

# Healthy *Outlook*

*Touching Lives, One Patient at a Time*

Correctly solve our  
WORD SCRAMBLE  
on page 15  
and be entered to  
WIN A PRIZE!

## Speeding the Healing of Orthopedic Injuries with Orthobiologics

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Cancer Center  
Earns Top Honors



Richard J. Murphy

## A Health Care Resource You Can Trust

# Health

Most of us, at least those fortunate enough to be relatively free of serious or chronic medical issues, go through the routines of each day without stopping to consider our health. We may have a primary care physician whom we can call in the event of an illness. We may even have a specialist who monitors us on a periodic basis. But for the most part, the very idea of needing extensive or immediate medical care is the furthest thing from our minds.

This issue of *Healthy Outlook* focuses your attention on the sophisticated level of health care that is available right here in your community, if you or a loved one should ever need it. Our cover story on orthobiologics brings you information on the latest advances in orthopedic surgery, spurred by the development of biological substances that promote bone healing and growth. This advance enables orthopedic surgeons to perform minimally invasive procedures to repair bone defects in the knees. On page 3, you will read about a leading-edge surgical approach to removing tumors in the pituitary gland. South Nassau surgeons have performed our hospital's first such procedure that uses a computer-aided image guidance system instead of X-ray in the operating room to help surgeons navigate the remote areas in the skull.

South Nassau's services extend far beyond the O.R. Outside of the surgical field, we offer comprehensive cardiac care, as outlined in the articles on page 7. Page 9 will familiarize you with our excellent cancer care programs and stellar gastroenterology services. Our nursing professionals play a significant role in the overall quality of the care we provide in all disciplines throughout South Nassau.

I encourage you to skip ahead to pages 13 and 14, where you will learn more about the active role our health care providers play in educating and screening our community to help prevent illness and encourage early detection of disease.

While my sincere hope is that you will never find yourself or your loved ones facing a medical crisis, it is my goal for you to feel a sense of comfort and reassurance knowing that if you do, South Nassau is a health care resource you can trust. At every level of our hospital, you will find commitment and dedication to providing the very best care available, at any time, and to every person who comes through our doors.

Sincerely,

Richard J. Murphy  
President and CEO



**SOUTH NASSAU**  
COMMUNITIES HOSPITAL  
*Touching lives, one patient at a time.*  
One Healthy Way, Oceanside, NY 11572

South Nassau Communities Hospital  
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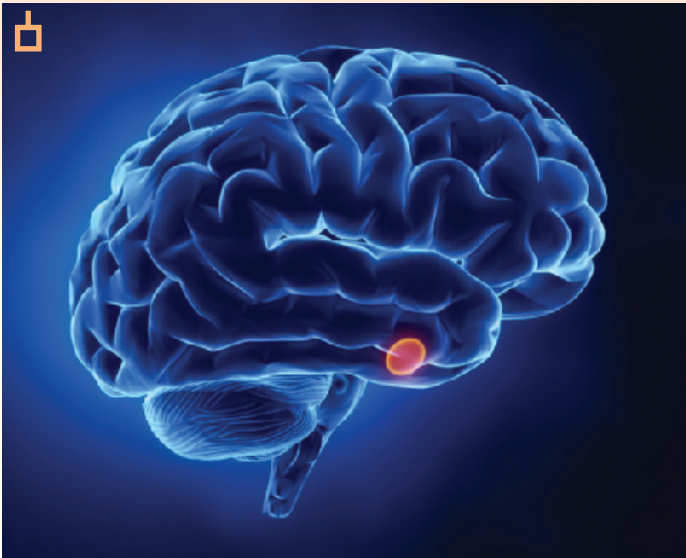
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Read *Healthy Outlook* online!  
Log onto [www.southnassau.org](http://www.southnassau.org) and click on Healthful News and Resources.

# Surgeons Remove Brain Tumor in Minimally Invasive Procedure Without Aid of X-Ray in Operating Room

These days, surgeons commonly remove tumors on the pituitary, a pea-sized gland at the base of the brain, in a minimally invasive procedure with the aid of X-ray, CT scanning or MRI in the operating room. But on January 14, doctors at South Nassau removed a tumor from 20-year-old Erin Russo's pituitary without the need for X-ray or other imaging devices in the operating room.



For the first time at South Nassau, images generated from the patient's MRI taken preoperatively were fed into a computer-aided image guidance system, which provided a real-time 3-D view of the target, helping surgeons navigate remote areas deep in the skull.

"The image-guided approach is extremely accurate, which is crucial when you are performing a delicate

procedure like this, but the huge benefit here is that you don't have to expose the patient to radiation during the procedure," said Louis Rosner, M.D., director of otolaryngology, who performed the procedure in collaboration with neurosurgeon Michael Brisman, M.D., co-director of the Long Island Gamma Knife® at South Nassau. "When you can visualize the structures clearly, there is a decrease in the operative time, a shorter hospitalization and a quicker recovery for the patient."

The noncancerous tumor growing on the college student's pituitary caused Cushing's disease, Dr. Brisman explained, which resulted in a hormonal imbalance and weight gain. "The tumor was also compressing a nerve in one eye, periodically blurring her vision," he said.

During the procedure, surgeons advanced a long thin lighted tube with a camera through her nose. While viewing the passageway to her brain on video images projected on a large monitor in the operating room, they made tiny openings in the bony structures and cartilage to reach the pituitary. Once they removed the tumor, they closed any openings they made with the patient's own tissue and biologic glue.

