

CENTRAL NEW YORK
PROGRESS & INNOVATION

AN ANNUAL REPORT

HEALTH • EDUCATION • TECHNOLOGY • BUSINESS SERVICES • HOME

ANCHORS AWAY!

New CNY staycation spot set to open, will feature rental cottages with boats, partnerships with local businesses



SUBMITTED PHOTOS
Exterior renderings of The Cove at Sylvan Beach, including a few of the cottages and docks, Sylvan Beach Supply Co. and the pool and playground.

The Cove at Sylvan Beach has partnered with businesses from around the region as part of its grand opening preparations for Central New York's new vacation destination.

Scheduled to open this summer, the lakeside vacation rental community will showcase the very best of the state. Consisting of 70 two-bedroom and three-bedroom cottages, the new \$35 million destination is being brought to life by the contributions of dozens of regional partners.

Each cottage comes with a pontoon or deck boat and many other amenities.

The Cove will also include Sylvan Beach Supply Co., the destination's flagship store, for guests staying at the cottages and guests visiting Sylvan Beach for the day. With a fun day on the water in mind, Sylvan Beach Supply Co. will offer daily rentals of pontoon boats, bicycles, paddle boards, kayaks, canoes and water bikes. The market-style store will also offer ice cream, grab-and-go sandwiches and other food items, groceries, beer, sundries, fishing poles, tackle and more.

"We are very proud to be partnering with so many great local businesses that share our commitment to providing the very best in quality for our guests," said Oneida Indian Nation Representative and Oneida



Nation Enterprises CEO Ray Halbritter. "Partnering with local businesses like Off The Muck Market, Oneida Lake Marina and River Rock Dock not only helps the local economy, it makes The Cove a truly unique Upstate New York experience."

The Cove at Sylvan Beach regional partnerships include:

Off The Muck Market, Canastota

Guests staying at The Cove will be able to order grocery delivery directly from Off The Muck, including fresh fruits and vegetables from several local farms, including Blue-

berry Hill Farms in Clinton and Emmi Farms in Baldwinsville.

"We are excited to introduce The Cove's guests to the freshest, most delicious foods in Upstate New York," said Carl Chappell, founder and owner of Off The Muck Market. "Our partnership with Oneida Nation Enterprises allows us to forge new connections and share the best produce available from our region's local farmers with visitors coming from throughout the Northeast."

Oneida Lake Marina, Canastota

All 75 pontoon boats for

guests were sourced from Oneida Lake Marina, which has been named the No. 1 Best Tahoe Pontoon Dealer in New York for the last 16 years. The Cove made history with the marina with its first-ever fleet and largest single purchase ever.

"Providing 75 Tahoe pontoon boats for The Cove was a huge milestone for us, representing the largest single purchase in our company's history," said Ron Renslow, owner of Oneida Lake Marina. "Doing so in partnership with the Oneida Indian Nation and Oneida Nation Enterprises, an organization that

THE COVE • PAGE 6

Hands-on shops open in CNY

One features hand-mixed and molded soaps, another combines clay and crafts



SUBMITTED PHOTO
Friends Robin Smart and Amy Lewis recently opened Clay & Craft in Elbridge.

Two businesses, one to the west of Syracuse, and the other to the east, have one thing in common - products crafted by hand.

Clay & Craft Studio, opened by two local women who have been friends for three decades, is located in Elbridge and Buff City Soap, part of a national franchise, recently opened in DeWitt.

"Something for everybody"

BY JASON GABAK

When two inherently creative friends decided to pool their talents, a new business was born in the Elbridge community.

Located at 243 E. Main St., to the left of Happy Star, Clay & Craft recently opened its doors.

The product of longtime friends Robin Smart and Amy Lewis, Clay & Craft combines their two creative outlets.

Smart has operated Turkey Foot Pottery for a number of years while Lewis has been working on Main Street Designs.

"This is something we talked about doing for a while," Smart said. "We've known each other and been friends for 30 years. What we've each been doing has been evolving and last year we thought we'd try to find a place and have a go at doing this."

With Main Street Designs, Lewis offers a variety of items from handmade and event décor to customized and personalized unique gifts to decals and stickers and just in time for the holidays, Christmas decorations and other specialized items.

"Amy does a little bit of everything," Smart said. "There is

CLAY & CRAFT • PAGE 10



JASON KLAIBER
Buff City Soap has opened its second store in New York State on Erie Boulevard East in DeWitt.

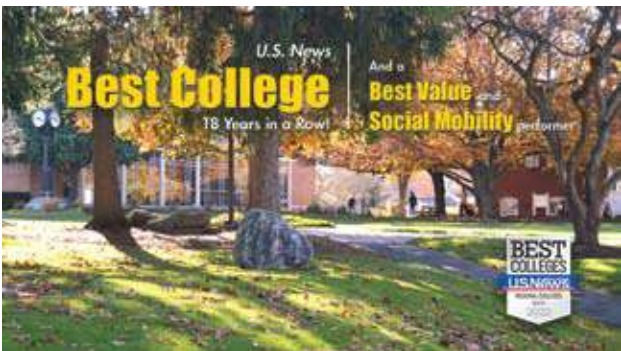
Education

Cazenovia College – still and again, one of America’s best

Cazenovia College is ranked as one of America’s Best Colleges for quality of education and value, as rated by *U.S. News and World Report*. The college achieved that ranking for the 18th consecutive time with 2022 ratings, along with these specific ratings:

- No. 13 for Best Colleges
- No. 2 Best Value school
- No. 2 in terms of student social mobility (how well a school graduates students from economically disadvantaged backgrounds)

Cazenovia College embraces student success as its primary mission and is committed to creating positive student outcomes and hosting gratifying student experiences by providing



a high-quality education, a great quality of campus life and an affordable education. The college’s student-centered, “one student at a time” approach to the educational experience is what sets Cazenovia apart from other colleges and universities.

The College offers over 35 academic program areas

and awards Bachelor of Arts, Bachelor of Science, Bachelor of Fine Arts, and Bachelor of Professional Studies degrees, plus a graduate master’s degree in Clinical Mental Health Counseling. Academic programs are designed to help students gain academic mastery in a range of program areas,

CAZ COLLEGE • PAGE 8



SUBMITTED PHOTOS

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Glider Oil’s website, www.glideroil.com.



SUBMITTED PHOTO

Glider Oil has been serving homes and businesses since 1942.

com, discusses the benefits of the various home heating fuels and features an online blog with conservation tips and other information valuable to consumers. Clients even have the opportunity to pay their bills online. Glider’s price and service sets them apart from other providers. They offer a 15-cent discount if you pay within seven days. Also, they provide for automatic delivery to help take out the hassle of ordering. Their minimum delivery of 125 gal-

lons is one of the lowest in the industry.

