

ECH Community Connection

A quarterly newsletter about your community hospital

Winter 2006

Elizabethtown Community Hospital

Auxiliary Donates Items for Patient Rehab

Auxiliary Donation

The inpatient rehabilitation program is growing at ECH with the help of the Hospital Auxiliary. Through various fundraisers held throughout the

year, the Auxiliary has purchased special equipment and tools for strength and balance building. Their donation includes a cart with weights and bands for strengthening, a mirror and balance pad to help with posture and balance, and stacking cones and clips to improve manual grip, balance, reach, and strength.

"All of our patients benefit from this type of equipment the Auxiliary purchased for us," said Sarah Irving, Physical Therapy Assistant. "In addition to the new equipment, the NuStep unit, a cross between a cross-country and stair stepper machine, gets rave reviews from our patients, who quickly feel the benefits."

Physical Therapy Services

At ECH, patients recovering from a hip or knee replacement, post-surgical conditions, neurological, or orthopedic injuries receive physical therapy rehabilitation to regain the mobility and skills

necessary for the transition home. Physical therapy services are available to inpatients five days a week and the duration of the treatment is determined by a plan developed specifically for each patient. "The



Patient William Cross uses a weighted bar to build his upper body strength, while Physical Therapist Bethany Sorensen provides encouragement.

advantage of coming to ECH for inpatient rehabilitation services is that we can provide more individualized care and attention because we are a smaller facility," said Bethany Sorensen, Physical Therapist. "It is also more convenient if a patient lives or has family who live in Essex County."

Following discharge, a patient, if needed, may choose to

transition into the outpatient program at ECH, which is located across the street from the Hospital.

Continuing to Grow

The inpatient rehabilitation program is continuing to expand and is currently recruiting for an occupational therapist to add to our staff of qualified professionals. Occupational therapy and physical therapy will work together to provide a more comprehensive rehabilitation program for the communities we serve.

Local EMS on ECH Website

Now you can find out about the local emergency medical squads in your area. ECH has listed information on the website www.ech.org. By clicking on the EMS Services link, you can select which squad you are interested in and get more information about them. This page will continuously

be updated as more information comes in. ECH recognizes the importance of EMS services in our communities and would like to thank each member for their dedication to the health and well-being of area residents.

3rd Annual Healthy Heart Day Planned

To celebrate American Heart Month, the ECH Auxiliary will be sponsoring its third annual Healthy Heart Day, scheduled for Friday, February 10th, from 3:00 to 6:30 p.m. at the Hospital.

People are encouraged to stop by on their way home from work or after dinner to learn about heart disease as well as other important health topics. "At Healthy Heart Day we also like to focus on women," said Karin DeMuro, Committee Chair. "We often think that breast cancer is the number one killer for women, but it is heart disease that takes the most lives for men and for women."

Participants can stop by any time between 3:00 and 6:30 p.m. to have a free blood pressure, blood sugar, and cholesterol screening, sample healthy recipes, donate blood, and speak with experts on exercise, dietary needs, signs and symptoms of a heart attack or stroke, and more. "Everyone is welcome to come, even children," said DeMuro.

The event is free and open to the public. If you would like more information, please call Community Relations at 873-3003.



Ms. Iona Dubay takes information on fitness from Kamala Tuller, Recreational Therapist as Auxiliary Member JoAnn Baldwin looks on at last year's Health Heart Day



Healthy Heart Day

Friday, February 10th

3:00-6:30 p.m.

Elizabethtown Community Hospital

CT Awaiting Approval

As you may have heard, ECH has installed a computed tomography (CT) scanner this past December. While we are still awaiting approval of the certificate of need filed to New York State last year, the radiology staff continue to train at CVPH,

maintaining and perfecting their newly learned skills. We look forward to announcing soon that this needed service is up and running.

Movies & Music Collection

Now you can put that pile of videotapes and CDs to good use. The Recreational Therapy Department at ECH is collecting CDs and movies on VHS tapes for patients to use. Movies can be comedy, romance, adventure, or old television shows like *I Love Lucy*, but should be in good condition and in good taste. Musical choices range from classical to country to the blues and should be in good working order and a

compact disc format.

Recreational therapy is also collecting musical instruments. Items such as guitars, keyboards, small drums, and other percussion instruments, used or new, would be a welcome addition for patient use.

If you are interested in donating any movies, music, or instruments, please call Kammy Tuller in the Recreational Therapy Department at 873-6377.



