

Unity
St. Mary's
Campus

Vibrant, Vital & Growing



 Unity Health System



TABLE OF CONTENTS

- 3 Letter from Stewart Putnam
- 4-5 Unity St. Mary's Campus at-a-Glance

A Day in the Life of Unity St. Mary's Campus

- 6 Orchard Street Community Health Center
- 6 Walk-In Care Center
- 7 Unity Family Medicine
- 7 West Main Pediatrics
- 7 Unity Dental Group
- 8 Andrew J. Kirch Dialysis Center
- 8 Brain Injury Rehabilitation Program
- 9 Outpatient Behavioral Health
- 9 Oncology, Hematology/Infusion Center
- 10 Health Care for the Homeless
- 11 Facilitated Enrollment Program
- 11 HIV/AIDS Substance Abuse Program
- 12 Healthy Start Center
- 13 Unity OB/GYN at West Main
- 13 Healthy Moms
- 14 Park Place South West Adult Day Care
- 14 Unity Living Center
- 15 Moore Park Senior Apartments

A Proud History of Caring.

Founded on September 8, 1857, St. Mary's Hospital was the first hospital established in Rochester. The Catholic Daughters of Charity started the hospital on the corner of Genesee and West Main Streets. The main building was constructed in 1863, and the cornerstone was laid on June 28, 1863 by Bishop John Timon. That same year, St. Mary's was officially declared a Government Hospital and treated 5,000 wounded Civil War soldiers. St. Mary's introduced the first horse-drawn ambulance to Rochester and in 1915 purchased the city's first motorized ambulance.

The current main building on Unity St. Mary's Campus (located at 89 Genesee Street) was constructed in 1941, with additions constructed in the years to follow. In 1985, St. Mary's completed a \$40 million construction and renovation project.

St. Mary's unwavering commitment to care for the poor and vulnerable received national recognition in 1996 when the hospital won the prestigious Foster G. McGaw Prize for community service. This coveted award placed St. Mary's among the nation's premier providers of community health care services and programs for the needy.

Today, the tradition of caring continues with a firm commitment to keep Unity St. Mary's Campus vibrant, vital & growing.



Many things to many people.

It's hard to believe it was more than eight years ago that we began the transformation of St. Mary's Hospital. In that time, we have evolved from a traditional hospital facility to a highly-responsive, multi-use health and human services center that is a vibrant, vital part of Rochester's southwest (Sectors 3 & 4) community.

With over 300 Unity employees living within the Bulls Head community, we are uniquely qualified to understand and respond to the needs of area residents of all ages. And we've used this understanding to tailor our services and facilities to the specific health care challenges and opportunities that exist within southwest Rochester.

Creativity, resourcefulness, and outreach mark our growth. The task of turning an under-utilized hospital facility that was losing more than \$2 million a month into a success story was daunting, to say the least. While we set out with a clear strategic direction and a solid plan in 1997, flexibility was key. Given the rapid changes taking place in our community and in the health care industry, we quickly understood that a one-size-fits-all approach would not fit anyone. So we climbed out-of-the-box and stretched beyond the walls of 89 Genesee Street to uncover our future. And that future, we found, was to be as vibrant and diverse as the community members we serve.

Before decisions were made, a team of Unity people hit the streets to talk to residents and local leaders to get their points of view. Was it important to keep a health care organization on Genesee Street? If so, what services did the community need most? The team talked to community leaders and neighborhood residents... at coffee shops and beauty salons, in churches, and at other popular spots. And what they learned helped shape our future.

Unity St. Mary's Campus is now many things to many people. And that's why we've not only survived, we've thrived in an era of unhappy hospital endings. By tailoring campus services to the specific needs of the neighborhood, while moving under-utilized hospital-based services to the Park Ridge Campus in Greece, we were able to transform St. Mary's into the dynamic and unique hub of health care delivery that it is today.

For the young family down the street, it's the convenient location for routine doctor visits and dental care, making it easy to stay healthy. For the uninsured, it's the resource for finding and enrolling in affordable health care. For new mothers, it's the place for ensuring a healthy pregnancy and a healthy baby. For seniors, it's a place to live, to be cared for, and to socialize. For those with HIV or AIDS, it's the place where they can feel comfortable about getting the treatment they need and deserve. And that's just a glimpse of our story.

