

## Meet Brenda Landry – The Power of Positive Thinking

On June 8, 2013, 48-year-old Brenda Landry was “sprucing up” her Latham home preparing to put it up for sale. She was painting on her second story deck when the railing that she was leaning on gave way

and she fell 15 feet to the ground. Unable to move, she laid on the ground for three and a half hours until her husband, Patrick, arrived and called for help.

Brenda was taken to Albany Medical Center where she underwent extensive back surgery. The fall had left her paralyzed from her underarms down with very limited upper body mobility – she suffered two broken vertebrae, ruptured disks, two collapsed lungs and partial rotator cuff tears. She also shattered her lower arm, separated her clavicle from her sternum and broke many of her ribs.

She spent 28 days at the hospital recovering from her extensive injuries. “At the time I was unable to control my body. I felt like a ‘floating head,’” describes Brenda.

Brenda’s physicians recommended that she go to Sunnyview Rehabilitation Hospital’s specialized Spinal Cord Injury program to help her regain independence and learn how to live in her new body. However, because of the extent of her injuries and fractures, she was not yet able to adequately use and bear weight on her arms which is essential for an individual with paraplegia.

Brenda was transferred to Eddy Heritage House Nursing and Rehabilitation Center in Troy for short-term, sub-acute rehabilitation while her fractures healed and she further recovered from her injuries.



After six weeks at Eddy Heritage House, Brenda was strong enough to transfer to Sunnyview. Prior to that, Sunnyview staff had consulted with the Eddy Heritage House therapists and nurses and fitted Brenda for a power wheelchair. Once at Sunnyview, under the care of physiatrist, Lynne Nicolson, MD, and a team of rehabilitation nurses and dedicated physical and occupational therapists, a personalized therapy plan was designed to help Brenda regain independence and build strength in her weakened upper body.

“We used a hydraulic standing chair so that Brenda could decrease spasms in her legs

and maintain flexibility allowing her to build upper body strength,” explains physical therapist Debbie Gableman, PT. We also used the Rifton Tram, a new weight support system to assist Brenda with transferring from her chair to her bed. In addition, we taught Brenda’s husband how to use the device so that it could be brought into their home. “

“She is such an upbeat person,” recalls Dr. Nicolson. “She was so focused. Our staff had the expertise to help her, but it was truly her positive attitude and that of her husband that made her therapy so successful.”

Prior to Brenda’s discharge, staff at Sunnyview visited her home to make recommendations for accommodations that would allow Brenda to move throughout her home.

After two months at Sunnyview, Brenda returned home and was able to resume her job by working from home doing medical billing for a Troy physician practice. Her next goal is to get back to

driving so that she can join her co-workers again in the office.

“The staff at Sunnyview was always so encouraging, they pushed me and I could tell that they wanted me to succeed,” recalls Brenda. “In return, I wanted to push myself to make the therapists proud. I’m doing so much better than I had anticipated thanks to all of their support and the support of my wonderful husband.”



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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**

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## Welcome

Sunnyview Rehabilitation Hospital is nationally recognized for its clinically advanced inpatient programs – a Neuro-Rehab Institute with centers of excellence for stroke, spinal cord injury and traumatic brain injury. And, we're well-known regionally for our outstanding specialty inpatient cardio-pulmonary and orthopedic rehabilitation programs.

Yet, Sunnyview is much more than just an inpatient hospital. In recent years, we've expanded and enhanced our outpatient services to respond to the community's changing needs.

In this issue of *Rehabilitation Insight*, you'll learn about our Sports Concussion Management Program. The program was introduced several years ago and seeks to educate and assist athletes, parents, coaches and others in the proper identification, testing and management of concussion — a serious issue that only recently has received the national attention it warrants.

Also, we're proud to announce the opening of Sunnyview's Hearing Center satellite at our Latham Farms Therapy Services location; new, state-of-the-art equipment for our Imaging Center; and plans to open more satellite offices in convenient locations throughout the Capital Region.

And, we are excited to unveil a new Intensive Day Rehabilitation Program this spring. With only a handful of centers boasting such a program, Sunnyview takes its place among the top rehabilitation networks in the country offering this innovative and patient-centered day treatment for patients recovering from joint replacement surgery.

Enjoy the spring and promise of summer just around the corner. And, don't forget to join us at Sunnyview's Day at the Races on August 22 in Saratoga!



**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](mailto:sunnyviewfoundation@nehealth.com) so that we can streamline our database.

Thank you!

# Sunnyview's Sports Concussion Management Program

Concussions are traumatic head injuries that can occur from both mild and severe blows to the head. Even if a head injury appears to be mild, research is showing that it can have serious, long-term consequences, especially for individuals who incur repeat head injuries or cumulative concussions.

