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# LifeLine

SUMMER 2009

*Caring for Westchester Communities for 100 Years*

## **AFTER TREATMENT CANCER SUPPORT GROUP AT LHC**

**Lawrence Has Help for  
Joint Pain Sufferers**

**100<sup>th</sup> Anniversary  
Gala Nears**





# CUT CALORIES FROM COOKOUT CUISINE

## healthy eating

If you want to learn how to reduce your risk for disease, learn more about Lawrence Hospital Center's diet and nutrition counseling services by calling **914-787-5060**.

**T**he backyard barbecue can be a diet disaster. Here's a plan to offer healthier choices for your next barbecue that won't weigh you and your party-goers down.

### Give Your Barbecue a Meat Makeover

Go lean with protein. Grilling is already a low-fat way to cook. To make the most of it:

- Use 95 percent lean hamburger meat—limit patties to ¼ pound or less.
- Try low-fat turkey burgers.
- Barbecue skinless chicken.
- Choose lean cuts of beef or pork, trim fat, and serve 3- to 6-ounce portions.

### Lower-Calorie Trim Toppers

Pickles, lettuce, tomato, onion, ketchup, and mustard are a good way to go, but hold the mayo unless it's low-fat or nonfat. Skip the cheese unless it's low-fat or nonfat, too.

### Offer Skinny Sides

Potato or macaroni salad and coleslaw can be fat-laden. Instead of preparing potato and

macaroni salad with mayonnaise, dress them with vinaigrette. If making coleslaw, try reduced-calorie mayo instead. German potato salad also is a good option—trade bacon for soy bits and use olive oil in the traditional sweet-and-sour dressing. Other diet-friendly choices include:

- Raw vegetables with low-fat dip, such as hummus or yogurt
- Baked whole-grain tortilla chips and salsa
- Baked beans
- Grilled veggies

### Downsize Those Drinks

High-calorie drinks, such as soda, can bust a diet in a hurry. Instead, offer carbonated water with slices of lemon or a splash of fruit juice, unsweetened tea, and calorie-free diet drinks.

### Fruitful Finish

Grill kabobs made with bite-sized fruit on skewers. Or throw seasonal fruits together for a colorful dessert that's healthy, too. ■

## did you know?

**Age—ages 45 and older for men and ages 55 and older for women—raises heart attack risk. Other factors include smoking, having a personal or family history of heart disease, diabetes, high blood pressure or cholesterol, and being overweight.**



## SUPPORT FOR CANCER SURVIVORS AT LHC

**A**s part of our new Cancer Survivorship program, Lawrence Hospital Center is hosting a special support group for people who have had a diagnosis of cancer and have completed therapy. The After-Treatment Cancer Survivor Support Group offers a time to learn about possible late effects of treatment and what can be done to help. Also, you will have the chance to share with others who have had similar experiences.

Attendees will have the opportunity to ask questions during a discussion period following a presentation. Refreshments will be served, and free parking is available. Cancer survivorship medicine is an emerging field centered

on the health and well-being of patients after treatment for cancer, helping them to manage the challenges that cancer and its treatment can create—physical, emotional, social and spiritual. These are important issues that impact the lives of cancer survivors and their families.

This is a free program available to anyone who has completed therapy, no matter where they were originally treated. If you would like to attend or find out when the next meeting is scheduled, call 914-787-4115. ■

**If you or a loved one would like to learn more about this new service for survivors of cancer, please call us at 914-787-4115.**



### FANS REDUCE SIDS RISK

Infants should be placed on their back for sleep to reduce the risk for sudden infant death syndrome (SIDS). A new study suggests that using a fan in the room might help, too. Researchers compared sleep factors among 185 SIDS cases and 312 infants with similar backgrounds. Having a fan on during sleep was linked to a 72 percent lower risk for SIDS than sleeping in a room with no fan. The effect of the fan was even greater when rooms were warm or the windows were closed.

## REMEMBRANCE AND REFLECTION

### From the President/CEO



Edward M. Dinan  
President/CEO

We are half way through our year-long centennial celebration. It has been a special time of remembrance and

reflection. There have been all kinds of ceremonies and a big birthday party. And, coming up in October we will have our 100th anniversary Gala. The black-tie affair promises to be a blast and raise important funds for the hospital. To learn more about this event, check out the article on page 6.

