

Paint Port Pink, October 1-31

Mather Hospital's

Housecalls

A PUBLICATION OF JOHN T. MATHER MEMORIAL HOSPITAL • FALL 2015

Calace Pavilion Opens

*Addressing Our Community's
Changing Healthcare Needs*

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Mather Names Community Honorees, Theodore Roosevelt Award Winners

Jeffrey P. Rust, Esq., a partner at Farrell Fritz, P.C. specializing in health law, was named Mather Hospital's 2015 Community Honoree. Richard Savino, MD, Dinesh Shukla, MD, and Joanne Lauten, RN were named the 2015 winners of the Theodore Roosevelt Awards for their contributions to Mather Hospital and the community.

The awards will be presented at the Hospital's 50th annual One Enchanted Evening Gala on Friday, October 23 at the Hyatt Regency Long Island in Hauppauge.

Mather selects a special Community Honoree that has supported the Hospital and its programs over the years. The Nassau-Suffolk Hospital Council created the Theodore Roosevelt Awards more than 50 years ago to honor those who demonstrate exceptional volunteer commitment to a member hospital and its community.

2015 Community Honoree



Jeffrey P. Rust, Esq.

Rust regularly represents hospitals, physicians, physician groups and other professionals in transactional and regulatory matters and provides legal guidance on a pro bono basis to not-for-profit organizations on Long Island and in New York City. They include organizations that assist children and the elderly, entities that support re-

search for the treatment and cure of disease, and community development organizations that support economic growth and the restoration of public lands.

Through his firm, he has supported Mather and other Long Island hospitals. Rust serves as chairman of the board for the Arthritis Foundation's Long Island chapter and as a director on the Arthritis Foundation's Northeast Regional Board.

Rust was named to The Best Lawyers in America in 2013-2015; featured in Who's Who in Health Care Law and Long Island Business News, 2014 and 2015; and is a recipient of the Touro College Jacob D. Fuchsberg Law Center Public Service Attorney of the Year Award.

He received an M.B.A and a J.D. from the University of Akron in Ohio. He is a member of the American and New York Bar Associations.

2015 Theodore Roosevelt Award Honorees



Joanne Lauten, BSN, RN, SCRNP

An experienced nurse leader and educator with 35 years experience, Lauten is Director of Nursing Quality and the Stroke Coordinator at Mather Hospital, which has been awarded the Gold Plus Target Stroke Award from the American Stroke Association for the past three years (2012-2015).

She received her B.S. in nursing from Chamberlain College and holds professional certification as a stroke nurse. She is a member of Sigma Theta Tau, the prestigious International Honor Society of Nursing, the American Nurses' Association and the American Heart/Stroke Association.

Lauten has provided heart disease and stroke education to senior citizens and other at risk groups. She was one of the first to bring stroke

education to elementary school students in Suffolk County and partners with EMS staff on stroke care to improve patient outcomes.

She has been an active collaborator and leader in the American Heart Association "Go Red for Women" campaign at Mather, helping to raise more than \$2,000. She has been a presenter at the North East Cerebral Vascular Consortium in Boston and the Greater New York Stroke Coordinators' Consortium in New York City.

Richard Savino, MD

Savino is a board-certified orthopedic surgeon with Long Island Bone and Joint. He has been on the faculty at Johns Hopkins University Hospital and has served as a team physician for the Baltimore Orioles and the Johns Hopkins University athletic department. In addition, he has served as a physician for the U.S. Open at Bethpage and at Shinnecock Hills.

He received his medical degree from the State University of New York Health Science Center at Syracuse, completed his residency at Temple University Hospital, and was trained in pediatric orthopedics at Shriners' Hospital for Children.

Savino specializes in computer assisted and minimally invasive surgery and joint replacement. He is one of the few physicians performing hip arthroscopic surgery including labral repairs.


He is a member of physician leadership and other committees at Mather Hospital where his appointments have included President of the Medical Staff and Chairman of the Medical Board.

Savino has also volunteered for medical missions to Nicaragua and Ecuador with Blanca's House, which named him Man of the Year in 2014. He has lectured and trained surgeons in countries as distant as India. He also was appointed to a regional bioterrorism task force to ensure Long Island physicians are prepared for the next disaster.

Dinesh Shukla, MD

Shukla is Chief of Neurology and Director of Mather Hospital's Stroke Center, a dedicated unit that provides rapid diagnosis and treatment of brain attack symptoms. Over the last few years, he and his team oversaw the establishment of the Stroke Program and its repeated recognition with the Gold Plus Target Stroke Award from the American Stroke Association.

