

PHELPS

FALL 2011

T O D A Y

News from
Phelps
Memorial
Hospital
Center



**A Look at Breast
Reconstruction Surgery**

**Coping with the Loss
of a Loved One**

**The Evolution
of Colonoscopy**

Phelps to train family medicine physicians of the future. Phelps, New York Medical College and Open Door Family Medical Centers are partners in a new family medicine residency program – the first to be established in New York State in 15 years.

Dear Friends,

May 27, 2011 marked a milestone for Phelps Memorial Hospital Center. It was the day we were notified that our proposed Family Medicine Residency Program was granted national accreditation by the Accreditation Council for Graduate Medical Education, the organization that oversees all residency training programs in the U.S.A.



The program, called NYMC Phelps Family Medicine Residency Program, will be the first new family medicine residency in New York State in 15 years. New York Medical College is the sponsoring academic institution. Open Door Family Medical Centers is where our residents will become experienced in providing primary outpatient healthcare to multi-cultural patients. Most of the residents' inpatient rotations will be completed at Phelps. The hospital has committed major resources to this program in light of the growing need for primary care physicians – a need that will be even greater in 2014 when insurance coverage is extended to many more people as part of National Healthcare Reform.



Recruitment of medical students for the residency program's inaugural class of six, which will begin in July 2012, has just started. We are reaching out to the finest medical schools across the country to identify graduating medical students who have a special "calling" for family medicine.

The residency program represents yet another way in which Phelps is a true innovator among community hospitals. Phelps has one of the broadest ranges of community hospital services in Westchester. We have evolved into one of the most clinically sophisticated hospitals in the region, where we currently teach medical students and soon will be teaching resident physicians. Today Phelps can claim status as a full "teaching hospital." Our strategic goal is very clear – to ensure that the communities we serve will continue to have the finest healthcare available.

More than 80 Phelps physicians have already volunteered to share their expertise as faculty for the residents, and their interaction with them – the unique interchange of why and how – will further sharpen the skills of all who are involved. Our patients and community will benefit both in the short term and for years to come.

We wish you a safe and healthy autumn.

Sincerely,

Handwritten signature of Andrew C. Merryman in black ink.

Andrew C. Merryman
Chair, Board of Directors

Handwritten signature of Keith F. Safian in black ink.

Keith F. Safian, FACHE
President & CEO

Contents

The Evolution of Colonoscopy Over 35 Years.....	4
Jazz Meets Medicine	5
A Look at Breast Reconstruction Surgery.....	6
Coping with the Loss of a Loved One	8
Phelps Hospice Journal of Hope and Remembrance.....	9
Healthcare Decisions: Who Will Decide if You Can't? ..	10
Are Hearing Aids in Your Future?	11
The Vitality Initiative	12
Phelps Stroke Center Again Receives "Gold Plus" Award for Excellence in Stroke Care	13
Saving Lives Through Blood Donation: A Community Effort	14
Healthy Life Calendar.....	16
Maternity & Baby Care Classes	19
Programs and Services at Phelps.....	20
Perspectivas de la colonoscopia a lo largo de 35 años..	21
Ayuda Para Las Personas En Duelo	22
Decisiones de atención médica.....	23
Salvar vidas mediante la donación de sangre.....	24

Request Your Appointment Online!

Appointments for many of Phelps' outpatient services can now be made on the hospital's website, including: cardiovascular, diabetes, hyperbaric, infusion, nutrition counseling, occupational and physical therapy, pain center, pulmonary/respiratory, radiology/x-ray, senior services, sleep, speech & hearing, voice & swallowing, and wound healing. You can even make an appointment to donate blood online. Just go to www.phelpshospital.org and click on "Request an Appointment" – any time of the day or night!

Visit www.phelpshospital.org to see our annual reports, videos, physician directory, calendars and more.

PHELPS TODAY

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The Evolution of Colonoscopy Over 35 Years

I have been performing colonoscopy for the past 35 years, starting in 1976, when I was doing my gastroenterology training at UCLA. Since then, there has been a significant evolution and great progress in all aspects of this procedure – the technique, how it is performed and what the goals are.

What Is a Colonoscopy?

Colonoscopy is a medical procedure in which a long, flexible instrument called a colonoscope is used to view the entire inner lining of the colon, which is four to five feet in length. The test enables physicians to check for inflammation and abnormal growths in the colon such as tumors and polyps – fleshy growths arising from the inner lining of the colon that can be a precursor of colon cancer. It is recommended that men and women at average risk of colorectal cancer should be screened for colon cancer every 5-10 years beginning at age 50. More frequent screening is recommended for those at higher risk due to personal history of colorectal cancer, polyps or inflammatory bowel disease, or due to a family history of colorectal cancer or polyps.

Why Is Colonoscopy Performed?

Initially, colonoscopy was done purely in the investigation of symptoms such as rectal bleeding or abdominal pain. A major change came about when it was recognized that removal of a colonic polyp could in most cases prevent colon cancer from ever developing. Once the value of colonoscopy in preventing colon cancer was recognized, its use as a screening tool – even for individuals without any symptoms – caught on with amazing speed. Not only could we find colon cancer at an earlier stage, but we could remove polyps through the colonoscope before they ever developed into cancer!

Advances in Sedation, Wider Acceptance

A significant change in colonoscopy came with the change in how patients are sedated for the procedure. Initially, we performed colonoscopies while the patient was completely awake, or, at most, mildly sedated with light doses of

Valium and/or Demerol. This certainly was not easy for patients. Eventually, an anesthesiologist became part of the colonoscopy team, and the patient was fully sedated. This has greatly enhanced patient safety and comfort. With patients tolerating the procedure so well, it was easier to gain widespread acceptance. In the over-50 population, which is a major target group, as many as one-half to two-thirds have had at least one colonoscopy!

Improvements in Technology Lead to Improved Safety

Improvements in technology, as well as improvements in the way gastroenterologists are trained, has led to a steady improvement in the safety of the procedure. Complications, while still possible, are significantly less than they were in the earlier days. The introduction of new tools such as clips and a variety of cauterizing devices that control bleeding allow more complicated treatments during colonoscopy. The Thomas E. and Alice-Marie Hales Endoscopy Unit at Phelps is equipped with all of the newest colonoscopes and accessory equipment, which allows our doctors to carry out the most sophisticated therapies.

What About Virtual Colonoscopy?

Patients frequently ask me about virtual colonoscopy, which uses an imaging technique such as CT or MRI to visualize the colon rather than the tubular instrument used in traditional colonoscopy. What many patients do not realize is that before a virtual colonoscopy is performed, they must still complete the same colon preparation necessary for traditional colonoscopy. Also, if any polyps are detected during the virtual procedure, a traditional colonoscopy will need to be performed in order

to remove them. Virtual colonoscopy is still in the developmental phase, and while it will probably increase in importance over the next decade or so, it is not yet widely practiced.

The Future

One of the questions that has started to emerge among my patients, some of whom have been with me for as long as 25-30 years, is “will you be here for my follow-up in five years?” I can only reply that I still enjoy practicing gastroenterology and performing colonoscopy. Consequently, I hope to be invited back in five years to report on “Perspectives on Colonoscopy Over 40 Years.”

Barry Field, MD, is a gastroenterologist at Phelps Memorial Hospital. He is board certified in internal medicine and gastroenterology. Dr. Field earned his medical degree from Albert Einstein College of Medicine, completed two internships, one at Montefiore Hospital and Medical Center and one at Metropolitan Hospital Center, a residency at New York Medical College and a fellowship in gastroenterology at Harbor General Hospital-UCLA Medical Center. He and fellow gastroenterologists Christopher Martin, MD, and Floyd Byfield, MD, of Westchester Gastroenterology Associates at Phelps, have offices in Suite 305 of the 777 Professional Building on the Phelps campus (914-366-6120).



Dr. Field, center, with colleagues Christopher Martin, MD, (left) and Floyd Byfield, MD. Their practice is Westchester Gastroenterology Associates at Phelps.

Jazz Meets Medicine

Bruce Heckman, internist and medical director of the hospice program at Phelps Memorial Hospital Center, remembers the moment he fell in love with jazz. During the summer of 1958 in the den of his uncle's house in Long Beach, NY, this young high schooler was playing a record by jazz vocalist Dakota Staton on the Victrola. "Now THAT'S what music is supposed to sound like," he said to himself, and the rest is history.

Other early memories include putting his ear down to a sidewalk grate to hear saxophonist John Coltrane playing at the Village Gate, listening for hours to friends' record collections, and going to his first live jazz performance when pianist Dave Brubeck came to William and Mary College, where Heckman was an undergraduate.

When he started his training at New York Medical College, Heckman bought his first record player and frequented the many jazz clubs in New York City. After completing his master's degree in public health at Yale, he bought an internal medicine practice in Ossining and married his wife, Lynn. "She liked singers, I liked the instrumental side of the music, so we were a perfect match," says Heckman.

The couple met songstress Melissa Walker at a dinner party and became fast friends, and Walker has introduced Heckman to lots of people in the jazz world over the years. He served for 10 years on the board of Jazz House Kids, an organization Walker founded to bring jazz into the New Jersey schools, and is now an emeritus member.

The Jazz/Hospice Connection

Heckman was a prime mover in the founding of Phelps Hospice in 1983, out of his conviction that the medical profession must serve families from the moment of birth through the end of life.

When asked if he could identify a connection between his commitment to hospice care and his love of jazz, he replied, "Absolutely! What I love most about jazz is that it is never the same. The musicians work with each other as a team, improvising and communicat-

ing as they go, creating something new between them every time."

"The hospice experience is often similar because the dying person has ever-changing needs. The family learns to listen carefully for clues and cues, developing teamwork, making it up as they go along," says Heckman. "Approaching the death of a loved one together can be an extraordinary opportunity for a family to resolve issues and express love creatively, bringing harmony where there may have been discord."

In 2008, Heckman brought his two passions together by launching a jazz concert that would benefit the Phelps Hospice program. Now in its fourth year, the event – starring vocalists Melissa Walker and Tessa Souter – has grown every year, attracting both hospice supporters and hot jazz enthusiasts, who say the performances rival those they've seen in top jazz clubs in Manhattan.

A highlight of this year's concert is Sheila Anderson, the "Queen of Hang" and a longtime DJ on WBGO, who will be emcee. Walker and Souter will be accompanied by Oscar Perez on piano, Ron McClure on bass, Jennifer Vincent on cello, Alan Grubner on violin, and Willard Dyson on drums, musicians whose talents are widely recognized in the jazz community.

The 2011 concert will be held at Irvington Town Hall Theater on Sunday, October 23 at 3 pm. Tickets are \$35 each and may be obtained online at www.irvingtontheater.com or by calling the box office at 914-591-6602.



