

Sunnyview Introduces Locomotor Training with New TheraStride System

Jim Nolan, former dean of business and a current professor at Siena College in Loudonville, NY, is a familiar face around Sunnyview Rehabilitation Hospital.

Jim first arrived at Sunnyview three years ago after a biking accident at Glen Lake in Warren County left him with a severe spinal cord injury and paralysis in his arms and legs. He spent time at Sunnyview – both as an inpatient and an outpatient. After intensive therapy, he was able to perform the activities of daily living we all take for granted – brushing your teeth, getting dressed and washing your face ... and walking with the help of a walker.

With his “go get ‘em” attitude, Jim not only accomplished his therapy goals, along the way he helped talk with other patients who had suffered spinal injuries. Since then, he’s given back to Sunnyview by serving on the Foundation’s board of directors, including chairing the annual Art for the View Gala each fall.

Now, Jim’s back at Sunnyview, this time as the first patient to receive locomotor training with the hospital’s new TheraStride body weight support system – an exciting new technology that is improving some patients’ ability to walk. The TheraStride system was made possible through funding by the Sunnyview Foundation.

Several years ago, Patricia Valenza, PT, ATP, assistant director of the Neuro-Rehab Institute at Sunnyview, and Ann McCarroll, PT, attended an educational program on

would be the perfect individual to try out this therapy – even several years after his initial injury. Now, with the arrival of the state-of-the-art equipment earlier this spring, Jim’s proving us right!” noted Ann.

Locomotor training with the TheraStride system involves suspending the patient in a harness over a treadmill. The technology is unique in that it can regulate the amount of body weight exerted to the patient’s legs. And, unlike other gait training systems, the TheraStride provides no upper extremity support which encourages the patient to walk normally.

“My work on the TheraStride system with my therapists, Patti and Ann, has led me to a leap forward in assisted walking activity. In just two months, I went from using a walker for short distances to using forearm crutches for walking longer distances,” noted Jim.

In addition to therapy at Sunnyview, Jim does leg and balance exercises at home, as well as core-strengthening exercises, such as partial sit-ups.

Ann said the TheraStride system is ergonomically designed for better therapist safety and enhanced comfort. “The system offers seating stations and foot braces which can be quickly adjusted, thus reducing therapist strain.”

(continued on page 6)



Gary Smith (l), and Michael Liska (r), rehab aides, assist physical therapist Ann McCarroll with Jim Nolan in locomotor training.

locomotor training thanks to the Roberts Scholar Award. “We looked at each other and said ‘Jim Nolan!’ We both knew he

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Rehabilitation Insight is a publication of Sunnyview Rehabilitation Hospital. The goal is to bring timely issues of acute medical rehabilitation, including updates and advances of the hospital and its foundation, to the forefront.

Sunnyview Rehabilitation Hospital

Address Change? Duplicate Mailings?

If your address has changed or if you receive more than one copy of our newsletter, please alert the Foundation office at (518) 382-4586 or sunnyviewfoundation@nehealth.com so that we can streamline our database.

Thank you!

Welcome

In this issue, we're pleased to introduce our readers to Jim Nolan, business professor at Siena College who serves on our Foundation board of directors. Jim came to us several years ago after a biking accident left him paralyzed and was discharged having achieved his therapy goals. Jim recently returned as the first patient to participate in Sunnyview's new locomotor training program with the TheraStride system. Read all about Jim's story and this innovative new technology at Sunnyview.



Currently, Jim is serving as chair of the steering committee for this year's Art for the View Gala scheduled for Friday, October 25. This annual event brings awareness to the hospital's unique art program and also raises funds to support programs and equipment at Sunnyview. Proceeds from this year's gala will support the purchase of exciting new technology for Sunnyview's Neuro-Rehab Institute. Make sure to mark your calendar for Art for the View.

So much is happening at Sunnyview! We're proud to say that in the United States, only a handful of hospitals are recognized "centers of excellence" in the highly complex specialty of neurological rehabilitation. The Neuro-Rehab Institute of Sunnyview Rehabilitation Hospital is one.

While many facilities in this area may offer rehabilitation among other services they provide, at Sunnyview, providing acute rehabilitation care is the only thing we do. And, our specialized Neuro-Rehab Institute treats more patients with stroke, traumatic brain injury and spinal cord injury than any facility in the greater Capital Region and beyond.

When it comes to acute rehabilitation, you have a choice. Just ask Jim Nolan. He chose Sunnyview and he's glad he did.

