

HOW PHILANTHROPY IS SHAPING NORTHWELL HEALTH WINTER 2016-2017

GRATITUDE

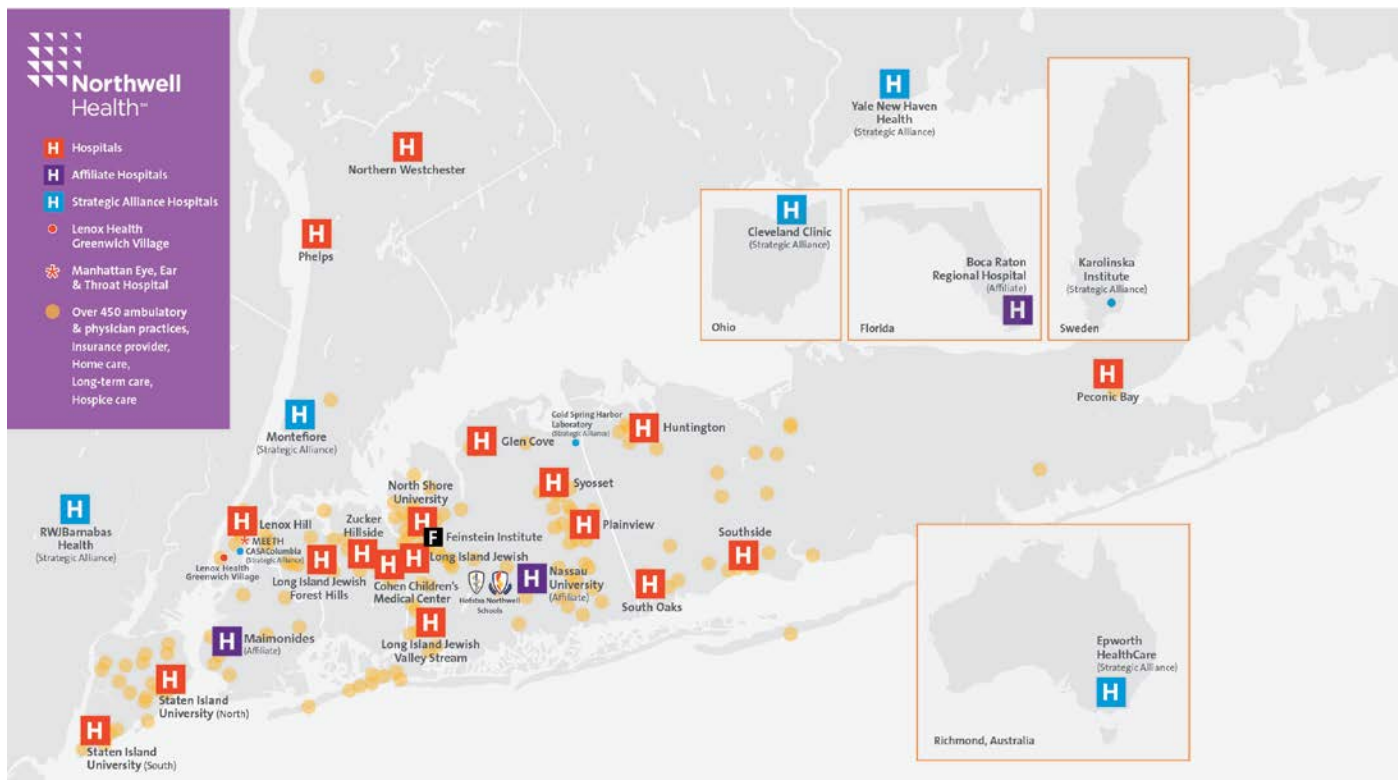
THE FUTURE OF MEDICINE IS

NOW

BREAKTHROUGHS ARE
CREATED WHEN SCIENTISTS
AND CLINICIANS JOIN FORCES



Northwell
HealthSM



The evolution of Northwell Health

Together we are changing the future of health care.

Our health system was founded in 1997 with the merger of North Shore Health System and Long Island Jewish Medical Center, with a mission to provide the highest level of care possible for the millions of people who live and work in the New York region. At that time, our former name — North Shore-LIJ — accurately represented the scope of our work and geographical focus of the organization.

Today as Northwell Health, we remain a philanthropic, nonprofit organization, committed to our communities, but we are a far different organization than we were 20 years ago. Our new identity recognizes our evolution and status as leaders and innovators in health and medicine. It highlights our increased focus on wellness and health, our growing geographic scope and our commitment to providing our communities with greater access to higher-quality care.

“We have been on an incredible journey over the past two decades, driven by the dedication of our employees and our generous donors,” said Northwell Health President and CEO Michael Dowling. “Our name change is an exciting milestone that positions us for even greater success in the years to come.”

Beyond our 21 hospitals — with community roots that date back more than a century at Staten Island University, Lenox Hill, Southside, Northern Westchester and Huntington hospitals — Northwell Health is a significant community resource that offers over 500 community care locations, including a broad network of skilled nursing facilities, urgent and primary care, and specialty services. We care for more than 1.8 million people each year.

The Feinstein Institute for Medical Research is an internationally recognized research enterprise and our groundbreaking Hofstra Northwell School of Medicine is transforming the way future doctors receive their education by being the first to offer EMT hands-on experience from day one — a program now being mirrored around the country.

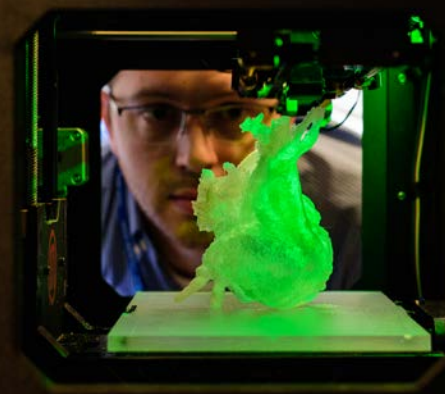
“We are very proud of our origins and deeply grateful for the extraordinary support we receive from the communities we serve. We look forward to your continued engagement as we move confidently into the future,” said Mr. Dowling.

