

# Housecalls

A publication of Mather Hospital • Spring 2019

2011



25 years  
of walking  
the walk

Pages 4-5

2018



2014



2017



2018



# So, you need spine surgery: why you need a second opinion



Have you been told you need to have spine surgery? Surgery can seem daunting and you may have doubts about your recommended course of treatment, and that is completely normal. Many patients feel embarrassed to ask for a second opinion when considering surgery, but there is nothing to be embarrassed about. Doing your research and finding the right treatment and surgeon for you is extremely important. The Back & Neck Pain Center at Mather working closely with local spine surgeons, is now offering a program to assist patients in finding a surgeon for a second opinion.

## When should you get a second opinion?

- The sooner the better
- If you're not comfortable with the first surgeon you saw
- If you're not comfortable with the recommended treatment
- You want to confirm your recommended course of treatment

## Why should you get a second opinion?

- Having spine surgery is a major decision. Get as much information as possible, ask all of your questions and make

sure you feel comfortable with your decision and the surgeon and hospital you choose.

- You may feel that spine surgery isn't necessary for you. Ask about other more conservative care options or minimally invasive spine surgery procedures that may be available. There may be a difference of opinion between what the first and second spine surgeon will recommend.
- There are different types of procedures and approaches to the same condition, so learning as much as you can is important. For example, minimally invasive spine surgery (MISS), often results in less pain after the surgery with a faster recovery than traditional open surgery. MISS is offered for both discectomy and fusion procedures with most patients returning home from the hospital after one to two days.
- It is not rude or disrespectful to get a second opinion; in fact, it is expected and is in your best interest.

▼ **To get a referral for a second opinion spine surgeon, contact the Back & Neck Pain Center at (631) 686-2565, option 3.**



## Get relief from your back and neck pain. Learn how at a free informational seminar:

If you've been suffering from chronic back or neck pain, Mather Hospital's Back & Neck Pain Center offers:

- Most appointments within 72 hours
- Comprehensive care including chiropractic, physical therapy, pain management, interventional radiology, orthopedics, neurology, neurosurgery
- Minimally invasive approach
- Most insurances accepted, including **Empire, United Healthcare, and NYSHIP**

▼ **For upcoming seminar dates, call (631) 476-2723 or visit [backreliefnow.org](http://backreliefnow.org)**  
**For an appointment at the Center, call (631) 686-2526**



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# Mather welcomes new hospital and foundation board members



Mather Hospital is pleased to welcome two distinguished community members to our hospital Board of Directors and JTM Foundation Board.

Donald E. Lippencott, MSFS, of East Setauket has been named to Mather Hospital's Board of Directors. Lippencott, also serves as vice chairman of the JTM Foundation Board and was Mather Hospital's 2016 Community Honoree.

A principal of Lippencott Financial Group, a financial consulting firm, he has more than three decades of experience in the insurance, estate planning and financial services business. Since 1997, he has been a Member Agent of The Nautilus Group® and has served on its board for the last four years. Lippencott is a board member and most recent past President of NYLARC an agent-owned reinsurance company. He is also an Investment Adviser Representative with Eagle Strategies LLC, a Registered Investment Adviser.

Lippencott has earned numerous industry and company achievements, including Life Member of the Million Dollar Round Table, the National Quality Award given by the National Association of Life Underwriters (NALU), and Agent of the Year of New York Life's Long Island General Office. He attended both Gordon College in Wenham, MA and Stony Brook University for undergraduate studies, and holds a MS degree in Financial Services from the American College, Bryn Mawr, PA.

Linda Oak of Port Jefferson Station was named to the board of the JTM Foundation, which works to foster relationships with those individuals and organizations that have a like-minded vision and the desire to support exceptional health care at Mather Hospital for the benefit of our community.

Oak grew up in Port Jefferson Station and attended Infant Jesus Elementary School in Port Jefferson, and The Academy of St. Joseph in Brentwood, NY. Her father and brothers live in the area. Her family has

extended involvement with both Infant Jesus R.C. Church and Hope House Ministries.

Oak graduated from the University of Rochester with a BA in Biology. She has worked for a variety of healthcare and clinical companies, including Boston University School of Medicine, St. Elizabeth Hospital, Boston, MA, QIAGEN Inc., Lifecodes, Inc., and Promega Corp.

Upon returning to Long Island to be near family, she took a position at Bank of America and later at Valley National Bank, Setauket managing customer accounts.

