

# Gratitude

Giving Thanks to the Friends of Burke Rehabilitation Hospital

“ When I was first injured, I held on to hope that someday there would be a way for me to walk again. When the ReWalk technology became available and I learned that I could possibly walk with it, I knew this was my chance. ”

**Rusty Chmelovsky**  
a Burke patient who is paralyzed from the waist down





# Dear Friends,

Welcome to the winter edition of *Gratitude*, a quarterly newsletter dedicated to our loyal donors and community members. I hope your

year is off to a great start! This is the perfect time to look back at what we accomplished here at Burke in 2017, while also looking forward to an even better 2018.

After becoming President and CEO in April, my goal was to make Burke the centerpiece for post-acute rehabilitation care in the Montefiore Health System. We made strides to that end by making sure our **rehabilitation services are offered seven days a week**—ensuring our patients needs are met every day of the year.

In November, Burke launched a **new Outpatient Physician Practice**, which you can learn more about on the next page. Patients are now able to schedule appointments with Burke and Montefiore doctors for a variety of medical conditions requiring physical rehabilitation and specialty services in an outpatient setting.

As we look ahead in 2018, I am excited to announce the **opening of the Marsal Caregiver Center this spring**. When a person experiences a life-changing illness or injury, it effects not only the patient, but their family, friends and support system as well. Now more than ever, we understand the importance of caring for the caregiver, in addition to the patient. The Marsal Caregiver Center will be only the 12th such hospital-based center in the U.S., and the first of its kind in a rehabilitation hospital.

Burke has also identified offsite locations in Yonkers and the Bronx where we will be **opening new outpatient clinics** and has also **partnered with White Plains Hospital and St. Luke's Cornwall Hospital in Newburgh** to bring our expert rehabilitative care to more patients in Westchester County and throughout the Hudson Valley.

So much of what we continue do here at Burke **would not be possible without the help that you, our dedicated donors, provide**. Burke continues to be a leader in research and technology while also launching necessary and innovative services. In 2017, we met and exceeded our fundraising goals—and we hope, with your help, to do the same in 2018.

May this year be the best year. Here's to good health!



**Jeffrey Menkes**  
President & CEO, Burke Rehabilitation Hospital

## Burke Patient Walks Again Thanks to Cutting-Edge Technology

A work-related injury left Rusty Chmelovsky, a Burke patient since 2008, paralyzed from the waist down. But on December 20, Rusty stood up, and with the help of his ReWalk Robotic Exoskeleton, walked out of the hospital.

In doing so, Chmelovsky became the first patient in the region to be discharged with the wearable robotic device, which allows someone who has had a debilitating injury, like a spinal cord injury, to stand and walk again on his or her own.

“Walking with the device has allowed me to regain sensation in muscles in my body that I have not felt since before my accident. This has motivated me to continue to work at home, with a goal of walking one to two hours a day in it,” he said.



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



## The Importance of Nursing Excellence at Burke

Burke's nurses are an essential part of rehabilitation for all patients and their families—and we're committed to ensuring our nurses remain at the forefront of the field. One way we're doing that: applying for Magnet Recognition from the American Nurses Credentialing Center (ANCC). This is a prominent distinction in nursing excellence and patient care that only 8 percent of hospitals in the U.S. have.

A number of different criteria are assessed during the application process, including quality of nursing leadership, organizational structure, nurses as teachers and professional development. To help in achieving this goal, Burke has created a Magnet Director position, held by Amelou R. Policarpio, RN, BSN, MPH, MSHE. In this position, Policarpio guides Burke through the process of achieving Magnet status and works in collaboration with Burke's Chief Nursing Officer, Marie Spencer, RN, PhD, CRRN, to ensure that Burke is on track to both receive the designation and maintain it.

"Burke supports the Magnet journey as another avenue to identify and improve processes, to strengthen the nursing structure to ultimately deliver the highest quality patient-centered care. That shows Burke's commitment to excellence and quality," says Policarpio.

In recent years, Burke's nursing department has garnered accolades, including receiving the 2017 Press Ganey National Database of Nursing Quality Indicators (NDNQI) Award for Outstanding Nursing Quality.

To learn more about our commitment to Nursing Excellence, call the Development Office at (914) 597-2487.