Glider Oil also offers a budget plan to help keep cost under control by allowing monthly payments to be made. Budget customers are also rewarded with a CAP price for fuel oil and propane and a sales discount of 4 percent APR on credit balances on their account.

About Glider Oil

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GLIDER OIL • PAGE 4



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Your guide to Hill's safety precautions

Hills Heating and Air Conditioning is committed to keeping our business open during these unstable times. We know that having someone you can rely on to keep your home or business comfortable is important. Everyone at Hills understands others' concerns regarding COVID-19 and the challenges faced by many of you both personally and professionally. To prepare you for working with Hills at your upcoming service or installation, Hills wants to inform you of the steps they are taking to protect both you and their technicians. These steps are as follows:

✓ All Hills employees are aware of and provided with materials needed to follow the recommendations set forth by the Centers for Disease Control (CDC) as it

relates to COVID 19.

✓ When scheduling an appointment, a member of Hills contact center will confirm that no one in your home or business is currently feeling ill or quarantined/isolated due to COVID 19.

✓ Upon arrival, their technicians will apply hand sanitizer before entering your home or business and again confirm that no one is feeling ill or quarantined/isolated due to COVID 19.

✓ To put you at ease, they will replace our usual handshake with a wave to say, "Hello!" and "Thank you!"

✓ While performing their work, technicians will wear disposable gloves.

✓ They will practice social distancing with a goal to maintain the recommended six-foot distance from clients, family members and/or em-

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ployees. Hills asks you to do the same.

✓ They will bag any dirty filters immediately after removing them from their system to reduce the spread of dirt, germs, and viruses. They will remove these filters from your property.

✓ They will not ask for your signature on our electronic tablets until such time it is deemed appropriate to do so again.

✓ Their technicians will once again apply hand sanitizer outside your home or business when their work at your home or business is complete.

✓ The CDC does not recommend people who are well to wear a face mask to protect themselves from respiratory

illness including COVID 19. Some Hills employees have requested face masks and those who asked have been provided with them. Don't be alarmed if, out of an abundance of caution, a technician wears a face mask at your home or business.

Aaron Felber, who manages the 25 employees at Hill's, some whom have worked there for more than 35 years, shares owner Elli Hill's commitment to customer service.

Felber said this is important because customers see the service end of their work. Hill's offers extended warranty programs on their products, and financing is available to all customers.

In addition to the office on River Road in Baldwins-



SUBMITTED PHOTO

ville, Hill's has fireplace showrooms full of Napoleon brand fireplaces and hearth inserts. Their Baldwinsville store also includes a full sheet metal shop to allow custom fabrication of heating, ventilation or AC systems.

Hill's is the exclusive dealer in CNY for Ruud air conditioning and heating products. Rheem owns Ruud. They also offer Amana, Napoleon and Thermo Pride brand products. Calls for boiler sales and service have increased and Hill's

has Utica and Navien boilers. Hill's approved products come with at least a five-year parts and labor warranty.

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Glider Oil. FROM PAGE 2
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For more information visit www.glideroil.com.

PROGRESS & INNOVATION

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they're at in their own financial journey and life goals. 2022 will see us strategically utilize our resources to grow Seneca Savings. Through expanding digital services, available lending products for consumers, financial literacy efforts, employee engagement, and growing our commercial and retail lending sales teams, it's our vision to elevate our community bank, talent, and customer service experience to even greater heights. This year will see us positively impact more lives, mentor more students, guide more families, shape more businesses than ever before in our one hundred year history. On behalf of all of us here at Seneca Savings, you have



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White’s Farm Supply is moving ahead, looking forward



SUBMITTED PHOTOS
Pictured are White’s Farm Supply Inc.’s Canastota (above) and Waterville (right) stores.

2021 can be defined in a word - “challenging,” according to Jeff White, of White’s Farm Supply Inc. “Supply chain issues have affected everything from cream cheese to new cars and, yes, even mowers and tractors,” White said. “We have learned this year to seek out not only the tool you need for the job but the one that is available.”

White said the company has seen its lead times on popular tractors, mowers and RTVs go out six months or more, and is always finding ways to improve customer service in these tough times.

“In many cases we approach customers with alternatives that are more readily available and, pos-

sibly, even a better fit for the task at hand,” White said. “Having a variety of brands allows us to find a fit for nearly everyone.”

White added that the company continues to succeed, even in the face of today’s challenges. “Our business has seen very healthy growth, even with issues in supply and inflationary pressures,” he said. “For the year ahead, we are focused on having the parts on the shelf and the service that you need to keep you going.”

He said planning ahead has always been part of White’s Farm Supply’s mantra. “We do all we can to reach out to our customers and offer services after and prior to the sea-



sons of use,” White said. “If you are looking at new equipment this year, whether it is a chainsaw or a combine, plan ahead and please consider us for your needs. From carbureted Stihl chainsaw to an 1100 hp Krone Forage

Harvester we pride ourselves on being a partner in helping you find and use the best tool to get the job done.”

White’s diversity of brands has been the greatest benefit to the customer with only one place to go to get the right machine the first time. Their staff is constantly training to be able to offer the best customer service, as their

top-notch experience with the machines allows them to help clients make better decisions on their equipment purchases.

And White’s is unique with 24/7 service when needed, even in the field. Their shops are busy with work and customers appreciate the after-sale support, including when there is trouble with matching labor warranty to the

parts installed. Nobody, but nobody, backs up their work like White’s! Service is where it started for White’s and, after 76 years of growth, White’s is ready for more!

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The Cove

• FROM PAGE 1

has been so committed to introducing new visitors to Oneida Lake and supporting the revitalization of Sylvan Beach, makes this milestone even more significant. We as a local business are proud to be part of this expansion within our community.”

River Rock Dock, Chittenango

The company built nearly 20,000 square feet of docks and boardwalk that surround The Cove, with the boardwalk leading to an expansive 8,000 square foot deck for Sylvan Beach Supply Co., The Cove’s market café and recreational rental store.

“The Oneida Indian

Nation has a reputation in Upstate New York and beyond for providing only the best in guest amenities and service,” said Don Myers, owner of River Rock Dock. “We’re proud that our docks and boardwalk will be part of their newest property and offer unique experiences for guests at The Cove.”

Leggett Tree Service, Canastota

The firm is the exclusive partner for all firewood provided to guests to use in their own personal fire pits. s’mores and cozying up by Every cottage receives a complimentary bundle of firewood at check-in, and guests can also purchase additional bundles throughout their

stay at The Cove.

Brooklyn Bicycle Co., Brooklyn

The company is providing a selection of beach cruiser-style bicycles for guests to rent and explore The Cove and Sylvan Beach during their stay

Utica Coffee Roasting Co.

A legacy partner of Oneida Nation Enterprises, this exclusive gourmet coffee provider at The Cove will offer guests cups of hot and cold brews, as well as ground coffee to make during their stay.

Guests interested reserving a cottage can call 877-667-COVE (2683).