When he started his training at New York Medical College, Heckman bought his first record player and frequented the many jazz clubs in New York City.



Dr. Bruce Heckman (center) joins the performers at last year's third annual Phelps Hospice jazz concert (left to right): pianist Oscar Perez, vocalists Melissa Walker and Tessa Souter, bassist Ron McClure, saxophonist Steve Wilson and drummer Billy Drummond.

A Look at Breast Reconstruction Surgery

Each year, more than 254,000 American women face breast cancer. Through improved diagnostic techniques and treatment, women are able to undergo less invasive surgical procedures – such as lumpectomy, which removes only part of the breast tissue. In some cases, however, a mastectomy – removal of the entire breast – is necessary. After a mastectomy, women may choose to have reconstruction surgery to rebuild the shape and look of the breast that has been removed.

Christian Guzman, MD, FACS, has been a plastic surgeon at Phelps for more than 20 years. He says that 90 percent of the breast reconstruction surgery he does is for cancer patients or patients who choose to have a prophylactic mastectomy because of a strong family history of breast cancer. A general surgeon performs the mastectomy, while a plastic surgeon performs the reconstruction surgery.

“One of the biggest psychological shocks for women is not having a breast where there has always been one,” says Dr. Guzman. “Some women feel that it takes their femininity away. Reconstruction – even though it is completed in several stages – reassures them that something will be there.”

If you are thinking about having reconstruction surgery, it is a good idea to discuss it with your surgeon and a plastic surgeon experienced in breast reconstruction *before* your mastectomy so they can plan the treatment that is best for you.

Current breast reconstruction surgery options include saline-filled implants, silicone gel implants, and a transverse rectus abdominis myocutaneous (TRAM) flap, which uses abdominal tissue to reconstruct the breast. Because healthy blood vessels are needed for the tissue’s blood supply, the last procedure is not recommended for women who are smokers or who have diabetes or connective tissue or vascular disease.

Tissue Expander with Silicone Gel Implant

The breast reconstruction surgery that Dr. Guzman most commonly performs at Phelps is called the tissue expander with a silicone gel implant. (He also offers the saline implant, but says they are stiffer and not as popular with patients.) The tissue expander with gel implant procedure takes place in several stages over the course of 7-10 months.

Stage 1 - An empty balloon is implanted under the skin and chest muscle. Every other week the patient comes to the physician’s office and a saltwater solution is injected through a tiny valve into the balloon to slowly stretch the skin.

Stage 2 - After 2-3 months, when the skin has been stretched to the desired size, the expander balloon is removed and replaced with a permanent silicone gel implant.

Stage 3 - 2-3 months later, if the patient is interested in nipple reconstruction, the patient’s own skin and fat from the breast mound is used to reconstruct the nipple. This procedure is done under local anesthesia and the patient can return to work the next day.

Stage 4 - One month later, if the patient wants her new breast to look identical to the other one, tattooing can be done to simulate an areole (the pigmented area around the nipple). This procedure is done under local anesthesia, and the patient can return to work the next day.

The “cohesive silicone gel” implant now on the market is different from the silicone gel implants of the past, which were pulled off the market in 1991.

“The gel in these new implants is the consistency of soft gummy bear candy,” says Dr. Guzman. The previous silicone implants had an oil consistency, that if ruptured could drip and travel through the body, possibly causing certain immune system diseases. Four studies have been done on the new silicone implants, and all of the studies revealed

that the implants do not cause disease. Dr. Guzman explains that even if there is damage to the implant, which is detected using MRI imaging, the contents stay within the implant capsule so there is little to no danger of the silicone gel traveling throughout the body. If a rupture has been detected, the implant can be easily removed and replaced.

It is not necessary to have reconstruction surgery immediately after a mastectomy, although Dr. Guzman has found that women who have immediate reconstruction surgery have better results than those who wait a year or more after a mastectomy because the tissues are more pliable and have less scarring. Some women opt to not have any reconstruction surgery at all. “If a woman expresses fear of having an implant in her body,” says Dr. Guzman, “I wouldn’t recommend it for her.”

After breast reconstruction surgery, as with any surgery, there is a concern



with infection. "If a patient is too active too early, bleeding and infection may set in," says Dr. Guzman. Patients must wait 6-8 weeks before returning to the gym or doing any activity involving the pectoral muscles (the two large chest muscles that assist with movements of the shoulder and upper arm) because these activities – which include push-ups, the butterfly stroke or playing tennis – will cause the implants to move.

If a patient will be undergoing chemotherapy or radiation therapy after a mastectomy, the reconstruction phase is postponed until after therapy is complete.

Dr. Guzman usually follows his patients who have had breast reconstruction, seeing them annually to inspect the implants. In some instances it is necessary to do minor revisions to improve their overall appearance.

"My goal is to have patients return to their full active lifestyle," says Dr. Guzman. "They should be able to do anything they want to do, including skydiving, horseback riding or scuba diving."



Christian Guzman, MD, FACS, is board certified in plastic surgery. He attended medical school at Ponce School of Medicine in Puerto Rico and completed an internship and residency in general surgery at Westchester Medical Center. After five years of general surgery, he completed a plastic surgery residency at Oklahoma University. His private practice, Cosmetic Surgery Associates of New York, has offices in Harrison (914-997-8869), Mount Kisco (914-241-1911), and Manhattan (212-792-7938).

If you are thinking about having reconstruction surgery, it is a good idea to discuss it with your surgeon and a plastic surgeon experienced in breast reconstruction before your mastectomy so they can plan the treatment that is best for you.



Coping with the Loss of a Loved One

By **Bess Steiger, LCSW, Bereavement Coordinator, Phelps Hospice**

In 1989 I had just moved to San Francisco with my young family when the city was hit by the Loma Prieta earthquake on October 17. I was too surprised to be scared. Luckily we were unharmed. Two days later I went to check on a friend who lived in the city's more heavily damaged Marina District. I was sitting in her kitchen drinking tea when the aftershocks came. Panic and anxiety gripped me; I was terrified, and taken aback by my own reaction.

It strikes me that this experience is similar to the grief we go through following the death of a loved one. After the initial pain of the loss has passed, the aftershocks come – episodes of intense sadness, anxiety, fatigue or anger that envelop us, when we least expect it and are least prepared. These moments can be unbelievably painful. They may cause us to question our capacity to cope with the loss, or even to question our sanity.

This phenomenon is a normal part of grieving. Grief has often been described as a roller coaster, full of ups and downs. Or you may feel at sea – you can withstand small waves of emotion, but now and again a fierce wave crashes into you and knocks you over. This happens because it's not possible to take in all the pain and complexities of bereavement at once. Believe that you will be able to get up and face that ocean of grief. Try to understand and accept the fact that grief is a process, that your grieving experience is unique to you, and that there is no timeframe or "right way" to grieve.

If all of this is part of normal grieving, how do you know if you need counseling or a support group, and how can it help?

Many people find that living with grief is lonely and isolating. You may feel that those closest to you do not understand what you are going through; their concern for your well-being causes them to want to rush the healing process, or their discomfort with your tears makes them keep their distance. Losing a loved one may include myriad challenges – financial, legal, physical, practical, as well as emotional. It may cause you to re-examine who you are or what your spiritual beliefs are. It may also cause rifts in important relationships.

A bereavement support group provides an opportunity for you to meet people who can genuinely empathize with you, a safe place and a set time for you to focus on your loss and to learn from the experiences of others. Supporting others can help you feel better about yourself. Most people who have attended a bereavement support group have found it comforting and reassuring. There are general bereavement support groups as well as groups for specific losses such as loss of spouse, parent or child, or loss resulting from suicide, homicide or cancer. Some groups meet weekly for a set number of weeks, others meet bi-weekly or monthly on an ongoing basis.

Individual grief counseling – along with other family members, if appropriate – can help you look back at your relationship with the person who died and understand the changes his or her death may necessitate. This type of counseling can offer support when your situation is more complicated than can be addressed in a group setting.

There are physical manifestations of grief, such as altered sleep patterns, ongoing depression, or significant weight gain or loss that may require medical attention. Some people experience deep despair and suicidal thoughts or actions. Those individuals should seek professional help right away.

At Phelps Memorial Hospital Center, we offer two ongoing bereavement support groups for adults coping with the death of a loved one. The afternoon group meets the 2nd and 4th Thursdays of the month from 2-3:30 pm, and the evening group meets the 1st and 3rd Thursdays of the month from 6:30-8 pm. The groups are pro-

fessionally led. In addition, Phelps Hospice staff provide short-term grief counseling to individuals and families. Our groups and counseling are open to the community as well as to the families of our Hospice patients. Hospice staff can also assist with referrals to other groups, counselors and resources available at Phelps or in the community.

For more information on bereavement services at Phelps, please contact Bess Steiger, LCSW, Bereavement Coordinator, at (914) 366-3325 or email her at bsteiger@pmhc.us.

There are many other resources to help you or someone you know through grief, from articles and books to online support groups and grief "blogs." The websites of some of the organizations listed below provide helpful links to more resources.

The American Foundation for Suicide Prevention
www.afsp.org

The American Hospice Foundation Grief Center
www.americanhospicefoundation.org

Association of Death Education and Counseling
www.adec.org

The Bereavement Center of Westchester
www.thebereavementcenter.org

The Centering Corporation
www.centering.org

The Hospice Foundation of America
www.hospicefoundation.org

The National Children's Traumatic Stress Network
<http://nctsn.org>

National Hospice and Palliative Care Organization – Caring Connections
www.caringinfo.org

Open to Hope (includes online bereavement chat room and blog)
www.opentohope.com

Wendt Center for Loss and Healing
www.wendtcenter.org

Phelps Hospice Journal of Hope and Remembrance

Phelps Hospice staff and volunteers are privileged to enter the homes and lives of our patients and families at a very intimate time. We are honored when they tell us their stories. Sometimes patients talk about their past. Families reflect on how their ill loved one has helped to make them a better person. They share their hopes and fears about what lies ahead. Whenever a story is told to our nurses, social workers, home health aides, chaplain or volunteers, we receive it as a true gift.

In recognition of the heartfelt telling of these stories, Phelps Hospice has decided to create a Journal of Hope and Remembrance. We would like to collect stories and memories of your loved ones or your patients and assemble the stories, along with photographs and artwork, in a journal. All

stories are welcome – patients do not have to have been a patient of Phelps Hospice. When the journal is complete, it will be distributed to members of the Phelps community. Please contribute to this project in any of the following ways:

- **Stories*** about the time your loved one (or patient) was receiving medical care
- **Stories** of their life
- **Stories** about how your life has unfolded since the person died
- **Poems*** that explore any of these topics or themes
- **Photographs or art**** that explore any of these topics or themes

Items can be submitted by mail to:

Phelps Hospice
701 North Broadway
Sleepy Hollow, NY 10591
Attn: Hospice Journal

Or via fax to
Phelps Hospice
Attn: Hospice Journal
914-366-1538 (fax)

Or via e-mail to
bsteiger@pmhc.us

* Stories and poems should be a maximum of 750 words. They can be signed or anonymous.

