

ELIH: AN ECONOMIC ANCHOR

**Creating Jobs
Fueling the Local Economy**



Did you know that your community hospital plays an integral role in the economics of the North Fork and Shelter Island?

Eastern Long Island Hospital (ELIH) serves as an economic engine to the local business community through its purchasing power of goods and services for everyday operations and capital improvements. As a major employer, ELIH provides 510 jobs and

generates \$63,687,000 in economic benefit to maintain a clean and safe medical environment with sophisticated technology for those in need of inpatient, outpatient or emergency care.

“ELIH contributes to the well-being and productivity of its citizens by providing round-the-clock access to quality care. Their ability to lead active, productive lives is also essential to the economic growth of our region.”

“Not only does our workforce have its own buying power, our employees contribute to federal, state and local taxes in order to build a better community,” states Paul J. Connor III, President/CEO.

According to a report published by the Healthcare Association of New York State (HANYS), hospitals on Long Island provided 47,460 jobs and contributed \$14.6 billion to the local Long Island economy in direct and indirect spending in 2010.



ARE YOU INSPIRED TO MAKE A DIFFERENCE?

Gift Planning Can Boost Your Income

What inspires you? Is it a beautiful painting, a nostalgic photograph, a stroll on the beach... the night sky? Surely, the scenery on the North Fork is inspiring with its unique vistas of sea and agriculture.

While the winter may be a quiet time of rest and reflection, it can also be a time to think about new experiences. Experiences that will enrich your life and the lives of those you care about.

When you plan for the future, your wellbeing is a large part of the equation. While some of us may fail to plan adequately, our inspirations and dreams depend on good health and prosperity. These are the two variables that allow us to dream bigger and accomplish more.

Perhaps you can accomplish more than you ever thought possible by planning to put your assets to work. If you are not receiving a satisfactory rate of return on your investments, a gift annuity can help you make the most of what you have, **ensure a stable income stream, reduce tax liabilities** and inspire you to give the gift of good health through a Charitable Gift Annuity.



Photo by Kevin Fieldman

Charitable Gift Annuity: Provides Income and Generates a Tax Deduction

- 1 You transfer cash, securities or other property to an annuity for the benefit of a charity.
- 2 Beginning on a specified date, the annuity pays you fixed annuity payments for life.
- 3 The principal passes to the charity at the death of the beneficiary.

Benefits

- You receive an immediate income tax deduction for a portion of your gift.
- You can postpone your annuity payments until you need them, such as when you reach retirement or when a grandchild begins his or her college education.
- The longer you defer your payments, the higher the effective rate you will receive. In the meantime, the principal grows tax-free.
- You can have the satisfaction of making a significant gift that benefits you and ensures the good health of your community.

The **minimum contribution** to fund a charitable gift annuity is **\$10,000**.

For more information on charitable giving opportunities, call the ELIH Foundation Office, 631-477-5164.

Sample Gift Annuity Rates *

Age	One Annuitant
65	5.5%
66	5.5%
67	5.6%
68	5.7%
69	5.8%
70	5.8%
71	5.9%
72	6.0%

*Effective 7/1/10

Source: American Council on Gift Annuities

THE DOCTOR IS IN

One-on-One Hospital-Based CARE Focused on YOU

hos-pi-tal-ist [hos-pi-tl-ist] - A hospital-based physician. **Hospitalists** assume the care of hospitalized patients in place of a **primary care** physician or family practitioner.

What is a Hospitalist?

A Hospitalist is a physician dedicated to inpatient hospital care. Because Hospitalists work exclusively in the hospital, they are focused on your particular needs during your hospital stay. Their familiarity with hospital systems and functions makes it easy to coordinate high quality, efficient care for you within the hospital setting.

Why is ELIH embracing the Hospitalist model?

Healthcare nationwide has seen a rise in the Hospitalist model as primary care physicians face a growing need to cut back on on-call responsibilities and shift their focus to their office practices.

Because hospitalists are in the hospital most of the time, they can track test results and order necessary follow-up tests promptly. This is in contrast to the traditional setting where your primary care physician may have come to the hospital the next day to follow-up on your results and take the next necessary step at that time.

