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### **Collaboration, Change, and Growth Topics of CMH Group Annual Meeting**

On Tuesday January 23, the CMH Group, Inc. held its 2006 Annual Meeting. The CMH Group Inc. functions as an umbrella organization that comprises Cortland Regional Medical Center (CRMC), the Cortland Memorial Foundation, CMH Services, and the Groton Community Health Care Center.

The meeting began with a presentation by the evening's special guest speaker, Theodore Pasinski, President/CEO of St. Joseph's Hospital Health Center in Syracuse. In his remarks Pasinski alluded to the service affiliation agreement St. Joseph's has with CRMC which provides a broad framework for cooperation between the two organizations in a number of specific areas, such as improving patient care, staff education, and physician recruitment.

"We are sincerely interested in working with other hospitals, with other communities where we can work together to improve healthcare," said Pasinski. He pointed towards the partnership between St. Joseph's and CRMC to bring dialysis services to Cortland as a prime example of hospitals working together. Pasinski also said that St. Joseph's has collaborated with other hospitals to address other issues, such as providing home care services in Oswego County.

"We live in an exciting healthcare environment. Our long experience with dialysis, and the growing need here in Cortland, made for a logical partnership" summed up Pasinski. "Based on that experience, I believe there could be more opportunities for more partnerships in the future."

Brian Mitteer, CRMC President/CEO, remarked that 2006 was a year of change and growth for the CMH Group affiliates, in particular Cortland Regional Medical Center. He shared information on highlights from the past year, and a glimpse of plans for the coming year:

- Introduction of a new name, Cortland Regional Medical Center, which acknowledges the hospital's responsibility to an increased service area, and better defines its larger scope of healthcare services.
- CRMC set the example as a healthcare leader by transitioning to a smoke free campus
- CRMC partnered with St. Joseph's Hospital Health Center to bring dialysis services to Cortland (center to open early 2007).
- Growing confidence in patient care at CRMC resulted in a 4% increase in inpatient admissions and 2% increase in surgeries over 2005.
- Community use of many CRMC outpatient services increased during the past year, including: physical therapy visits (27%), cardiology procedures (21%), home health visits (7%), and diagnostic imaging tests (4%).
- CRMC was awarded a three-year accreditation and Gold Seal of Approval from the Joint Commission on Accredited Healthcare Organizations.
- CRMC received community recognition from the Cortland County Chamber of Commerce, which named it the "2006 Large Business of the Year".

Accomplishments noted by the other three affiliates included:

- The Cortland Memorial Foundation continued growth of its endowment fund, which helps support the purchase of new equipment for the Medical Center. It also increased the overall number of donors through programs such as the Higgins Society, Grateful Patient program, and the Employee Campaign.

- CMH Services continued trend of growth in oxygen sales, which is its primary revenue source, and added 150 new patients in 2006. Other service areas experienced impressive increases over the previous year: post mastectomy supplies (up 19%), sleep aid equipment (up 27%), and power mobility products (up 232%)
- At a time when other nursing facilities have seen a decline, Groton Community Health Care Center continues to have one of the higher occupancy rates (96%) in the area. Other advancements at GCHHC included the establishment of a new small group/family dining program, and implementation of a new recreation program for residents.

CRMC plans to continue its healthcare leadership role going forward. Later this year, an 1,800 square foot addition of the Here We Grow child care center will be completed; the Emergency Department will begin using a new software and tracking system to improve efficiency within the department; the Food Service Department will introduce a new Hospitality Program to improve quality and service; the Imaging Department plans to install a new digital mammography machine, and plans are in development to renovate both the maternity and surgery areas.

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