At Northwell Health, we are dedicated to not only raising *our* standard of health care, but *the* standard of health care, and we couldn't do it without you.

GRATITUDE

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On the cover:

Todd Goldstein, PhD, 3D
bioprinting researcher at
Northwell Health's Feinstein
Institute for Medical Research.

Northwell Health
2000 Marcus Ave
New Hyde Park, NY 11042
(516) 321-6300
support.northwell.edu/gratitude-magazine
gratitude@northwell.edu

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Brian T. Lally
Senior Vice President/
Chief Development Officer

Carolyn Vivaldi
Assistant Vice President,
Strategic Communications

Julie Robinson-Tingue
Director, Strategic Communications

Kerri L. Tortorella
Associate Director, Strategic Communications
Editor, *Gratitude*

Photography:
Northwell Health Studios

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The new look of stroke care

Stroke survivor's experience inspires gift to renovate North Shore University Hospital stroke unit



Claire Barron rushed her husband to North Shore University Hospital after noticing the warning signs of a stroke.

If not for her quick response in getting her husband the care he needed, the outcome and quality of his life might be very different today.

"My wife and the dedicated medical team that took fast action to deal with my stroke have afforded me the ability to say I am a survivor with no aftereffects," said Manuel H. Barron.

Following Mr. Barron's personal experience, he wanted to ensure that other patients would have that same opportunity for a second chance at life. Mr. and Mrs. Barron decided to help renovate the hospital's stroke unit and continue to elevate the level of care that patients receive.

The Barron's generous donation allowed our 2,200-square-foot stroke unit, located on the fourth floor of the hospital's Cohen Pavilion, to be modernized and redesigned with an inpatient video monitoring service so patients can be remotely evaluated by our stroke neurologists, 24 hours a day. The advanced design of the unit provides a centralized suite for stroke care, allowing for more focused and integrated treatment that results in improved care for our patients.

"We are always looking to further enhance stroke care for our patients, and the Barron's generous donation allows us to do that," said Paul Wright, MD, chair, Neurology at North Shore University Hospital and Long Island Jewish Medical

Center. "Every patient with an acute stroke receives a rapid evaluation by a multidisciplinary team that provides access to state-of-the-art technology, as well as early contact with rehabilitation services."

The Manuel H. and Claire Barron Stroke Unit offers patients the most advanced interventions designed to minimize brain damage after a stroke, and it is a critical component of North Shore University Hospital's Comprehensive Stroke Center. North Shore University Hospital is the first hospital on Long Island and one of only four in New York State to receive advanced certification as a Comprehensive Stroke Center from the Joint Commission.

Mr. Barron added, "We are thankful for the care that I received and wish to give back to the hospital so that they may continue to help others in need."



Stephen Signorile visited North Shore University Hospital's fourth-floor Cohen Pavilion countless times over a 25-year period while his wife, Lanie, bravely battled benign brain tumors and underwent 13 surgeries throughout the course of her disease.

While the Signoriles sought treatment elsewhere over time, ultimately they turned to Northwell Health and Dr. David Chalif, director of Neurovascular Neurosurgery, when Lanie learned she had an invasive and fast-growing malignant tumor.

"Lanie knew this was it," said Mr. Signorile. "She asked Dr. Chalif if he could buy her a little more time, and he said he could."

During those six extra months, Lanie was able to experience the birth of her second grandchild. The disease eventually claimed her life, but through it all, Mr. Signorile holds close the feeling of support he experienced from the hospital staff that was by his family's side during the most difficult time.

"They are not like us. They are a different species," said Mr. Signorile in reference to the doctors and nurses at North Shore University Hospital. "I hope that if something happens to me, that's where I'm going."

To show his appreciation and to ensure other families are provided that same level of support, Mr. Signorile and his family chose to donate \$75,000 toward our fourth-floor Cohen Pavilion renovation project.

"Northwell Health has a team of angels who care for some seriously ill patients," said Mr. Signorile. "It's my family's great honor and pleasure to recognize the contributions of the fine people who work on four Cohen."

"It's my family's great honor and pleasure to recognize the contributions of the fine people who work on four Cohen."

Mr. Signorile now plans to return to North Shore University Hospital — but this visit will be a different experience.

"I always disliked going to four Cohen, for obvious reasons, but when the work is completed, I'd like to visit for a much more pleasant purpose — to say thanks to all, in person."

Lighting up the holidays

A generous gift from the Children's Medical Fund brings MRI machines to Cohen Children's Medical Center

This holiday season, Cohen Children's Medical Center will receive a special delivery. Thanks to a \$10 million naming commitment from the Children's Medical Fund of New York for the Children's Medical Fund Center for Pediatric Diagnostic Studies, Cohen Children's will house the only magnetic resonance imaging (MRI) machines in the region specifically dedicated for children. This transformational gift is the latest of many from a tremendous partnership with Children's Medical Fund, the founding spirit and a stalwart philanthropic supporter of Cohen Children's Medical Center for 50 years.

The Children's Medical Fund Center, currently under development on the fourth floor in the new pavilion, will allow Northwell Health's youngest patients to receive MRI imaging in an environment that caters to children — reducing the anxiety associated with the testing. Our new center will also alleviate the need for doctors to send patients to nearby Long Island Jewish Medical Center. Once fully operational, we expect our center will image more than 4,500 patients each year.

"This kind of financial support helps us build on our foundation of excellent pediatric care," said Charles Schleien, MD, executive director at Cohen Children's. "The suite is designed for children, not adults, and will have amenities that will make children feel at ease during the procedure. This is the latest step in our ongoing commitment to providing the best care possible for children."

"This is the latest step in our ongoing commitment to providing the best care possible for children."

The suite will contain pleasant distractions for children undergoing an MRI through customized visual themes, such as the ability to select the color of the room and project videos onto the walls. Additional features include special MRI goggles that allow children to watch movies during the examination and a mock scanner, which child life specialists can use to prepare



young patients before the exam and reduce their anxiety.