“Since the hospitalist’s ‘office’ is the hospital, these physicians are actively involved in the daily routine at the hospital. They are well-positioned to effectively communicate between physicians and staff, enhance patient safety, reduce medical errors and deliver timely patient care.” notes Paul J. Connor, President and Chief Executive Officer.

Hospitalists’ are the physicians that organize the communication between the different specialists caring for you, and serve as the point of contact for questions and updates to delineate a comprehensive plan of care.



Khalid Noori, MD

Introducing Hospitalist Care

ELIH is pleased to welcome, Dr. Khalid Noori a highly educated, experienced and caring hospital-based physician to oversee and provide care for the patients of primary care physicians during their entire hospital stay. In addition to Noori, Dr. Sushma Arramraju also joins the ELIH team. Arramraju has received prestigious medical awards and achievements and has an impressive list of published articles.

How is my Primary Care Physician involved with my care at ELIH? Can I count on continuity of care?

Although, some family physicians may continue to make rounds on their patients, your family physician can choose to entrust your care entirely to the Hospitalist when you are admitted to the hospital.

Both Dr. Noori and Dr. Arramraju will be communicating regularly with your family physician during your hospital stay. As Hospitalists, Drs.’ Noori and



Sushma Arramraju, MD

Arramraju are readily available to focus on your care, while your primary care physician may be restricted to visiting before or after office hours. Continuity of care is a priority as you are referred back to your family doctor when discharged.

ELIH has the benefit of having ample coverage with these caring physicians who are providing individualized focused care for each patient.

“Because hospitalists are on top of everything that happens to a patient — from entry through treatment and discharge — they are largely credited with reducing the length of hospital stays by anywhere from 17 to 30 percent, and reducing costs by 13 to 20 percent, according to studies in The Journal of the American Medical Association.”

– **The New York Times**

The Hospitalist Program at ELIH is designed to streamline care, reduce readmission rates and provide patient friendly follow up instructions.



SURGICAL EXPERTISE IN YOUR BACKYARD

CARING TEAM APPROACH ENHANCES PATIENT COMFORT

At Eastern Long Island Hospital (ELIH), a team of experienced, caring physicians and support staff are committed to your expert care and comfort during your stay.

The team includes Board Certified specialists in anesthesiology, pain management, gastroenterology, general and vascular surgery, gynecology, urology, ophthalmology, orthopaedics, plastic and reconstructive surgery, pathology, podiatry and ear, nose and throat surgery.

“Our facility continually monitors advances in medical technology,” notes ELIH surgeon, Agostino Cervone, M.D. “To best serve our community, we are equipped with state-of-the-art endoscopic and laparoscopic instrumentation, as well as ophthalmology equipment including a site TXR micro-surgical system.”

“You will feel secure in the hands of our highly-trained surgeons, operating room nurses, nurse anesthetists and operating room technicians,” says Lawrence Kelly, M.D., Chief of Surgery at ELIH.

On the day of your surgery, you will be greeted by a member of the patient care team, and briefed prior to surgery to ensure you fully understand the procedure and expected outcome.

You will be closely monitored after surgery, and will be given written post-operative care instructions.



Dr. Fred Carter greets an orthopaedic patient in Ambulatory Surgery before repairing her sports injury. Follow up care will require physical therapy as an outpatient at the ELIH Physical Therapy facility in Southold.

Your care includes a personal phone call from one of our registered nurses to follow up on your recovery.

Providing surgical expertise, state-of-the-art medical technology and a caring touch here in your community is one more way ELIH is putting the Care back in Healthcare.

The Gladys Brook Ambulatory Surgery Pavilion is conveniently located on the eastern side of the hospital, with dedicated parking near the entrance.

Easy accessibility for patients and family members is a vital part of the architectural design. Many procedures are performed here daily.

If you have any questions about your scheduled surgical procedure, call (631) 477-5350.

