

HOW PHILANTHROPY IS SHAPING NORTHWELL HEALTH

2017 VOLUME 2

GRATITUDE



DONALD AND BARBARA
ZUCKER SCHOOL of MEDICINE
AT Hofstra/NORTHWELL



Northwell
Health®

Powering the
next generation
of healthcare
professionals

What is an endowment?

By Amy Pilott

When donors wish to sustain innovative research and groundbreaking teaching and programming at Northwell Health, establishing an endowment provides an opportunity to ensure continued financial resources. Endowment dollars are invested and pay out a percentage of the value each year. The original gift and any investment returns above the payout amount each year help the endowment to grow over time and continually support our mission to deliver outstanding health care for generations to come.

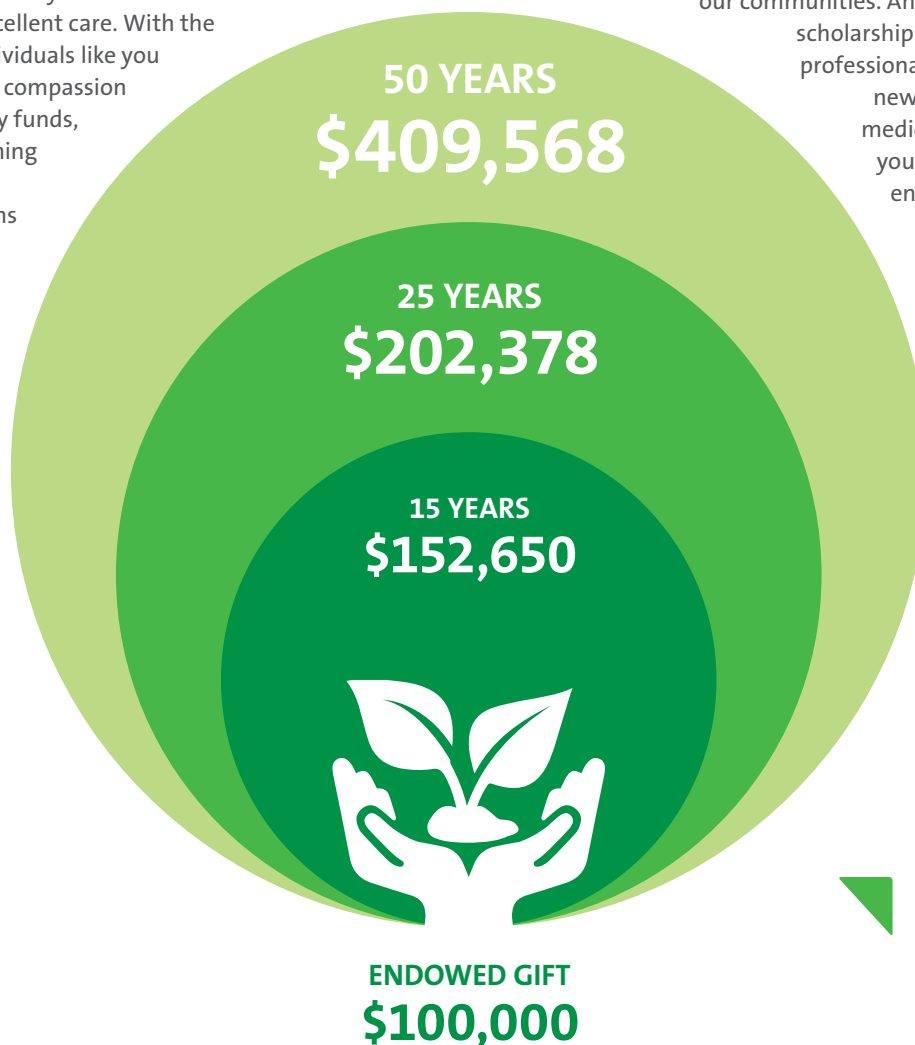
Why do donors create endowments?

Establishing an endowment, that will grow in perpetuity, is a powerful opportunity to make an impact on health care and create a culture of sustainability for the program dear to a donor's heart. It can be a meaningful way to memorialize or honor a family member or friend or to express gratitude for excellent care. With the support of generous individuals like you who have the vision and compassion to create these necessary funds, Northwell Health is pushing medical boundaries and pioneering breakthroughs to improve the health of our entire community.

How can my endowed gift help the future of Northwell Health and health care?

Endowments established for Northwell Health by generous donors afford us the financial stability to make strategic investments in the health and well-being of our communities. An endowed gift can provide scholarships for our future healthcare professionals, the resources to propel new research and discover the medicine of tomorrow, or show your confidence in an existing endeavor or clinical position.

In an ever-evolving healthcare environment, we rely on philanthropic support to drive innovative research, help educate the future generations of healthcare professionals and ensure excellent clinical care.



This example assumes an annual return of 7% and an annual distribution rate of 4%. These figures are for illustrative purposes only and are not guaranteed, as actual investment results will vary over time, along with the amount of funds available for distribution.

For more information on how to create an endowment, contact Alexandra Brovey at (516) 321-6262.

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On the cover

Philanthropists Donald and Barbara Zucker in front of the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell.

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Northwell Health Walk supports lifesaving care from Peconic to Westchester

“I was 30 minutes away from dying,” said Matthew Gendron, describing his ordeal with septic shock in May 2016. His mother, Holly, rushed him to Cohen Children’s Medical Center from their home in Howard Beach, Queens. Unresponsive upon arrival, the Cohen team kicked in to save his life.

Matthew spent five weeks in the hospital, cared for by an “extraordinary” team according to his father, Roger. Now 19 years old, Matthew and his family participated in the Northwell Health Walk at Jones Beach last May. “I’m walking to say thank you to the doctors who saved my life,” said Matthew, “and to raise money so other kids can receive the same care and go on to have a happy life.” His team, the Fousin Squad, raised \$3,750 in support of Cohen Children’s Medical Center, surpassing their fundraising goal of \$3,500.

The 2017 Northwell Health Walk was held at four locations — Jones Beach, East End Long Island, Staten Island and Westchester — and all took place on the same day with 7,000 participants raising \$635,000 to support patient care in their community.

Jones Beach walkers supported Cohen Children’s Medical Center and the Katz Institute for Women’s Health with more than \$345,000 in donations.

