

**Special Breast Cancer Awareness Edition**

**NATIONALLY RECOGNIZED FOR EXCELLENCE**

**EASTERN LONG ISLAND HOSPITAL RECEIVES BEST VALUE AWARD**

Since 2005, Eastern Long Island Hospital (ELIH) has consistently ranked among the top hospitals in the U.S. by a broad range of measures.

**Most recently, ELIH was recognized with a 2009-10 Hospital Value Index™ Best in Value™ Award, acknowledging ELIH’s success in providing high-quality healthcare efficiently. ELIH ranks highest in**

New York State and sixth in the U.S. on the Hospital Value Index List of the 100 Best Value Hospitals.

As noted in the *Wall Street Journal*, the Hospital Value Index™ is the first scorecard to focus on the value hospitals provide to their communities. Using the latest publicly available data, the index measures the key elements consumers consider when choosing a



hospital - quality, affordability, efficiency and patient satisfaction. ELIH ranks among the top tier of hospitals nationwide, achieving high marks in every area.

Affirming ELIH’s commitment to providing quality care, *Consumer Reports Magazine’s health.org* recently reported that patient satisfaction ratings at the hospital rank among the best in New York State, and first in Suffolk County. Latest “core measures” compiled by the Centers for Medicare and Medicaid Services (CMS’s) continue to climb at ELIH and exceed the national average.

**As reported in the *New York Times*, ELIH has long ranked among the top 10% in the country and “Best on Long Island” in quality of patient care.** These recent accolades continue to highlight ELIH’s commitment to delivering affordable, quality healthcare close to home.

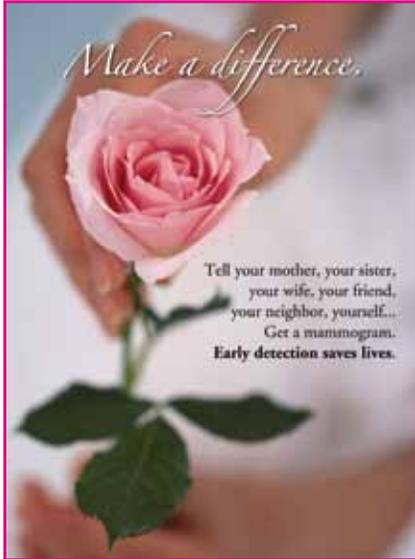




# BREAST CANCER AWARENESS MONTH

## REMIND A FAMILY MEMBER: EARLY DETECTION SAVES LIVES

**E**astern Long Island Hospital (ELIH) is your **partner in early detection, offering state-of-the-art digital mammography.**



This technology produces high quality images which allow clinicians to see in higher detail than ever before, helping detect breast cancer at its earliest stages.

With a focus on your comfort, ELIH provides “soft touch” for every digital mammography exam. Mammopad

is a single use foam pad that provides a cushion between you and the mammography equipment making your exam experience more pleasant.

Computer Assisted Diagnosis (CAD) adds a virtual second opinion, quickly and onsite in addition to the skillful eye of the board certified radiologists at ELIH.

**Monthly breast self-examination (BSE)** can help you monitor the normal look and feel of your breasts. Contact your healthcare professional if you notice any changes. BSEs are not a substitute for regular breast care exams by a health care professional or for screening mammograms.

### Need tips on monthly BSE?

ELIH offers the American Cancer Society’s breast self-exam shower card. Call 631-477-5164 to request your copy.

**How do I schedule a breast exam?** Call Central Registration at 631-477-5121, Monday through Friday, 8 AM – 3 PM.

## BREAST SURGEON JOINS MEDICAL STAFF

### ELIH WELCOMES DR. KAPENHAS-VALDES TO MATTITUCK



**E**dna Kapenhas-Valdes, M.D., Breast Surgeon, has joined the staff of Eastern Long Island Hospital (ELIH) to provide breast care close to home for the North Fork and Shelter Island community.

Based at Southampton Hospital since 2007, Dr.

Valdes now sees patients weekly in Mattituck, a satellite office, she shares with Board Certified Gynecologic Oncologist, Dr. Hannah Ortiz.

Dr. Valdes who performs breast surgeries at ELIH highlights the importance of early detection for breast health.