"The Children's Medical Fund of New York shares Northwell Health's commitment to putting patients first," said Gina Segreti, executive director of Children's Medical Fund of New York. "Children are patients with different needs than adults, and when we realized we had an opportunity to improve their experience and reduce their stress, we wanted to be a part of that."



Subaru Share the Love campaign supports pediatric cancer research at Cohen Children's Medical Center

Grand Prix Subaru of Hicksville (New York) selected Cohen Children's Medical Center as the Hometown Charity of Choice for the third consecutive year as part of Subaru of America's annual Share the Love event. Through the end of 2016, customers can choose Cohen Children's as the recipient of \$250 for every new Subaru purchased or leased at Grand Prix's location.

The auto dealer recently presented the hospital with a check for \$80,471 to benefit pediatric cancer research from funds raised during last year's campaign. In 2014, Grand Prix Subaru raised nearly \$60,000 for Cohen Children's Medical Center. Subaru of America, Inc., launched its Share the Love event in 2008.

A partnership to save lives

Health, including Safe Kids programs. Most recently, Kiwanis supported the Distracted Driving Program at Cohen Children's Medical Center.

This past year, the Kiwanis Club assisted Safe Kids New York with launching the Safe Kids Olympics — an initiative aimed at educating children in New York about the top five risk areas pertinent to kids in New York state. In its first year, Safe Kids New York helped 6,000 kids successfully complete the Olympics program where they learned about fire prevention, water safety and protection from sports injuries, falls and more.

"Our supporters give us the ability to effect change and save families from the horror of dealing with a traumatic situation for their child that may have been avoidable," said Ms. Ennis. "I think the club members are ordinary people who do extraordinary things. When we turn to them and say, 'Please help us do this,' they never say no. That, to me, is a Kiwanian."

"Our supporters give us the ability to effect change and save families from the horror of dealing with a traumatic situation for their child that may have been avoidable."

Together, Kiwanis and Safe Kids work to erase the need for any parent to say, "If I had only known." While there has been a 53 percent drop in preventable injury and risk-taking from 1987 to 2012, the ultimate goal is to give all children the ability to say, "Hey look at me — I grew up safe and sound."

"I don't think people realize the incidents we see with children in our Emergency Departments. Our work is shown in all of the kids who don't ever come to one of our hospitals," said Ms. Ennis. "We are working to keep them out of there so that parents can spend time with their children at a playground and see them run and smile and be thankful they are okay."

What is the leading cause of death for children? While it's something no one wants to think about, it may surprise you to know that it's not related to an illness or disease.

The answer: preventable injury. Accidental (or preventable) injuries include drowning, burns, motor vehicle and bicycle accidents, poisoning and sports-related incidents. Topping the list are falls.

Rosemarie Ennis, assistant vice president, community health and education for Northwell Health, and director of Safe Kids New York State, a grassroots coalition formed from Safe Kids Worldwide and run by Northwell Health, said, "I don't believe in 'accidents happen.' They are preventable. And no child should be injured due to a preventable risk associated with childhood."

Ms. Ennis and her team work with partners at the national, state and local levels, to raise awareness on these important topics, enhance education and impact legislation. Some efforts have included informing the public on children suffering heatstroke when left in cars and water safety efforts to help reduce the

risk associated with drowning injuries and deaths. The Safe Kids New York coalition is determined to share knowledge and change behaviors.

"Education is prevention," Ms. Ennis passionately shared. "But Safe Kids can't take it on alone."

One major philanthropic supporter has been the local Kiwanis Club — the Kiwanis Pediatric Trauma Center Foundation — filled with members known as Kiwanians who share the same vision of educating the public to prevent risk. The Kiwanis Pediatric Trauma Center Foundation was initiated in the early 1990s by the New York Kiwanians to establish statewide trauma units at three identified regional hospitals that offer advanced and specialized health care for children — North Shore University Hospital being one. Over the last 25 years, Kiwanis has donated more than \$1 million toward funding critical initiatives at Northwell

BREAKTHROUGHS ARE CREATED WHEN SCIENTISTS AND CLINICIANS JOIN FORCES

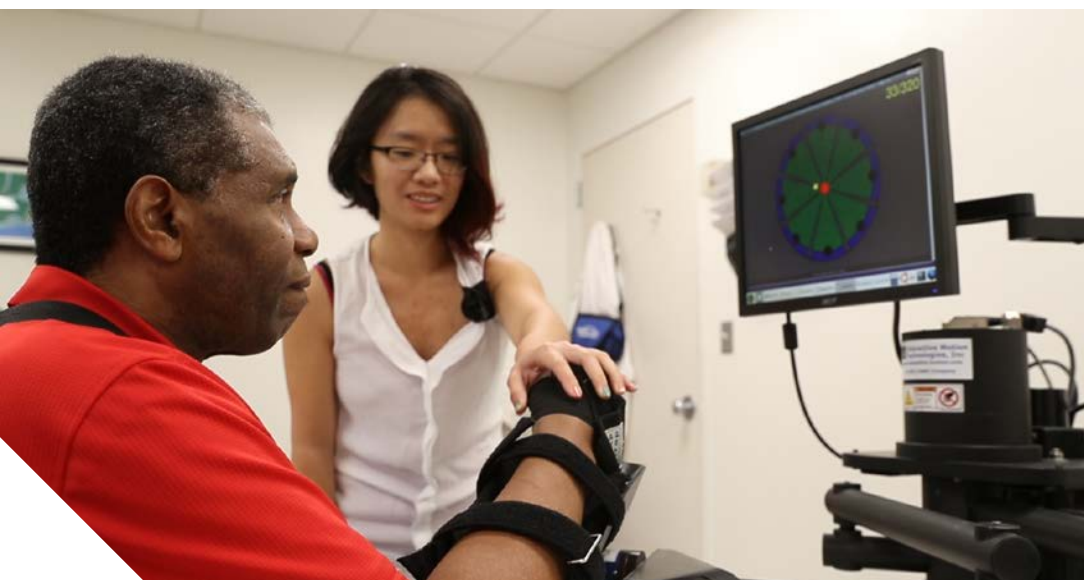
THE FUTURE OF MEDICINE IS NOW

When you think about research, scientists in lab coats hovering over petri dishes may come to mind.

