

TOPS AGAIN! HEALTHGRADES™ RANKS ELIH #1 OUTSTANDING PATIENT EXPERIENCE AWARD WINNER



David Thompson (left) of HealthGrades™ presents Paul J. Connor III (center) and Thomas E. Murray, Jr. with the 2010 – 2011 Outstanding Patient Experience Award.

Winner of the **Outstanding Patient Experience Award** from HealthGrades™, the nation's leading independent healthcare ratings organization, ELIH ranks in the top 15% in the nation.

This award places ELIH as first in Suffolk County, second on Long Island alongside the prestigious St. Frances Hospital in patient satisfaction, and is one of only eight recipients to receive the HealthGrades™ Award in New York State.

HealthGrades™ recognizes hospitals for patient satisfaction by analyzing survey data, compiled by the Centers for Medicare and Medicaid Services (CMS), from patients of 3775 hospitals nationwide between July 2008 and June 2009. Included in the survey are 27 areas of inquiry pertaining to physician and nurse communication, staff responsiveness, cleanliness and level of information about medications, among other topics.

The Healthcare Reform Act contains provisions mandating that hospital quality measurements be accessible

to the public by January 2011, to help individuals make informed healthcare decisions. By participating in this federal survey, ELIH has not only been recognized for Patient Satisfaction, but has met Healthcare Reform's mandates ahead of schedule.

"This honor is a culmination of many years of patient-focused initiatives within the hospital," notes Paul J. Connor III, ELIH's President and CEO. "Above all, it is a tribute to the staff for all the talent, professionalism and heart they bring to work every day."



FIVE WAYS TO HELP YOUR HOSPITAL

The end of the year is a good time to evaluate your charitable giving options. Consider the following list when deciding on what type of gift will best benefit you and your philanthropic goals.

Gift	Benefit
Securities	You save on capital gains tax.
Charitable Gift Annuity	Create an income stream and receive tax benefits. Deferred payments are higher than an immediate payment annuity as well as many securities and CDs.
Real Estate	You receive a large income tax deduction.
Retirement Plan Assets, IRA	Name a beneficiary of your plan while you continue to take withdrawals during your lifetime.
Bequest	Allows you to make a substantial gift when you no longer need the assets.

For a free booklet on gift planning opportunities, call 631-477-5164.



NEW FAMILY PRACTITIONER MEET JARID PACHTER, DO



Eastern Long Island Hospital (ELIH) is pleased to announce the appointment of Jarid Pachter, DO to the medical staff.

Specializing in Family Practice, Dr. Pachter is dedicated to caring for the total health of the family – adults, children, teens and seniors.

Dr. Pachter earned his degree at the University of New England College of Osteopathic Medicine of Maine, voted “best medical school” by *US News & World Report*, 2011. He completed his internship and residency in Family Practice at North Shore-Long Island Jewish Health System’s Plainview Hospital, earning the title of Chief Resident at this facility.

“Dr. Pachter fills a growing need for family healthcare on the North Fork.

The routine care of a family physician is essential to maintaining optimum health and wellness,” states Paul J. Connor III, ELIH’s President and Chief Executive Officer. “At Eastern Long Island Hospital, Dr. Pachter is a member of the medical staff, diligently following those patients admitted under his care.”

Dr. Pachter is certified by the National Board of Osteopathic Medical Examiners. He is a member of the American College of Osteopathic Family Physicians and the American Osteopathic Association.

Dr. Pachter’s office, Southold Family Practice, is located at 54075 Main Road in Southold, formerly the practice of Anthony Bennardo, MD. To schedule an appointment with Dr. Pachter at Southold Family Practice, call 631-765-2995.



GOING GLOBAL

MEDICAL MISSIONS IMPROVE LIVES

In addition to their work with patients here at Eastern Long Island Hospital (ELIH), a group of physicians and technicians has been going above and beyond, donating their time and services to Medical Missions around the globe.

Surgeons Agostino Cervone, MD, Lawrence Kelly, MD and George Keckeisen, MD, Cardiologist John Pearson, MD and Operating Room Technician Chris Grattan have participated in missions to Africa and Haiti, as well as to Central and South America.

Medical Missions are planned by groups such as Blanca’s House, a Hicksville-based non-profit organization founded by Galo Burbano, a certified nurse anesthetist and Ecuadorean Long Islander. Blanca’s House, named for Burbano’s mother and her generosity to those in need, provides free, critical medical treatment to needy children and their families, focusing on underprivileged communities in Central and South America.