Guests who book before March 31, 2022 will receive a \$250 credit for Sylvan Beach Supply Co.

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ley Law brings someone onto the Team, they must have a high degree of empathy, patience, focus. “It’s an unusual combination of being nice, but tough,” says Joe. It’s the same reason why I do so many weekly ‘Joe Knows’ interviews from Watertown to Rochester, Syracuse, to Binghamton... education, knowledge, understanding your rights and what you deserve for dignity and respect is vitally important.

Laws are always changing. So not only do the fearless attorneys, paralegals and legal assistants need to be on top of those changes, they also need to understand

the very nature of everything the firm does is: change. That change goes beyond the laws themselves to include everything from virtual depositions and client meetings now to changing juries, processes and procedures, as well as the heightened attitudes and anxieties of every individual, given the pandemic environment that we’re all facing.

Everyone has a story of suffering on one level or another. Some can be incredibly dramatic suffering. “But for the grace of God go anyone of us” is often heard throughout the hallways at 215 Burnet Ave. No one believes they’ll ever been in a situation to need a personal injury attorney. And even Joe will tell you flat out, he hopes he never has to see you in his office because that means something horribly bad has happened to you or a loved one. There’s a commitment to do good from Joe and the Team that’s unmistakable. Through the work of Joe and the Team’s chari-



SUBMITTED PHOTO

Pictured is attorney Joe Stanley of Stanley Law.

ty, Music For the Mission, tens of thousands of families have been fed and sheltered. Particularly through the pandemic, local food pantries, grassroots organizations who are on the frontlines everyday helping those on the most severe fringe of life, have their basic survival needs met. It’s a cause near and dear to Joe Stanley’s heart. Joe says “No one should have to go hungry. Ever. And we’re doing all we can the whole year through to help every neighbor we can and extend a hand that makes a difference.”

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Plank Road Fireplace and Stove Shop has served Central New York since 1992. They continue to put safety first! During this challenging time they use fresh tarps on every job, masks and hand sanitizer in trucks and with their crew.

“We know a lot because we’ve seen a lot,” said owner Mike Frushell. “For over 30 years we’ve done it right. You can’t fake experience. Ask the ‘old guys’ who know stuff. Safety is job one. Our technicians have over 140 years of combined experience to ensure your safety. We have over 17,000 satisfied custom-

ers and we are very proud of that.”

Though we sometimes long for the good old days when choices were limited to either a wood stove with single door or wood stove with a double door, we embrace the modern variety. It can be daunting out there these days just trying to find the right alternative heating source, let alone finding a style that fits your home. We’re here to help you. There’s simply no substitute for the personal one-on-one professional attention our company provides.

A trip to our warm, inviting showroom will bring you back in time to a place where knowledge and exper-

tise is still available to you in a relaxed, neighborly setting. Sit by our cozy fire and chat about your dream fireplace. We’ve sold most all the brands, and we’re familiar with the various ways local builders have put our homes together. There’s always a way to do it right, and we’ll find it.

The main fireplace brands we sell are Lopi and Fireplace Xtordinaire. They’re all U.S. made in the same

PLANK ROAD • PAGE 13

Owner Mile Frushell shows a gas grill on display in their showroom. Plank Road is known for fireplaces and stoves ... and now for outdoor living products.

SUBMITTED PHOTO



Caz College

• FROM PAGE 2

along with professional skills and internships and the ability to enjoy specialized learning experiences.

Through its division of Adult and Continuing Education, students can obtain certificates and associate degrees in a range of program areas, studying either online or on campus,

full or part-time, and at several community college satellite locations.

Founded in 1824, Cazenovia College is accredited by the Middle States Commission on Higher Education, the International Assembly for Collegiate Business Education (IACBE), and the National Association of Schools of Art and Design (NASAD).

Here are other highlights of a Cazenovia College education:

QUALITY EDUCATION

- ✓ 35+ academic degrees offered
- ✓ 13 = average class size
- ✓ 10:1 = faculty-to-student ratio
- ✓ 95 percent of students complete at least 1 internship
- ✓ 93 percent of students are employed or in graduate school six months from graduation

AFFORDABLE COSTS

- ✓ Generous merit scholarships: \$22,000 to \$31,000 per year

- ✓ 99 percent of students receive financial aid

Recognized by U.S. News and World Report as the #2 ‘Best Value’ college in the North Region

GREAT QUALITY OF LIFE

- ✓ Diverse, yet close-knit residential community
- ✓ 20-acre campus adjacent to Village downtown, and Cazenovia Lake
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world-class Equine Center

- ✓ NCAA Division III athletics
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www.coloniallaundromats.com

Home

Ryan’s Windows and Doors helps customers every step of the way

Ryan’s Windows and Doors is a family owned and operated window and door store catering to architects, builders, remodelers and homeowners. They are centrally located at 190 Hiawatha Place off Hiawatha Boulevard between Fourth North and Sixth North.

Ryan’s spacious, newly remodeled showroom offers a wide variety of windows and doors for new construction and renovation. Quality windows like Marvin Clad and Marvin Fiberglass are on display as well as beautiful interior and exterior doors such as Thermo-Tru, TruStyle and Simpson, to name a few. EcoShield and United are two of the vinyl window lines for new construction and replacement that can be seen at Ryan’s.

For almost 30 years the Ryan brothers — Morey, Bob and Pierce — along with Mike Ryan have been helping homeowners choose the windows and doors that best fit their needs and

their budget. They can explain and show the features and benefits of the products and why one door or window is better than another.

With their professional reputation well established among contractors and architects, coupled with the upswing in new building and renovations this year, Ryan’s Windows and Doors expects 2022 to continue to be strong in Central New York.

“We help customers every step of the way from the initial decision on style and brand through the installation and maintenance,” Pierce said. “Since we work with so many reputable builders and contractors we can make reliable referrals to home and building owners. With the interest rates still down and heating costs up, this is a good time to plan on replacement windows and doors. Have them installed now and you’ll eliminate those cold drafts and moisture that comes

with the cold weather. Or maybe it is a questions of just wanting to upgrade the windows to make them more convenient for cleaning or to improve their appearance. With our selection on the showroom floor we can make recommendations to sensibly fit the need.”

Bring your plans or ideas to Ryan’s Windows and Doors and let the experts help. Whether it be one window or a whole house of windows, Ryan’s has the product for you.

Stop in and see their new interactive Thermo-Tru door display that showcases decorative and privacy glass designs. See how a new entry door can make a beautiful first impression.

Customers can find Ryan’s Windows and Doors easily. Hiawatha Place is between Fourth North and Sixth North and can be reached from either Hiawatha Boulevard or Wolf Street. Call 315-425-7915 or visit ryan-windowsanddoorsinc.com for more information.



Left to right, Michael, Bob and Morey Ryan are pictured in front of the Thermo-Tru door display that showcases decorative and privacy glass designs.

