



# The Good Samaritan VOICE

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Good Samaritan Hospital is a 370 bed level II trauma center serving the residents of Rockland and Orange Counties in New York and Northern Bergen County, New Jersey. The hospital provides regional services including a Level II Neonatal Intensive Care unit and is the only hospital in the lower New York Hudson Valley region offering Emergency Angioplasty services as part of the National C-PORT research program. Good Samaritan Hospital is a member of the Bon Secours Health System Inc. and is co-sponsored by the Sisters of Charity of Saint Elizabeth and the Sisters of Bon Secours.



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Bon Secours Charity Health System serves: Rockland, Orange, Pike and Northern Bergen counties and includes: Good Samaritan Hospital, Good Samaritan Home Care, Bon Secours Community Hospital, St. Anthony Community Hospital



## ■ Good Samaritan's Cardiac Application Advances to Project Review Committee

Months of hard work and public pressure on Governor Pataki and the Department of Health have paid off as The Project Review Committee of the New York State Department of Health's Hospital Review and Planning Council announced that it will hear Good Samaritan Hospital's application for a cardiac surgery Certificate of Need (CON). The formal hearing before the committee is scheduled to take place in Albany at 9am on Thursday, February 3, 2005.

If approved at that meeting, it would be another important step forward in bringing a long-awaited comprehensive cardiac surgery program to Good Samaritan. "We are gratified that our application to bring urgently needed cardiac surgery to our community is advancing to the Project Review Committee with a recommendation for approval from the Department of Health," said Dominick Stanzone, CEO of Bon Secours Charity Health System, of which Good Samaritan Hospital is a member. Once it is heard at project review, Good Samaritan's application can then be presented to the full State Hospital Review and Planning Council immediately following the Project Review Committee meeting.

The next step in the process would send the application to Dr. Antonia C. Novello New York State Commissioner of Health, for final action. "All of us at Good Samaritan Hospital are grateful for the heartfelt and vocal support from our physicians, employees, volunteers and the entire community that helped bring this issue to the forefront," said Michael Schnieders, Executive Vice President and Administrator of Good Samaritan Hospital. "We are especially grateful to the leadership and the staff at our two sister hospitals - Saint Anthony Community Hospital and Bon Secours Community Hospital, for their assistance with our outreach efforts." In December, Good Samaritan launched its grassroots community campaign during a "Rockland Leadership Roundtable" where the hospital made its case to more than 100 community business, religious and political leaders. The response has been overwhelming, and support for Good Samaritan's application has been tremendous. Television's Fox 5 News recently profiled Good Samaritan's efforts to gain cardiac surgery in a lengthy piece that brought many of the issues to an even broader audience. And WNBC-TV's NewsChannel 4 reporter Roseanne Colletti has been at the hospital to report on the issue. The Journal News continues to urge approval for the program in its editorials. Local newspaper columnist Bob Baird put approval on his "New Year's wish list." And the mayor of Haverstraw recently wrote a letter to the editor of the Rockland County Times urging approval.

In addition, Good Samaritan has run full-page ads in the local newspapers, detailing the issues, and encouraging all area residents to call Governor Pataki and the Department of Health, in support of our CON application. Once the hospital is successful, advanced procedures such as open heart surgery, cardiac bypass and aneurysm repair will be performed right here, in our community. Many of the same doctors who are now successfully performing these surgeries at high-profile out-of-area hospitals have committed to this program at Good Samaritan. This program means jobs in this hospital and in the community. It means a better quality of life. And, it will encourage more businesses to locate in our area, bringing even more jobs and opportunity. But most of all, it will mean that the people from our community will no longer have to travel out of area to receive the advanced cardiac care they need and deserve.

## ■ Message from the Administrator



### It's not over yet....

For the past several months, we have been engaged in a struggle to bring badly needed comprehensive cardiac care to the people of the Lower Hudson Valley. Make no mistake about it - lack of a cardiac surgery program in our community has caused needless inconveniences, disabilities, and yes, even deaths.

As you read on page one of this newsletter, we are on the agenda for the Department of Health's Project Review Committee on February 3. This is a tremendous step forward - one that hopefully will result in favorable action by the DOH. But the fight is not over yet. Rest assured that the Leadership of Good Samaritan and Bon Secours Charity will not rest until we have prevailed in this struggle.

We continue to expand our cardiac program here at the hospital, and later in this issue you'll read about our new Pacemaker Clinic. The Clinic serves as a follow-up service for people with pacemakers and implanted defibrillators - whether implanted here at Good Sam or elsewhere, providing periodic checks on the rate and rhythm of the pacemaker in order to ensure it is functioning properly.