Since the procedure was performed, Ms. Russo, of East Rockaway, is thrilled to report that she has not only shed 40 pounds she had gained and recovered the 20/20 vision she had lost, but she can now also focus her full attention on preparing for a career in criminal justice.

**For more information, call 1-877-South-Nassau (1-877-768-8462).**



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Now you can find us on **Facebook** at:  
<http://www.facebook.com/SouthNassau> and follow  
us on **Twitter** at: <http://twitter.com/SouthNassau>

# Caring for the Caregiver

## Program Provides Education and Support to Enhance Caregivers' Quality of Life

For years, stress was wearing away at Harriet Klein. The 66-year-old Massapequa resident who had long been looking forward to the “golden years” of her retirement was grappling with her role as the caregiver for her paraplegic husband. Although she has the support of family and friends and had been seeing a therapist since her husband’s accident six years ago, the physical and emotional exhaustion were taking their toll.

“My kids love us and would do anything for us, and I have dear friends who are willing to listen, but if you don’t speak to someone who walks in your shoes...you can empathize, but not know,” she said.

Ms. Klein heard about South Nassau’s Caregiver Support Group and thought she’d give it a try. Since she has been attending the sessions, she says she is gaining a new perspective on life.

“There is a comfort in knowing I’m not alone,” she said. “I can share my feelings with others who understand and are similarly inclined. There is a lot of common ground there.”

Kathi Morse, Ph.D., administrator of palliative care and geriatric services, who facilitates the free weekly support group, said that stress can undermine the best coping strategies. “Support group members provide emotional support and help relieve the stress of daily routines,” she said. “There is a comfort derived from knowing others are going down the same road and are surviving.”



In addition to providing emotional support, group members are educated on how to effectively communicate with family members and health care providers. Group members also offer practical advice to each other and tips on community programs and local resources available for the caregiver.

“Sharing is so important when you’re in this circumstance,” Ms. Klein said. “And putting a voice to your feelings helps get you through the rough times.”

South Nassau’s Caregiver Support Group meets on Tuesdays, from 4 p.m. to 5 p.m., in South Nassau’s Conference Room A. Registration is required. **To register or for more information, call 1-877-South-Nassau (1-877-768-8462).**

**44.4 million**

The estimated number of caregivers in the U.S.

Source: [www.aarp.org](http://www.aarp.org)

## New Visiting Hours!

As a benefit to our patients and visitors, all units except Behavioral Health are now open **24 hours a day, seven days a week** for visiting. Only two visitors at a time are permitted in patient rooms. Children under 12 must be accompanied by an adult. Remember, do not visit if you are sick and have a cold, the flu or any other infection.

\*Behavioral Health Visiting Hours:

Monday–Friday, 1 p.m. – 2 p.m. and 7 p.m. – 8 p.m.

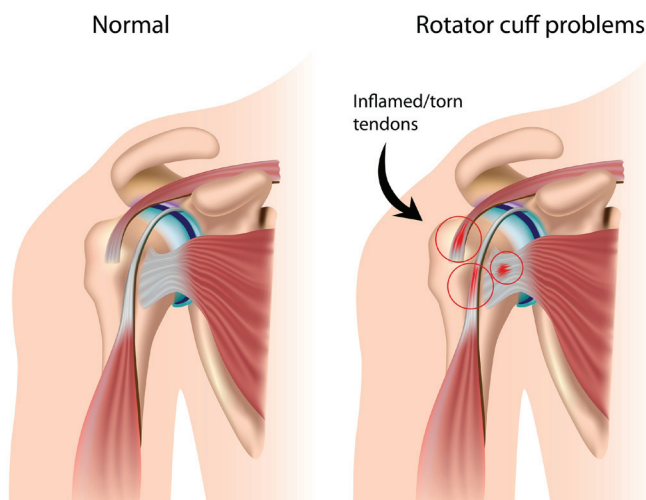
Weekends and Holidays: 1 p.m. – 3 p.m. and 7 p.m. – 8 p.m.

\*Note: Children under age 16 are permitted only on weekends and holidays from 1 p.m. – 2 p.m.

# Mending Tendons, Ligaments and Muscular Injuries, Naturally

Golfing sensation Tiger Woods, record-setting running back Adrian Peterson of the Minnesota Vikings, Marian Gaborik, right-wing of the Columbus Blue Jackets, and perhaps hundreds of other professional and recreational athletes all have something in common: they have benefitted from orthobiologics, an emerging therapy that can shorten rehabilitation time by using the body's own cells and other medical technologies to help repair injuries naturally. "Orthobiologics are therapies designed to activate and stimulate your body's own natural health processes to correct injuries and stop degeneration," said Craig Levitz, M.D., chair of orthopedics at South Nassau.

Used since the 1990s to assist with the healing of spinal injuries and to facilitate recovery after plastic surgery, platelet-rich plasma (PRP) is one orthobiologic treatment option that speeds the regeneration and healing of ligaments, tendons and muscular injuries, reducing recovery time. The method centers on using the patient's own stem cells retrieved during a simple blood draw, which is separated into plasma and platelets to help regenerate soft tissue. After the blood is placed in a high-speed centrifuge, the plasma and platelets are taken from the test tube, put in a syringe and then injected into the surgical site or injured area to speed healing. The bioactive proteins activate tissue recovery, new blood vessel formation, bone regeneration and connective tissue repair.