Common procedures include:

- Appendectomy
- Mastectomy
- Laparoscopic Surgery
- Colon Re-section
- Arthroscopic Surgery
- Cataract Surgery
- Joint Replacement Surgery
- Colonoscopy
- Plastic Reconstructive Surgery
- Interventional Pain Management
- Pacemaker Insertion
- Defibrillator Insertion
- Gallbladder Surgery
- Hernia Repair
- Gynecological Surgery
- Hysterectomy
- Hand Surgery
- Urinary Surgery
- Greenlight Laser
- Kidney Stones
- miniArc Sling
- Ear, Nose and Throat Surgery



HOSPITAL-BASED PHYSICAL THERAPY

THREE LOCATIONS FOR COMPREHENSIVE CARE

Eastern Long Island Hospital (ELIH) offers patients individualized physical therapy treatment at three convenient locations:

- Southold Square
- Peconic Landing Health Center
- Shelter Island Fitness Center

What is Hospital-Based Physical Therapy? Hospital-based physical therapy supports a continuum of care from inpatient to outpatient, allowing patients to stay connected to the hospital where their physicians are affiliated. Hospital-based physical therapy treatment is not capped by Medicare, and most insurance plans are accepted.

What can I expect from physical therapy? Your therapist will evaluate you and your injury, then design a treatment plan specific to your condition, addressing any pain, weakness or limitations you may have.

Together with your therapist, you will set treatment goals with expected time frames.

Comprehensive outpatient care services include:

- Pain Rehabilitation and Management
- Pre-Surgical Strengthening
- Post-Surgical Rehabilitation
- Musculoskeletal Injuries/ Multiple Trauma
- Orthopedic and Neurological Dysfunction
- Fractures and Sprains
- Vertigo/Fall prevention

Once you have met your physical therapy goals, it's easy to continue exercising to maintain good health by signing on as a member of the fitness program either in Southold, (631) 765-9389 or Shelter Island, (631) 749-0978.

STAY INDEPENDENT

Come learn how to make your home safe, your daily life fulfilling and learn a few tricks too!

INDEPENDENT LIVING DISCUSSION SERIES

WHEN: Mondays at 2 pm
February 28th
March 7th, 14th, 21st

WHERE: Brecknock Hall, Peconic Landing Campus Greenport

HOW: To register, call Nancy Williams (631) 477-5176.

FREE - open to all

Speakers

- Dr. Fred Carter, Orthopaedist
- Ray Krupski, ELIH Pharmacist
- Barbara Solow, Dietician
- Nancy Williams, ELIH Physical Therapist
- Karolyn Jenkins, ELIH Physical Therapist
- Juliet Frodella, Director Senior Options and Solutions, ELIH
- Christina Berry MS, OTL
- Karen McLaughlin, Director Human Services Southold Town

Sponsored by ELIH in partnership with Peconic Landing.

STAFF SPOTLIGHT



Hildy Brown-McCarthy graduated from Springfield College in 1997 with a Masters in Physical Therapy. She has been treating adult patients with orthopedic and neurologic conditions in an outpatient setting for 13 years. She is currently pursuing a Doctorate in Physical Therapy at Stony Brook University.



Mary Slovak holds a B.S. in Physical Therapy from SUNY Downstate Medical Center Brooklyn, and an M.S. in Gerontology from Hofstra University. A lifelong North Fork resident, she has worked part-time for 15 years, and is now at ELIH full-time, offering 22 years of experience in outpatient physical therapy to our community.



GERIATRIC CENTER OF EXCELLENCE

IMPROVING QUALITY OF LIFE FOR SENIOR CITIZENS

The Geriatric Center of Excellence is a “center without walls,” offering comprehensive geriatric medical services to improve quality of life for seniors in a hands-on, caring environment in the hospital, in the home and community-wide.

The Senior Options and Solutions Program (SOS), offered through the Geriatric Center of Excellence, assists seniors, families and caregivers by answering healthcare questions, identifying individual needs through in-home assessment, and providing referrals to beneficial services.

Primary Program Goals

- To identify seniors at risk, and link them to programs and services that may improve their quality of life.
- To provide outreach and education to the community on healthcare issues and resources to maintain health and safety.
- To raise awareness of entitlement resources that assist with aging.
- To improve access to mental health resources and screenings.
- To decrease hospitalization and deterioration of health through early intervention.

Senior Options and Solutions Year in Review

During the past year, Senior Options and Solutions provided screening, assessment, and follow up services to over 700 individuals.

Contacts with family members, friends, physicians, and treatment and home care professionals are also an integral part of the service to ensure coordination and collaboration of care when needed.

Our working relationships with other providers of services, particularly Southold Town Senior Services, are key to our effectiveness.