The East End walk provided almost \$115,000 for the heart center and



women’s wellness initiatives at Peconic Bay Medical Center.

Walkers on Staten Island raised more than \$60,000 toward the new Women and Newborn Center at Staten Island University Hospital.

The Westchester walk provided \$95,000 in support of cancer services at Northern Westchester and Phelps hospitals.

A carnival-like atmosphere prevailed at the walk sites, with games for the kids, musical entertainment, photo booths and food. Health and wellness exhibits encouraged healthy living, allowing families to learn important information in a fun environment.

Participants included Northwell Health employees and many of our neighbors who, like Matthew, have had their lives and health enhanced by the services Northwell Health provides. They recognize that our outstanding care continues to meet community needs as we come together to make it happen.



“No matter how bad it got, I knew Matthew was in the best hands,” said his mother, “and I never once doubted that they would save my son. We are raising money so that other families can receive the support and care my family was given.”



Dean Nossaman's NICU journey inspires a **thankful gift**

Corinne Libby Nossaman was in her 24th week of pregnancy when preeclampsia led to her hospitalization at Katz Women's Hospital at Long Island Jewish Medical Center. At 28 weeks, the Nossaman's son, Dean, was born, weighing 1 pound, 9 ounces.

Dean spent almost three months in the NICU (Neonatal Intensive Care Unit) at Cohen Children's Medical Center. "I first held Dean when he was under 2 pounds, and I was terrified. He was so fragile," Mrs. Nossaman said.

The Nossamans practiced kangaroo care, which was very important for Dean's development. Kangaroo care involves skin-to-skin contact, with the baby lying on the parent's bare chest for an hour or more. The contact helps regulate the baby's temperature, heart rate and breathing. It also prepares the infant for breastfeeding when the time comes, a benefit that feeding specialists noticed immediately in Dean.

"The staff at both Katz and Cohen treated us like family and provided tremendous encouragement and support," said Mrs. Nossaman. "Every single person working at Katz and Cohen was wonderful to us, not just the doctors and nurses. It was quite remarkable."

"They weren't just caring for Dean's medical needs," added Vaughn Nossaman, Dean's father and a surgical resident at Nassau University Medical Center. "They were caring for our comfort." Dr. Nossaman joined his wife at the NICU whenever his evening shift ended. "We read Dean a chapter of *Harry Potter* each night. He became known as the Harry Potter boy. Two nurses visited the Wizarding World of Harry Potter and brought him back a tiny Gryffindor jersey."

Hank and Ellen Weber Libby, Mrs. Nossaman's parents, believe the hospitals and their staffs saved the lives of their daughter and grandson. "I've never seen a higher level of commitment in a

hospital," said Mr. Libby. Dr. Ellen Weber Libby agreed: "We don't think of Katz and Cohen Children's as two separate institutions; it is one institution that takes care of mother and child. As a result, our daughter is thriving, our grandson is thriving."

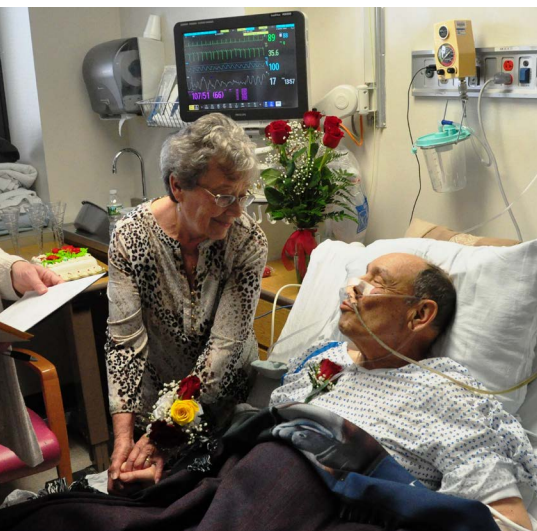
Dean, at nine months, weighs 18 pounds and is in the 90th percentile for weight, height and head circumference.

To honor the extraordinary level of care mother and child received at Katz and Cohen Children's, the Nossamans and Libbys decided to purchase kangaroo chairs specifically designed for comfort and ease in skin-to-skin contact in the NICU. "Kangaroo care was the one thing I could do to care for my son," said Mrs. Nossaman, "so it was important to me. I hope that the chairs will make a huge difference, permitting parents to be more comfortable as they snuggle for long stretches of time with their little ones."

A couple's vision brings comfort and joy to patients nearing the end of life



“Is there anything you have left undone?” asked the Pegasus House Palliative Care team.



Kenneth Hausmann was a terminally ill patient in Peconic Bay Medical Center's Intensive Care Unit under the care of the Palliative Care team. He expressed his wish to marry his longtime girlfriend, Edna.

Working quickly with hospital staff and the local town clerk, arrangements were made to fulfill Mr. Hausmann's dream. The next afternoon, surrounded by their adult children, grandchildren and caregivers, Kenneth and Edna Hausmann exchanged vows, and his final wish was fulfilled.

In its eight years of operation, the Pegasus House Palliative Care team has provided exceptional care and compassion for hundreds of patients and families with serious medical conditions. Each day, they go above and beyond to provide comfort in suffering, as they did for Mr. and Mrs. Hausmann. The program is a product of the vision and commitment of Emilie Roy Corey and Michael Corey.

Ten years ago, Mrs. Corey had emergency gallbladder surgery at Peconic Bay Medical Center over Thanksgiving weekend. She shared a room with someone who was nearing the end of her life. As a geriatric

social worker, Mrs. Corey recognized the signs and wished the hospital had more resources to care for patients and their families during this time.

After Mrs. Corey recovered, she and her husband made a transformational gift to establish a palliative care program within the hospital.

Thanks to the Coreys' vision, Pegasus House Palliative Care began serving patients and their families in 2009, and the program has drawn high praise.

Because of the Coreys' generosity, Pegasus House is one of the most innovative palliative care programs in the Northeast, and it is helping to care for our East End community with compassion and empathy.

“My husband and I have been involved with many national and local organizations, but Pegasus House has been the most rewarding project we have ever worked on,” said Mrs. Corey. “We have seen its impact on hundreds of patients and families.”

