

2026

CALENDAR

FEATURING OUR
GRATEFUL
PATIENTS



EMERGENCY MEDICINE

Whether you need urgent emergency care or lifesaving medicine, the Stony Brook Eastern Long Island Hospital team is here for you.

For most patients, our Emergency Department has one of the shortest wait times in Suffolk County. Specialty-trained staff are available 365 days of the year to treat a full spectrum of patient illnesses — from minor cuts to traumatic injuries, and illnesses from the common cold to heart and stroke incidents. Every person who comes to the ED is given appropriate treatment regardless of their ability to pay. Our credentialed team of physicians, physician assistants, nurses, and staff exceed New York State standards and are committed to treating your emergency. All SBELIH ED nurses are Trauma Nursing Core Course (TNCC) certified.

- Accessible by land, sea, and air with a dedicated heliport and emergency dock
- All residency-trained Board-Certified Emergency Medicine physicians
- Advanced cardiac life support certified nurses
- Credentialed team, exceeding New York State standards
- Arctic Sun Temperature Management System

Chest pain? Don't wait, call 9-1-1. Let the expert emergency team at SBELIH evaluate you, rather than risk losing valuable treatment time. Stony Brook Medicine is helping to improve emergency care on the North Fork, with two first responder "fly cars" staffed by NYS-trained and certified paramedics, for the highest possible level of pre-hospital emergency care— 24 hours a day, 7 days a week.

Lawrence R. Schiff MD, FACEP, FAAEM

Vice Service Chief, Emergency Department at SBELIH

Chair of the SBELIH Leadership Council (Formerly MEC)

Diplomate, American Board of Emergency Medicine

Diplomate, American Board of Internal Medicine

Fellow American College Emergency Physicians

Fellow American Association of Emergency Medicine

Regional Medical Director, North Fork EMS

Mark Fenig, MD, Diplomate, American Board of Emergency Medicine

Arie P. Francis, MD, Diplomate, American Board of Emergency Medicine

Alethea Garber, MD, Diplomate, American Board of Emergency Medicine

Peter McKenna, MD, Diplomate, American Board of Emergency Medicine

Kevin Pereira, MD, FACEP, Diplomate, American Board of Emergency Medicine

Kai Stürmann, MD, Diplomate, American Board of Emergency Medicine

Ryan Zapata, MD, Diplomate, American Board of Emergency Medicine

Diplomate, American Board of Internal Medicine

Chris Edelstein, DMSc, PA-c

Karla Brantuk, PA-c

Suzan Bigmani, PA-c

Beatrice Uerlings, PA-c

Nicolas McMahan, PA-c

Local EMS/Fire Departments

- Cutchogue
- Mattituck
- Shelter Island
- East Marion
- Orient
- Southold
- Greenport
- Plum Island



BRITTNEY BERRY

"I grew up here, I work here, and when I needed saving - this community showed up for me. My stroke didn't stand a chance."

JANUARY 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1 New Year's Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Martin Luther King, Jr. Day	20	21	22	23	24
25	26	27	28	29	30	31

EAST END SPINE AND SPORTS MEDICINE

East End Spine and Sports Medicine is led by interventional physiatrist, Ashton Stanton MD.

The practice provides comprehensive nonsurgical spine and musculoskeletal care in Greenport, Mattituck and Hampton Bays. In collaboration with orthopedic colleagues at North Fork Orthopaedics and Stony Brook Medicine, we have easy access to high-quality specialists and seamless collaboration on our integrated electronic patient record.

"We believe in the concept of precision medicine, which means the right treatment, for the right patient, at the right time," says Dr. Stanton. Our approach is to be aggressive with diagnosis and conservative with treatment. Our goal is to return patients to their highest level of performance at work, sports, or recreational exercise. We are pleased to be part of The Center for Musculoskeletal Health on the East End, serving all of your orthopedic needs.

Our physician primarily specializes in nonsurgical spine and musculoskeletal conditions:

- Acute and chronic conditions of the spine, low back, and neck with or without radiating pain to the upper or lower extremities
- Pain involving the hip, knee, shoulder or elbow
- Muscle strains/tears, tendonitis

East End Spine and Sports Medicine: A Location of Stony Brook Orthopaedic Associates

Ashton Stanton, MD

Clinical Assistant Professor of Orthopaedics,
Renaissance School of Medicine at Stony Brook University
Vice Service Chief, Physical Medicine and Rehabilitation
Clinical Coordinator, Department of Surgery
Fellowship, Spine and Sports Medicine

Greenport, Hampton Bays, Mattituck: (631) 430-2090



SCAN FOR MORE
INFORMATION



JOAN TRIPP

"My experience at SBELIH was excellent. The staff was kind, the hospital easy to navigate, and even a short delay came with a thoughtful apology. The MRI and other equipment were impressive, and the lab and pharmacy were efficient and patient-focused. SBELIH truly delivers compassionate, quality care."

FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	Presidents' Day		Ash Wednesday	Lincoln's Birthday		Valentine's Day
22	23	24	25	26	27	28

MEDICAL-SURGICAL SERVICES

At SBELIH, approximately 85% of all surgeries are performed in our Advanced Ambulatory Care Center. This modern facility enables us to perform efficient, minimally invasive procedures with faster recovery times and fewer complications.

Patients receive detailed pre-operative education to ensure they fully understand their surgery, with dedicated time to address any questions from patients and their families.

Our surgical team includes:

- Dedicated perioperative nursing staff
- Certified operating room nurses
- Certified registered nurse anesthetists
- Certified Surgical Technologists
- Board-certified surgeons and anesthesiologists

In addition to general surgery, the ambulatory center supports selected procedures in orthopedics, gastroenterology, ophthalmology, and reconstructive and plastic surgery.

General Surgery

Our general surgery team specializes in minimally invasive procedures that promote faster healing and reduced post-operative discomfort. We utilize advanced laparoscopic technology, including the Olympus 4K Ultra High-Definition Surgical Camera System, providing superior visualization and precision. SBELIH was the first hospital on Long Island to adopt this advanced system.

We coordinate pathology, histology, cytology, microbiology, and diagnostic services to ensure comprehensive and accurate surgical care.

Common Procedures and Services Include:

- Laparoscopic and open hernia repair (inguinal, umbilical, ventral, incisional)
- Gallbladder removal via minimally invasive surgery
- Excision of soft tissue masses (lipomas, epidermal inclusion cysts)
- Comprehensive wound care for acute and chronic wounds

Stony Brook Medicine Meeting House Lane Medical Practice

George D. Keckeisen, MD, FACS

Sang I. Pak, MD

- General Surgery Office - Greenport: (631) 477-5386
- Advanced Ambulatory Surgical Services: (631) 477-5350

East End Surgical: A Location of Stony Brook Surgical Associates

Luke Swaszek, MD

- General Surgery Office - Greenport/Mattituck: (934) 213-4961



SHERRY SHAW

"Just want to take this moment to express my deep appreciation for the wonderful care I received at SBELIH. Having arrived through emergency, the entire staff did everything possible to make an anxious situation as relaxing and painless as possible. My medical team was professional, skilled, and most sympathetic. The care during my stay was extraordinary; inclusive of nurses, aides, and all support personnel. It felt as though I was in a 'boutique' hospital with my first-rate surgeon, Dr Luke Swaszek, visiting several times per day. Point being, never question the competency of a small institution!"

MARCH 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
					Employee Appreciation Day	
8 International Women's Day Daylight Saving Time Begins	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19	20	21
					Spring Equinox	
22	23	24	25	26	27	28
29 Palm Sunday	30 Doctors' Day	31				

PHYSICAL THERAPY & FITNESS

Get physical! Maintain optimum health and wellness by staying active at every stage of your life.

Regular physical activity offers a multitude of benefits across various aspects of health and well-being. It enhances mood, reduces stress, and increases energy levels, while also supporting brain health, reducing depression risk, and enhancing memory. Moreover, it strengthens bones, muscles, and joints, lowering the risk of osteoporosis, and improves balance, coordination, and flexibility. Physical activity aids in weight management, boosts stamina and endurance, and contributes to overall body flexibility. Importantly, it plays a crucial role in preventing and managing noncommunicable diseases such as heart disease, stroke, diabetes, and certain cancers, while also assisting in the management of chronic health conditions and disabilities.

Physical Therapy & Fitness at the Gladys Brooks Center in Southold offers outpatient physical therapy and fitness training. State-of-the-art equipment is extremely popular with community members of every age – from students to senior citizens. Our Southold facility is a SilverSneakers participating location.

Hospital-Based Outpatient Physical Therapy

- Offers a continuum of care from inpatient to outpatient
- Pain management and rehabilitation
- Post-surgical rehabilitation
- Otago program for balance and fall prevention
- Orthopaedic and neurological rehabilitation

Fitness Center

- Convenient Hours:
Monday-Thursday, 6:30 am to 7 pm.
Friday, 6:30 am to 6 pm.
Saturday, 8 am to 2 pm.
- Gym memberships at reasonable rates
- Friendly, qualified, experienced staff
- One-on-one assistance
- Treadmills, steppers,
elliptical machines
- Stationary/recumbent bikes
- Free weight room
- Biodex and Nautilus weight equipment
- Satellite TV

Stony Brook Medicine Physical Therapy & Fitness at the Gladys Brooks Center
46520 North Road, Southold
(631) 765-9389



SCAN FOR MORE
INFORMATION



GERARD REARDON

"The recovery from knee replacement can be long and arduous but with the care I received from the staff and therapists at Stony Brook Medicine Physical Therapy in Southold it made my recovery that much quicker. Their professionalism and caring helped me get back to the things I love!"