Another type of biologic therapy is the Biopatch<sup>®</sup>, which harnesses the healing power of the human body to repair painful and debilitating rotator cuff tears in the shoulder. Referred to as the biologic rotator cuff implant, the patch relies on the body's natural biologic agents to jumpstart healing, even as surgery is in progress. The biopatch is typically used for severe rotator cuff tears, and surgeons use an arthroscope and minor incisions to implant the patch.

Biopatch<sup>®</sup>

Carticel<sup>®</sup> therapy is a minimally invasive approach that uses patients' cloned cartilage cells to correct recurring injuries to the articular knee cartilage, which is the smooth, translucent tissue that lines the ends of bones. When implanted into a cartilage injury, patients' cells can form new cartilage, which is similar to the original cartilage.

For patients who have undergone unsuccessful surgery to repair damaged meniscus cartilage (the c-shaped cartilage that helps maintain the stability of the knee joint), and are suffering from painful osteoarthritis as a result, there is meniscal cartilage transplantation. This minimally invasive procedure slows the degeneration of the knee joint and alleviates the pain caused by the damaged cartilage.

Orthobiologics has even been used to speed healing of broken bones, injured muscles and tendons in the foot, ankle and spine. "Orthobiologics is an evolving therapy with enormous potential," Dr. Levitz said. "These are exciting new therapies that are effective at enhancing healing."

**For more information, call 1-866-32-ORTHO (1-866-326-7846).**

# Subchondroplasty May be the Solution for Your Achy Knee

Long Islanders suffering from chronic achy knees who have not responded to ibuprofen, injections, surgery, knee braces or physical therapy may be candidates for a minimally invasive solution offered by South Nassau orthopedic surgeons Bradley Gerber, M.D., chief of joint replacement surgery, and Craig Levitz, M.D., chair of orthopedic surgery.

Called Subchondroplasty® (pronounced sub-con-dro-plas-tee), the procedure treats bone defects with chronic bone marrow lesions, which is an abnormal swelling in the soft bone below the joint's surface. Often, patients who have bone marrow lesions suffer from pain, decreased function and cartilage destruction. The condition typically leads to severe osteoarthritis and for some patients, total knee replacement.

"Subchondroplasty is a much simpler and less expensive corrective surgery that can extend the life of the knees by several years and shore up the area by giving it more support," Dr. Gerber said. "In some cases, it can eliminate the need for knee replacement surgery."

During the procedure, the surgeon uses a guide instrument to access the affected area. A special bone substitute material is injected into a small incision in the knee, which allows new, healthy bone to repair the defect. The outpatient procedure takes about 45 minutes or less and requires a short rehabilitation period, typically six weeks, as compared to four to six months for a knee replacement.

Subchondroplasty is one of the most recent orthopedic advancements offered at South Nassau Hospital's Center for Advanced Orthopedics. The



center uses cutting-edge therapies to repair injuries to the cartilage, tendons and ligaments that can often lead to joint replacement surgery.

Musculoskeletal injuries repaired at the center include knee cartilage and ligament tears; shoulder instability, impingement, recurrent dislocations and rotator cuff tears; foot, ankle and hand; and upper extremity injuries. The center's surgeons also specialize in total knee and hip replacement surgery, as well as custom-fitted total joint replacements and partial joint replacement techniques, including Birmingham Hip™ resurfacing and the Uni-Knee™ partial knee replacement. The center's orthopedic spine surgeons use a range of surgical approaches to fix painful lower back problems, including lumbar disc replacement and kyphoplasty.

**To schedule an appointment with South Nassau's Center for Advanced Orthopedics, call 1-866-32-ORTHO (1-866-326-7846).**

## Outpatient Dialysis Center Re-Opens



Dignitaries and business leaders joined South Nassau board members, administrators and patients to celebrate the grand re-opening of its Outpatient Dialysis Center on April 26, nearly six months after Superstorm Sandy hit Long Island. During the renovation, the center's nearly 140 patients were relocated to dialysis centers in Freeport, Lynbrook, Hempstead and Bellmore.

# Celebrating 20 Years of Helping the Community Optimize Its Cardiovascular Health



Exercise physiologist Arthur Golbert monitors patient Joseph Pellegrino's fitness program. The center has improved the physical functioning and quality of life for more than 5,000 cardiac patients since it first opened in 1993.

Since its opening in 1993, South Nassau's Center for Cardiac Rehabilitation has improved the quality of life for more than 5,000 patients who suffer from heart disease, chronic angina, abnormal heart rhythm or who have undergone a heart stenting procedure, heart surgery or heart transplant.

Through a customized program of exercise and education, South Nassau's specially trained registered nurses and exercise physiologists help patients regain strength, improve physical functioning and quality of life and reduce the risk of developing future heart problems.