**What is your impression of ELIH?** My experience in the OR shows me that ELIH truly does “put the care back in

healthcare.” Everything is ready when I arrive for surgery. The nurses are thoroughly prepared. The entire staff is caring and thoughtful to me as well as my patient throughout the process. President and CEO Paul J. Connor even welcomed me to the OR on my first day of surgery, which speaks volumes about ELIH’s personal approach.

**What are your future goals?** Dr. Ortiz and I are focusing on improving women’s cancer care throughout the region. By taking advantage of our complementary strengths, we can care for patients as close to home as possible.

**October is Breast Cancer Awareness Month, a good time to remind the community of the importance of early detection.** It’s absolutely true that early detection saves lives. Yearly mammograms and clinical breast exams are the most effective means we have for detecting breast cancer in its earliest and most treatable stages. ELIH offers sophisticated, state-of-the-art digital mammography right here, so there is no reason to leave the East End for breast imaging.



*Begin having a mammogram annually at the age of 40.  
If you are under 40, get an annual breast exam with your physician.*





# NEW FAMILY PRACTICE JOINS COMMUNITY

## BELLAMY BROOK, D.O. INTRODUCES CUTCHOQUE PRACTICE



**E**astern Long Island Hospital (ELIH) welcomes Bellamy Brook, D.O. and his family practice to the community. Dr. Brook has served the East End since 2001. Newly on staff at ELIH, he and Alexis Hugelmeyer, D.O., care for patients at the hospital and provide services in their Cutchogue and Riverhead offices.

Focused on family care, Dr. Brook answers a few questions and introduces his practice.

### What is the overall philosophy of the practice?

Dr. Hugelmeyer and I are native Long Islanders, and we are both raising our families here on the East End. We are committed to serving the community we live in.

We are trained in osteopathy, a hands-on approach to medicine aimed at treating the whole patient, not just the illness. We prioritize fully assessing patients in an unhurried and comfortable atmosphere.

### How will your practice serve the community?

We are a family practice, providing services to all generations, from pediatric to geriatric care. For patient comfort; Dr. Hugelmeyer specializes in womens' health-related issues. A particular focus of the practice is the treatment of diabetes, hypertension, and elevated cholesterol levels.

One notable aspect of our work with older patients is our commitment to helping them remain in their homes, living independently, for as long as they can. We provide home assessment, including fall risk prevention, to help maintain a safe living environment. To schedule an appointment, call 631-734-8550.

### Seasonal Flu Shots by Appointment

Call 631-477-5122

Thursday, October 29th  
ELIH Conference Room

\$25 fee Medicare & Medicaid Accepted

For additional flu shot clinics in Suffolk County, call 631-853-3055

## PREVENT THE SPREAD OF FLU

Eastern Long Island Hospital (ELIH) offers these tips to help you and your family prevent the spread of seasonal flu.

- **Get vaccinated.**
- **Frequent, thorough hand washing is the single most effective means of preventing the spread of infection.**
  - Scrub hands with soap and water for at least fifteen seconds. Rinse well.
  - Turn off the sink with a paper towel and dispose in the trash. Dry hands with a clean towel.
  - Alcohol-based hand-sanitizers are also effective. Look for one with at least 60% alcohol.
- **Avoid close contact with those who are sick.** When you are the patient, keep your distance from others.
- **If possible, stay home from work or school when you are sick.** Reduce or eliminate errands.
- **Avoid touching your eyes, nose and mouth.** Infection is often spread by touching something contaminated, then touching your eyes, nose and mouth.
- **Cover your mouth and nose** with a tissue, not your hand, when coughing or sneezing. If tissues are unavailable, cough or sneeze into the crook of your elbow.

Ask for MammoPad, a soft cushiony pad designed for greater comfort during your screening experience. For tips on breast health and early detection, visit [www.cancer.org](http://www.cancer.org).



# VOLUNTEER AT ELIH THIS WINTER

## PREVENT CABIN FEVER - JOIN THE AUXILIARY

**E**astern Long Island Hospital (ELIH) seeks short-term volunteers for three months of service during this winter season.

Do you enjoy working with and helping people? Are you looking for something interesting, enjoyable and satisfying to do, with no long-term commitment? Would you like to keep active and use your existing skills, or learn new ones? Do you have a few hours a week of free time?