Oak has done community outreach for organizations including Rochester Big Brothers/Big Sisters, Maryhaven Center of Hope, AHRC, Habitat for Humanity, You Gotta Believe and Save-A-Pet.



## Support groups offer help when you need it

**Adult Infant Child CPR/Basic Life Support:**  
Call (631) 476-2729

**AI Anon:** Call (631) 669-2827

**Alcoholics Anonymous:** Call (631) 669-1124

**Bereavement\*:** Call Good Shepard Hospice at (631) 465-6300 and St. Louis de Montfort Church at (631) 744-8566

**Chemical Dependency:** Call (631) 331-8200

**Chronic Conditions & Healthy Living:** Call (631) 473-1320, ext. 5420

**Diabetes Management & Prevention:**  
Call (631) 686-7879

**Eating Disorders:** Call (631) 473-3877

**Emotions Anonymous:** Call (631) 474-2090

**Live, Love and Laugh Again:** Call (631) 476-2776

**Living Hope for Mental Health:** Call (631) 675-6831

**Lung Cancer:** Call (631) 686-2500

**Lymphedema:** Call (631) 686-7648

**Newly Diagnosed Women with Breast Cancer:**  
Call (631) 689-1854

**Overeaters Anonymous:** Call (631) 981-5850

**Prostate Cancer "Us Too" International:**  
Call (631) 846-4377

**Reach to Recovery:** Call (800) 227-2345

**Sarcoidosis:** Call (631) 432-9374

**Smoking Cessation:** Call (631) 853-2928

**Strength for Life:** Call (631) 675-6513

**Suffolk Aspergers/Autism Support & Information (SASI):** Call (631) 695-9497

**Stroke:** Call (631) 686-7660

**Yoga for Health:** Go to [matherhospital.org/yoga](http://matherhospital.org/yoga)

\*All groups except Bereavement meet at Mather Hospital.

## Don't let hip or knee pain slow you down

Attend a **FREE joint replacement breakfast seminar**

**Saturday, May 11, 2019**

8:30 -11am

The Bristol Assisted Living at Lake Grove  
2995 Middle Country Road, Lake Grove

▼ For more information or to register, call (631) 686-7876

Learn how advancements in minimally invasive surgical techniques can:

- Eliminate your knee, hip and shoulder pain
- Minimize scarring
- Reduce recovery time
- Improve your life





25 years of walking the walk

# 25 reasons to lace up your sneakers and join us

**On Saturday, May 4, 2019, the Families Walk for Hope will celebrate its 25th year of supporting the Fortunato Breast Health Center at Mather Hospital and breast healthcare in our community. If you're looking for a reason to walk, here are 25 of them in honor of our 25 years:**

1. One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
2. Over 3.3 million breast cancer survivors are alive in the United States today.
3. Mammograms can save your life by finding breast cancer early, when it's most treatable.
4. Lifestyle and environmental factors can have an impact on breast cancer risk. To keep your risk as low as possible, maintain a healthy weight, exercise regularly, quit smoking and limit the amount of alcohol you drink.
5. Walking is part of healthy lifestyle habits that can help reduce your cancer risk. Get started on May 4 with our scenic five-mile walk through Port Jefferson and Belle Terre, while at the same time, supporting a good cause.
6. Walking can also help you:
  - Maintain a healthy weight

- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
  - Strengthen your bones and muscles
  - Improve your mood
  - Improve your balance and coordination
7. The Fortunato Breast Health Center opened on August 23, 1995.
  8. Since opening its doors the Fortunato Breast Health Center has served nearly 40,000 patients.
  9. The radiologists at Fortunato Breast Health Center are specialists who only read breast imaging studies.
  10. Our radiologists read more than 14,000 breast studies each year.
  11. The Fortunato Breast Health Center offers no cost or discounted screenings for those who qualify through its Fund for Uninsured.
  12. Two new 3D mammography units were purchased in 2018 for the Fortunato Breast Health Center and were 100 percent paid for through donations raised through initiatives like the Families Walk for Hope.
  13. The Fortunato Breast Health Center's 3D digital mammography technology delivers clear, detailed images for improved diagnostic accuracy all while providing the lowest radiation dose of all FDA approved mammography systems.



2016

Join us to benefit  
the Fortunato Breast Health Center!