Chip Eisenman
Chief Executive Officer

Stroke Social Support Group Celebrates 25 Years

Since 1988, the Post-stroke Social Support Group at Sunnyview has provided individuals who have survived a stroke or other traumatic brain injury with an opportunity to work on their cognitive and communications skills, and at the same time, socialize with others in a relaxed, fun atmosphere. Held twice weekly from 10 am – 2 pm, the participants enjoy therapeutic activities coordinated by the hospital's therapeutic recreation department and run by certified therapeutic recreation specialists.

Connie Todt, CTRS, manager of therapeutic recreation services, has been overseeing

the support group for 19 years and noted that one participant has been attending since the group's inception 25 years ago.

She added, "The group also provides caregivers with a break from the demands of caregiving, and gives them a chance to get to know and share with other family members and loved ones."



Connie Todt and participants of the Post-stroke Social Support Group in August.

Adaptive Recreation Experiences 2013

The highly popular Adaptive Recreation Experiences program was an overwhelming success this summer. The program, which just completed its 12th season, provides individuals with disabilities the opportunity to return to previously enjoyed activities, or to try something new. Sessions are designed to encourage and assist participants in having fun and are open to those in wheelchairs, as well as ambulatory participants.

This year, in addition to Adaptive Fishing, Learn-to-Golf Clinic and Adaptive Tennis, the program introduced two new sessions — Adaptive Rock Wall Climbing and Accessible Orienteering and Paintball Target Shooting — both well-received by participants.

Thanks to our event partners and sponsors: Trout Unlimited of the Capital District; Six Mile Water Works; Stadium Golf Club; Chuck Veeder – CV Golf; The Edge of Halfmoon; Capital Region Nordic Alliance; Goold Orchards; Schenectady Central Park; Higgins, Roberts and Suprunowicz, PC; Mr. and Mrs. Brian D'Allessandro and Pepsi.



Golf Clinic



Fishing Clinic



Rock Wall Climbing



Tennis Clinic



Artwork
Performance
Technology
Music
Food



Friday, October 25, 2013

Proctors, Schenectady NY

GE Theatre at Proctors, Fenimore Gallery

6-9 pm • Tickets - \$100

**Call (518) 382-4586 or email Victoria.Napier@sphp.com
for tickets and information.**

Art for the View, hosted by Sunnyview Rehabilitation Hospital Foundation, is the only event of its kind, engaging patrons and sponsors in a direct celebratory experience with professional dancers, musicians, and visual artists from all over the world with disabilities.

 **Sunnyview Rehabilitation
Hospital Foundation**

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Art for the View - History and Mission

Sunnyview Rehabilitation Hospital began a national art exhibition in 1999 as a way to celebrate the creativity and vision of artists with disabilities, as well as to acquire art for Sunnyview's Viewpoint Gallery. The goal was to display artwork throughout the hospital to inspire and encourage people — inpatients and outpatients, as well as their family members — as they were undergoing rehabilitation at Sunnyview.

Since then, Viewpoint Gallery has grown into a multi-faceted arts program that provides opportunities to artists with disabilities, patients and their families, staff and the community at-large by engaging the appreciation, understanding and creation of visual art. As a result of the Sunnyview's efforts, Viewpoint Gallery has one of the largest permanent art collections by artists with disabilities in upstate New York, with 120 pieces of art from around the world.

Art for the View Gala has brought awareness to the hospital's unique art program and has raised much-needed funds to support the many programs of Sunnyview. Additionally, Art for the View has provided an opportunity to expand Sunnyview's permanent art collection comprised of artworks created by people with disabilities, including traumatic brain injury, stroke, multiple sclerosis, Parkinson's disease, scoliosis, quadriplegia, paraplegia and more.

Over the years, Art for the View Gala has been held at a variety of venues and has hosted such well-known individuals as Judy Collins, Ted Kennedy, Jr. and John Hockenberry. Last year, the event raised critical funds for the InMotion Robot for Rehabilitation, a state-of-the-art technology that retrains the brain to regain function of the upper extremities for stroke survivors and other patients with neurological conditions.

This year, proceeds will help support the

purchase of exciting new technology for Sunnyview's Neuro-Rehab Institute.

Visual Arts - Fenimore Gallery

This year's exhibition of artworks submitted from all over the world by artists with disabilities will be juried by J. Ginger Ertz, interim assistant director for engagement at Frances Young Tang Teaching Museum and Art Gallery at Skidmore College, and Charles Steckler, professor of theater and designer-in-residence at Union College. Both are accomplished artists with numerous awards and recognitions. Together, they selected 55 artworks by 32 artists. The exhibition will be installed at Proctors Fenimore Gallery October 1 - 26 and is free and open to the public. It will return to Sunnyview November 1 - December 8 and will be on

display for viewing by staff, patients and the public. The jurors will also select artists who will receive awards and Connie Todt, director of recreational therapy at Sunnyview, will select the Inspiration Award. Artworks will be selected in a variety of mediums, including painting, drawing, sculpture, mixed media, photography, fiber arts and video.

