Courageous Group of St. Peter’s Employees Also Serve as Volunteer Firefighters, Emergency Responders

“Courage, compassion and a reverence for each person are some of the core values embodied by the employees of St. Peter’s Health Care Services. This is especially true of a special group of employees who serve their communities as volunteer firefighters and emergency responders.

“There are a lot of parallels” between health care work and volunteering as a firefighter, said Terri Welsh, RN, a firefighter with the Schuyler Heights Volunteer Fire Department in Colonie.

“One obvious parallel is your ability to stay calm and know how to deal with people in an emergency,” said Welsh, who recently graduated from the New York state firefighter training course. The course included 100 hours of intense physical training.

Welsh works in St. Peter’s Cardiac Surgery Unit, serving patients recovering from heart surgery. At St. Peter’s and as a volunteer, Welsh said she has learned to work as the member of a team, relying on the strengths and skills of her colleagues.

“A lot of us know each other’s capabilities and that can make a big difference” in an emergency, said James Daly, a 22-year veteran of fire and rescue response and a technician in St. Peter’s Emergency Department for nearly 11 years. Daly used to work on the surgical floors of St. Peter’s before switching to the Emergency Department.

“I don’t like the routine. I like not knowing what’s going to come through the door,” said Daly. “I live in that world where one minute it could be a motor vehicle accident and then the

continued on page 6
A Letter of Thanks to Staff of St. Peter’s

Our wife and mother, Marion Bird, was a patient on 5 Brady Farrell for the better part of nine days during the end of this May and was then transferred to the Hospice Inn at St. Peter’s, where she passed away the next day.

Needless to say, it was a heartbreaking experience for all of us, but one made easier to bear simply by the care and compassion extended to both her and to the entire family throughout her decline and during her actively dying phase.

The staff were not just attentive and efficient, they were always cheerful and pleasant. From the first day in the ER, to her stay on the 5th Floor, to her eventual transfer to the Hospice Inn, she was not just professionally cared for but also compassionately cared for. Everyone, from the actual bedside caregivers to the housekeeping staff, who always had a kind word, to the wonderful lady with the big smile who filled out her menu and brightened each day, all treated her with the utmost caring and respect. There are so many people who cared for her, from so many departments, that we do not remember all their names, but we will never forget their faces or the way they made her laugh and smile. There are two special caregivers we must mention though since they became very dear to her, Beverly Sorokey, RN and Brenda Williams, patient technician, both from 5 Brady Farrell.

When she was transferred to the Hospice Inn, the staff of both units made that transition as smooth, uneventful and as tranquil as it could be made under such sad circumstances. The Hospice intake interview was done with a minimum of fuss and a great deal of sensitivity and she was welcomed and cared for by their wonderful staff until her peaceful passing the next day.

Some of us have worked in other area hospitals and we have all been patients in one or another. We know there are other hospitals that are clean, safe, efficient and offer good medical care, but St. Peter’s goes beyond the standard expectation of “good care.” St. Peter’s offers something extra, that human touch, people who make you feel they really care whether or not you feel safe and comfortable.

We offer our profound thanks to all the people from all departments and all disciplines for the care and respect shown to her and to all of us during this difficult time. We will never hesitate to recommend St. Peter’s as the best hospital in the area for those seeking both excellent medical care and that extra compassionate patient-family focused care that makes all the difference when you or a loved one is ill.”

Thank you,
The Bird Family
This Year, Back to School Means Back to Flu

Children returning to school this month will face an increased risk of contracting H1N1 flu, according to infection control experts.

But those experts cannot say whether the “swine flu” will continue to be a relatively mild illness for most people or if it will mutate into a stronger and deadlier virus.

One constant in this health crisis has been the emphasis on hand hygiene. Health officials have urged people to cover their mouth and nose with a tissue when coughing or sneezing. When you don’t have a tissue, you should cough or sneeze into your upper sleeve— not your hands.

There are other infection-prevention steps that can stem the spread of the flu virus. For school children and their parents, the most effective step is to stay home when flu symptoms appear. These symptoms include fever, headache and sore throat.

“Unless the patient has an underlying medical condition, there is generally no need to seek medical treatment,” said Deborah Mack, St. Peter’s manager of Infection Prevention and Control.

While officials originally recommended that sick people remain home for a week, they now suggest that a student or staff member can return to school 24 hours after his/her fever is gone.

In the spring, more than 700 schools temporarily closed their doors because of flu outbreaks. More schools will likely close in the new school year, officials predict. The decision on whether to close a school will remain—at least for now—with local school districts, federal officials say.

States and school districts should also be preparing for the possibility of mass vaccinations, according to federal health officials. They are also urging schools to make contingency plans, allowing them to continue teaching, even when schools are closed.

Schools should create a separate area where students and staff members who are sick can stay until they can be sent home, federal officials are recommending. When someone is sick in school, they should be given masks to wear as should the staff members looking after them.

Doctors and scientists have been intensively studying the worldwide H1N1 virus since the global pandemic “began” in April. Scientists say that the current strain of swine flu can actually be traced back to the flu that caused a global pandemic in 1918 and killed upwards of 50 million people. That virus, scientists say, never actually went away and has led to many other strains of swine flu over the past decades.

