

Autumn 2017

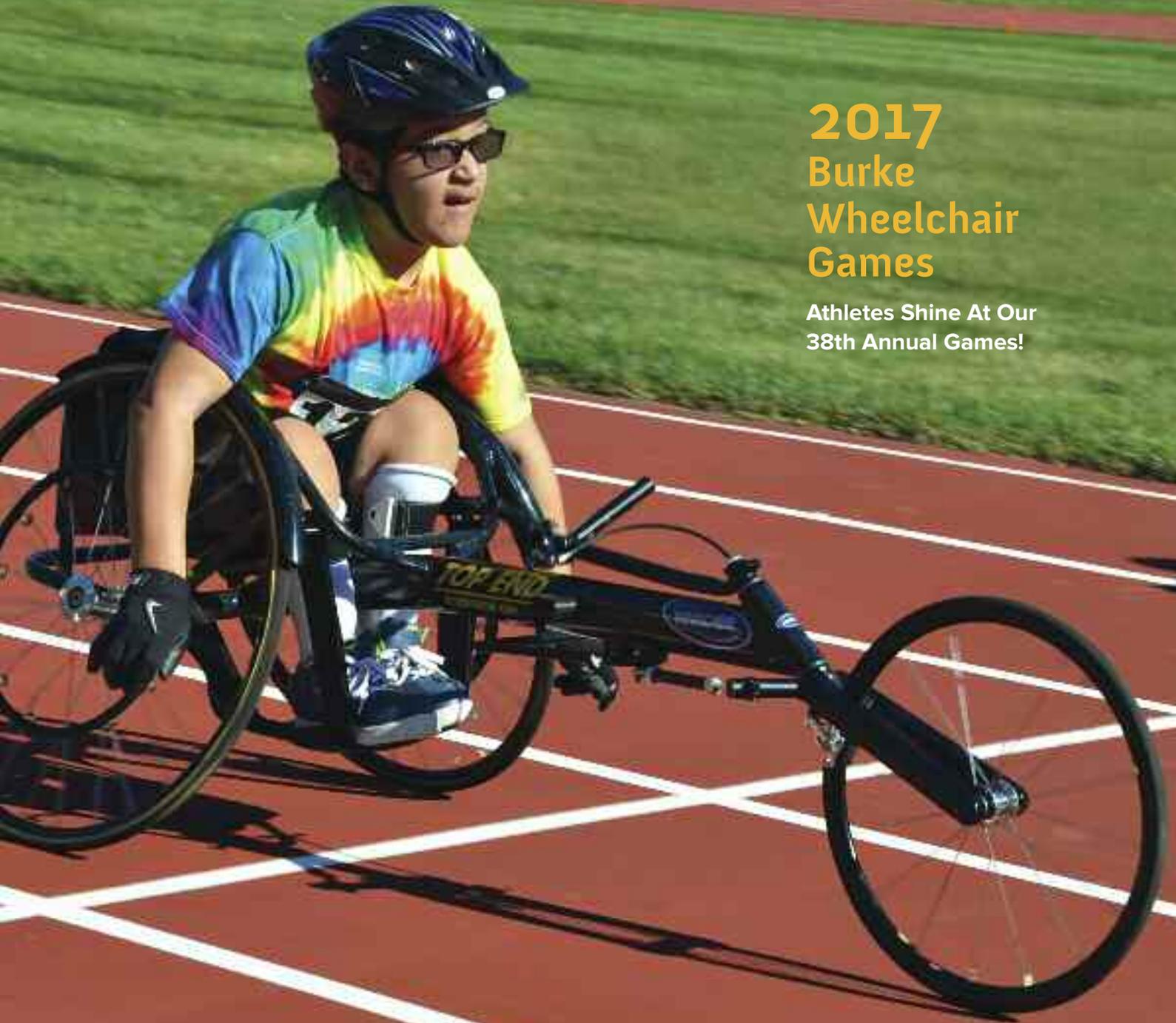
Gratitude

Giving Thanks to the Friends of Burke Rehabilitation Hospital

BURKE
Rehabilitation Hospital
MEMBER OF MONTEFIORE HEALTH SYSTEM

2017 Burke Wheelchair Games

Athletes Shine At Our
38th Annual Games!





Dear Friends,

Welcome to the third edition of *Gratitude*, our quarterly newsletter dedicated to our loyal donors and community members.

As I complete my first six months as President and CEO of Burke, I have been so pleased to witness the dedication of our staff and the pride they take in working for Burke. This pride is every bit as evident on the part of our donors, many of whom I have had the pleasure of meeting at a variety of events.

Our donors—large and small—recognize our commitment to quality and compassion in a day and age where not every institution puts that at the forefront. With that in mind, my first task is to ensure Burke’s financial stability for the next 100 years, while keeping all the things that make Burke “Burke.” Your investment helps make that possible—and for that we are so grateful.

