

# KEN-TON Business Journal

A PUBLICATION OF THE KENMORE-TOWN OF TONAWANDA CHAMBER OF COMMERCE

SEPTEMBER 2011



## Keynote Speaker Steve Finch GM Tonawanda Engine Plant Manager

he earned a degree in Electrical Engineering.

Steve spent most of his career in the southeastern Michigan area, starting with a series of technical assignments including: maintenance supervisor, controls engineer, paint process engineer and manager of engineering services. He also had assignments as a production superintendent, business team manager, manufacturing liaison for advanced vehicle development, and as the Information Officer for the stamping division of GM, before assuming duties as a plant manager in vehicle body stamping operations.

Steve is a former member of the Engineering Society of Detroit and a former board member of the Michigan



Technical Education Center at Mott Community College in Flint, MI. He was an Adjunct professor for the University of Michigan Flint, and served on the Board of directors for the 100 Club of Flint.

Married for 33 years, Steve's wife Lillian is also from Buffalo, and together they have 5 children and 7 grandchildren. His favorite outdoor activity is golf, but Steve spends most of his non-working hours with his family and in service to his church

where he is a trustee, and leader of the Zion Academy. He is currently a board member of the United Way and will chair the 2012 fundraising campaign.

There are so many exciting things going on with GM's successful emergence out of bankruptcy and the Tonawanda Engine plant's three new product launches that there is much for Steve to share at our next luncheon on Friday, September 16.

**CNY FERTILITY CENTER**  
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*Luncheon Sponsor*



**Dr. Rob Kiltz**  
Director of  
CNY Fertility

Dr. Robert Kiltz is the Founder and Director of CNY Fertility & CNY Healing Arts Centers with locations in Albany, Syracuse and Rochester. The Syracuse location opened in 1997 and was Central New York's first comprehensive IVF Center. After 10 years of running this fertility center, in 2007, CNY Healing Arts Center opened their doors in Syracuse. This enabled Dr. Kiltz and his staff to be able to offer complementary mind/body therapies in conjunction with Western medical treatment options for a more integrative and holistic fertility care plan for his clients. By the year 2008, Dr. Kiltz had expanded his reach to Albany and Rochester with fully operational CNY Fertility & CNY Healing Arts Centers in both locations.

Dr. Kiltz is truly a visionary in his approach to fertility care. He shares with his staff how important it is to provide an educational and empowering experience for each and every client that walks through the doors. At CNY Fertility & CNY Healing Arts, clients are encouraged to

**continued on page 3**

**MEMBER LUNCHEON**  
**Friday, September 16**  
**12:00pm**  
**CLASSICS V**  
2425 Niagara Falls Blvd., Amherst  
**Cost \$15**  
**RSVP required by Sept. 13th**  
**874-1202**

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Chamber Golf Tournament  
September 12, 2011  
[www.ken-ton.org](http://www.ken-ton.org) for info



KENMORE-TOWN OF TONAWANDA CHAMBER OF COMMERCE

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**Mission Statement:**

The Kenmore-Town of Tonawanda Chamber of Commerce is a group of businesses, industrial, and civic leaders whose purpose is to promote the growth of the business environment and enhance the quality of life within our community.

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christina@ken-ton.org

**Photography:**

Michael Ham, *Kenwood Photography*

**Chamber Board Meetings** are held the 3rd Wednesday of each month in the Chamber conference room at 4:30pm.

**Executive Committee Meetings** are held the 2nd Tuesday of each month at 8:00am.

**The Business Journal**, the official newsletter of the Kenmore-Town of Tonawanda Chamber of Commerce, is published throughout the year to keep members informed of specific news about Chamber activities and actions, community events, educational opportunities and issues of importance to business - locally and statewide.

**KEN-TON: 874-1202**

# Message from the Executive Director

## Where Have All the Volunteers Gone?



**TRACEY LUKASIK  
EXECUTIVE DIRECTOR**

Many non-profit organizations have limited staff and financial resources. They rely heavily upon volunteers from the communities in which they serve. These generous folks help to fulfill the organizations mission, assist with day-to-day activities, plan fundraising events and even lend a hand in helping to sustain and further the growth of the organization. In recent years the chamber, along with other non-profit entities, has witnessed a sharp decline in the number of volunteers willing to donate their time and expertise to a local cause, charity or club.