We have lots of other very exciting news at Good Sam, not the least of which is the recent opening of a new Comprehensive Wound Center, an interdisciplinary outpatient clinic that brings together specialists in vascular surgery, general surgery, podiatry, plastic surgery, diabetes and infectious diseases. Offering a wide range of therapies for chronic non-healing wounds and ulcers, this Center is part of the newly-designated Vascular Center at Good Samaritan, which will offer comprehensive multi-disciplinary vascular care, surgery and support services. You'll be hearing more about the Vascular Center in the next issue of the Voice.

Finally, I want to take a moment to thank each and every one of our employees and medical staff here at Good Samaritan, and to salute you for your hard work that has led to the addition and expansion of so many programs here at the hospital. The people of Orange and Rockland County are blessed by your service and dedication, which truly embodies the spirit and the mission of the Sisters of Charity of Saint Elizabeth, and the Sisters of Bon Secours, our sponsors. Thank you and God bless you for your caring service to our mission.

Michael Schnieders,  
Executive Vice President and Administrator

## ■ Stroke Center Formed

Good Samaritan Hospital is one of the region's top authorities when it comes to treating strokes. But on top of that, providing information sessions, support groups, and lectures, helps to further differentiate the hospital by fostering a strong bond with the community.

The Stroke Center is comprised of several rehabilitation and support group programs. In October, the Center hosted its first stroke support group, provided free of charge for individuals recovering from stroke. The group's first meeting included a presentation by Dr. Stuart Lestch, MD, on what physically happens to the body during and after experiencing a stroke as well as the steps toward recovery. The session was well attended and the group will continue to meet on the third Tuesday of every month at 11am in the Good Samaritan Hospital Boardroom.

In addition to support groups and educational seminars, at the core of the Stroke Center services are a number of rehabilitation programs for stroke victims, including physical, occupational and speech therapy. Through certified, caring professionals, the programs employ a combination of manual techniques, modalities (heat, ultrasound, electrical stimulation etc.) and state-of-the-art equipment for assisting individuals in reaching their recovery goals.

## ■ Pacemaker Clinic Opens Doors

This past summer, Good Samaritan Hospital proudly opened the doors on its new Pacemaker Clinic. Since its opening, the Clinic has installed dozens of pacemakers and defibrillators.

In addition to installing pacemakers, the Clinic serves as a follow-up service for people with pacemakers and implanted defibrillators, providing periodic checks on the rate and rhythm of the pacemaker in order to ensure it is functioning properly. Regular pacemaker check-ups can extend the life of the pacemaker battery and detect any malfunctions of the generator, before they become a problem.

Although pacemaker failure may make itself obvious by severely impacting a person's vital functions, often a pacemaker's malfunction may be less apparent. In such cases, the decline can be gradual, almost imperceptible, and the patient might not even notice that they are experiencing a decline in quality of life as the pacemaker loses its ability to compensate for changes in activity level.

For these reasons, periodic pacemaker evaluations are crucial to maintaining a patient's quality of life. The frequency of these evaluations are determined by individual needs, the age and type of pacemaker, and the recommendations of a physician. In order to make the evaluations as convenient as possible, the Pacemaker Center schedules both clinical visits and transtelephonic monitoring. Transtelephonic monitoring allows a person to have their pacemaker checked remotely using a specialized telephone transmitter which relays important information regarding the pacemaker function to the Clinic for interpretation.

Patients who receive timely evaluations may find that they can prolong pacemaker life, anticipate and plan for their replacements when appropriate, and even identify changes in heart rhythms which necessitate pacemaker reprogramming. Many of the visitors to the Good Samaritan Pacemaker Clinic are often thrilled to find that their inability to finish a game of golf, work in their garden or play with their grandchildren is not an inevitable result of aging but instead the result of pacemaker malfunction which can be quickly and easily corrected.

If you know someone who currently has a pacemaker and is not receiving periodic evaluations, please refer them to the technicians at Good Samaritan.

## ■ Wound Center Offers Comprehensive, Multi-Disciplinary Care

The new Comprehensive Wound Center recently opened to offer a wide range of therapies for chronic non-healing wounds and ulcers. This Center is part of the newly-designated Vascular Center at Good Samaritan, which will offer comprehensive multi-disciplinary vascular care, surgery and support services.

"The Comprehensive Wound Center brings a much needed service to the residents of the Lower Hudson Valley," said Denise Robinson, RN, BSN, CWOCN, MPh, Wound, Ostomy and Continence Specialist at Good Samaritan Hospital. "With our patient-friendly staff and expertise in the latest wound treatments, the Center will help hundreds of area residents, many of whom have given up hope that their wound will ever heal."