True to the Unity mission, our St. Mary's Campus is offering the highest quality care to all members of our community, especially those who are under-served and the most vulnerable. And it is the creativity and resourcefulness of our people that make this possible. Instead of turning back from roadblocks, our employees respond by carving out new solutions. If patients cannot get to our services, we bring our services to them. If health care is unaffordable, we provide financial alternatives. If specialized services are needed, we create tailored programs and facilities.

And that is how our evolution will continue. The Unity St. Mary's Campus will move, change, and grow with our community and the changing needs of our residents—ensuring that we continue our 140-year legacy as a key contributor to the health and well-being of southwest Rochester.

STEWART PUTNAM

CHIEF OPERATING OFFICER & EXECUTIVE VICE PRESIDENT
UNITY HEALTH SYSTEM



“The successful transformation of St. Mary's is proof that Unity is firmly committed to ‘doing the right thing’ for the people of the community.”

WILLIAM A. JOHNSON, JR.
MAYOR, CITY OF ROCHESTER

“Unity has done the things that should happen when you create a collaborative system. As a result, the vision set in 1997 to ‘create the best of the best, while controlling costs and providing access for all’ is not only realized, it now has a name—Unity St. Mary's Campus.”

SANDY PARKER
CHIEF EXECUTIVE OFFICER
ROCHESTER BUSINESS ALLIANCE

“Unity has adapted and is prepared for the future. Innovative uses of St. Mary's have resulted in a new and vital role for this fine facility.”

ANDREW DONIGER, M.D.
DIRECTOR OF HEALTH
MONROE COUNTY HEALTH DEPARTMENT



Unity St. Mary's Campus: A true multi-use facility, this health and human services center is the hub of numerous health and outreach services.

89 GENESEE STREET

General Health Services

- **Unity Family Medicine** provides comprehensive medical care for the entire family.
- **Unity Dental Group** provides full-service dentistry for everyone, regardless of their ability to pay.
- **Walk-In Care Center** offers fast, friendly 24-hour health care for minor emergencies including cuts, sprains and strains, sore throats, and the flu.

Senior Care Services & Housing

- **Park Place South West Adult Day Care** offers a variety of cultural and social activities.
- **Unity Living Center** a skilled nursing home.
- **Moore Park Senior Apartments** provide new, affordable one & two bedroom apartments with on-site services and health facilities for those over age 55.