He received his medical degree from Delhi University in India. He completed his neurology residency at New York Medical College and a fellowship in neurophysiology at Downstate Medical Center in Brooklyn. He is an attending neurologist at Mather Hospital and has a practice in Port Jefferson.

Shukla has volunteered and consulted with the NYS Office of Developmental Disabilities and NYS Office of Mental Health. Over the last 30 years he has taught medical students and residents of Columbia University affiliated programs, NY Medical College and Stony Brook University. He has lectured throughout the community. 



Arthritis Takes Many Forms, Can Strike at Any Age

By Sanjay Godhwani, MD

If you suffer from joint inflammation and the resulting pain, swelling, redness, warmth and stiffness, you may be among the more than 53 million people affected by arthritis. Arthritis can occur at any age and includes more than 100 different diseases. Symptoms can develop suddenly or over time.

If you experience acute or chronic pain in your joints, have noticed redness, swelling, or warmth, speak with your primary care provider and consider an evaluation by a rheumatologist, a specialist in diagnosing and treating problems involving joints, soft tissues, autoimmune diseases, vasculitis, heritable connective tissue disorders and osteoporosis.

Among the forms of arthritis:

Osteoarthritis - The most common form of arthritis usually develops at the base of the thumbs, knees, shoulders, and hips. The cartilage that helps cushion the space between your joints wears away, which can lead to a crunching or cracking sound with pain on movement. At times, you may feel your joints locking, or even getting swollen from related bone on bone contact.

Rheumatoid arthritis - an inflammatory form of arthritis that can lead to joint and ligament destruction. It is caused by multiple immune related reactions where your body starts to attack your joints and can lead to permanent bone destruction. You may notice swelling of your hands and wrists during the morning hours. It can also affect the ankles and feet and any other joint.

Gout - a form of arthritis that affects more than 3 million people each year is caused by elevated uric acid

levels in the body. This may be due to excess consumption of certain foods such as red meats, shellfish or alcohol or from improper excretion of uric acid. Symptoms include a sudden onset of severe, excruciating pain with a swollen, red, hot joint. If left untreated, Gout can lead to permanent damage and cosmetic deformities to the affected joints.



Spondyloarthropathies - a group of diseases in which individuals affected by psoriasis can ultimately develop psoriatic arthritis. Pain can develop in any joint especially the furthest part of your fingers and toes, and can swell up to look like “sausage digits.” Pain and inflammation can also be seen in the spine of affected individuals, resulting in stiffness and loss of mobility in the back.

Ankylosing spondylitis - a form of arthritis that affects young people. This is an inflammatory and destructive arthritis that starts in the lower back where the pelvis and hips connect – the sacroiliac joint. This can lead to chronic low back pain in the second and third decades of life. Other joints, such as ankles feet, knees, elbows may also be affected, leading to pain and swelling. The pain is often not severe and can go unnoticed for years without being accurately diagnosed. Other forms of arthritis in this group can affect patients with idiopathic bowel disease, such as Crohn’s disease or ulcerative colitis. There are various treatable infections that can also lead to joint pain and swelling.

Sanjay Godhwani, MD is a rheumatologist who practices in Port Jefferson.

Eric Cherches, Esq. Joins JTM Foundation Board



Eric D. Cherches, Esq. has been appointed to the board of directors of the JTM Foundation, which seeks and secures philanthropic support for Mather Hospital.

Cherches is a Port Jefferson attorney who focuses on estate planning, trust and estate administration, and civil and commercial litigation. He has litigated extensively in trial and appellate courts in state and federal courts in New York for more than 25 years. Cherches had previously practiced law in New York City for 16 years, returning to his hometown of Port Jefferson in 2005.

He is active in many local charities and civic organizations such as the North Shore Jewish Center and Theatre Three. He also serves as the Village Justice for Belle Terre.

Cherches received his law degree in 1989 from Fordham University School of Law and earned his undergraduate degree in 1986 from the University of Rochester.



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Addressing Our Community's Changing Health

Arthur & Linda Calace Foundation Pavilion

With the opening this fall of the Arthur & Linda Calace Foundation Pavilion, Mather Hospital is fulfilling a pledge made at the groundbreaking two years ago to address the changing healthcare needs of our communities.

The building expansion, the first at Mather in almost 20 years, adds more than 28,400 square feet of space to the hospital. The project in large part was made possible through many generous community donations including lead gifts from Arthur and Linda Calace Foundation, the Frey Family Foundation, the Mather Hospital Auxiliary and Long Island Anesthesia Physicians. Altogether, \$5 million was raised to support the building of this new facility.

The goal of the project was threefold:

- 1 Create an optimal healing environment that meets the expectations of our community and our patient quality and safety standards.
- 2 Ensure that our community has enough physicians, particularly in primary care and psychiatry where there is a national shortage.
- 3 Nurture Mather's culture of knowledge and learning by building adequate meeting and conference facilities that incorporate 21st century communication technologies.