Much of the scientific analysis this year has been directed toward the development of a vaccine to immunize people against the H1N1 virus.

“No previous pandemic has been detected so early or watched so closely, in real-time, right at the very beginning,” said Dr. Margaret Chan, director-general of the World Health Organization. “The world can now reap the benefits of investments, over the last five years, in pandemic preparedness. We have a head start. This places us in a strong position. But it also creates a demand for advice and reassurance in the midst of limited data and considerable scientific uncertainty.”

In addition to an H1N1 vaccine, health officials are recommending that people also become immunized for the regular seasonal flu that begins in the late fall or early winter. That vaccine is already being manufactured.

Since the initial outbreak this past spring, the majority of H1N1 cases have occurred in people under the age of 25 years. This is a different pattern than epidemics of seasonal influenza when most deaths occur in frail elderly people.

As health professionals and scientists learn more about the H1N1 virus, they have discovered a particular danger to pregnant women. The Centers for Disease Control and Prevention is recommending the prompt treatment of pregnant women who may have contracted the flu.

The CDC has found that pregnant women have had higher rates of hospitalization and a greater risk of death compared to the general population.

Of 45 U.S. deaths from the H1N1 flu between April and mid-June, six were pregnant women. Even more pregnant women had flu symptoms that led to their hospitalization. More than one million Americans have likely been sickened by the H1N1 flu and more than 300 people have died.

All of the pregnant women who died were healthy prior to infection of H1N1. They subsequently developed viral pneumonia and later died. The CDC said they did not receive antiviral medication soon enough to benefit from that treatment. Antiviral treatment should begin within 48 hours after symptoms.

For some years now the CDC has strongly recommended a seasonal flu vaccination for all pregnant women because of the risk for influenza-related complications. The flu shot, which is a non-live vaccine, is recommended for all women who are or are planning to be pregnant during the flu season which is typically September through end of March.

The vaccine can be given at any time in the pregnancy. The flu mist contains live virus vaccine and, as a result, is not given to pregnant women.

Additional information and advice for schools and parents is available on the CDC’s website at http://www.cdc.gov/germstopper. Other flu-related information is available from the CDC at http://www.cdc.gov/h1n1flu.

Race for Hope Oct. 25 Benefits St. Peter’s Cancer Care

The Race for Hope, a nationally sanctioned 5K road race, is set for 9 a.m. Oct. 25 to benefit St. Peter’s Hospital Cancer Care Center. The race is hosted by Capital Region Special Surgery with assistance from the St. Peter’s Hospital Foundation.

“We decided to establish this road race in an effort to help people in the Capital Region who are affected by brain, head and neck cancers,” said Edward H. Scheid, Jr., MD. “Holding this important event in our community will help raise funding and promote public education for these life-altering diseases.”

More information is available at www.capitalregionsspecialsurgery.com/raceforhopealbany or contact the Race Director, Sarah Nicole Mahoney, at (518) 441-8570 or Mahoney@capitalregionneurosurgery.com.
St. Peter’s Annual Celebration of Women Conference
Creating a Culture of Excellence in Women’s Health

St. Peter’s 9th annual Celebration of Women Conference, a health and wellness event for women, will take place Tuesday, October 27, at the Albany Marriott and will feature humorist Christine Cashen presenting her “Extreme Humor Makeover.”

Running from 3:15 to 9:00 p.m., the conference will include workshops on current health subjects important to women, as well as booths and vendors providing health information, health screenings and health products for women. This event is highlighted by a dinner with mistress of ceremonies and WNYT anchor Benita Zahn, as well as a variety of door prize drawings.

“The Celebration of Women Conference was created to help women make positive changes in their lives and inspire them to be their best,” said Amy Baker, St. Peter’s coordinator of the annual event. “We try to create a culture of excellence in women’s health by sharing important clinical information, hosting community wellness programs and organizing educational events for women. We hope that by doing this, we can inspire women to live longer and better.”

The program is led by St. Peter’s Women’s & Children’s Services, and supported by numerous departments within St. Peter’s including the Hospital Auxiliary, Breast Center, Cancer Care Center, Cardiac & Vascular Center and Corporate Communications.

Among the scheduled workshops are:
- Heart Care – The Right Test for the Right Person at the Right Time;
- Thyroid – What Does That Have to Do with My Health?
- Genetic Testing – How Your Family Tree Can Affect Your Health;
- What is your Breast IQ?;
- Dollars & Sense – How to Choose Nutritional Wise and Stay Economically Healthy; and,
- Screening for Chromosomal Abnormalities: What Is My Obstetrician Looking For?

There will also be health screenings and informational booths featuring St. Peter’s services. All these screenings are limited and will be provided on a first-come, first-served basis.