** Artwork and photos should be a maximum of 8-1/2" by 11". Please DO NOT submit originals. We are unable to return photos and artwork. Each item should be clearly labeled as you would wish it to appear in the journal.

For more information, please contact Jo or Bess at Hospice; (914) 366-3325.

At Phelps Memorial
Hospital Center, we
offer two ongoing
bereavement support
groups for adults
coping with the death
of a loved one.



Healthcare Decisions

Who Will Decide If You Can't?

In the ambulance on the way to the hospital, Elizabeth suffered a massive stroke. She was 89 years old but had never filled out a healthcare proxy form, despite her adult daughter's plea for her to do so, time and again. At the hospital, some critical decisions about her treatment had to be made. Prior to June 1, 2010, her daughter could not have made any healthcare decisions on her mother's behalf without a court order. With the passing of a new law – the *Family Health Care Decisions Act* – it is now possible for her daughter to make decisions for her, even if she were not the healthcare proxy agent.

Only 15-20 percent of patients in New York State have signed healthcare proxy

documents. Prior to June 1, 2010, patients without healthcare proxies were often subjected to burdensome or painful end-of-life treatments. Under the new law, if patients lack the capacity to make their own healthcare decisions, family members, surrogates or others who are close to the patient may make treatment decisions on their behalf.

For patients to be considered to be lacking capacity means they do not have the ability to understand the risks and benefits associated with proposed treatment options.

In addition to ensuring that family members or close friends can make decisions for patients who lack capacity and have no proxy agent, the new law also provides for patients who have no available next of kin (surrogate). In such cases, the treating physician is authorized to make decisions for the patient.

The law has safeguards to protect patients, such as:

- A physician must confirm that the patient lacks healthcare decision-making capacity before complying with decisions made by the surrogate.
- If after thorough examination a physician determines that a patient is incapable of making decisions, a second physician's opinion is required before the decision is final.
- A patient must always be told that two physicians have determined that he or she lacks capacity to make decisions about treatment.
- A patient may object to being found incapable of making decisions, in which case the court will decide.

Remember, the best way to be absolutely sure that the person who makes decisions for you is the person who knows you best and whom you trust most, you should complete a healthcare proxy form. It takes only a few minutes, does not require any legal expertise, notarization or expense – only two witnesses.



Are Hearing Aids in Your Future?

Think of Phelps for Added Value

Hearing aid technology has changed dramatically in recent years. While hearing aids are smaller and less noticeable, the sound quality is better than ever. Difficult listening situations like restaurants are not as troublesome as they once were. Research shows that people with hearing loss who use hearing aids are less isolated and more likely to continue to participate in activities they enjoy.

Hearing aids can be purchased from hearing aid dealers, audiologists, mass market merchants like Walmart and Costco or on the internet. Costs vary considerably as do the services that are included in the purchase price.

When you purchase hearing aids from Phelps, there are many benefits.

- Personalized hearing aid fitting by an experienced audiologist who provides one-to-one counseling, integrating knowledge regarding the person's hearing loss and lifestyle needs.
- No charge for the hearing aid evaluation.

- 2-3 visits during the 45-day trial period at no charge
- 1 year of follow-up visits at no charge
- 1 year of free batteries
- 1 dry-aid humidifier
- "Sound Advice" meetings

"Sound Advice" is a two-part workshop for people who purchase hearing aids from Phelps. Directed by an audiologist and an experienced hearing aid user, the two sessions are designed to answer questions and troubleshoot challenging listening situations that the new hearing aid user might encounter. The group also includes people who have upgraded to newer technology who share their years of experience with amplification. Spouses and significant others are invited to attend to explore realistic expectations for hearing aid use.

Call the Speech and Hearing Center at (914) 366-3010 to make an appointment.



When you purchase hearing aids from Phelps, there are many benefits.



Majid Sabour, MD, Joins Phelps

Phelps has welcomed primary care physician Majid Sabour, MD, to the medical staff. Many of you will recognize Dr. Sabour from when he practiced in Dobbs Ferry. Dr. Sabour earned his medical degree at Zaporozhye State Medical University in the Ukraine and completed a residency in family medicine at NewYork-Presbyterian Hospital. He is board certified in family medicine and speaks Arabic, French, Russian and some Spanish. His office is temporarily located at Heritage Medical Group at Phelps, 362 Broadway in Sleepy Hollow (914-631-2070).

Phelps Community Pharmacy

Did you know you can fill your prescriptions at the Phelps Community Pharmacy located on the first floor of the 777 Building?

Just call 366-1400 to order your prescriptions before you leave the hospital . . . and pick them up on your way home.

*Hours: 9 am – 6 pm,
Monday through Friday*

The Vitality Initiative

Community-Based Programs Are Increasing in Number

Community-based programs at Phelps are increasing in number as a result of our Vitality Initiative, created to promote health, wellness and aging-in-place for adults and seniors in the community. Phelps currently offers a *Breakfast Club* specifically for seniors that features a healthy breakfast, a presentation on a topic of interest to seniors and an exercise session focusing on balance and strength. Membership has more than doubled since the club started in June. At the October 6 Breakfast Club, representatives from the state attorney general's office and the county district attorney's office will speak about how to avoid financial exploitation. Please call (914) 366-3937 for more information on the *Breakfast Club*.

As a member of the Livable Communities program sponsored by the Westchester County Department of Senior Programs and Services, Phelps will be hosting a program called *Living Well*. There will be a series of six *Living Well* workshops to help seniors improve their health, one step at a time. Developed by the Division of Family and Community Medicine at Stanford University's School of Medicine, *Living Well* teaches people how to manage such chronic conditions as asthma, arthritis, cancer, COPD, congestive heart failure, diabetes, depression, fibromyalgia, heart disease, obesity and Parkinson's disease. For more information on *Living Well* call (914) 366-3937.

October will be a busy month at Phelps, starting with a *CarFit* program conducted by our Occupational Therapy Department on Saturday, October 1, 2011. CarFit is an educational program sponsored by AARP, AAA, and AOTA (American Occupational Therapy Association) that offers older adults the opportunity to check how well their personal vehicles fit them. Participants learn how to adjust seats and mirrors for optimal visibility, comfort, and safety. To register, call (914) 366-3759.

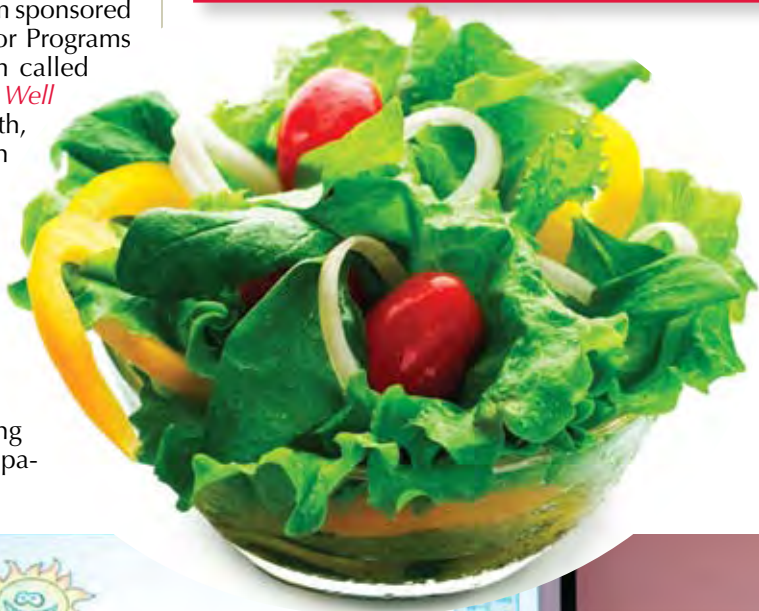
For those interested in physical activity, Phelps is participating in the *Toughman/Toughkids Race* — a Half Ironman Triathlon in Croton Point Park on Sunday, September 11, 2011; the American Heart Association's *Heart Walk* around the Kensico Dam on Sunday, October 2, 2011 at 10 am; and the American Cancer Society *Strides Against Breast Cancer Walk* at Manhattanville College on Sunday, October 16, 2011.

Phelps is sponsoring the *Rivertown Runners 10K Halloween Race* in Sleepy Hollow on Saturday, October 22,

2011 at 9:30 am. Rivertown Runners develops community running events for members and other runners with the purpose of raising money to benefit local charities and putting the "fun" back in the run. Bring the kids, dress in costume and enjoy a day of activities for the whole family.

Healthy Cooking Demonstration at Farmer's Market in Pleasantville

Choices we make in our daily lives impact our overall health. Healthy food choices and physical activity are key components to reducing the risk of cardiovascular disease and diabetes. Phelps will be promoting healthy lifestyle choices by sponsoring a cooking demonstration at the Farmer's Market in Pleasantville. A chef from Haven Restaurant in Pleasantville will prepare a tasty recipe using products sold at the Farmer's Market. Be sure to stop by Phelps' table for some delicious food on September 24, 2011 from 10:30 am -12:30 pm.



Phelps Stroke Center Again Receives “Gold Plus” Award for Excellence in Stroke Care

For the second year in a row, Phelps has received the highest level of recognition from the American Heart Association/American Stroke Association’s Get With the Guidelines program for implementing excellent stroke care. To receive the *Gold Plus* Achievement Award, Phelps needed to achieve 85 percent or higher adherence to all Get With the Guidelines-Stroke Quality Achievement indicators for two or more consecutive 12-month intervals, and 75 percent or higher compliance with 6 of 10 Get With the Guidelines-Stroke Quality Measures, which are reporting initiatives to measure quality of care. In fact, Phelps actually achieved 100 percent adherence to all the criteria. The quality measures include: aggressive use of medications such as tPA, antithrombotics, anticoagulation therapy, DVT prophylaxis, cholesterol-reducing drugs and smoking cessation. Following the guidelines is a critical step in saving lives and improving outcomes for stroke patients.



At the 2011 Gold Plus Achievement Award ceremony are (from left): Jeffrey Gindi, MD; Maryjane Guarin, stroke coordinator; Sanda Carniciu, MD, stroke team director; Pam Tarquinio, executive director for the Westchester region of AHA/ASA; Margaret Cotter-Santos, CNS, Critical Care Educator; and Keith Safian, Phelps president and CEO.