Spotlight on Specialty Clinic Doctors

Podiatry Clinic



Michael Percenti, D.P.M.
Champlain Valley Foot Care
167 Oak Street, Plattsburgh
563-0223

Medical School: Temple School of Podiatric
Medicine, Philadelphia, PA

Training: New York College of Podiatric Medicine,
New York, NY

Fellow of American College of Foot and Ankle Surgeons

Dr. Percenti began scheduling podiatry appointments at ECH this past November, and has had his office, Champlain Valley Foot Care, in Plattsburgh for over 12 years. At his ECH specialty clinic, he sees and treats a variety of podiatry needs, such as nail care and pre- and post-surgical evaluations.

To schedule an appointment with Dr. Percenti at his ECH clinic, call his office in Plattsburgh at 563-0223.

Orthopedics Clinic



Eugene F. Byrne
Lake Placid Sports Medicine
P.O. Box 790, Church St.
Lake Placid
523-1327

Medical School: University of Medicine & Dentistry
of New Jersey

Training: University of Medicine & Dentistry,
Robert Wood Johnson Medical School, Division of
Orthopedic Surgery

*Fellowship: Sports Medicine, Cincinnati Bone and Joint Institute,
University of Cincinnati*

Dr. Byrne has held orthopedic clinics at Elizabethtown Community Hospital since 2002. Due to high volumes, he will now be holding two clinics per month. He sees patients for a variety of orthopedic problems ranging from joint problems and fractures to surgical evaluations and post-operative care.

To schedule an appointment with Dr. Byrne at his ECH clinic, call his Lake Placid office at 523-1327.

Endoscopy Clinic



Eugene F. Cassone, M.D.
Gastroenterology Associates of
Plattsburgh
77 Plaza Boulevard, Suite 101
Plattsburgh, New York 12901
(518) 562-7171

Medical School: University of Chieti, Chieti, Italy

Training: Robert Packer Hospital-Guthrie Clinic,
Sayre, PA

Fellowship: Robert Packer Hospital-Guthrie Clinic, Sayre, PA

ECH has been offering gastroenterology outpatient clinics for over 15 years. Procedures include gastroscopies and colonoscopies that are performed by Dr. Eugene Cassone of Gastroenterology Associates of Plattsburgh.

Endoscopy clinics are held two to four Wednesdays per month at ECH. Depending on an individual's insurance, patients may refer themselves for an examination. To schedule an appointment for the ECH clinic, call the Gastroenterology Associates of Plattsburgh office at 562-7171.



Auxiliary Year-End Report

Thanks to the generous support of the community, the ECH Auxiliary raised nearly \$10,000 this year. Below is the list of fundraisers held throughout 2005 and the items that were purchased to better the Hospital and community.

Hospital and Community Benefit

- 2nd Annual Healthy Heart Day had 65 participants
- Through various fundraisers, including Dinner @ 8, the Auxiliary donated \$6,000 toward the CT Scanner project. They also purchased an automatic external defibrillator (AED) and a slide board to be used in the CT room.
- Inpatient rehabilitation received new equipment, including a mirror and weight rack, and tools that help redevelop motor skills and depth perception.
- A view box was purchased to allow a radiologist to review a patient's films with the patient in the privacy of the mammography room.
- The Auxiliary built Elizabethtown and Lewis Day Parade floats.
- The Auxiliary was a corporate sponsor for the annual ECH golf tournament.
- Each patient in the Hospital over Christmas received a lap robe, sewn by Auxiliary members.

Fundraisers

Spring Bulb Sale	\$345
Uniform Sale	\$512
Food Sales at Festivals	\$80
Fall Bulb Sale	\$342
Dinner @ 8	\$6,000
Painting Raffle	\$1,500
Thanksgiving Pie Sale	\$545
Tree and Wreath Auction	\$365
Jewelry Sale	\$70
<i>Total Raised</i>	<i>\$9,759</i>

The year ahead...2006

Plans are already under way to make 2006 a great success. Here are some of the items we have planned, so be sure to mark your calendar.

- Starting an Auxiliary Scholarship
- Healthy Heart Day scheduled for February 10th
- Dinner @ 8 scheduled for July 29th

Mark Your Calendar for these Upcoming Events

- ✓ February 10th **Healthy Heart Day and Blood Drive** 3:00 to 6:30 p.m. at ECH.
- ✓ February 21st **Monthly Diabetes Support Group Meeting** 5:30 to 6:30 p.m. at ECH. This month's topic is nutrition. Call Dottie Wehnau at 873-3106.

Elizabethtown Community Hospital is a 25-bed Critical Access Hospital located in Elizabethtown, New York. Its services include a 24-hour emergency department, acute and long-term inpatient care, physical therapy, laboratory, and radiology services. It also operates health centers in Elizabethtown and Westport.

For comments, suggestions, or questions about this newsletter, please contact:

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 Elizabethtown, NY 12932
 (518) 873-3003

Visit us on the web at
www.ech.org