

COMMUNITY HEALTHLINE

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WOMEN'S HEALTH CENTER Designated an ACR Breast Imaging Center of Excellence

HUNTINGTON HOSPITAL'S Women's Health Center has been designated a Breast Imaging Center of Excellence by the American College of Radiology (ACR).

"This certification assures our patients that when they choose Huntington Hospital's Women's Health Center for their breast imaging studies, they will receive the highest level of care," said Judy F. Koles, RN, OCN, CBCN,

Coordinator of the Women's Health Center.

Breast Imaging Center of Excellence status is awarded by the ACR to centers that have earned accreditation in mammography, stereotactic breast biopsy, and breast ultrasound (including ultrasound-guided breast biopsy).

To achieve the ACR Gold Standard of Accreditation, the Women's Health Center under-

went a rigorous review process. Every aspect of the ACR accreditation process is overseen by board-certified radiologists and medical physicists in advanced diagnostic imaging. These evaluations, conducted in each breast imaging modality, have determined that the Women's Health Center has achieved high standards in image quality, personnel qualifications, equipment, quality control procedures, and quality assurance programs.

The ACR is a national professional organization serving more than 34,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

Huntington Hospital's Women's (CONTINUED ON PAGE 7)

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Women's Health Center staff perform a stereotactic biopsy.





A MESSAGE FROM KEVIN F. LAWLOR

Huntington Hospital's President & CEO

HERE AT HUNTINGTON HOSPITAL, October is the time to break out the pink ribbons in recognition of Breast Cancer Awareness Month. According to the American Cancer Society, breast cancer is the leading form of cancer in women in the United States, and the second leading cause of cancer death. In 2011, the ACS estimates that more than 230,000 women will be diagnosed with invasive breast cancer, and 39,000 women will succumb to the disease. There is good news, though. Breast cancer death rates are declining, and experts credit early detection and improved treatments with this success.

In this issue of HEALTHLINE, you will read about our Women's Health Center's recent designation as a Breast Imaging Center of Excellence by the American College of Radiology (ACR). Our Women's Health Center provides comprehensive diagnostic and screening services for breast abnormalities. Our expert staff includes Drs. Gita Khilnani and Marilyn Wong, two well-known and highly respected mammographers. Equipped with state-of-the-art digital mammography machines as well as magnetic resonance imaging (MRI) and ultrasound, the Center also offers

stereotactic biopsy, bone density testing, and high-risk pregnancy services. Patients are reassured every step of the way by Coordinator Judy Koles, RN, CBCN, an oncology-certified nurse with many years of experience who recently became one of a (CONTINUED ON PAGE 12)



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COMMUNITY HEALTHLINE

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IN CASE OF EMERGENCY

There's a New Number to Remember

T'S A NUMBER that we are taught from childhood. Dial 9-1-1 in an emergency. Now there's a new number to remember...719-5000. Dialed from either a (516) or (631) area code, that number will put you in touch with the emergency response hub of the nation's second largest integrated healthcare delivery systems — North Shore-LIJ's Center for Emergency Medical Services (CEMS).

North Shore-LIJ's CEMS is equipped to respond to any emergency medical situation, providing transport in a fully equipped ambulance to the hospital of your choice. This is beneficial to patients whose physicians are not affiliated with the hospital nearest their homes.

"Patients do have a choice of where our ambulance will take them," said [Jonathan Washko](#), Assistant Vice President of the CEMS. "So, for example, Smithtown residents who wish to be transported by ambulance to Huntington Hospital where their doctors practice can call us and we will take them to Huntington, as long as it is safe, appropriate and within local protocol to do so."

Patients who call this number will be fully assessed through a process called telephone triage by a professional first responder. All CEMS dispatchers are trained emergency medical technicians (EMTs) and paramedics with additional



Ambulances are fully equipped for advanced life support.

emergency medical dispatch training.

Sitting in a state-of-the-art communications center at CEMS headquarters, CEMS dispatchers use sophisticated computer tracking systems to determine precisely how long it will take for a North Shore-LIJ ambulance to reach the caller's location. In the event of a life-threatening emergency, if a CEMS ambulance cannot reach the patient within an acceptable amount of time, the dispatcher will automatically contact the closest volunteer ambulance company to arrange for them to respond. CEMS personnel are also trained and qualified to teach callers to manage the emergency

until help arrives. While on the telephone, they can teach callers to provide emergency first aid, perform life-saving techniques such as cardiopulmonary resuscitation (CPR) or even deliver a baby if necessary.