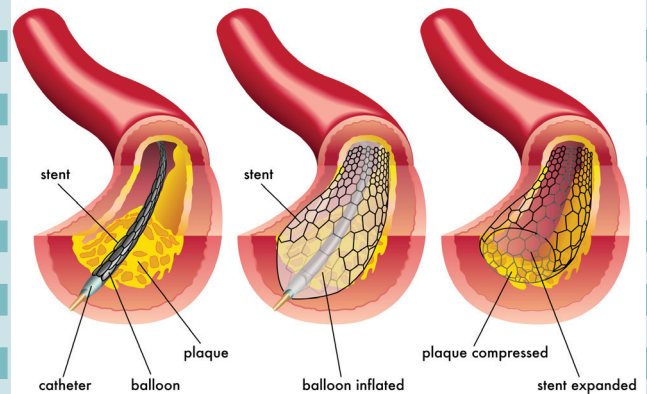
The center offers a medically supervised exercise instruction that may include strength training and using a treadmill, bicycle and rowing machine. All patients start exercise programs slowly, and gradually increase the intensity of the aerobic component. In addition, health care professionals also offer patients support in making lifestyle changes such as adopting a healthier diet or quitting smoking. Other benefits include an improved response to stress, weight control and a reduction in cardiac risk factors, including high blood pressure, high blood cholesterol and diabetes.

"South Nassau's Cardiac Rehabilitation program is helping patients heal successfully and improve health," said Laura Righter, assistant vice president for clinical ancillary services. "Second chances are taken seriously here."

For more information, call 1-877-South-Nassau (1-877-768-8462).

## Beating National Benchmarks for "Door-to-Balloon" Time

### ANGIOPLASTY



In the race to save a life, every second counts, especially for patients receiving angioplasty, a lifesaving treatment that opens blocked arteries and restores blood flow to the heart during a heart attack.

Practice guidelines by the American Heart Association and the American College of Cardiology recommend hospitals meet a 90-minute or less standard when performing balloon angioplasty. That means the clock starts ticking from the moment a patient enters the hospital until the balloon-tipped catheter is inflated to open a blocked artery. South Nassau's Center for Cardiovascular Health's average door-to-balloon time is 62.5 minutes—28 minutes faster than the national benchmark of 90 minutes.

"Every second counts when you are trying to open a blocked coronary artery," said Jason Freeman, M.D., director of the Center for Cardiovascular Health. "The earlier we can re-establish effective blood flow in occluded arteries in patients with myocardial infarction, the better clinical outcomes we can expect, thereby lowering a patient's risk of death and preventing serious damage to the heart."

For more information about the Center for Cardiovascular Health, call 1-877-South-Nassau (1-877-768-8462).

# Caring for *Body, Mind and Spirit*

Each day before dawn for 28 years, Chaim Shapiro, an Orthodox Jew, has never neglected to recite his morning prayers while wearing tefillin, a set of small leather boxes containing scrolls inscribed with religious verses. But on Oct. 13, 2011 at the time he typically would have been immersed in prayer, doctors and nurses were preparing the college administrator for a surgical procedure.

“After I got to the hospital, they were prepping me for surgery, which would have prevented me from wearing tefillin and saying my prayers,” explained the West Hempstead resident. “But before the surgeon and the anesthesiologist wheeled me into the operating room, they allowed me to put on tefillin and pray for several minutes.”

Not only was Mr. Shapiro satisfied with his medical treatment but he was also deeply appreciative that the South Nassau staff “respected my religion and allowed me to pray,” he recalled. “They were very accommodating and I wouldn’t think twice about recommending South Nassau to others in my synagogue.”



## *Serving the Needs of the Jewish Community*

South Nassau’s Jewish Communities Program offers Jewish patients and their families pastoral and support services for the observance of rituals, holy days and holidays. As part of the Department of Cultural Initiatives, the program serves the needs of the community with rabbinical visits, access to a Hospitality House for Sabbath and Jewish holidays, a Kosher dietary plan and Kosher pantry and respite room. In addition, electric Sabbath candles, prayer books and a meditation room are also available.

For more information, call 1-877-South-Nassau (1-877-768-8462).



## Experiencing emotional distress after Sandy?

Call 516-377-5400 for free and confidential counseling, support groups and other services.

You can also access a free confidential crisis counseling hotline 24/7 by calling LifeNet at 1-800-543-3638.



# Gastroenterology Nursing Organization Recognizes South Nassau's Endoscopy Unit

The American Board of Certification for Gastroenterology Nurses has awarded South Nassau's Endoscopy Unit the recognition of Excellence in Professionalism Award. The unit was recognized for the facility's excellence in the field and its commitment to the professional growth of its nursing staff.

"Patients, families, nurses and employers all benefit from certification," said Sue Penque, Ph.D., R.N., senior vice president and chief nursing officer. "Through certification, nurses validate their mastery of skills, knowledge and abilities and meet the ongoing practice requirements in their specialties." She added that more

than 50 percent of the unit's nurses are certified in gastroenterology—a testament to the staff's commitment to their professional growth.

South Nassau's Endoscopy Unit performs state-of-the-art diagnostic and therapeutic procedures for the upper and lower gastrointestinal system, including endoscopy, colonoscopy, endoscopic ultrasound with fine-needle aspiration, liver biopsies and capsule-based 24-hour pH and esophageal motility studies. The suite consists of three procedure rooms, a four-bed admitting and four-bed recovery area and is open weekdays, from 6 a.m. to 7 p.m.

## South Nassau Cancer Program Earns Prestigious Award from Commission on Cancer

South Nassau Hospital's Gertrude & Louis Feil Cancer Center has been named a recipient of the American College of Surgeons Commission on Cancer Outstanding Achievement Award. South Nassau is one of just seven hospitals in New York and only 84 in the United States to receive the prestigious award in 2012.