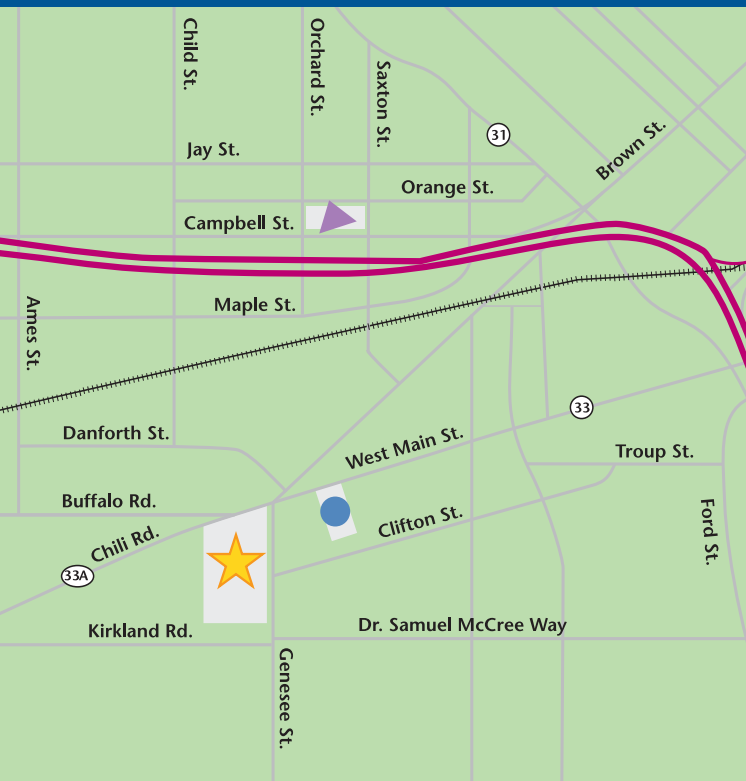
Specialized Services

- **Brain Injury Rehabilitation Program** provides total rehabilitation services to children and adults who have sustained a debilitating injury or illness.
- **Inpatient Psychiatric Services** provides treatment to individuals with mental health and chemical dependency illnesses.
- **Andrew J. Kirch Dialysis Center** offers enhanced comfort, convenience, and privacy for patients with kidney disease.
- **Oncology/Hematology Unit** provides blood transfusion services and chemotherapy for cancer and leukemia patients in a caring, comfortable setting.
- **HIV/AIDS and Substance Abuse Program** offers comprehensive, state-of-the-art medical care and outreach services to those in need, regardless of ability to pay.
- **Eating Disorders Program** provides inter-disciplinary treatment for anorexia, bulimia, and binge eating disorders.
- **Genesee Specialty Care** offers neurology, podiatry, and infectious disease services.

Community Programs

- **Women, Infant and Children (WIC)** A nutrition education program for low-income women and their children.
- **Sector 4 Community Development Corporation (CDC)** builds partnerships and collaborations between businesses, neighborhoods, and community organizations to renew, redevelop, and rebuild the city's southwest quadrant.
- **Hospice** provides end-of-life care on the sixth floor of Unity St. Mary's Campus.
- **Family Resource Center of Rochester (FRC)** offers early childhood and parent education to families in southwest Rochester.

BULLS HEAD NEIGHBORHOOD



158 ORCHARD STREET AT SCHOOL 17

General Health Services

- The Orchard Street Community Health Center provides comprehensive family health care services in a convenient neighborhood location.
- Facilitated Enrollment Program helps struggling families get the health care insurance they need.

819 WEST MAIN STREET

Obstetric & Pediatric Services

- Healthy Start Center provides pregnant women with the necessary tools and services to have a healthy pregnancy and a healthy baby.
- West Main Pediatrics offers comprehensive pediatric services in a friendly and welcoming environment.
- Unity OB/GYN at West Main provides complete medical services for women of all ages.

Out of 440,000 total available square footage, 400,000 square feet are currently in operation at Unity St. Mary's Campus.

Tender loving care for cuts, bruises, sneezes, and broken bones.

Orchard Street Community Health Center

Unity St. Mary's Campus treats over 125,000 outpatients annually.

There are over 16,000 visits to the Walk-In Care Center each year.

When the Orchard Street Community Health Center opened in School 17, it was close to Nancy McFarland's home. That was one of the reasons why her family went there. And even though the family has since moved a few miles away, they still go to the Center because they like the personal attention they get from Unity's doctors and staff.

"They take the time to talk to you," Nancy said. "And they try to find the best way to help. The people there are very nice, too."

Five members of Nancy's family (ranging in age from 8 to 50) now go to the Orchard Street Center for everything from college physicals and routine check-ups to treatments for arthritis and back problems.

No question about it. The McFarland's like the fact that the Center offers health care services for the whole family — in one convenient location. But what they like most is the wonderful way they're treated.

"The doctors are really concerned about you as a person. And the care is excellent. It's a great place to go."

NANCY MCFARLAND
PATIENT



"I love Unity Health's Walk-In Care Center. On a scale of 1 to 10, I give them a 10 and a half."

YVONNE LATHAM
PATIENT

helped her get Medicare and Medicaid. They can also make referrals to other doctors, dentists, and outside agencies.

"If I couldn't come here, I don't know what I'd do," Yvonne says. "This Center is very important to me. It's important to the whole community, too."

Walk-In Care Center

Yvonne Latham has asthma. And it can act up at any time. Even in the middle of the night. When that happens, Yvonne starts coughing and can't catch her breath. And that's a scary situation for anyone. So what does Yvonne do? She simply puts on her hat and coat and hurries over to Unity's Walk-In Care Center. No matter what time it is... even if it's 4 a.m. on a holiday... this active great-grandmother always gets the fast, friendly, expert help she needs from doctors and nurses who specialize in emergency medicine.

