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## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1	ddress of Reporting Pers ohonna Marie	son <sup>*</sup>		er Name <b>and</b> Ticke I <u>MED CORP</u>			(Check	tionship of Reportin all applicable) Director Officer (give title	10% (	ssuer Dwner (specify		
(Last) C/O CONM 525 FRENC	(First) ED CORPORATION H ROAD	(Middle) 1	3. Date 11/09	e of Earliest Transac /2020	ction (Month/E	Day/Year)	X	below)	and VP, Tax			
				nendment, Date of	Original Filed	(Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable					
(Street) UTICA	NY	13502	_				Line) X	Form filed by One Form filed by Mor Person				
(City)	(State)	(Zip)										
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned												
Date			ransaction e onth/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4		5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership		

	(Month/Day/Year)	if any (Month/Day/Year)	ay/Year) Code (Instr. 8) (A) or		Disposed Of	(D) (IIIstr.	5, 4 and 5)	Beneficially Owned Following Reported	(D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
					Price	Transaction(s) (Instr. 3 and 4)		(		
Common Stock	11/09/2020		М		2,000	A	\$51.3	5,881	D	
Common Stock	11/09/2020		F		1,544	D	\$92.84	4,337	D	

## Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

										8			3		
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code ( 8)		of Deri Sec Acq (A) o Disp of (I	oosed 0) tr. 3, 4	6. Date Exercisable and Expiration Date (Month/Day/Year)		Amount of		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Sars (Stock Appreciation Rights)	\$51.3	11/09/2020		М			2,000	(1)	02/27/2025	Common Stock	2,000	\$0	0	D	

Explanation of Responses:

1. The stock appreciation rights ("SARs") were granted under the Company's 1999 Amended and Restated Long-Term Incentive Plan and generally vest in equal amounts over a five year period.

Sarah M. Oliker for Johonna M. Pelletier by Power of <u>Attorney</u>

11/10/2020

\*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

\* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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