“Concussion is one of the most common injuries sustained by young athletes and it can occur without loss of consciousness and sometimes without direct trauma to the head,” explains Sunnyview physiatrist, Vincent Somaio, MD. “Many times student athletes are reluctant to volunteer information regarding concussion, because they are apprehensive about being pulled from their sporting event, and therefore, it goes undetected.”

Dr. Somaio notes that left unmanaged, a concussion can have serious long-term implications. Young athletes, especially those under 18 years of age who return to com-



petition too soon, are at increased risk for Second Impact Syndrome, a condition that results in a catastrophic increase in intracranial pressure brain swelling and sometimes death. “Proper evaluation and management of concussion is the best way to prevent long-term consequences,” he adds.

School athletic personnel have the difficult challenge of recognizing when an athlete sustains a concussion. Sunnyview's Sports

Concussion Management Program is designed to educate and assist athletes, parents, coaches and other school personnel in the proper identification, testing and management of concussions. Sunnyview's clinicians are experienced in the assessment of brain injury and returning athletes to competition, academics and work.

Services provided through the Sports Concussion Management Program include: comprehensive assessment by a physiatrist; neuropsychological examination; balance and visual assessment; ImPACT neuro-cognitive testing; medication and rehabilitative therapy; recommendations for academic accommodations; and individualized plans for progressive return to activity/play.

For more information about the Sports Concussion Management Program, please call (518) 382-4560.

## New Intensive Day Treatment Program Introduced

This spring, Sunnyview pioneers an innovative new Intensive Day Rehabilitation program for patients recovering from joint replacement surgery. The program, available at only a handful of rehabilitation centers in the country, provides patients with the most advanced rehabilitation therapy during the day, yet allows them to go home to their own beds each night.

“Day rehabilitation is the perfect answer for patients who require intensive post-surgical therapy, but not the care of a 24-hour inpatient program,” states Rosann De Meo, vice president, patient care services at Sunnyview.

This newest approach to intensive, post-surgical therapy restores patient

mobility more quickly, while drastically reducing the cost for rehabilitation after knee or hip replacement surgery.

“With changing reimbursements due to health care reform, that kind of cost reduction is crucial,” notes Rosann.

In fact, the Centers for Disease Control and Prevention report that hip and knee replacements have doubled in the last decade. And, while hospitals across the country reported more than one million joint replacement surgeries in 2010, with an aging population, that number can only be expected to climb in the coming years.

In addition to three hours of intensive physical therapy each day, the program provides occupational therapy, if needed; nursing

care, including vital signs, pain assessment and incision monitoring; medication management; education; laboratory services; group support and activities; and a nutritious lunch.

Patients participate for seven (7) days, including Saturdays and Sundays, from 8:30 am – 2 pm. Transportation may be provided for a nominal fee.

“When it comes to recovering from surgery, there's no place like the comfort of your own home,” adds Rosann.

To learn more about Sunnyview's Intensive Day Rehabilitation program, please call (518) 831-4810.

## Outpatient Therapy Services Manager Named

Louis Fasolino was recently appointed program manager of outpatient therapy services at Sunnyview Rehabilitation Hospital.

Lou comes to Sunnyview from St. Peter's Hospital where he served as supervisor of occupational therapy services. A licensed occupational therapist, he has extensive experience in health care administration, program development/implementation, multi-site management, strategic business planning, and budget planning and administration.

In his new role, Lou will provide program direction, clinical supervision and guidance to the therapists and therapy assistants working in the outpatient physical, occupational, speech and hand therapy departments, including the satellite offices currently located in Guilderland and Latham. In addition, he will oversee the operation of the hospital's

driver retraining program, lymphedema management and the Sunnyview Lifestyle Wellness Center.

"The residents of this area are indeed fortunate to have a rehabilitation facility of Sunnyview's caliber right here in the Capital Region. I look forward to focusing on quality and program growth, specifically the expansion our satellite offices so that we can provide residents easier access to the outstanding therapy services Sunnyview offers," Lou notes.

He adds, "I also hope to create new opportunities for Sunnyview therapists, including introducing new and innovative technologies and modalities, so that our staff can better help our patients reach their rehabilitation goals."

## Hearing Center Opens New Site in Latham Farms

In February, Sunnyview's Hearing Center opened its newest location in Latham, adjacent to Hannaford in Latham Farms.

According to Kevin Ihrman, AuD, FAAA, chief of audiology at Sunnyview, the center provides comprehensive care for hearing disorders, including hearing evaluations and hearing aid consultation and fitting.

