

Meet Dr. Eric Bello

Having served as a busy emergency department physician at St. Peter's Hospital for 28 years – and four years with Prime Care Urgent Care – Eric Bello, MD, had seen his share of patients experiencing a stroke. Yet, all that experience didn't prepare him for the morning of January 12, 2012 when he awoke and couldn't move his left side.

A call to 911 was followed by a trip to the St. Peter's Emergency Department and a diagnosis of stroke.

During a week's stay at St. Peter's, where he "needed help with everything" according to his wife, Ferne, Eric had sensation on the left side of his body, but no movement at all. "That first week in the hospital, he just focused on what he needed to do to move forward. And that included making the decision about where to go for acute rehabilitation," she said.

"I knew I wanted him to go to Sunnyview ... it's the best place in town. The staff is terrific – they are proof that it can be done well and it can be done right. When Eric was admitted, the entire team, including Dr. Kenneth Shapiro, was waiting for us. Not an hour went by that he was not getting attention," added Ferne.

She should know. Throughout his five weeks at Sunnyview, Ferne was with him every day from 11 am until 7 pm.

Carey Ann Connors, MS, CCC-SLP, speech and language pathologist, worked

with Eric when he first arrived since he was experiencing dysarthria (difficulty speaking) and dysphagia (difficulty swallowing) as a result of his stroke. Carey Ann provided strategies to help him speak clearly, as well as regain oral strength so that he could return to a regular diet.

and that he did! When he first arrived, he was unable to move his left arm and leg, and required the assistance of two people just to get up. He also needed full assistance with completing all activities of daily living (ADLs), such as getting dressed and bathing."

Sarah credits Eric's wife and family for being extremely supportive and helping him attain independence with all ADLs by the time he was ready to go home.

Once discharged, Eric continued outpatient physical and occupational therapy at Sunnyview. Adrienne Fil, PT, MS, worked with Eric during the first several months, helping him to safely walk without assistance, and to maneuver the many stairs in his house.

"Eric loves to do home repairs and tinkering around the house ... and cooking! We worked on getting him able to do those things again," she added.

Today, Eric continues outpatient therapy twice weekly at Sunnyview and is currently working with the hospital's new InMotion Robotics system to stimulate movement in his left arm. He's driving and looking forward to spring and planting his vegetable garden again this year.

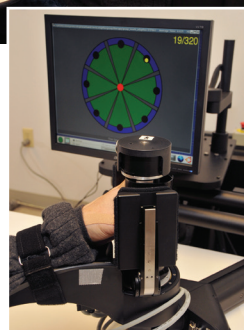
"We have so much to be thankful for," commented Ferne. "Sunnyview gave my husband back his life."



Paula Lawrence, OTR/L, helps Dr. Bello with the hospital's new InMotion Robotics system.

Inpatient physical therapist Tom Quigley, DPT, worked with Eric on walking, strengthening and endurance. Tom used Sunnyview's Bioness L300 System which uses mild stimulation to help a patient lift his foot, so that walking is safer and easier.

Sarah Fine, MS, OTR/L, inpatient occupational therapist, noted, "Dr. Bello was very determined to make progress each week ...



EDITORIAL BOARD

Edward J. Eisenman
Chief Executive Officer

Nancy E. Farnan
Director, Corporate Communications
Northeast Health

Douglas Flint
Design & Production Manager
Corporate Communications
Northeast Health

Brian Foster, OTR/L
Vice President,
Rehabilitation Services

Sarah Martinez
Director, Annual Fund
Sunnyview Rehabilitation
Hospital Foundation

Pamela Welch
Marketing Manager,
Corporate Communications
Northeast Health

Kathleen Ziobrowski
Executive Director
Sunnyview Rehabilitation
Hospital Foundation

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.

Welcome

In this issue of *Rehabilitation Insight*, I am pleased to share with you some exciting happenings at Sunnyview.

In February, we were delighted when Sunnyview was awarded three-year accreditation from CARF International for six of its programs (see page 4). Three-year accreditation from this prestigious international accrediting body marks the 11th consecutive three-year accreditation awarded to our hospital and represents the highest level of accreditation that can be awarded to an organization. Achieving this makes a strong statement about Sunnyview's expertise and commitment to providing the highest quality and safest rehabilitative care for our patients.

Recently, Sunnyview acquired several new state-of-the-art technologies, including InMotion Robotics, the TheraStride System for locomotor retraining and new equipment for vestibular testing in our Hearing Center. Please be sure to read more about these exciting technologies in this issue.