APRIL 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1	2	3	4
				Passover Begins at Sunset	Good Friday	
5	6	7	8	9	10	11
Easter Sunday						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
			Administrative Professionals Day			
			Earth Day			
26	27	28	29	30		

INPATIENT BEHAVIORAL HEALTH SERVICES

Rehabilitation, detoxification, and psychiatry: integrated treatment that's advancing recovery.

At SBELIH, we have one of the most highly regarded inpatient behavioral health programs in Suffolk County. If you, or someone you love, are considering treatment for substance use or mental health challenges, we can help. By combining the highest caliber medicine, psychology and behavioral therapy, our highly trained board-certified physicians, nurses, alcoholism and substance abuse counselors, social workers, creative arts therapists, and dieticians are customizing solutions for each patient. This approach is at the forefront of modern treatment for substance use disorders. For many, entering Quannacut (the Native American word for rainbow – signifying hope) is the beginning of a new life. We embrace this decision and congratulate such courage.

Our inpatient programs provide comprehensive care, including detoxification, rehabilitation, and psychiatric services in a healing and therapeutic environment. All programs offer medication for opiate use disorders and medication for alcohol use disorders, with services accredited by the Joint Commission of Accreditation and licensed by the New York State Office of Mental Health and/or New York State Office of Addiction Services and Services.

Quannacut Rehabilitation: Provides comprehensive treatment incorporating evidence-based education practices, mindfulness, life skills, medication management, group and individual counseling, and discharge planning in a supportive environment.

Quannacut Detoxification: Provides safe medical detoxification from substances with comprehensive treatment, discharge planning and medication management.

Inpatient Psychiatry: Provides comprehensive care in a healing and therapeutic environment, including medication management, group and individual therapy to assist patients in their stabilization process.

Admission for Inpatient Services

- **Intake:** (631) 477-8877. Intake assessments completed Monday-Friday, 8am-4pm
- **Rehabilitation:** (631) 477-5325
- **Detoxification:** (631) 477-5234. Detoxification assessments are available 24 hours per day, 7 days per week through the Emergency Department
- **Psychiatry:** (631) 477-5265

Jarid Pachter, DO

SBUH Medical Board
Medical Director, Inpatient and Outpatient Addiction Services
Diplomate, American Osteopathic Association, Family Medicine
Diplomate, American Society of Addiction Medicine

Brendan Beecher, DO

Clinical Assistant Professor
Attending Psychiatrist

Douglas K. Hoverkamp, MD

Director, Department of Psychiatry, SBELIH
Psychiatric Director, Quannacut Outpatient Services
Diplomate, American Board of Psychiatry

Eduardo Constantino, MD

Professor of Clinical Psychiatry
Program Director, SBELIH
Department of Psychiatry Stony Brook Medicine



MAY 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					1	2
3	4	5	6	7	8	9
			National Nurses Day			
10	11	12	13	14	15	16
Mother's Day						
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Memorial Day					

NORTH FORK ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

North Fork Orthopaedic and Sports Medicine is a division of Stony Brook Medicine. Dr. Roe is subspecialty trained in complex knee ligament reconstruction, cartilage preservation and transplant, and comprehensive shoulder surgery.

Our goal is to reduce your pain and improve your performance and activity level. Whether you are an active athlete or experiencing chronic shoulder pain due to arthritis, our orthopedic sports medicine surgeon is here to help.

Surgery, injections, bracing, physical therapy, medication and education are all tools available to help improve your condition. We are pleased to be part of the Center for Musculoskeletal Health on the East End, serving your orthopedic needs.

Our physician specializes in:

- Arthroscopic and minimally invasive surgery
- Shoulder replacement
- Complex knee and shoulder ligament repair/reconstruction
- Cartilage and meniscus repair, transplant, restoration/replacement
- Rotator cuff repair
- Anatomic and reverse shoulder replacements
- Shoulder dislocations and instability
- Minimally invasive Achilles tendon repair
- Tendonitis, tendinopathy, tendon ruptures
- Nonoperative and operative fracture care
- Hyaluronic acid "gel" injections
- Steroid injections
- Splinting, casting and bracing

North Fork Orthopaedic Surgery and Sports Medicine

John Roe, MD, FAAOS

Director, Department of Orthopedic Surgery

Fellowship-trained orthopedic sports medicine and shoulder surgeon.

Mattituck: (631) 298-4579



**SCAN FOR MORE
INFORMATION**



LESLIE WALZ

"So thankful for Dr. Roe and SBELIH for helping me return to an active lifestyle. Swimming and golf are in my agenda again!"

