

St. Joseph's Physicians Welcomes:



Alberto Del Pilar Jr., MD, joined, St. Joseph's Physicians Family Medicine in June. Dr. Del Pilar received his Doctor of Medicine from Far East University in Manila,

Philippines in 2001 following completion of his Bachelor of Science in Nursing in 1996. Most recently, Dr. Del Pilar was in private practice in family medicine in Oswego, NY.

Dr. Del Pilar is accepting patients at our Liverpool locations and speaks both English and Tagalog. To schedule an appointment, please call 452-2828



Jackielyn Yorgey, RN, BSN, is a Nurse Coach at St. Joseph's Physicians Radisson Health Center in Baldwinsville and part of the HealthWise team.

Jackie is a Bachelor's prepared Registered Nurse with 13 years of nursing experience. Her clinical background includes inpatient medical-surgical nursing, perinatal nursing, community outreach, clinical instruction, and public health nursing. She is currently enrolled in a Master's program in Nursing Education and looks forward to becoming an integral part of your health care team!

Visit www.sjphysicians.org for a complete list of providers.

Introducing HealthWise

Care coordination for a healthier you.

St. Joseph's physicians are excited to provide patients with HealthWise, a health management program that works to support your individual medical plan and overall well-being.

Through collaboration between primary care physicians and a care coordination team of clinical professionals, HealthWise works to connect your needs to solutions outside of the primary care office and helps keep your health management on track!



Meet your personal healthcare team Nurse Coach (RN)

A Nurse Coach will listen to your preferences, assess your health status and develop a plan with you to manage all of your chronic care needs.

Patient Navigator

A Patient Navigator will keep track of things you need to do to maintain your health and will contact you if you forget.

Care Manager

A Care Manager will work with patients who also have Medicaid in order to coordinate any other services you need.

St. Joseph's physicians know maintaining your health is important to you. And, we want to support your efforts. Along with your doctor, this team will:

- Assess your health needs and any barriers
- Develop a care plan that includes a goal important to you
- Share information electronically with your other providers to ensure we are all coordinated

Get the most out of life and enjoy a healthier you with HealthWise coordinated care. Services are coming soon to St. Joseph's Primary Care locations throughout Central New York.



For more information
about HealthWise
visit:
www.sjhsyr.org

Take precautions to avoid ticks and Lyme Disease

The beautiful weather makes summer ideal for outdoor activities. From gardening to a family hike, limiting exposure to ticks, especially the deer tick, is the best precaution one can take against getting Lyme Disease. Ticks are often found in areas where there is high grass or woods. The following steps will help your family stay healthy this summer:

- Avoid direct contact with ticks by walking in the center of trails and avoiding densely wooded areas.
- Perform a full-body tick check on yourself and your children following a day of outdoor activity. Pay special attention to hair and areas such as behind the ears and knees.
- Be sure to examine your outdoor gear and remove any ticks that might have become attached.
- Check your pets for ticks daily, especially after they spend time outdoors. Consult your veterinarian about repellents.
- Wear light colored clothing to spot ticks easier and brush off.
- Apply insect repellent according to directions. Keep out of reach of children and do not allow children to apply repellents.
- Mow the lawn frequently and be sure to clear excess brush and leaves from the yard.
- Seek medical attention as soon as possible if symptoms of Lyme Disease such as: *fever, headache, fatigue, and skin rash occur.*

Back to School

Getting a healthy start from day one!

The start of a new school year is exciting with new teachers, new friends and new experiences to look forward to. Make sure this school year is the best it can be by starting it off healthy with the following tips:



Schedule Annual Checkup

Remember to schedule your child's annual physical before school begins. This will ensure your child starts the year out healthy and that he/she is up to date on all immunizations.

Most school districts have requirements for athletes and for students beginning certain grades. Be sure to check with your district!

Get Good Sleep

Summer is a carefree time when bedtimes can be easily shifted. A week or so prior to the first day of school, get children adjusted to their school year bedtime. This transition can be difficult at first. Ease into it by spending time reading or playing a game together before bed.

Healthy Meal Planning

Research shows that children who have a healthy breakfast each day are more alert and do better in school. Providing healthy meals and snacks helps to improve overall health and well-being.

Be an Allergy Advocate

If your child suffers from allergies, especially food allergies such as peanuts, be sure to meet with the appropriate administrators and the school nurse to inform them of the allergy and treatment should your child be exposed.

Encourage Frequent Hand Washing

Hand washing is the most effective way to avoid spreading or catching germs. Make this fun and effective by having your children sing a song while they do it.

Also, Remind your children to always cough or sneeze into the crooks of their elbows or into their sleeves.

Provide Reassurance

Beginning anything new can cause anxiety. Remind children that everyone is a little nervous on the first day of school. Emphasize all the positives about going back to school such as seeing old friends again.

Keep lines of communication open with your child so they feel confident reaching out to you when they are worried about something at school.