Colonial Laundromat
... A CNY success story!



SUBMITTED PHOTO

35 locations to better serve you

Colonial is synonymous with laundromats! You’ll find 35 laundromats in Central New York. Colonial Laundromat was established by father-son team Jerry and Tim O’Connell in 1983 when they opened their first location at the corner of James and Townsend streets in Syracuse.

And, 10 years ago in 2012, they were joined by Tim’s son Ryan. In 2020 they opened their 35th location at 2685 Erie Drive in Weedsport. The O’Connells have grown from a laundry equipment distributor business to Central New York’s No. 1 laundromat.

Tim O’Connell says the main difference between his laundromats and the competition is cleanliness.

“We put cleanliness and safety above all else in our laundromats,” said O’Connell.

All Colonial Laundromats are well-lit, safe and open 24 hours a day to meet all of the needs of their customers. An attendant is almost always on

duty, primarily to keep the store clean, but also to answer questions and be helpful. Colonial Laundromats are becoming popular with people who want to save money on their water, gas and electric bills.

“People do eight, nine, 10 loads at home and it takes all day,” said O’Connell. “Now they come here, use our 80-pound capacity washers that are environmentally friendly and get all their laundry done in an hour. And look at the savings on their water, gas and electric bills.

A top loader at home, with 20-pound capacity, will use 28 gallons of water; Colonials uses 24 gallons for the whole cycle, and that’s good for the environment.

More and more people are thinking like that. Come to Colonial, and for \$10 you can do a lot of laundry.

We have more and more men coming in and helping with the family laundry. They like to get it done fast – and they can do that with these large capacity washers.”

About 55 different self-serve washers are available

at each location. Sizes range from standard front-loader machines to 35, 55 and monster 80-pound washing machines to meet any laundry challenge you may have. Prices range from \$2.50 to \$4.50 to \$7.50 for the 75-pound machine, ideal for comforters and quilts.

Need something to keep you entertained while you wait? Colonial has you covered with a wide range of newspapers and other reading materials, a better alternative than watching your whites endure the spin cycle.

Colonial Laundromats are located in Auburn, Baldwinsville, Bridgeport, Cicero, Cortland, East Syracuse, Fairmount, Fulton, Geddes Street, Geneva, James Street, Liverpool, Mattydale, Manlius, Massey Street, Minoa, Nedrow, North Syracuse, Oneida, Oswego, Rome, South Avenue, South Salina, State Street, Thompson Road, Tipperary Hill, Trumansburg, Utica, Watkins Glen, Wolf Street, Weedsport and Ilion. For more information visit coloniallaundromats.com.

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Craft & Clay

● FROM PAGE 1

something for everybody.” Turkey Foot Pottery is the product of a long journey for Smart, who said she started taking an interest in pottery while in high school.

“I learned to throw pottery in my high school art class. All of my study hall time was spent ‘studying’ in the art room sitting at the wheel teaching myself to throw,” Smart wrote.

When she turned 40, Smart said she decided to buy her own pottery wheel and get back into her craft and after taking her work to be fired to other potters she eventually bought her own kiln and her work grew from there, creating a wide variety of pottery pieces.

While Smart and Lewis were each having success with their work, the idea of opening a physical space was always under consideration.

Smart said it seemed like once the idea was in place it

was a matter of finding the right location.

But that was easier said than done.

Smart said the search had its ups and downs until the current location became available.

“We were looking and one place would be too small or one place wouldn’t work out,” Smart said. “But then this 600 foot space opened up and it was perfect.”

Having a physical storefront allows the two crafters a chance to share their work more directly with the public.

“This is a way people can come in and casually see what we do,” Smart said.

Lewis and Smart both have pieces on display and for sale, but can take custom orders.

Depending on quantity and what kind of piece, Smart said Lewis can even customize many of her pieces such as cards, the same day.

For custom pottery pieces, Smart said she needs a

little more lead time, but pieces like her succulent planters and available and popular, she said.

The store space also has the advantage of providing a work space for Smart, who said she plans to host workshops and give people the opportunity to try their hand and working with clay on a potter’s wheel.

Smart said, so far, the business has had a warm reception.

“It’s been good,” Smart said. “We’re looking forward to seeing more people and showing them what we do.”

For more information visit clayandcraftstudio.com.

“People want things that are better for them”

BY JASON KLAIBER

A national retail franchise specializing in plant-based, handcrafted soap and body care products has opened up a new shop in

DeWitt.

Located at 3409 Erie Blvd. E. in the space between the Supercuts salon and GameStop, the Buff City Soap store features soap, soap and more soap.

Everything on the DeWitt store’s shelves has been made and packaged in-house by local employees, and anyone who stops in can sit at the “makers bar,” behind which the artisans pour, shape and design soap on a daily basis.

Bringing a creative element and transparent feel to the business, these soap makers use cosmetic grade mica pigments for the colorants before leveling off the loafs of soap and cutting them down to approximately 750 individual bars per day.

To prevent waste, the end pieces that don’t fall within the required range of 5.5 and seven ounces are later placed into “mystery boxes” alongside a miscellany of product samples.

The same smoothening process is done for the bath

bombs, which are sculpted just so—not too wet or they’ll start expanding, and not too dry or they’ll crumble.

Children who visit the store are then allowed to paint the finished bath bombs that are later tossed in the tub and used for aromatherapy.

Buff City Soap also sells epsom salt for minor aches, sugar scrubs for exfoliation and its unique soap whip for moisturizing, not to mention laundry soap that contains just four simple ingredients: citric acid, washing powder, fragrance and coconut oil.

Much of the franchise’s output is broken down by scent, and all of its natural products avoid the use of harsh chemicals, animal fats and sulfates.

“The way the world is going, people want things that are better for them,” said Jordan Wilson, the DeWitt store’s vice president of operations. “This is a great way to do it at a reasonable price.”

The health and beauty shop’s regular hours are 10 a.m. to 8 p.m. Monday through Friday and 11 a.m. to 6 p.m. Saturday and Sunday.

There are also plans for the store to host happy hours and birthday parties at some point in the near future.

Its name holds no link to Buffalo, N.Y., as is the misconception.

Rather, Buff City Soap instead originated out of Memphis, Tennessee, which is also known as the “Bluff City.”

The franchise has built up more than 135 locations across 23 states since its founding in 2013, with the store in New Hartford being the next closest.

The DeWitt store’s CEO is Jordan’s father, Larry Wilson, who established both the CoreLife Eatery and Moe’s Southwest Grill in the same plaza.

To learn more about the local location, follow “Buff City Soap - DeWitt” on Instagram or Facebook.

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However, as a small, independent newspaper company, we face many challenges. The cost of paper and postage continue to rise as we face ever-increasing competition for local advertising dollars, which make up more than 95 percent of our revenues.

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As always, feedback is welcome. If there’s anything we can do to improve your reader experience, please contact us at dt Tyler@eaglenewsonline.com.