"We are pleased to earn this prestigious award. At the same time, we understand that the ultimate reward for us is to fulfill the communities' needs for compassionate, patient-centered, standard-setting health care services," said Richard J. Murphy, president and CEO of South Nassau. "So we will not relent in taking all actions necessary to ensure our patients have access to a cancer program that combines experienced oncologists with leading-edge medical and surgical cancer treatment technologies."

Treating about 1,500 patients each year, The Gertrude & Louis Feil Cancer Center has evolved into one of the Northeast corridor's premiere providers of compassionate advanced cancer care. The center is the only one on Long Island that is equipped with three of the most advanced and effective technologies used to treat cancer: the Varian Novalis Tx™, da Vinci® Surgical System and Gamma Knife® Perfexion.

In addition to its Cancer Center in Valley Stream, The Gertrude & Louis Feil Cancer Center incorporates the following specialty cancer care services:

- GYN Oncology Department (*Valley Stream*)
- Long Island Gamma Knife® Center (*Oceanside*)
- Center for Prostate Health Program (*Oceanside*)
- Center for Breast Health (*Oceanside*)
- Center for Lung Health (*Oceanside and Valley Stream*)
- Radiation Oncology Department (*Oceanside and Valley Stream*)
- Surgical Oncology Department (*Oceanside and Valley Stream*)
- Complete Women's Imaging Center (*Oceanside*)
- PET/CT Service (*Oceanside*)

The Outstanding Achievement Award recognizes cancer programs that strive for excellence in cancer care. A facility receives the award following an on-site evaluation by a physician surveyor, during which time the facility demonstrates compliance with seven standards, which include cancer committee leadership; cancer data management; clinical services; research; community outreach; quality improvement; and outcomes reporting.

**For more information about South Nassau's Gertrude & Louis Feil Cancer Center, call 1-877-South-Nassau (1-877-768-8462).**

# Ask the Doctor



Linda Efferen, M.D.,  
Chief Medical Officer

**Q:** *I have a neighbor who is sick with cancer. Is there a meaningful way I can help him?*

**A:** Knowing how to be of help to someone who is suffering from cancer or another devastating illness can be a challenge. I can understand that you want to help, but are unsure how. Typically, what is needed and most appreciated by patients and their caregivers are concrete offers of help. It also sounds more sincere than, "Is there anything I can do?" I have listed some examples of hands-on help that will be a source of comfort and support:

- Offer to grocery shop
- Prepare a few meals. Call and say you've cooked a dish and ask when it's convenient to drop it off. Or, bring over a basket of fruit or baked goods. Remember, the caregiver needs to eat, too
- Do a load of laundry
- Tend to the lawn or shovel snow, if necessary
- Drive the patient to a doctor's appointment
- Clean the house or chip in with other neighbors to hire a cleaning service
- Help to organize meals, childcare or errands. If there is a partner who lives in the household, give him/or her your support, too
- Stop by and chat. The gift of time is always cherished. But remember, people who are ill fatigue easily, so keep the visits brief. Take your cues from the patient

Have a Health Question?  
Email: [info@snch.org](mailto:info@snch.org)  
and write "Ask the Doctor" in the subject line.

## South Nassau Honors Its Volunteers

On April 24, South Nassau paid tribute to more than 350 volunteers for their nearly 54,000 hours of dedicated service to the hospital during 2012. Members of South Nassau's administration and board, along with Rockville Centre Mayor Francis X. Murray, were on hand to praise the committed men and women who perform daily acts of kindness, from running errands to offering patients reading and listening materials.

The following volunteers received awards for their contributions of service:

- 30,000-Hour Award: Dorothy Sharer
- 24,000-Hour Award: June Kane
- 17,000-Hour Award: Susan Keller
- 5,000-Hour Award: Margaretha Leverage and Nori Mattson
- 4,000-Hour Award: Edward DeLucie, Patricia DeLucie and Rich Intersimone

Anne Dennin was the recipient of The Five-Star award, in memory of the contributions of service of the late volunteer Adelaide Cromwell. Ms. Dennin has performed clerical duties for Health Information Management, the Medical Library and Department of Pathology and Clinical Laboratories. This year, the "Sandy" Award honored volunteers who went above and beyond the call of duty during the aftermath of the superstorm. Awards were presented to Stephen Lamb, Dorothy Sharer, Elizabeth Wood, Lynda Stevenson and Fran Johnson.



Anne Dennin, the Five-Star award recipient, poses with, from left, Richard J. Murphy, president and CEO; Lowell Frey, member of the board of directors; Joseph J. Fennessy, chair of the board of directors; Phyllis Citera, director of volunteer services;

Elizabeth Nardone, vice president of development; and Marianne Sarli, administrative director of pathology and clinical laboratories.

## South Nassau Cancer Physician Appointed Liaison to Cancer Commission



Leester D. Wu, M.D., associate director of the department of radiation oncology, has been appointed South Nassau Hospital's Cancer Liaison Physician to the American College of Surgeons Commission on Cancer. The three-year appointment places Dr. Wu among an elite group of about 1,600 physicians recognized for their leadership in the development of cancer programs and expertise in the diagnosis and treatment of cancer. Cancer liaison physicians are an integral part of cancer programs accredited by the ACS.

## Pediatric Nurse Honored by Town of Hempstead

Lynn Bert, R.N., nurse manager of pediatrics, has received the Town of Hempstead 2013 Pathfinder Award. Ms. Bert was recognized for her contributions to health services by Supervisor Kate Murray during the town's celebration of Women's History Month in February.