We are also delighted to announce the grand opening of Sunnyview Therapy Services, a new outpatient physical therapy site at Latham Farms. This new location, in the heart of Latham, NY, offers patients early morning and evening appointments and convenient parking – with the same high-quality physical therapy services that people have come to expect from Sunnyview.

Lastly, be sure to mark your calendar for Sunnyview's Day at the Races in July and the Art for the View Gala in October – two highly anticipated fundraisers presented by the Sunnyview Rehabilitation Hospital Foundation. And, our Auxiliary is busily planning the annual Fashion Show to be held in September.

To our physicians, staff, volunteers, auxiliaries and donors, thank you for making all of this possible. From the CARF accreditation ... to the purchase of new equipment ... to the opening of our new outpatient site, it is thanks to the dedication and commitment of so many that we are able to accomplish so much.

On behalf of the patients and families we serve, thank you for all that you do.



Chip Eisenman
Chief Executive Officer

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!

InMotion Robotics at Sunnyview

Sunnyview has acquired the InMotion System for Rehabilitation, a technology that uses sophisticated robotics to help stroke victims, patients with brain injuries and others regain movement.

According to Paul Novak, director of the Neuro-Rehab Institute, “Sunnyview’s new InMotion robotic technologies for the arm, wrist and hand help people with stroke, cerebral palsy, multiple sclerosis or neurological trauma to regain the arm and hand functioning needed to perform everyday activities like reaching for a cup or holding a fork.”

InMotion’s patented ‘Assist as Needed’ technology works by providing purposeful and engaging computer activities that prompt users to perform varying levels of exercises.

The technology is able to sense and interpret movements made by the patient. If the patient does not make the movement within a specified period of time, the robot will initiate it. If the patient is unable to complete a movement, the robot will provide an appropriate level of assistance to complete the task.

“This is not just a matter of moving — InMotion actually influences positive changes in the brain. InMotion interactive therapy facilitates each patient’s remarkable capability to regain control over their muscles using the brain’s own inherent neuroplasticity. The positive results of this approach have been shown to be long-lasting and can be effective even when started years after the patient’s initial injury,” noted Paul.

He added that funding from the Sunnyview Rehabilitation Hospital Foundation was used to purchase the new equipment.

Developed at Massachusetts Institute of Technology (MIT), InMotion is the most thoroughly researched technology available in the rehabilitation industry. Today the American Heart Association, American Stroke Association and the Department of Veterans Affairs all include robot-assisted therapy in their stroke rehabilitation guidelines for moderate to severe patients with upper extremity disability.

Renovation Project Completed

In April, a year-long renovation project was completed on the 3 East and 3 Central inpatient units, increasing the number of private and semi-private rooms in both the orthopedic and cardiopulmonary areas.

“In recent years, patients have expressed a desire for more privacy and Sunnyview has responded,” noted Rosann DeMeo, RN, MS, vice president, patient care services at Sunnyview. The project included the addition of three single rooms and two double rooms, thus eliminating most of the existing three- and four-patient rooms. “Upgrades implemented in these two areas will provide more patient privacy and comfort, as well as better infection control, a more efficient layout and a safer environment,” she added.

In addition, the project included upgrades to two existing nursing stations and an increased number of handicapped-accessible bathrooms, as well as relocation of the meditation room, the functional living apartment and staff areas.

The Sunnyview Foundation has committed \$350,000 toward the renovation project.

New Outpatient Physical Therapy Site Opens in Latham Farms

Sunnyview Therapy Services, a new outpatient physical therapy site, recently opened at Latham Farms in Latham, NY.

According to Michael Kalogridis, director of outpatient services at Sunnyview, “Our new site offers the same high-quality physical therapy services that people have come to expect from the experts at Sunnyview.”

Open Monday – Friday with early morning and evening appointments available, the new site offers convenient parking and is easily accessible from the Northway (I-87), as well as Routes 2 and 7.

For more information, or to schedule an appointment, please call (518) 382-4593.



L to r, Brian Foster, Chip Eisenman, Adrienne Fil, PT, MS, and Michael Kalogridis at the March 6 Open House.

Outpatient physical therapy, along with occupational therapy and speech/language pathology, is also available at Sunnyview in Schenectady and at Carman Medical Arts in Guilderland.