The Comprehensive Wound Center at Good Samaritan Hospital is an interdisciplinary outpatient clinic that brings together specialists in vascular surgery, general surgery, podiatry and plastic surgery. Patients initially undergo a complete assessment to identify the underlying cause of the wound and a treatment plan is devised. "Chronic non-healing wounds and sores often result in expensive, fragmented care and decreased quality of life," explained Dr. Jay Levine, Medical Director of the Comprehensive Wound Center at Good Samaritan. "Our goal is to help those who suffer from a chronic, non-healing wound before they reach the point of permanent damage and emotional despair."

In addition, Good Samaritan Home Care is privileged to have a certified Wound Care Nurse, who consults with wound and ostomy patients throughout Rockland, Orange and Pike Counties. This means that patients can be treated and observed by a specialist in the comfort of their own home as well as at the Comprehensive Wound Center. If you are aware of someone with a non-healing or chronic wound, have them call the Comprehensive Wound Center to schedule an appointment or evaluation.

## ■ BSCHS to Host Heart Health Luncheon Series for Women

The Cardiac Outreach department of Bon Secours Charity Health System will host a series of three "Ladies Lunch and Learn" seminars throughout the Lower Hudson Valley, to coincide with American Heart Month in February. These three seminars will focus on the role stress plays in heart disease – the number one killer of women.

The luncheons will feature a presentation by Arlene Prince, C.Ht., a certified Hypnotherapist, who will give a brief talk and presentation entitled, "What is the Relaxation Response and how do we elicit it?"

"As the stress in our lives builds, it often brings forth the 'Fight or Flight' syndrome which in turn leads to increased blood pressure, heart rate and tension – all major risks for heart disease," according to Prince. "There are currently no medications or surgeries that can counteract this negative effect. Fortunately, however, we have within ourselves an opposite reaction – The Relaxation Response. With daily practice of simple techniques, over time the body builds resistance to stress and the related harmful symptoms diminish."

Barbara Demundo, R.N., Director of Cardiac Outreach for the System notes, "Women are typically great at taking care of their family and friends, but not themselves. Constantly putting others first, as many women do, can lead to stress, which increases blood pressure, heart rate and tension -- all of which can increase a woman's risk for heart disease."

The Ladies Lunch & Learn seminars will be held:

Thursday, February 10, beginning at 11:45 AM (Snow date Feb 15)  
at the Warwick Conference Center in Warwick, NY

Thursday, February 17, beginning at 11:45 AM (Snow date Feb 22)  
at Mount Fuji Restaurant in Hillburn, NY, and

Thursday, February 24, beginning at 11:45 AM (Snow date Feb 28)  
at Erie Trackside Manor in Port Jervis, NY

"We are inviting women of all ages to gather their girlfriends and sit back and relax with an enjoyable lunch as they learn simple techniques that will help them to control the stresses in their lives, and improve their heart health," said Demundo.

There is a nominal fee of \$10 per person for the luncheon and seminar, with all proceeds benefiting the American Heart Association. Reservations are required, since seating is limited, and can be made by calling 1-888-606-CALL.

## ■ Bon Secours Health System Welcomes Richard J. Statuto as President and CEO

Following an in-depth national search, Bon Secours Health System, parent organization of the Bon Secours Charity Health System, of which Good Samaritan is a member, announced the appointment of Richard J. Statuto as its President and Chief Executive Officer.

Effective February 1, 2005, Statuto will assume the helm of the health system which will be vacated upon the retirement of Christopher M. Carney. Statuto has a seventeen-year career in Catholic health care including three years with BSHSI during the late 1980's. Most recently he led St. Joseph Health System in Orange, California as its President and CEO where he and his team quadrupled the annual net revenue to \$3 billion of this multi-state healthcare provider.

"Rich brings enormous energy and leadership experience within the Catholic health ministry. He has proven strategic skills and success as a health care executive as well as the ability to balance ministry and business decision making. We are delighted that he will be rejoining the BSHSI family," said Sister Patricia A. Eck, C.B.S., chairperson of the BSHSI board of directors.

## ■ Sisters of Charity Lead Mission to Haiti

The Sisters of Charity of Saint Elizabeth, one of the two orders who sponsor Good Samaritan Hospital, have concluded an exploratory trip to Haiti, with the goal of establishing a mission in that impoverished nation.