A caregiver honors her family by caring for others' futures

By Amy Pilott

Rosemary Nalbone has spent her life caring for others, and as a member of the Payson Wharton Legacy Society, she will continue to do so beyond her lifetime.

As a young woman, Ms. Nalbone lost her mother, Raffaella, to breast cancer and became the family's matriarch. She watched over her younger brother, Joey Jr., who was battling diabetes. She encouraged him to fight the disease and pursue his career as an immigration inspector at JFK Airport, while she worked as a receptionist at a Park Avenue law firm.

As adults, the siblings took care of and supported each other and purchased an apartment together. Ms. Nalbone enjoyed the arts, and her brother obtained a pilot's license and earned an engineering degree. Together, along with their father, Joseph Sr., they enjoyed New York's beautiful landscapes and had a special affinity for the lighthouses on the East End of Long Island.

The Nalbones received medical care at Long Island Jewish Medical Center and North Shore University Hospital. Ms. Nalbone "cannot say enough nice

things" about the physicians, nurses and social workers she encountered. When Mr. Nalbone Sr. suffered a stroke in 1981, his children spent hours visiting him as he lay in a coma. Sadly, he lost his battle, but Ms. Nalbone is grateful for the care he received and the concern the staff expressed for her. The kindness they received after their father's coma, coupled with seeing the beautiful donor recognition plaques throughout the hospital, inspired Ms. Nalbone to include North Shore University Hospital as a beneficiary of her estate in honor of her parents.

Ms. Nalbone accompanied her brother on many trips to the Long Island Jewish Medical Center's Dental Clinic — now named Northwell Health Dental Clinic — and helped him manage his disease. Having visited first her father and then her brother at Long Island Jewish Medical Center, Ms. Nalbone kindly refers to it as her "alma mater" and considers it

a "home away from home." The rapport she developed with staff, and the respect she received from them as her family's caregiver, gave her strength to care for her brother until he passed.

As the remaining member of her family, Ms. Nalbone wants to establish a powerful legacy. She is exploring additional planned giving opportunities, this time in her brother's memory, at Northwell Health Dental Clinic. Her gifts will provide for others when she is no longer able to and will forever link the Nalbone name to kindness and caregiving.

To learn more about planned giving, contact Alexandra Brovey at (516) 321-6262.





Photo: Hofstra University

Powering the **next generation** of healthcare professionals

By Kerri Tortorella

Health care is changing, and we're shaping its future. Technical advances enable less invasive procedures. Outpatient surgeries in ambulatory care have replaced overnight stays in the hospital. New discoveries, and a new field of medicine are emerging from our clinical research and labs.



**DONALD AND BARBARA
ZUCKER SCHOOL of MEDICINE
AT HOFSTRA/NORTHWELL**

As health care advances, so too must the education of future healthcare professionals. Less than a decade ago, leaders from across Hofstra University and Northwell Health came together to establish a new school of medicine. With its seventh class now admitted, the school was renamed this fall. The Donald and Barbara Zucker School of Medicine at Hofstra/Northwell honors the lifetime giving of the philanthropists who most recently donated \$61 million in transformational gifts to Northwell Health. Their extraordinary generosity will support our future doctors, nurses and researchers. A \$50 million endowment will provide scholarship support for students at the Zucker School of Medicine for generations to come. Another \$10 million will create and endow the Barbara Hrbek Zucker Emerging Scientists Program at the Feinstein Institute for Medical Research, and \$1 million will support scholarships for Hofstra Northwell School of Graduate Nursing and Physician Assistant Studies.

Philanthropic support ensures our students and researchers receive the advanced and innovative training needed to deliver the highest level of care — and set the standard for patient care — in this new future of medicine. It is the generosity of others that makes it possible for Northwell Health to change the way medicine is taught and practiced.

Radical reform

In 2008, Dr. Lawrence Smith, physician-in-chief, Northwell Health, and founding dean of the Zucker School of Medicine, toured the country with colleagues to learn from other medical schools. They observed few curriculum changes from the 1960s, yet the way medicine was being practiced 50 years later was very different.

“In 1965, 98 percent of all surgeries in this country were probably done as inpatient hospital surgeries,” said Dr. Smith. “And by 2000 well over 50 percent were



Zucker School of Medicine students Sara Lis Herzberg and Sara Abrahams with Donald Zucker, Barbara Hrbek Zucker and Dr. Lawrence Smith.

ambulatory. That’s a pretty radical change. Yet, the educators didn’t seem to mind that medicine was changing rapidly and education wasn’t.

“Daring medical schools were breaking the mold and everyone else quickly copied what they could, fixing a piece of their curriculum. But no one was trying to blow up their medical school curriculum. We were going to build the curriculum of tomorrow.”

Students at the Zucker School of Medicine are responsible for patients from day one, with increasing responsibility as their skills mature.

“You can’t become a doctor if you don’t believe you could harm a patient if you don’t do it right,” said Dr. Smith. “That emotional risk taking and knowing the buck stops with you, even if it’s only for a small piece of the care, is essential to that transformation from lay person to physician.”

Jumpstarting clinical confidence

In early discussions on creating the Zucker School of Medicine, leaders remembered that many medical students and doctors they encountered throughout their careers cited being an EMT as one of the most formative experiences prior

to attending medical school. Northwell Health owned 100 ambulances.

“We needed something to jumpstart students’ clinical skills and clinical confidence so that, even in the first year of medical school, they could have some real responsibility for patients,” said Dr. Smith.

Working with New York State, Northwell received approval to augment the existing EMT curriculum with science and physician clinical training. Nine weeks into medical school, our students are certified as New York State EMTs. Additionally, patient communications and physical diagnosis were worked into a comprehensive course. At traditional schools, those areas are sprinkled throughout the first two years.

“By the end of their first course, our students are very comfortable talking with patients,” said Samara Ginzburg, MD, associate dean for case-based learning at Zucker School of Medicine. “They have the skills to stabilize and care for critically ill patients in the field. They can begin working with other healthcare providers and understand the team dynamic. They’ve taken patients into the emergency departments and gotten out into the surrounding communities. We want to imprint all that in their minds as they begin this journey and transform into physicians.”

