start of the next phase. This extension will improve access, enhance the patient experience and expand services. The new Delaware Valley Medical Neighborhood Project is anticipated to be completed by 2027.



UHS DVH President and CEO Boomer Bojo marks construction milestone.



On Your Side

To learn more about DVH and the Medical Neighborhood Project, visit: nyuhs.org/give-back/enhance-delaware-valley-hospital-fund

Care With Compassion

A Daughter's Point of View

When her dad had a stroke, UHS Chenango Memorial Hospital and UHS Wilson Medical Center provided outstanding care

When Carin Dietrich's father began experiencing stroke symptoms, the teams at UHS Chenango Memorial Hospital and UHS Wilson Medical Center helped him recover quickly.



Last November, on the Tuesday before Thanksgiving, Bill Horstman and his wife, Esther, were running errands—getting their snowblower ready to tackle an oncoming snowstorm—when Mrs. Horstman noticed that her husband was breathing oddly and his head dropped to his chest. She immediately drove him to the UHS Chenango Memorial Hospital (CMH) Emergency Department (ED), where an evaluation indicated a possible stroke.

Mrs. Horstman called their children, including Carin Dietrich, who lives in Norwich. Ms. Dietrich immediately rushed to the hospital to be with her family.

Lifesaving care

Ms. Dietrich was very concerned about her father's health, not only because of the possible stroke, but because he had been diagnosed with a form of blood cancer the previous spring. Despite that diagnosis, for her, the emergency came out of the blue.

"His cancer was manageable, and he was doing perfectly fine," Ms. Dietrich said. "When my stepmother noticed my dad was not okay, she drove directly to the hospital. Nobody was going to get to him there faster." As Norwich residents, Ms. Dietrich said that she and her family are so grateful to have access to a good hospital close to home. "We are very lucky to have Chenango Memorial here for us, because we are about an hour away from Binghamton, Utica and Syracuse. A one-hour trip is okay when you're going shopping, but not when you need urgent medical care."

When Ms. Dietrich arrived at UHS CMH, she was shown into the ED, where her stepmother, her father's twin brother and a nurse were waiting for her. "They let me stand right outside my dad's door while they were working on him and then brought us in as soon as he was stabilized," Ms. Dietrich said. "He was intubated, so they took my stepmother aside to discuss what kind of care might be needed."

Something vital

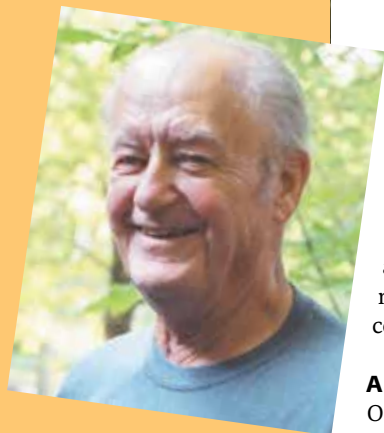
When Ms. Dietrich was allowed into her father's room, she was very grateful for the time she was able to spend holding his hand and talking to him. She said that it was important for her father to hear her voice and feel that familiar contact. "I noticed that he was doing things like squeezing my hand and moving his feet, and eventually he opened his eyes," said Ms. Dietrich.

As he became more responsive, the doctor asked him to perform a few maneuvers to get a sense of how the stroke might have affected him. "He was able to touch his nose, lift his leg and bend his knee," Ms. Dietrich recalled. "He struggled with the one leg—but my dad is very stubborn. He slammed the leg down and then lifted it higher than the other one! The doctor and I were impressed with that."

A head CT scan showed that Mr. Horstman had a blood clot near the back of his skull. The lead nurse administered tPA, a clot-busting medication commonly used to treat an ischemic stroke.

A transfer to UHS Wilson Medical Center

Once Mr. Horstman was stabilized, the care team at UHS CMH felt it would be best for him to be



Time is Crucial

If anyone experiences one or more of these symptoms, seek help quickly! The time you save getting appropriate stroke care makes a substantial difference in recovery. Remember to **BE FAST**:

B Balance: Sudden loss of balance or coordination.

E Eyes: Sudden blurred or double vision or loss of vision in one or both eyes.

F Face: Ask the person to smile. Does one side of the face droop?

A Arms: Ask them to raise both arms. Does one arm drift downward?

S Speech: Ask them to say a simple sentence. Is their speech slurred or strange?