Some may blame the economy, social media, and the high unemployment rate. However, I disagree. Now should be the time we experience a rise in volunteerism. It's a fantastic way to meet new people, make new alliances, and discover new talents, while adding some pizzazz to your resume! Volunteering provides this opportunity and what's better- it costs nothing and could end up providing you a lead to a new job or facilitate a career change. Most employers encourage volunteerism and look favorably upon those who take an active role in their community. It will, however, involve logging off of your Facebook account for a few hours, but I guarantee it will be much more rewarding!

Pressed for time? Service clubs such as Rotary, Erie Niagara Exchange, Friends of Youth, Zonta, Knights of Columbus, and The Lions Club are always seeking new members and provide a host of wonderful programs for the community and usually only require about an hour or two of your time per month.

Empty nest syndrome? Consider become a mentor to a youngster; consider the Boys and Girls Club, YMCA or the Big Brother/Big Sister program.

Retired? Ken-Ton Meals on Wheels is always in need of drivers to prepare & deliver hot meals to local residents. Adult Care facilities and Hospitals welcome those who can uplift the spirits of their patients.

Need to get more exercise? Local animal shelters welcome people to take the dogs out for a daily stroll.

Enjoy the outdoors? Join the local garden club; beautifying your own neighborhood assures increased property values.

Can't commit? The chamber hosts several large and small annual events. Consider serving on just one planning committee in a year, it's short term obligation that provides many opportunities. The possibilities are endless. People volunteer for a number of personal and professional reasons. These count as 2 of my favorites:

*Tracey volunteers as a feline foster parent for the Erie County SPCA on Ensminger Rd. in the Town of Tonawanda.*



For a list of local non-profits organizations in the Ken-Ton area, please visit our website at [www.ken-ton.org](http://www.ken-ton.org).

## SEPTEMBER CALENDAR

All events will be held at the Ken-Ton Chamber office, 3411 Delaware Ave., unless otherwise noted.

**Thursday – September 1**

-SuccessNet Networking ..... 8:00 am

**Friday – September 2**

-Biz LINKT Networking.....7:30am

@ Coffee Culture 2631 Sheridan Dr., Tonawanda

**Thursday – September 8**

-SuccessNet Networking ..... 8:00 am

**Friday – September 9**

-Biz LINKT Networking..... 7:30 am

**Saturday- September 10**

-AAA Defensive Driving Course ..... 9:00 am – 3:00 pm

**Monday- September 12**

Charity Golf Tournament of the Tonawandas ..... 11 am-8pm

@Tan Tara Golf Club 4391 Tonawanda Creek Rd.,

**Thursday – September 15**

-Tn of Ton Development Corp Meeting ..... 8:00 am

**Friday – September 16**

-Biz LINKT Networking..... 7:30 am

**Friday – September 16**

- Members Luncheon featuring GM Powertrain.....noon

@ Classics V 2425 Niagara Falls Blvd., Amherst

**Saturday September 17**

-AAA Defensive Driving Course ..... 9:00 am – 3:00 pm

- Discover Delaware Sidewalk Sale..... 10:00am- 2:00 pm

@Delaware Ave between LaSalle and Westgate Rds. Village of Kenmore

**Wednesday- September 21**

Board of Directors Meeting ..... 4:30 pm

**Thursday – September 22**

SuccessNet Networking ..... 8:00 am

**Friday – September 23**

-Biz LINKT Networking..... 7:30 am

**Thursday – September 29**

-SuccessNet Networking ..... 8:00 am

**Friday – September 30**

-Biz LINKT Networking..... 7:30 am

# Weathering Market Changes

**By Nick Kelly**  
Board Member  
Financial Advisor  
AXA Advisors



In today's tumultuous markets, investors have experienced

significant volatility and potential reduction in the value of their retirement accounts and portfolios. Choosing to save and delay benefit today for value in the future can be emotionally challenging. The challenge investors are presented with is that snap decisions based purely on emotion often lead to investments that

have negative effects on the long-term performance and reduced growth potential. Rather than taking a short-term, emotional approach, investors should work to develop a long-term strategy with proper diversification.

When markets become volatile, many investors' first instinct is to sell everything and move out of the market, accepting their losses; other investors flee to perceived safety in conservative investments which can reduce long-term growth potential. Neither of these outcomes are optimal, and, fortunately, there are better ways to handle challenging times despite a tough market.