Thanks to the wonderful advances in medicine, more and more people are surviving cancer. We have found that there is a significant need for services for those who have completed therapy. On this page, I encourage you to read about our new After-Treatment Cancer Survivor Support Group. It's an important resource and one that many people have already discovered.

You can also read about another new service we are offering people who need new joints. Lawrence has launched a new Joint Replacement Center. A Comfort Team made up of experienced and compassionate clinicians can relieve your pain and restore your mobility. Flip the page to find out all about it.



Enjoy the summer and happy reading!

# LAWRENCE HOSPITAL JOINT REPLACEMENT CENTER OPENS

Are you tired of suffering from hip and knee pain? We can help at the new Lawrence Hospital Joint Replacement Center. Our professional and compassionate team has designed a program that provides optimum care close to home.

At the heart of the program is our *Comfort Team*. These experienced caregivers will guide you every step of the way through our program. With on-going education and the latest therapies designed to reduce your pain after surgery, our *Comfort Team* can help patients heal faster and more comfortably. A special diet and expert rehabilitation services mean you can return home and return to a more active lifestyle.

In our program, you and your loved ones, along with the staff, actively participate in your recovery. We believe that partnering with our patients achieves the positive outcome that everyone deserves.

Wellness concepts can help each patient recover quickly in a positive hospital experience. Our attitudes are contagious and our outcomes have been positive. Your new joints can provide years of spontaneous,



**"We're here, to help you get back into the swing of things."  
Some members of the Comfort Team at the new Lawrence Hospital Joint Replacement Center.**

pain-free movement again.

Once you discover you need a new joint, consider the new Lawrence Hospital Joint Replacement Center, the highest quality healthcare—close to home. To learn more, call 914-787-2244. ■

## LAWRENCE CENTER FOR PHYSICAL THERAPY OFFERS FALL PREVENTION PROGRAM

For seniors, falls are one of the greatest causes of serious health problems. More than one-third of adults 65 and older fall each year in the United States. And according to the Centers for Disease Control, for many of them, these falls can often result in hip fractures.

Quite often the cause of a fall can be right in your own home. Throw rugs, curled carpet edges, lack of non-skid surfaces in showers and tubs and poor lighting can result in people falling and getting hurt. Also, some medical conditions may also put you at risk for falls, such as stroke, certain medications, muscle weakness, and gait and balance problems.

At Lawrence, our Physical Therapy department now offers a Fall Prevention program that can reduce your risk of injury. We provide a number of standardized assessments, including the state-of-the-art Biodex Balance System, to determine if you have any balance issues. All you need is a referral from your physician. We can provide a fall risk

screening/assessment to determine if you are at risk for a fall, identify and modify the factors that put you at risk, and provide a gait training and conditioning program to improve your mobility and maintain independence. ■

**For more information  
about the Fall Prevention  
program, please call  
914-787-3370.**

**Joseph Vella, a rehabilitation  
aide, helps patient Frances  
Norton use the Biodex  
Balance System  
in Eastchester.**



# WHAT YOU NEED TO KNOW *at Lawrence Hospital Center*

## LAWRENCE JOINS EFFORT TO IMPROVE RESIDENTS' HEALTH

An historic collaborative effort to get Westchester County residents to exercise more and eat less sodium was unveiled during a news conference at Lawrence Hospital Center in May. Sixteen hospitals and the Westchester County Department of Health have become partners to help community members reduce the amount of salt in their diets and increase their physical activity.

To drive the point home, Lawrence's registered dietitians led a cooking class for cardiac patients and other visitors. Jen Scully and Katie Neumayer encouraged the audience to check labels on the food they buy. Dr. Joshua Lipsman, Westchester County Health Commissioner, reminded attendees at the day's event that the salt shaker is not always the biggest culprit, since sodium can easily sneak into the diet. According to the Lawrence dietitians, we should consume about 2,400 mg of sodium in our daily diets. However, most people are surprised to discover that they ingest more like 5,000 to 10,000 mg of salt a day.

Lawrence's Food Services department has also launched their new "Wellness and You"



Lawrence dietitians share diet advice with cardiac patients and other guests during the announcement of the New York Prevention agenda.

program, which provides healthier food choices and "wellness certified" meal options inside the hospital's recently renovated cafeteria, the Courtyard Café. For more information about nutrition and diet services at Lawrence, call **914-787-5060**.