Medical Missions typically use equipment donated by suppliers, or from U.S. hospitals that are upgrading their equipment. Such supplies are invaluable to facilities in less developed countries. Mission teams bring everything with them, from sophisticated medical equipment to



Dr. Lawrence Kelly (center) with his daughters, Renee (left) and Susanne (right) at Dr. Jose Garces Rodriguez Hospital, Salinas, Ecuador. (absent from photo – Laura)

gloves and sutures; they set up shop in local hospitals or clinics.

Dr. Kelly has been on several trips with Blanca’s House, most recently to Salinas, Ecuador; his mission work focuses on gall bladder surgery and hernia repair.

Dr. Kelly’s three daughters, Renee, Laura and Susanne, all of whom have an interest in healthcare, have participated alongside him in missions to Salinas as well as to Babahoyo, also

in Ecuador, giving their time to help needy communities while gaining valuable hands-on experience assisting in surgery.

“I work with a great group of people on these trips,” notes Dr. Kelly, “and the patients we treat are so appreciative of the help we bring to them. Without our services, they would have no relief.”

For more information on medical missions, visit www.blancashouse.com.



Agostino Cervone, MD



George Keckeisen, MD



John Pearson, MD



Chris Grattan, OR Tech



THE ART OF HOPE AND HEALING

DOROTHY ABBOTT, LONGTIME ORIENT RESIDENT,
DONATES HER WORK

The lobby of Eastern Long Island Hospital (ELIH) is significantly enhanced with the gift of an inspirational sculpture created by Orient resident Dorothy Abbott.

Ms. Abbott has generously donated the work with the hope that it will bring joy and healing to ELIH patients and their families.

About the Work

Entitled “Aurora” (Dawn) created in 1975, Ms. Abbott’s sculpture is carved from a large single block of Fior di Pesco (“Flower of the Peach”) marble, a unique variegated lavender, grey and white stone quarried in Northern Italy. Highly polished, it is raised on a squared white Carrara marble plinth. For the ELIH installation, a reinforced base, constructed to the artist’s specifications to bear the sculpture’s 600-lb. weight, was generously donated by Soundway Construction. The artwork is valued in excess of \$25,000.

Susan E. Meyer,
Editor of
American Artist,
has written of
Dorothy Abbott
that “she reveals

both the strength and delicacy of stone by carving sensuous shapes that undulate to the touch.... She has carefully pondered these shapes, but one is convinced that the forms ultimately have a life of their own. This is her triumph and her gift to all of us.”

“We are so fortunate to have a work of Ms. Abbott’s in our lobby. The sculpture is a remarkable presence; its beauty, weight and stillness inspire meditation and hope for the ELIH community,” notes Z. Micah Kaplan, MD, ELIH Foundation Chair.



AURORA - The Darkness of Night
Just Before Dawn, Sculpted and
Gifted by Dorothy Abbott, Orient



Dorothy Abbott at work in her studio.

About the Artist

Ms. Abbott’s work has been shown in One Woman Exhibitions throughout the Northeast: She has exhibited at Guild Hall in East Hampton, Gallery East in East Hampton, the Suffolk County Museum in Riverhead and at Gallery Madison/90 in New York City. In addition to representation in private collections, her work has been shown in numerous regional and international group exhibitions.

Past representations include the Wiedenkeller Gallery in Zurich, Elaine Benson Gallery in Bridgehampton and Michelson Gallery in Washington DC. Other work includes the large welded blimp shown at “First Night” in Greenport in 1998 and the “Footfalls Exhibition” in Greenport in 1997. Abbott is recently a participating exhibitor at the Orient Historical Society, Swanson Gallery.

ELIH gratefully acknowledges this beautiful gift of sculpture, and invites the community to appreciate our newest work of art displayed in the hospital lobby.



BREAST ULTRASOUND

TAKING BREAST HEALTH TO THE NEXT LEVEL

Eastern Long Island Hospital (ELIH) offers a comprehensive spectrum of breast health screening and diagnostic tools to serve the community. In addition to Digital Mammography and Breast MRI, ELIH provides Breast Ultrasound, a next-level diagnostic tool which may be prescribed by your physician following a mammogram.

I have already had a Mammogram. Why has my doctor prescribed Breast Ultrasound?

“Breast Ultrasound is another tool that is used to rule out malignant tumors,” explains Anthony Mitarotondo, MD, Diagnostic Radiologist at ELIH. Not a replacement for mammography, ultrasound technology is used to evaluate masses, distortions or asymmetries initially identified through the mammogram procedure, and to examine palpable breast lesions. Ultrasound can also reveal abnormalities that may remain undetected through mammography due to extremely dense breast tissue.