JUNE 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1 First Day of Pride Month	2	3	4	5	6 D-Day
7	8	9	10	11	12	13
14	15	16	17	18	19	20 Juneteenth
21 Summer Solstice Father's Day	22	23	24	25	26	27
28	29	30				

WOUND CARE

The comprehensive Wound Care Center at Stony Brook Eastern Long Island Hospital (SBEliH) has expanded outpatient wound care services to the North Fork and Shelter Island.

This new care option is for patients with acute wound injuries as well as those with chronic or slow-healing wounds. The center offers services previously requiring travel west of Riverhead. The Wound Care Center offers new, innovative, cutting-edge wound care options. The center provides access to state-of-the-art equipment and new wound-healing technology, right here on the North Fork.

The Wound Care Center utilizes proven best practices to treat:

- Acute injury follow-up care and evaluation for potential healing issues
- Diabetic foot wounds
- Bone infections (osteomyelitis)
- Wounds caused by poor circulation, including ulcers and sores on all extremities
- Soft tissue injuries resulting from radiation treatment or traumatic wounds
- Wounds from pressure injuries
- Non-healing or slow healing post-surgical wounds and complication management
- Compromised surgical flaps and grafts
- Skin grafts on wounds
- Wound vac systems

Wound Care Center at Stony Brook Eastern Long Island Hospital : (631) 477-5800

Stony Brook Medicine Meeting House Lane Medical Practice

George D. Keckeisen, MD, FACS

Lawrence Tarasuk, DO

- General Surgery Office - Greenport: (631) 477-5386

East End Surgical: A Location of Stony Brook Surgical Associates

Luke Swaszek, MD

- General Surgery Office - Greenport/Mattituck: (934) 213-4961

Podiatry: (917) 337-7993

Mary Ann Cardile, DPM

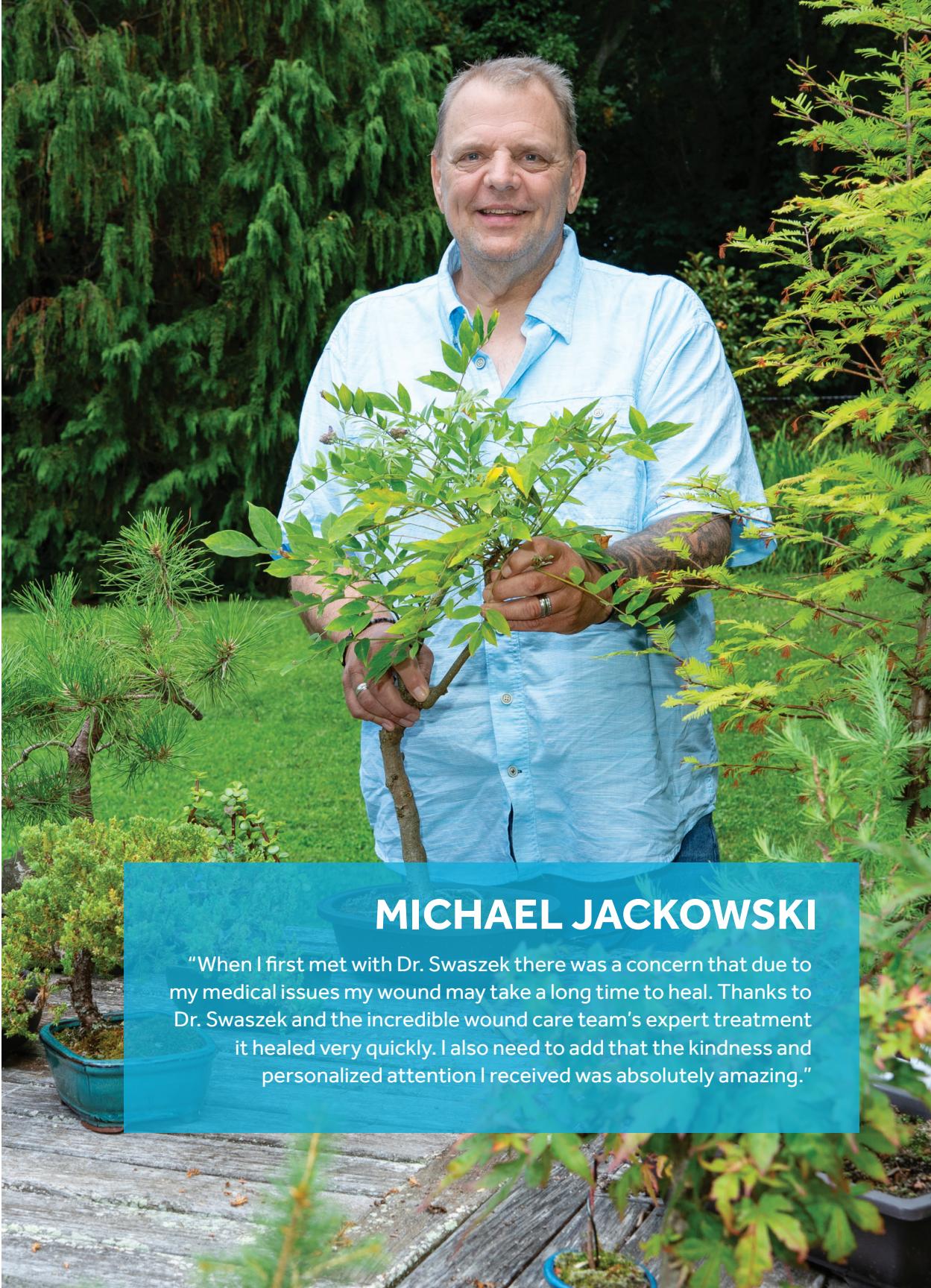
Gerald Weber, DPM

Podiatry: (631) 765-2772

Michael Brody, DPM



**SCAN FOR MORE
INFORMATION**



MICHAEL JACKOWSKI

"When I first met with Dr. Swaszek there was a concern that due to my medical issues my wound may take a long time to heal. Thanks to Dr. Swaszek and the incredible wound care team's expert treatment it healed very quickly. I also need to add that the kindness and personalized attention I received was absolutely amazing."

JULY 2026

Sunday

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Wednesday

Thursday

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Saturday

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

ADVANCED PRIMARY AND SPECIALTY CARE

Comprehensive and Personalized Care in Mattituck.

As part of our growing network of healthcare providers across Long Island, Stony Brook Medicine's Advanced Primary and Specialty Care offers a wide range of specialties, in a state-of-the-art facility.

This multi-specialty care facility in Mattituck, NY, expands outpatient services to the North Fork. This facility is equipped with 11 exam rooms, state-of-the-art equipment, and technology all under one roof. We do onsite X-rays, injections, urinalysis, COVID testing, flu testing and provide flu vaccines.