Live Music - Fenimore Gallery

David Whalen, an attorney and quadriplegic who lives in Glenville, NY, has been working on musical instruments for people with disabilities since 2004. Whalen started working on a harmonica for respiratory therapy and eventually developed the Jamboxx™ which is available to the mass market, not just to musicians with disabilities. Jamboxx™ can also be used as



a computer mouse and paintbrush. David Whalen will be performing live with his jazz musician friends and he will demonstrate his digital painting technique during Art for the View Gala.

Performing Arts - GE Theatre

AXIS Dance Company, a professional physically integrated contemporary dance company and dance education organization based in Oakland, CA, was founded in 1987. It is one of the first contemporary dance companies in the world to consciously develop choreography that integrates dancers with and without physical disabilities. Their work has received seven Isadora Duncan Dance Awards and nine additional nominations for both their artistry and production values.

AXIS Dance will perform a 10-minute, five-person performance in the GE Theatre during the Art for the View Gala. In addition, the company will hold several workshops on Saturday, October 26 for Sunnyview staff and patients, as well as a 40-minute performance for the general public.

Join us for this special public performance – Saturday, October 26

2 – 3 pm

GE Theatre, Proctors, Schenectady, NY

Part 1 - “what if would you (2013)”

Named by the Village Voice as “a choreographer of superior intelligence, lyricism and wit,” Victoria Marks will create her second work for AXIS based on “If/Then” statements: studying the ways we make sense of conditionality and ways in which this logic creates unreliable truths. Marks will explore movement built on If/Then statements, and draw inspiration from actual conditional statements from the AXIS community. With music composition by Beth Custer.

Part 2 - The Narrowing (2010)

Choreographer Sebastian Grubb investigates performer as subject and object - sliding between various stances such as passive audience member, virtuosic dancer, objectified figurine, and sarcastic critic. “...a work that explores competition and support between two almost-equals.” –Rita Feliciano

\$20 per person; groups of 20 or more, \$320 (\$16 each)

For tickets, please contact the Proctors' box office (518) 346-6204, or www.proctors.org.

For more information, please contact Vickey Napier at (518) 382-4586, or email her at Victoria.Napier@sphp.com.

Why a Wish List?

Sunnyview Rehabilitation Hospital maintains a capital budget to purchase much-needed equipment. Every item from the wish list that the Sunnyview Foundation is able to fill is one less strain on our not-for-profit budget.

Thank you for helping us to fulfill our mission of improving lives of people with disabilities and their families!

Top priority items needed:

Neuro-Rehab Institute **\$15,000**

The use of a portable ultrasound bladder scanner is becoming more common in the rehabilitation setting as a non-invasive method of estimating bladder volume. Bladder scanners are used to screen patients for post-void residual volumes and to determine the need for intermittent catheterization based on volume rather than time. Benefits include a decreased number of invasive catheterizations, thus decreasing the potential for urinary tract infections and urethral trauma, and increasing patient satisfaction and comfort. The scanner would be used by approximately 520 patients per year and could be used up to four times a day per patient.

Cardiopulmonary **\$75,000**

Sunnyview needs to upgrade the telemetry unit which monitors heart functioning. A new telemetry system was installed in 2007, however, an increase in patients necessitates expansion of that unit. With telemetry, patients are able to be in any part of the hospital receiving therapy and still be monitored by cardiopulmonary staff.

Radiology **\$60,000**

Sunnyview provides X-ray services for both inpatients and outpatients. With portable X-ray equipment, patients will have enhanced services and decreased disruption since providers will be able to perform bedside testing, eliminating the need to move patients. This will result in increased comfort and accessibility.

Speech and Hearing **\$10,000**

The Hearing Center has an immediate need for the audiometer used to test hearing, both under headphones and in a sound field with speakers. The current audiometer is more than 10 years old and replacement parts cannot be obtained. It is kept on and plugged into a power switch which is not energy efficient. The new audiometer will include all speakers, headphones, cables and visual reinforcement equipment.

HOSPITAL WIDE

• Spirit Basic Bed with Partial Rails **\$6,400 each**

Sunnyview has used low position beds successfully to minimize the potential for injury with patients at-risk of falling. Increasing the number of beds will allow Sunnyview to meet peak demand when there are large numbers of at-risk inpatients.

• SIGMA Spectrum Infusion System with Smart Pump Technology (eight needed) **\$4,000 each**

Ensuring patient safety is a major focus; these pumps have become an important element in improving patient safety since they help reduce errors when programming an IV infusion.