"Our goal is to help you identify and understand your hearing abilities and find the correct solution," notes Kevin.

The center's audiologists are licensed by New York State and certified by the American Speech Language Hearing Association (ASHA), or the American Board of Audiology.

In addition to the Latham office, audiology services are also provided at Sunnyview's main campus, 1270 Belmont Avenue in Schenectady; Carman Medical Arts Building, 3757 Carman Road, Guilderland; and the Medical Plaza, 5032 State Hwy. 30, Amsterdam.

Sunnyview provides audiology services to infants, toddlers, children, adults and the elderly. In addition, the hospital offers a number of specialty audiology services, including Central Auditory Processing (CAP) evaluations; Tinnitus Retraining Therapy (TRT); Video Nystagmography (VNG) evaluations; and Auditory Brainstem Response (ABR) evaluations.

## Golf Tournament to Benefit Sunnyview

Sunnyview Rehabilitation Hospital has been chosen by Capital Financial Planning, LLC, to be the recipient of proceeds from its 5th Annual Charitable Golf Tournament, scheduled for Monday, May 19 at Albany Country Club.

Interested individuals can organize their own foursome (men's, women's or mixed) or be placed in a foursome. Included with the entrance fee are greens fees, carts, gifts, beverages throughout the day, lunch and a buffet dinner. Non-golfers can support the event by attending the cocktail hour and dinner reception.

For more information or to register, please call Brittany Lutes at (518) 867-4000, extension 101 or email her at [blutes@4cfp.net](mailto:blutes@4cfp.net).

*Sunnyview Rehabilitation Hospital will host:*

## "Advanced Gait Training for Lower Extremity Amputees"

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# Sunnyview Imaging Center: Convenience and the Latest Technology

While Sunnyview is known as a nationally recognized specialty rehabilitation hospital, many area residents are unaware of the full range of state-of-the-art radiology services available in the hospital's Imaging Center.

Tim Zorn, manager of the Imaging Center, noted that the hospital offers a variety of imaging services, including routine X-rays, DEXA scans (bone density), video swallowing studies and ultrasound exams, including vascular.

"In fact, recently Sunnyview acquired the most up-to-the-minute DEXA scan equipment, as well as new ultrasound technology,

both providing the highest quality images available today," notes Tim.

In addition to advanced technology and skilled, experienced professional staff, Sunnyview's center offers patients many advantages, such as convenient parking and easy access. The center is located on the first floor, just inside the main entrance adjacent to the reception desk. In many cases, patients can be accommodated on the same day with minimum waiting time. All tests are interpreted by board-certified radiologists.

Tim adds, "As a premier rehabilitation hospital, Sunnyview's Imaging Center has

the specialized skill and expertise to care for the physically challenged patient, including those who are wheelchair-bound or dealing with serious illness/injury. Our staff members go out of their way to ensure that patients are comfortable during their visit."

The center is open Monday - Friday, 8:30 am - 5 pm. DEXA scans are done by appointment; X-rays can be scheduled, although walk-ins are always welcome.

For more information, or to schedule an appointment, please call (518) 382-4558.

## The Legacy Circle: Are You A Member?

The Legacy Circle recognizes friends who have provided for Sunnyview Rehabilitation Hospital by making a planned gift during their lifetime; by making us a beneficiary of their estate; by naming us as a full or partial beneficiary of a retirement plan or life insurance policy; or through a Charitable Gift Annuity or Trust. Currently, there are 105 members in Sunnyview's Legacy Circle.

Legacy Circle gifts help sustain our facilities, services and programs for future generations. If you have made such arrangements, please let us know so that we can recognize your intended gift and enroll you in the Legacy Circle. If you wish to remain anonymous, we will enroll you in the Legacy Circle and keep your membership anonymous.

Benefits of membership include a commemorative member recognition gift and an invitation to our annual event hosted by our CEO and the Foundation Board of Directors. With your permission, we will also recognize you as a Legacy Circle member in the annual donor listing, as well as on our donor wall displayed in Sunnyview's main lobby.

To learn more about Sunnyview's Legacy Circle and to make a lasting difference, please contact Kathie Ziobrowski at (518) 382-4586 or Kathleen.Ziobrowski@sphp.com.

## Save the Dates!



Friday, August 22  
Saratoga Race Course  
Gates open at 11:30 am  
At the Rail Pavilion

## Auxiliary Fall Luncheon and Fashion Show

Monday, September 22  
Glen Sanders Mansion, Scotia  
11 am - 3 pm



Friday, November 7  
Proctors, Schenectady  
6 - 9 pm

For more information or to register for the Day at the Races and Art for the View, please contact the Sunnyview Hospital Foundation at (518) 382-4586 or email Kathleen.Ziobrowski@sphp.com.

To RSVP for the Fall Luncheon and Fashion Show, please call Connie Hayner at (518) 374-2034.

# 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 the lives of people with disabilities and the lives of their families!

## Top priority items needed:

### Hospital-wide (Many needed) **\$4,516 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 is a large number of at-risk inpatients.

### Speech (Two needed) **\$475 each**

The Student Version of the Functional Assessment of Verbal Reasoning and Executive Strategies (S-FAVRES) is designed for use for adolescents with traumatic brain injury with higher level cognitive communication deficits. These tests evaluate challenges in cognitive communication skills that are under development in adolescents such as sarcasm, humor, intent, gist or central theme, social communication, verbal reasoning, problem-solving, meta-cognition, executive functions and social perception. The test examines the interplay between cognitive, communication and emotional regulation skills in real life, integrative tasks. They include timed scores to evaluate speed of processing.

### Recreation Therapy (Five needed) **\$283 each**

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.

### Neuropsychology **\$1,653**

Our Neuropsychology department works with children and administers testing to measure intellectual ability. We seek to purchase the Wechsler Intelligence Scale for children which will be administered to all the children treated by the department.

### Neuro Rehab Institute **\$100,000**

Bionic Exoskeleton Device is a motorized exoskeleton that helps paraplegics regain their upright mobility. Under the supervision of health care professionals, people with paralysis below the waist can be trained to use the device to stand, sit, walk and climb stairs. In the past, the wheelchair has been the standard method of mobility for paraplegics. With this device, the possibility of regaining upright mobility is a reality.

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

Ensuring patient safety is our 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.

### Carts for the Volunteer Department (Two needed) **\$300 each**

Carts will enable volunteers to provide patients with "care items" such as toothbrushes, eye masks, tissue packs, etc. to help make the patient's stay at Sunnyview more comfortable.

## Marine Corps League Donation



During the fall 2013, the Electric City Detachment Marine Corps League presented Sunnyview with a tricycle to help our pediatric patients like Jonah Weiss during outpatient therapy. (L to r) Bob Stealey, Commandant; Dom Famularo, Senior Vice Commandant; John Califano, Chaplain; and Bob Becker, Paymaster.

# Art for the View 2013

Art for the View, held on Friday, October 25 at Proctors in Schenectady, raised nearly \$58,000 for Sunnyview programs and services. The only event of its kind in this area, Art for the View celebrates a very special juried art exhibition by artists with disabilities from all over the world and raises awareness of the hospital's unique art program. This

year, in addition to the visual arts, the event included performances in music and dance by performing artists with disabilities.

Michelle O'Phelan of Kaneohe, Hawaii, an artist with rheumatoid arthritis, received the Grand Prize for her "Self Portrait: Hands 1 2011," Digital Print on Fine Art Paper.



**Rudy Grant of Experience and Creative Design admires the artwork.**

**David and Evelyn Senecal of Albany enjoy the reception. David is a paraplegic and mouth painter. His work is featured in Sunnyview's Viewpoint Gallery.**



**Community member Debbie DeLuxe of Schenectady samples the food.**



**Axis Dance of California performs thanks to the sponsors of the Jack and Connie Hume Challenge.**



**Foundation Board Member Marsha and Steve Ras celebrate the evening.**



**(L to r) JoAnn Paulsen, Marion Grimes, Paula Granger and Esther Swanker celebrate in style.**

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## Sunnyview Gift Shop Gives Back

Each year, the Sunnyview Rehabilitation Hospital Auxiliary presents the hospital with a gift of \$25,000 – 30,000, the result of countless hours of volunteer effort, time and dedication in the hospital gift shop. Throughout the years, these funds have made a significant contribution to Sunnyview's Patient Needs Scholarship Fund that provides care and treatment for uninsured and underinsured patients.

According to Marianna Gatta, co-manager/buyer of the gift shop, "The volunteers who operate the shop are a caring, devoted group of individuals each of whom understands that the gift shop is a comforting haven for our patients and visitors." She adds,

"The shop provides a cheerful and welcoming atmosphere, as well as a wide range of specialty items and gifts, for family members who may be carrying an emotionally heavy burden. We believe that a visit to our gift shop helps relieve, in some small way, the anxiety associated with hospital admission and separation from loved ones."

Marianna encourages individuals to consider joining the volunteer team at Sunnyview's gift shop. For more information, please contact her at (518) 399-3376 or [ribbon@nycap.rr.com](mailto:ribbon@nycap.rr.com).



**Marianna Gatta, gift shop co-manager/buyer.**