A critical starting point is

to develop an understanding of your goals, both for the short and longer term. Once you have determined what you are trying to achieve, there are four key steps to working to safeguard your financial picture through positive and negative market cycles.

1. **Develop a Plan.** To reach any goal, you need to understand what you are trying to achieve. As an example, if you are focused on reaching retirement, it is important to have an understanding of when you want to retire, the level of living expenses you want in retirement, the assets you have built thus far, and how you can build additional savings for the future. As you explore these questions,

you and your financial professional can work together to build a portfolio and strategy to help you toward reaching your goals. Equally important is building a plan that takes into account the varied elements of your financial picture, including savings and estate planning strategies, as well as various types of insurance protection for you and your family.

2. **Prepare for Rainy Days.** Life can bring uncertainties. Therefore, build up an emergency reserve that can help get you through difficult times. Put in place efficient life and long-term care insurance, and make sure you have a will, including the living documents. Once you have built the foundation of your financial future, you can embark on building long-term investments.

3. **Be Diversified.** Regardless of risk tolerance as an investor, you are exposed to additional risk if you are over-concentrated in any one area. Historically, investors who have successfully weathered market fluctuations and cycles have had a variety of investments. These range from various types of income generating investments to a stock portfolio with company diversification across various geographies and sectors. A critical step in diversification is asset allocation. This is the strategy of determining what percentage each to hold in equities, bonds, alternatives and cash equivalents inside your portfolio. By owning a diversified group of investments, you can build a more

balanced portfolio that may not be so susceptible to drastic market movements. Of course, it is always important to understand that diversification and asset allocation do not guarantee a profit or protection against loss in a declining market.

4. **Revisit Your Plans.** As life events happen and goals change, you should revisit your strategies and asset mixes and make sure they are still leading you to the desired destination.

Rebalancing is also a key part of managing your portfolio. As markets fluctuate, the allocation between sectors and equities vs. bonds will naturally change. A positive year for international equities, for example, could result in your portfolio being overly focused in that area and thus out of alignment. By rebalancing, you can sell some of the sector that recently did well and buy more of the sectors that have not yet performed. This fits in line with classic investment guidance of "Buy Low and Sell High." Additionally, while rebalancing cannot guarantee a profit or protection against loss in a declining market, it can help you monitor the actual risks you are taking and help you avoid taking substantially more risk in your portfolio than you intended.

Working with a financial professional and developing a strategy can help you to manage your finances in a volatile and changing market. Preparing for

your future and managing risk means more than an occasional meeting with a financial professional. It is about making your money work for you and accomplishing your financial goals, whether they are reaching retirement, sending children to college, or leaving a financial legacy. By developing a solid plan based on your goals, you can be prepared for both life's opportunities and challenges.

*This article is provided by Nicholas Kelly. Nicholas Kelly offers securities through AXA Advisors, LLC (member FINRA, SIPC) 325 Essjay Road, Suite 308, Williamsville, NY 14221 (716) 626-2533 and offers annuity and insurance products through an insurance brokerage affiliate, AXA Network, LLC and its subsidiaries. PPG-58772(10/10)*

## Luncheon Sponsor (continued from 1)

become an active participant in their health care and to better understand their treatment options in order to make critical fertility care decisions. The goal is to inform couples, and individuals, of their options in order for them to make the choices that are right for them. This includes the risks, benefits, expected outcomes and costs of each treatment choice proposed. To best treat a client it is necessary to empathize with them and understand the difficulties that they face; these can be physical, emotional, social and financial.

CNY Fertility Center offers comprehensive fertility testing and diagnosis in State-of-the-Art facilities

including, but not limited to, the following services:

- Semen Analysis & Freezing
- Ovulation Induction, IUI, IVF, ICSI & PGD
- Egg Donation & Embryo Donation Programs - No Waiting Lists
- On-site Lab, OR & Radiology Services
- Extensive Educational & Support Services
- Affordability, Interest-Free Payment Plans, IVF Discount Specials & IVF Refund Program

CNY Healing Arts Center offers a holistic approach to fertility treatments by offering the following services:

- Maya Abdominal Massage Therapy & Relaxation Therapies
- Acupuncture for Fertility utilizing Chinese Medicine and Herbal Formulas
- Yoga for Fertility, Restorative Yoga & Meditation
- Support Groups, Fertile Friends Peer Gatherings & Workshops
- Nutrition Counseling & Lifestyle Coaching

The company's mission is to provide comprehensive reproductive services in a compassionate, honest and friendly environment; every staff member comes to work with that goal in mind each day.