Ongoing Health Promotion and Support Groups

Alzheimer’s Support Group

For information, call Ellen Imbiano (914) 253-6860

Outpatient Behavioral Health

Alcohol/chemical dependency, counseling, continuing day treatment, supportive case management (914) 366-3027

Bereavement Support Groups

(914) 366-3325

Better Breathers Club

(914) 366-3712

Blood Donations

(914) 366-3916

Blood Pressure Screenings

Generally the 1st & 3rd Wednesday of the month, 9:30 - 11:30 am Appointments necessary: (914) 366-3220

Cardiovascular Rehab

(914) 366-3740

Cardiovascular Wellness Center

Exercise under RN supervision (914) 366-3752

Celiac Sprue Support Group

Sue Goldstein: (914) 428-1389

CPR Classes

(914) 366-3166

Diabetes Education Classes

for Adults (914) 366-2270

Essential Tremor Group

Meets in Somers. Contact barlowhumphreys@yahoo.com for information.

Group Counseling

Help with issues such as: separation & divorce, losses, relationships, family issues, parenting, coping skills (914) 366-3600

Hospice

(914) 366-3325

Look Good Feel Better® for

women undergoing cancer treatment (800) ACS-2345

Mammography

(914) 366-3440

Maternity & Baby Classes

(914) 366-3382

My Sister’s Place

1-800-298-SAFE (7233)

Ostomy Support Group

3rd Sunday of every month (914) 366-3395 (Call 366-3000 for cancellation information)

Parkinson’s Support Group at Kendal on Hudson

(914) 922-1749

Physician Referral

(914) 366-3367

Pulmonary Rehabilitation

(914) 366-3712

Stroke Support Group

(914) 366-3221

Saving Lives Through Blood Donation: A Community Effort

When someone asks Blood Donor Services Supervisor Carol Stanley what she does with all the “extra blood,” she is understandably taken aback. Every day she is seriously challenged to meet the crucial and unrelenting demand for patient blood. There is no “extra blood.”

The challenge is daunting, considering that only 38% of the U.S. population is eligible to donate blood and only 5% does. Of those who want to give blood, many are routinely deferred due to age, tattoos, piercings, medications or recent travel. Or they may have health issues, which are uncovered when Donor Services professionals ask a series of questions and administer a mini-physical. Faced with this limited pool of potential donors and the necessity to comply with procedures strictly imposed by a number of regulatory agencies, many hospitals decide to outsource blood collection. In metro New York, this is done by Hudson Valley Blood Services, a division of New York Blood Center, among others.

However, Phelps is one of only three Westchester hospitals that conducts its own collection. Remarkably, blood donated at Phelps meets 85% of what is needed for patient care. The other 15% is purchased from Hudson Valley Blood Services at a cost of \$265 per unit (one pint). Finding new donors and encouraging them to be repeat donors is a primary objective for Blood Donor Services staff, which in addition to Carol includes phlebotomists Gladys Campusano and Crystal Williams and donor recruiter Marty Ketels.

Donors are out the door in an average of 40 minutes, and the blood they donated immediately undergoes a state-of-the-art process called leukoreduction, a process that very few hospitals have yet implemented. Leukoreduction reduces the white blood cell count, assuring that the donation can be potentially used by a broader segment of the patient population – especially those recipients being treated for cancer, the disease requiring the greatest usage of blood. After going through the leukoreduction process, the blood is expedited to the Lab where it is tested to determine type – A, B, AB or O – and to make sure there is no presence of HIV, hepatitis or other viruses. Most units are then separated into components, allowing more than one Phelps patient to benefit from a single donation.

Using a database of past donors, the staff phone or e-mail these 3,500 folks eight weeks after each donation – the minimum amount of time required between donations. They also seek out

prospective donors in the community by attending street fairs and chamber of commerce gatherings and by conducting raffles at Phelps that offer overnight stays at the Marriott, Sheraton and the Double Tree Hotels.

While donations are collected on a daily basis in Blood Donor Services on the second floor of the 755 building on the Phelps campus, the staff also go out in the field to conduct blood drives in the community – as many as two each month. Host organizations have included the Castle, Hackley School, Westchester Marriott, the Ossining Public Library, YAI, Sheraton Tarrytown, Family YMCA, Scarborough Presbyterian, Philips Laboratories, First Baptist Church, Warner Library and Irvington Presbyterian. Scheduled to host drives later this fall are Atria Senior Living, Eileen Fisher, Ossining Recreation, Irvington Recreation and Tarrytown House.

Finding a host for a blood drive doesn't ensure that the drive will be successful. Donor Services promotes the blood donation opportunity through posters, flyers and sign-up sheets, and works closely with a representative of the host organization who takes responsibility for recruiting at least 20 potential donors. This is the minimum number required to justify venturing off-site with their mobile clinic. The blood drive location must meet specific lighting and air conditioning requirements and be large enough to accommodate a confidential screening area, three or four donor reclining seats and a recovery area for drinks and snacks.

Carol and her staff are regular Phelps blood donors themselves, and they bring a sense of passion to what they do: “I worked in the blood bank at Phelps for several years without donating blood myself,” says Carol. “Then my father needed to have two units transfused every month to survive and I got the wake-up call. There are hundreds of fathers, mothers, families and friends who need blood. By donating, I can help them in the same way that so many people helped my father.”

“When I was in the Army, I shamelessly earned a half day off for donating blood,” Marty Ketels admitted. “But after discharge, I kept donating because it made me feel good about myself, giving anonymously without credit or recognition. At Phelps the feeling is compound-



Blood Donor Services staff (left to right): Carol Stanley, supervisor; Gladys Campusano, phlebotomist; Marty Ketels, donor recruiter; and Crystal Williams, phlebotomist.

ed by the fact that my blood will be used by somebody in the community. I may not know that person but one of my neighbors or friends probably does.”

All donors are encouraged to continue giving blood on a regular basis by selecting – every second time they donate – one of 82 special discounts or specials offered by 68 local retailers, restaurants and hotels. Offers range from a free car wash, pizza, second entrée or “Good Vampire Special” juicy burger, to a “get out of jail” card to erase library book fines or a pint-for-pint ice cream offer. No other hospital in Westchester has an incentive program like this one! And making a choice can take as long as donating does, as you’ll conclude from the following list of generous local offers:

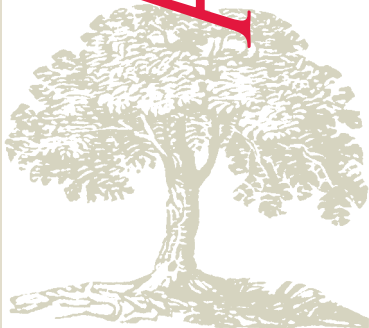
AJ’s Burgers, New Rochelle, Good Vampire Special
The Art Barn, Ossining, 15% off custom picture framing
At the Reef Restaurant, Cortlandt Manor, \$25 certificate when a donor has given 20 units
Basilico Pizza, Pasta and Gourmet, Mt. Kisco, free large pizza
The Boathouse, Ossining, complimentary second lunch
Brasserie Swiss, Ossining, \$10 off two dinners
Bridge View Tavern, Sleepy Hollow, \$10 off lunch
The Cabin, White Plains, 10% off lunch or dinner
Canfin Gallery, Tarrytown, \$300 off purchase of artwork
Capri Pizza & Pasta, Ossining, 15% off check
Carpet Giant, Ossining, 10% on all floor coverings
Casa Rina, Thornwood, complimentary glass of wine
Caravela, Tarrytown, \$10 off dinner for two or \$20 off for four
Castle on the Hudson, Tarrytown, \$10 off breakfast for two, \$15 for lunch, \$25 for dinner
Coffee Labs Roasters, Tarrytown, pint-for-a-pint of coffee or 20% off a pound
Crabtree’s Kittle House, Chappaqua, second lunch free
Creative Flooring, Mt. Kisco, 10% off all material
Doca’s, Ossining, 10% off lunch or dinner
Doubletree Hotel, Tarrytown,

free weekend overnight stay or \$30 certificate at Bistro Z
Eldorado West Diner, Tarrytown, \$6.25 certificate
Elite Hair Design, Tarrytown, 25% off hair care products or 25% off men’s haircuts
Fairview Golf Center, Elmsford, free half-hour golf lesson by a pro or half price on range balls
Family YMCA, Tarrytown, an all-day pass
TGI Fridays, Tarrytown, second lunch free or free appetizer with dinner
Geordane’s, Irvington, pint-for-a-pint complimentary drink with purchase
Goldfish, Ossining, complimentary glass of wine
Gordo’s, Hawthorne, second entrée half off
Green Valley Nursery, Hawthorne, 10% off purchase of plants or garden products
Hair of the Hudson, Tarrytown, Two haircuts and blow-dry for the price of one
Heritage Frame & Picture, Tarrytown, 15% off all custom framing
Highland Dry Cleaners, Ossining, suit dry-cleaned for free
Horsefeathers, Tarrytown, \$25 certificate for donor giving 20 units
Horseman Restaurant & Pizza, Tarrytown, 15% off lunch or dinner
Il Sorriso Ristorante, Irvington, second lunch free
Isabella Italian Bistro, Tarrytown, free glass of house wine with lunch, free bottle with dinner
Jacob Burns Film Center, Pleasantville, complimentary film pass
Josephine’s Hair Salon, Ossining, 10% off; 50% off color service Tuesday & Wednesday
Karma Lounge Martini Bar & Grille, Ossining, 10% off lunch or 15% off dinner
Kendal on Hudson, Sleepy Hollow, free full lunch buffet
Landmark Diner, Ossining, 20% off lunch or dinner of a free deluxe burger or meat-filled omelet
Lyndhurst, Tarrytown, free family membership or free second general admission ticket
Main Street Sweets, Tarrytown, a pint-for-a-pint ice cream
Mandee, Ossining, 20% off entire purchase
Marriott Hotel, Tarrytown,

weekend overnight stay and breakfast
Mediterraneo, Pleasantville, \$10 off donors meal
Melita’s Home Furnishings, Ossining, 30% off all Portuguese ceramics
NY School of Esthetics, Tarrytown, two facials for the price of one or half price on chemical peel or microdermabrasion
Okinawa Hibachi Steak House, Ossining, free glass of wine or appetizer
Olympic Diner, Ossining, 10% off breakfast, lunch or dinner
PHR Center of Electrolysis, Tarrytown, \$15 off any treatment, plus consultation
Pinacle at Heritage Hills, Somers, 10% off bill up to a party of four
Pleasantville Colonial Diner, Pleasantville, 10% off bill for all in party
The Red Hat Bistro on the River, Irvington, 10% off lunch for two
Sheraton Hotel, Tarrytown, two-night weekend stay, including breakfast
South of the Border, Ossining, free margarita with dinner
Sparx Hair & Makeup Salon, Pleasantville, 15% off any salon service
Striped Bass, Tarrytown, \$10 off second entrée or a bottle of house red with two entrées or appetizers
Sunset Cove, Tarrytown, 10% off bill up to party of four
Tarry Tavern, Tarrytown, a pint-for-a-pint of draught beer
Tarrytown Woodworks, Tarrytown, 15% off antique and vintage furniture repairs
Taste of China, Tarrytown, free order of buffalo wings
Terra Rustica Ristorante, Briarcliff Manor, \$10 off two dinner entrees
Tramonto Restaurant-Bar-Café, Hawthorne, free glass of wine with entrée or second lunch free
Trapp Optical, Tarrytown, \$75 off eyewear
Ultra Clean Car Wash & Detail Center, Ossining, free car wash
Warner Library, Tarrytown, “Get out of jail” card to cover late book return fines
Westchester Broadway Theatre, Elmsford, 15% off dinner and show
Wobble Café & Catering, Ossining, free breakfast served any time

To make an appointment to donate blood at Phelps, call 914-366-3916. All donors must be between 16 and 75 years old and weigh at least 110 pounds.