With a fleet of more than 100 plus vehicles and a staff in excess of 500 EMT/paramedics, the CEMS covers all five boroughs of New York City as well as Nassau and Suffolk Counties. Ambulances are strategically located throughout Long Island in order to ensure timely response to emergency calls throughout the region.

As part of North Shore-LIJ, the CEMS keeps a sharp focus on the quality of the services it delivers.

"We carefully measure our response times as part of our commitment to providing the right care to the right patient within the right amount of time," said Mr. Washko. "We make sure that we respond to each call by sending the closest, most appropriate ambulance."

Private and government insurance cover the cost of emergency ambulance transport, with out-of-pocket fees incurred only for mileage that exceeds certain parameters.

In an emergency, minutes count. So does the skill and expertise of the first responder. Remember 719-5000 to connect you and your loved ones to the professional team of emergency responders from North Shore-LIJ. //



The CEMS Control Center, a state-of-the-art facility.

Huntington Named One of New York State's Safest Hospitals

THE NIAGARA HEALTH Quality Coalition, a respected, independent source of healthcare quality information, has placed Huntington Hospital on its 2011 list of America's Safest Hospitals. Huntington is one of only 24 hospitals in New York State to be listed. In addition, Huntington was cited on Niagara's Honor Roll for exceeding national benchmarks in treating heart attack, congestive heart failure, and stroke patients.

To be placed on the Safest Hospitals list, facilities were evaluated on a variety of criteria, including mortality rates, patient safety indicators, participation in national safety initiatives, and adverse events. Niagara selected the top 15 percent of hospitals for the Honor Roll, but it excluded hospitals that scored in the

bottom 50 percent of the Watch List or had more than two "worse than average" scores. Honor Roll recognition is given to hospitals that have treated a minimum of 30 cases in each area, and achieved a risk-adjusted mortality rate that is statistically significantly lower than the state average.

"Patient safety and healthcare quality are our top priorities here at Huntington," said Michael Grosso, MD, Sr. Vice President of Medical Affairs. "We continually re-evaluate our procedures to ensure that we deliver care that is safe, appropriate, and evidence-based in order to provide our patients with the best possible outcomes."

Through its website, myHealthFinder.com, Niagara provides patients with information to help evaluate the quality of hospitals and healthcare providers. It is an

independent organization that does not accept funding, revenues, consulting fees, advertising fees or donations of any kind from the providers it rates. For additional information or to see the full list, please visit <http://www.myhealthfinder.com/newyork11/hroll.php#safest>. //

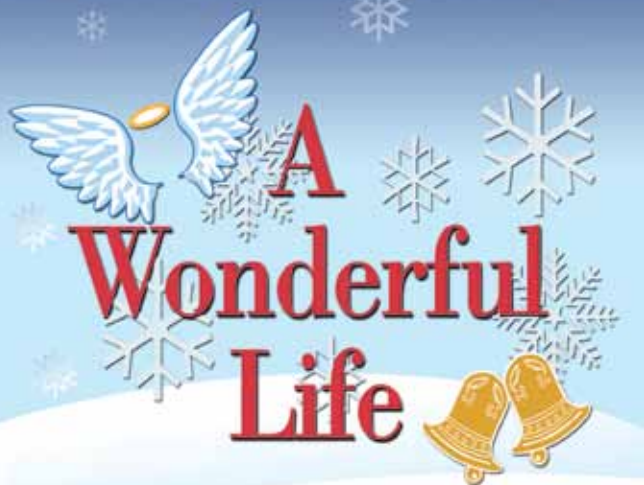


Huntington Hospital has one of the lowest mortality rates in the region.

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Townwide Fund Supports Dolan Family Health Center

(Left to right) Vita Scaturro, Chair, Grants Committee, Townwide Fund, and Michael Mule, President, presented a \$7,000 donation to Dolan Family Health Center Administrator Terence Smith and Medical Director William Gehrhardt, MD. The grant will be used to offset Suffolk County funding eliminated in the current budget year which enables the Center to provide free and reduced rate primary healthcare to the medically indigent in Huntington.

AT 5-YEAR MARK, Hospitalist Program Proves its Worth

FIVE YEARS AGO, the term “hospitalist” was unfamiliar to most people. Today, hospitalists, specialists in taking care of hospitalized patients, are in existence at 80% of America’s hospitals, and the field has spun off new subspecialties — nocturnists and intensivists. As was the case five years ago, Huntington Hospital is on the leading edge of this trend, with a well-established Hospitalist Program that has grown in scope and achieved significant results in enhancing the care provided to patients.