"If I feel bad and can't breathe, I know I can come here and get help," she says with a smile. "I don't have a lot of patience. So I like the fact that they take care of me quickly. And I always feel better when I leave."

Not only does Yvonne get great health care in a hurry, the social workers in the Walk-In Care Center help her, too. In fact, they

"The people at Unity Family Medicine are wonderful. They really make you feel at home."

SANDRA PERIERA
PATIENT



Unity Family Medicine

When Kyle and Sandra Periera moved to Rochester, they needed to find a family doctor right away. After all, Sandra was pregnant with the couple's first child.

They picked Unity Family Medicine from a list. But when Sandra made her first visit, she discovered that the Unity St. Mary's Campus was a long way from where she lived on Rochester's east side.

As she headed for the office, Sandra thought about switching to a practice closer to home. But the minute she walked through the door, the staff at Unity Family Medicine changed her mind.

"They were all so nice," she recalled. "They made me feel so welcome. And the office was so clean and attractive. That's why I didn't change."

Over the next several months, Sandra ran into a series of minor problems with her pregnancy. Time and time again, she got the quick service and personal attention she needed.

Now, the entire family goes to Unity Family Medicine—even though it requires a little trip across town. "If anyone asked me who to go to, I'd definitely tell them Unity Family Medicine," Sandra said. "They've really taken good care of me and my family."

"The people at West Main Pediatrics are fantastic. They're really like family to me."

MICHELE BLACKMAN-WRIGHT
PATIENT



"As important as it is to talk to your patients, it's even more important to listen to them."

BERNADETTE LINDQUIST, D.D.S.
UNITY DENTAL GROUP

West Main Pediatrics

When she moved to Rochester, Michele Blackman-Wright needed to find a great doctor for Gabrielle, her four-year old daughter. So she decided to visit a place she kept hearing wonderful things about. . . West Main Pediatrics.

She and Gabrielle walked in. There were books and toys for the kids. And the staff was very friendly. Michele also liked how the doctors and nurses took the time to answer all of her questions. They went out of their way to make Gabrielle feel comfortable, too.

"It was almost like they welcomed us into the family on the first visit," Michele recalled. "I knew that I'd found the right place."

Two years later, Joslyn was born. Since then, the family has gone to West Main Pediatrics for all their children's health care needs—everything from routine immunizations and check-ups to treatment for asthma and stomach aches.

"If somebody asks me where to go, I'll tell them in a heartbeat to go to West Main Pediatrics," Michele said.

"I can't say enough good things about the people. They're the best!"



Unity Dental Group

Dr. Bernadette Lindquist works in Unity Dental Group's busy dental practice on the Unity St. Mary's Campus, and she sometimes sees 20 patients a day. But she always has time to talk with each patient—to listen to their problems, ease their fears, and teach them how to take care of their teeth.

Unity Dental Group recently moved into larger offices to accommodate its rapidly growing patient volume that includes young children and adults who live in the neighborhood, Unity employees who work at the site, and residents from Unity Living Center.

The practice offers full-service dentistry to everyone, regardless of their ability to pay. Good dental hygiene is essential for good health, so Dr. Lindquist makes sure every patient understands what to do once they're home.

Even those who were once resistant to dental care are coming back for follow-up appointments, she says. She sees children doing better at brushing regularly. And one of her adult patients actually fell asleep in the chair one day. Dr. Lindquist is saying what patients need to hear—and the bright new offices of the dental practice say a lot too. "When patients come in and see a big new office, it says a lot about how we feel about them," she notes. "It says, 'We're serious, we're committed, we're here to stay, and we're here to help you.'"

Unity Dental Group provides care to over 9,000 adults and children annually who are unable to afford dental services.

Special people providing specialized services.

Over 11,000 treatments are performed at the Andrew J. Kirch Dialysis Center each year.

Andrew J. Kirch Dialysis Center

A nephrologist, Dr. Vijay Jain has been treating patients with kidney disease since 1980. Many of his patients have been coming to him for years, so it's no wonder there's a family atmosphere. Now the "family" at Unity St. Mary's is enjoying a brand new home: the Andrew J. Kirch Dialysis Center, which offers enhanced comfort, convenience, and privacy. Unity designed the facility with dialysis patients' unique needs in mind.