Along with her many responsibilities at the hospital, Ms. Bert has established innovative programs to improve the health and wellness of the community. One such program aims to connect South Nassau asthma patients and their families to community resources through the nonprofit group Asthma Coalition of Long Island. A number of hospitals on Long Island, including Steven and Alexandra Cohen Children's Medical Center of New York of the North Shore-Long Island Jewish Health System, Winthrop University-Hospital and Good Samaritan Hospital have modeled their asthma prevention programs on South Nassau's.

During 2012, Ms. Bert also established the program Project HELP (Hospitals Empowering Lifelines through Peers), which endeavors to prevent teen suicide by directly connecting 13 to 18 year olds to counselors at the Long Island Crisis Center. Teens are encouraged to enter the center's hotline number or text number into their cell phones or scan a QR (quick response) code into their cell phones that enables them to call or text directly to the Long Island Crisis Center.



Lynn Bert, R.N., nurse manager of pediatrics, receives the Town of Hempstead Pathfinder Award from Supervisor Kate Murray. Mark Head, vice president of external affairs, and past recipients of the Town of Hempstead Pathfinder Award, Althea Williams, administrative director of the Family Medicine Center, and Suzanne Kornblatt, director of SIBSPlace and child and family life, look on.



Legislator Howard Kopel, of Valley Stream, honors Gail Carlin, director of community relations, right, with the Nassau County Legislature's 2013 "Women: Trailblazers in the New Millennium" award. Oceanside resident Maria Heller, also a recipient of the Trailblazer award, is a member of the board of directors of the Oceanside Chamber of Commerce and is a member of the hospital's Community Advocacy Committee.

## County Honors South Nassau Employee

Gail Carlin, director of community relations, has been named one of Nassau County's 2013 "Women: Trailblazers in the New Millennium" honorees. She was recognized by the county Legislature on March 18 for her work in the community following Superstorm Sandy while she served as president of the Oceanside Chamber of Commerce from 2010 to 2012.

In the aftermath of the storm, Ms. Carlin was instrumental in opening a distribution center in Oceanside to accept Sandy donations and relief supplies pouring in from across the country. For nearly two months, she unpacked food, cleaning supplies and other donations and assisted the Oceanside, Calif., Chamber of Commerce with the distribution of nearly \$10,000 in gift cards for business owners and residents of Oceanside who were affected by the storm. In addition, as a member of the Oceanside Rotary Club, she participated in the organization's annual food drive and also assisted in the distribution of toys and toiletries to the children of South Nassau employees displaced by the storm.

## Your Gift Can Make a Difference



By Steven Gold,  
Chair, Development Committee  
and Member, Board of Directors

On Wednesday, April 24, South Nassau honored the more than 350 volunteers who support the hospital with their time, talent and energy. In 2012 alone, our volunteers contributed 54,000 hours of service. According to The Independent Sector's "Value of Volunteer Time," these donated hours have an estimated value of more than \$1.2 million.

Please consider joining our volunteers in supporting your local hospital by making a tax deductible donation

to ensure the gold standard of care is available to your family, friends and neighbors on Nassau's South Shore. Every gift, large or small, can make a difference.

**To make a tax-deductible gift, please go to [www.southnassau.org](http://www.southnassau.org) and click on Gift Giving or mail your donation to South Nassau Hospital, P.O. Box 843, Baldwin, NY 11510. For more information, call 516-377-5360. Thank you!**

## Proceeds from SIBSPlace® Auction Tops \$325,000

South Nassau Hospital's SIBSPlace (Survivorship in Brothers and Sisters) Annual Auction on April 27 at the Seawane Club in Hewlett Harbor raised more than \$325,000 in support of the program.

SIBSPlace provides free support services and guided recreation for the well siblings of children and parents with life-threatening illnesses. The program, which was the first of its kind in the nation when it was launched in 2000, encourages expression, self-awareness and the development of coping skills for children ages five to 17.

This year's honoree, Sheila D'Nodal, M.D., the former vice president of ambulatory services and chief diversity officer at South Nassau, has been a tireless supporter of SIBSPlace, which has played a vital role in helping members of the community lead fuller lives.

The event offered a record number of silent and live auction items, including throwing out the first pitch at Citi Field, an assortment of diamond jewelry, a Las Vegas trip for two with a three-night stay at The Venetian and a pair of tickets to Fall Fashion Week in New York City.



SIBSPlace Auction honoree Sheila D'Nodal, M.D., former vice president of ambulatory services and chief diversity officer at South Nassau, center, poses with Michael Schamroth, co-founder of SIBSPlace and a member of the South Nassau board of directors, and Suzanne Kornblatt, director of SIBSPlace and child and family life.

## State Health Department Awards South Nassau Training Grants for Doctors

South Nassau is the recipient of a grant from the New York State Department of Health to help train resident physicians and educate medical students in ambulatory settings. The "Doctors Across New York: Ambulatory Care Training Program" aims to enhance the clinical training experiences of resident physicians where most will practice throughout their careers. The award, which totals \$303,187, will be distributed over three years.

In an effort to expand training in the ambulatory care sites, South Nassau's residency program has partnered with internist Jacqueline Delmont, M.D., who operates two free-standing, community-based medical offices in Franklin Square and Freeport. The program is

specifically establishing additional opportunities for rotations in physical medicine and pediatrics. South Nassau was just one of 17 hospitals to be awarded funding from the program.