While that's an accurate picture — research at Northwell Health looks like that — it also includes hundreds of clinical trials taking place every year. It's leveraging technology to improve decision making for doctors and our patients to improve health outcomes. It's a systemwide virtual clinic for the management of blood thinners and using robots to help stroke patients regain movement. It's a team of experts working together to combine 3D printing with tissue engineering to create customized, living bone or cartilage implants. It's working with our partners, like Cold Spring Harbor Laboratory, to collect cancer cells

and grow organs outside of the body to provide personalized treatment for our patients — and so much more.

Our researchers and doctors are looking at health care differently. They're converging science and medicine to create breakthroughs and advance the science of health care through collaboration. Those breakthroughs are then translated into clinical practice. We are training future generations of clinicians and have the largest number of physician trainees in the United States — all of whom are required to perform research. Within our reach is the potential to prevent many of the diseases affecting people in increasingly



“When donors support research at Northwell Health, they are supporting developments in health care that change the lives of our patients and patients everywhere.”

greater numbers while bringing comfort to those whose lives are burdened with illness. It's a calling and a responsibility that we do not take lightly and that we couldn't take on without the support of our communities. Benefactors who support research at Northwell Health help fund today's innovations that will translate into thousands of lives saved and made better.

“When donors support research at Northwell Health, they are supporting developments in health care that change the lives of our patients and patients everywhere,” said Brian Lally, senior vice president and chief development officer at Northwell Health. “Support comes from a number of sources — direct donations, planned giving, grants, corporations and foundations — and it takes this diverse and collective effort to fund the discovery of scientific and medical advancements.”

The Feinstein Institute for Medical Research — the research enterprise of Northwell Health — includes 11 Centers of Excellence, over 100 research programs and more than 3,000 scientists and staff who are making important discoveries in areas including cancer, sepsis, inflammation, autoimmune disorders, Parkinson's disease, Alzheimer's disease, diabetes, bleeding and hemorrhaging, and schizophrenia. Research spans our footprint, from Peconic Bay to Staten Island, and from Manhattan to Northern

Westchester, and shares one common thread — improving the health and the lives of the people in our communities.

Innovative healing

We've invented a new area of medicine called bioelectronic medicine and we've established a dedicated Center for Bioelectronic Medicine. In this new field of medicine, discovered by Northwell Health's Dr. Kevin J. Tracey, president and CEO of the Feinstein Institute, researchers are learning the language of the body's neural signals so they can identify the pathways that impact disease and injury. We know that the nervous system uses electrical signals to communicate information through the body and that virtually every cell and organ is directly or indirectly controlled by these signals. We are developing bioelectronic devices to record, stimulate and block neural signals — which teaches the body how to heal itself.

Rheumatoid arthritis (RA) is a chronic inflammatory disease that affects 1.3 million people in the United States. In an ongoing clinical trial, our researchers screen for nerves that control the “target” of the disease and then design a device to control those nerves. For patients who have previously tried prescription drugs without success, bioelectronic medicine is a life-changing alternative without side effects. This discovery has led to additional clinical trials for other diseases,

illnesses and injury and will transform the way the world views medicine.

“To me, nothing is more fulfilling than meeting a patient who has benefited from a discovery made in the lab,” said Dr. Tracey. “This experience of inventing a treatment and transforming someone's life for the better is not only incredibly gratifying, but it is also a stark reminder that successful inventions require more than just the idea; they require solidarity, tenacity, dedication and time.”

Another revolutionary approach involves the use of rehab robot therapy with patients who have suffered a stroke. Intense robotic training is being used to help patients relearn skills that were lost when the brain was damaged — including movement of upper extremities. The training is now expanding from shoulder and elbow therapy to hand and wrist and the lower extremities.

Each year, more than 15,000 people participate in more than 2,000 research studies throughout Northwell Health. Hundreds of cancer trials are taking place and hundreds more in other areas of disease and illness, including cardiology — where we lead the nation in enrollment with about 500 patients participating each year. We are continually looking to expand access to trials for our patient participants across our 21 hospitals and more than 500 patient care locations.

“Northwell Health has made a decision to conduct research that holds the promise of improving the lives of the patients who we treat in this generation,” said Peter B. Berger, MD, senior vice president and director of Clinical Research at Northwell Health. “We are focused on increasing the opportunities for our patients to participate in research and for our providers to administer research throughout our entire footprint.”

Our medical research is powered by our unparalleled network. We have access to an extensive patient population of 1.8 million people annually who inform our clinical research every time they walk through our doors, and our patients simultaneously reap the benefits from new discoveries and treatments.

Personalized care on demand

Currently, Thomas McGinn, MD, MPH, senior vice president and executive director of Medicine at Northwell Health, has a funded research project that uses patients’ electronic medical records to inform clinical prediction rules (CPRs). By selecting certain clinical situations where well-validated CPRs were available, such as strep throat, pneumonia and pulmonary embolism, we are able to reduce unnecessary testing and the overprescribing of antibiotics.

Under the direction of Alex Spyropoulos, MD, director of Anticoagulation Services at Northwell Health, we are instituting a systemwide virtual clinic for the management of blood thinners in our patients with atrial fibrillation (irregular heartbeat) and other conditions like pulmonary embolism. The traditional drug used to thin blood is difficult to manage and very commonly, patients’ blood is too thick or thin, which predisposes them to stroke or bleeding, respectively. Our patients will now be able to call upon a dedicated team who can access electronic records and deliver a personalized approach to keeping their blood at a healthy level of viscosity.

And for men battling prostate cancer, Michael Diefenbach, PhD, director of Behavioral Research at Northwell Health, developed a mobile and computer application to improve decision making and quality of life for men diagnosed with the disease.