"Dialysis takes a significant amount of our patients' time, with each session lasting three to four hours," Dr. Jain explains. A comfortable facility is important to Dr. Jain and the staff, and appreciated by their patients. "I've heard a lot of 'Wows,'" Dr. Jain says. "There's definitely a more upbeat attitude among patients and the staff."

The new Center features private patient treatment areas, remote-control TVs with headphones to help pass the time, patient lockers, and a large, comfortable waiting area. The Center has its own parking area and a separate entrance.

Assuring patient comfort is important to overall health. "You have to have a positive outlook to cope with a chronic illness," Dr. Jain explains. "A more positive attitude means you're better able to take care of yourself and cope with your illness, which results in a better medical outcome."

A beautiful new facility, happier and healthier patients — what else can you say but, "Wow"!

"We develop a kinship with our patients; it becomes like a second family."

VIJAY JAIN, M.D.
MEDICAL DIRECTOR
ANDREW J. KIRCH
DIALYSIS CENTER

Brain Injury Rehabilitation Program

Lisa Watson helps patients recover from brain injuries caused by accidents, illness, or strokes. Recovery can be a long, challenging process lasting weeks or months. Some patients who come to the Rehab Unit must learn how to walk and talk all over again, and master the other tasks of everyday living.

Lisa is many things to her patients — not just a physical therapist, but also a coach, cheerleader, and teammate. She teaches, she encourages, she praises — and she pushes gently, to keep patients motivated and moving forward. "You have to let patients celebrate their accomplishments, but as soon as something gets easy, it's time to try a new challenge," Lisa says.

Lisa guides patients on the long journey to recovery, knowing they'll make the final steps without her. "I can't go home with my patients," Lisa says, but she doesn't need to. The most important thing Lisa teaches patients is that they can regain the skills they need to take care of themselves.

"Helping people to help themselves — that's the goal of a physical therapist."

LISA WATSON
PHYSICAL THERAPIST
BRAIN INJURY REHABILITATION PROGRAM

Unity's Brain Injury Unit is a nationally recognized program for patients suffering from traumatic brain injuries and the only licensed inpatient acute brain injury program in upstate New York.



Outpatient Behavioral Health

Ask Nelson Torres to describe a typical workday, and you'll probably get a long answer. That's because he does so much to help families find a better life. Nelson works with Unity's Behavioral Health therapists who offer individual and family counseling to treat childhood behavioral problems, such as those caused by poverty, abuse, and neglect. Nelson doesn't accompany families to their therapy sessions, but he sees them just about everywhere else — in their homes, at the children's schools, in the community.

Nelson plays a valuable role as the "eyes and ears" for Unity therapists. Because he spends so much time with children and their families, he sees the challenges they face. He listens to their concerns and helps knock down the barriers to effective treatment.

Those barriers can be significant; some of Nelson's clients lack safe housing, and adequate food and clothing. Nelson coordinates with community resources to ensure that families' basic needs are met. He works with school representatives to address behavior issues at school and propose solutions. He empowers parents to take action. "When families put these issues behind them," he says, "they can focus on therapy and make real progress."

Nelson has seen a lot of children and their families make lasting changes in the eight years he's been a case manager at Unity. "Seeing kids growing up and doing well is your reward," he explains. "Sometimes I'll see kids I've helped five or six years earlier; they're doing really well, about to start college. That encourages me to keep helping others." It's all in a day's work for Nelson Torres.



"We try to empower our clients so that, eventually, they no longer need us."

NELSON TORRES
CASE MANAGER
OUTPATIENT MENTAL HEALTH SERVICES

Oncology, Hematology/ Infusion Center

Many of the people at Unity's Oncology, Hematology/Infusion Center receive chemotherapy for cancer and leukemia. Mary Fran Kolbuc is inspired not only by her patients' strength, but by their wisdom and kindness.

"Facing life-threatening illness gives patients an understanding of what is truly important," Mary Fran says. While the staff at the Center work hard to keep patients comfortable during their treatment, just as often, it's the patients who provide comfort to the staff. And to each other — patients receive therapy together in one big room, and form strong bonds as they persevere in the face of illness.