PHELPS AT



SEPTEMBER

Bereavement Support Groups

Support groups for adults struggling with the loss of a loved one.

Evening support group

Thursday evenings from 6:30 – 8 pm on the following dates: September 15, October 6 and 20, November 3 and 17, and December 1 and 15.

Afternoon support group

Thursday afternoons from 2 – 3:30 pm on the following dates: September 22, October 13 and 27, November 10, and December 8 and 22.

Bess Steiger,

CSW, Bereavement Coordinator

Suggested donation: \$10 per session

755 N. Broadway on the Phelps campus Room 225

Call (914) 366-3325 or email bsteiger@pmhc.us for information.

Stroke Support Group

A support group for stroke survivors, their families, friends and caregivers, providing education, friendship and support. Held the first Wednesday of the month on the following dates: October 5, November 2 and December 7.

3:30 – 4:30 pm
Walkway Conference Room

Call (914) 366-3221 for more information.

Prostate Screenings

(also see dates in October)

Arno Housman, MD
September 12, 19 and 26
5 – 8 pm

Jack Hershman, MD
September 16, 22 and 26
9 am – 12 pm

Appointments are required; no walk-ins.
Call (914) 366-3220 to register.

Tuesday, September 13, 2011

Better Breathers Club

The Pulmonary Fibrosis Support Group presents C&C Homecare and what's new in home oxygen. Refreshments will be served.

William Barry, C&C Homecare

12-1 pm; Pulmonary Lab

Call (914) 366-3712 to register.

Wednesday, September 28, 2011

Optimal Aging of the Knees

Learn about a non-surgical therapy that often helps people with arthritic knees maintain active lifestyles while postponing - or eliminating - the need for surgery.

J. Robert Seebacher, MD, Medical Director, Joint Replacement Service

6:30 pm; Auditorium

Call (914) 366-3100 to register.

OCTOBER

Prostate Screenings

(also see dates in September)

Arno Housman, MD
October 3 and 10
5 – 8 pm

Jack Hershman, MD
October 6 and 10
9 am – 12 pm

Appointments are required; no walk-ins.
Call (914) 366-3220 to register.

Saturday, October 1, 2011

CarFit Event for Older Drivers

Older drivers can attend an individualized 20-minute educational session designed to help improve the "fit" of their cars for safety and comfort, promote conversations about driving safety, and link them with local resources so they can continue to drive for as long as safely possible. The trained CarFit team, members of Phelps' Occupational Therapy Department, will work with older drivers to help ensure a clear line of sight over the steering wheel, proper seat belt use and fit, and safe positioning of mirrors to minimize

blind spots. CarFit was created by the American Society of Aging in collaboration with AARP, AAA and the American Occupational Therapy Association.

Anjum Lone, OTR/L, CHT, Phelps Chief of Occupational Therapy
Kathy Gibbs, OTR/L

Phelps Parking Garage – Level 3
9 am – 2 pm

Appointments are required. Call (914) 366-3759 to schedule.

Monday, October 3, 2011

Look Good . . . Feel Better®



Look Good . . . Feel Better® is a free program for women going through treatment for all types of cancer that teaches them beauty techniques to help manage the appearance-related side effects of their treatment. Makeup kits donated by cosmetic companies are given to each participant to take home. The program is offered in partnership with the American Cancer Society, The National Cosmetology Association, and the Cosmetic, Toiletry and Fragrance Association (CTFA) Foundation.

Sheri Silver, cosmetologist

7 – 9 pm
755 Building, Room 225

Advance registration is required. Call (800) 227-2345.

Monday, October 3, 2011

Laryngopharyngeal Reflux (LPR) – Silent Reflux Screening

Changes in voice, throat clearing, mucus in the throat with discomfort, chronic cough not responding to medications, and swallowing problems are

all symptoms of Laryngopharyngeal Reflux (LPR). In addition, chronic asthma, recurrent sinusitis, dental disease and even cancer can all be caused or exacerbated by LPR. LPR is not GERD.

Craig H. Zalvan, MD, laryngologist, Medical Director of the Institute for Voice and Swallowing Disorders at Phelps

8:30 – 10 am; Prompt Care

Call (914) 366-3220 to register.

Thursday, October 6, 2011

An Update on In-Vitro Fertilization (IVF)

Are you having trouble conceiving? Do you think or have you been told that you might need in-vitro fertilization? Learn about IVF from a board-certified reproductive endocrinologist -- when it might be indicated, how it is performed and the newest technologies associated with it.

Rachel A. Bennett, MD, OB/GYN, Reproductive endocrinology and infertility

6:30 pm; Board Room

Call (914) 366-3220 to register.

Wednesday and Thursday, October 12 and 13, 2011

Defensive Driving

Two-evening certification program. Lowers insurance premiums, reduces violation points, and sharpens driving skills.

Robert Fogel

5:30 – 8:30 pm; Auditorium

Fee: \$45

Call (914) 366-3220 to register.

Thursday, October 13, 2011

Senior Health Fair at Kendal on Hudson

Seniors are invited to the annual Senior Health Fair at Kendal on Hudson, located adjacent to the Phelps campus. Health screenings, massage and exer-

cise demonstrations will be offered. Admission is free, discounted meal tickets will be available for lunch in the Kendal Bistro. There will be free giveaways and gift raffles.

10 am – 2 pm; Kendal on Hudson – on the Phelps campus

Call (914) 922-1060 or (914) 922-1062 for information.

Tuesday, October 18, 2011

Better Breathers Club

Join us for a question and answer session about lung disease, medications and future predictions. Light refreshments will be served.

Gary Lehrman, MD, FCCP, pulmonologist, Medical Director, Pulmonary Rehabilitation Program

6 – 7 pm; Pulmonary Lab

Call (914) 366-3712 to register.

Tuesday, October 18, 2011

An Introduction to LSVT

Learn about an intensive voice therapy program designed to strengthen the voices of Parkinson's patients. All persons with Parkinson's disease are welcome.

Andrea Bracciante Ely, MSP-CCC/SLP

1:30 – 3 pm; Walkway Conference Room

Call (914) 366-3010 to register.

Wednesday, October 19, 2011

Listening Is Not Just an "Ear Thing"

Did you know you listen with your brain? Learn how the latest hearing aid technology helps keep your listening pathways working.

Susan Reilly, MS, CCC-A, Coordinator of Audiology Services

Tad Zelski, Regional Representative, Widex USA

10 – 11:30 am; Auditorium

Call (914) 366-3010 for information.

Thursday, October 20, 2011
Polycystic Ovarian Syndrome (PCOS): Do You Have It?

Do you or someone you know have irregular periods or trouble with excess body hair? Have you been told you have PCOS? Come hear about PCOS from a board-certified reproductive endocrinologist -- what causes it and how to treat it.

Rachel Bennett, MD, OB/GYN,
Reproductive endocrinology and infertility

6:30 pm; Board Room

Call (914) 366-3220 to register.

Tuesday, October 25, 2011
Facial Rejuvenation: Botox, Fillers and Beyond



Have you ever wished that you could turn back the hands of time and enjoy the healthy, flawless skin you had when you were younger? Each person has a unique set of problems and expectations. This lecture will explore the full spectrum of popular noninvasive facial rejuvenation treatments including Botox®, Restylane®, Radiesse®, Juvederm™, Fotofacial RF® and Refirme skin tightening. Laser hair removal and the use of Botox® for excessive sweating will also be discussed. Questions and audience participation will be encouraged. Light refreshments will be served.

Judith Jay, MD, Senior Attending at Phelps and Medical Director of Your New York Face.

7 pm; Auditorium

Call (914) 366-3220 to register.

NOVEMBER

Monday, November 7, 2011
Look Good . . . Feel Better®

Look Good . . . Feel Better® is a free program for women going through treatment for all types of cancer that teaches them beauty techniques to help manage the appearance-related side effects of their treatment. Makeup kits donated by cosmetic companies are given to each participant to take home. The program is offered in partnership with the American Cancer Society, The National Cosmetology Association, and the Cosmetic, Toiletry and Fragrance Association (CTFA) Foundation.

Sheri Silver, cosmetologist

7-9 pm; 755 Building, Room 225

Advance registration is required. Call (800) 227-2345 to register.

Monday, November 7, 2011
Chronic Cough Clinic



People often have a chronic cough despite numerous doctor visits, medications, and diagnostic tests. Coughing associated with throat clearing, voice changes, trouble swallowing, nighttime cough, and vocal spasms can often be caused by chronic laryngopharyngeal reflux disease. Alternatively, some people often feel a tickle in the throat that precedes a cough, a dry spot or dryness in the throat, which may be caused by irritation of a nerve. Screenings for these types of coughs will be offered.

Craig H. Zalvan, MD, laryngologist, Medical Director of the Institute for

Voice and Swallowing Disorders at Phelps

8:30 – 10 am; Prompt Care

Call (914) 366-3220 to register.

Tuesday, November 8, 2011
Better Breathers Club

Nutrition and lung disease will be the topic of this month's meeting. Light refreshments will be served.

Joanna Krsulich, MS/RD

6 – 7 pm; Pulmonary Lab

Call 914-366-3712 to register.

Monday and Tuesday, November 14 and 15, 2011

Defensive Driving

Two-evening certification program. Lowers insurance premiums, reduces violation points, and sharpens driving skills.

Robert Fogel

5:30 – 8:30 pm; Auditorium

Fee: \$45

Call (914) 366-3220 to register.

DECEMBER

Monday, December 5, 2011
Look Good . . . Feel Better®

This free program is for women who are going through treatment for all types of cancer. Look Good . . . Feel Better® teaches beauty techniques to help manage the appearance-related side effects of cancer treatment. Makeup kits donated by cosmetic companies are given to each participant to take home. The program is offered in partnership with the American Cancer Society, The National Cosmetology Association, and the Cosmetic, Toiletry and Fragrance Association (CTFA) Foundation.