“When a man is diagnosed with prostate cancer, he has a number of treatment options, and the amount of information and decisions that need to be made can be overwhelming,” said Dr. Diefenbach. “This decision tool was designed to help walk patients through a series of questions touching on fears and comfort zones and to reconcile their personal preferences for treatment and future quality of life.”

Our research leads to improved patient outcomes and we are continually working to focus our discoveries and move quickly into applying them with new treatments to better care for our patients and our communities.

“Research doesn’t stop with discovery,” said Dr. Berger. “It involves the implementation and actual improvement of our patients’ lives.”

 2,000
research studies

15,000
participants 

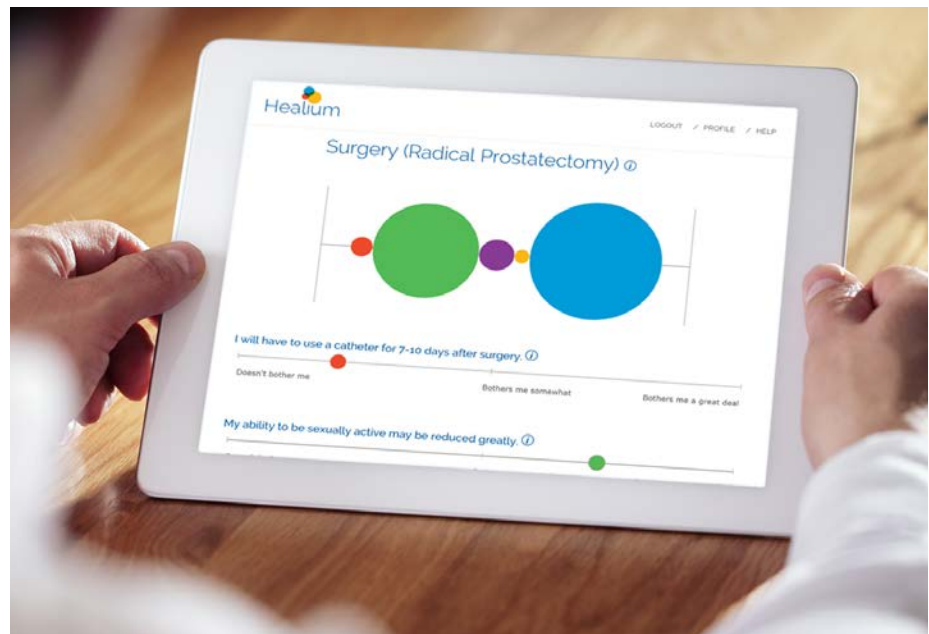
1.8 million
patients served annually

 21
hospitals

Over
500
patient care locations

3,000 
researchers
and staff

Over
16,000
physicians systemwide





Rockin' for research:

Summer concert raises \$2.4 million

American pop rock band One Republic headlined the 11th Annual Feinstein Institute Summer Concert, which raised a record \$2.4 million to support research initiatives at Northwell Health's Feinstein Institute for Medical Research.

"Philanthropy is huge and the supporters of this event are helping us to advance science and find new treatments, ultimately leading to patients living healthier lives," said Michael Dowling, president and CEO of Northwell Health.

"The sustained support of our benefactors and philanthropists enables us to achieve our nonprofit mission to produce knowledge to cure disease," said Kevin J. Tracey, MD, president and CEO of the Feinstein Institute, the research enterprise of Northwell Health.

For 20 years, Feinstein Institute researchers have made important discoveries in oncology, autoimmunity, neuroscience and genetics that translate into clinical advances. Over the last 11 years, this benefit concert has raised more than \$14 million for research and has played an integral role in our discovery of a new field of medicine — bioelectronic medicine.

The Feinstein Institute's world leaders in medicine, technology and neuroscience are transforming how disease and injury are treated by using the power of the nervous system combined with innovative technology to help the body heal itself — without drugs. They are working to discover life-changing and life-enhancing solutions, from stopping excess

bleeding in the operating room and on the battlefield to reversing paralysis and restoring mobility.

Chris Wragge, co-anchor at New York's WCBS-TV, served as the event's emcee and shared, "It was an honor to participate in this event, which has led to breakthrough treatments that are transforming the future of health care."

**For more information
about research at the
Feinstein Institute, visit
www.feinsteininstitute.org.**



Inspiration accelerates innovation in research

Chad Bouton has gained international media attention. He's the lead author of a published paper in *Nature* detailing the groundbreaking technology he developed while at Battelle Memorial Institute that allows a young paralyzed man to move his fingers, hand and wrist again. This is the first time paralysis has been overcome in humans using this type of

technology, opening an array of possibilities for millions of patients recovering from stroke, spinal cord damage and brain injury.

The successful implementation of Bouton's research and the possibilities it presents inspired four Feinstein Institute board members to provide the funding to recruit Mr. Bouton for the role of vice president of advanced

engineering and managing director of the Center for Bioelectronic Medicine. Bringing 18 years of unparalleled experience, Mr. Bouton will continue his innovative research in neurotechnology to treat paralysis and other conditions by developing new technology and medical device capabilities across the Northwell Health research enterprise.

Stitching together a legacy



Planned giving continues tradition of support for years to come

Stephanie Kollar is a lifelong New Yorker. Growing up an only child, Ms. Kollar had a close relationship with her parents and enjoyed cooking and sewing with her mother. As an adult, she became a professional quilter and knitter who donates the items she creates to hospitals, nursing homes and veterans.

As an early childhood teacher in Queens, Ms. Kollar noticed about 10 percent of the students she taught had serious health issues. Sadly, two passed away before they graduated. This experience and her love for children led her to Cohen Children's Medical Center.

Ms. Kollar was considering continuing her tradition of helping children by making a financial commitment to support a dedicated children's hospital in her own backyard. After touring Cohen Children's and meeting some of our caregivers, she committed to making a gift every year.

When Ms. Kollar considered her legacy and started to focus on her estate plan, she realized she could make a difference even after her life. She included a gift in her will, created an income stream for life with a charitable gift annuity and designated Cohen Children's as a

beneficiary of her retirement plan. "Health is one of the best gifts a child can get," she said.

