

careconnection

A Healthy Lifestyle Today for a Better Tomorrow

WINTER 2025



Inside:

**River Hospital Post-Traumatic
Stress Services**

New ENT Specialist

Daisy & Bee Award Winners

River Hospital Post-Traumatic Stress Services

You are not alone!

River Post-Traumatic Stress Services (RPTSS) is dedicated to helping those who serve and protect our communities every day. The RPTSS treatment team is comprised of specialized trauma therapists trained and experienced in the use of Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), Eye Movement Desensitization, Reprocessing (EMDR) and Internal Family Systems (IFS). CPT, PE, and EMDR are evidence-based protocols approved by the Department of Defense and/or U.S. Department of Veterans Affairs as effective treatments of trauma and stressor related disorders, including Post-Traumatic Stress disorder (PTSD).

Services are provided in a private, non-judgmental, safe environment to facilitate healing. We practice holistic treatment which honors and respects individuals in the context of their overall health, cultural identity, relationships, careers, and other factors important to healing. We recognize that each individual has a unique story and we strive to meet each person where they are to help them be the best version of themselves.

River Hospital's RPTSS outpatient service provides treatment to individuals working in high-risk occupations. Clinical staff work collaboratively with individuals to assess for an appropriate level of care, treatment options, and assist in identifying goals for success and recovery.



Treatment for high-risk occupations includes:

- Law Enforcement
- EMS
- Firefighters
- Customs Agents
- Coast Guard
- Border Patrol
- Corrections Officers
- 911 Dispatchers
- Homeland Security
- Healthcare workers
- Veterans

**This list of high-risk occupations is not exhaustive.*

Symptoms of post-traumatic stress may include:	Negative effects of post-traumatic stress may include:
Difficulty sleeping	Substance misuse
Trouble concentrating	Marital/family distress
Irritability	Anxiety
Self-destructive or impulsive behaviors	Trouble with decision making
Hypervigilance	Job performance distress
Emotional detachment	Self-destructive behavior
Unwanted or intrusive thoughts of stressful/traumatic experiences	Confusion over beliefs
Persistent negative beliefs/expectations about oneself, others, and/or the world	Guilt and Shame



To request a referral or for additional information, please contact River Post-Traumatic Stress Services at 315.482.1170

Welcome David C. Gordon, MD Otolaryngology (ENT) Specialist!

River Hospital is proud to announce a new partnership with Samaritan Medical Center to expand ENT services to residents of the North Country. Please join us in welcoming **David Gordon, MD**, to our team of specialists.

Dr. Gordon brings over 20 years of experience and advanced expertise in diagnosing and treating a wide range of ear, nose, and throat conditions with a compassionate, patient-centered approach. From sinus care and hearing concerns to complex head and neck issues, he is dedicated to helping patients breathe easier, hear better, and live healthier. He also treats pediatric ENT problems, hearing/balance issues, and more.

We are excited to expand our specialty services and strengthen our commitment to exceptional care for our community. To make an appointment, please call **315-482-2094**.



David C. Gordon, MD



River Hospital Daisy and Bee Award Winners!



Erica Denner, LCSW
River Post-Traumatic
Stress Services



Diana Cockrill, RN
Emergency Department

At River Hospital, we recognize that to achieve our mission and vision, we must live our values every day. As a team, River Hospital makes a powerful impact on the healthcare needs of our community by providing care that goes above and beyond expectations. As individuals, employees build the foundation of that team with their strengths and commitment to healthcare.

If you would like to nominate someone at River Hospital that you think has gone above and beyond, you can do so by scanning the QR code or visiting our website at riverhospital.org to read more and fill out the nomination form!



Warm up your Kitchen with this Cozy Harvest Soup!

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 2 cups butternut squash, cubed
- 1 medium sweet potato, peeled and cubed
- 1 (14 oz) can diced tomatoes
- 4 cups low-sodium vegetable broth
- 1 teaspoon thyme
- ½ teaspoon cinnamon (*optional for a cozy touch*)
- Salt and pepper to taste
- 2 cups chopped kale or spinach



Step 1

In a large pot, heat olive oil over medium heat. Add onion, carrots, and celery; sauté 5 minutes.

Step 2

Stir in garlic, squash, and sweet potato; cook another 3 minutes.

Step 3

Add tomatoes, broth, thyme, and cinnamon. Bring to a boil, then reduce heat and simmer 25–30 minutes until vegetables are tender.

Step 4

Stir in kale or spinach just before serving and cook until wilted.

Step 5

Taste and adjust seasoning. Serve warm and enjoy!

Tip: Garnish with a sprinkle of parmesan or toasted pumpkin seeds for a festive finish.



Daniel Viti
Dietary Director



Happy New Year!

As we begin a new year, we would like to extend our heartfelt thanks to our community for the trust and support you place in us every day. It is a privilege to care for you and your loved ones, and we remain committed to providing compassionate, high-quality care close to home! We look forward to the year ahead and wish you and your family a healthy, happy, and hopeful New Year.



SAVE THE DATE

Saturday
February 28, 2026

SCAN ME



 **River Hospital**
Polar Bear Dip

Scan the QR Code to register today or visit riverhospital.org/events.
We are hoping to make the 36th annual Polar Dip one to remember and we will need your help! We hope to see you there!