Sheri Silver, cosmetologist

7 – 9 pm; 755 Building, Room 225

Advance registration is required. Call (800) 227-2345 to register.

Maternity & Baby Care Classes

The Childbirth Experience/ LaMaze Method

Weeknights 7:30 – 9:30 pm for 5-6 weeks. **Start dates: September 21, October 11, November 2 or 22, or December 14**

OR Weekend session, 10 am – 3 pm:
September 17-18, October 8-9, or November 12-13.
Cost: \$170 per couple

Breastfeeding: First Choice for Babies

October 3, November 3, or December 8
7 – 9 pm. Cost: \$45 per couple

ABCs of Baby Care

September 19 or 29, October 13 or 24, November 7 or 21, December 1 or 19
6 pm. Cost: \$65 per couple

Big Brother/Big Sister: Sibling Preparation

September 24, October 15, November 19 or December 17
10:30 am. Cost: \$20 per child

Totsaver Program: American Heart Association CPR for Family and Friends

September 10, October 1, November 5 or December 3
9 am. Cost: \$55 per person.

For up-to-date schedule, visit www.phelpshospital.org or call **(914) 366-3382** for information or to register.

Prenatal Clinic:

Phelps Memorial Hospital Center and Open Door Family Medical Center, participants in the Medicaid Prenatal Care Assistance Program, jointly sponsor a Prenatal Program. Care for expectant mothers is provided by a highly trained, caring, bilingual staff. No one is turned away based on income or health insurance. Women are encouraged to seek prenatal care early in their pregnancy. Care is provided at Open Door during the first 36 weeks of pregnancy and at Phelps Memorial Hospital during the remainder of the pregnancy and for delivery. For information, call: (914) 941-1263.

Atención Prenatal:

Phelps Memorial Hospital Center en

Sleepy Hollow y Open Door Family Medical Center, participantes en el Programa de Asistencia de Atención

Prenatal de Medicaid, auspician conjuntamente un Programa Prenatal. La atención de mujeres embarazadas es provista por un personal bilingüe y solidario, altamente capacitado. No se rechaza a nadie basándose en sus ingresos económicos o seguro. Se alienta a las mujeres a recibir atención prenatal lo más temprano posible durante su embarazo. La atención es provista en Open Door durante las primeras 36 semanas del embarazo y en Phelps Memorial Hospital durante el resto del embarazo y el parto. Para mayor información, sírvase llamar al: (914) 941-1263.



Programs and Services at Phelps

Bereavement Support	(914) 366-3325
Blood Donor Services*	(914) 366-3916
Cardiovascular Diagnostic Lab	(914) 366-3740
Cardiac Rehabilitation	(914) 366-3742
Child Care – Robin’s Nest	(914) 366-3232
Diabetes & Metabolism Center**	(914) 366-2270
Diabetes & Endocrine Center for Children & Young Adults*	(914) 366-3400
Educational Programs and Free Screenings	(914) 366-3220
Emergency Department	(914) 366-3590
Emergency Department’s PromptCare	(914) 366-3660
Emergency Education Center*	(914) 366-3577
Gastroenterology & Advanced Endoscopy*	(914) 366-1190
Hospice	(914) 366-3325
Hyperbaric Medicine Center	(914) 366-3690
Infusion Center*	(914) 366-3523
Laboratory (Clinical)	(914) 366-3910
Maternal Child Center	(914) 366-3382
Memorial Sloan-Kettering Cancer Center**	(914) 366-0664
Mental Health – Outpatient Counseling*	(914) 366-3600
Mental Health – Outpatient Chemical Dependency	(914) 944-5220
Mental Health – Inpatient Substance Abuse – Co-occurring Disorders	(914) 366-3027
Mental Health – Inpatient Psychiatry	(914) 366-3513
Nutrition Counseling	(914) 366-2264
Pain Center	(914) 366-3794
Pastoral Care	(914) 366-3090
Pharmacy for the Community**	(914) 366-1400
Physical Medicine & Rehab (PT, OT, Aquatherapy) - Outpatient*	(914) 366-3700
Physical Medicine & Rehab - Inpatient	(914) 366-3702
Physician Referral Service	(914) 366-3367
Prenatal Care Assistance Program (PCAP)	(914) 941-1263
Pulmonary Physiology Lab and Pulmonary Rehabilitation	(914) 366-3712
Radiology/X-Ray	(914) 366-3430
Respite Care	(914) 366-3356
Senior Services and Memory Loss Evaluation*	(914) 366-3669 or 3677
Sleep Center	(914) 366-3626
Speech & Hearing – The Donald R. Reed Center**	(914) 366-3010
Surgery – Call Physician Referral	(914) 366-3367
Thoracic Center for Chest Diseases*	(914) 366-2333
Vascular Institute	(914) 366-3008
Voice & Swallowing Institute**	(914) 366-3636
Volunteer Services	(914) 366-3170
Wound Healing Institute*	(914) 366-3040

*Located in the Phelps Medical Services Building (755 North Broadway).

** Located in the Phelps Professional Building (777 North Broadway).

For more information about Phelps services, visit phelpshospital.org and click on “Programs & Services.” It is now possible to request an appointment for many services on the Phelps website. Just go to phelpshospital.org and click on “Request an Appointment Online.”

Perspectivas de la colonoscopia a lo largo de 35 años

He estado realizando colonoscopías durante los últimos 35 años, desde 1976, cuando hacía mi entrenamiento en gastroenterología en la UCLA. Desde entonces, ha habido una evolución significativa y un progreso enorme en todos los aspectos de este procedimiento: en la técnica, en cómo se realiza y en sus objetivos.

¿Qué es una colonoscopia?

La colonoscopia es un procedimiento médico en el que un instrumento largo y flexible llamado colonoscopio se usa para visualizar la totalidad del revestimiento interior del colon, que mide de cuatro a cinco pies de largo. La prueba permite a los médicos verificar si hay inflamación y crecimientos anormales en el colon como tumores y pólipos (crecimientos carnosos que surgen del revestimiento interior del colon y pueden ser un precursor del cáncer de colon). Se recomienda que a hombres y mujeres con un riesgo promedio de cáncer colorrectal se les realice la detección de cáncer de colon cada 5 a 10 años, desde los 50 años de edad. Se recomiendan estudios de detección más frecuentes para aquellos que tienen un mayor riesgo debido a un historial de cáncer colorrectal, pólipos o enfermedad intestinal inflamatoria, o debido a antecedentes familiares de cáncer colorrectal o pólipos.

¿Por qué se realiza la colonoscopia?

Inicialmente, la colonoscopia se hacía puramente al investigar síntomas como sangrado rectal o dolor abdominal. Un cambio fundamental ocurrió cuando se reconoció que la extirpación de un pólipo del colon podía, en la mayoría de los casos, prevenir el desarrollo del cáncer de colon de por vida. Cuando se reconoció el valor de la colonoscopia en la prevención del cáncer de colon, su uso como herramienta de detección –incluso para personas sin ningún síntoma– se difundió con una velocidad sorprendente. No solo podíamos detectar el cáncer de colon en una etapa más temprana, ¡podíamos extirpar pólipos a través de un colonoscopio antes que se transformaran en cáncer!

Avances en la sedación, aceptación más amplia

Un cambio significativo en la colonoscopia se dio al cambiar cómo se sedaba a los pacientes para el procedimiento. Inicialmente, realizábamos colonoscopías con el paciente completamente despierto o, a lo sumo, levemente sedado con dosis pequeñas de Valium y/o Demerol. Por cierto que esto no era fácil para los pacientes. En el curso de los acontecimientos, se integró un anestesiólogo al equipo de colonoscopia y se sedó totalmente al paciente. Esto ha aumentado enormemente la seguridad y el confort del paciente. Con pacientes tolerando tan bien el procedimiento, fue más sencillo ganar amplia

aceptación. En la población mayor de 50 años, que es un grupo objetivo fundamental, ¡de la mitad a dos tercios han tenido por lo menos una colonoscopia!

Mejoras en la tecnología llevan a una mejor seguridad

Las mejoras en la tecnología, y también las mejoras en la manera que los gastroenterólogos son entrenados, han llevado a una mejora permanente en la seguridad del procedimiento. Las complicaciones aún son posibles, pero son significativamente menos que en los primeros tiempos. La introducción de nuevas herramientas, como clips y una variedad de dispositivos cauterizantes que controlan el sangrado, permiten tratamientos más complicados durante la colonoscopia. La Unidad de Endoscopia Thomas E. & Alice-Marie Hales en Phelps está equipada con los colonoscopios y equipos accesorios más recientes, lo que permite a nuestros médicos llevar a cabo los tratamientos más sofisticados.

¿Qué pasa con la colonoscopia virtual?

Los pacientes a menudo me preguntan acerca de la colonoscopia virtual, que usa una técnica de imágenes como CT o MRI para visualizar el colon, en vez del instrumento tubular que se usa en la colonoscopia tradicional. Lo que muchos pacientes no se dan cuenta es que antes que se realice una colonoscopia virtual, ellos deben de todos modos completar la misma preparación del colon necesaria para la colonoscopia tradicional. Asimismo, si se detecta cualquier pólipo durante el procedimiento virtual, deberá realizarse una colonoscopia tradicional para extirparlo. La colonoscopia virtual está aún en la fase de desarrollo, y si bien su importancia probablemente aumentará en la próxima década, aún no se practica ampliamente.

El futuro

Una de las preguntas que ha comenzado a surgir entre mis pacientes, algunos de los cuales han estado conmigo entre 25 y 30 años, es “¿estará usted aquí para mi seguimiento dentro de cinco años?”. Solo puedo responder que la práctica de la gastroenterología y la realización de colonoscopías sigue siendo mi vocación. En consecuencia, tengo la esperanza que se me invite nuevamente dentro de cinco años para hacer un informe de “Perspectivas de la colonoscopia a lo largo de 40 años”.

Barry Field, MD, es gastroenterólogo en Phelps Memorial Hospital. Es médico certificado en medicina interna y gastroenterología. El Dr. Field obtuvo su título de médico en la Facultad de Medicina Albert Einstein, completó dos pasantías, una en el Centro Médico y Hospital Montefiore y otra en el Centro Hospitalario Metropolitano, una residencia en la Facultad de Medicina New York e hizo su especialidad en gastroenterología en el Hospital Harbor General–Centro Médico de UCLA. El Dr. Field y sus colegas gastroenterólogos Christopher Martin, MD, y Floyd Byfield, MD, de Westchester Gastroenterology Associates en Phelps, tienen sus consultorios en la Suite 305 del Edificio Profesional 777 en el campus de Phelps (914-366-6120).