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# A "New Start" for New York

By Michael H. Ranzenhofer  
State Senator – 61st District



After years of record spending increases and countless tax and fee hikes, the conclusion of the 2011 Legislative Session marked a dramatic turnaround for State government. With new leadership in the Senate, as well as a new Governor, a lot was accomplished— including an on-time budget, improved pro-job initiatives and the enactment of a property tax cap.

New York still faces major challenges ahead and a great deal of work needs to be done, but I wanted to take this opportunity to highlight some of the positive steps made to aide small businesses.

**1. A Responsible, On-time Budget:** The 2011 State Budget closed a \$10 billion deficit without raising taxes and fees, and



instead reduced spending for the first time in more than 15 years. The budget cut Medicaid by \$2.4 billion, reduced State operating costs by 10% and consolidated government agencies. More importantly, the budget provided \$5 billion in tax relief, over the next two years, for thousands of families and small businesses.

**2. Pro-Job Initiatives:** The budget made the Recharge NY program permanent so that businesses' energy costs are reduced by providing low cost hydropower. The Excelsior Jobs program strengthened incentives for companies to hire. These improved pro-job programs will help the private sector and economy grow.

**3. A Strong Property Tax Cap:** After hearing from so many constituents and small businesses, I

made capping property taxes a major priority. I sponsored and voted for the 2% cap on property taxes and I am pleased to report that it has been signed into law. One of the major impediments to job growth in the State is high property taxes and the tax cap will prevent that from happening in the future.

Each of these three initiatives will help small businesses grow and create jobs. An on-time budget that cuts spending, providing businesses with lower electricity costs and better incentives to hire, and a cap on property taxes represents a new start for New York. While these changes to the Albany status quo were long overdue, I will be sure to keep you updated as I continue working for you, your family and our community. For more information please visit my website at [ranzenhofer.nysenate.gov](http://ranzenhofer.nysenate.gov).



## Library Friends Big Book Sale now at Lincoln Arena!

Annual Friends of the Ken-Ton Library used book sale to benefit the Town of Tonawanda libraries will be September 8, 9 and 10th at Lincoln Park Arena, corner Parker Blvd. and Decatur Rd.

Doors open Thursday, Sept 8 from 4:00 to 8:00 p.m. Friday 10:00 am to 8:00 pm and Saturday 9:00 am to 4:30 pm

Shop an estimated 7,000 book titles, including mysteries, popular fiction, biography and history, cookbooks, childrens books and collectibles! DVDs and CDs, videos are also available.

Prices range from 25 cents to \$2 for most items. Special collector volumes will be appropriately priced.

All proceeds benefit the Tonawanda Public Libraries. Please mark your calendars now to come support our library.

## New website well received by members

Take a minute and go to [ken-ton.org](http://ken-ton.org) today and see what we're talking about. Our chamber is now enjoying State-of-the-Art design and technology thanks to Commerce Ad & Marketing Inc. who also published our printed directory this year.

As technology expands our ability to easily source business information through the web, the Chamber, in an effort to fulfill our obligation to our members to act as advocates, continues to seek ways we can help YOUR business grow.

New advertising opportunities are now available whereby your Ad & Company Logo can be visible 24-7 – 365 days a year for pennies a day.

• Haven't got a website yet? We can help with that. [ken-ton.org/YOURbusiness](http://ken-ton.org/YOURbusiness) will go directly to your 5 page Micro-site

• We can track stats on how many times your AD

was displayed, a useful tool for you to use that validates your marketing dollar

• You have the ability through enhanced listings, to display specials and printable coupons

• Your product lines or service are varied & you would like to be in additional categories, no problem. Russ can help with that.

• Rates for 24-7 exposure start as low as \$1.25 a day

Call Russ at the Chamber for more information.

Office: 716-874-1202 or Cell: 716-860-3090  
[russ@commercead.com](mailto:russ@commercead.com)

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**GIVING BACK!** Expires December 31, 2011

## DISCOVER DELAWARE



Registration deadline September 9th – no charge!  
Register on-line by visiting the KMA website at [www.kenmoremerchants.com](http://www.kenmoremerchants.com) or call Marcia Brogan 912-1803. Please include: business name, contact person, address, phone and business.