They will include:
- Glucose and Blood Pressure Screening by St. Peter’s Cardiac & Vascular Center
- Carbon Monoxide Breath Test for Smokers
- Oxygen Saturations and Lung Capacity Appointments by St. Peter’s Pulmonary Function Lab
- Hearing Screening by St. Peter’s Speech & Audiology
- Ask the Pharmacist by St. Peter’s Pharmacy Department
- Reflexology/Reiki/Massage by St. Peter’s Complementary Therapy Department
- Nutritional & Diet Counseling by the St. Peter’s Nutrition & Diet Department

Tickets are $45 per person ($35 for St. Peter’s Health Care Services employees and Auxiliary members). The ticket includes the afternoon workshops, dinner and keynote presentation. Registration forms may be obtained by calling (518) 525-1232 or online at www.sphcs.org/celebrationregistration.

Table reservations for a party of 10 may be completed online and confirmed by calling St. Peter’s Corporate Communications at (518) 525-1232.

Directions in Caring
SEPTEMBER 2009

Born Less Than Three Pounds, Johnstown Girl Comes Back to St. Peter’s Hospital NICU to Celebrate Her 10th Birthday

“It’s so cool that they saved my life,” 10-year-old Molly Sear told news reporters who covered her birthday party with the staff of St. Peter’s Neonatal Intensive Care Unit. Molly is seen at left, front row, center, as she is interviewed by News Channel 13 reporter Dan Bazile while Kathleen Marsch, background, left, stands with Molly’s parents, Lisa and Steve, while Claudia VanKempen, RN, of St. Peter’s Neonatal Intensive Care Unit (NICU) looks on at right.

Molly annually visits St. Peter’s around her birthday to thank the nurses and staff who cared for her when she was born 14 weeks early and less than three pounds. This year was special, however, because Molly was honored for her fundraising on behalf of the March of Dimes’ March for Babies Campaign.

“I want to help babies like me so they can grow up and be healthy like me,” said Molly, who raised more than $2,000 at her school.

“We get attached to all the babies that are here that long, and it’s great to watch them grow,” said Anne Riley, BSN, RN, another of the NICU nurses who cared for Molly during her two-month stay in the NICU. “We are so grateful that Molly comes to visit. It’s one of the most gratifying parts of the job.”
Supporting St. Peter's Unique ALS Regional Center

The staff, volunteers and community supporters of St. Peter’s ALS Regional Center often refer to themselves as a family whose donations of time, support and money have kept this unique service operating for the past 20 years.

Now the St. Peter’s “family” is growing with the addition of the national Muscular Dystrophy Association (MDA) and the Golub Corporation, which operates Price Chopper supermarkets. The Golubs and the MDA have announced their financial support of St. Peter’s ALS Regional Center, which is the only local medical service devoted entirely to the care of people suffering from the debilitating, neuromuscular disease Amyotrophic Lateral Sclerosis (ALS).

The medical clinic at the ALS Center, which provides medical and emotional support, rehabilitation therapy, consultation and education to ALS patients, is being named in honor of Lewis Golub, the chairman of the Golub Corporation who has been diagnosed with ALS.

Known as Lou Gehrig’s Disease, ALS is a deadly disease with no known cause or cure. Striking healthy adults in the prime of life, the disease kills nerve cells that control muscles, leading to weakness, and ultimately, complete paralysis of all voluntary muscles, including those used for breathing and swallowing. Death often comes within three to five years of diagnosis.

With financial support from the Golub Corporation and the MDA, St. Peter’s ALS Regional Center will be able to offer enhanced services in addition to those services currently offered — most free of charge — to ALS patients and their families, said Steven P. Boyle, president/CEO of St. Peter’s Health Care Services.

“Since it was created in 1988, the ALS Regional Center has relied on the generous support of families touched by this devastating illness,” said Boyle. He noted that the Golubs will be joining other local families such as the Michaels family and the Daly family, who organize the annual ALS Memorial Golf tournament in honor of the late John C. Daly and the late James W. Michaels. Both were successful Albany-area businessmen who battled ALS.

Another important fundraiser for the ALS Regional Center — the 8th Annual “Walk to Strike Out ALS” — is taking place Saturday, October 17 at the Saratoga State Park Warming Hut. Registration for the walk will start at 9:30 a.m. and the walk will begin at approximately 10 a.m. Two easy walking routes will accommodate walkers of all ages.

“The ALS Center will offer all the tastes of fall with fresh apples, cider, donuts and more!” said Spinelli. “In addition to the fall festivities, we will have a raffle with items for all ages along with an entertaining youth area. For this meaningful morning of fun, family and friends we gladly accept walk pledges. If you are unable to attend, but would like to donate, we welcome donations.”

Further information is available by calling the ALS Regional Center at (518) 525-1629 or email at alsregionalcenter@sphcs.org.

Many people don’t realize that the Muscular Dystrophy Association has been supporting ALS treatment and research for more than 50 years, according to Karen Spinelli, director of St. Peter’s ALS Regional Center.

“MDA began its ALS effort after being contacted by Lou Gehrig’s widow, Eleanor, in the early 1950s,” said David Feenan, regional director for MDA. “In the decades since then, MDA has expended more than $250 million in its battle against ALS.”

The MDA is the world leader in ALS research and services, including 36 MDA/ALS centers and 220 general MDA clinics throughout the country. The MDA also supports the largest ALS drug discovery project in history — the ALS Therapy Development Institute in Cambridge, Mass.