AYUDA PARA LAS PERSONAS EN DUELO

Por Bess Steiger, LCSW, Coordinadora de Duelo, Phelps Hospice

En 1989 recién me mudaba a San Francisco con mi familia joven cuando la ciudad sufrió el terremoto Loma Prieta del 17 de octubre. Me tomó muy de sorpresa para asustarme. Afortunadamente no sufrimos ningún tipo de lesión. Dos días después fui a visitar a una amiga que vivía en el Distrito Marina, el lugar más dañado de la ciudad. Estaba sentada en su cocina bebiendo una taza de té cuando vinieron las réplicas. El pánico y la ansiedad me embargaron; estaba aterrorizada y sorprendida de mi propia reacción.

Me da la impresión que esta experiencia es similar al dolor que sufrimos después de la muerte de un ser querido. Después que el dolor inicial de la pérdida pasa, vienen las ‘réplicas’— episodios de tristeza, ansiedad, fatiga o furia intensas que nos envuelven, cuando menos las esperamos o estamos preparados. Estos momentos pueden ser increíblemente dolorosos. Ellos pueden hacernos cuestionar nuestra capacidad de sobrellevar la pérdida o hasta cuestionar nuestra cordura.

Este fenómeno es una parte normal del duelo. La aflicción ha sido descrita a menudo como una montaña rusa, llena de subidas y bajadas. Usted podría sentirse como si estuviera a la mar—puede resistir las olas pequeñas de emoción, pero de vez en cuando una ola furibunda lo golpea y voltea. Esto sucede porque no es posible asimilar a la vez todo el dolor y complejidades del duelo. Tenga fe en que usted podrá levantarse y enfrentar el océano de aflicción. Trate de entender y aceptar el hecho de que el duelo es un proceso, de que su experiencia de sufrimiento es única a usted y que no hay un programa o “manera correcta” de sufrir.

Si todo esto es parte del duelo normal, ¿cómo puedo saber si necesito apoyo psicológico o de un grupo y cómo puede ayudar?

Mucha gente encuentra que vivir con la aflicción es solitario y aislante. Usted podría sentir que aquellos más cercanos a usted no entienden por lo que usted está pasando; su preocupación por su bienestar hace que quieran apurar el proceso de recuperación o su incomodidad con sus lágrimas hace que se mantengan

distantes. La pérdida de un ser querido incluye una multitud de desafíos— financieros, legales, físicos, prácticos además de emocionales. Podrían causarle cuestionar su persona o cuáles son sus creencias espirituales. También podrían causar alejamiento en relaciones personales importantes.

Un grupo de apoyo durante el duelo provee la oportunidad para usted de reunirse con gente que puede genuinamente sentir empatía por usted, un lugar seguro y un tiempo programado para que usted se enfoque en su pérdida y aprenda de las experiencias de otros. Ofrecer apoyo a otros puede hacerle sentirse mejor. La mayoría de la gente que ha participado de grupos de apoyo durante el duelo los ha encontrado consoladores y tranquilizadores. Existen varios grupos de apoyo durante el duelo así como también grupos para pérdidas específicas como de cónyuges, padres, hijos o pérdidas que resultaron de suicidios, homicidios o cáncer. Algunos grupos se reúnen semanalmente por un determinado número de semanas, otros se reúnen cada dos semanas o mensualmente en forma continua.

El apoyo psicológico individual durante la aflicción— junto con otros miembros de su familia, si es necesario— puede ayudarlo a analizar su relación con la persona fallecida y a entender los cambios que esa muerte podría demandar. Este tipo de apoyo puede ofrecer ayuda cuando su situación es más complicada para ser atendida en un ambiente de grupo. Existen manifestaciones físicas de la aflicción como alteración de patrones de sueño, depresión constante, o ganancia o pérdida de peso significativas que podrían requerir atención médica. Algunas personas experimentan una desesperación profunda y pensamientos o actos de suicidio. Aquellos individuos deben buscar ayuda profesional inmediata.

En Phelps Memorial Hospital Center, ofrecemos continuamente dos grupos de apoyo durante el duelo para adultos sobrellevando la muerte de un ser querido. El grupo de la tarde se reúne los 2° y 4° jueves del mes de 2 a 3:30 p.m., y el grupo de la noche se reúne los 1° y 3° jueves del mes de 6:30 a 8 p.m. Los grupos son conducidos por profesionales. Además, el personal de Phelps Hospice

provee apoyo durante el duelo a corto plazo para individuos y familias. Nuestros grupos y apoyo psicológico están abiertos a la comunidad y a las familias de nuestros pacientes de cuidados paliativos. El personal del Phelps Hospice también puede asistir con derivaciones a otros grupos, asesores y recursos disponibles en Phelps o en la comunidad.

Para más información de servicios durante el duelo de Phelps, por favor contacte a Bess Steiger, LCSW, Coordinadora de Duelo, al (914) 366-3325 o por email a bsteiger@pmhc.us. Calvary Hospital ofrece un grupo general de apoyo durante el duelo en español cada otro lunes. Contacte a Yovani Santiago al (718) 518-2569.

Existen muchos otros recursos que pueden ayudar a usted o alguien conocido a través de la aflicción, desde artículos o libros hasta grupos de apoyo en línea y “blogs” de aflicción. Los sitios web de algunas de las organizaciones listadas abajo proveen ligas útiles a más recursos.

The American Foundation for Suicide Prevention
www.afsp.org

The American Hospice Foundation Grief Center
www.americanhospicefoundation.org

Association of Death Education and Counseling
www.adec.org

The Bereavement Center of Westchester
www.thebereavementcenter.org

The Centering Corporation
www.centering.org

The Hospice Foundation of America
www.hospicefoundation.org

The National Children’s Traumatic Stress Network
<http://nctsn.org>

National Hospice and Palliative Care Organization – Caring Connections
www.caringinfo.org

Open to Hope (incluye un chat room y un blog en línea para la aflicción durante el duelo)
www.opentohope.com

Wendt Center for Loss and Healing
www.wendtcenter.org



Decisiones de atención médica

¿Quién decidirá si usted no puede hacerlo?

En la ambulancia camino al hospital, Elizabeth sufrió un stroke masivo. Ella tenía 89 años pero nunca completó un formulario de apoderado para la atención médica, a pesar de las suplicas constantes de su hija para que lo hiciese. En el hospital, se tuvieron que tomar algunas decisiones críticas sobre su tratamiento. Antes del 1 de junio de 2010, su hija no hubiese podido tomar ninguna decisión en nombre de su madre sin una orden judicial. Con la aprobación de la nueva ley –*Ley de Decisiones de Atención Médica por la Familia* – es ahora posible para su hija tomar decisiones por ella, aún si ella no es el apoderado en el formulario para la atención médica.

Solo el 15-20 por ciento de pacientes en el Estado de Nueva York han firmado un poder para la atención médica. Antes del 1 de junio de 2010, los pacientes sin poderes para la atención médica eran a menudo sujetos a tratamientos agobiantes o dolorosos de fin de vida. Bajo la nueva ley, si los pacientes carecen de la capacidad para tomar su propia decisión de atención médica, los miembros de familia, representantes o aquellas personas cercanas al paciente podrían tomar decisiones de tratamiento en su nombre. Pacientes considerados de no tener la capacidad significa que no tienen la habilidad de entender los riesgos y beneficios asociados con las opciones de tratamiento propuestas.

Además de asegurar que los miembros de la familia o amigos cercanos puedan tomar decisiones para pacientes que carecen la capacidad y no tienen un apoderado, la nueva ley también provee para pacientes que no tienen parientes (representantes). En dichos casos, el médico tratante está autorizado a tomar decisiones por el paciente.

La ley tiene medidas preventivas para proteger a los pacientes, tales como:

Un médico debe confirmar que el paciente carece de la capacidad para tomar decisiones para su atención médica antes de llevar a cabo decisiones tomadas por el representante.

Si después de un examen completo un médico determina que un paciente es incapaz de tomar decisiones, se requiere una segunda opinión médica antes de que la decisión sea final.

Un paciente siempre debe ser informado de que dos médicos han determinado que él o ella carece de la capacidad de tomar decisiones sobre su tratamiento.

Un paciente podría objetar ser considerado incapaz de tomar decisiones, en tal caso la corte decidirá.

Recuerde, la mejor manera de estar absolutamente seguro de que la persona que toma decisiones por usted es la que lo conoce mejor y en la que confía más, es completar un formulario de apoderado para la atención médica. Solo lleva unos pocos minutos, no requiere de experiencia legal, notariado o gastos – solo dos testigos.

Salvar vidas mediante la donación de sangre

Un esfuerzo de la comunidad

Cuando alguien le pregunta a Carol Stanley, la Supervisora de Servicios para Donantes de Sangre, lo que ella hace con toda la “sangre que sobra”, es comprensible que se asombre mucho. Cada día ella enfrenta el serio desafío de cumplir con la demanda crucial e inexorable de sangre para los pacientes. No hay “sangre que sobra”.

El desafío resulta abrumador, consi-

derando que solo el 38% de la población de EE.UU. es elegible para donar y apenas el 5% lo hace. A muchos de los que quieren donar sangre se los rechaza rutinariamente debido a la edad, tatuajes, perforaciones, medicaciones o viajes recientes. O puede haber cuestiones de salud que salen a luz cuando los profesionales del Servicio para Donantes hacen una serie de preguntas y un breve examen físico. Enfrentados con este grupo limitado de donantes potenciales y la necesidad de cumplir con los procedimientos que impone estrictamente un número de agencias regulatorias, muchos hospitales deciden subcontratar la recolección de sangre. En la zona metropolitana de New York, los Servicios de Sangre de Hudson Valley, una división del Centro de Sangre de New York, entre otros, realiza la recolección de sangre.

Sin embargo, Phelps es uno de los tres hospitales de Westchester que

lleva a cabo su propia recolección. Es extraordinario que la sangre donada en Phelps aporta el 85% de lo que se necesita para la atención de los pacientes. El 15% restante se compra en los Servicios de Sangre de Hudson Valley a un costo de \$265 por unidad (una pinta). Buscar nuevos donantes y estimularlos a repetir la donación es un objetivo primario del personal de los Servicios para Donantes de Sangre, que además de Carol incluye a los flebotomistas Gladys Campusano y Crystal Williams, y a Marty Ketels que inscribe a los donantes.

Los donantes entran y salen de donar sangre en unos 40 minutos promedio, y la sangre que donan inmediatamente es sometida a un proceso de última generación llamado leucorreducción, un proceso que muy pocos hospitales han implementado a la fecha. La leucorreducción reduce el recuento de glóbulos blancos, asegurando que la donación pueda usarse potencial-



mente por un segmento más amplio de pacientes, especialmente los receptores que son tratados por cáncer, la enfermedad que requiere el mayor uso de sangre. Después de pasar el proceso de leucorreducción, la sangre se envía rápidamente al laboratorio donde se le hacen pruebas para determinar el tipo –A, B, AB u O– y para garantizar que no contenga el VIH, el virus de la hepatitis ni otros virus. La mayoría de las unidades se separan en ese momento en componentes, permitiendo que más de un paciente de Phelps se beneficie de una misma donación.