Specialties include family medicine, orthopedics, spine and sports medicine, pulmonary care, and general surgery.

Stony Brook Medicine Advanced Primary and Specialty Care

10095 Main Road
Mattituck, NY 11952
Conveniently located in Mattituck Plaza, with easy access and plenty of parking.

North Fork Orthopaedic and Sports Medicine
John Roe, MD, FAAOS
(631) 298-4579

East End Spine and Sports Medicine
Ashton Stanton, MD
(631) 430-2090

Mattituck Family Medicine
Kimberly Hsu, MD
(934) 213-4499

Gynecology
Alison Madden, MD
(934) 213-5435

East End Surgical: A Location of Stony Brook Surgical Associates
Luke Swaszek, MD
General Surgery Office - Greenport/Mattituck: (934) 213-4961

Pulmonary Care by Meeting House Lane Medical Practice
Wayne Bellucci, MD
(631) 283-8008

Stony Brook Orthopaedic Associates
Teresa A. Habacker, MD, FAAOS, FASSH
(631) 444-4233



SCAN FOR MORE INFORMATION



DEBRA O'GORMAN

"Since moving to the North Fork, I struggled to find a primary care provider I trusted, until I met Dr. Hsu. She listens, asks thoughtful questions, and truly understands the full picture. She's thorough, compassionate, and intentional with treatment, carefully finding the right medication and making timely referrals. Her team is kind, responsive, and supportive. Thanks to Dr. Hsu, I feel confident in the care I am receiving."

AUGUST 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

							1
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30		31					

QUANNACUT OUTPATIENT SERVICES

Modern treatment for substance use disorder.

Addiction is real. So is recovery. Quannacut Outpatient Services is a behavioral health facility that addresses patients' immediate and long-term substance use issues, as well as the impact on their support system, family members and significant others. Centrally located in Riverhead, the facility provides highly individualized programs for patients with diverse needs across a wide variety of treatment disciplines so that patients can receive all outpatient care in one location. We also have three recovery homes on the East End.

Outpatient Services Offered

Telehealth Services: Convenient virtual appointments available for ongoing support and therapy.

Co-occurring Services: Specialized treatment for individuals facing both substance use and mental health challenges using a psychotherapeutic, medical approach.

Medication for Addiction Treatment: Evidence-based medications provided to support recovery from substance use disorders, including Suboxone, Vivitrol, Naltrexone and Antabuse.

Psychiatric Evaluations: Comprehensive assessments and medication management services by experienced psychiatrists.

Primary Care Medical Services: Addressing physical health needs alongside behavioral health concerns, including walk-in evaluations.

NYS Department of Motor Vehicle Treatment Site: Providing necessary evaluations and treatments for driver's license reinstatement.