"Because the unit is smaller than others in the area, the staff has the luxury of being able to spend more time with each patient," Mary Fran says. Undergoing treatment for cancer is the most difficult thing many people ever have to do, but a caring staff and a sense of community at Unity's Oncology Center make it easier.

"While the staff at the Center works hard to keep patients comfortable during their treatment, just as often, it's the patients who provide comfort to the staff."

MARY FRAN KOLBUC, R.N.
ONCOLOGY, HEMATOLOGY/
INFUSION CENTER



A privilege to provide health care to the underprivileged.

“Bringing health care to people who need it is pure joy. A nice part of my job is when people look forward to me coming to see them.”

SYLVIA CARTER
NURSE PRACTITIONER
ADULT HEALTH

Health Care for the Homeless

Ask Sylvia Carter why she likes her job, and the tears that fill her eyes are your answer. She believes it's a privilege to bring health care to the least privileged people in our society, the homeless. And she's grateful for Unity's leadership in providing health care services to the needy in Rochester.

For the past several years, Sylvia has traveled to homeless shelters with other members of Unity's Mobile Medical Unit, which operates in conjunction with the Health Care for the Homeless Program. The biggest challenge has been convincing homeless people that they deserve good health care, Sylvia says, but she is seeing progress. For example, some patients used to miss the medical appointments she set up, but now they keep them more faithfully — and often show up early enough to greet her with a smile at the door.

Health Care for the Homeless Services

- Health assessments, treatment, referrals, and coordination with primary care providers
- Tuberculosis screenings
- Substance abuse evaluations, counseling, and referrals for treatment
- Mental health evaluations, counseling, and referrals for treatment
- Dental evaluations and referrals for treatment
- Housing
- Job training
- Nutrition counseling
- Prenatal and HIV outreach
- STDs/HIV and AIDS education and counseling
- Support and education for shelter staff
- Coordination with other community services: soup kitchens, food cupboards, etc.





"I get great joy when I've made someone happy by helping them."

DANNY MORALES
OUTREACH WORKER
FACILITATED ENROLLMENT PROGRAM

"It's very gratifying to help someone, to see their relief when they know help is on the way."

BETH SIEBER-FORD, COORDINATOR, FACILITATED ENROLLMENT PROGRAM

Facilitated Enrollment Program

When the Facilitated Enrollment Program began at Unity Health System in 2002, Beth Sieber-Ford had just a telephone and a bulletin board. She must have put them to good use because the program has grown by leaps and bounds.

Since 2002, over 1,500 uninsured families have applied for and received health insurance through Unity's Facilitated Enrollment Program.

Danny often goes door-to-door to let people know about affordable health care available at Unity's Orchard Street Community Health Center. To help workers at Petrillo's Bakery get affordable coverage, Beth and Danny went right to the bakery on Lyell Avenue so no one would have to miss work.

Beth and Danny cover a lot of ground because they know they are the vital link between struggling families and the help they need. They go the extra mile — literally — and that goes a long way with their clients. "The bakery employees were thankful that we cared enough to take the time to come to their work place, where they feel comfortable," Danny says.

Helping people get insurance means they can take care of health issues before they become emergencies. That keeps families safer, and means lower health care costs in the long run. Beth and Danny make a complicated application process easier by providing encouragement, answering questions, and showing they care.

Unity's program started small, but it is making a big difference to a lot of local families.

HIV/AIDS Substance Abuse Program

Debra Allen has a mission: to prevent the spread of HIV by raising public awareness and by insuring that those who have the disease are getting the treatment they need. She's working hard to get the message out. But HIV isn't her only challenge. Debra says fear and shame often keep people from getting tested and seeking care. That's especially true in the most disadvantaged areas of our community, where HIV is most prevalent.

Debra is glad that Unity doesn't shy away from our community's toughest health care issues. "I'm proud that when patients diagnosed with HIV or AIDS come to Unity for medical care, they are treated with the dignity and respect they deserve," she says.

With champions like Debra Allen at work, fear and shame don't stand a chance.

Rochester has the second-highest incidence of HIV/AIDS in the state, second only to New York City.



"People want to be healthy, to live long lives, but many need support and tools to help them. We can provide that."

DEBRA ALLEN
PROGRAM DIRECTOR
MCCREE MCCULLER
WELLNESS CENTER

Keeping moms healthy and informed; giving babies a better start.