The Kenmore Merchants Association is excited to announce the second annual  
**“DISCOVER DELAWARE”  
 Sidewalk Sale  
 on Saturday, Sept 17th**

The event will take place along Delaware Avenue, between Westgate and LaSalle Ave in Kenmore from 10am - 2 pm.

All Kenmore Businesses (including home based) are encouraged to participate. Mayor Mang will provide a crossing guard at LaSalle and Delaware to encourage people to visit both sides of Delaware. They are hoping to have more merchants, food vendors, coffee and even piped in music– thanks to friends of the KMA! S Also, they are encouraging Merchants on Elmwood and Military to bring a little piece of their business to Delaware to help get the word out about what Kenmore includes! Balloons will mark the spot thanks to the Village and Colvin Cleaners!

**SPACE IS LIMITED!**

## DISCOVER DELAWARE



You will receive confirmation of your location by Sept.12th. We ask that you bring your own tables, chairs, etc, whatever you need for the sale.

*We hope to see you there!*

## GROW YOUR BUSINESS!

A column dedicated to your sales growth, customer growth, and profitability

### “Why should I do business with you?”

#### Part 1

By **Frank Swiatek**  
Management  
Consultant



When I ask this question to business owners, I get responses like, “my customer service”, “the quality of my product”, and “my people.” The problem is that I get the same answers from their competitors too!

So what happens? When you can’t clearly distinguish why they should pick you over your competitors, you

are left in the marketplace as a “me too” business, where one business looks like and feels like another. You become a commodity. When you become a commodity, the focus is on reducing prices, and now you are in the survival mode. You are surviving and not thriving!

The marketplace is crowded. Your prospects are overloaded with information. You have to break through their “preoccupation barrier” and get their attention. They have to see you as unique and different.

So here is a starting point for you in answering the

question, “Why should I do business with you?” Try to determine a “void” or “gap” in what competitors are offering and fill that gap. For instance, if they are not offering any kind of a guarantee, think about offering one. Is there an extra service you can provide that your competition is not doing?

In Part 2, we will look at additional ways to distinguish yourself from the competition.

[www.marketing-for-results.com](http://www.marketing-for-results.com)



### Timothy J. Laduca

Lic. Assoc. R. E. Broker

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# Be Active NY

## Eat Well. Live Well.



Dear Employer or Community Organization,

We are inviting you to participate this Fall in an outstanding community wellness program, the “eat well live well” Challenge! The “eat well live well” Challenge is focused on increasing regular physical activity and nutrition choices that enable individuals to improve their health while lowering their risk for chronic illnesses. The Challenge is an affordable wellness program that offers employers and community organizations a valuable opportunity to be proactive in addressing health and health care cost management.

Please consider these facts: More than 65 percent of our adult population is overweight, resulting in a one-third increase in the number of diabetes cases. Adult onset diabetes increases health care costs by 25 percent. Obesity and physical inactivity may account for 25 to 30 percent of several major cancers. Overweight and inactive individuals are at greater risk of cardiovascular disease, including high blood pressure and stroke.

The “eat well live well” Challenge is a proven, health promotion program that requires a minimal amount of time and investment for a powerful return. The “eat well live well” participants need only walking shoes, pedometers and the desire to be healthy! The website, [www.eatwelllivewell.org](http://www.eatwelllivewell.org), (free for employers, employees and community organizations) offers user friendly support and resources to help participants achieve their wellness goals.

To learn more, Be Active New York State and Wegmans invite you to register for the upcoming Fall information session. To register, please contact the Wellness Institute at (716) 851-4052 or email [beactive@city-buffalo.org](mailto:beactive@city-buffalo.org). “eat well live well” Challenge Information Sessions provide a brief overview, Q&A opportunity and will be held locally on:

**Tuesday, September 6, 2011, 9:00 A.M. – 10:00 A.M.**  
**Wegmans, 651 Dick Rd., Depew, NY 14043**

At the Information Session, interested employers and community organizations will be invited to consider attending the free local train-the-trainer session for employer or organization representatives. The free training, Thursday, September 15, noon to 3:30 P.M., at the Wegmans Sheridan Dr. Store, will focus on “how to” successfully implement the “eat well live well” Challenge. An “eat well live well” Challenge program/community resources toolkit (cost: \$25) will also be provided to those who attend the local ½ day training. A healthful lunch will be provided.