Usando una base de datos de donantes anteriores, el personal llama por teléfono o envía un e-mail a estas 3,500 personas ocho semanas después de cada donación, la mínima cantidad de tiempo exigida entre cada donación. Ellos también buscan donantes prospectivos en la comunidad, estando presentes en ferias callejeras y reuniones de la cámara de comercio, y conduciendo rifas en Phelps que ofrecen alojamiento de una noche en los hoteles Marriott, Sheraton y Double Tree.

Si bien las donaciones se recogen diariamente en los Servicios para Donantes de Sangre, en el segundo piso del Edificio 755 en el campus de Phelps, el personal también sale a la calle y realiza jornadas de recolección de sangre, hasta dos veces al mes. Las organizaciones anfitrionas han incluido Castle, Hackley School, Westchester Marriott, Ossining Public Library, YAI, Sheraton Tarrytown, Family YMCA, Scarborough Presbyterian, Philips Laboratories, First Baptist Church, Warner Library e Irvington Presbyterian. Hay jornadas programadas para este otoño en Atria Senior Living, Eileen Fisher, Ossining Recreation, Irvington Recreation y Tarrytown House.

Hallar un anfitrión para una jornada de recolección de sangre no garantiza que sea un éxito. Los Servicios para Donantes promueven la oportunidad de donar sangre a través de afiches, volantes y hojas de inscripción, y trabajan personalmente con

un representante de la organización anfitriona quien asume la responsabilidad de conseguir por lo menos 20 donantes potenciales. Este es el número mínimo requerido que justifica aventurarse con su clínica móvil. El lugar para la recolección de sangre debe cumplir requisitos específicos de iluminación y acondicionador de aire, y tener el espacio suficiente para un área de evaluación confidencial, tres o cuatro asientos reclinables para los donantes y un área de recuperación para bebidas y bocadillos.

Carol y su personal donan sangre ellos mismos en Phelps con regularidad, y aportan un sentimiento de pasión a lo que hacen: “Yo había trabajado en el banco de sangre en Phelps durante varios años y no había donado sangre”, dice Carol. “Luego mi padre necesitó la transfusión de dos unidades cada mes para sobrevivir y allí me hice consciente. Hay cientos de padres, madres, familiares y amigos que necesitan sangre. Mediante la donación yo puedo ayudarlos, de la misma forma que tantas personas ayudaron a mi padre”.

“Cuando estaba en el ejército, no sentía vergüenza que me dieran medio día libre por donar sangre”, admitió Marty Ketels. “Pero después de mi baja, yo seguí donando porque me hacía sentir bien, dar anónimamente sin crédito ni reconocimiento. En Phelps, a ese sentimiento se suma que mi sangre será usada por alguien en la comunidad. Tal vez no conozco a esa persona, pero probablemente uno de mis vecinos o amigos sí la conoce”.

Todos los donantes son alentados a seguir dando sangre regularmente al poder seleccionar –la segunda vez que donan– uno de los 82 descuentos u ofertas especiales de 68 tiendas minoristas, restaurantes y hoteles. Las ofertas van de un lavado de automóvil, pizza, segundo plato o una jugosa hamburguesa “Good Vampire Special” gratis, una tarjeta para cancelar multas en la biblioteca o una oferta de helado pinta-por-pinta. ¡Ningún otro hospital en Westchester tiene un

programa de incentivos como este! Y hacer una opción puede llevar tanto tiempo como la donación, como usted concluirá al leer la siguiente lista de generosas ofertas locales:

- AJ's Burgers**, New Rochelle, Good Vampire Special
- The Art Barn**, Ossining, 15% de descuento en un marco de foto personalizado
- At the Reef Restaurant**, Cortlandt Manor, certificado de \$25 cuando un donante ha donado 20 unidades
- Basilico Pizza**, Pasta and Gourmet, Mt. Kisco, pizza grande gratis
- The Boathouse**, Ossining, segundo almuerzo de cortesía
- Brasserie Swiss**, Ossining, \$10 de descuento en dos cenas
- Bridge View Tavern**, Sleepy Hollow, \$10 de descuento en almuerzo
- The Cabin**, White Plains, 10% de descuento en almuerzo o cena
- Canfin Gallery**, Tarrytown, \$300 de descuento en compra de obra de arte
- Capri Pizza & Pasta**, Ossining, cheque 15% de descuento
- Carpet Giant**, Ossining, 10% en todas las coberturas de pisos
- Casa Rina**, Thornwood, vaso de vino de cortesía
- Caravela**, Tarrytown, \$10 de descuento en cena para dos o \$20 de descuento para cuatro
- Castle on the Hudson**, Tarrytown, \$10 de descuento en desayuno para dos, \$15 para almuerzo, \$25 para cena
- Coffee Labs Roasters**, Tarrytown, pinta-por-pinta de café o 20% descuento en una libra
- Crabtree's Kittle House**, Chappaqua, segundo almuerzo gratis
- Creative Flooring**, Mt. Kisco, 10% de descuento en todos los materiales
- Doca's**, Ossining, 10% de descuento en almuerzo o cena
- Doubletree Hotel**, Tarrytown, estadía gratis de una noche en fin de semana o certificado de \$30 en Bistro Z

Eldorado West Diner, Tarrytown, certificado de \$6.25

Elite Hair Design, Tarrytown, 25% de descuento en productos para cuidado del cabello o 25% de descuento en cortes de cabello para hombres

Fairview Golf Center, Elmsford, media hora de lección de golf gratis por profesor o mitad de precio en pelotas de práctica

Family YMCA, Tarrytown, pase de día completo

TGI Fridays, Tarrytown, segundo almuerzo gratis o aperitivo gratis con la cena

Geordane's, Irvington, bebida de cortesía pinta-por-pinta con la compra

Goldfish, Ossining, vaso de vino de cortesía

Gordo's, Hawthorne, segundo plato a mitad de precio

Green Valley Nursery, Hawthorne, 10% de descuento con la compra de plantas o productos para jardín

Hair of the Hudson, Tarrytown, dos cortes de cabello y secado a cepillo por el precio de uno

Heritage Frame & Picture, Tarrytown, 15% de descuento en todos los marcos personalizados

Highland Dry Cleaners, Ossining, limpieza en seco de traje gratis

Horsefeathers, Tarrytown, certificado de \$25 para donante de 20 unidades

Horseman Restaurant & Pizza, Tarrytown, 15% de descuento en almuerzo o cena

Il Sorriso Ristorante, Irvington, segundo almuerzo gratis

Isabella Italian Bistro, Tarrytown, vaso de vino de la casa gratis con almuerzo, botella gratis con cena

Jacob Burns Film Center, Pleasantville, entrada de cortesía para película

Josephine's Hair Salon, Ossining, 10% de descuento en cualquier servicio

Karma Lounge Martini Bar & Grille, Ossining, 10% de descuento en almuerzo o 15% de descuento en cena

Kendal on Hudson, Sleepy Hollow, almuerzo buffet completo gratis

Landmark Diner, Ossining, 20% de descuento en almuerzo o cena, o una hamburguesa de-luxe u omelet relleno de carne gratis

Lyndhurst, Tarrytown, membresía para familia gratis o segunda entrada de admisión general gratis

Main Street Sweets, Tarrytown, helado pinta-por-pinta

Mandee, Ossining, 20% de descuento en una compra entera

Marriott Hotel, Tarrytown, estadía de una noche en fin de semana y desayuno

Mediterraneo, Pleasantville, \$10 de descuento en comida para donantes

Melita's Home Furnishings, Ossining, 30% de descuento en todas las cerámicas portuguesas

NY School of Esthetics, Tarrytown, dos tratamientos faciales por el precio de uno o mitad de precio en peeling químico o microdermabrasión

Okinawa Hibachi Steak House, Ossining, vaso de vino o aperitivo gratis

Olympic Diner, Ossining, 10% de descuento en desayuno, almuerzo y cena.

PHR Center of Electrolysis, Tarrytown, \$15 de descuento en cualquier tratamiento, más consulta

Pinacle at Heritage Hills, Somers, 10% de descuento en la cuenta para grupo de hasta cuatro

Pleasantville Colonial Diner, Pleasantville, 10% de descuento en la cuenta para todo un grupo

The Red Hat Bistro on the River, Irvington, 10% de descuento en almuerzo para dos

Sheraton Hotel, Tarrytown, dos noches de estadía en fin de semana, incluyendo desayuno

South of the Border, Ossining, margarita gratis con cena

Sparx Hair & Makeup Salon, Pleasantville, 15% de descuento en cualquier servicio de salón

Striped Bass, Tarrytown, \$10 de descuento en segundo plato o una botella de vino tinto

de la casa con dos platos o aperitivos

Sunset Cove, Tarrytown, 10% de descuento en la cuenta para grupo de cuatro

Tarry Tavern, Tarrytown, pinta-por-pinta de cerveza de barril

Tarrytown Woodworks, Tarrytown, 15% de descuento en reparaciones de muebles antiguos y de época

Taste of China, Tarrytown, pedido gratis de buffalo wings

Terra Rustica Ristorante, Briarcliff Manor, \$10 de descuento en dos platos de cena

Tramonto Restaurant-Bar-Café, Hawthorne, vaso de vino gratis con plato principal o segundo almuerzo gratis

Trapp Optical, Tarrytown, \$75 de descuento en lentes

Ultra Clean Car Wash & Detail Center, Ossining, lavado de automóvil gratis

Warner Library, Tarrytown, tarjeta para cancelar multas por devolución tardía de libros

Westchester Broadway Theatre, Elmsford, 15% de descuento en cena y show

Wobble Café & Catering, Ossining, desayuno gratis servido en cualquier momento

Para hacer una cita para donar sangre en Phelps, llame al 914-366-3916. Todos los donantes deben tener entre 16 y 75 años de edad y pesar por lo menos 110 libras.





Save the Date

Saturday, October 15, 2011

24th Annual Champagne Ball

Trump National Golf Club, Briarcliff Manor, NY
Contact: Ruth Burton • 914-366-3115 • rburton@pmhc.us

Sunday, October 23, 2011

Jazz Concert to Benefit Phelps Hospice



Irvington Town Hall Theater, Irvington, NY
Contact: Wanda Orton • 914-366-3325 • worton@pmhc.us

Thursday evening, November 17, 2011

"A Lift for What Ales You" Good Beer. Good Food. Good Times.



A tasting event hosted by Phelps at the
Captain Lawrence Brewing Company, Elmsford, NY

Enjoy the robust taste of locally brewed beers
Along with food from some of the area's finest restaurants.

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