Hours

Monday: 9 am - 8 pm
Tuesday: 9 am - 5 pm
Wednesday: 9 am - 8 pm
Thursday: 9 am - 8 pm
Friday: 9 am - 2 pm
Saturday: 8:30 am - 12:30 pm

Jarid Pachter, DO

SBUH Medical Board
Medical Director of Quannacut
Outpatient Services
Diplomate, American Osteopathic
Association, Family Medicine
Diplomate, American Society of
Addiction Medicine

Elizabeth Day, LCSW, CAMS-II

Director, Quannacut
Outpatient Services

Walk-In Assessments Available

Monday 9 am - 12 pm
Friday 9 am - 12 pm

Quannacut Outpatient Services
905 East Main Street, Riverhead
(631) 369-8966

Douglas K. Hoverkamp, MD

Director, Department of
Psychiatry, SBELIH
Psychiatric Director, Quannacut
Outpatient Services
Diplomate, American Board of Psychiatry



SEPTEMBER 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		1	2	3	4	5
6	7 Labor Day	8	9	10	11 Patriot Day Rosh Hashanah Begins at Sunset	12
13	14	15	16	17	18	19
20	21 Yom Kippur Begins at Sunset	22 Fall Equinox	23	24	25	26
27	28	29	30			

DIAGNOSTIC SERVICES

Stony Brook Eastern Long Island Hospital (SBELIH) provides the highest quality imaging and diagnostic accuracy on the North Fork.

Home to advanced diagnostic imaging services, with a new Siemens MAGNETOM Altea 1.5T with BioMatrix Magnetic Resonance Imaging (MRI) system, state-of-the-art bone mineral densitometry screening system, and the DRX-Excel which combines fluoroscope and general radiology exams. SBELIH is also home to 3D Tomosynthesis Mammography to provide earlier cancer detection, fewer false positives, and fewer follow-up tests. Our tomosynthesis system is also equipped with a "soft touch" pad for more comfortable mammograms. We have an accreditation from the American College of Radiology in MRI, CT, Ultrasound and Mammography.

Radiology Services:

- Bone Mineral Densitometry (BMD)
- 3D Tomosynthesis Mammography
- Ultrasound/Sonography
- 128-Slice Computerized Axial Tomography (CT) Scanner
- 1.5 Tesla Magnetic Resonance Imaging (MRI)
- MRI with Sedation
- Digital Radiography (X-ray)

Laboratory Services:

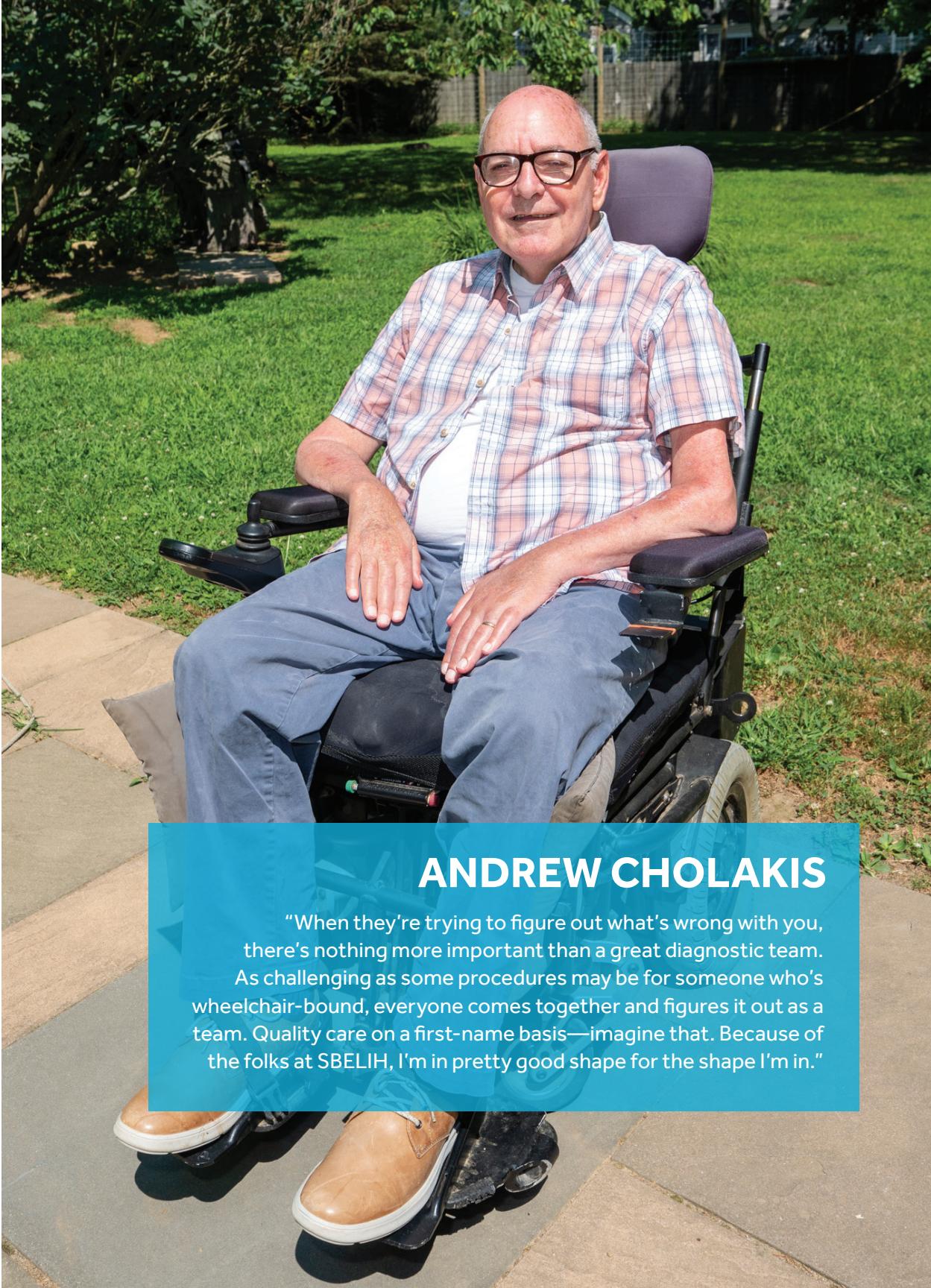
Outpatient testing is available Monday to Friday, 7:30 am to 9:30 am. Walk-ins are welcome until 4 pm. Limited hours on Saturday and Sunday. Please contact the Laboratory for availability.