More than experience, knowledge and ability, volunteering at ELIH requires

willingness, dedication and a generous heart. Consider volunteering your time with your local hospital, and be a part of ELIH's culture of caring.

Local resident Mary Ann Rydzeski answered the call for short-term service last winter after learning of the seasonal need for volunteer coverage. "I really liked the idea of getting out of the house during the winter months and was too busy to volunteer year round. The three month commitment was very appealing. I have always loved being around people, and the diversity here on the North Fork is so stimulating," she says.

### How do I become a volunteer?

Call the Volunteer Office at 477-5196 Monday through Friday, or call 477-5195 and leave your name and number.

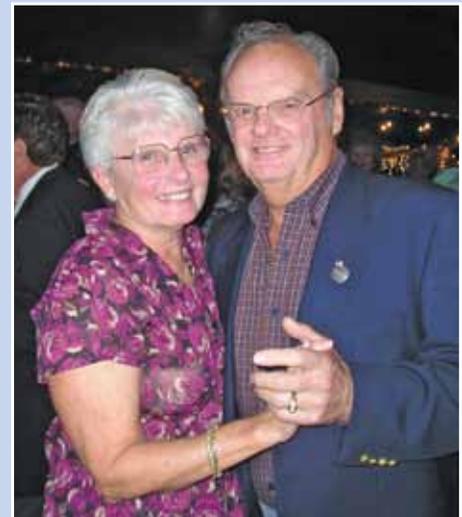
Mary Ann has since stayed on as a volunteer because of the rewarding nature of the work. Her volunteering has become a priority in her life, and she is gratified to have the opportunity to give back to the community she loves. "I've met wonderful new friends, and it's been a great way for me to get involved in the community."

## DREAM GREEN WINNER



**Dream Green Winner, Carol Taplin of Southold, holds the winning ticket for the "TOP" prize of \$50,000.**

*(l-r) Carol Taplin, Dream Green Winner; Paul J. Connor III, President/CEO, Eastern Long Island Hospital, Pat Foelsch and Margaret Flanagan, Dream Green Extravaganza Co-Chairs.*



## DINE AND DANCE

at the Autumn Benefit,  
November 6, 2009 at 6:30 pm

*Soundview Restaurant,  
Greenport*

**Tickets \$50 • Call 765-2206**



**Know your screening options.  
Ask for a digital mammogram, the latest technology in the fight against breast cancer.**





## 2009 SCHOLARSHIP RECIPIENTS



*Pictured with Paul J. Connor III and Thomas E. Murray, Jr. - (l-r) Melissa McMoore, Greenport High School; Ryan Connell, Mattituck High School; Rebecca Plock, Southold High School (Absent from photo - Callie Starzee - Shelter Island High School)*

## SUMMER WORK EXPERIENCE PROGRAM



*Pictured with Paul J. Connor III and Thomas E. Murray, Jr. and Program Coordinators, Leslie Sinnott and Laura Rand - (l-r) Abbey Clark, Southold High School; Jake Gamberg and Catherine Austin, Mattituck High School; Sarah Hallock, Southold High School and Gina Giambruno, Shelter Island High School completed a six-week program designed for high school Juniors to explore healthcare careers.*

## Balance and Gait Disorders

Do you feel unsteady on your feet? Have you been losing your balance or falling? Do you shuffle when you walk? If you have any of these symptoms, an assessment by a physician for diagnosis and treatment of gait or balance disorders can help prevent falls. Falls can cause fracture of a hip or a bleed in the head, which can have devastating consequences.

Your gait is the way you walk and balance is the ability to maintain your posture without leaning, falling or reaching for something for support. They are both governed by a coordinated action involving visual, musculoskeletal and neurologic systems.

## Free Gait and Balance Health Screening

**Wednesday,  
October 28, 2009**

By appointment - Call 631-477-5121

**Caroline Gatewood, MD**  
Board Certified Neurologist  
Gladys Brooks Medical Village  
300 Atlantic Avenue, Greenport

## EAST END HEALTH ALLIANCE

### RAISING HEALTHCARE STANDARDS ON EAST END

The Alliance—Eastern Long Island Hospital, Peconic Bay Medical Center and Southampton Hospital-- was awarded a Federal grant, \$12.9 million HEAL NY funds, to establish a core laboratory to serve the East End communities.