A Call to Mission was sent to each of the Sisters within the Order, and to date, five have volunteered for full-time ministry in Haiti. Several sisters have expressed an interest in going for shorter periods of time once or twice a year, or for special projects.

"Our present world challenges us as religious mightily," said Sister Rosemary Moynihan, SC, Councilor of the order. "It calls us to be with people, often in new and different ways, both near and far. Our call to serve in Haiti has come from many sources; from those we serve here in the US, from our sister and brother religious in Haiti, and from our own Sisters. God is speaking to us."

Good Samaritan, like other institutions sponsored by the Sisters of Charity, is presently exploring ways to collaborate with the Sisters on this effort. Anyone who wishes to support the Sisters in this effort is encouraged to contact Sister Mary Lou Moran, SVP, Sponsorship.

## ■ 25 years of Emergency Medicine

This fall marked the specialty of emergency medicine's 25th anniversary. In only a quarter of a century, the specialty has come a long way. Today, more than 110 million people seek care in the nation's emergency departments annually, making the emergency department America's health care safety net. Available 24 hours a day, 7 days a week, emergency physicians and nurses treat patients from all walks of life -- rich and poor, young and old, insured and uninsured.

### Origins of the Specialty

During the conflicts in Korea and Vietnam, physicians practicing on the "home front" recognized that procedures and techniques developed for the battlefield could also be used in local hospitals to help save the lives of thousands of Americans each year. They saw the need for timely triage and the importance of beginning treatment in the crucial first minutes after an injury or onset of illness.

### Emergency Physicians Today

Emergency physicians must have expertise in some aspects of just about every other medical specialty. They see every kind of human drama imaginable, often treating multiple patients at a time. Some patients are desperately ill or severely injured and are engaged in an all out fight for life. Other patients have less serious injuries and can be treated and released. Still others look to the emergency department to solve problems for which there are no medical cures.

Today, if you have an emergency, you can expect to be cared for by highly trained emergency medicine specialists using the most advanced diagnostic equipment and the most effective medical techniques available. Congratulations to Emergency Medicine and to those at Good Samaritan Hospital who are making a critical difference in the front line of emergency care.



## ■ Foundation Announces Grant Recipients

The Good Samaritan Hospital Foundation earmarked \$10,000 to fund grants of up to \$1,000 for Hospital departments or committees. Response to the grant solicitation was excellent. Congratulations to the winners, and thanks to everyone who submitted requests. Your commitment to improving Good Samaritan Hospital and your area is commendable. From the 23 applications, a sub-group of the Foundation Board of Directors voted to fund the following:

**Blood Bank**-To provide refreshments for donors to enhance 25 community Blood Drives (Grant awarded: \$750) **Customer Satisfaction Committee**-To purchase small give-away items for the "Good Sam Tram" hospitality cart for patients (Grant awarded: \$1,000) **Homecare**-To purchase a projector for training of staff at GSH and branch offices (Grant awarded: \$975) **Lactation Department**-For glass shelves and doors for a display case in the "Breastfeeding Shoppe on Fifth" (Grant awarded: \$750) **Pathology**-To purchase a swing condenser and 2X objective lens for more rapid and thorough evaluations (Grant awarded: \$890) **Volunteers**-To purchase CDs, batteries and ear pads for the "Lending Music Library" for patients (Grant awarded: \$250) **Weiss Renal Dialysis**- To purchase a "training arm" to teach new staff proper needle placement for dialysis patients (Grant awarded: \$1,000) **USB Family Birthing Center**-To help fund the purchase of DVD/VCR players for Birthing Suites and patient rooms (Grant awarded: \$750) **3 Loria, 4 Loria, 3 North, 4 North**-To purchase one movable recliner per unit to facilitate getting patients out of bed and for patients' family members to use overnight (Grants awarded: \$855 each = \$3420) **Staff Education and Pharmacy Departments**-In addition, the Foundation will identify a printing company who will provide free printing of updated I.V. reference manuals. Gift-in-Kind: \$800

## ■ 20th Annual Spring Ball Gold Rush Gala

The 20th Annual Good Samaritan Hospital Spring Ball will be held on Sunday, April 10, 2005 at the Hilton Woodcliff Lake, in Woodcliff Lake, New Jersey.

Long known as the community's premier black tie event, this year's ball will feature a "Gold Rush" theme, and honor Alan Elkin, Co-Founder, Chairman and CEO of Active International with the Good Samaritan Hospital Medal of Honor, as well as Dr. Lawrence Katz, M.D., with the Sister Joseph Rita Award for Medical Excellence.