## TREE-PLANTING CEREMONY SALUTES 100 YEARS OF CARING

Lawrence Hospital Center first opened its doors Memorial Day Weekend 1909. And to commemorate that moment in history, a special tree-planting ceremony was held on the hospital's front lawn. Staff and local dignitaries came out to pay homage to the hospital's founders and their vision to bring healthcare to the region. CEO and President Edward M. Dinan thanked the hospital's current medical staff, employees and community members for their dedication and support of the hospital. He also received special proclamations recognizing Lawrence as an important community resource and its century of service. Congratulations Lawrence!



Lawrence President and CEO Edward M. Dinan (left) with Yasmin Salih, an aide to Sen. Jeffrey Klein, Bronxville Mayor Mary Marvin and Joe Donat, an aide to Congresswoman Nita Lowey, at the hospital's dedication ceremony.

## Speak Up Before Your Surgery

Surgery can save your life. But going under the knife is scary. Don't be afraid to voice your concerns before you enter the operating room.

Ask your surgeon these questions:

- Why do I need surgery? Operations can pinpoint a problem, improve the way your body works, or reduce symptoms. Find out how yours will help your medical condition.
- What risks are involved? Every procedure involves some chance of complications or side effects.
- Are there other treatment options? These might include medicines, lifestyle changes, or watchful waiting.
- What are your qualifications? Find out about your surgeon's training and board certification.
- How long will I be in the hospital? You might stay over one night or longer, or you may go home right after your operation.
- How long will my recovery period last? Find out what your life will be like in the short and long term.
- Is there anything else I should know about this procedure?

Consider taking a friend or family member along to take notes and remember details.



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## LAWRENCE HOSTS EXOTIC GALA TO CELEBRATE 100 YEARS



Lawrence's first fundraiser, in  
1909, at the former Gramatan  
Hotel in Bronxville.



For nearly two years, Gala  
Co-Chairs Georgia Gogel, Jill  
Rappaport, Christine Fitzgibbons,  
Jennifer Hyde and Jennifer  
Mackesy have been planning  
Lawrence Hospital Center's  
100th anniversary bash.

A century ago, when Lawrence Hospital Center first opened its doors, there was a festive bridge party to raise funds for the newly minted community hospital and celebrate its debut. Fast forward to today, to another historic fundraiser, a Moroccan-style gala that promises to dazzle and entertain those who attend.

Gala co-chairs Christine Fitzgibbons, Georgia Gogel, Jennifer Hyde, Jennifer Mackesy, and Jill Rappaport have been hard at work for two years planning the party of the century! Joining them are our Physician Co-Chairs Valarie Overton, M.D., Mitchell Fishbach, M.D., and Kerry and Michael Morelli, M.D.

Lawrence Hospital Center's Centennial Gala will be held on Saturday, October 3 at Panorama Flight Services Hangar at Westchester County Airport. The hangar will be transformed with festive Moroccan-inspired décor by Elegant Effects in Floral Design to celebrate Lawrence Hospital's 100 years as the jewel of the community. This creative black-tie event will feature music by TopSpin Entertainment, catering by Matt Miller Culinary Productions and wines specially selected by Alfredo Cruz of The Wine and Spirits Emporium of Bronxville.

Auction Co-Chairs Lisa Smith Barr, Jennifer Wilson-Buttigieg, and Kimberly Wilson Wetty have assembled a spectacular

array of items that will entice you, such as Super Bowl 2010 tickets and lodging at Miami Four Seasons, first class British Airways R-T tickets to London with stays at Claridges and The Connaught, a round of golf with NFL Commissioner Roger Goodell, dinner for four at the ultra-exclusive Rao's Restaurant and much more. Spurring on the excitement will be Sotheby's Auctioneer Gary Schuler.

Anyone can take a chance on the two exciting raffles we offer. Experience the comfort, convenience and renowned yellow-tie service aboard a Cessna Citation private jet. With the purchase of a \$500 raffle ticket, you have the opportunity to win a 10-hour CitationShares Vector JetCard valued over \$50,000. And \$100 will buy you a chance to take home a pretty fishbowl containing over 50 fabulous items donated by local and city vendors, totaling up to \$10,000 in value.

Also, you can honor the hospital's birthday or pay tribute to someone special by placing an ad in the Anniversary Album, co-chaired by Joan Henle and Maria Wein Devaney. ■

**Don't miss the party of the century!** For ticket information, sponsorship opportunities, journal ads, or other info, please call Rosanne Alonzi at 914-787-5003. View auction items online at [www.lawrence100gala.org](http://www.lawrence100gala.org).

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