- General Chemistry Hematology:
 - Electrolyte levels
 - Glucose levels
 - Liver enzymes
 - Cardiac markers
 - Thyroid testing
 - Hematology (including CBC panel)
 - Tick-borne disease panel
- Influenza Testing
- COVID-19 Testing
- Microbiology Testing

For appointments: (631) 477-5121



SCAN FOR MORE
INFORMATION



ANDREW CHOLAKIS

"When they're trying to figure out what's wrong with you, there's nothing more important than a great diagnostic team. As challenging as some procedures may be for someone who's wheelchair-bound, everyone comes together and figures it out as a team. Quality care on a first-name basis—imagine that. Because of the folks at SBELIH, I'm in pretty good shape for the shape I'm in."

OCTOBER 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1	2	3
4	5	6	7	8	9	10
11	12 Columbus Day Indigenous Peoples' Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween

SOUTHOLD FAMILY MEDICINE

At Southold Family Medicine, we specialize in family, adolescent, and addiction medicine.

Our network of community-based physicians works closely with the experts at Stony Brook Medicine, affiliate community hospitals, and other medical professionals to enhance the coordination of the medical care we provide to every patient in the communities we all serve. Primary care services include physical exams, vaccinations, same-day sick visits, and referrals for laboratory services, imaging, and specialists. Southold Family Medicine focuses on health and wellness, incorporating lifestyle modifications to manage and prevent chronic conditions, while using medications when necessary.

Southold Family Medicine provides addiction medicine services for a full range of substance use disorders. We offer inpatient treatment for detox and rehab as necessary through our affiliation with Quannacut, part of Stony Brook Eastern Long Island Hospital in Greenport. We treat patients with substance use disorders and prescribe medications for alcohol use and opiate use disorders at our Southold office, as well as at our Quannacut Outpatient Services facility in Riverhead.

Southold Family Medicine: A Location of Stony Brook Family and Preventative Medicine