The "Gold Rush" theme will be carried through to virtually every aspect of the evening, from decorations and cuisine, to the Grand Prize drawing in the Foundation's annual raffle. Those who have attended the Spring Ball in the past have noted it as one of the most memorable events on their social calendars.

Tickets to this once-a-year event can be obtained through the Good Samaritan Hospital Foundation office on 2 West, or contact the Foundation at ext. 5151. The event has become a "must attend" on the social calendar for residents of Rockland and Northern Bergen Counties, and is sure to sell out, so be sure to get your tickets early.

## ■ Saving Lives through Organ Donation

The New York Organ Donor Network contacted us recently to let us know that last July, one family's incredible generosity and the commitment of Good Sam's staff saved 5 lives! A 19 year old woman who suffered from a multi-trauma donated the following:

Her heart was transplanted into a 61 year old husband in New York City with ischemic cardiomyopathy.

Her liver saved the life of a 9 year old boy, who was in such acute hepatic failure that he was listed and transplanted the same day.

Her lungs were received, en bloc, by a father of seven with COPD who lives in upstate New York and had been waiting four years.

Her right Kidney provided a new life for an 18 year old female student in the Midwest with reflux nephropathy.

Her left kidney was transplanted into a 56 year old father who had been waiting 2 years for a transplant.

## ■ 7th Annual Oncology Symposium

Good Samaritan Hospital's Bobbi Lewis Cancer Program is proud to sponsor its 7th annual Oncology Symposium for medical professionals, on March 30, 2005, between the hours of 8:30am to 4:00pm at the Sheraton Crossroads, Mahwah, NJ. There is no registration fee for the symposium.

Each year this one-day medical symposium draws an audience of about 150 professional attendees from the New York City metropolitan area including New Jersey, Connecticut, Pennsylvania and upstate New York. The seminar is geared to the special interests of Internists, family physicians, surgeons, oncologists, nurses, pharmacists, cancer tumor registrars, and medical social workers who are eager to supplement their own knowledge base while accruing up to 6 CME/CE credits.

This year, Good Samaritan is especially privileged to have the world-renowned pioneer in cancer research and medical oncology, James F. Holland, MD, Distinguished Professor in Neoplastic Diseases, Mount Sinai School of Medicine, New York, serve as the keynote speaker for this event.

Dr. Holland has long established himself as a pillar in oncology, authoring the world's first Text Book in Cancer Medicine which is now in its 6th edition. His speech, which commences at 11:00am, is entitled, "Oncology Revolution: 2005," and will identify progress in the management of cancer and focus on new trends and issues in oncology while offering critical insight into new methodologies in contemporary cancer care.

"Good Samaritan's oncology symposium is our way of enhancing the knowledge of our colleagues and ourselves while we also fulfill our commitment to professional education as an American College of Surgeons approved cancer program," remarked Sushil Bhardwaj, MD, Director of the Bobbi Lewis Cancer Program at Good Samaritan Hospital. "We are truly fortunate to have Dr. Holland as our keynote speaker. He is a world-class speaker and a pioneer in oncology. His speech will offer important information and perspective for today's oncology professionals. I would strongly encourage all healthcare professionals involved in the care of cancer patients to avail themselves of this unique educational opportunity, and to register for the symposium in advance."

Attendees are encouraged to register in advance for this free symposium by contacting Liz Glover at the Bobbi Lewis Cancer Program, at (845) 368-8521. Guests will be provided a continental breakfast, lunch, and coffee breaks.



We welcome...  
our new physicians.

Good Samaritan Hospital is pleased to announce that these physicians have joined our team.

<b>Tuan Au, M.D.</b> 255 Lafayette Avenue, Suffern, NY 10991 • 845.368.5983	Good Samaritan Hospitalist
<b>Winston Kwo, M.D.</b> 445 Route 304, Bardonia, NY 10954 • 845.624.4425	Good Samaritan Hospitalist
<b>Richard Genato, M.D.</b> 257 South Middletown Road, Nanuet, NY 10954 • 845-623-8000	Physical Rehabilitation Medicine
<b>Jodi Levy, D.O.</b> 2 Crossfield Avenue, Suite 308, West Nyack, NY 10994 • 845.353.5600	Internal Medicine
<b>Carrie Parnoff, D.O.</b> 624 Route 45, Pomona, NY 10970 • 845.354.1113	OB/GYN

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## ■ Good Samaritan Receives Recognition

Good Samaritan Hospital has become the first hospital east of the Mississippi to be awarded a Certificate of Distinction for the Management of Acute Myocardial Infarction (heart attack) from the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).