Please share this invitation with others you believe might be interested. We look forward to your successful participation in the Fall 2011 WNY “eat well live well” Challenge!

Sincerely, Philip Haberstro, Be Active NYS [www.BeActiveNys.org](http://www.BeActiveNys.org) (A state wide health promotion initiative of the non-profit Wellness Institute of Greater Buffalo ([www.CreatingHealthyCommunities.org](http://www.CreatingHealthyCommunities.org)))

# Eat Well. Live Well. Challenge FACT SHEET

## What is the “eat well live well” Challenge?

The goal of the eight-week, competitive “eat well live well” challenge is to encourage individuals to move more, increase the amount of fruits and vegetables consumed and learn how to “make their calories count”. Participants are asked to do three simple things for eight weeks:

1. Using a pedometer, count and record your steps each day.
2. Count and record the number of cups of fruit and vegetables eaten each day.
3. Aim to make at least one meal a day follow the “half plate guide”.
4. New options in 2011!

- Track your blood pressure and weight – all confidential

## How do I know it will work?

Wegmans first introduced this program in 2003 and has had increasing success every year. In the spring of 2006, as a part of a Rochester Business Alliance health care initiative, several Rochester employers (Eastman Kodak, Rochester Institute of Technology, and Xerox) participated in a pilot of the challenge and experienced great success. Due to the success of the pilot, Rochester Business Alliance introduced the “eat well live well” Challenge to its members in the fall of 2006. In the fall of 2007, Wegmans ran a pilot program to introduce the program to the Buffalo Niagara Region employers. Last Spring, 20 companies throughout Buffalo successfully completed the Challenge. To date, over 150,000 employees have taken the Challenge! Wegmans and Be Active New York State are continuing to partner to introduce the “eat well live well” Challenge to more employers in the WNY community and hope you’ll join!

## Why participate?

This is a very simple, but fun way to engage your employees in a program that may lead to a healthier lifestyle! You will also find that it results in great teamwork and builds camaraderie.

## How will someone from my organization learn how to implement the challenge?

Once you have committed to participate, you and/or your designee(s) will be invited to a “train the trainer” session. At the training, you will receive a toolkit with sample communication materials on CD that you can modify for your organization’s use. In addition, we will provide you with sample marketing materials (posters, success story forms, tracking sheets, and more). You can put your own logo on them and reproduce them as needed. A success story video will be included as well. Training is required in order to participate in the challenge!

You will also be given access to [www.eatwelllivewell.org](http://www.eatwelllivewell.org). This is the website that is used for tracking steps and cups of fruit and vegetables along with a wealth of other health information.

## What will it cost my organization to participate?

- Lots of enthusiasm!
- Attendance at the training session. (approximately 3 hours, up to 3 staff persons)
- We have negotiated a significant quantity discount for the pedometers so you will be able to purchase your pedometers at cost as part of this initiative. The cost of the pedometers is \$5 each. (or purchase on your own)
- The toolkit will cost \$25. Only one toolkit per company or organization is needed.

## Contact: Phil Haberstro

**The Wellness Institute of Greater Buffalo & WNY  
Be Active NYS**

**Email: [beactive@city-buffalo.org](mailto:beactive@city-buffalo.org) Phone: 716.851.4052**

## MEMBER NEWS & NOTES

### ITT Tech Renovation



*Local dignitaries and several Chamber Executives from Western New York were in attendance to participate in the ribbon cutting ceremony that celebrated the newly renovated ITT Technological Institute in Getzville.*

*Guests were treated to a tour of the school and delicious lunch courtesy of LeBros Restaurant.*