According to the state's Department of Health, the Ambulatory Care Training program reflects the policy recommendations of the New York State Council on Graduate Medical Education, which seeks to improve the quality of health care in the state by "realigning the training of residents and the education of medical students with the needs of New York State's patients" who increasingly seek health care from freestanding ambulatory care sites.

# Community Spirit



## — Promoting Heart Health at Sandel Senior Center

On March 5, Gina Kearney, R.N., director of community education, and Tricia O'Brien, R.N., of Parent-Child Education, discussed preventing heart disease and demonstrated proper CPR technique to members of the Sandel Senior Center in Rockville Centre.

From left, Ms. Kearney, Sandel member Carmen Flamini and Ms. O'Brien.



## — Teddy Bear Clinics Ease Children's Hospital Anxiety

Kindergarteners from Oceanside's School No. 6, along with their fluffy "patients," are all smiles at South Nassau's Teddy Bear Clinic on March 8. The "clinic" was created to educate kindergarten children on how common emergencies are diagnosed and treated in a hospital. South Nassau coordinates the clinics with the Oceanside and Rockville Centre school districts.

Standing with the children, from left, Trina Williams, R.N., Pediatric Unit; and students Anthony Esposito and Jasmeet Mahandru from Molloy College's School of Nursing.



## — Local Assemblyman and Stop & Shop Team Up to Donate Easter Baskets to Pediatric Unit

Assem. Brian Curran, of Lynbrook, along with Jay Schwartz, manager of Stop & Shop, 3563 Long Beach Rd., Oceanside, donated 40 Easter baskets to South Nassau's pediatric patients on March 25.

From left, Cecilia Carey, R.N., assistant nurse manager, Women's & Children's Services; Mr. Schwartz; Assem. Curran; Mary-Liz Simmons, R.N., nurse manager, Women's & Children's Services; and Althea Williams, R.N., administrative director, Family Medicine Center.



## — Oceanside Fire Department Donates Toys for Pediatrics

On April 19, members of the Oceanside Fire Department stopped by with a bundle of toys to cheer up patients on South Nassau's Pediatric Unit.

Back row, from left, Oceanside Fire Department members Daniel Sabatino and Ed Scharfberg. Foreground, South Nassau pediatric nurses Martine Bouzi, R.N., and Nimcy Benly R.N.; Lynn Bert, R.N., nurse manager; and respiratory therapist Folasade Akindejoy.



## Valley Stream's Silver Threads Visit South Nassau

Members of Valley Stream's Silver Threads visited South Nassau on April 19, to donate handmade blankets for patients.

From left, Joanne Newcombe, R.N., vice president of patient care services; Joseph Lamantia, executive vice president and chief operating officer; Mayor Edward Fare of Valley Stream; Silver Threads members Joan Bridget Manney and Monica Kenners; Richard J. Murphy, president and CEO of South Nassau; and Rajiv Datta, M.D., medical director of the Gertrude & Lois Feil Cancer Center and chair of the department of surgery. Foreground, Barbara Welter, member of Silver Threads; Sally Ann Esposito, manager, Valley Stream Community Center; and South Nassau's chaplain Allen Siegel.



## South Nassau Ophthalmologist Addresses Sandel Senior Center

Richard Nauheim, M.D., director of ophthalmology, spoke about cataracts and advances in cataract surgery at the Sandel Senior Center on April 23.

Dr. Nauheim, center, poses with Rockville Centre resident John H. Kirkwood; and Kathe Hardenburgh, program coordinator for Sandel Senior Center. Seated, Rockville Centre residents Claire J. Kirkwood and Marie Piccolo.

## South Nassau Teams Up with Sen. Skelos for Head and Neck Screening

On April 19, South Nassau Hospital's Gertrude & Louis Feil Cancer Center co-sponsored with Sen. Dean Skelos of Rockville Centre a free head and neck screening at the Hewlett-Woodmere Public Library. Head and neck cancer is highly treatable and the cure rate is good when it is detected in the early stages. According to the Prevention Committee of the American Head and Neck Society, annual screenings for head and neck cancer assist in the early diagnosis and successful treatment of the disease.

## South Nassau Marks Annual National Health Care Decisions Day

On April 17, Palliative Care and Geriatric Services raised awareness of the importance of advance care planning by distributing educational literature and answering individuals' questions about how to prepare an advance directive. An advance care plan or directive is a written statement informing your doctor, family members and significant others about your preferences regarding end-of-life care. Department personnel also made available the New York State Health Care Proxy forms, living will forms, "Conversation Project Starter" kits and "Next Step Conversation Project" guides to help patients facilitate discussions with their medical teams.

## Dress In Blue Day™

Each year, 150,000 new cases of colorectal cancer will be diagnosed. Screening can reduce your risk by up to 90 percent, because polyps found during this process can be removed before they have a chance to develop into cancer.



To that end, South Nassau employees dressed in blue on March 27, to raise awareness of colon cancer. Staff members of the Department of Community Education distributed educational materials and free take-home colorectal cancer screening kits.

## Speak Up for Your Health!

As part of New York State Department of Health's "Prevention Agenda Toward the Healthiest State," hospitals are required to write a three-year plan that outlines the hospital's strategy to address its communities' needs.