Studies have shown that single-bedded patient rooms reduce infections and the length of a patient's hospital stay. They also promote a quiet environment and encourage the presence of loved ones in the patient's room, and ensure better bed management and reduced bed transfers.

Mather moved 35 beds from existing double-bedded rooms in the hospital to the new patient care unit, which is called 3 North, creating a total of 70 new single-bedded patient rooms.

Prior to the new patient care unit, private rooms in the hospital made up only 13 percent of Mather's medical-surgical patient rooms. With the opening of the new pavilion, the majority of the medical/surgical patient care rooms are now single bedded.

The new unit features nurses stations throughout the floor, placing nurses closer to their patients. In each patient room is a dedicated medica-



tion cabinet to store the medications and supplies needed to treat the patient in the room. A wall-mounted computer in the room allows the nurse to enter patient information efficiently at the bedside.

Other advanced technologies include a touch screen nurse call system that at the touch of a finger can communicate the need for the room to be cleaned, allow physicians to request nursing assistance, or notify staff for a Rapid Response should the patient's condition deteriorate.

An ample family waiting room provides comfortable seating and flat screen television and overlooks the Healing Garden, an outdoor space accessible by staff, patients and their loved ones.



Healthcare Needs

2 Ensure There Are Enough Physicians

Given the nationwide shortage of primary care physicians, and the fact that one out of every four primary care physicians on Mather's staff are at retirement age, there is a growing demand in our communities for internists and other physicians.

Mather is meeting these challenges by providing the necessary offices, meeting rooms and patient care areas to support its growing graduate medical education program. Mather welcomed its second class of Internal Medicine residents this summer, along with its first class of Transitional Year residents. Additional residences are planned in psychiatry, radiology and other specialties. Today there are 47 resident physicians at Mather. That number is anticipated to double by 2018. It is the hospital's hope that some of these residents will choose to stay and practice in our communities.



3 Nurture a Culture of Knowledge & Learning

The presence of medical residents at Mather enhances our culture of learning and knowledge. That culture of learning is supported by the new 1,830-square foot Long Island Anesthesia Physicians (LIAP) Conference Center, which in addition to medical education will be used for professional nurse development and community health seminars. The center is equipped with advanced teleconferencing technology that can connect to experts from around the world for nursing seminars and medical Grand Rounds. As a Magnet™ Hospital, Mather makes nursing and staff education a priority as it leads to better patient care and outcomes. 🌱



(Photo Captions)

Create an Optimal Healing Environment (top to bottom)

In each patient room is a dedicated medication cabinet to store the medications and supplies needed to treat the patient in the room. A wall-mounted computer in the room allows the nurse to enter patient information efficiently at the bedside. An outdoor healing garden is available to patients and their loved ones (center photo) and a large family waiting room provides comfortable seating and ample area for respite.

Ensure There Are Enough Physicians (top to bottom)

To meet the growing shortage of primary care physicians, Mather has started a Graduate Medical Education Program that now has 47 residents. The goal is that some of these new physicians will stay and practice in our community. The new 3 North unit (bottom photo) has telemetry capability to monitor patients' vitals in real time through wireless monitors that can be accessed by medical staff throughout the unit.

Nurture a Culture of Knowledge & Learning

To enhance a culture of learning and knowledge, the new facility includes the 1,830-square-foot Long Island Anesthesia Physicians (LIAP) Conference Center (above) with advanced teleconferencing facilities that can connect with experts worldwide for medical education, professional nurse development and community seminars.



Estate Planning Seminar

R. Matthew Pate, JD, LL.M., of The Nautilus Group, will discuss Estate Planning at a free seminar on Thursday, October 8, 2015 at 7 pm at Mather Hospital.

The presentation will explore wills, trusts, powers of attorney and healthcare directives. Attendees will gain an understanding of how to minimize potential tax and planning pitfalls when leaving certain assets to heirs or charity.

Pate earned his Master's Degree in Law in taxation from Southern Methodist University's Dedman School of Law. He received his JD from the University of Texas School of Law and his BA from Georgetown University. He is a manager within the Nautilus case development unit where he applies his extensive experience in estate and business succession planning, tax issues involving closely held businesses, asset protection and charitable planning arrangements.