How does the Breast Ultrasound procedure differ from a mammogram?

Breast Ultrasound uses sound waves rather than x-rays to produce an image of the breast. During the non-invasive procedure, the ultrasound clinician spreads lubricating jelly over the area to improve sound wave conduction, then presses a handheld device called a transducer firmly against the breast, moving it back and forth to direct harmless, high-frequency sound waves through the skin toward the breast tissue being examined. Typically the examination is painless; you may feel minor pain or discomfort if scanning is performed in an area of tenderness.

The sound waves bounce off breast tissue and reflect back to create a two-dimensional image for radiologist review. The radiologist may share findings with you at that time; a report is then sent to your physician, who will review the test results with you.



Mary Durkin, Ultrasonographer with state-of-the-art Philips iU22 Ultrasound System

How does Breast Ultrasound help to diagnose or rule out breast health issues?

“Ultrasound technology can differentiate a cyst from a solid mass,” notes Dr. Mitarotondo. “If an unspecified lump is found to be a fluid-containing cyst, the mass will typically disappear following fluid drainage through needle aspiration. In this case, no further treatment or evaluation is needed. If a lump is evaluated to be a solid mass, this may be an indication for further study,” notes Dr. Mitarotondo. “Your physician may then prescribe a biopsy of the area as the next level of evaluation.”

To schedule an appointment for Breast Ultrasound, call 631-477-5121.

Protect Yourself From Flu

Getting vaccinated each year is still the single best way to protect yourself against the flu. With flu season quickly approaching, it is a good time to decide about when and where to get vaccinated. Your body makes protective antibodies in about two weeks once you get a flu vaccination. The seasonal flu vaccine protects against the three influenza viruses that research suggests will be most common. The 2010-2011 flu vaccine will protect against 2009 H1N1, and two other influenza viruses (an H3N2 virus and an influenza B virus).

Flu Prevention Tips

- Avoid close contact.
- Wash hands frequently.
- Stay home when you are sick.
- Avoid touching your eyes, nose and mouth.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Cough or sneeze into the crook of your elbow.
- Practice good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Flu Shots By Appointment

**Monday,
October 25, 2010**

ELIH Conference Room

Fee: \$25

(Medicare & Medicaid Accepted)

**For Appointment, call
Monday-Friday between
10 am – 3 pm**

631-477-5122



REACHING OUT TO COMMUNITY



Education Beyond the Classroom - When Janet Jackowski, LMSW, CASAC, Behavioral Health Supervisor for Quannacut Addiction Services addressed the Southold High School psychology students to prepare them for their visit to the Quannacut Unit, she was welcomed with a great deal of enthusiasm and gratitude. “There is only so much that

can be taught in school, but it is a student’s life experiences that assist in expanding knowledge and opening minds,” wrote Jessica Benedicto, School Social Worker and Ivan Santiago, Southold High School Teacher in a note of thanks. “We cannot express enough, how grateful we are that the students were provided with this opportunity. With real-life educational experiences, students gain a deeper knowledge and appreciation that they cannot always get inside a classroom.”



Women’s Health - Sponsored by the East End Health Alliance, women on the East End of Long Island were recently provided with an exclusive opportunity to gain insight about the signs, symptoms and latest treatment options for ovarian cancer with award winning board-certified gynecologic oncologist, Hannah Ortiz, MD.

Many women don’t seek help until the disease has begun to spread, but if detected at its earliest stage, the five-year survival rate is more than 93%. Recent research suggests that together the four symptoms of: bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly and urinary urgency or frequency may be associated with ovarian cancer. Dr. Ortiz’s office is located at 13400 Main Road, Mattituck. For an appointment, call 631-298-4655.



L-R – Thomas E. Murray, Jr., Board of Trustees, Kathleen Siller, Shelter Island High School; Jessica Rodriguez, Greenport High School; Zachary Starzee, Shelter Island High School; Gina Giambruno, Shelter Island High School; Sarah Hallock, Southold High School; Catherine Austin, Mattituck High School and Paul J. Connor III, President/CEO.

2010 Scholarship Recipients - Each year ELIH awards graduating high school seniors with college scholarships based on outstanding academic performance. “The Board of Trustees recognizes the need to assist young people in their educational pursuits, and congratulate these worthy students,” states Thomas E. Murray, Jr., Chairman Board of Trustees. “We hope they return to the North Fork after graduation.”