Knowledge into action

In this digital age, all students — and patients as well — have the same access to information. So in creating the Zucker School of Medicine, “we took the stand that we would not be about memorizing information but about putting knowledge into action,” said David Battinelli, MD, senior vice president and chief medical officer, Northwell Health, and dean of medical education at the Zucker School of Medicine.

Our student-centered learning model requires students to demonstrate proficiency through standardized patient experiences, simulations, oral exams and essay exams — never through multiple-choice tests.

“We decided early on that we would focus on how young doctors learn rather than how old doctors teach,” said Dr. Battinelli. “We told professors we were less interested in their teaching than in understanding proper learning objectives. Then we designed an experience that accomplishes those objectives better than traditional, passive lecture teaching.”

That’s how the structure lab was born. “We took science courses, typically taught separately, and created an integrated unit that students experience every week,” said Dr. Ginzburg. Students work in groups of six to eight and experience various cases. It’s a student-centered approach, led by faculty, with stations where students may encounter a specimen and imaging then study and determine the problem.

“We also created problem-based structure, which occurs once per course, where students create the case for other students to solve, and they utilize specimens and imaging,” said Dr. Ginzburg. “Students facilitate these stations, rather than faculty.”



Photo: Hofstra University

At the same time as the medical school was being created, so too was the Patient Safety Institute at the Center for Learning and Innovation (CLI), Northwell Health’s corporate university that offers continuous learning programs to improve patient care and develop future leaders. Our medical students visit CLI more than 15 times throughout their four-year education. They encounter clinical scenarios of various illnesses portrayed by patient actors. They learn at first by taking medical histories and later, as they mature in their schooling, from assessments of how they diagnose and manage patients. Students meet with faculty coaches to debrief video recorded encounters and together create a plan for areas of improvement.

“The data is really clear. Lectures are efficient only for checking boxes. That is a teacher-centered model. We decided to involve the students from day one in the care of patients,” said Dr. Smith. “Everything we do is in the service of students learning.”

Philanthropy fuels the future of medicine

Along with ensuring our students are armed with training to be the best providers of health care, we are focused on finding students from diverse backgrounds and supporting their pursuit of the medical path of their choice, while minimizing the financial strain.

Zucker School of Medicine students have had the lowest graduating debt of any medical school in New York State since we’ve come into existence, and we are in the top 20 percent nationwide. The Zuckers’ endowed scholarship gift will further alleviate the financial burden students encounter.

“I made a promise when I first was dean to only ask for money for scholarships. I never wanted

a student to not be able to go to medical school because of a financial situation,” said Dr. Smith. “A reasonable debt level that doesn’t frighten a person into perverting their career choices is really the goal.”

“I’m financing my entire education with loans,” said Sara Abrahams, second-year student at the Zucker School of Medicine and scholarship recipient of a previous gift from the Zuckers. “To learn that I was the recipient of the scholarship was a huge relief toward a lot of the anxiety I was feeling about graduating with such a huge amount of debt.”

“From the inception, the medical school has been close to our hearts,” said Donald Zucker. “Barbara and I feel it is incumbent on us to help young people achieve their dreams to be physicians. Future doctors can decide what they are passionate about in medicine, not what is necessary to pay back a loan. And that’s why we did this, and we are lucky to be able to do it.”

Zuckers provide a lifetime of impact

By Amy Pilott

At 8 years old, Donald Zucker left his first philanthropic footprint when his mother drove him door-to-door to deliver food to less fortunate neighbors during Passover. Today, Donald and Barbara's footprints can be found across Northwell Health and beyond.

"More so than any other donors in our history, Don and Barbara Zucker have been extraordinary supporters of causes where we have historically struggled to get financial support, including behavioral health programs," said Michael J. Dowling, president and chief executive officer of Northwell Health.

In 1999, Mr. and Mrs. Zucker emerged as advocates for mental health and Hillside Hospital. In recognition of their ongoing support, the hospital complex was renamed the Zucker Hillside Hospital. Their insight and generosity allowed us to build and open an ambulatory care pavilion in 2004 and a new inpatient pavilion in 2012.

The Zuckers provide additional support for the innovative work of John Kane, MD, senior vice president for behavioral health services and chairman of psychiatry at Zucker Hillside Hospital. Dr. Kane has developed advanced technologies for treating schizophrenic patients and others living with mental disease. He is also developing new strategies for patient engagement, adherence monitoring and

clinical decision making.

On another front, the Zuckers have advocated for advancements in Alzheimer's research through establishment of the Litwin-Zucker Research Center for the Study of Alzheimer's Disease and Memory Disorders. Under the leadership of Peter Davies, PhD, a world-renowned Alzheimer's disease researcher at the Feinstein Institute for Medical Research, nearly two dozen scientists work in the large research and clinical program, studying Alzheimer's disease at every level, from basic biology to clinical trials.

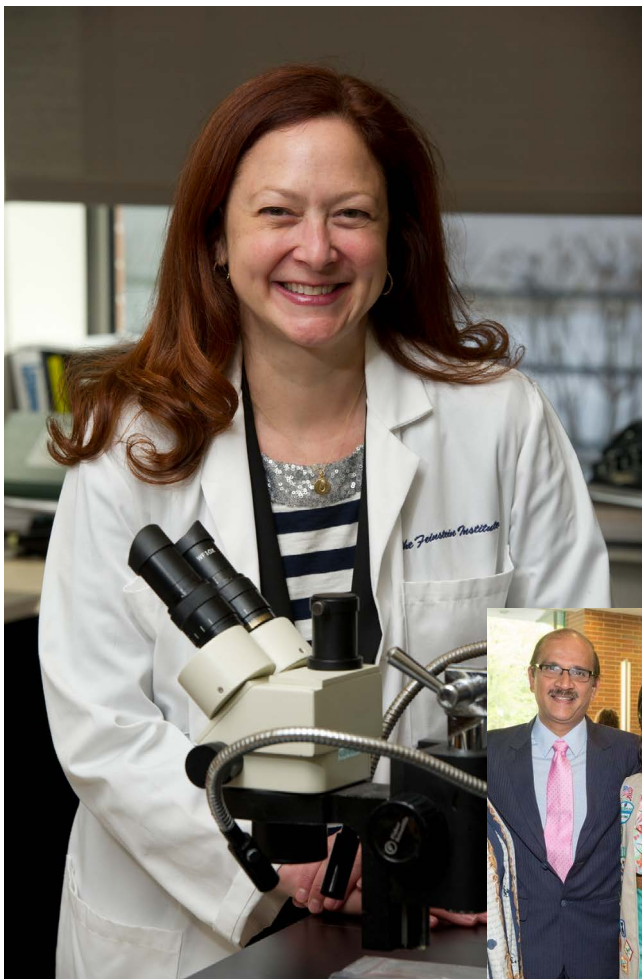
Expanding their impact through Northwell Health's Manhattan institutions, the Zuckers have supported capital improvements at Lenox Hill Hospital and a variety of innovative clinical research programs. Mr. Zucker is an active member of Northwell's Western Region Executive Council.