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Health

HOA of CNY recognized for high-quality cancer care from largest Cancer Care Society in U.S.

Hematology-Oncology Associates of CNY (HOA) has been recognized by the QOPI Certification Program LLC, a wholly owned subsidiary of the American Society of Clinical Oncology, Inc. (ASCO), as successfully completing a three-year certification program for outpatient hematology-oncology practices that meet nationally recognized standards for quality cancer care. The QOPI Certification Program builds on ASCO's Quality Oncology Practice Initiative (QOPI). "High quality cancer care is essential to caring for our patients with state of the art technology and treatments, while also meeting their emotional needs," said Daniel Bingham, MD, HOA Board president. "This achievement re-affirms our commitment to excellence, and demonstrates that our dedicated team of clini-

cians and staff go the extra mile to achieve the best possible outcome for every patient, especially during this pandemic." HOA is the only cancer center in Central New York with the QOPI designation, and only one of 11 in New York State. QOPI certified practices routinely evaluate practice performance against quality measures and standards established by experts in the oncology field. To become QOPI Certified, practices have to submit to an evaluation of their entire practice and documentation standards. The QOPI Certification Program staff and committee members then verify through an on-site survey that the evaluation and documents are correct and that the practices met core standards in areas of treatment, including:



STAFF AT HOA'S AUBURN OFFICE DEMONSTRATING ONE OF THE MANY SAFETY AND QUALITY CONTROL STEPS IN THE DELIVERY OF INTRAVENOUS MEDICATIONS.

HOA • PAGE 12

HOA's experts can help you
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Health

Dr. Suzanne Shapero: Continuously striving to be on the leading edge of dentistry

BY EMMA GROSSMAN

The office of Dr. Suzanne Shapero is expanding, improving and updating. As with all aspects of healthcare, it is important not only to stay current, but to be on the leading edge of the profession.

Education and Experience

Dr. Shapero is a 1998 graduate of the university of Pittsburgh School of Dental Medicine and originally from the Pittsburgh area. She completed her Dental General Practice Residency at Upstate Medical University Hospital in the Division of General Surgery in 1999. She has practiced in Central New York since then and has owned her Baldwinsville office since 2004.

Dr. Shapero is a 1989 graduate of the Katz Graduate School of Business at the University of Pittsburgh. Dr. Shapero received her Doctorate of Dental Medicine at the University of Pittsburgh.

Prior to enrolling in Dental School, she worked for several Fortune 500 companies, including Corning Incorporated where she was the Controller for Equity Income.

Post Doctoral Education

Dr. Shapero is a graduate of the New York Implant Institute and has received

extensive surgical training in implant placement as well as the most modern techniques of esthetic restoration.

Dr. Shapero has completed over 500 hours of advanced dental techniques including the use of autologous blood membranes for enhanced wound healing.

Dr. Shapero’s practice recently began offering conscious sedation for large procedures as well as a way to accommodate patients experiencing dental fear.

They have completed extensive certification and training in the areas of dental implants, as well as the adjunct services of bone and soft tissue grafting. Dr. Shapero attended a five-day intensive course in advanced implant placement with the New York Implant Institute.

Dr. Shapero completed surgical training and certification through the New York Dental Implant Institute. This training allows her to place implants that replace missing teeth or to be used as retainers for both upper and lower dentures.

She is involved in several local dental and business organizations including serving as Past President of the Onondaga County Dental Society and affiliations with the American Dental

DR. SHAPERO • PAGE 13



SUBMITTED PHOTO

Dr. Suzanne Shapero, building relationships with patients and their families by treating the whole person.

HOA. FROM PAGE 11

- ✓ Creating a safe environment—staffing, competencies, and general policy
- ✓ Treatment planning, patient consent, and education
- ✓ Ordering, preparing, dispensing, and administering chemotherapy
- ✓ Monitoring after chemotherapy is administered, including adherence, toxicity, and complications
- ✓ Treatment planning
- ✓ Staff training and education
- ✓ Chemotherapy orders and drug preparation
- ✓ Patient consent and education
- ✓ Safe chemotherapy administration
- ✓ Monitoring and assessment of patient well-being

“Through these challenging times, practices have persevered and risen above to provide the highest quality of care possible,” said Association Chair Monica M. Bertagnolli, MD, FACS, FASCO. “With the dedication of practices like these, we get one step closer to conquering cancer.”

According to ASCO, practices participating in the QOPI Certification Program not only receive detailed reports to benchmark against other top-performing practices, but also learn from certification staff and surveyors to support and strengthen the effectiveness of policies and procedures.

The certification process creates a culture of excellence and self-examination that helps practices deliver the best care to their patients. By becoming QOPI Certified, a practice demonstrates its commitment to quality to patients, insurance providers, and the medical community.

More about the QOPI Certification Program

QOPI is a voluntary self-assessment and improvement program launched by ASCO in 2006 to help hematology-oncology and medical oncology practices assess the quality of the care they provide to patients. Through QOPI, practices abstract data from patients’ records up to twice per year and enter this information into a secure database. More than 750 oncology practices have registered for QOPI.

The QOPI Certification Program, LLC was launched in January 2010, and nearly 300 practices worldwide are currently certified. This certification for outpatient oncology practices is the first program of its kind for oncology in the United States and in 2016 was expanded internationally. The QOPI Certification Program seal designates those practices that successfully met the standards and objectives of the QOPI Certification Program, which includes scoring above the threshold on the key QOPI quality measures and meeting chemotherapy safety standards established

by ASCO and the Oncology Nursing Society.

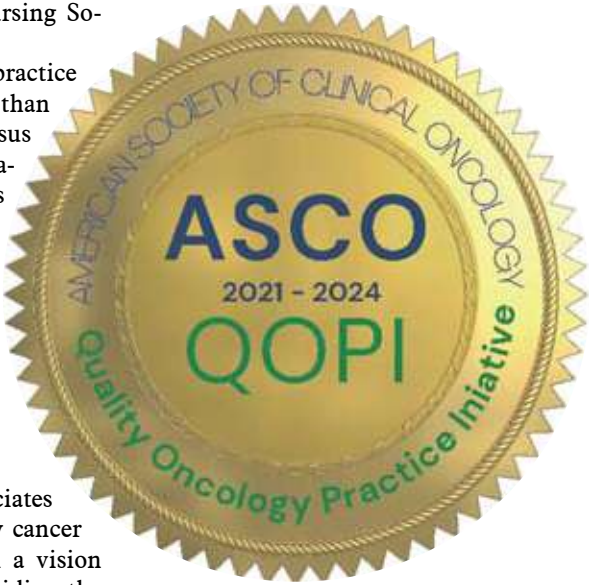
QOPI analyzes individual practice data and compares these to more than 170 evidence-based and consensus quality measures. The information is then provided in reports to participating practices. Individual practices also are able to compare their performance to data from other practices across the country. Based on this feedback, doctors and practices can identify areas for improvement.