Like the MDA clinics, St. Peter’s ALS Regional Center loans medical and assistive communication equipment to patients each year to assist in their mobility, speech and breathing. More than 500 pieces of equipment were loaned by St. Peter’s ALS Regional Center in 2008.

Located at 19 Warehouse Row in Albany, the center is the only clinic program serving ALS patients and families in a 17-county region between Syracuse and Manhattan. The staff of the ALS Regional Center makes home visits and offers guidance and support via telephone to ALS patients who are too sick or disabled to visit the center.

Muscular Dystrophy Association, Golub Corp. Now Supporting St. Peter’s Unique ALS Regional Center
continued from page 1

St. Peter’s, EMS Stalwart Mary Preska is Honored as RN of Excellence

“Mary is one of those special people who has been an EMS advocate for what seems like eons, and she is one of the best RNs that you will ever come across,” said Howard Huth, a former technician in St. Peter’s Emergency Department who nominated Preska for the Nurse of Excellence award.

Huth recalled the times in the St. Peter’s Emergency Department when Preska’s colleagues would seek her help. They knew “the cavalry was coming and that everything is going to be all right.”

“Ask any of our fellow paramedics or EMTs,” Huth added. “When they see Mary’s face in the ED at St. Peter’s, they relax a little and know that they have a friend and colleague who will take good care of not only the patient, but the EMS providers also.”

Preska began work at St. Peter’s in 1974 and, during much of that time, she has been actively involved as a paramedic, EMT and advocate for other volunteers. In addition, Preska has been a certified instructor coordinator and she is currently on the Quality Improvement Committee of the Capital District Ambulance Service.

In 2006, when Preska was named St. Peter’s Nurse of Excellence, Geraldine Vickers, RN, CCC, ED, said, “Mary always has a smile on her face…(and) frequently is designated the charge nurse, leading the department through some of the busiest and toughest days.

“Mary is one of those nurses that one feels blessed to have had the honor of working with and continue working with.”

Huth said Preska “is the rare combination of an RN/Medic who will sit with a scared patient and hold their hand. She will comfort and hold a distraught family member after their loss of a loved one, and she will reach out to EMSeers if they looked distressed.”

Tim Mirabile, REMO’s executive director, was trained as a paramedic by Preska.

“I am indebted to her for the education I received,” Mirabile said. “She is truly an asset – for our EMS providers, for St. Peter’s Hospital and for the patients she treats.”

Mirabile also credits Preska and her husband, Chuck, with helping keep the Delmar Volunteer Rescue Squad afloat prior to the implementation of a paid, career paramedic program.

REMO coordinates the Emergency Medical Services System that serves more than 900,000 people and answers more than 130,000 emergency medical calls annually in Albany, Columbia, Greene, Rensselaer, Saratoga and Schenectady counties.

continued from page 1

Courageous Group of St. Peter’s Employees Serve as Volunteers

next it’s someone’s mom who’s fallen and broken her hip.”

In both his professional life and as a volunteer, “neither is a 7 to 5 job,” Daly said. Like other volunteers, Daly has often come home from his job at St. Peter’s only to be called out again to respond to a house fire or car accident.

“But it’s what you want to do,” said Daly, who has undertaken additional training in order to respond to “heavy rescues,” such as car accidents in which people are trapped in a vehicle. He is also a member of one of the state’s Urban Search and Rescue teams.

“There’s great satisfaction without a doubt,” said Daly. “I also have a great appreciation of other responders – both professional and volunteer – in a flood, a motor vehicle accident or a building collapse, you’re there to make it better.”

“Any sort of hospital provider brings a more well-rounded approach and makes for a much stronger paramedic because they know what’s going to happen to their patient after they reach the ED (Emergency Department),” said Howard Huth, a former technician in St. Peter’s ED and now the Advanced Life Support Coordinator for the Capital District Ambulance Service. “A trained health care professional also has skills, such as starting an IV, that can be critical in working effectively as a volunteer paramedic,” Huth said.

“You’ve got to keep in mind what you’re doing in responding to a car accident or another emergency,” said Paul Hussey Jr., a security officer at St. Peter’s and a member of the Spiegeltown Fire Department for more than 10 years. (Fellow St. Peter’s Security Officer Vincent Colello is also a volunteer; as is Barry Moss, St. Peter’s manager, Environmental Safety; Frank McAlister of St. Peter’s Medical Imaging; and James Larm and Scott Freeman, who work in St. Peter’s maintenance department.)

“It’s a level of urgency that you learn to work through,” said Daly. As a health care professional, “it’s part of the job description. You don’t go through a panic mode.”

Like Daly, volunteering in the community fire department was part of growing up for Derek Anson, who works in St. Peter’s Transportation Department. Now a member of the West Albany Volunteer Fire Department, Anson remembers the first time he put on his father’s fire gear. One of his uncles and a cousin were volunteers, said Anson.

Welsh started her volunteer “career” after seeing how much her husband, Bob, took from his service as a volunteer with the Schuyler Heights Fire Department. For Welsh, her commitment and hard work not only resulted in her certification as a trained firefighter, it was also another step in her journey toward better health.

The mother of twin boys, Welsh had successful gastric bypass surgery in a weight-loss regimen that allowed her to pass the challenging state certification training.