In addition to quilting and knitting, Ms. Kollar is an avid Mets fan and enjoys traveling, including taking cruises with her quilting group. Even on vacation, she works on projects that ultimately help others.

Learn more about supporting Northwell Health with a planned gift at support.northwell.edu



Astoria Bank supports Tourette Center of Excellence

Astoria Bank donated \$100,000 to Northwell Health's Center of Excellence for Tourette syndrome at North Shore University Hospital. This gift enables us to engage a new patient navigator, who helps our patients and families locate and coordinate services throughout Northwell Health and in the community.

Our center is one of only nine such specialty programs in the country selected by the Tourette Association of America (formerly

called Tourette Syndrome Association) for the prestigious National Tourette Center of Excellence award and designation. Our center has been treating people with Tourette syndrome using a multidisciplinary approach that includes both pediatric and adult psychiatrists, neurologists, neurosurgeons, neuropsychologists, behavioral psychologists and developmental pediatricians since its inception in 1991.



Northwell Health **Walk**

Uniting on the path to good health

What drove thousands of people to walk in support of Northwell Health on a chilly morning?

Perhaps you were there to celebrate people like Gessie Thompson, a woman who realized her dream of becoming a mother after a 10-year battle with infertility and fibroid tumors, thanks to clinicians at the Katz Institute for Women's Health. Maybe you walked to support and celebrate your neighbor whose young daughter had lifesaving heart surgery at Cohen Children's Medical Center. Or as a Northwell Health employee, perhaps you participated with your departmental colleagues for a memorable bonding and team-building experience, while philanthropically supporting your workplace.

More than 7,500 of our community members and employees said a celebratory "thank you" with their participation in the Northwell Health Walk, previously known as the North Shore-LIJ Walk for Health. This year, our walk grew 25 percent in participation, touching more lives than ever, with the

event expanding to three locations: Jones Beach on Long Island, Greenwich Village in Manhattan and Midland Beach on Staten Island.

"By walking together as a collective community, these events allow everyone to thank the people who are responsible for the amazing work that happens here at Northwell Health," said Micaela Darling, a Northwell Health patient and walk participant.

Nearly \$500,000 was raised and 100 percent of all proceeds at each location benefit the lives of patients in local communities. Long Island/Jones Beach participants raised funds for Cohen Children's Medical Center and the Katz Institute for Women's Health; Greenwich Village walkers helped improve care at Lenox Health Greenwich Village, Lenox Hill Hospital and

Manhattan Eye, Ear and Throat Hospital; and Staten Island participants supported Staten Island University Hospital's new Women and Children's Center.

Event highlights at all locations included music, entertainment, face painting and games for kids, photo booths, health exhibitions featuring interactive screenings and demonstrations, warm-ups and special appearances by team mascots from the New York Mets, New York Islanders and Staten Island Yankees.

Jaime Ferrante, a walk participant and local mom who gave birth to quintuplets at Staten Island University Hospital in 2008 added, "If it wasn't for Staten Island University Hospital and all of the neonatal intensive care unit doctors and nurses, I don't know if we would all be standing here right now."



"If it wasn't for Staten Island University Hospital and all of the neonatal intensive care unit doctors and nurses, I don't know if we would all be standing here right now."

"This walk brings our communities together and personalizes Northwell Health's commitment to creating healthier families," said Lori Peterson, senior associate director for special events at Northwell Health Foundation. "It's not only a healthy activity for a great cause, but it's a lot of fun, too!"



Bringing MAGEC to children through philanthropy

Philanthropists, like Billie and George Ross, are changing the lives of children in our communities and Jordan Jennings is among them.

Thanks to MAGEC (MAGnetic Expansion Control), this energetic five-year-old girl has a new, brighter future. The Rosses' most recent gift fostered the development of the Billie and George Ross Center for Advanced Pediatric Orthopaedics and Minimally Invasive Spinal Surgery. This is the only center in New York — and one

of the very few sites nationwide — to offer minimally invasive scoliosis surgery and house a dedicated team of scoliosis specialists. Our new center is Cohen Children's pediatric orthopaedics and spinal surgery hub and offers convenient satellite offices throughout the New York metropolitan region. Leading the center are two world-renowned experts in pediatric orthopaedic surgery — Vishal Sarwahi, MD, chief of Pediatric Orthopaedic Surgery and Spinal Deformity Surgery, and Terry D. Amaral, MD, co-chief of Pediatric Orthopaedic Surgery.

"Cohen Children's is renowned for offering the best treatments for complex orthopaedic conditions, particularly scoliosis," said Dr. Sarwahi. "Because of this support, we are able to offer children more advanced diagnostics and treatments. These resources provide us with the expertise and equipment to perform what no other pediatric hospital in the region has been able to do."

Traditionally, children suffering from severe scoliosis have metal rods surgically implanted in their backs to straighten the spine. Additional surgeries follow every

“Cohen Children’s has created a dedicated team with expertise and commitment that is unparalleled.”

six months, during which the rods are lengthened to allow for growth.

The new surgical technique for scoliosis is known as the MAGEC Spinal Bracing System. With MAGEC, magnetic rods are surgically implanted and can be magnetically lengthened in the doctor’s office every few months to grow with the child — significantly reducing the frequency and risks of repeat lengthening surgeries.

“The traditional treatment route involves multiple surgeries and is emotionally taxing on the patient and the family,” said Dr. Amaral. “The magnetic rods are less invasive than surgery, and the rest of the body can carry on — such as the lungs developing while the chest physically grows — while we adjust the spine over time. It’s an approach that gives us a great deal of flexibility and allows kids to go at their own pace.”

“We lengthen the rod in our child-friendly office setting. A magnet, slightly larger than an iPad, is placed on the child’s back while they are busy playing or reading,” says Melanie Gambassi, cNP, team leader of the Scoliosis Center. “The process takes a few minutes and is painless, and the child can resume full activities immediately.”