The creation of the Barbara Hrbek Zucker Emerging Scientists Program at the Feinstein Institute is a testament to Mrs. Zucker's leadership as Institute board chair from 2012 to 2017. She passionately helped to inspire young investigators

through weekly lunches for the Young Investigators Society, promoting a collaborative learning environment that she continues to influence as an active Feinstein Institute board member. The new program will assist, prepare and nurture promising scientists for successful careers in research and will create a mentoring program to help senior faculty become effective mentors and advocates for fellows and junior faculty. Young researchers will establish independent and competitive research projects, preparing them to apply for competitive peer-reviewed funding sources and fostering their transition to principal investigators.

"Their latest gifts are a testament to the Zuckers' leadership as philanthropists who recognize the vital role of medical education and research in transforming the future of medicine," said Mr. Dowling.





Awesome women support women scientists



By Allison Randall

In 2010, Betty Diamond, MD, professor and head of the Center for Autoimmune, Musculoskeletal and Hematopoietic Diseases at the Feinstein Institute for Medical Research, had a vision to build a community of mutual support and encouragement among female researchers throughout Northwell Health.

Seven years later, the group — Advancing Women in Science and Medicine (AWSM, pronounced “awesome”) — has raised over \$800,000 that has been granted to female scientists in recognition of their innovation, mentorship and scientific achievement. These awards — funded by donors and ranging from \$2,000 to \$50,000 — are distributed at the annual AWSM Luncheon and are given to women in science, from high school students to senior researchers.

The 2016 Girl Scout Award recipient, Setu Mehta of Herricks High School, had

the opportunity to work closely with scientists at the Feinstein Institute’s Laboratory of Autoimmune and Cancer Research. Setu’s preliminary research in breast cancer biomarkers led her to be named a Regeneron Scholar in the nation’s most prestigious pre-college science competition, the Regeneron Science Talent Search. Her experience was made possible by a \$2,000 award, donated by Susan Novick.

“Each year, I sponsor a young female scientist through AWSM because I believe that early exposure to and encouragement in the sciences can transform a young woman’s academic and professional path,” said Ms. Novick. “Through the mentorship of the brilliant women scientists at Feinstein, these students can be inspired by leaders in the field, contribute to important and groundbreaking research,

and envision a career for themselves that they might not have imagined otherwise.”

Setu began her college education as a freshman at Harvard University this fall. She plans to major in molecular and cellular biology and continue onto medical school.

Ona E. Bloom, PhD, an associate professor at the Center for Autoimmune, Musculoskeletal and Hematopoietic Diseases at the Feinstein Institute, was the 2012 recipient of an Educational Advancement Award funded by Susan Claster.

The award supported her attendance at the 2013 annual meeting of the American Spinal Injury Association where she presented her scientific research and met several key leaders in the field. In 2015, Dr. Bloom’s team, which included collaborators she first met at the conference, was awarded a \$1,676,895 three-year grant from the U.S. Department of Defense to study the body’s responses to spinal cord injury.

“I am amazed that donating \$2,500 led to \$1.7 million in research support,” Ms. Claster said. “It’s rare to find an opportunity where your donation grows so exponentially, and I feel so fulfilled due to my confidence that Dr. Bloom’s research will benefit millions of patients who are debilitated by spinal cord injury.”

 To support Advancing Women in Science and Medicine, visit support.northwell.edu/AWSM.

Feinstein Institute Summer Concert raises \$2.6 million for research

By Kerri Tortorella

“How many people know someone with cancer?”

This may seem like an unorthodox way to open a concert — especially one that featured powerhouse performer, Pitbull — yet it's one of the questions Kevin J. Tracey, MD, president and CEO of the Feinstein Institute for Medical Research, posed at the Feinstein Summer Concert. This year's event raised \$2.6 million for research initiatives at Northwell Health.

Most of the 1,200 supporters in attendance raised their hands, a powerful illustration of the work that lies ahead for

Feinstein Institute researchers and the need for continued funding.

“The generous support of our fantastic donor community provides the lift we need to make discoveries that will benefit our patients, and the world,” said Dr. Tracey. In just 12 years, the Feinstein Concert has collectively raised more than \$16 million for research and has played an integral role in the Feinstein Institute's discovery of a new and innovative field known as bioelectronic medicine.

For over 20 years, Feinstein Institute researchers have made important discoveries in oncology, autoimmunity, neuroscience and genetics that translate into clinical advances. “Research spans across our geographic and clinical 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,” said Michael J. Dowling, president and CEO of Northwell Health. “Supporters of this event are helping fund today's innovations to advance health care.”

Friedman Foundation connects patients to barrier-free care

“I’m going to get you the best medical care you’ve ever had in your life,” actor Colleen O’Neill was told by Jane Friedman, president of the Gerald J. and Dorothy R. Friedman New York Foundation for Medical Research.

“And, by God, she did it,” said Ms. O’Neill. “Dr. Poretsky completely turned around my health.”

Dr. Leonid Poretsky is the chief of Endocrinology at Northwell Health’s Lenox Hill Hospital and the director of the Gerald J. Friedman Diabetes Institute, which was established by the Friedman Foundation 10 years ago and moved to Northwell Health at Lenox Hill Hospital in 2014, through a \$6 million grant.

“Diabetes centers were closing around the country, partly because insurance does not reimburse doctors for the time we spend teaching patients about diet and exercise,” said Dr. Poretsky. “The Friedman Foundation stepped in and completely transformed what I do.” Now doctors and staff at the Institute can take the time they need with patients, working together for the best outcomes.