To earn this distinction, Good Samaritan's AMI program underwent an extensive on-site survey by the Joint Commission. The program was evaluated against Joint Commission standards through an assessment of a program's processes, the program's ability to evaluate and improve care within its own organization, and interviews with patients and staff.

The surveyor spent an entire day interviewing staff from the Emergency Department and from the Cardiac Catheterization Lab. The hospital is proud to report that the reviewer made no recommendations for improvements, and, in fact, encouraged Good Samaritan's staff to move forward in our quest to receive state approval to perform elective angioplasties.

"It is impossible to overstate how proud we are of the staff that we have assembled as a part of our C-Port primary angioplasty and acute MI treatment team," said Kathleen Lynam, R.N., Vice President of Patient Care and Chief Nursing Officer. "The team built this program from the ground up, in a very short time frame, and they are consistently achieving outstanding patient outcomes and demonstrating their skill and professionalism on a daily basis."

## ■ Resusi Baby Welcomed To Good Sam

Through its charitable donations and support of the National/Greater New York Automobile Dealers Charitable Foundation, Rockland Toyota has graciously furnished Good Samaritan Hospital with a new Resusi Baby, a cardiopulmonary resuscitation manikin used to teach CPR procedures on infants. Valued at approximately \$800, the Resusi Baby was presented to Good Sam by Rockland Toyota President and Greater New York Automobile Dealers Charitable Foundation Board Member, Neale Kuperman.

"As a well-respected business and long-time community leader, Rockland Toyota has continuously demonstrated its commitment to building a stronger, healthier neighborhood for everyone," said Mr. Schnieders. "Familiarity of proper mouth-to mouth resuscitation procedures used on babies saves lives and this generous donation provides vital training equipment for us to continue and expand CPR education."

"We are pleased to play even a small part in supporting the Bon Secours Charity Health System's mission for providing compassionate healthcare. By making charitable contributions such as these possible, franchised new car and truck dealers throughout New York continue to show their devotion and benevolence for giving," added Mr. Kuperman.



Neale Kuperman and management from Rockland Toyota graciously donated the Resusi Baby to Michael Schnieders, Sister Fran Gorsuch and Sue Ann Doebler at Good Samaritan Hospital

## ■ "Good Sam Tram" Brings Cheer

The Good Sam Tram

As the "Good Sam Tram" makes its way through the halls of Good Samaritan Hospital this year, patients just may see it being pushed with a little extra rhythm and perhaps a dance step or two. The tram, which is always filled with books, crossword puzzles, candy and other treats to make patients' and their families' stays at the hospital more enjoyable, will now lend out CD players along with rock, opera and other genres of music to dozens of patients. "Listening to music, as opposed to watching television, can be especially therapeutic for patients who need an emotional lift," said Jean Frisano, the hospital's director of volunteer services. "Sometimes the tram is a patient's only contact with another person other than a nurse. This is just one of the little things that make this hospital so special."

Local Girl Scout troops sometimes make gifts that are added to the tram, such as baby hats and boots. "I get lots of donations from community groups to support it," Frisano said.

## ■ Say Good Night to Sleep Problems

You've probably heard it countless times from people trying to balance their hectic schedules: "I'm so tired!" With so much needing to be accomplished in a day, something has to give. For too many of us, that something is sleep.

Nearly two-thirds of Americans suffer from lack of sleep. Unfortunately, few realize the short and long term consequences sleep deprivation can have on the body. Medical studies have proven that those who don't get proper sleep are less productive at work, more likely to have driving accidents and more prone to mood swings and decreased quality of life. In the long term, lack of sleep can cause cardiovascular, neurological and endocrine system disorders, increasing the risk of death.

Experts at the Bon Secours Sleep Disorder Institute at Good Samaritan Hospital recommend that adults get seven to nine hours of sleep a night to stay healthy. During this time, the body has a chance to recharge, repair muscles and other tissues and organize and archive information in the brain. In short, we need sleep to survive. And we need good sleep to thrive. If you find yourself tossing and turning at night, desperate to catch some zzz's you may have a sleep disorder. A wide range of sleep disorders affects people. Some disorders are curable, others treatable. Some may get better and some worse. But they all have a common denominator: They can take a toll on your physical and mental health. The problem is many people don't know they have sleep disorders. For example, what you may consider common snoring may actually be a symptom of sleep apnea, a condition that causes you to stop breathing during sleep as many as several hundred times a night. Untreated, sleep apnea can cause irregular heartbeat, high blood pressure, heart attack or stroke.