Jordan’s parents, Joan and Douglas, knew their daughter was fighting a dangerous spinal deformity caused by scoliosis, and they had exhausted every alternative to surgery. That’s when Jordan’s doctor presented the MAGEC solution at Cohen Children’s Medical Center.

“I just couldn’t accept that my daughter would have to face a childhood of painful surgeries every six months,” said Ms. Jennings. “I wanted her to have a chance to be a normal little girl.”

Jordan’s surgery reduced the curvature of her spine from 130 degrees to 66 degrees.

“We are able to address complex pediatric conditions in ways we couldn’t before,” said Dr. Sarwahi. “Cohen Children’s has created a dedicated team with expertise and commitment that is unparalleled.”

Ms. Jennings shared that Jordan is now a healthy, active girl, and she attended camp this summer.

“They went fishing and on museum tours and participated in a number of other activities,” Ms. Jennings said. “Jordan would come home and not even be physically tired. Her quality of life has improved infinitely.”



Since 2007, Billie and George Ross have funded critical projects that transformed pediatric care at Cohen Children’s and made the hospital environment less scary for our young patients. Their investments helped develop the Neonatal Stabilization Unit, Radiology Comfort Care Room and Lion’s Den Playroom and helped provide two Neonatal Transport Systems, interactive educational and entertainment systems at every bedside, and two vans to transport patients and their caregivers who otherwise couldn’t get to their appointments.



Kanas family helps bring **critical cardiac care** to eastern Long Island

John and Elaine Kanas have given a \$5 million gift from the John and Elaine Kanas Family Foundation to support Peconic Bay Medical Center's cardiac care program. This gift is among the largest in the hospital's history.

This gift will help Peconic Bay — Northwell Health's newest member hospital — to establish the first comprehensive cardiac program on eastern Long Island, where the seasonal population doubles during warmer months. Currently, residents and visitors experiencing cardiac emergencies must travel a significant distance for care.

"Establishing a comprehensive cardiac program is a game changer for our region," noted Mr. Kanas. "During a heart attack, time is life. If cardiac care can be performed here in a timely way, we will save lives and strengthen the communities we serve."

Mr. and Mrs. Kanas are active members of the eastern Long Island community and generous benefactors to Peconic Bay Medical Center. In 2009, the Kanases helped to establish the Kanas Center for Advanced Surgery, which created state-of-the-art operating facilities that are considered among the best in Suffolk County.

"By anchoring Northwell Health's eastern region, Peconic Bay Medical Center will significantly enhance our organization's ability to meet the current and future health needs of full- and part-time residents of central and eastern Long Island," said Michael Dowling, Northwell

Health's president and CEO. "Having the support of John and Elaine Kanas will help us get there, and we are truly grateful."

The cardiac care program is part of a larger \$60 million project to build a new critical care tower at Peconic Bay. The tower will be a two-story expansion of the existing Emergency Department and will house the cardiac care program, which will include two catheterization labs, an electrophysiology suite, recovery rooms and an intensive care/cardiac care unit.

Transforming emergency care

“I thought this was it ... I was going to die. And the last thing I thought of before I lost consciousness was that I didn’t get to kiss my husband goodbye that morning.”

Last summer, Lauren Spencer, 30, began making regular trips to Northwell Health’s Southside Hospital to visit her daughter, Bryanna, who was born five weeks prematurely. Four days after Bryanna was born, Ms. Spencer experienced severe neck pain while driving to the hospital, forcing her to pull over and call for an ambulance.

Ms. Spencer arrived at Southside’s Emergency Department in critical condition. Doctors learned she had suffered a ruptured aortic aneurysm, an abnormal bulge in the wall of an artery. A rupture is a catastrophic, life-threatening event that can lead to loss of consciousness, stroke, heart attack or death if not treated immediately.

The quick-thinking emergency staff and members of the hospital’s cardiothoracic surgery team saved Ms. Spencer’s life.

She’s completely recovered and caring for her growing toddler. “Thank you doesn’t seem like enough, but thank you, thank you, thank you,” she said.

Ms. Spencer shared her story with more than 150 guests gathered at Southside Hospital to celebrate the opening of its new Bohlson Family Emergency Department this fall. The \$76 million expansion project triples the size of the former department and significantly enhances its trauma treatment capabilities to better care for the more than 70,000 patients treated there annually.

This transformative expansion is possible thanks to philanthropists John and Linda Bohlson and their family. The Bohlsons are well-known advocates and members of the Bay Shore community who have supported a number of local health

initiatives, including the Bohlson Women’s Imaging Center and the Bohlson Family Nursing Scholarship.

“Patients will no longer have to wait in halls and corners where their most harrowing experiences are on display for all to see,” said Mr. Bohlson. “Instead, they’ll have individual treatment rooms that can afford them privacy and dignity.”

“Without the support of the Bohlsons and other generous donors, this would not have been possible,” said Mark Cluster, chair of Northwell Health’s board of trustees. “The Bohlsons believe in Southside’s mission and saw a critical need to expand its Emergency Department years ago. We are glad to see their vision become a reality.”



Huntington Hospital celebrates centennial



Huntington Hospital celebrated 100 years of caring for the community at its Centennial Gala, held on November 4. The event honored Patricia J. Petersen, president and chief executive officer of Daniel Gale Sotheby’s International Realty and Stanley C. Gale, chairman and chief executive officer of Gale International, and raised a record \$720,000. Funds raised will benefit the hospital’s new Emergency Department.

“Huntington Hospital has long been a vital resource for the Huntington community,” said Ms. Petersen. “The hospital depends upon the generosity of

its neighbors to help it continue to meet the demands of 21st-century health care. It is an honor to play a role in continuing its history of excellence.”

Mr. Gale and Ms. Petersen previously donated \$1 million to Huntington Hospital’s newborn nursery and are in the process of announcing a new gift to name the hospital’s new results waiting room in the Emergency Department. The hospital is currently constructing a new Emergency Department, which will double its current size and allow for increased efficiency and capacity. It is slated to open in early 2017.

Anastasia's Legacy brings innovative therapy to the community

Christina and Angelo Kostaris lost their 19-month-old daughter, Anastasia, to neuroblastoma, a cancer that develops in the adrenal glands of young children.