About Hematology-Oncology Associates of CNY

Hematology-Oncology Associates of CNY is a private, community cancer center established in 1982 with a vision to serve the community by providing the highest level of quality care to patients dealing with cancer and blood disorders. With locations in Auburn, Camillus, East Syracuse and Syracuse, HOA continues that vision with a multi-faceted team dedicated to holistic, patient-centered care. The only cancer practice in CNY Certified for Quality by The American Society of Clinical Oncology, HOA also serves as an oncology medical home. For more information, visit hoacny.com.

About ASCO

Founded in 1964, the American Society



of Clinical Oncology, Inc. (ASCO) is committed to making a world of difference in cancer care. As the world’s leading organization of its kind, ASCO represents nearly 45,000 oncology professionals who care for people living with cancer. Through research, education, and promotion of the highest-quality patient care, ASCO works to conquer cancer and create a world where cancer is prevented or cured, and every survivor is healthy. ASCO’s Conquer Cancer Foundation supports the Society by funding groundbreaking research and education across cancer’s full continuum.

Dr Suzanne Shapero, DMD, MBA, PC

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Health

Crouse Health opens addiction treatment center

Bill and Sandra Pomeroy Treatment Center opens new door to addiction treatment in CNY



SUBMITTED PHOTO

Since 1963, Crouse Health has been helping individuals and families take back their lives and experience a fresh start, free from drugs and alcohol.

Following a year of construction, Crouse last year welcomed patients to the new Bill and Sandra Pomeroy Treatment Center in Syracuse. The two-story, 42,000 square-foot facility, located at 2775 Erie Blvd. East, replaces the 100-year-old former location of Crouse’s outpatient treatment services at 410 South Crouse Avenue, which the program had outgrown.

Recognizing Crouse’s longtime leadership role in addiction treatment, the New York State Department of Health and Empire State Development Corporation awarded Crouse \$17 million to fund the purchase of the land and construction.

Local individuals and foundations have also made donations to assist Crouse in growing some of the unique offerings and activities that are hallmarks of its addiction treatment programs.

The new location allows Crouse to expand the integration of medical services, including primary care, with a holistic, uplifting healing

environment that leads to improved treatment and recovery outcomes for patients.

“One of our main goals with the new location was to expand access to services and increase outpatient capacity in a welcoming, safe and nurturing environment,” says Tolani Ajagbe, MD, medical director for Crouse’s Addiction Treatment Services, adding that the increased square footage enables Crouse to provide treatment and recovery services for an additional 300-plus patients annually.

“The move to this state-of-the-art treatment center represented an important milestone in the history of Crouse’s Addiction Treatment Services,” says Monika Taylor, director of Addiction Treatment Services. “We are excited to support individuals on their recovery journey in such a healing, uplifting environment.”

Crouse has seen a significant increase in overall outpatient admissions over the past six years, driven largely by the increase in opiate use disorders; in 2020, this accounted for 53 percent of all Crouse ATS admissions.

“With the ongoing Covid-19 pandemic, the number of overdoses has increased significantly

across the U.S. and here in Central New York,” says Dr. Ajagbe.

Included in the facility design was a recreation therapy courtyard, staff courtyard, expanded and separate men’s and women’s rehabilitation areas, medical suite, meditation room and staff multi-purpose rooms, all interactive and smartboard equipped.

The building also includes a Life Skills Lab, used to teach meal preparation, laundry tasks, and employability skills to provide participants with the tools to navigate life in recovery.

The main areas of the building are oriented around a plant-filled central courtyard, which provides daylight and a calming environment for patients and staff to reflect on.

A number of features in the new location evolved from a series of focus groups held with patients and staff members during the planning process, including design of the courtyard and artwork for the public spaces.

Highlighting the importance of the center to the community and region, the William G. Pomeroy Foundation made a special donation in support of the new addiction treatment services

facility. This generous gift inspired the name of the building and created a dedicated endowment within the Crouse Health Foundation to permanently provide support for the unique offerings and activities that are hallmarks of Crouse’s program.

“For nearly 60 years, Crouse has worked to remove the stigma of addiction and provide personalized treatment,” said Trustee Bill Pomeroy. “We are proud to support this important program, with the deepest respect for the courage and commitment of all its patients and staff.”

Reflecting its expertise and history as a regional treatment provider, Crouse continues to serve as a major academic rotation site in the fields of addiction medicine and addiction psychiatry, providing hands-on experience for medical students, residents and fellows who come through on a monthly rotation from SUNY Upstate Medical University. The program also attracts physician assistant interns from Le Moyne College and Kings College, Pennsylvania, as well as social work interns from Syracuse University and other local and regional institutions.

“We have a highly-regarded training program

in addiction treatment services education, but were not able to expand this essential service due to space limitations of the 410 facility,” says Dr. Ajagbe.

The expanded Pomeroy location has allowed Crouse to significantly increase the number of providers trained in the fields of addiction medicine and addiction psychiatry, allowing Crouse to better serve the community and beyond, adds Dr. Ajagbe. “We’re looking forward to working with our community partners to expand the training program and generate more interest in these two growing fields.”

Addiction affects all, regardless of background, race, religion or ethnicity.

“Crouse ATS proudly serves a diverse population that reflects the entire socio-economic spectrum,” says Crouse CEO Kimberly Boynton. “[At] the Bill and Sandra Pomeroy Treatment Center, we remain committed to our mission to expand access to care and ensure delivery of high-quality, holistic addiction and mental health services in our community,” says Boynton.

“This truly was a transformative project,” says Crouse Chief Operating Officer/Chief Medical

Officer Seth Kronenberg, MD. “We have never been more determined to dedicate our resources, expertise and leadership to ensure our community overcomes this devastating public health issue, made even more challenging by the ongoing Covid-19 pandemic.”

Crouse’s outpatient programs serve patients from 23 counties in New York State, with the majority coming from Onondaga; Madison; Oneida; Cayuga; Oswego and Jefferson counties. In 2020, the service logged more than 151,000 patient visits. Crouse targets all segments of the population including adults; adolescents; pregnant and postpartum women; seniors; developmentally delayed/brain injured patients; patients involved in the criminal justice system; and those with co-occurring mental health and substance use issues.

Crouse worked with a number of locally-based companies to design and build the facility, including general contractor The Hayner Hoyt Corporation; King + King Architects; ASM Engineering and Klepper, Hahn & Hyatt. Pyramid Brokerage worked with the hospital to identify potential site locations for the new facility.

Dr. Shapero • FROM PAGE 12

Association, the American Academy of Implant Dentistry and the Baldwinsville Chamber of Commerce.