Sunnyview Receives Three-Year CARF Accreditation

Sunnyview Rehabilitation Hospital recently received three-year accreditation by CARF International for six of its programs: Inpatient Rehabilitation Programs - Hospital (Adults), Amputation Specialty Program (Adults), Brain Injury Program (Adults), Brain Injury Program (Children and Adolescents) and Stroke (Adults); and Interdisciplinary Outpatient Medical Rehabilitation Programs for Brain Injury (both Adults and Children and Adolescents.)

The three-year accreditation marks the 11th consecutive, three-year accreditation award-

ed to Sunnyview by CARF International and demonstrates Sunnyview's substantial conformance to the CARF standards for medical rehabilitation.

"As the only area hospital specializing in physical medicine and rehabilitation, we are proud to combine our experienced team of professionals with the most advanced technology to achieve the fullest possible recovery for our patients," stated Chip Eisenman, chief executive officer of Sunnyview.

To achieve the accreditation, Sunnyview underwent a rigorous on-site peer review

process by a team of professional surveyors, and demonstrated its commitment to programs and services that are measurable, accountable and of the highest quality.

"We were pleased that the surveyors commented that 'The staff and professionals at Sunnyview deliver world-class services and programs that promote optimal outcomes for persons served,'" he added.

Roberts Scholars Announced

Occupational therapists Lori Reichel, OTR/L, CLT, and Brenda Breen, OTR/L, CLT, have been named winners of the Richard E. Roberts, Esq., Scholar Award for 2013.

Lori and Brenda will share the \$2,500 scholarship award which will enable them to attend Aqua Lymphatic Therapy training in Montreal, Canada this May.

With Sunnyview's state-of-the-art therapy pool and trained therapists, the hospital will be able to implement a new modality in the treatment of lymphedema patients, as well as create a support group for

individuals with lymphedema. Currently, Sunnyview serves approximately 40 upper extremity lymphedema patients each year.

Named in memory of Richard E. Roberts, longtime Sunnyview hospital board member and foundation board chairman, the award recognizes his lifetime of service to people with disabilities and is designated to acknowledge clinical staff for exceptional service to the hospital.

In addition to the Roberts Scholar Award, funding for the training has also been awarded from the Susan G. Komen for the Cure Northeastern NY affiliate.



L to r, Stephanie and Henry Roberts, Brenda Breen, Lori Reichel, Barbara Roberts and Chris Roberts.

New Board Members Named

The Board of Directors of Sunnyview Rehabilitation Hospital Foundation welcomes two new members -- Denise Murphy McGraw, Esq. and James R. Nolan, PhD.

Denise is a partner with Hill, Gosdeck and McGraw, LLC., in Albany. Prior to joining the law firm, she held a variety of positions within state government, trade associations and at one of the largest employers in up-

state New York. Denise helped author a law to make health insurance more accessible for New Yorkers working in small business. Most recently, she was instrumental in securing the first medical fee schedule increase for the New York State Worker's Compensation system in more than 16 years.

Jim is a former dean for the School of Business at Siena College and currently serves as

Professor of Quantitative Business Analysis and Computer Science. In 2010, he suffered a severe spinal cord injury while cycling. After surgery to repair four damaged discs, Jim worked hard with his team of doctors, nurses and therapists at Sunnyview and has made incredible progress. Again this year, Jim serves as chair of Sunnyview's Art for the View Gala Steering Committee.

Cub Scouts Help Sunnyview

Early this year, Cub Scouts from Pack 4 at Charlton Heights Elementary School completed a service project to make amputee boards for use with wheelchairs for patients at Sunnyview Rehabilitation Hospital. The amputee board provides an extension to the seat to allow a below-knee amputee to keep his/her knee straight while sitting in a wheelchair.

The scouts got together the weekend of January 26 - 27 to assemble and paint the boards. The older boys (Webelos in grades 4 and 5) did the assembly in the morning. In the afternoon, the younger boys (Tigers, Bears and Wolves in grades 1 and 3) did the painting.



Cub Scouts from Pack 4 work on amputee boards for Sunnyview patients.

Patricia Valenza, PT, ATP, assistant director of the Neuro-Rehab Institute at Sunnyview who is also a volunteer with the Cub Scouts noted, "The scouts completed 15 boards and very timely too, as we have had an influx of amputee patients." She noted that this project was one of several activities the scouts participated in related to disabilities awareness.

The following week, Patti did a brief presentation to the pack about why the boards are needed and what they are used for. She also invited a local prosthetist and an amputee patient to the meeting to explain about prosthetics.

TheraStride System Introduced at Sunnyview

This spring, Sunnyview is looking forward to the arrival of TheraStride, a sophisticated new body weight support device and treadmill system that is expected to dramatically improve the lives of patients with various diagnoses, including spinal cord injury, traumatic brain injury, stroke and others.