Motivated by what they've endured, the Kostarises are honoring their daughter's life by making it easier for other families to care for their children with neuroblastoma.

"One of the biggest fears you have when you lose your child is that your child will be forgotten," said Mr. Kostaris. "We wanted to do something to help others and where people would see Anastasia's name and remember her life."

As part of Anastasia's treatment, she received metaiodobenzylguanidine (MIBG) therapy, which delivers targeted radiation directly into cancerous masses. This innovative therapy helps add precious months to a patient's life, is generally more effective and less painful, and requires less time in the hospital than other treatment options. However, MIBG was not offered on Long Island, and the Kostaris family had to travel out of state.

"It is beyond stressful to take care of your sick child," said Mrs. Kostaris. "To have long car rides on top of that was hard on Anastasia and on us. I remember one trip in particular when she got sick in the car."

Despite her illness, Anastasia remained a brave and happy girl.

"She knew to give her arm for blood pressure and her finger for oxygen levels," shared Mrs. Kostaris. "She made friends with the nurses and she fought hard. She was a champ through it all."

"This was all normal to her," said Mr. Kostaris. "This was her life."

“Whether Anastasia survived or not, we knew throughout her treatment that we wanted to give back to Cohen Children’s. We spent more time there than anywhere else. It became our home.”

The Kostarises were determined to make every effort to help Anastasia fight this disease, and they were inspired to help ease the stress that other families experience.

“We were having dinner one night,” said Mr. Kostaris, “and Christina turned to me and said, ‘Wouldn’t it be cool if we could help Cohen Children’s get an MIBG program?’”

Although Anastasia lost her battle with this illness, her family remained dedicated to preserving her memory. The Kostaris family created Anastasia’s Legacy to fast-track bringing an MIBG treatment program to the Division of Pediatric Hematology/Oncology and Stem Cell Transplantation at Cohen Children’s Medical Center — a project that was

kicked off by a grant from the St. Baldrick’s Foundation. MIBG therapy requires a specially trained staff, specialized equipment and a customized lead-walled treatment room to protect children, families and staff from radiation exposure.

Anastasia’s Legacy set out to raise \$250,000 and is more than halfway there through grass-roots efforts and the support of family and friends. The MIBG therapy program is scheduled to begin at Cohen Children’s Medical Center in 2017 and will add our children’s hospital to the few hospitals in the United States to offer this specialized care.

“Whether Anastasia survived or not, we knew throughout her treatment that we wanted to give back to Cohen Children’s,” said Mr. Kostaris. “We spent more time

there than anywhere else. It became our home.”

The Kostarises recently welcomed their second baby girl — Zoe — who is helping inspire Mom and Dad to achieve their goal. “In Greek, Zoe means life,” shared Mrs. Kostaris. “She brought life back into our lives.”

For more information about MIBG therapy or to support Anastasia’s Legacy, visit bit.ly/AnastasiasLegacy

Twigs celebrates Northern Westchester Hospital’s 100 years of care in the community



Photo credit: Jordyn Pasinko

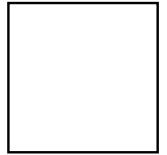
Twigs President Maureen Kilfoyle of Chappaqua, New York, recently presented a \$100,000 donation to Joel Seligman, Northern Westchester Hospital president and CEO, at its annual luncheon. This gift, made in honor of the hospital’s 100 years of care in the community, was allocated to the Bruce & Andrea Yablon Cancer Health and Wellness Program and the Ken Hamilton Caregivers Center.

The Bruce & Andrea Yablon Cancer Health and Wellness Program provides patients undergoing cancer treatment at Northern Westchester Hospital complimentary personalized therapies — such as nutrition help, holistic therapies and fitness and rehabilitation classes — in conjunction with, or following, their medical treatment. The Ken Hamilton Caregivers Center is an in-hospital oasis and a nationally replicated program that supports family caregivers with a wealth of resources and support services during the demanding and stressful time of caring for loved ones. Both programs are 100 percent funded by ongoing donations from the community.

The Twigs was originally founded in 1887 at Rochester General Hospital. In addition to raising over \$3.2 million for Northern Westchester Hospital since their founding, Twigs members log thousands of volunteer hours annually working in and managing the Twigs Thriftree Thrift Shop. Members also make festive favors for patients’ meal trays, sew cough pillows for surgery patients and create beautiful layettes for underserved families.



2000 Marcus Ave
New Hyde Park, NY 11042



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Visit support.northwell.edu/areas-to-support

Upcoming Events

Northwell Health Seminar: Discover a Healthier You Wednesday, February 8, 2017

The Breakers Hotel, Palm Beach, Florida

Contact: Trisha Marasco
(516) 321-6339
tmarasco@northwell.edu

Phelps Food, Wine and Beer Fest Friday, April 21, 2017

Abigail Kirsch at Tappan Hill, Tarrytown, New York

Contact: Marissa Coratti
mcoratti@pmhc.us
www.phelpsevents.org

Ladies Day Out Monday, April 24, 2017

Fresh Meadow Country Club, Lake Success,
New York

Contact: Tamar Segura
(516) 321-6340
tsegura@northwell.edu

Northwell Health Walk May 2017

Five locations: Jones Beach, Staten Island, Manhattan,
East End Long Island and Westchester

Contact: Lori Peterson
(516) 321-6332
More information to come at
www.NorthwellHealthWalk.com

Peconic Bay Medical Center Spring Gala Saturday, June 3, 2017

Royalton Farms, Mattituck, New York

Contact: Candace Porter
(631) 548-6080

Phelps Classic Monday, June 5, 2017

Sleepy Hollow Country Club, Briarcliff Manor, New York

Contact: Marissa Coratti
mcoratti@pmhc.us
www.phelpsevents.org

Southside Hospital Golf Classic Wednesday, June 21, 2017

Southward Ho Country Club, Bay Shore, New York

Contact: Southside Hospital Foundation Office
(631) 396-6700