The Bon Secours Sleep Disorder Institute at Good Samaritan Hospital can help. It is the only accredited sleep center between Albany and the New Jersey border on the west side of the Hudson River. Whether it is a pediatric or adult sleep disorder, you can get the answers to put your body (and mind!) at rest through state of the art testing and comprehensive treatment. For more information call 368-5512.

## ■ Cardiac Rehab Helps Re-capture Life

John Rizzi, a resident of Nanuet, always enjoyed doing light yard work. But after doing some raking outside on a Saturday afternoon last March, Mr. Rizzi experienced heavy breathing, an upset stomach and some pain in his left arm. His symptoms lasted until Sunday morning, at which point his wife called his doctor and was instructed to call an ambulance to take him to Good Samaritan Hospital.

Mr. Rizzi has no memory of the next three weeks. He was having a serious heart attack. He was put on a ventilator and underwent an emergency angioplasty procedure with stenting to open a blocked artery. The damage to Mr. Rizzi's heart was significant, and he required a second procedure. Mr. Rizzi became the first patient at Good Samaritan to receive an Automatic Internal Cardiac Defibrillator (AICD), a device which monitors his heart and sends an electric jolt when the heartbeat stops or becomes abnormal. The AICD was implanted by Dr. John Zimmerman, a renowned cardiac electrophysiologist, who was brought to Good Samaritan to initiate this program.

After three weeks under heavy sedation, Mr. Rizzi spent an additional four weeks in the cardiac unit of Good Samaritan Hospital before being transferred to Good Samaritan's inpatient rehabilitation unit. "The hospital was more than excellent, and the Cardiac Rehab staff was incredible. I can't say enough about it," says Mr. Rizzi, who spent three weeks in the rehabilitation unit, for a total of 10 weeks at Good Samaritan. "The nurses treated me like I was the President of the United States. How much they care for you, and how much they put into your rehabilitation is amazing." No doubt his positive attitude helped in his recovery - he even talks about how he enjoyed the food at Good Samaritan. Mr. Rizzi also credits his wife for supporting him through his recovery and rehabilitation - "She was fantastic, God bless her."

Mr. Rizzi's rehabilitation wasn't an easy road. On his first day, he was instructed to get out of bed to sit in a chair. Rizzi thought, "How am I going to get out of this bed? I haven't moved for weeks!" But he got out of bed and sat in the chair for a few hours. "Then I got up on my feet the next day. Then I walked to the front door and back, and the next day halfway down the hallway, and then all the way around the hallway." Rizzi stops to think for a moment. "It was wonderful, really, the sensation of walking again."

Mr. Rizzi's regimen of rehab included exercising his legs up and down with weights, exercises with his arms, and learning to walk around without the assistance of oxygen. Good Samaritan's nurses and other staff seemed to have gotten attached to Mr. Rizzi's charming personality. "When I left the hospital, everyone came down to see me. The nurses were kissing me and crying."

Several months later, Rizzi says he feels almost like his old self. "I'm doing very well. We just got back from two months in Florida," he says. He's putting weight back on after a long recovery, is able to do light yard work again, and finally gave up cigarettes after smoking for more than 60 years. Friends and relatives say he looks great, as if he'd never been sick, and doctors refer to him as a "miracle man" who was gravely ill just half a year ago. He's returned to the hospital several times to visit the staff who took care of him, and they've commented on how good he looks.