With locomotor retraining using the TheraStride System, the patient is suspended in a harness over a treadmill. The system continuously regulates the amount of body weight exerted to the patient's legs while the physical therapist facilitates movement in the client's ankles, legs and hips. By providing the sensory input normally associated with the motor task of walking, along with

repetitive stepping movements, plasticity is triggered within the neural circuitry resulting in enhanced motor skills.

According to Patricia Valenza, PT, ATP, assistant director of the Neuro-Rehab Institute at Sunnyview, "Locomotor training on the TheraStride System will help patients improve their ability to walk which means far less dependence on families, caregivers and healthcare providers and an enhanced quality of life."

The new system was made possible through funding from the Sunnyview Rehabilitation Hospital Foundation.

Sunnyview Receives Award from Education Consortium

Sunnyview Rehabilitation Hospital physical therapy in Schenectady and Guilderland, along with Eddy Heritage House Nursing and Rehabilitation Center in Troy and Eddy Village Green in Cohoes, recently received a clinical excellence award from the New York /New Jersey Physical Therapy Clinical Education Consortium for work with students.

The mission of the consortium is to promote excellence in clinical education by fostering collaboration between academic and clinical faculty, providing educational opportunities to the clinical education community and supporting scholarship in the area of clinical education.

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 Hospital 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 the lives of their families!

Top priority items needed:

Cardiopulmonary **\$75,000**

We need to expand our telemetry unit which monitors heart functioning. The current system was installed in 2007 and allows the cardiac unit to monitor a patient receiving therapy in any part of the hospital.

Radiology **\$50,000**

Sunnyview provides X-ray services for both inpatients and outpatients. Portable X-ray equipment will add to our existing ultrasound room to promote comfort, accessibility and decreased disruption time because providers will be able to perform bedside testing without the need to move a patient.

Sunnyview Receives Gift From Credit Unions

The Sunnyview Rehabilitation Hospital Foundation recently received nearly \$1,200 from the Credit Unions Cares for Kids Program, comprised of Hudson River Community Credit Union, TCT Credit Union and Saratoga's Community Credit Union.

The funds will enable Sunnyview to purchase two iPads for bedside use with inpatients and outpatients at the hospital, as well as for pediatric patients from the Head Start Program of Schenectady County.

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

The hospital has an immediate need for an audiometer to replace the current one that is more than 10 years old and cannot be repaired as replacement parts are no longer available. This equipment is used to test hearing. The new audiometer will include all speakers, headphones, cables and visual reinforcement equipment.

Hospital-wide **\$6,400 each (many needed)**

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 is a large number of at-risk inpatients.

Carman Road Outpatient Physical and Hand Therapy **\$4,845**

The D708 Solaris provides electrical stimulation and ultrasound to relieve pain, muscle spasms, and increase circulation. It will replace obsolete equipment.

Recreation Therapy **\$283 each (five needed)**

The Recreation Therapy department is in need of hospital grade TV/DVD combos for patient education and for activities while the patient is not in therapy.

Neuro **\$1,600 each (five needed)**

Sunnyview is in need of five ultra-light wheelchairs used primarily with patients who use a wheelchair for all their mobility. Since the wheel position is adjustable, the efficiency of propulsion is increased. This helps patients conserve shoulder strength, prevent shoulder injuries and attain a greater level of independence.

Psychology **\$789 each (one needed)**

Statistics show that concussions found within the pediatric population are increasing due to sports and recreational activities. To continue to provide the highest quality care, Sunnyview plans to develop rapid access for concussion testing with the purchase of a repeatable battery for the RBANS Update Test, a test to determine the extent of any brain dysfunction as a result of the concussion.

Volunteer Office **\$300 each (two needed)**

The hospital would like to purchase carts to enable volunteers to visit patients with "care items" such as toothbrushes, eye masks, tissue packs, etc. to enhance our patients' experience with us.

Congratulations

Donna Stressel, OTR, CDI, CDRS (Occupational Therapist, Certified Driving Instructor, Certified Driver Rehabilitation Specialist), program director of Driver Rehabilitation Services, was recognized with the 2012 Novelli Award from the New York State Association of Traffic Safety Boards.

The award honors her dedication, commitment and contributions in developing the CarFit Network which helps older drivers in the Capital Region.

An occupational therapist, Donna is also a certified driver rehabilitation specialist and a NYS – certified driving instructor.



