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3226 Wilkins Road, Ithaca, New York 14850-9568
PH: (607) 272-5891, FAX (607) 272-0188

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A Message from Racker's Medical Director:

We discover who we are during times of real challenge. I am pleased to let the members of our community know how focused, dedicated, levelheaded, and creative our staff has been through all of the adjustments we have needed to make in dealing with Covid-19. With so many members of our community being medically vulnerable, we have been working in teams to get clear messaging to staff, physically decreasing exposure of our residents to the general public, increasing public health measures, and changing what we are doing on an almost daily basis as new information is available.

There is no question that Covid-19 is a serious personal and public health issue. Honestly, as our Medical Director, it is all I have been working on for the past 6-8 weeks. Unfortunately, I have seen a lot of misinformation about how the virus works, how it spreads, what to do about it, and how to think about it. The worst thing to do is panic, because nobody makes good decisions when in that frame of mind. When we see a significant increase in the number of Covid-19 tests in our counties over the next couple of weeks (and we will), many will become more frightened. In reality, it just reflects the fact that we have finally received test kits and are actually testing at more appropriate levels. So, to help yourself stay calm about that, just realize that the significant increase in test results is just a reflection of what is probably out there even now. The positive way to consider that increasing number is to think of it as a clearer picture of what we are dealing with through public health measures.

We don't have the space for me to write up what could easily be a 50-page summary of what is going on with all aspects of Covid-19, nor would you likely want to read it. Instead, we will link to an outstandingly well-done video interview with a Stanford epidemiologist, Dr. John Ioannidis. The video is about an hour in length, but worth watching if you are interested in really understanding all aspects of Covid-19. Dr. Ioannidis demonstrates very clear speaking about complex things, is calm in his delivery, and thoughtful about what he says. Please take some time to watch the video linked [here:](https://youtu.be/d6MZy-2fcBw)
<https://youtu.be/d6MZy-2fcBw>

Meanwhile, I am working with the multidisciplinary team at Cayuga Medical Center on issues related to medical ethics. I have been on their Ethics Committee for a couple of years, but a new panel is being established for a special situation that none of us wants to have to face - if there is only one ventilator available and two or more people need one. Because our folks with special needs are often treated less equally than others, I want our voice heard under those special circumstances.

You can be assured that I will continue to work with the many different teams to provide clarity and guidance about this virus and all other medical issues. We are so fortunate to have such talented and dedicated staff. I have been so impressed with how generously everyone has treated each other. I remain optimistic that we will weather this storm and be able to reflect back on how much we have learned, how well we did, and how well we treated each other.

With Best Regards to All,

Jeff

Jeffrey S. Lewis, M.D., D.M.D.
Medical Director