• Automated Vital Signs Monitor (four needed) **\$2,500 each**

This technology measures noninvasive blood pressure, temperature and pulse rate in 30 seconds or less.

• Stat Strip Glucose Meter (eight needed) **\$1,560 each**

This technology is a glucose meter that eliminates errors in glucose measurements.

Volunteer Office – Personal Care Carts (two needed) **\$300 each**

The carts would enable volunteers to visit patients with personal care items, such as toothbrushes, eye masks, tissue packs and other items to make their stay more comfortable.

New TheraStride System

Continued from page 1

She noted TheraStride's computer software continuously monitors, tracks and generates patient information during each session, such as body weight support, treadmill speed and session duration, enabling therapists to evaluate and adjust stand and step cycles based upon each patient's performance and need.

"No doubt, the TheraStride system lets you measure progress in walking, but there is no way to measure the incredible increase in confidence and hope it gives the patient," added Jim. "Because of locomotor training with the TheraStride, I am now very confident that I will soon be able to use just one forearm crutch for walking. It gives me great gratification to know that Sunnyview will be able to provide this cutting-edge therapy to many more patients like me."



Ann McCarroll, PT,
with Jim Nolan.

Legacy Circle Welcomes New Members

The Sunnyview Rehabilitation Hospital Foundation held its second annual Legacy Circle event on April 24 at the Mohawk Golf Club welcoming nine new members to the Legacy Circle.

The Legacy Circle honors individuals who have made known to us their intent to support Sunnyview's many programs and services through a bequest in their will, a trust or other charitable gift in their estate plan.

Since 1928, planned gifts have helped to create and sustain Sunnyview. Visionary individuals have assisted in building outstanding programs of care, important services, state-of-the-art facilities and equipment which today are much appreciated by our current generation of patients, families and friends.

You, too, can make a lasting difference to Sunnyview and be recognized at our annual event by becoming a member of the Legacy

Circle. Just make a gift to Sunnyview Rehabilitation Hospital Foundation and confirm your intent in writing. If you have already done so, please let us know by contacting Kathie Ziobrowski at (518) 382-4586. In advance, we thank you for your continuing support of our hospital and our community. We look forward to welcoming you as part of the Legacy Circle. Each gift may vary, but the spirit is the same.

Create a Legacy. Change a Life.



Emily Ross found that establishing a charitable gift annuity with Sunnyview Rehabilitation Hospital Foundation was a great way to meet her financial and charitable goals.

Benefits of a Charitable Gift Annuity include:

- Guaranteed fixed income for life, for one or two individuals.
- Charitable income tax deduction.
- If appreciated property is donated, capital gain tax savings.
- Possible increase in your income from the donated asset.
- Support Sunnyview's mission to improve the lives of people with disabilities and the lives of their families.

McCann Learning Center Expanded



In 2008, the Chris McCann Learning Center was created thanks to a gift from Chris McCann. At the time of its opening, the educational/computer training room was furnished with 10 computers that, over the years, have enabled staff at Sunnyview to hone and expand their information technology (IT) skills.

Since the room is also equipped with a lectern, a projector and a screen, it has also been used for events such as new employee and nursing orientation and training, in-services for staff and public education and meetings.

To respond to current demand for the room, the Chris McCann Learning Center was recently expanded, the number of computers increased and a Smartboard installed. Special thanks to the estate of Chris McCann and Deborah Botch for helping make this possible and for their generosity to Sunnyview.

Sample Rates

SINGLE LIFE	
Age	Rate
60	4.4
65	4.7
70	5.1
75	5.8
80	6.8
85	7.8

TWO LIVES	
Age	Rate
60	3.9
65-70	4.4
70-72	4.7
75-78	5.2
77-80	5.5
82-85	6.4

The minimum amount for a charitable gift annuity is \$10,000; minimum age is 60.

To learn more about charitable gift annuities and other giving opportunities, please contact Kathie Ziobrowski, Executive Director at (518) 382-4586 or Kathleen.Ziobrowski@sphp.com.

You may also visit www.sunnyviewfoundation.org for more information.

Sunnyview Rehabilitation Hospital

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Sunnyview Day at the Races

The 2013 Day at the Races, held on July 19, was a huge success with 150 attendees enjoying Opening Day at the track! With the help of our sponsors, honorary committee and supporters, the foundation raised more

than \$53,000. This year marked the 150th anniversary of the Saratoga Race Course.



Peter and Adrienne Fil, Chip Eisenman



Rosann DeMeo and Janet Eisenman



John and Lana Jersen, Nan and Hugh Murphy

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generous sponsors:

