



# Home for the Holidays

• 2021 •



Sunnyview Rehabilitation  
Hospital Foundation

ST PETER'S HEALTH PARTNERS





## HOME FOR HOLIDAYS COMMITTEE

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Karah Lenge PT DPT

Amy Teale PhD

Sarah Henderson MS OTR/L

Patti Valenza PT DPT ATP

Elizabeth Epstein, Foundation Board Member



## HOLIDAY GREETINGS FROM ANDREA GOLUB

**Dear Members of the Sunnyview Community,**

On behalf of the Sunnyview Rehabilitation Hospital Foundation Board, it is my pleasure to extend holiday greetings to you and bring news and opportunities from Sunnyview.

Whether you are one of our dedicated colleagues, an appreciative patient or grateful family member, a generous sponsor, or a loyal benefactor, we are thankful for the many ways you demonstrate support for our hospital.

Now more than ever, it's important to develop new wellness habits to keep us healthy and safe. To help us, Sunnyview's concerned therapists have created "virtual therapy" packages. Within the comfort of your home, explore the special ways to benefit from your Sunnyview connection; from learning about fall prevention to home modifications, from wellness exercises to mindfulness practices, from demonstrations on cutting-edge technology to the news from the research institute.

I hope you enjoy the delights of the season and the inspirational messages in these pages.



Happy Holidays,

*Andrea Golub*

**Andrea Golub**

Chair of the Foundation board

Sunnyview Rehabilitation Hospital Foundation

## SUNNYVIEW AND YOU - PARTNERS IN HEALTH

What is the Sunnyview Difference? The patient-first collaborative approach distinguishes Sunnyview Rehabilitation Hospital from other facilities. When patients arrive at Sunnyview, after a disabling injury or illness, they work with a dedicated team of physicians, nurses, therapists, and specialists to help attain the greatest level of independence and the best chance of going home.

This care extends beyond the hospital's walls. Thanks to Sunnyview's team of top-rated therapists, a special library of exercises and recommendations has been built with your well-being at heart. Your first step towards improved health begins when you explore these presentations from the comfort of your home.

**Here is a list of subjects available to check-out when you visit [givetosunnyview.org](http://givetosunnyview.org):**

**Chair and Standing Exercises** - Learn how to stay active and safely practice exercises at home.

Presenters: Emily Steenburgh MS OTR/L ATP and Sarah Henderson MS OTR/L

**Skin Care** - Learn about skin care, how to maintain skin health, and identify skin problems.

Presenters: Sarah Frizzell PT, DPT and Carly Sno PT, DPT

**Fall Prevention** - Learn ways to prevent injuries suffered from falls inside your home.

Presenter: Amy Comley PT, DPT

**Mindfulness** - Learn about mindfulness, the process of bringing one's attention to the internal and external experiences occurring in the present moment. Presenter: Amanda Grossman CTRS

**Leisure Education** - Learn about engaging in healthy, meaningful leisure, which can improve your overall mental, physical, emotional and spiritual well-being. Leisure allows for an improvement quality of life. Presenter: Amanda Grossman CTRS

**Meditation** - Learn methods to practice meditation to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Presenter: Amanda Grossman CTRS

**Diaphragmatic Breathing** - Learn the key to eliciting the relaxation response to experience deeper, calmer breathing rhythms. Presenter: Amanda Grossman CTRS

**Technologies in Therapies** - Learn about how Sunnyview therapists are improving rehabilitation therapies using cutting-edge technology. Presenters: Casey Cowen MS OTR/L and Karah Lenge PT DPT

**Introducing Amy E. Teale, PhD, Research Director** – Meet the new Research Director at The James A. Eddy Research Institute at Sunnyview Rehabilitation Hospital



SCAN TO VISIT  
[GIVETOSUNNYVIEW.ORG](http://GIVETOSUNNYVIEW.ORG)

When we say "**Top-Rated**" at Sunnyview, we have the numbers to back it up. Check out these recent rankings.

**#46**

on U.S. News and World Report's List of Best Rehab Hospitals in the country

**4.6**

Google Star Rating

**330**

Google Reviews, more than any other rehab hospital in the country.

## WALKING AGAIN AFTER A HARROWING BATTLE

The COVID-19 pandemic has turned a spotlight on the potential severity of respiratory infections of all kinds. In the worst cases, patients who manage to survive often need the expertise found at Sunnyview Rehabilitation Hospital so they can return to living their lives to the fullest extent possible.

Marisa Akley, an IT sales director and busy mother of two, developed bacterial pneumonia, which resulted in septic shock, and Marisa's battle for life was underway. She was rushed to St. Peter's Hospital, where doctors put her in a medically-induced coma for seven days. Her husband Brian was told she might not pull through.

Thankfully, Marisa did improve, but the septic shock and lack of oxygen resulted in doctors needing to amputate both of her feet. Then, like so many patients who've had major surgery, she went to Sunnyview, the only stand-alone hospital in upstate New York dedicated to physical rehabilitation.

"From the moment I arrived at Sunnyview, it was so positive. My doctor was in there, my nurses were in there. They had every paper and every chart, but they really wanted to talk to me and hear about everything directly from me," Marisa said.

At Sunnyview, she worked with her care team on a plan for physical therapy and occupational therapy, including adapting to prosthetics. Since Marisa was on a ventilator during her coma, she also required voice therapy due to the stress caused to her vocal cords.

"As we are all learning now from reading about COVID-19 patients, all kinds of interesting things happen to the body with ventilators," Marisa said. "In my case,

## HELP FOR POST-ACCUATE COVID SYNDROME

A program focused on complete recovery has been developed in response to patients who are struggling to deal with lingering symptoms and Post-Accute COVID Syndrome. Sunnyview's distinctive integrated team approach will help COVID patients get the services they need from the appropriate health professionals. To make an appointment for an initial evaluation, call 518-382-4519.

I had no voice. There was no vibration happening between the cords because they were separated."

"My voice therapy was, once again, a godsend," Marisa said. "My voice came back at Sunnyview. By the time I left, everyone knew what my voice sounded like!"

The path continues for Marisa, with prosthetic therapy being the next phase of her recovery. Literally and figuratively, Sunnyview is there to support her every step of the way. After breaking in her new prosthetic feet for about a week, she returned to Sunnyview for intensive inpatient therapy, to learn how to walk on them.

"I will be walking. My goal, you better believe it, is to walk unassisted," Marisa said. "I have two young children with lots of activities. My husband and I have a life together."

"Positive attitude has a lot to do with success, and Sunnyview absolutely reinforces this. You're doing the work, but if you need help, they are right there for you."



## WHAT IT MEANS TO BE "ESSENTIAL".

Over the course of navigating COVID as a community, the word "essential" took on a deeper meaning, something akin to "person needed most." Being essential to the community is not a new concept for Sunnyview.

The physicians, nurses, therapists, and specialists have always been there for patients when they need it most. It's not only our medical professionals who are

considered essential, from dining to housekeeping, from social workers to pharmacists, from registration to wellness center, Sunnyview staff has continued to serve our community in these unprecedented times. Please join our mission to serve the community when you use the enclosed envelope or give online.

### YOUR DONATION HELPS THE SUNNYVIEW TEAM!



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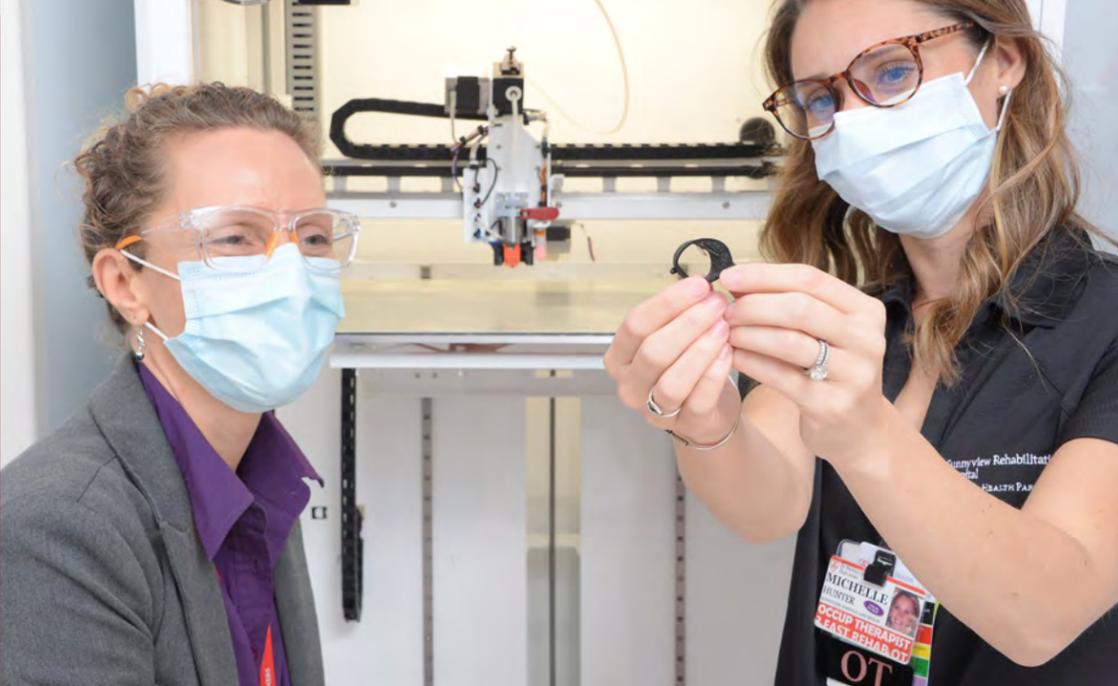
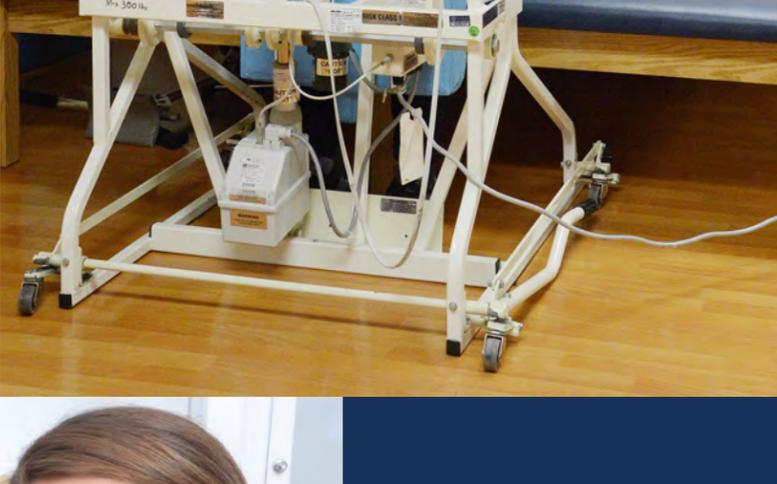
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### DID YOU KNOW

**144** Covid Patients were treated at Sunnyview in 2021



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**Sunnyview Foundation**

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GREETINGS FROM SUNNYVIEW**

Presenting Sponsor



**2021 was a big year for Sunnyview**

Our outstanding programs and services, along with the results we achieve for patients, led U.S. News & World Report to designate us as one of the country's best rehab hospitals.