To see our current update, go to [www.southnassau.org](http://www.southnassau.org) and click on the Healthful News and Resources tab, and choose Community Service Plan, or pick up a copy from the hospital's administrative office or External Affairs in Baldwin at 2277 Grand Avenue.

## Provide Your Opinion!

As part of a community polling effort, South Nassau is conducting an online survey to learn which state-mandated health care initiatives are most important to you.

Please go to [www.southnassau.org/healthsurvey](http://www.southnassau.org/healthsurvey) to take a brief one- to two-minute survey.



## Every Two Seconds Someone in the U.S. Needs Blood— Please donate!

Mark your calendars and plan to donate at South Nassau's final blood drive of 2013 on **Thursday, October 10.**

**Where?** South Nassau's Albert Conference Room

**When?** 7 a.m. to 9 p.m.

For more information or to register, call the Department of Human Resources at **516-632-4080.**

Can't donate at the hospital? Make sure you donate at another Long Island Blood Services site (go to [www.nybloodcenter.org](http://www.nybloodcenter.org) and click on Donate Blood and search Donor Center Locations). Please provide South Nassau's ID number (**6295**) when registering, so that the hospital can receive credit for the donation.

**Complete Women's Imaging** at 440 Merrick Rd., in Oceanside, is now open on select Saturdays, from 8 a.m. to 12 noon. To schedule a mammogram, call 516-255-8220.

## Park Quickly!

South Nassau's Valet Parking Service is available weekdays, from 7:30 a.m. to 4:30 p.m. You'll find an attendant waiting at the hospital's main entrance.



## WORD SCRAMBLE

Would you like to win a \$50 gift card?

Submit your answers online by going to <http://www.southnassau.org/scramble> or mail them to South Nassau Hospital, Department of External Affairs, One Healthy Way, Oceanside, NY 11572 before **Wednesday, July 24 at 11:59 p.m.** The winner will be notified by **Monday, July 29.**

**Good luck!**

**Please note: Duplicate entries are not permitted and will result in the disqualification of the contestant. Please, only one entry per household.**

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Phone: \_\_\_\_\_

SOUTH NASSAU COMMUNITIES HOSPITAL WORD SCRAMBLE CONTEST RULES: No purchase necessary to enter or win. Open to U.S. residents age 18 and older, except where prohibited by law. Employees or attending physicians of South Nassau Communities Hospital, immediate family members of the foregoing or persons living in the same household with the foregoing are not eligible. Limit one entry per household. Entry period ends Wednesday, July 24, 2013 at 11:59 p.m. For complete contest rules or alternate method of entry, visit our website at [www.southnassau.org/scramble](http://www.southnassau.org/scramble) or request a copy by mail by sending a self-addressed, stamped envelope to Contest Rules, Word Scramble Contest, Attn: External Affairs Dept., South Nassau Communities Hospital, One Healthy Way, Oceanside, NY 11572.

This issue's Scramble focuses on skin

SMIDRE \_\_\_\_\_

IRAH THAFS \_\_\_\_\_

ENLMANI \_\_\_\_\_

EOPR \_\_\_\_\_

LGCNAOLE \_\_\_\_\_


**Congratulations to last issue's *Word Scramble* winner from Oceanside!**

## Prevent Falls!

If you are concerned about falling in your home, call the Fall Prevention program at South Nassau Home Care: 516-377-5000.

Would you like to receive  
Healthy Outlook? It's FREE!

Sign up today by going to  
[www.southnassau.org](http://www.southnassau.org)

 Please reduce, reuse, recycle

## Want to Quit Smoking?

South Nassau's Department of Community Education offers a smoking cessation program. Call 516-377-5333 to register. In addition, the New York State Smokers' Quit-line, 1-866-NYQUITS (1-866-697-8487) is a free and confidential service that offers telephone-based counseling to help smokers quit.



## Save the Date

Sunday, September 29

**Communities for a Cure  
Annual 5K Run/Walk & Health Fair**  
South Nassau Hospital

For more information, call 516-377-5370

Saturday, November 2

**2013 Carnation Ball**  
Crest Hollow Club, Woodbury

For more information, call 516-377-5360

## Community Education Support Groups

516-377-5333

Bariatric Support Group  
Bereavement Support Group  
Breast Cancer Support Groups  
\*NEW Caregiver Support Group  
(See description far right)  
Coma Recovery Association  
Diabetes Support Group  
Dialysis Family Support Group  
Heart Club  
Ostomy Support Group  
Stroke Club

## Parent/Child Education Programs

516-377-5310

Baby Care Class  
Breastfeeding Support Group  
Breastfeeding and Working Class  
Infant and Child CPR  
Maternity Orientation  
Mommy and Baby Yoga Class  
Prenatal Yoga Class  
Preparation for Breastfeeding Class  
Prepared Childbirth Class  
Safe-Sitter™ Class  
Sibling Class

See story on page 4!

## \*NEW Caregiver Support Group

A support group created to provide information and support to caregivers of patients with chronic and/or serious illnesses. Being with other caregivers can be helpful and informative. Open to visitors, patients, employees and medical staff.

**When:** Each Tuesday\* from 4:00 p.m. - 5:00 p.m.

**Where:** South Nassau Communities Hospital, Conference Room A

To register or for more information, call 1-877-South-Nassau (1-877-768-8462).

## Counseling Center Support Groups

516-377-5400

Bereavement Support Group  
Divorced and Separated Support Group

SIBSPlace  
516-374-3000