**Saturday, May 4, 2019**

Registration opens at 8am

Walk steps off from Mather Hospital at 9am

▼ **Register or donate at [www.familieswalkforhope.org](http://www.familieswalkforhope.org)**

Or by mail: Mather Hospital  
Public Affairs  
75 North Country Road  
Port Jefferson, NY 11777

Include your/your team's contact information  
to receive a confirmation.

- First 500 registrants receive a commemorative t-shirt and Tanger Outlets coupon book
- Health and activity area
- Pink Your Pooch contest
- Raffles
- Light breakfast
- Dessert truck



**Registration fee \$25 (cash, check, credit cards accepted)**

**For more information call (631) 476-2723**

14. The Fortunato Breast Health Center offers individualized follow-up care, education for patients, families and the community, as well as breast cancer support groups.
15. The staff at the Fortunato Breast Health Center treats every patient like a member of their own family.
16. The Fortunato Breast Health Center is designated by the National Accreditation Program for Breast Centers (NAPBC). This recognition is given only to those centers that have voluntarily committed to providing the highest level of quality breast care and that undergo a rigorous review of their performance.
17. The Fortunato Breast Health Center is accredited by the Commission on Cancer and recognized by the American College of Radiology (ACR) as a Breast Imaging Center of Excellence.
18. Walk with your kids and your furry friends too. The Families Walk for Hope is a family and dog friendly activity.
19. If you're looking to get healthy and start a fitness journey, make our five mile course your goal. Get your family and friends to sign up with you or create a team. The walk is a great opportunity to spend time with friends and family, remember a loved one, support a survivor, or connect with people who have a similar experience.
20. The chances are we all know someone who has been affected by cancer. Walking for a friend or family member is a great way to honor them while also contributing to a great cause.
21. By participating in the Families Walk for Hope, you are helping to bring breast cancer awareness to our community's consciousness. That is something you can feel proud of.
22. There is a sense of camaraderie amongst walkers. Join us and have your own feel-good moment, knowing that you are making a difference in the life of a Fortunato Breast Health Center patient.
23. Join the ranks of over 20,000 people who have walked with us since our first Families Walk for Hope in 1995.
24. Our walkers have raised \$2,498,740 for the Fortunato Breast Health Center since 1995. These funds have been used to purchase and update equipment over the years so that we can continue to offer advanced, state-of-the-art breast healthcare to our community.
25. By walking with us on May 4, raising funds, volunteering or forming a team, you're helping the Fortunato Breast Health Center provide better care through funding improved screening equipment and support services. You're making a difference in the lives of so many. And for that we are grateful.

## Combatting stress eating and embracing a healthier lifestyle

After gaining 50 pounds, Elefteria Kopanos of Holbrook was at a point in her life where she felt like she had tried every weight-loss program out there with no success. She was caught in a cycle of losing and then gaining the weight back due to emotional eating triggered by stress and negative self-talk. At the recommendation of a co-worker who had seen her struggles, Elefteria tried Mather's Medical Weight Management Program.

"I used to beat myself up about my weight. I would monitor the number on the scale and if I didn't see that number drop, I would be so disappointed. The support I received from the people in this program has been so helpful. Everyone is completely non-judgmental. They have really helped me to stop being so negative with myself and start focusing on the positive changes I've made. Just when I would start to think that I wasn't getting anywhere with my weight loss, the staff would come up with different ways of showing me that I was still making progress. Now I know that the number on the scale doesn't mean everything. It's not just about how much weight I'm losing, it's also about the non-scale victories and the positive lifestyle changes I've made to ultimately better my life," Ms. Kopanos said.

Mather's Comprehensive Medical Weight Management Program utilizes simple, sound principles to help individuals achieve optimal health and maintain their best personal body weight. Each participant receives a full nutrition evaluation, weekly support, follow ups and metabolic testing along with a customized meal plan that is developed to meet their individualized lifestyle and health goals.

"Another great part of this program was learning to exercise properly. Mather's Outpatient Physical Therapy Department taught me different exercises for the target areas that I was concerned about, along with a combination of weight training and cardio exercises. I do have some lower back pain. Every time I had worked out in the past I would hurt my back and then I wouldn't be able to

exercise for about a month. I would have to start all over from the beginning. Now I know how to exercise properly without injuring myself."

Ms. Kopanos began exercising regularly, cooking new healthy recipes and learned how to be mindful while eating and listen to her body's hunger signals. Today she has lost more than 50 pounds, has lowered her cholesterol to a normal level, has more energy and is sleeping better.



Ms. Kopanos before (above) and after (left).