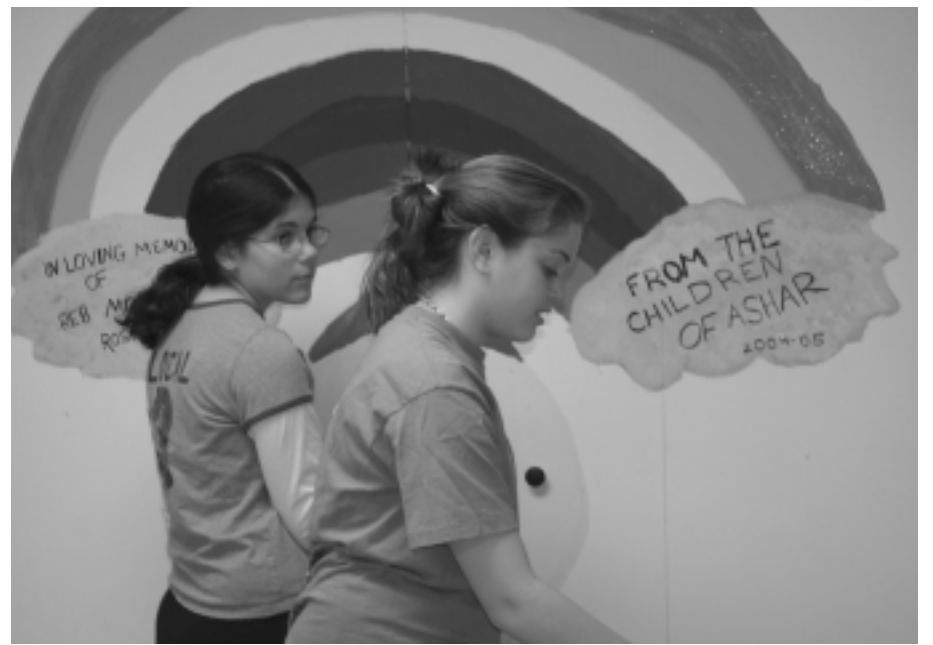


John Rizzi, a cardiac rehab patient, is back doing light yard work.

## ■ The Harlem Wizards Are Coming!

The Harlem Wizards professional entertainment basketball team will take on the Good Samaritan Hospital All-Stars, chosen from the hospital's staff in Suffern on Saturday, February 26 at 7pm at Suffern High School. Wizard team members include former NBA and CBA players, and college standouts. Team members specialize in "trick hoops and alley-oops," including comic antics, trickery, dazzling ball handling and rim rocking slam dunks. The Wizards will sign autographs after the performance. The performance promises family fun for all, and will include comedy, basketball tricks and audience participation. Tickets are available for advance purchase at \$10 for adults and \$8 for students or seniors, by phoning (845) 368-5214 or 5249. Tickets are available at the door at \$12 for adults and \$10 for students/seniors. The event will benefit Good Samaritan's Chemical Dependency Unit.

## ■ Students Share Lessons Of Giving



Students from the Adolph Schreiber Hebrew Academy decorating the Kid's Closet

More than 400 students from the Adolph Schreiber Hebrew Academy (ASHAR) in Monsey have embarked on a charitable project that is also teaching them one of the more valuable lessons of life and the Torah. The students, from nursery school through eighth grade, have created the "Kid's Closet" at Good Samaritan Hospital, a special room that will house new toys for children staying at the hospital.

The premise for Kid's Closet is simple but the lessons learned cannot be overstated. For the next year, each student will be asked to donate one new toy they receive on their birthday to the Good Samaritan Hospital Kid's Closet located on the hospital's Pediatric Ward. To date, 25 students have donated a gift.

For children unfortunate enough to need to spend time hospitalized, the new toys will help raise spirits and foster healing. For the students of ASHAR, they are learning and experiencing the essence of "Chesed." Rooted in the teachings of the Torah, Chesed is a principle based on energy and abundance that instructs how to create more from what you already have. The students also are rewarded with a certificate, a mention in the weekly school newsletter and by having their photo placed on a bulletin board in the lobby of the school.

"Before caring about how much we learn, we try to instill in our students the importance of learning to care," explained Debby Jacobson, Chesed Project Coordinator and seventh grade girls teacher at ASHAR.

Along with donating a new toy, 22 eighth grade girls gave their time to the project by preparing the Kid's Closet with a fresh coat of paint and presenting the first of the donated toys. The girls also painted Good Samaritan's pediatric treatment room to make it a friendlier place for the children. Along with bright colors, the students added rainbows, butterflies, frogs and flowers across the cabinets and walls.

Added Liz Ponte, Director of Nursing for Good Samaritan Hospital's Women's and Children's Services, "We are very grateful for the kindness these students have demonstrated toward the hospital. Being in the hospital for an extended period of time is certainly no fun, especially for children. The Kid's Closet is sure to spread smiles and help motivate the children to get well."

## ■ You Make A Difference...

The Good Samaritan Hospital Foundation successfully concluded the 2005 Employee Membership Drive in December. This year's results were nothing short of inspiring, as a total of 129 employees representing every department, at every level, committed a total of \$16,858 to the mission of the Hospital - over \$3,000 MORE than last year!

As the fundraising arm of the Hospital since 1986, The Foundation has raised more than \$17 million dollars for Good Samaritan. This past year alone, \$800,000 was raised to fund projects like Primary Angioplasty, Infusion Pumps, Defibrillators, and Radiation Oncology equipment. Gifts made to the Employee Membership Drive help tremendously and enable The Foundation to continue to fund needed projects.

For information about how you can participate in the Employee Membership Drive or otherwise contribute to the Good Samaritan Hospital Foundation, please stop by the Foundation Office, contact us at (845) 368-5151, or visit our website at: [www.GoodSamHosp.org/donate](http://www.GoodSamHosp.org/donate). Remember, every gift, no matter the amount, makes a difference!