## Burke's Outpatient Physician Practice Now Open on White Plains Campus

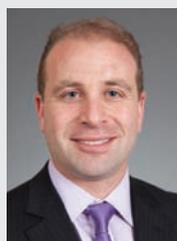


As you know, Burke is dedicated to providing high-quality outpatient care throughout Westchester and the Bronx.

In November, Burke launched a new Outpatient Physician Practice on its White Plains campus. There, patients are able to see board-certified Burke and Montefiore doctors for a variety of outpatient, rehabilitation-based needs. The practice brings together renowned physicians in one convenient place and is open to current and former Burke patients, as well as the community at large.

Physicians in the practice are able to treat and manage complications from a variety of conditions, including stroke, spinal cord injury, brain injury, musculoskeletal disorders, chronic pain, dementia and more. Some of the treatments patients can receive include EMG and other diagnostic testing, general psychiatry, oncological rehabilitation, orthopedic rehabilitation, and prosthetics and orthotics management, among others.

To learn more about the Outpatient Physician Practice, visit [www.burke.org](http://www.burke.org) or call the Development Office at (914) 597-2847.



*"The key thing to remember is that discharge from the hospital doesn't mean a patient's care is over. The majority of patients still need to be seen on an outpatient basis. What we saw was the opportunity to bring a number of rehabilitation-based specialties to a geographic region that just weren't available before we opened."*

**—Andrew Gitkind, MD, Director of Outpatient Operations at Montefiore and Burke and a psychiatrist at Montefiore who is double-board certified in rehabilitation and pain management.**



# Upcoming Events

## HEALTHY HEART EVENT FEBRUARY 26

Join Burke to learn about making heart-healthy choices, plus enjoy samples of healthy recipes, free blood pressure screens and more. Registration required at (914) 597-2805.

## 7TH ANNUAL BRAIN BEE FEBRUARY 28

Cheer on local high school students as they compete in the 7th annual local championship for the International Brain Bee. The competition is designed to encourage students to learn more about the brain while inspiring them to pursue careers in neurology and neurological research. For more, call Janet Goodman, LMSW at (914) 597-2237.

## BURKE AUXILIARY ST. PATRICK'S DAY LUNCHEON MARCH 14

Celebrate St. Patrick's Day with the Burke Auxiliary and enjoy an authentic Irish feast at Sir John's Restaurant. Members and non-members are welcome. For more, contact Joanne Auerbach at (914) 725-3775.

## HEELS & WHEELS 5K ROAD RACE & WALK MAY 6

Keep your New Year's resolution to get in shape by signing up for Burke's annual Heels & Wheels 5K, which brings together athletes of all ability levels. For more, call the Development Office at (914) 597-2847.

## BURKE AWARD DINNER JUNE 7

Join us as we honor the 2018 Burke Award recipients—Country Bank and Matt & Amy Yalof—and present the Lifetime Achievement Award to Donald Foley. The dinner will be held at the Brae Burn Country Club in Purchase. For tickets or sponsorships, call the Development Office at (914) 597-2847.

## Did you know...

Athletes—or their parents—take note: Burke now offers a Concussion Management with Return to Sport program at its outpatient clinics in White Plains, Purchase and Mamaroneck. The program brings together physicians, therapists and other professionals to create a customized treatment plan that aims to get athletes back to playing the game they love. For more information, visit [www.burke.org](http://www.burke.org).

### Burke Rehabilitation Hospital

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

# 2017 W.M. Burke Cabinet

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Auxiliary of Burke	Barbara & Steven Kessler
Rehabilitation Hospital	Bryan & Kathleen Marsal
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Foundation	Faith & David Pedowitz
David M.C. Ju Foundation	James Rowen
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The Endeavor Foundation	David & Karen Kelsey Thomas
Donald Foley & Barbara Long	Will Rogers Institute
Michelle Goldman	George Yancopoulos, MD, PhD

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The Christopher and Dana	The Richard H. Yearick Foundation
Reeve Foundation	Nataly & Toby Ritter
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The Feuerring Foundation	Bridget Price
Wilfred Finnegan	Michael Reding, MD
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Charles Glennon	The V & L Marx Foundation
Pamela Grehan	Mary Beth Walsh, MD
Mr. & Mrs. Charles Hubbard	

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