“Part of the joy of being a volunteer was being able to complete the training,” said Welsh. “That included a lot of ‘positive reinforcement’ – like going up five flights of stairs with full firefighting gear weighing 70 pounds.”
St. Peter’s Cardiac & Vascular Center Honored on National List for Centers of Distinction

St. Peter’s award-winning Cardiac & Vascular Center has received another honor after being named a Blue Distinction Center for Cardiac Care because it has demonstrated a commitment to quality care, resulting in better overall outcomes for cardiac patients.

To be named a Blue Distinction Center, a facility must meet stringent clinical criteria, developed in collaboration with expert physicians’ and medical organizations’ recommendations, including the American College of Cardiology (ACC) and the Society of Thoracic Surgeons (STS), and is subject to periodic reevaluation as criteria continue to evolve.

“This is an important, national designation and further recognition of the top-quality care that we provide to thousands of patients each year,” said Steven Cameron, director, St. Peter’s Cardiac & Vascular Center. “This honor is a testament to the hard work of our doctors, surgeons, nurses and staff, as well as to St. Peter’s investment in high quality, leading technology.”

St. Peter’s Cardiac & Vascular Center was previously named a Top 100 Cardiovascular Hospital. St. Peter’s Cardiac & Vascular Center is the only facility in New York state and one of only few nationwide to earn the Top 100 award for nine or more years.

“The American Heart Association estimates that this year alone 1.2 million Americans will experience a first or recurrent heart attack. When it is you or someone you care about that is in need of heart care, you want to find a facility you can trust,” the Blue Cross Blue Shield Association states in announcing its national list of Blue Distinction Centers for Cardiac Care.

According to the Blue Cross Blue Shield website, Blue Distinction Centers for Cardiac Care provide a full range of cardiac care services, including inpatient cardiac care, cardiac rehabilitation, cardiac catheterization and cardiac surgery (including coronary artery bypass graft surgery).

A full list of the nation’s Blue Distinction Centers for Cardiac Care is available online at http://www.bcbs.com/innovations/bluedistinction/blue-distinction-cardiac/bluedistinctioncardiac.pdf.

Launched in 2006, the Blue Distinction program works to “help consumers find medical facilities that have demonstrated expertise in select procedures.” St. Peter’s Cancer Care Center last year was named a Blue Distinction Center for Rare and Complex Cancers.

“Blue Distinction recognizes facilities that meet objective, evidence-based thresholds for clinical quality, developed in collaboration with expert physicians and medical organizations,” according to Blue Cross Blue Shield. “Blue Distinction’s goal is to give consumers in need of specialty care credible support and information for making more effective health care decisions.”

Designation as a Blue Distinction Center means that these facilities’ overall experience and aggregate data-met-objective criteria established in collaboration with expert clinicians’ and leading professional organizations’ recommendations. Individual outcomes may vary. To find out which services are covered under your policy at these or any other facilities, please call your local Blue Cross and/or Blue Shield Plan, and please call your provider before making an appointment to verify the most current information on their network participation status.

Heart Healthy Series Begins in September

The public is invited to attend a series of free lectures with cardiac health experts, starting Sept. 21, to “Reap the Benefits of a Heart Healthy Life.” The five-part educational series will take place at St. Peter’s Cardiovascular Rehabilitation & Wellness Center, 400 Patroon Creek, Albany, from 6 to 8 p.m. The series will feature physicians from St. Peter’s Rehabilitation and Wellness program, which offers life-saving assistance to people recovering from a heart attack, heart surgery or angioplasty.

The first event is entitled, “Meet the Experts” and will feature physicians from St. Peter’s Rehabilitation and Wellness program who will discuss ways to live a heart-healthy lifestyle.

The St. Peter’s Rehabilitation and Wellness program includes cardiologists, a cardiac rehabilitation nurse, a clinical dietician, social workers and therapists who help people lead a healthy and normal life.

The other scheduled events are:

October 5: “The Basics of Heart Disease” by Dr. David G. Wolinsky, FACC;

October 12: “Knowing If You Are at Risk” by Dr. Wolinsky;

October 19: “Cardiovascular Disease – Understanding the Symptoms” by Dr. Michael J. Martinek, FACC;

October 26: “Diet and Exercise: Keys to Prevention” by Paul E. Lemanski, MD, FACP

In addition to an hour-long lecture, these events will also feature free screenings for cholesterol, glucose and blood pressure levels, waist-to-hip ratio, and body mass index. There will also be demonstrations of heart-healthy cooking and taste testings, as well as exhibits on exercise, therapy, medications, smoking cessation and nutrition.

Registration is required for each event and can be made by calling 1-800-HEART-76. Space is limited. Parking is free.

St. Peter’s Rehabilitation and Wellness program is designed to help people increase their cardiovascular fitness, increasing their work capacity and decreasing fatigue. Supervised exercise sessions are held three times a week, one hour per session, for 10 to 12 weeks. Each session begins with a warm-up period and includes aerobic activity utilizing exercise equipment including a treadmill, stationary bicycle and arm crank, and ends with a cool-down period.

All participants are observed on a heart monitor during each phase of exercise and are informed about what types of activities can be done at home.