Over the past year, the top five service needs identified have been:

1. *In-home needs:* assist with physical care, care of the residence, transportation, assistance with errands and appointments including transportation. Referrals to Town of Southold based programs for meals on wheels and essential medical transportation.
2. *Mental Health needs:* Concerns about depression, anxiety, and memory.
3. Physical Health issues.
4. *Information related to benefits:* Medicare, Medicaid, and prescription coverage.
5. *Socialization:* Information related to programs available via Southold Town, community groups, day programs and volunteerism.

Save the Date for Senior Wellness Day May 25 at the Southold Town Human Resource Center, Mattituck.

Monthly Wellness Series

Presentations on relevant topics such as sleep disorders, depression, anxiety, dementia, substance abuse, hearing loss and bereavement are offered at the Southold Town Human Resource Center, in coordination with the Mental Health Association in Suffolk County.

CANCER SUPPORT GROUP RIGHT HERE IN YOUR COMMUNITY

The North Fork Cancer Support Group for people living with cancer is now in its third year.

Co-sponsored by the Leukemia and Lymphoma Society and ELIH, members offer each other emotional support, provide a confidential place to share stories of living with cancer, and form an alliance of hope.

Knowledge is powerful, and speakers visit the group to provide information about topics ranging from nutrition and neuropathy to wellness and healing. The group is open to adults living in the area with a diagnosis of cancer.

Julia Graziano, R.N. case manager volunteers her time to co-facilitate the group with Vicky Cortese, LCSW of Senior Options and Solutions.

Meetings are the 3rd Tuesday each month at the First Presbyterian Church (53100 Route 25, Southold) - the next gathering will be on March 15.

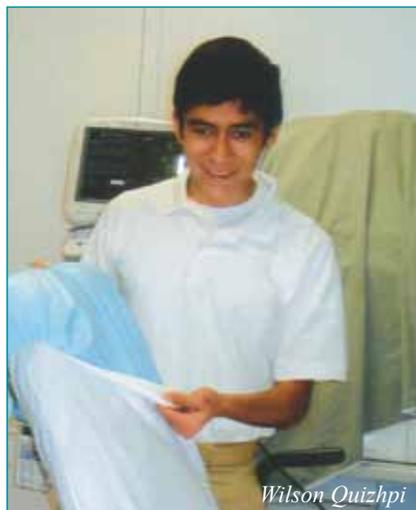
For more information, call Juliet Frodella, Director, Senior Options and Solutions, (631) 477-5425.





A NEW GENERATION OF VOLUNTEERS

LINKING COMMUNITY YOUTH WITH YOUR COMMUNITY HOSPITAL



Wilson Quizhpi

The Junior Volunteer Program offers community youth an insider's view of the hospital in exchange for a few volunteer hours a week.

Junior Volunteers are 15-18 years old; they work a minimum of two hours a week, after school or on weekends. During their shift, they wear khakis, white collared shirts and white soft-soled shoes – and their ELIH-issued hospital badge.

“Junior Volunteers learn the caring ways of our community hospital as

they assist patients and staff,” explains Fran Reichert, Junior Volunteer Program Coordinator. “Some typical activities Junior Volunteers help with include transporting patients, cleaning gurneys, bringing specimens to the lab, filing charts, and running errands to the pharmacy.”

One favorite area of student volunteers is the Emergency Room – and current junior volunteer Wilson Quizhpi is no exception. “I like helping patients most of all,” says Quizhpi – and in the ER, he is able to assist in providing immediate, direct assistance to those in need.

In addition to the rewards inherent in serving his community, Quizhpi, whose family has lived on the North Fork since 2001, particularly values the behind-the-scenes insight he has been privileged to gain as a volunteer.

Quizhpi, a senior at Mattituck High School, began volunteering in January 2010; he has recently completed 100 hours of work, pitching in every Sunday morning from 8 to 10 AM. He is currently awaiting college acceptance letters, and is excited for what comes next – though his time at

ELIH is drawing to a close. As he faces new challenges and next steps, he will surely bring with him the valuable experience and insights he gained as an Junior Volunteer.

Interested in becoming an ELIH Junior Volunteer? Contact Fran Reichert - 631-477-5196.