Healthy Start Center

There was no Healthy Start program in Rochester until Unity Health System, in partnership with the Perinatal Network of Monroe County, created one in the southwest neighborhood over six years ago. Now Marianne Coleman can't imagine the community being without it. The Center provides essential health care and other services for hundreds of pregnant women and new mothers every year.

Healthy Start is designed to reduce infant mortality and low birth weight babies for pregnant women who are at high-risk of poor birth outcomes. And their hard work and dedication are paying off.

This Healthy Start program is special. "We offer 'one-stop shopping' for participants by coordinating with other community agencies, and providing a wide range of health care and social services in one convenient location," Marianne says. Moms-to-be and new mothers receive OB/GYN and pediatric services, as well as legal assistance, parenting classes, education programs, and transportation to medical and other appointments, as well as many other services. Healthy Start is important because "there can be so many barriers to care," Marianne says. She and the Healthy Start staff knock down those barriers, and build a safe, supportive environment for participants. "We welcome everyone with open arms and a smile. We become a family for them."

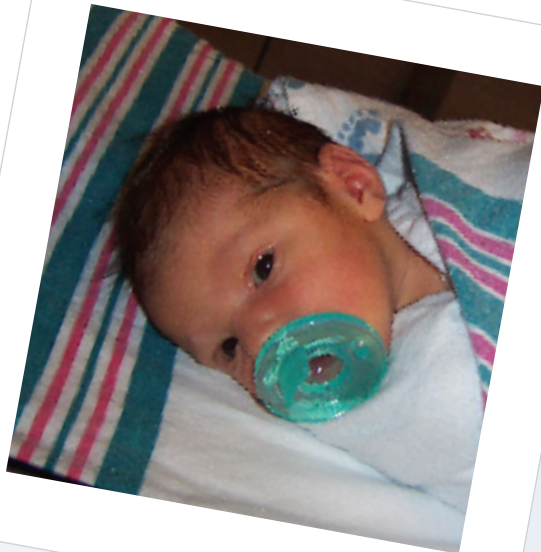


The trends among Healthy Start participants include:

- 27% increase in prenatal care beginning in the first trimester
- 13% increase in adequate prenatal care
- 17% decrease in the number of low birth weight babies

"We provide expecting mothers with the necessary tools to have a healthy pregnancy and a healthy baby."

MARIANNE COLEMAN
PROGRAM MANAGER
HEALTHY START CENTER





Unity OB/GYN at West Main

Like all mothers who are expecting their first child, Lakeshia Williams had a million questions. What should I eat and drink? Can I exercise? How do I keep my baby healthy?

That's why she went to Unity OB/GYN. She knew she could count on the people there to give her all the check-ups, tests, advice, and other services she needed.

At Unity OB/GYN, she learned about the importance of proper nutrition. "They told me what I ate, my baby would eat, too," she recalled. "Now I'm eating a lot healthier. They really told me everything I needed to know. They were very nice, too. I could tell that they were really concerned about all their patients."

When the big day arrived, Lakeshia and Anthony Andrews knew just what to do. They hurried off to the Family Birth Place at Park Ridge Hospital, where their baby girl—Autumn Aléyah—was born.

Since their daughter's birth, Lakeshia and Anthony have discovered another big advantage to Unity OB/GYN's office at West Main Street. Unity's West Main Pediatrics is located in the same building. So their growing daughter can continue to get the great health care she deserves.

"When you're pregnant, you have a million questions about your baby's health. The people at Unity Health System will tell you everything you need to know. And they're really nice, too."

LAKESHIA WILLIAMS
PATIENT

Healthy Moms

A happy mother and a healthy baby — they go hand in hand. Unity's Healthy Moms program was founded on that belief. This program equips pregnant women with the skills and knowledge they need to feel confident, prepared, and enthusiastic about becoming a mom. Healthy Moms services are offered at no charge.

The Healthy Moms program offers:

Education

- Childbirth Education
- Delivery Room Tours
- Breastfeeding Education
- Parenting Classes

Support

- Pregnancy and Delivery Care
- Child Care
- Transportation
- Baby Bucks

Skills for the Future

- Empowerment Programs
- Self-Esteem Programs
- Lifeskills Training



Putting the 'living' back in Senior Living.