St. Peter’s Rehabilitation and Wellness program also assists patients and their families to make lifestyle and eating changes that decrease cardiac risk factors. A 10- to 12-week program explains heart functions, cardiac risk factors, stress management, medication effects, diet and smoking.

Further information is available by calling 1-800-HEART-76 or visiting St. Peter’s website at http://www.sphcs.org/RehabWellness.
St. Peter’s and Media Partners Honor ’13 Kids Who Care’

For the 11th consecutive year, St. Peter’s Health Care Services, WNYT-NewsChannel 13, and the Times Union have recognized “13 Kids Who Care” – outstanding young people whose volunteer work and community involvement touched the lives of people in the Capital Region. This year’s “13 Kids Who Care” are:

LIZZY BOGHOSIAN
Ballston Spa HS
Elizabeth “Lizzy” Boghosian, a senior at Ballston Spa High School, is a multi-talented volunteer – helping disabled children to ice skate and others to ride horses. For the past seven years, Lizzy has volunteered with the Gliding Stars program of the Ice Skating Association for the Blind and Handicapped Children. The 13-week program offers skating lessons on Saturdays and Sundays to children in wheelchairs, walkers or braces – letting them feel the freedom of gliding on the ice. Lizzy also helps disabled children enjoy horseback riding during the summer at Paul Newman’s Double H Hole in the Woods Camp.

CHA CHA
Rensselaer HS
An immigrant from Burma, Rensselaer High School senior Cha Cha is now helping others make the same transition into life in the United States. After just two years in the U.S., Cha Cha became so proficient in English that she is helping to teach the language to other students arriving from Burma and other countries. Cha Cha is also a volunteer at the Refugee Center in Menands, which helps families find housing, proper nutrition and jobs. Recently celebrating her 18th birthday, Cha Cha has also taken the time to participate in Making Strides, a fundraising walk for survivors of breast cancer.

ANSELY CHLASTAWA
Doane Stuart
When Ansley Chlastawa was 6 years old, her mother was diagnosed with breast cancer. Since then, Ansley has turned her mother’s fight into her own, raising awareness of breast cancer by organizing a variety of fundraising activities at her school. Ansley has logged hundreds of hours of community service, but has never spent a minute of boasting or seeking credit for her selflessness. Many of her friends have not been aware of the full extent of Ansley’s volunteerism and community service. This graduating senior lets her actions do the talking.

KRISTEN CUSANO
Schalmont HS
A senior this fall, Kristen Cusano has been involved in the past four years with the Tri-County Challengers Baseball League in Rotterdam. The players have a wide range of physical disabilities, but Kristen is up to this challenge. Her role as a coach puts her right on the field during games – sometimes right in the path of the ball. There have been times when she has had to use her body to shield a player from being struck by a ball. But knocking things down is the object of Kristen’s other volunteer activity: a bowling league for people with disabilities called Clever Pinspotters. Kristen not only has a keen eye, but also a big heart, say the other coaches and managers of these leagues.

RUTH DEGANNE
Albany HS
There’s nothing like a little peer pressure – especially when it comes to saving lives. Credit Ruth DeGannes for convincing her fellow students to donate blood at one of the many blood drives Ruth has organized at Albany High School. As the school’s official Blood Drive Coordinator, Ruth has given up her lunch periods to lobby her classmates to give blood. But her work doesn’t stop there. She also coordinates the logistics and planning of these blood drives, including the blood typing of prospective student donors. Thanks to her hard work, each of Ruth’s blood drives has come very close or exceeded its target goal.

JOEY DISTEFANO
Catskill HS
Involved in many volunteer activities at his high school, Joseph “Joey” DiStefano recently led a campaign at his school where several students shaved off their hair for the “Saint Baldrick’s Foundation.” The money they raised went to help children with cancer and to help fund research for a cure. He’s a big believer in the idea that it’s the little things you do that mean the most. So Joey started the “Who You Are Makes a Difference” campaign, an almost-secret club at school, which hands out blue ribbons to people who do nice deeds. Joey has also been involved in literacy programs, a suicide-prevention committee and student government.

CEILNE KEANE
Catskill HS
Ceiline Keane is a recent graduate of Whitehall High School who has made a big difference in the lives of kids at the local library. After moving to Whitehall four years ago, Ceiline offered to start a reading program for pre-school children. Ceiline, 18, prepared the materials for these sessions, including the arts-and-crafts supplies that the students use after each story. The library staff say the children “have fun in a relaxed setting due to the patience, kindness and professionalism” shown by Ceiline. In addition to leading the local chapter of Students Against Destructive Decisions, Ceiline has also volunteered at Whitehall Elementary School where she helped a student who had been struggling with reading.

continued on page 9
Bariatric Surgeon Dr. Mehul Trivedi Joins St. Peter’s

St. Peter’s Hospital is pleased to welcome Dr. Mehul Trivedi, as the newest member of its surgical team. Dr. Trivedi joins Dr. Clorimar Atilles, Dr. Jason Heckman, and Dr. David Edmonson in Suite 310 of the 319 Building where they will help St. Peter’s Hospital establish a comprehensive weight-loss surgery program.