The Friedman Diabetes Institute is named for diabetologist Gerald J. Friedman, a pioneer in clinical nutrition. The multidisciplinary facility provides holistic care with no barriers, including lack of insurance. Research grants from government, industry and foundations allow them to advance the treatment and cure of diabetes thanks to the research lab provided by the Friedman Foundation.



The institute also teaches patients, family members, the medical profession and the community how to prevent diabetes through nutrition, exercise and healthy lifestyle choices. A demonstration kitchen and a gym within the institute allow one-on-one patient instruction.

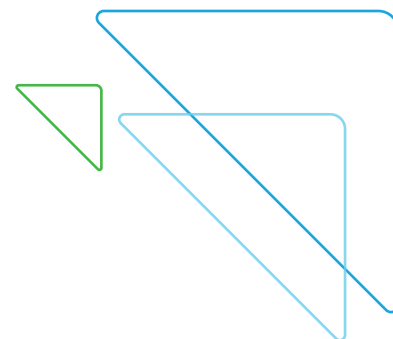
Ms. O’Neill’s appointment with Dr. Poretsky led to a referral and the discovery that her pain came from hip issues. “In November of 2015 I had both of my hips replaced,” she said. “Dr. Poretsky came to the hospital to check on me himself. Doctors don’t do that. I was dumbstruck. To this day I think of it and start welling up with tears. I’ve never had medical care like this in my life.”

“I’ve never had medical care like this in my life.”

“Colleen [O’Neill] is a good example of what we call holistic care,” said Dr. Poretsky. “She doesn’t have diabetes. She came to us with other issues, and we referred her to the best doctor for her problem. Now she’s a new person basically.”

The Friedman Foundation is now working with Dr. Poretsky to provide barrier-free holistic care to the transgender community. An initial \$362,000 grant has enabled a pilot Transgender Health and Wellness Program to begin meeting medical, social and legal needs.

A mother's diagnosis inspires her son's bar mitzvah project



Following his mother's breast cancer diagnosis, 13-year-old Ben Goldenberg set an ambitious goal for his bar mitzvah project — raising \$10,000 for Northern Westchester Hospital's Bruce and Andrea Yablon Cancer Health and Wellness Program and its Breast Health Initiative for Underserved Women.

Brandi Goldenberg was diagnosed in 2016 and the family is thankful her cancer was found at an early stage thanks to her annual imaging screenings.

"The Yablon Center is where I received the benefit of wellness programs like massage, reflexology and nutrition," said Ms. Goldenberg. "It's a really wonderful program serving women who have breast cancer."

Ben organized a March Madness three-on-three basketball tournament because he loves the sport. He invited all his friends and teammates to participate. Ben, Ms. Goldenberg and Ben's father, Adam, got the word out through Instagram, Facebook and email.

The \$25 registrations poured in to the GoFundMe page that supported Northern Westchester Hospital, resulting in 105 participants in fifth through eighth grades. Others gave monetary donations to honor Ben's bar mitzvah at Bet Torah Synagogue in Mount Kisco, New York.

While Ben's parents thought he should set a more realistic goal, when the basketball tournament ended, he had raised \$18,000.

"I was shocked by how the community had my back," said Ben. "They were there for me."

The New Castle Youth Basketball Association donated the gym time for tournament day and sent coaches an email advertising the tournament. A friend of Mr. Goldenberg's who was formerly a DJ provided music for the event

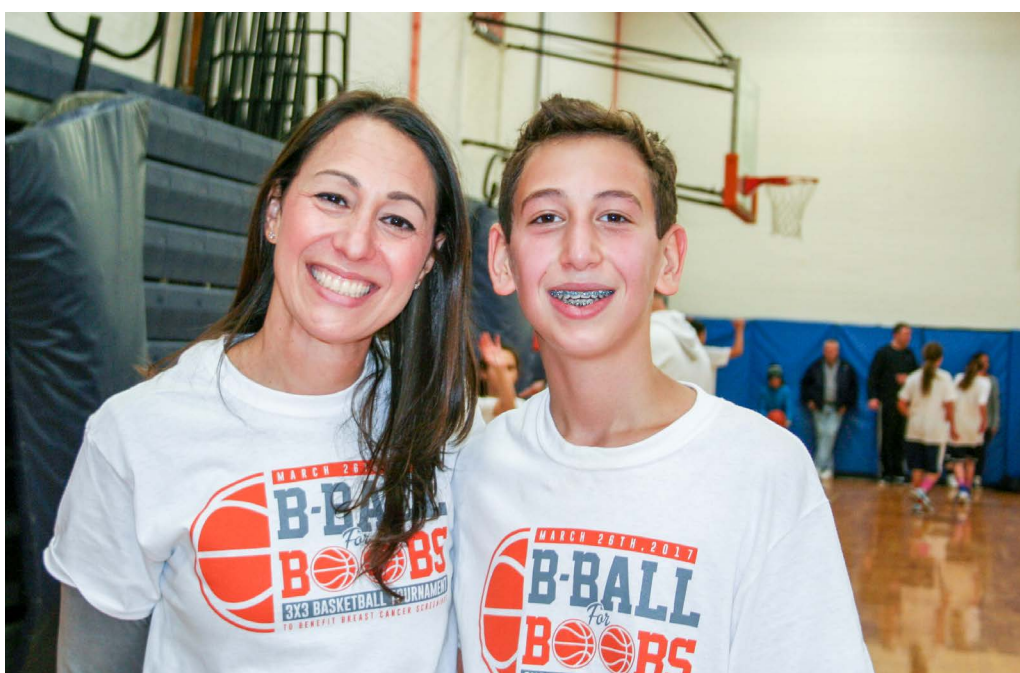
and older students served as referees.

Ben's older sister Gabi and her friends ran a bake sale that raised another \$450.

"I hope my donation helps people like my mom find breast cancer early so it doesn't develop into something bigger," said Ben. The funds will enable women to receive screening and treatment services they may otherwise have been unable to afford.

Ben and his family said they hope to make the tournament a yearly event in support of the excellent services offered at Northern Westchester Hospital.

"I hope my donation helps people like my mom find breast cancer early so it doesn't develop into something bigger."