Robin Ross, DPM, FACFAS

Congratulations - **Robin Ross, DPM, FACFAS** was elected President of the New York State Podiatric Medical Association (NYSPMA). Dr. Ross is the first female president in the 115 year history of NYSPMA.

Nancy Williams earned a Doctor of Physical Therapy (DPT) degree. “By 2020, physical therapy will be provided by physical therapists who are doctors of physical therapy, recognized by consumers and other healthcare professionals as the practitioners of choice,” American Physical Therapy Association (APTA).



L-R – Brittany Gasiorowski, Greenport High School; Cali Mantikas, Manhasset High School; Kiersti Walsh, Southold High School; Sharayah Carita, Mattituck High School and Kathleen Scotto, Southold High School.

2010 Summer Work Experience Program - Five students, eight areas of concentration divided up into six weeks makes the “Work Experience” program at Eastern Long Island Hospital a fun and valuable exchange for both students and staff each summer. The program offers teens an opportunity to work side by side with hospital staff in a variety of departments giving students a chance to “try a healthcare career on for size.”



Nancy Williams PT, DPT



TIME ON YOUR HANDS?

THE ELIH AUXILIARY WANTS YOU

Whether you have a little or a lot of time to spare, you can help your community hospital.

The Eastern Long Island Hospital (ELIH) Auxiliary is reaching out for volunteers to fill positions that often become vacant during the winter months.

Most volunteers are trained for specific tasks according to their interest level and knowledge. Others rotate through the hospital and fill in as needed.

New volunteers typically shadow current Auxiliary volunteers, get trained and once comfortable are encouraged to jump right in.

The volunteer office door is always open for those community members who want to give back. Volunteers can work as little as one shift per week or as many as four days per week. Shifts run Monday through Friday and are 3½ to 4 hours in duration.

Volunteers with computer experience are in high demand right now. Could that be you?

“We don’t need someone writing computer programs, rather a basic working knowledge in Excel and Word. Both PC and MAC users are welcome,” states Toni DeMeo, Volunteer Services Chair.



More than experience, knowledge and ability; volunteering requires willingness, dedication and a generous heart. To volunteer today, call 631-477-5196.

DREAM GREEN WINNER



Dream Green Co-Chair, Nora Busch (left), Top Prize \$50,000 Winner, Lucile Viscardi of Greenport (center) and Auxiliary President, Margaret Flanagan.

Congratulations: 2nd prize - Renee A. Forsberg, Montauk, 3rd prize - Joan and Joseph Nockelin, Greenport, 4th prize - William Moreno, Laurel and 5th prize - Richard and Clara Sledjeski, Greenport.

Thanks to all who participated in the 18th Annual Dream Green Extravaganza.

DINE AND DANCE



**ELIH Auxiliary
Southold West Branch**

**Annual Autumn Benefit
Soundview Restaurant**

November 5, 2010 at 6:30 pm

Tickets \$50 • Call 631-765-3464



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Everyday Heroes



Darby Moore and Laura McGuire
Activities Therapy
August Employees of the Month



Karleen Schultz, RN
2010 Health Care Hero
Award Nominee
Long Island Business News



Visit the ELIH Facebook page and click "like" to receive timely healthcare information. Stay connected with your community hospital. Spread the word. Tell your friends.

Better Health

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Eastern Long Island Hospital
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Eileen Solomon
Assistant Director, Foundation

MARK YOUR CALENDAR

October 29 – Auxiliary Sterling Silver Jewelry Sale
8 am – 4 pm, ELIH Conf Rm.

November 5 – Auxiliary Annual Autumn Benefit 6:30 pm,
Soundview Restaurant, 631-765-3464.

November 11 – Blood Drive, Blood Mobile, ELIH Grounds
8 am – 5:15 pm, 631-477-5100.
Walk-ins welcome.

November 12 – Auxiliary Boutique Sale
8 am – 4 pm, ELIH Conf Rm.

December 3 – Annual "Snow Ball" sponsored by the TWIGS
Love Lane, Mattituck.
For more info, 631-258-4721.

December 10 – Auxiliary Book Sale
8 am – 4 pm, ELIH Conf Rm.

2011 Dates to Save

JUNE 8

Golf Classic

Gardiner's Bay Country Club,
Shelter Island

AUGUST 13

ELIH Gala

McCall Vineyard and
Preserve, Cutchogue

Annual Appeal

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