The seminar will be held in the Long Island Anesthesia Physicians (LIAP) Conference Center at Mather. To register call 631-686-7877. ☎



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Saturday, December 5, 2015

8:30 am at Mather Hospital

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JOHN T. MATHER MEMORIAL HOSPITAL

Long Island Anesthesia Physicians Conference Center

Registration: 9:15 am; Health Fair: 10 am to 2 pm

Topics include Your Aging Brain, Sleep & Healthy Weight, Cardiovascular Health, Know Your Numbers, Colorectal Cancer, and Financial Planning

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**For tickets: www.matherhospital.org/wheels
or call Mather Hospital's Public Affairs Office at 631-476-2723**

Use cash, Visa, MC, AMEX or Discover to purchase tickets. Please make checks payable to JTM Foundation.

Drawing: Friday, January 29, 2016

12 noon at Mather Hospital, Port Jefferson, NY. Winner need not be present to win. Vehicles will be on display in front of Hospital through December 15, 2015. In the event that less than 3,000 tickets are sold, raffle becomes a 50/50 drawing with the winner receiving 50% of the total dollar amount of net proceeds. Not to exceed \$15,000. Applicable taxes apply. Hospital reserves right to publicly release winner's name and town of residence.

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Community Shows Support for Breast Center

Supporting Breast Health. Two fundraising events held this year raised more than \$140,000 for the Fortunato Breast Health Center. In May, the Families Walk & Run for Hope drew more than 670 walkers and runners and raised \$120,000. Jefferson's Ferry and North Shore Hematology & Oncology Associates were the presenting sponsors for the event. In July, the Sticky Finger Motorcycle Run, which is presented by WBAB and The Great South Bay Music Festival, had 429 riders and generated \$23,353. 



Paint Port Pink

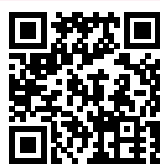


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Details or to register:
www.matherhospital.org/pink
or call 631-686-7878



Lighting the way in the fight against breast cancer.



Awareness.

The Fortunato Breast Health Center supports the American Cancer Society's recommendation that women conduct monthly breast self-exams. Register for our free email reminder service and **we'll send you a monthly reminder.**



Education.

David L. Spector, PhD, of Cold Spring Harbor Laboratory will discuss "Searching for New Ways to Halt the Progression of Breast Cancer." This is a **free seminar** at Mather Hospital on Oct. 29, 2015, 6:30 pm. Registration is required.



Solidarity.

The Village of Port Jefferson, Port Jefferson schools and other community partners join the Fortunato Breast Health Center throughout October as they **Paint Port Pink for breast cancer awareness.**

breast cancer awareness *join us!* events:

10/1, 6:30 pm: Paint Port Pink: Tree Lighting ceremony, Port Jefferson Village Hall. All are welcome. No registration required.

10/1-10/31, 9 am-9 pm: Artists United Against Breast Cancer Art Show by the North Shore Art Guild. Port Jefferson Village Center. All welcome.

10/5, 11 am: Pink Rock Golf Classic for the Fund for Uninsured at Fortunato Breast Health Center. Registration required.

10/23, 7 pm: One Enchanted Evening: Fiftieth anniversary gala benefitting the Fortunato Breast Health Center. Registration required.

10/29, 6:30 pm: Educational Seminar: "Searching for New Ways to Halt the Progression of Breast Cancer" with David L. Spector, PhD, of Cold Spring Harbor Laboratory at Mather Hospital's Long Island Anesthesia Physicians Conference Center. Registration required.

Our thanks to the Village of Port Jefferson, Port Jefferson schools, businesses and organizations for raising breast cancer awareness through their support of Paint Port Pink.

An Artist's Celebration of Victory

The painting depicts a woman atop a mountain, her arms raised in victory. That woman is also the painter, Marge Governale of East Setauket, and she is celebrating not only reaching the mountain's summit, but surviving breast cancer.

"It's a painting of me right after I finished my treatment in October 2013, when I went with my daughter on a trip to Ojai, California," said Governale. The painting

is now part of the **Artists United Against Breast Cancer** juried art show at the Port Jefferson Village Center, which runs through Saturday, October 31. Proceeds from submission fees and a portion of the sale of any artwork sold will benefit the Fortunato Breast Health Center.

Governale's hair in the painting is short, just growing back after chemotherapy. "I had not been exercising. My daughter said 'let's hike,' and I made it to top of that mountain," she said. "It felt so good that I was able to go back to some of the things I loved after my treatment. That was a victory for me."

For years Governale, 54, went for her scheduled mammograms at the Fortunato Breast Health Center. But it was a breast self-exam that found the tiny growth that in April 2013 was diagnosed as cancer. Her grandmother and mother both had the disease and she made the decision to undergo a double mastectomy. In the course of her treatment and recovery, she rediscovered her love of painting, and the art show seemed a natural fit. "I only started painting because I had breast cancer," she said. "In high school everyone said 'she's talented' but I never made anything of it. Good things sometimes come from bad things." 