Dr. Trivedi is a board-certified general surgeon, with fellowship training in bariatric, minimally invasive and foregut surgery. He comes to SPH from a successful private practice in Ohio, where he performed hundreds of bariatric and minimally invasive surgeries, spanning the surgical gamut of bariatric procedures, including lap-band placements and gastric bypasses.

A graduate of the University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School, Dr. Trivedi completed his surgical residency at the National Naval Medical Center in Bethesda, MD. He completed his two fellowships at the Medical College of Wisconsin and Penn State, respectively. Dr. Trivedi also served in the U.S. Navy, with active duty deployment oversees and was ship surgeon on the USS Abraham Lincoln.

Dr. Trivedi’s office at 319 S. Manning Blvd. can be reached at (518) 525-5208.

St. Peter’s
HEALTH CARE SERVICES
The science of medicine.
The compassion to heal.

continued from page 8

St. Peter’s and Media Partners Honor ‘13 Kids Who Care’

CHRIS MANCUSO
Voorheesville HS
A recent high school graduate, Christopher Mancuso of Voorheesville has used his skills as a hockey player to coach disabled children in the Bethlehem Eagles Sled Hockey program. The program’s director, Kimberly Wilson, credits Chris with helping kids both on and off the ice. Chris and the league work with children of many different abilities. Still, Chris has made practice sessions fun and helped prepare his teams for good experiences in sled-hockey tournaments.

CASSIE MULLER
Loudonville Christian School
Cassie Muller has grown up in a family that’s made community service and neighborhood outreach a priority. Cassie has been giving up her summer vacations, as well Saturdays, the past five years to work at the Children’s Feeding Center of Albany, serving impoverished children in downtown Albany. Cassie and other volunteers pack hundreds of bagged lunches each day during the summer. Even on Christmas Day, Cassie has helped distribute gifts to poor children. She is always on the watch for people in need, including two children at the feeding program who received new clothes purchased by Cassie. They may one day be the model for similar programs that Cassie would like to bring to other communities in New York state.

KATHERINE RALICKI
D. P. Sutherland Elementary School, Nassau
Community service often starts in the home. That’s certainly true of 10-year-old Katherine “Katie” Ralicki, who helps with many household chores since her mother had a stroke four years ago. With her mother confined to a wheelchair, Katie has been helping with laundry, cleaning and other household chores, as well as helping her mother to communicate. In school, Katie has had perfect attendance.

NICK MAROZZI
Shaker HS
A senior this fall, Nicholas Marozzi is being recognized for his volunteer work with “Best Buddies.” Since his freshman year, Nick has helped Best Buddies match high school students with students with special needs. Together, these students and their “Best Buddy” play games, attend events and participate in activities that enrich the lives of all these students, including Nick and the other volunteer Buddies. Today, Nick is the local chapter’s president and, this past year, he worked to bring other chapters together for a Best Buddies prom.

ANNA PETERS
Miss Hall’s School
At Jiminy Peak ski resort, expert skier Anna Peters helps kids with disabilities do the seemingly impossible – she helps them ski despite their physical and/or developmental handicaps. Her work with the STRIDE Adaptive Sports program is just one of the volunteer activities undertaken by this 17-year-old as she enters her senior year at Miss Hall’s School. In addition to skiing, Anna and other STRIDE volunteers also take kids out on camping trips or just spend time with them. In school and in her community, Anna gives selflessly of her time and talents.

RYAN WEITZ
Fonda Fultonville HS
Ryan Weitz is not just a member of the senior class at Fonda-Fultonville High School, he is also using his passion for history and research in his capacity as the official historian for the village of Fultonville. Often volunteering up to 50 hours a week as the historian, Ryan has expanded this work into several projects in the community, including the restoration of grave stones for every veteran in the local cemetery. His duties as historian include work for the state association of public historians in New York and Montgomery County.
St. Peter’s Repeat Winner as Region’s Best Hospital

St. Peter’s Hospital has once again been named the “Best Hospital of the Capital Region” in voting by the readers of the Times Union newspaper. This is the third year in a row that St. Peter’s has received this honor.

With 8,341 ballots filled in, the Times Union in its “Best of the Capital Region 2009” supplement said, regarding the hospital balloting: “When people are seriously sick or hurt, many want to go to St. Peter’s in Albany. Of the top three, 51 percent picked St. Peter’s, compared with 41 percent for Albany Med.”

St. Peter’s President/CEO Steve Boyle told employees, “You should be very proud of this recognition. This is a tribute to your hard work and the manner in which you have served thousands of patients and their families during the past year. While this vote represents the appreciation and support of our community, it also brings responsibility. We must continue to provide the best and most compassionate care possible for every person, every place, every time.”

A Golden Jubilee for Sister Mavis

Kathleen Brodbeck, St. Peter’s vice president of operations, left, was among the guests honoring Sister Mavis Jewell at a Golden Jubilee celebration marking 50 years since Sister Mavis dedicated her life as a Daughter of Charity to serving God and all his children.

In her 20 years as a System and Project Specialist at St. Peter’s, Sister Mavis has helped develop the hospital’s cardiac care program, and she was instrumental in helping St. Peter’s achieve Magnet Hospital status from the American Nurses Credentialing Council in 2005. Her most enduring legacy may be the hospital’s popular Prayer Shawl Ministry, which distributes shawls, stitched by volunteers, to comfort patients and families at St. Peter’s.