Although, a site is yet to be determined, the 15,000-square-foot laboratory will need to be within reach of all three hospitals by courier for timely specimen delivery. Benefits to ELIH include reduced costs, standardized lab results and physician access to medical information regardless of where each patient enters the system.

*Eat a diet rich in fruits and vegetables to reduce your risk of breast cancer.*



Postmaster: Please deliver between  
October 21 and October 24.

Receiving duplicate copies of BetterHealth? Notify us at (631) 477-5164.

## Everyday Heroes

July Employee of the Month



Debbie Haney  
Support Services

## Welcome Aboard



R. Kenmore Rushin  
ELIH Board of Trustees

## Better Health

Published by  
Eastern Long Island Hospital  
Community Relations Department

**Thomas E. Murray, Jr**  
Chairman, Board of Trustees

**Paul J. Connor III**  
President and Chief Executive Officer

**Anthony E. Mitarotondo, Jr, MD**  
President, Medical Staff

**Pat Kiernan**  
Vice President, Foundation

**Eileen Solomon**  
Assistant Director, Foundation

## MARK YOUR CALENDAR

**October 26**  
Senior Wellness Series  
"All About Arthritis"  
ELIH Conf Rm, 11 am – 12 noon  
631-477-5425

**October 28 (free)**  
Gait & Balance Screening  
Gladys Brooks Medical Village  
by appointment,  
631-477-5121

**October 29**  
Seasonal Flu Shots  
\$25 fee, by appointment,  
631-477-5122  
Medicare & Medicaid accepted

**November 6**  
Senior Wellness Series  
"Memory Loss, What's Normal,  
What's Not"  
Southold Town Senior Services,  
1 – 2 pm, 631-298-4460

**November 6**  
Annual Autumn Benefit  
Soundview Restaurant, 6:30 pm  
Call for tickets, 631-765-2206

**November 12**  
Fall Blood Drive  
ELIH Conf Rm, 8 am – 5:30 pm  
Walk-ins Welcome  
For appointment, call 631-477-5100

**November 13** - Auxiliary Sale  
Sterling Silver Jewelry  
ELIH Conf Rm, 10 am – 4 pm

**November 16** - Auxiliary Sale  
Holiday Wreaths  
ELIH Lobby, 10 am – 4 pm

**December 4** - Auxiliary Sale  
Fashion Jewelry  
ELIH Conf Rm, 10 am – 4 pm

**December 4** - Senior Wellness Series  
"Balancing the Stressors of the  
Holiday Season"  
Southold Town Senior Services,  
1 – 2 pm, 631-298-4460

## SAVE THE DATE



2009 Gala Hosts Gretchen and  
Steven Mezynieski with Celebrity  
Guest Jeffrey Lyons, NBC, TV

**\* GOLF  
CLASSIC  
JUNE 9**

**\* GALA  
AUGUST 14**

**2010**

Jeff Strong  
sinks a "Hole  
In One" at the  
2009 Classic



## Annual Appeal

Please accept my gift/pledge of:

\$2,500  \$1,000  \$500  \$250  \$100  Other \$ \_\_\_\_\_

**Double your donation to ELIH with a matching gift:**

My Matching Gift Form is attached.

Visit [www.ELIH.org](http://www.ELIH.org) for a list of Matching Gift Companies

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_



## Eastern Long Island Hospital

**MY GIFT IS:**

**Enclosed in full.**  
Check Payable to ELIH ANNUAL APPEAL

**Pledged** in  Monthly or  Quarterly installments,  
with first payment of \$ \_\_\_\_\_ enclosed.

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

**Credit Card:**  
 MC  Visa  Amx Security code \_\_\_\_\_  
# \_\_\_\_\_ Exp. \_\_\_\_\_

Signature \_\_\_\_\_

**Wire or securities**  
(for transfer instructions, call 631-477-5164)

**PLEASE GIVE GENEROUSLY TO THE ANNUAL APPEAL.**

201 Manor Place, Greenport, NY 11944  
(631) 477-5164, [www.ELIH.org](http://www.ELIH.org)