Check out Sunnyview
Rehabilitation Hospital
Foundation on Facebook!

Sunnyview Acquires New Equipment for Vestibular Testing

In January, Sunnyview’s Hearing Center acquired new equipment for vestibular testing, a procedure used to evaluate the vestibular (balance) system.

According to Kevin Ihrman, AuD, FAAA, chief of audiology, videonystagmography (VNG) involves the use of infrared goggles to track eye movements to determine the source of vertigo or dizziness and subsequent treatment recommendations.

Dr. Ihrman estimates that each year, more than 100 patients will utilize this equipment which cost more than \$40,000 and was funded by the Sunnyview Rehabilitation Hospital Foundation. This test is typically performed by audiologists, who are specially trained in diagnosing hearing and balance disorders.

“Sunnyview is ideally poised to provide seamless comprehensive services from diag-

nosis to treatment/remediation of balance disorders,” noted Dr. Ihrman. “Sunnyview’s strong rehabilitation presence in the community, coupled with a need for comprehensive balance services in our area, means that a cohesive balance program is a great asset to our community.”

Legacy Circle News Receive Income for Life and Support the Work of Sunnyview

Create a charitable gift annuity to secure a high and reliable rate of return for yourself (and, perhaps, another individual) and strengthen the future of Sunnyview Rehabilitation Hospital.

Did you know, you can benefit in many ways from making a life income gift to Sunnyview?

We offer very attractive payouts to recipients of charitable gift annuities based on the rates recommended by the American Council on Gift Annuities (ACGA).

With your gift of cash or securities, we will arrange a lifetime charitable gift annuity payout for yourself, and if you choose, a second beneficiary. Payments are based on your age (minimum 60), the size of your gift, and the number of beneficiaries.

The benefits of establishing a CGA include:

- A secure and high fixed rate of return of 4.4 to 9.0%* for life
- An immediate income tax deduction
- Professional management of your gift free of fees
- Legacy Circle membership, those donors we honor for their enduring support
- The satisfaction of making a lasting difference in the services, programs and benefit to individuals and families we serve

**This is the range of current ACGA payout rates offered for an individual aged 60-90+.*

Please contact Kathie Ziobrowski at (518) 382-4586 or email her at ziobrowskik@nehealth.com to find out the income a Sunnyview Rehabilitation Hospital Foundation charitable gift annuity will provide. She will show you a personalized gift annuity illustration and how a gift annuity will benefit you and Sunnyview.

Sunnyview Rehabilitation Hospital Foundation
1270 Belmont Avenue
Schenectady, NY 12308
www.sunnyviewfoundation.org

Mark Your Calendar!

Sunnyview’s therapeutic recreation department has scheduled these exciting Adaptive Recreation Experiences:

- Fishing** – Six Mile Water Works, Albany
Friday, June 7 • Friday, June 21
- Golf** – Stadium Golf Course, Schenectady
Friday, June 14
- Rock Wall Climbing** – The Edge, Halfmoon
Saturday, July 20

- Orienteering and Paintball Target Shooting** – Goold Orchards, Castleton
Saturday, July 27
- Tennis** – Central Park, Schenectady
Friday, August 2

To learn more or to request a brochure, please call the therapeutic recreation department at (518) 382-4576 or email Connie at totdc@nehealth.com.

Pre-registration is required; please RSVP early as spots are limited.



**Sunnyview
Rehabilitation Hospital**
Northeast Health
1270 Belmont Avenue
Schenectady, NY 12308

Non-Profit
Organization
U.S. Postage
PAID
Albany, NY
Permit # 370

Thank You!

It is thanks to the generosity of our donors that Sunnyview is able to provide up-to-the-minute treatment modalities and cutting-edge technologies. Our patients come to us when they need us most. We're proud of our rich history ... and the role we play in the healing process.

Thank you for your care and support in 2012.

For a complete listing of our 2012 donors, please visit www.sunnyviewfoundation.org/2012Donors.

Save the Dates!



Day at the Races
Wednesday, July 24
Gates open at 11:30 am
Saratoga Race Course
"At The Rail Pavilion", Saratoga Springs

Art for the View
Friday, October 25
6 - 9 pm
Proctors, Schenectady



Contact Sarah Martinez at (518) 386-3520 or e-mail at martinezs@nehealth.com

Sunnyview Auxiliary Fall Luncheon and Fashion Show

Monday, September 16
11 am – 3 pm
Glen Sanders Mansion, Scotia

Contact Suzanne Taylor at (518) 393-9035 for more information.