We are currently hard at work planning for 2018. We have a two-fold purpose: first, to expand Burke’s services outward from the main campus throughout the County and the Hudson Valley and second, to extend our role as the centerpiece for post-acute rehabilitative care within the Montefiore Health System.

To accomplish that, we’ve partnered with White Plains Hospital and St. Luke’s Cornwall Hospital in Newburgh to extend Burke’s services. In the future, we plan to continue to do more with member hospitals. We are also strengthening our place in the continuum of care as we work with Montefiore to provide post-acute care for their cardiac patients. Here at Burke’s White Plains campus, we will open our new Marsal Caregiver Center (more inside) and are planning for a number of capital projects, including the modernization of our patient rooms.

All of us at Burke are so grateful for your continued investment and belief in all that we do. I hope you have a wonderful fall and a great start to the holiday season.



Jeffrey Menkes
President & CEO, Burke Rehabilitation Hospital



Wheelchair Games

SEPTEMBER 23, 2017



Burke hosted its 38th annual Wheelchair Games under beautiful blue skies for nearly 85 athletes and their families and friends. For almost four decades, this event has been providing a forum for athletes to compete and have fun in an inclusive environment, competing in field and track events, a slalom obstacle course, table tennis and a basketball exhibition. Special thanks to our many volunteers and sponsors who made this event possible!



The outstanding programs and services we offer are made possible by the generosity of individuals, businesses and foundations. We value every contribution because our patients benefit every single day.



Burke to Open Caregiver Center

Patients experiencing serious illnesses and injuries need help from caregivers—those family members or friends who provide critical day-to-day care for their loved ones, often for months or even years.

While these family members and friends are often happy to help, it has become increasingly clear that the physical and emotional stresses on caregivers need to be addressed, both for the benefit of the patient's recovery as well as the caregiver's own well-being.

Only 12 hospital-based caregiver centers exist in the U.S. Now, thanks to the generous financial support of Bryan and Kathleen Marsal, Burke will become the first rehabilitation hospital in the country with a dedicated caregiver center. Known as the Marsal Caregiver Center, it is expected to open by spring 2018.

The Marsals decided to give back to Burke in this way because they were so grateful for the care Bryan received as a Burke patient. The facility is currently being designed and built within existing space on Burke's White Plains campus to provide caregivers with:

- ▶ A comfortable setting with space to rest or hold private conversations
- ▶ Amenities such as computers, a resource library, charging stations and healthy snacks
- ▶ Counseling and practical guidance from a social worker
- ▶ Trained volunteers who listen, support and encourage

"The center will not only be a true place of respite for our caregivers, but will be part of a comprehensive program that includes access to a caring support team and practical assistance in navigating the process," says Colleen Borelli, Burke's Vice President of Patient Experience. "We know from research studies that if we take care of the caregivers, the patient's recovery is improved."

To learn more about our plans or how to support this important initiative, please contact the Development Office at (914) 597-2847.

Post-Surgery Rehabilitation Helps Breast Cancer Patients

Every year, more than 250,000 people in the U.S. are diagnosed with breast cancer. And while the importance of early detection and treatment are well known, there is less information out there about the benefits of post-surgical rehabilitation. One of Burke's own physicians experienced these benefits first-hand.



Carolin Dohle, MD, Associate Director of Burke's Stroke Rehabilitation Program (shown above), was diagnosed at 37 with stage 1 breast cancer. After having a lumpectomy, she underwent six weeks of radiation treatment. While Dr. Dohle was cured of the cancer, when trying to return to normal life, she noticed that she had pain and decreased range of motion in her arm. This is often caused by a condition called lymphedema, the accumulation of lymphatic fluid that causes swelling in the body's tissues.

Dr. Dohle learned about rehabilitative physical therapy for her condition and how it could reduce pain and increase mobility. Working with Carolyn Storms, PT, MS, a Burke physical therapist specializing in treating women after cancer, Dr. Dohle was able to get back to her pre-diagnosis range of motion.

"There is a large gap between finishing treatment as a cancer patient and participating in normal daily life," says Dr. Dohle. "Rehabilitation plays a large role in bridging that gap by alleviating the side effects of treatment and offering a support system to answer questions and provide resources."

Burke's Outpatient Lymphedema Program is staffed by certified lymphedema therapists who implement a Complete Decongestive Therapy (CDT) approach with each patient. A full assessment is done and a care plan created based on the patient's unique needs. While there is no cure for lymphedema, early intervention and management techniques enable most patients to lead normal lives.

For more information about how your investment is supporting post-cancer treatment physical therapy and the Burke Outpatient Lymphedema Program, please call the Development Office at (914) 597-2847.