Jarid Pachter, DO

SBUH Medical Board

Medical Director of Quannacut Outpatient Services

Diplomate, American Osteopathic Association, Family Medicine

Diplomate, American Society of Addiction Medicine

Nisha Ghayalod, MD

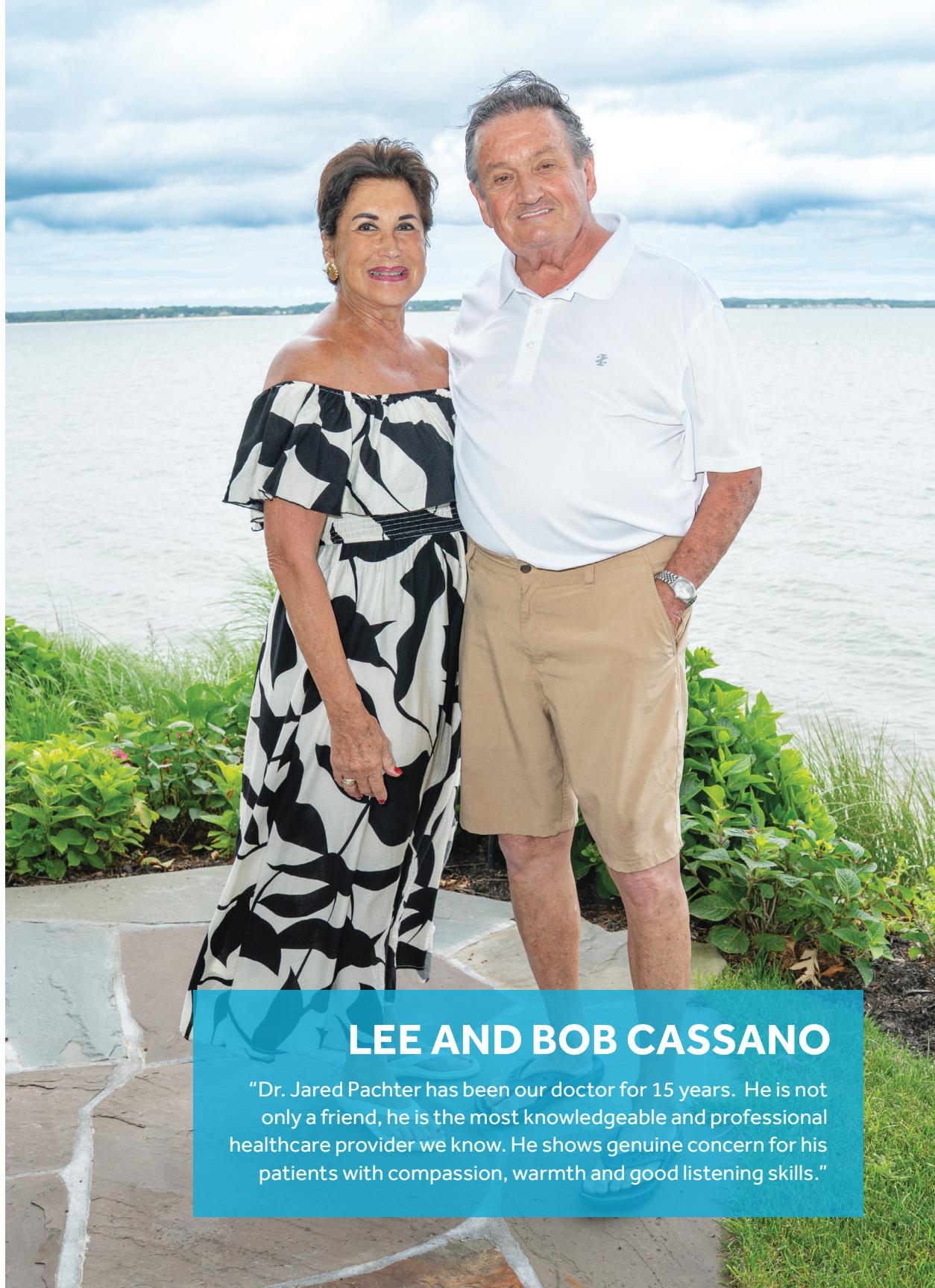
44360 County Road 48

PO Box 478, Southold

(631) 734-8742



**SCAN FOR MORE
INFORMATION**



LEE AND BOB CASSANO

"Dr. Jared Pachter has been our doctor for 15 years. He is not only a friend, he is the most knowledgeable and professional healthcare provider we know. He shows genuine concern for his patients with compassion, warmth and good listening skills."

NOVEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Ends	2	3 Election Day	4	5	6	7
8	9	10	11 Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving	27	28
29	30					

THE CENTER FOR WELL-BEING AT PECONIC LANDING

Open to the public, The Center for Well-Being provides expert and compassionate care to all residents of the North Fork and Shelter Island.

The beautiful 1,200-square-foot center, located at Peconic Landing in Greenport, offers world-class care for patients with general medical, rheumatology, and urology concerns.

The Center for Well-Being, which broke ground in 2021 and opened in 2022, is a huge benefit to the community – offering on-site primary, rheumatological, urology, and podiatry care for Peconic Landing members and the general public by specialists from Stony Brook Eastern Long Island Hospital.

And it's just the start. There are plans for more specialties at The Center for Well-Being, all adding up to an incredible healthcare offering on the East End.

NAD Medical Services

Nathanael Desire, DO, CMD
(631) 749-5910

NAD Medical Services

Christine Franke, MS, ANP-BC
(631) 749-5910

Rheumatology

Christopher Liedke, DO
(631) 405-3325

Urology

Anne Klassert, MS, RN, ANP-BC, CUNP
(631) 444-6270



**SCAN FOR MORE
INFORMATION**



DECEMBER 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		1 Giving Tuesday	2	3	4 Hanukkah Begins at Sunset	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
		Winter Solstice			Christmas Day	Kwanzaa Begins
27	28	29	30	31		
				New Year's Eve		



201 Manor Place
Greenport, NY 11944
(631) 477-1000
elih.stonybrookmedicine.edu

Accredited by:

The Joint Commission on Accreditation
of Healthcare Organizations