The Golden Jubilee ceremony at DePaul Provincial House in Menands was featured in an article and photograph in the Times Union newspaper. A day later, the story was the most popular piece on the newspaper’s website.

At the ceremony, Brodbeck praised Sister Mavis “for her service to so many other health care institutions over these past five decades.”

Our Lady of Mercy Life Center

Our Lady of Mercy Life Center (OLMLC) recently honored Sister Elizabeth A. Dovidio, RSM, as well as Thomas and Martha White, for their support of St. Peter’s 160-bed skilled-nursing facility in Guilderland.

Sister Elizabeth was a founding member of Our Lady of Mercy Life Center in 1993 and of the McAuley Residence in 1995. When OLMLC was created in 2003, Sister Elizabeth served as a board member and helped establish the Life Center’s philosophy.

A former teacher at Vincentian Institute and Catholic High, Sister Elizabeth is the music director for the Religious Sisters of Mercy. She continues to provide music at services conducted at OLMLC.

Mr. & Mrs. White were recognized by OLMLC for their compassionate acts on behalf of all residents of the facility. Their association with OLMLC began in April 2000 when Martha’s mother, Mary “Mo” Cunningham, moved to the facility.

The Whites quickly sought ways to help the staff enhance the quality of life for all residents. They have assisted with food drives and assembled food baskets for the needy during the holiday season, provided flowers in the Chapel for various holidays, assisted with services held in the Chapel on Saturdays, transported residents, and assisted with annual events such as the Resident Snow Ball.

HVCC award

St. Peter’s Hospital has been selected as the recipient of the 2009 Hudson Valley Community College Corporate Excellence Award.

“This award recognizes companies that have demonstrated exemplary commitment to Hudson Valley Community College, its health sciences program and its students,” reads the citation from the Hudson Valley Community College Foundation.

St. Peter’s President/CEO Steven M. Boyle will receive the award on Sept. 23 at the Distinguished Service Awards Luncheon at the Franklin Terrace Ballroom in Troy.

St. Peter’s Scores Well in Cardiac and Post-Operative Infection Rates

St. Peter’s Hospital was placed on the Honor Roll of New York hospitals for significantly lower mortality rates in three cardiac conditions and two types of post-operative infections, according to the latest New York State Hospital Report Card by the Niagara Health Quality Coalition.

St. Peter’s mortality rates for acute myocardial infarction, congestive heart failure and acute stroke, as well as postoperative sepsis and postoperative wound dehiscence in abdominopelvic patients, were significantly lower than the average for New York state hospitals according to 2007 data.

The Niagara Health Quality Coalition, an independent non-profit organization, has been publishing the report card since 2002. Published online at www.myhealthfinder.com, the report card is intended to help patients find high-quality care.
Nora Baratto Recognized for Service to Elderly, Other Vulnerable Persons

St. Peter’s director of Case Management, Nora Baratto, has been presented with a prestigious award from Catholic Health East (CHE) in recognition of her tireless efforts on behalf of the elderly and other vulnerable populations.

Baratto, LCSW-R, CCM, accredited case manager, was presented with the Richard A. Stebbins Award at CHE’s biennial Governance/Management Conference in Florida. Catholic Health East is a multi-institutional Catholic health system and the parent corporation of St. Peter’s Health Care Services.

A particular core value of CHE is selected each year for the Stebbins Award and this year’s award is based on the core value of justice: We advocate for a society in which all can realize their full potential and achieve the common good.

Baratto was selected for her “service to and advocacy for those people whose social condition puts them at the margins of our society and makes them vulnerable to discrimination,” according to the CHE Board of Directors.

“I am lucky to have leaders within the organization that support and recognize the importance of the CHOICES Program in meeting a critical unmet community need,” Baratto said in accepting the award.
Daniel Finn, M.D., F.A.C.S., F.R.C.S. (Ireland), is the new Chief of Staff for St. Peter's Medical/Dental Staff. A member of Capital Region Urologic Surgeons in Albany, Dr. Finn will succeed Michael Martinelli, M.D., F.A.C.C., F.A.S.C.I. as Chief of Staff. Dr. Finn has been Vice Chief of Staff of St. Peter's Medical/Dental Staff for the past year and he has been Chief of Urology in the Department of Surgery since 2007. “While St. Peter’s is fortunate to have an outstanding leader such as Dr. Finn to assume these duties, the hospital is also grateful to Dr. Martinelli for his leadership and his deep commitment to improving St. Peter’s for both its service to patients and the physician community,” said Dr. Robert Cella, St. Peter’s Chief Medical Officer.

Dr. Finn was born in Ireland and is a graduate of the Medical School of National University of Ireland at Cork, where he received several honors and awards for surgery. He practices general urology with a special interest in urologic cancer and stone disease. Dr. Finn is certified by the American Board of Urology. He is a fellow of both the American College of Surgeons and The Royal College of Surgeons in Ireland. He is a former chief of Urology at the University of South Alabama (in Mobile) and The Child’s Hospital in Albany.