Fashion show supports women's health and honors **Iris and Saul Katz**



By Kerri Tortorella

Dr. Marianna Knopov started to notice changes in her blood pressure in her early forties and attributed this to her demanding schedule. She didn't like being a patient and tried to manage it holistically — eating well, practicing yoga and by losing weight — yet, her blood pressure remained high.

She started having attacks at night, feeling like she was about to die. When she went to the Emergency Department, doctors thought she might be having an anxiety attack. No one suspected it was coronary heart disease until she saw Dr. Evelina Grayver, who

specializes in women's heart health at Northwell Health.

Dr. Grayver provided a full diagnostic examination and discovered her coronary artery was completely blocked. Dr. Knopov underwent seven coronary stent procedures and considers herself the luckiest woman alive.

"I thought I wasn't going to make it," said Dr. Knopov. "But thanks to Dr. Grayver who was present during the procedure, and the other wonderful doctors by my side, they pulled me out of the darkest place of my life."

Dr. Knopov was one of two former patients of Northwell Health's Katz Institute for Women's Health who shared their stories and walked the runway during the 25th Annual Katz Institute for Women's Health Luncheon and Fashion Show at Old Westbury Gardens. Surprise guest supermodel Carol Alt, also a patient of the Katz Institute, walked the runway to thank her doctors for the care she received.

The Fashion Show — which raised a record total of over \$1.2 million for women's health — featured the Salvatore Ferragamo Fall 2017 Collection and honored Iris and Saul Katz, longtime supporters of Northwell Health and partners in the creation of the Katz Institute for Women's Health and the Katz Women's hospitals.

"Iris and Saul Katz are visionaries who began supporting our health system 35 years ago and who helped make the Katz Institute for Women's Health a reality nearly a decade ago," said Michael J. Dowling, president and CEO, Northwell Health. "They have directly helped to

make the Katz Institute a regional leader in women's health education. We couldn't do this without their support and are extremely grateful to them for their continued generosity."

"Saul and I are committed to supporting the Katz Institute because women are unique and require different care," said Mrs. Katz. "Besides being the chief medical officers of families, we know that women's health requires an approach that recognizes a continuum of care that women need throughout their lives. We are extremely pleased of Northwell's renewed commitment to ensuring that the Katz Institute is represented in all of the communities it serves across the region."

To date, the Katz Institute Luncheon and Fashion show has raised more than \$9.3 million in support of women's health. Money raised at this year's event will support areas including new technology in the treatment of breast cancer, women with disabilities and reconstructive surgery using 3D bioprinting.



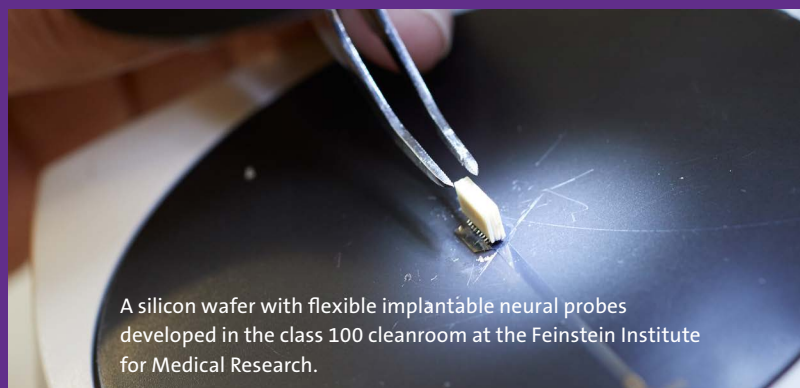
Funding bioelectronic medicine to treat diabetes without drugs

"Diabetes impacts our family, as it impacts millions of other families around the world, which is why we are passionate in our support of the Feinstein Institute's innovative and scientific efforts in combating this debilitating condition," said Charles Knapp, president of the Knapp Family Foundation, which recently provided \$1 million to fund research to treat the disease. The gift to Northwell's Feinstein Institute for Medical Research will fund a four-year research program exploring bioelectronic treatment in patients with diabetes.

Diabetes currently has no known cure and affects as many as 387 million people worldwide. Abnormal blood glucose

levels — which must be regulated by drugs or insulin that may have long-term side effects and are not always reliable — characterize this chronic disease.

The research at the Feinstein Institute for Medical Research will investigate if a small bioelectronic device can be implanted to regulate the production of, and cellular response to, insulin. Chad Bouton, vice president of Advanced Engineering for Northwell Health, director of the Feinstein Institute's Center for Bioelectronic Medicine, and professor at Donald and



A silicon wafer with flexible implantable neural probes developed in the class 100 cleanroom at the Feinstein Institute for Medical Research.

Barbara Zucker School of Medicine at Hofstra/Northwell, and his colleagues will use the Knapp Family Foundation support to develop this implantable device.

"The new research program will support our development of devices that help the body heal itself, without relying on drugs," said Mr. Bouton. "It will allow the patient's own nervous system to provide new, safe treatment options for a condition plaguing so many Americans."



Teens hang out to support a grandfather's cancer treatment program

By Allison Randall

Sixteen-year-old Julianna Marinelli always had a sense of creativity and entrepreneurship.

As she began to craft and sell homemade jewelry in her community at the age of 11, the allocation of her fundraising efforts was an easy choice — Northwell Health's Chronic Lymphocytic Leukemia (CLL) Research and Treatment Program headed by Kanti Rai, MD, and Nicholas Chiorazzi, MD, professors at the Karches Center for Oncology Research at the Feinstein Institute for Medical Research. Julianna's grandfather, Joseph Bellon, was diagnosed

with CLL in August of 2008 and was being treated by Dr. Rai.

From 2010 to 2014, Mr. Bellon had a total of 14 chemotherapy sessions. Each treatment considerably weakened him and his energy level while only temporarily lowering his high white blood count before it started to climb again.

In 2012, what Julianna had started was picked up by her family and led by her

mother, Marianne, who developed it into a continuous effort. They called it "Hanging Out for a Cause," which has given more than \$8,000 to the CLL Research and Treatment Program. One Friday a month throughout the school year, 10 friends of the Marinelli children contribute two hours and \$10 of their "hanging out" money. The monthly donations are used to purchase supplies to craft beautifully hand-painted birdhouses, which are sold at a booth they set up and run at Port Washington's annual Harbor Fest.