## New Members

### Nole Management, LLC

#### Vic Nole

2985 Love Road  
Grand Island, NY 14072  
(716) 775-5755

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Consulting Services*

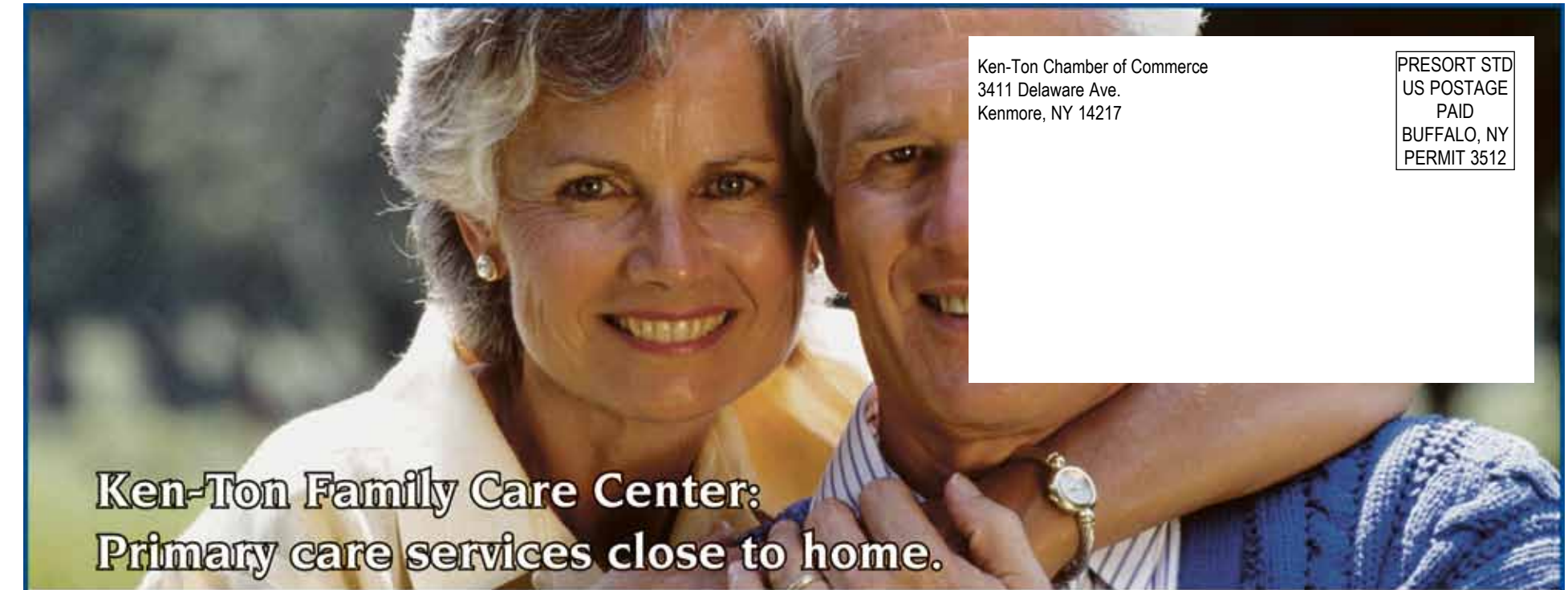
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Bobs Bestway  
Brighton Community Church  
Brighton Liquor  
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Clinton Welding & Fabricating  
Custom Interiors K&B  
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Impressive Imprints  
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## Ken-Ton Family Care Center: Primary care services close to home.

Catholic Health brings a coordinated and connected network of services to our community - like the Ken-Ton Family Care Center at 300 Two Mile Creek Road. Ken-Ton Family Care specializes in Family Practice and Internal Medicine. Our emphasis on wellness and preventive care is complemented by a Laboratory Service Center for blood work, as well as Obstetrics, Gynecology, Pediatrics, Podiatry and Urogynecology.

### Ken-Ton Family Care Center's healthcare team includes:

Internal Medicine:	Ayesha Butt, MD Nadezhda Polataiko, MD
Family Practice:	Qamrunnisa Rahman, MD
OB & GYN:	Carola Bagnarello, MD Adel Chouchani, MD Gabriel Chouchani, MD Samuel Saleeb, MD Magdi Sayegh, MD
Pediatrics:	Avtar Samra, MD
Podiatry:	Joseph Nasca, DPM

**Ken-Ton Family Care Center**  
**A department of Kenmore Mercy Hospital**  
**300 Two Mile Creek Road, Tonawanda, NY 14150**

### Hours of operation:

- Monday, Tuesday, Thursday:  
8 a.m. to 8 p.m.
- Wednesday:  
8 a.m. to 5 p.m.
- Friday:  
8 a.m. to 4 p.m.



For physician referral, call (716) 447-6205  
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 Catholic Health  
Ken-Ton Family Care Center