Dr. Shapero’s practice focuses not only on general preventative care, but also pediatric services, and cosmetic procedures. To help prevent gum dis-

ease and tooth decay, individuals should visit a professional bi-annually as well as brush and floss twice a day, especially before bed. Those who do not brush their teeth regularly tend to have tooth decay, infected gums and bad breath. Attempting to have all of their patients

use them, Dr. Shapero is a huge advocate of electric toothbrushes and water flossers. “In those that do use them, we see dramatic improvements in oral health.”

With passion and pride in all that she does, Dr. Shapero makes sure that all of her patients are treated like family.

““Being a dentist is

so much more than fixing teeth,” Dr. Shapero said. “You must treat the whole person. Over the years, I have had the opportunity to help so many wonderful people. The relationships I’ve built with my patients and their families are the reason I chose this profession. It has always been my focus to make

each patient feel at home when they come to me for treatment and, I work very hard to give my patients the attention and clinical expertise they deserve.”

Dr. Shapero’s practice is located at 1 Charlotte St., Baldwinsville, across from the police station in the old post office building opposite the village

hall.

Dr. Shapero’s husband Jack designed and installed a new ventilation system in 2020 to ensure a safe environment for dental patients and employees.

To learn more call 315-635-6643 or visit them online at baldwinsvilledentist.com.

Plank Road

• FROM PAGE 8

factory in Washington State called Travis Industries. These three brands have stood the test of time and beat out every

other brand we’ve ever had for reliability, performance, warranty and value. Hands down, we can tell you that Travis Industries makes a product that is a cut above the rest. A privately-held manufacturing company, their philosophy is similar to ours: Don’t worry about what

everyone else is doing, just do an honest job and be the best you can be. Sounds simple enough, but we all know how complicated it can be out there these days.

If you’re thinking about a new fireplace or stove, do consider what we have

to offer you, right here in your hometown. We’ll look forward to seeing you, for some storytelling of your own soon.

Thanks for reading.

MIKE FRUSHELL AND THE STAFF AT PLANK ROAD FIREPLACE AND STOVE SHOP

Health

Tips on what’s trending in spine and joint pain

Dr. Melfi of Regenerative Spine & Musculoskeletal Medicine can help navigate through pain treatments

Pain is one of the most common reasons adults seek medical care. The CDC guidelines present evidence that both nonopioid medications and non-pharmacologic treatments are effective for chronic pain.

Regenerative injections, including platelet rich plasma (PRP) and bone marrow stem cell injections, are performed at Regenerative Spine & Musculoskeletal Medicine by Renée S. Melfi, M.D.

Dr. Melfi is a physician specializing in non-surgical spine and orthopedic medicine, and has performed thousands of injections since 2002. Dr. Melfi is also certified in

Integrative Medicine and Acupuncture, and offers suggestions to enhance your results with recommendations for proper nutrition and supplements. The following are two of Dr. Melfi’s of Regenerative Spine and Musculoskeletal Medicine’s favorite nonopioid options when it comes to chronic pain: Hemp(CBD)

Dr. Melfi said she is particularly excited about hemp(CBD) in topical form.

“In my practice I find that, within one to two minutes after applying hemp cream, patients will know whether or not the cream is effective for



SUBMITTED PHOTO

Regenerative injections, including platelet rich plasma (PRP) and bone marrow stem cell injections, are performed at Regenerative Spine & Musculoskeletal Medicine by Renée S. Melfi, M.D.

them.

Dr. Melfi added that hemp is also available in oral forms. “Typically I would recommend starting topical hemp first, and if results are incomplete I would suggest adding oral hemp.”

Dr. Melfi’s primary concern regarding hemp is that it is trending, and therefore it seems there is a CBD shop on most street corners.

“Hemp is considered a supplement and is not regulated by the FDA,” Dr. Melfi said. “As such, there can be great variability in the quality and type of ingredients in a hemp supplement.”

She recommends research-

ing the product, and reviewing the third-party lab analysis to make sure it has in it what it should, and does not have any unwanted ingredients.

“There are select companies that do not use any fillers,” she said. “I also caution against buying supplements from third party sellers on the internet. There can be counterfeit products and whether there is proper storage of the product cannot be known.”

PRP and “stem cell” injections.

You may have heard about stem cells, platelet-rich plasma (PRP), and other regenerative (aka “orthobiologic”) medicine treatments. Regenerative medicine utilizes one’s own cells or growth factors in order to amplify the body’s healing response or reduce inflammation and pain.

“As an Interventional Physiatrist, this is my particular interest,” Dr. Melfi said. “Regenerative injection treatments offer a viable alternative for individuals considering elective orthopedic surgery or joint replacement due to arthritis or injury. Patients experience very little down time and they typically avoid the long, painful rehabilitation periods that can follow surgery.”

Dr. Melfi added that re-

generative injections differ in where the tissue comes from and what type of tissue is being used:

✓ Autologous means that the orthobiologic comes from the same person in which it’s used.

Autologous injections include Platelet-rich plasma (PRP) and cellular(stem cell) injections. In PRP, your doctor may draw your blood from your arm vein, then make platelet-rich plasma (PRP) in a centrifuge, and re-inject that PRP on the same day into your damaged tendon or joint. Your platelets produce growth factors that can assist in healing.

Similarly, a “stem cell” is a type of cell within your body that is able to transform into another type of cell. Stem cells can be thought of as the conductor of your body’s innate healing potential; bringing together all the players (cells) needed for your body to stimulate healing of damaged tissue. The most common source for a stem cell is your own bone marrow, drawn up with a needle from bone in the back of your pelvis.

✓ Allogeneic means that the orthobiologic comes from another source, like birth tissues.

Dr. Melfi recommends

What sets Regenerative Spine & Musculoskeletal Medicine apart?

✓Use of image guidance with x-ray or ultrasound to ensure precise needle placement.
✓Dr. Melfi is Fellowship trained and board certified in spine and orthopedic medicine.

✓Integration of cutting edge research and holistic medicine.
✓Personalized care in a small office setting.
✓All patients are seen and treated by only Dr. Melfi.

caution in being aware of the use and marketing of allogeneic commercial products, which are usually birth products.

“In 2019, the FDA went to great lengths to warn consumers of the potential fraud that may arise from what it called stem cell therapy ‘hype,’” she said. “There have been commercial products available a provider could buy, that are sterilized and frozen, and marketed as “stem cell” injections. Scientific study has actually proven that these products contain no live or functional stem cells. These products should not be marketed as stem cell injections.”

Dr. Melfi pointed out that, on May 31, 2021, a three-year grace period granted by the FDA for these commercial products ended. As a result, amniotic product suppliers

are required to withdraw certain products from the market.

“It has not been uncommon for patients to come to my office for a second opinion consultation after having what they believed was a “stem cell injection” at another facility, with the use of a commercial amnion product” she said. “There is no commercial product that contains stem cells. If it is a brand name product that comes from a bottle, it is not stem cells. In my office, I always draw up your own blood to make PRP or harvest your own bone marrow to do a stem cell injection.”