"I would like to lose more weight, so I decided to continue with the maintenance program because the support this program provides is just so incredible. The last two years of my life have been overwhelmingly stressful. I am an emotional eater, so normally I would have eaten to deal with that stress, but because of this program I haven't. I used to be my own worst enemy when it came to my weight loss, but the people in this program are my biggest cheerleaders and I've come to learn that it's not just about the weight loss, it's about maintaining my overall health and I feel much healthier now."

▼ For more information on Mather's Medical Weight Management Program call (631) 686-7998.



## Yoga for health

Classes offered at Mather Hospital  
LIAP Conference Center Room B  
Mondays and Wednesdays, 6pm

### Would you like to:

- Relieve stress & anxiety?
- Ease pain?
- Practice mindfulness?
- Promote overall wellness?

### Join our new Yoga for Health classes!

- Classes are \$17 each. Registration is required.
- Modifications, including chair yoga are available for those suffering with chronic pain.
- Please bring a mat, water and a towel.

▼ To view class schedule and register, visit [matherhospital.org/yoga](http://matherhospital.org/yoga)

## Join our family, become a volunteer

Do you like to meet new people? Do you have a sincere desire to help others? If you answered yes to either or both of these questions, then you might consider volunteering!



There is great power in volunteering. By volunteering your time and talents, you'll be afforded the opportunity to keep your skills sharp while also learning new skills and developing new interests. According to studies volunteering also leads to better health by decreasing mortality rates, increasing functional ability and lowering rates of depression. Volunteering can help you build empathy, strengthen social bonds, encourage the development of new friendships, and give you a feeling of personal satisfaction earned by making a positive difference in a patient's hospital stay.

Of Mather Hospital volunteers surveyed in 2018 about their experience, 94

percent are proud to say they volunteer at Mather and 92 percent would recommend that Mather is a good place to work.

At Mather, volunteers play a special role in making a patient's hospital stay more comfortable. Volunteer assignments range from assisting in patient care areas, staffing reception desks, escorting patients and visitors to their destinations around the hospital, and working in the gift and thrift shops. There is also the opportunity to develop special volunteer assignments based on the needs and interests of schools, businesses and other community organizations.



The minimum age to become a volunteer is 14. There is no maximum age limit as long as the individual is physically capable of working on selected assignments.

▼ For more information on becoming a volunteer visit [matherhospital.org/volunteer](http://matherhospital.org/volunteer) or contact Keri Dunne, Director of Volunteer Services at (631) 476-2749.



## Giving and receiving with a Charitable Gift Annuity

There is now a new way to support Mather Hospital that gives meaningful support to Mather's mission of providing exceptional health care while also guaranteeing an income stream for life.

Through a Charitable Gift Annuity (CGA), a donor transfers cash or property to the charity in exchange for a partial tax deduction and a lifetime stream of annual income from the charity. A CGA can be created with a minimum gift of \$10,000 and can be for one or two lives, so a couple also can benefit from this type of gift. If you are age 60 or older, you may set up an annuity and begin to receive immediate payments. You may also create a deferred annuity if you are between the ages of 50-59. The tax deduction for both types of annuities is taken "now" in the year that you make the gift, which may reduce your current tax liabilities.

### Sample charitable gift annuity rates

One-life rates		Two-life rate	
Age	Rate	Ages	Rate
60	4.7%	60/60	4.1%
65	5.1%	65/65	4.5%
70	5.6%	70/70	5.0%
75	6.2%	75/75	5.5%
80	7.3%	80/80	6.2%
85	8.3%	85/85	7.3%
90+	9.5%	90/90	9.1%

▼ For more information, or to request our free Charitable Gift Annuity guide, contact Carson Jean Nicklaus, Director of Charitable Giving at (631) 476-2723 or email [cnicklaus@matherhospital.org](mailto:cnicklaus@matherhospital.org).

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with anxiety.  
Now treatment comes  
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Julius & Carol  
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*“I had a total of five treatments at Precision CyberKnife with very little side effects. The procedure was fast and not invasive. I was back to hanging out with my wife of 53 years and playing cards with my friends without missing a beat.” - Julius*

▼ **For more information, call: (631) 684-9676  
or visit [precisioncyberknifeofny.org](http://precisioncyberknifeofny.org)**



**Mather Hospital**  
Northwell Health®

### **Precision CyberKnife of New York**

A program of Mather Hospital  
at New York Cancer & Blood Specialists in East Setauket

As with all medical treatments, individual results may vary.