Park Place South West Adult Day Care

Why spend the day alone, especially if you have medical or physical challenges? That's the philosophy of Unity's adult day care program on the Unity St. Mary's Campus, one of six adult day care programs offered by Unity Health System. Tailored to serve the city's southwest neighborhood, the program caters to adults searching for a safe, stimulating environment to socialize, take part in enjoyable activities, and receive personal assistance if needed.

"This environment gives participants the social interaction and sense of community they want and need to keep their mind, body, and spirit in great form," says Jean Alligood-Dorsey. She adds, "We have a professional and friendly staff that has built a strong reputation for providing high-quality care for older adults in the Rochester area."

The staff includes program managers, social workers, certified nursing assistants, and recreation specialists. What's more, all of Unity's medical services are easily accessible should someone need them. And qualifying seniors can participate in the program free of charge.

"It's really the simple things that mean so much to a person's health and well-being—sharing a conversation or a meal, completing a fun craft or challenging puzzle, or just feeling like you belong somewhere," says Jean. "We provide these things and it's so rewarding to see the difference it makes in the lives of so many."



"I grew up in this neighborhood and consider it a privilege to care for the same people who cared for me when I was young."

JEAN ALLIGOOD-DORSEY

MANAGER

PARK PLACE SOUTH WEST ADULT DAY CARE

Unity Living Center

Keri Cuyler develops and leads recreational activities for residents of Unity Living Center, a nursing home located at the Unity St. Mary's Campus. Of course she wants residents to have fun, but there's so much more to be gained from staying active, Keri says. "We know people aren't just 'playing' when they participate. They're benefiting cognitively, physically, and socially."

That's why Keri creates programs that are both fun and educational. In addition to the traditional outings, games, and crafts, residents enjoy sessions where they discuss world events, learn about other cultures, and hear wellness advice from Unity professionals. The education program helps residents feel connected to the world around them, and because they pick the topics, they feel a sense of accomplishment and ownership.

"Our goal is to make sure every resident has a chance to participate in something they like," Keri says. The recreation staff has more than 5,000 contacts with residents each month. That's one way to measure success, but Keri has another way: the countless number of smiles and hugs she receives from residents.

"Where else can you play, and get paid to do it? We laugh all day here."

KERI CUYLER

RECREATION COORDINATOR
UNITY LIVING CENTER

Unity St. Mary's Campus provides skilled nursing care to over 280 people each year.





“I love it here. These new apartments are modern and offer me all the conveniences and services I want. I get to stay in the neighborhood that’s been my home for over 40 years. And what’s best, I can visit my wife at Unity Living Center without even going outside!”

WILLIE WEEKLY
RESIDENT
MOORE PARK SENIOR APARTMENTS

Moore Park Senior Apartments

When Willie Weekly found Moore Park Senior Apartments at Unity St. Mary’s Campus, he thought it was too good to be true. “All of my requirements were met, and then some,” Willie says. “I’m able to live independently, visit my wife, Verna, daily at Unity Living Center, have plenty of opportunities to be active and socialize, and have immediate access to important medical services if I need them,” he adds.

Moore Park Senior Apartments offers on-site services ranging from a cafeteria, gift shop, doctors offices, a 24-hour Walk-In Care Center, social adult day care, and more. An on-site pharmacy will even deliver prescriptions to your door.

“Moving into Moore Park has given me a new lease on life. I feel like a young man again. I’m meeting new people and enjoying hobbies I never had time for when I was working,” he says. “This is heaven on earth or the closest thing to it,” Willie exclaims.

Making people feel comfortable, cared for, and a part of the community — that’s what Unity Health System is all about.

A medical office building was converted into 33 spacious apartments for seniors.



FIND OUT MORE

If you'd like to learn more about the services and programs offered through Unity Health System, call our **OnCall Physician Referral & Health Information Service** at **(585) 368-3000** or, visit us on the web at: **www.unityhealth.org**

CREDITS: Copywriting & Design: Calm & Sense Communications Photography: Kimberly McKinzie Printing: Rochester Offset Press

 Unity Health System

89 GENESEE STREET • ROCHESTER, NY 14611