Dr. Melfi said she encourages the responsible use of these innovative treatments and will help navigate you through the confusion, controversy, and science surrounding these novel therapies.



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 - Regenerative Orthopedic Injections
 - Integrative Medicine
 - Acupuncture

Your CNY home for Regenerative injections:
Platelet Rich Plasma(PRP) Injections
Cellular(Stem cell) Injections
PRP Facial, Hydrafacial

After injections, patients experience very little down time and typically avoid the long, painful rehabilitation that can follow surgery. All injections and visits are performed by Dr. Melfi. We offer personalized care in a small office setting. No surgery center co-pays!

Renée S. Melfi, M.D.
FAAPMR, DABPM, ABIHM

Dr. Renée S. Melfi is quadruple certified:

- Physical Medicine and Rehabilitation (ABPM&R)
- Pain Medicine (ABPM&R)
- Integrative Medicine (ABIHM)
- Medical Acupuncture (New York State)



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Health

MODERNIZING INPATIENT CARE

\$7.6m renovations completed and Medical-Surgical Unit is open to patients at Oswego Hospital

Oswego Health is taking care to the next level and after two years of halted construction due to the pandemic; is proud to announce that the \$7.6 million renovations are complete on their medical-surgical unit at Oswego Hospital and are open for inpatients.

“Patient-centered care is the core of our mission at Oswego Health,” shared President and CEO Michael Harlovic as he gave remarks at an internal ribbon cutting to staff, commemorating the opening of the units. “We made these investments to ensure the highest level of quality health-care needed is provided right at home in Oswego County.”

As part of this gut renovation on the third and fourth floors of Oswego Hospital; the first reno-



Pictured are two of the patient rooms, part of the \$7.6 million renovations completed at the medical-surgical unit at Oswego Hospital.

ovation of this space since it was built in 1969; each patient room offers a “hotel-like” feel and is equipped with a new HVAC filtration system purchased through HealthWay Family of Brands that will greatly improve the indoor air quality within the patient rooms. Each floor provides com-

fortable areas for family members to gather. The nurses’ station on both floors will be relocated allowing for more immediate access to the care staff.

“Infection control has always been a critical priority for our Environmental Services team; however, we knew especially

throughout this pandemic we needed to take every safety protocol necessary and invest in the latest state-of-the-art technology to keep our patients and staff safe,” stated Director of Infection Prevention & Environmental Services, Terri Hammill, RN, ICP. “We’re proud to have

Indigo-Clean, a light technology installed in each inpatient bathroom to continuously disinfect the surfaces within the bathroom area. This technology is known to reduce pathogens by nearly 99% creating a greatly reduced chance of hospital-acquired infection and better patient outcomes.”

Construction began in early 2020, however, like many things that were impacted due to the pandemic, construction was forced to stop, as the need for critical patient beds increased in the event of a surge. The \$7.6 million renovations were secured in part through the support of The Campaign for Oswego Health.

For more information about Oswego Health, visit oswego-health.org.

SUBMITTED PHOTO

State-of-the-art Syracuse Plastic Surgery Skin and Wellness keeps on growing & glowing!

Syracuse Plastic Surgery continues their commitment to growth, and providing great results, remaining true to their moto Results Everyone Will Notice But No One Will Know! Board Certified Plastic Surgeons Dr. Dean DeRoberts and Dr. Enrique Armenta continue to perform surgeries 5 days a week at 3107 E Genesee St, in Syracuse NY. Many consider SPS the premier location in Central New York for cosmetic surgery, injectables, med spa services, and even dermatological services. Some patients will even drive up to 4 hours for their services.

A goal of any good medical practice is meeting the needs of their patients while exceeding their expectations. Currently boasting 31 staff members with a variety of expertise, SPS does just that. Amongst the ever-growing staff is a new provider, Lindsey Gaworecki PA-C. Lindsey is a physician assistant who has extensive dermatological



Jena Murphy, NP-C

experience treating a range of skin related ailments. In addition, Lindsey also treats hormonal related concerns through bio identical hormone replacement therapy, commonly used by post-menopausal women and men with low testosterone. BHRT in men and women has been shown to boost energy, improve mood, and aid sleep. Lindsey begins with a blood panel to check current hormone levels, then based off the



Stacey Cook, PA-C

test results she orders the appropriate hormone pellet(s) to provide a hormonal balance. Pellet insertion by Lindsey is a comfortable, minimally invasive procedure that is done in the office. In 2022 Lindsey is also training in injectables to expand her services offered. New and upcoming services include IV hydration therapy offered by Lindsey and Nurse Suzaura. IV hydration therapy has many benefits such as quicker recovery times from



Lindsey Gaworecki, RPA-C, MSPAS

athletic activities, increased hydration, detoxification, improved cognitive function, along with many others.

At Syracuse Plastic Surgery patient satisfaction is a top priority. Briana Goodwin-Haines, Patient Concierge, aims to give patients a great experience. Briana is passionate about aesthetics and enjoys learning about various treatments and skincare. Additionally, she has recently



Dr. Dean DeRoberts, Board Certified Plastic Surgeon, ranked nationally in 2021 Newsweek Magazine.

created the SPS VIP membership that gives back to patients who visit frequently. The VIP Membership can be purchased online along with medical grade skincare products and the online shop can be conveniently accessed from the Syracuse Plastic Surgery’s website. Expansion has resulted in the need for SPS to expand their hours.



Dr. Enrique Armenta, Board Certified Plastic Surgeon, Over 30 years experience.

SPS schedules patients 7am until 5pm M-T and Fridays 7am-4pm. Follow SPS on FB and Instagram for up-to-date information on specials, give-a-ways, tips, and amazing stories. SPS accepts most insurances for dermatological services and for your convenience offers online scheduling through a website for various appointments.

There's something for EVERYONE at SPS!

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Opening a New Door to Addiction Treatment

Addiction affects all, regardless of background, race, ethnicity, gender, religion or socio-economic status.

In recent years, communities across our nation — including Central New York — have experienced alarming increases in the number of people needing addiction treatment services.

As the longest running treatment program in the region, Crouse Health’s Addiction Treatment Services remains committed to our mission to expand access to care and ensure delivery of high-quality addiction and mental health treatment in our community.

We are proud of our new facility that matches the caliber of our staff and provides a nurturing, safe and uplifting environment that is already greatly enhancing our focus on holistic patient care: The Bill & Sandra Pomeroy Treatment Center at Crouse Health.

If you, a loved one, friend or colleague is in need of treatment for substance use disorder, please contact us at **315-470-8304** or visit **crouse.org/addiction**.



Bill & Sandra Pomeroy Treatment Center in Syracuse. The two-story, 42,000 square-foot facility at 2775 Erie Blvd., East, replaces the 100-year-old former location of Crouse's outpatient treatment services at 410 South Crouse Avenue.