Led by Nick Fitterman, MD, the Hospitalist team has grown from four full-time equivalents to 24, including two nocturnists (hospitalists who are on-site during the overnight hours) and three physicians — Samar Raza, MD, Associate Director; Valeriy

Kraydman, MD; and Saquib Ibrahim, MD, who will pilot an intensivivist program, managing the care of frail elderly patients as they transition from the hospital to a nursing home or other sub-acute facility.

Hospitalists assume responsibility for the care of patients who are admitted to the hospital, freeing the community-based physician to care for patients in the office setting. Close communication is vital to the success of the program. Hospitalists are committed to sharing information with the patient’s community-based physician so that the patient’s recovery continues according to the care plan developed in the hospital even after he or she transitions to home or to a rehabilitation center or nursing home.

“We now partner with more

than 100 community-based physicians to take care of their patients while they are hospitalized, representing 85% of our inpatients,” Dr. Fitterman noted.

Hospitalists are embedded throughout Huntington Hospital. “They are helping to draft policy and lead quality improvement

efforts,” said Dr. Fitterman.

Hospitalists serve on various committees. For example, Adrian Guran, MD, sits on the Stroke Committee; Leonid Lipkin, MD, is on the Pharmacy and Therapeutics Committee; and Dr. Ibrahim serves on the

(CONTINUED ON PAGE 14)



Hospitalists include (back row, left to right) Leonid Lipkin, MD, Valeriy Kraydman, MD, Samar Raza, MD, Adrian Guran, MD, Bobby Chandok, MD, Saquib Ibrahim, MD, Anthony Intintoli, MD, Faruq Ahmed, MD, Vinu Kurian, MD, Nick Fitterman, MD; and (front row, left to right) Sarah McTighe-Khan, DO, Sejal Patel, MD, Cristina Pruzan, MD, Nina Alexandrova, MD, Neha Pawar, MD, Chantale Vante, MD, Jessie Phillips, MD. (Missing: Pedro Baez, MD, Michael Bishai, MD, Peter Karamanlakis, MD, Janet Parsell, RPA-C-I)

Nurses Committed to Becoming an 'ELDER-FRIENDLY' HOSPITAL

HIS YEAR, the first members of the Baby Boomer generation turned 65, setting off an unprecedented wave of new retirees, Medicare recipients, and healthcare consumers. Baby Boomers, those born between 1946 and 1964, have redefined American culture at every stage of their lives, and their senior years promise to be no different. As they reach the golden years, the health care system needs to adapt in order to be prepared to provide the healthcare services that they are likely to need — and demand.

In 2007 the Institute of Medicine issued a report: "Retooling for an Aging America: Building the Healthcare Workforce." It recommended, among other things, focusing the skills and training of the healthcare workforce on caring for elderly patients. Huntington Hospital's nursing staff has done just that, responding enthusiastically to a challenge issued by Myrna



Myrna Myers-Laque, RN, EdD

Myers-Laque, RN, EdD, Vice President, Nursing and Chief Nursing Officer. She wanted 100 nurses to become board certified in gerontology, the specialty area that is concerned with providing care to the elderly.

This year, that milestone was surpassed. One hundred and four registered nurses at Huntington have earned their gerontology certification, and several more are preparing to take the examination to achieve certification.

Diane Peyser, RN, Director of Staff Development, played a key role in achieving this milestone. Several times each year, she teaches a review course to prepare nurses to take the test.

"Orienting ourselves toward providing appropriate care to elderly patients is so important, but it could also mean something as simple as ensuring that they are able to hear everything that their caregiver says," Mrs. Peyser commented. "We as nurses need to be aware of the challenges that older patients face."

Taking steps to ensure that hospital rooms are configured and procedures are in place to prevent falls is another critical consideration.

"Some diseases manifest differently in the elderly, and we need to understand those differences in order to properly diagnose and treat older patients,"



Diane Peyser, RN

Mrs. Myers-Laque continued.

For example, heart attack symptoms may be more subtle in the elderly. Rather than experiencing crushing chest pain, an older patient may complain of jaw, arm or neck pain. Another difference is normal body temperature, which in a healthy adult is 98.6 degrees. An elderly person's normal body temperature often drops by one to one-and-a-half degrees. That means that at 98.6 on the thermometer, an older person may actually be running a fever.