Auxiliary President, Margaret Flanagan presents Chairman of the Board, Tom Murray with two checks at the Auxiliary Tea. Fundraising for 2010 exceeded \$325,000 for patient services. This year's Dream Green Extravaganza "sold out" at the Maritime Festival.

GOT WINTER BLUES?

VOLUNTEER WITH THE ELIH AUXILIARY BECAUSE IT'S GOOD FOR YOU!

Edward Brown, author of *The Healing Power of Service*, says “People who do volunteer work are much less likely to suffer illness.”

A number of studies have shown that volunteer work can reduce heart rates and blood pressure, combat insomnia, enhance immune systems, and lessen depression. People who engage in regular volunteer work actually tend to live longer.

Toni DeMeo, Volunteer Coordinator, and her team of volunteers are looking to the community to help fill a void in the winter.

Toni explains, “we need a few community members to help out for a short period of time. Filing, copying and assisting patients are areas that need help. When you sign on as a winter volunteer, it is only a three month commitment.”

Volunteers are needed to fill the positions of “snowbirds” that head to warmer climates in January, February, March and April.

Typical shifts run Monday through Friday and are 3½ to 4 hours in duration.

If you can spare a few hours a week, call the volunteer office, 631-477-5196.



**EASTERN
LONG ISLAND
HOSPITAL**

Putting CARE back in HealthCARE

201 Manor Place
Greenport, NY 11944
(631) 477-1000

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

Everyday Heroes



Gigette Tamaray
Med Tech, Laboratory

November Employee of the Month

Welcome Aboard



Joseph M. Pufahl
Board of Trustees



Caroline V. Gatewood, MD
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

Frank J. Adipietro, Jr. MD
President, Medical Staff

Pat Kiernan
Vice President, Foundation

Eileen Solomon
Assistant Director, Foundation

MARK YOUR CALENDAR

**February 28, March 7, 14, 21 –
Independent for Life Series**
Brecknock Hall @ Peconic Landing,
2 pm, Open to public.
(631) 477-5176.

March 4 – Senior Wellness Series
Southold Town Senior Services,
11 am – 12 noon. (631) 298-4460.

March 7 – Auxiliary “Gold Raiser”
% of sales for patient services.
ELIH Conf Rm, 9 am to 4 pm.
(631) 477-5196.

**April 1 – Auxiliary Sale,
“Jewels and More”** - ELIH Conf Rm,
9 am to 4 pm. (631) 477-5196.

**April 18 & 25, May 2, 9, 16 & 23,
“Learn to be Tobacco Free”** –
ELIH Conf Rm, 6 – 7 pm.
(631) 477-5121.

May 4 & 7 – Annual Plant Sale
Geraniums and impatiens, Order in April.
(631) 477-5196.

May 5 – Spring Blood Drive
ELIH Conf Rm, 8 am – 5:15 pm.
Walk-in’s welcome. (631) 477-5100.

May 13 – Car Raffle Drawing
12 noon, Win 2011 Jeep Compass or
\$10,000 cash. (631) 477-5463.

**May 13 – Auxiliary Sale,
“Dream Designs”** – ELIH Conf Rm,
9 am to 4 pm. (631) 477-5196.

June 8 – Annual Golf Classic
Gardiner’s Bay Country Club, Sl.
(631) 477-5164.

August 13 – Annual Gala
McCall’s Vineyard & Preserve, Cutchogue.
(631) 477-5164.

TAKE A CHANCE...

return the form below with your check to
ELIH Auxiliary, Box 130, Greenport, NY 11944



Cut Along Dotted Line and Remove

RECEIPT

(Please retain for your records.)

AMOUNT _____

CHECK # _____

DATE _____

ELIH AUXILIARY

**2011 COMPASS or
\$10,000 CASH RAFFLE**

**Drawing Date:
May 13, 2011, 12 noon
at ELIH**

ELIH The Eastern Long Island Hospital Auxiliary
2011 COMPASS or \$10,000 Cash Raffle.

(PLEASE PRINT)

NAME _____

MAILING ADDRESS _____

PHONE _____

AMOUNT ENCLOSED: _____ FOR _____ TICKETS @ \$50 EACH

FOR OFFICE USE ONLY

Date Received _____ Amount _____ Bank _____ Check # _____