T Time: If you observe **any** of these signs, **call 911 immediately**.

transferred to UHS Wilson Medical Center, where he could be cared for in the region's only designated Comprehensive Stroke Center.

As the team prepared Mr. Horstman for transfer, his daughter continued to notice the compassionate care and attention to detail displayed by the ED staff.

"The nurse was excellent," Ms. Dietrich said. "She was disconnecting and reconnecting everything, and getting ready to ride with him to the hospital—which I found to be incredible.

"It was a cold, wet day. As they were preparing to wheel him out, I saw his chest was exposed. I said, 'He's a very cold person. Can we possibly get him another warm blanket?' and the doctor himself got it. Then we were all able to stand there and say goodbye as they took him out. They never rushed us at all. I felt that was really nice of them."

This is the sort of care that supports the patient both medically and emotionally, and it is what UHS team members are proud to provide.

Two days after his arrival at UHS Wilson Medical Center, on Thanksgiving Day, he was up walking and visiting with family. "You would never have known that he had had a stroke," said Ms. Dietrich. "I called the nurses at UHS CMH that morning to let them know how good he was doing, and they just couldn't believe it." Mr. Horstman made a swift recovery and was released about a week later. Now, he's doing great. 🌱



Here for You
Even before you need our services, you can learn about what UHS offers. Visit: nyuhs.org/care-treatment/neurosciences/stroke-center

Hello, Doctor

Training the next generation of physicians at UHS

UHS residents and fellows provide vital care as they train in pediatrics, obstetrics, psychiatry, pharmacy, rural medicine and more. They also form lasting bonds with their colleagues.



At UHS, medical education is more than a training requirement. It is part of a long-standing commitment to preparing future physicians to care for patients in the region and beyond.

Through its residency and fellowship programs, UHS provides hands-on education for physicians who are building expertise in specialties including family medicine, internal medicine, psychiatry, cardiology, gastroenterology, geriatrics, sports medicine, rheumatology, pharmacy and podiatry. Approximately 130 residents and fellows are training across UHS hospitals at any given time.

“The goal is to provide a well-rounded education in each specialty,” said Jocelyn Young, DO, MSc(Ed), MSc, FAAFP, designated institutional officer and director of medical education at UHS. She added that UHS hopes graduates will remain in the community.

Medical education

UHS has a long history of graduate medical education. Its internal medicine and preliminary programs date back to 1957, followed by family medicine in 1971, podiatry in 1994 and newer programs, including psychiatry in 2023 and rheumatology in 2024.

Purushothaman Muthukanagaraj, MD, chairman and medical director of psychiatry, UHS, said the psychiatry residency was created in response to a significant shortage of psychiatrists in Broome County and surrounding communities.

“Starting a residency program definitely helped address the shortage,” Dr. Muthukanagaraj said.

Since the program began, the Psychiatry Department has grown from five psychiatrists to 13, allowing UHS to expand outpatient services and strengthen emergency and consult services.

“The goal is to provide a well-rounded education in each specialty.”

Jocelyn Young, DO, MSc(Ed), MSc, FAAFP, designated institutional officer and director of medical education, UHS





UHS's relationship with the SUNY Upstate Binghamton Clinical Campus, which began in 1976, further strengthens the academic environment with medical students, residents and fellows learning alongside one another in a collaborative clinical setting.

Residents and fellows benefit from the range of care available within UHS. Dr. Young said trainees have access to a wide variety of subspecialists and do not typically have to travel to other hospitals for rotations. Training opportunities include inpatient pediatrics, obstetrics, Level II trauma care and a cardiac catheterization lab.

The experience is hands-on from the beginning. Residents are not simply observing care—they are physicians actively providing patient care under the supervision and guidance of attending physicians.

That immersive approach also extends to UHS' pharmacy residency program. The one-year program is accredited through the American Society of Health-System Pharmacists and includes rotations in internal medicine, critical care, ambulatory care, emergency medicine, cardiology, behavioral health and care transitions.

"When they're on those various rotations every six weeks, they're embedded in the medical care team," said Amber Jerauld, PharmD, BCACP, pharmacy residency program director, UHS Pharmacy. "They round with physicians and work closely with nurses to resolve medication-related problems."

Dr. Young noted that family medicine residents are assigned "a panel of their very own patients." They see those patients in the office, follow up on lab results and continue caring for them if they are admitted to the hospital.

"From day one, residents are right in the middle of clinical care," Dr. Young said.

Over the past five years, between 40% and 50% of UHS graduates have remained with the UHS System to practice or pursue fellowship training.