"My dad always makes an appearance at the booth and shares with the children his treatment success," said Ms. Marinelli. "He tells them how much their efforts matter and how proud and happy he is for all that they have done for him and the treatment program."

The CLL Research and Treatment Program has become a landmark for CLL patients worldwide. It offers a unique environment where CLL researchers and clinicians work together to develop the best evidence-based treatment. The program has more

than a dozen clinical trials testing new drugs against the disease.

In April of 2015, Dr. Rai recommended that Mr. Bellon try a new drug called Zydelig. Dr. Rai and his partner, Jacqueline Barrientos, MD, were very much involved with the development and trials of the drug, a pill taken twice daily. After nearly two and a half years of taking Zydelig, Mr. Bellon's white blood count was significantly lowered with no apparent side effects.

"Not only is Dr. Rai a top-flight doctor and CLL pioneer, but he is also a very wise and compassionate counselor who helped me overcome a disease that could have killed me," said Mr. Bellon.

Julianna and her family have had the opportunity on several occasions to meet with Dr. Rai, who admires their dedication to Hanging Out for a Cause.

"Julianna and her family have shown not only their love for grandpa, but also their ingenuity and imagination in doing something truly constructive and real to help in the fight of a dreadful disease that affects many, many others," said Dr. Rai. "In my eyes, they are role models for people of all ages."

"Not only is Dr. Rai a top-flight doctor and CLL pioneer, but he is also a very wise and compassionate counselor who helped me overcome a disease that could have killed me."



From left: Julianna Marinelli, Nicholas Marinelli, Marianne Marinelli, Christina Marinelli, Eddy Marinelli, Marie Bellon, and Joe Bellon.

Children's Medical Fund of New York brings superheroes to our little heroes at Cohen Children's

"Can I hug him?" asked a young patient before wrapping his arms around Superman. Another boy happily gave Spiderman a high-five. The excitement was palpable at Cohen Children's Medical Center as superheroes traveled from room to room and Superman wheeled a present-filled cart so each child could choose a gift.

"My daughter Layla was so excited," said Abria Sanders of Brooklyn. "She had been in the hospital for two months and this was really uplifting for her. It was beautiful for the kids. They're sick and

need something like this to keep them happy." Nine-year-old Layla even got to hold Wonder Woman's Sword of Athena.

The superheroes were at Cohen Children's thanks to a new initiative of the Children's Medical Fund of New York (CMF). CMF has funded the CMF Center for Diagnostic Studies at Cohen Children's in addition to lifesaving care for Northwell Health's youngest patients for more than 50 years. But CMF's board of trustees also loves to bring joy directly to young patients.

"We asked people at our annual golf outing auction to support our new Heroes



with Heart program," said Gina Segreti, executive director of CMF. Within a half an hour of Superman, Batman and Wonder Woman appearing at the auction, the superhero program raised \$38,000 to fund costumes, toys and actors if needed.

Actors were not needed. CMF had so many volunteers that there's a waiting list. The program will continue to bring superheroes to Cohen Children's, and CMF plans to add princesses to the lineup as well.



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New Hyde Park, NY 11042



Your gift today can help advance care for the more than 2 million people we serve annually.
Visit support.northwell.edu/Gratitude

Upcoming Events

Northwell Health Seminar — Palm Beach

Wednesday, January 24, 2018
The Breakers Hotel
Palm Beach, FL
Contact: Trisha Marasco
(516) 321-6339
tmarasco@northwell.edu

Katz Institute for Women's Health Lunch & Learn

Friday, February 9, 2018
The Polo Club
Boca Raton, FL
Contact: Tamar Segura
(516) 321-6340
tsegura@northwell.edu

Phelps Hospital Food Wine and Beer Fest

Sunday, April 22, 2018
Abigail Kirsch at Tappan Hill
Tarrytown, NY
Contact: Marissa Coratti
(914) 366-3104
mcoratti@northwell.edu

Ladies Day Out

Monday, May 7, 2018
Fresh Meadow Country Club
Lake Success, NY
Contact: Tamar Segura
(516) 321-6340
tsegura@northwell.edu
support.northwell.edu/ladiesdayout

AWSM Luncheon

Tuesday, May 8, 2018
New York, NY
Contact: Alexandra Sheehan
(646) 766-7135
asheehan2@northwell.edu
support.northwell.edu/AWSMLuncheon

Northwell Health Walk

May 2018
Jones Beach, East End,
Staten Island, Westchester
Contact: Lori Peterson
(516) 321-6333
walk@northwell.edu
NorthwellHealthWalk.org

Peconic Bay Medical Center Spring Gala

Saturday, June 2, 2018
Royalton Farms
Mattituck, NY
Contact: Candace Porter
(631) 548-6166
cporter3@northwell.edu

Phelps Hospital Golf Classic

Monday, June 4, 2018
Sleepy Hollow Country Club
Sleepy Hollow, NY
Contact: Marissa Coratti
(914) 366-3104
mcoratti@northwell.edu

Northern Westchester Hospital Golf Classic

Tuesday, June 5, 2018
Hudson National Golf Club
Croton-on-Hudson, NY
Contact: Gaby Greenwald
(914) 242-8392
ggreenwald@northwell.edu

Staten Island University Hospital Golf, Tennis & Bocce Classic

Monday, June 11, 2018
Richmond County
Country Club
Staten Island, NY
Contact: Evelyn Fonseca
(718) 226-6331
efonseca@northwell.edu

Southside Hospital Golf Classic

Wednesday, June 13, 2018
Southward Ho Country Club
Bay Shore, NY
Contact: Karen Blank
(516) 321-6337
kblank@northwell.edu

Children's Medical Fund of New York's Golf & Tennis Charity Classic

Monday, June 18, 2018
Glen Oaks Country Club
Old Westbury, NY
Contact: Gina Segreti
(516) 624-1981
gsegreti@cmfny.org

Peconic Bay Medical Center Golf Classic

Monday, June 25, 2018
Sebonack Golf Club
Southampton, NY
Contact: Candace Porter
(631) 548-6166
cporter3@northwell.edu

Northwell Health is a nonprofit organization supported by the people and communities we serve.