Upcoming Events

PATIENT TREE TRIMMING PARTY DECEMBER 2

Join Burke patients, volunteers and staff to celebrate the holidays and trim the tree. The party will include light refreshments and crafts, with a special visit from the Westchester Chordsmen. Special thanks to the generosity of the Magliari family for continuing this special tradition. For more information, call (914) 597-2847.

BURKE AUXILIARY HOLIDAY LUNCHEON DECEMBER 6

Welcome the holiday season with Burke's Auxiliary at their annual Holiday Luncheon on December 6th at Buon Amici restaurant in White Plains. All are welcome. For more, contact Lucy Tocci at FYK1@verizon.net.

FACES OF BURKE FINAL 2017 LOCATION

Faces of Burke moved to the White Plains Library, 100 Martine Avenue, White Plains, on November 1st to complete the year. This travelling photography exhibit showcases the individuality of the patients we treat, featuring beautiful photos and inspiring stories. If you're interested in a personal tour of the exhibit, please contact the Development Office at (914) 597-2847.

Did you know...

Burke is home to a number of support groups that are free of charge and open to community members. These groups bring together people facing similar issues, such as spinal cord injury or stroke, and are a place where members can share experiences and advice, as well as meet and network with others. Groups are held on Burke's campus and usually meet monthly. For more information, visit www.burke.org/community.

In addition to these groups, there are fee-based psychotherapy groups offered through Burke's Outpatient Department that provide more specialized, tailored support for a number of cognitive and medical challenges in 10-week sessions. For more information, visit www.burke.org/therapygroups.

2017 W.M. Burke Cabinet

(As of September 30, 2017)

Chairman's Cabinet (\$10,000+)

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| Adler Aphasia Center | Barbara & Steven Kessler |
| Auxiliary of Burke Rehabilitation Hospital | Bryan & Kathleen Marsal |
| The Charles A. Mastronardi Foundation | Faith & David Pedowitz |
| Philip & Arline Diamond | James Rowen |
| The Endeavor Foundation | Alex Solowey, MD |
| Leona Kern | Will Rogers Institute |
| | George Yancopoulos, MD, PhD |

Executive Cabinet (\$5,000-\$9,999)

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| Christopher Allen | Honorable Nita & Stephen Lowey |
| Altman Foundation | The Richard H. Yearick Foundation |
| Anonymous | The Society of the Friendly Sons of St. Patrick |
| Anna & Dean Backer | |
| The Christopher and Dana Reeve Foundation | |

Leadership Cabinet (\$2,500-\$4,999)

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| Veronica & James Baker | John McCarthy |
| Robert Baldoni | James McGroddy |
| Richard Celiberti | Jeffrey Menkes |
| Michael Daly | Honorable Amy Paulin |
| The Feuerring Foundation | Drs. Karen & Paul Pechman |
| Honorable Samuel Fredman | Bridget Price |
| Pamela Grehan | Michael Reding, MD |
| David Lynn | |

Cornerstone Cabinet (\$1,000-\$2,499)

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| Mr. & Mrs. Frank S. Arnold | Mr. & Mrs. Walter G. Korntheuer |
| Mr. & Mrs. Joel Beckman | Mr. & Mrs. Gregg Lerner |
| Robert Belson | Ethel Lipsitz |
| John Berman | Bonnie Litt & Charles Fournier |
| Mr. & Mrs. Marc Berman | Lyudmyla Matyushko |
| Dr. and Mrs. Blumenthal | Barbara Monohan |
| Mr. & Mrs. H. Perry Boyle, Jr. | JoAnn & Joseph Murphy |
| Margaret Cataldo | Newman-Tanner Foundation |
| Lawrence Christianson | Christopher Panczner |
| Peter De Luca, Esq. | Stuart Robinowitz |
| Linda & Thomas Devine | The Rosalie Katz Family Foundation |
| Catherine Dwyer | John J. Ryan |
| Robert Eaton, Jr. | Mr. & Mrs. Ivan Seidenberg |
| Wilfred Finnegan | Richard Sgaglio, PhD |
| Paul Fitzgerald | Esta Steecher |
| Ilene Fox | Jean Lawson Stone |
| Mr. & Mrs. Robert Friedland | Lynn G. Straus |
| Mr. & Mrs. Edward Friedman | Thomas Tucker |
| Anthony Gioffre, III | Liza Veto |
| Charles Glennon | Mary Beth Walsh, MD |
| Dolores Haffner | Frank Webers |
| Mary Harvey | Elaine Weiler |
| Robert James | Ellen Weintraub |
| Barry D. Jordan, MD, MPH | Ann Welles |
| Bernadette Kingham-Bez | |

Burke Rehabilitation Hospital

785 Mamaroneck Avenue White Plains, NY 10605
Phone: (914) 597-2847 • www.burke.org