New rural residency program
UHS Chenango Memorial Hospital was accredited by the Accreditation Council for Graduate Medical Education (ACGME) in 2023 to become a sponsoring institution for graduate medical education. In 2024, UHS CMH received

ACGME accreditation for a new Rural Family Medicine Residency Program. The inaugural class begins in July 2026, with two residents per year and six trainees total once the program is fully established.

Dr. Young said this new program responds to a growing need in rural communities.

"It has been increasingly challenging to recruit new family physicians across upstate New York, especially in rural areas," Dr. Young said.

The new program will be based at UHS CMH. Dr. Young said UHS wants to recruit physicians who have both interest and experience in rural care, where community needs can differ from those in larger hospital systems.

"In rural medicine, there is often less access to subspecialists," she said. Primary care physicians in those settings need "a wider breadth of knowledge" and the ability to perform various in-office procedures.

The rural setting also affects when and how patients seek care. Dr. Young noted that in more agricultural communities, patients might delay seeking care and may be quite ill by the time they arrive.

Residents at UHS CMH will train in full-spectrum family medicine. Their experience will include outpatient care, inpatient care, emergency care, labor and delivery, and care for families across generations.

The hope is that the program will not only train physicians, but also help build the local workforce. Over the past five years, between 40% and 50% of UHS graduates have remained with the UHS System to practice or pursue fellowship training.

Dr. Young said UHS engages with residents from the very beginning about the opportunity to build a career with UHS, while still supporting their individual career goals.

Looking ahead, she hopes UHS' residency and fellowship programs will continue to improve patient outcomes in the short term and help meet the region's physician needs in the long term.

"I hope that all of these programs together have an immediate impact on patient outcomes, improving the quality and delivery of patient care," Dr. Young said. 🌱

Approximately 130 residents and fellows are training across UHS hospitals at any given time.

Outdoor Safety

Let's Stay Safe Outdoors

When the weather is warm across Greater Binghamton, outdoor activity increases and so does the risk of injury. At UHS Wilson Medical Center, the Trauma Services and Injury Prevention team sees that shift every year. UHS Wilson is a New York State-designated Level II trauma center and an American College of Surgeons-verified trauma program.

“Our trauma numbers go up in the summer significantly,” said Emily Smith, BSN, RN, trauma injury prevention coordinator, UHS. “People are out on their ATVs and in their swimming pools. They are more active in the summertime.”

For UHS, falls among older adults are the most common cause of trauma seen by the team, followed by motor vehicle crashes. The summer months also bring increases in injuries related to ATVs, bicycles, teen driving and water activities.

In addition to treating patients in the Emergency Department, a key part of the trauma team’s work is prevention—helping reduce injuries before they occur through education and outreach.

“That community outreach is essential,” Mrs. Smith said. “As a trauma center, we identify the most common injuries we see and focus on educating the community to help prevent them.”

Members of the Trauma Services and Injury Prevention team spend significant time in the community, providing educational programs including:



The UHS Trauma Services and Injury Prevention team partners with community organizations across the Greater Binghamton Region to educate residents about how to stay safe.



- Stop the Bleed, which teaches people how to respond to uncontrolled bleeding
- Child car seat fitting events
- Bike helmet fittings
- CarFit events for older adults
- Tai Chi classes for fall prevention
- AARP Safe Driving courses
- Railroad safety education
- Teen driver safety programs

The team visits local schools to teach students about seat belt use, distracted driving, impaired driving and emergency response skills.

One of the most interactive programs is “Battle of the Belts,” a relay-style competition that challenges students to buckle up quickly and correctly. The team brought the program to Chenango Valley, Maine-Endwell and Greene high schools, along with Stop the Bleed education and activities using impairment goggles to show how alcohol or drug use can affect coordination and judgment.

“Many serious injuries are preventable,” Mrs. Smith said. “Simple steps like wearing a helmet or buckling your seat belt can save lives.”

UHS encourages community members to slow down, pay attention, use proper safety equipment and make choices that can help prevent serious injury. 🚦

“As a trauma center, we identify the most common injuries we see and focus on educating the community to help prevent them.”

Emily Smith, BSN, RN, trauma injury prevention coordinator, UHS



Outdoor Safety
Stay safe outdoors by practicing water and vehicle safety and protect your family while enjoying the sunshine. For more tips, visit: nyuhs.org/care-treatment/trauma-services-injury-prevention