Another issue is dementia. Mrs. Myers-Laque maintains that when an older person who appears confused is brought to the emergency department, the first question that should be asked is, "How long has he been this way?" Sudden onset of confusion can indicate an infection or be a side effect of a medication interaction rather than a sign of dementia.

Challenges can arise in all areas of the hospital. Mrs.

Myers-Laque pointed out that advances in anesthesia delivery and surgical techniques have made surgery safer for patients in their 90s and beyond — something that was unheard of years ago. Yet frail elderly patients require special care and handling in the operating room because their skin and bones may be easily injured during positioning.

According to the federal government's Administration on Aging, the number of Americans 65 and over is expected to increase 36 percent in the next ten years, from 40 million in 2010 to 55 million in 2020. The number of those considered to be "frail elderly" — 85 and over, is projected to increase from 5.7 million in 2010 to 6.6 million in 2020. And centenarians — those 100 years or more, will grow from 100,000 today to 1 million by 2030. Not surprisingly, those over 65 stay in the hospital at a rate that is three times that of Americans overall.

"Our hospital's largest group of healthcare workers is registered nurses," concluded Mrs. Laque. "We need to embrace and understand care of the elderly so that we can feel confident taking care of them and pass that confidence along to them and to their families. This has become a passion for us." //



With so many surgical options available, true surgical weight loss success begins with expert guidance. The bariatric team at Huntington Hospital specializes in laparoscopic gastric bypass, lap band and corrective weight loss surgery, in addition to being one of the first groups on Long Island to perform the innovative sleeve procedure. Each member of our team is dedicated to working closely with you to determine which minimally invasive course of treatment will work best with your individual needs. Call (855) 855-4448 to register for one of Huntington Hospital's free introductory seminars and discover a weight loss strategy that fits.

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Dr. David Buchin
Huntington Hospital –
Director of Bariatric Surgery



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Call (855) 855-4448 to meet your weight loss surgeon or visit hunthosp.org/bariatric for more information.

Cover Story (CONTINUED FROM PAGE 1)

Health Center is uniquely staffed by a registered nurse who is also a certified breast care nurse (CBCN). **Judy Koles**, RN, OCN, CBCN, serves as the Center's Coordinator and helps navigate patients through the diagnostic process. Two Board-certified mammographers, **Gita Khilnani**, MD, and **Marilyn Wong**, MD, interpret mammography results and perform stereotactic biopsy procedures, which may be performed under mammographic,

ultrasound, or MRI guidance.

The Center offers fully digital mammography services, breast ultrasound and breast magnetic resonance imaging (MRI) for diagnostic and screening exams. It was the first center in Suffolk County to perform stereotactic needle biopsy. In addition to breast imaging services, the Women's Center provides antepartum testing and high-risk obstetrics, bone density testing,



The team celebrates receipt of the ACR Award.

reproductive medicine and nutritional counseling. For additional info or to schedule an appointment, please call 631-351-2564. //

FORGETFUL? HERE'S HELP...



YOU JUST WALKED into a room and cannot remember what you came in for...again. Your friend stops talking mid-sentence, unable to find the right word, and jokes that she is having a "senior moment." Regardless of your age, educational level, occupation, or IQ, at some point you will forget something, and you may wonder if

these occasional memory lapses are normal or an ominous sign of a serious brain disorder.

You can probably relax. Experts say that the problem is not so much that we become forgetful as we age, but that our brains process information in different ways at different ages. So while a young person's brain is biologically wired to absorb large

volumes of new information, with little ability to sort, analyze or use the information in a meaningful way, the reverse is true in older adults. By middle age, our brains surpass a younger person's in analytical ability, wisdom, judgment and decision making.

"So in middle age you may have to read an article twice, and still may have difficulty remembering factual details, but your brain is busy integrating the information with your experience to find meaning and relevance," said Max Rudansky, MD, a neurologist who is also board-certified in neuropsychiatry and behavior neurology and who has special interest and expertise in memory and cognition.

Because our brains are evolving throughout our lifetimes, they actually develop in response to the demands and expectations we place on them.

"Your brain depends on you to tell it to what degree to develop circuitry," Dr. Rudansky maintains. "So if you challenge yourself, if your cognitive abilities are valued, and you expect to remain sharp and engaged, your brain will develop

RESOURCES

If you are concerned that your memory loss may be more serious, a cognitive evaluation by a neurologist may be required. Call (855) 855-4448 for a referral to a Huntington Hospital neurologist.

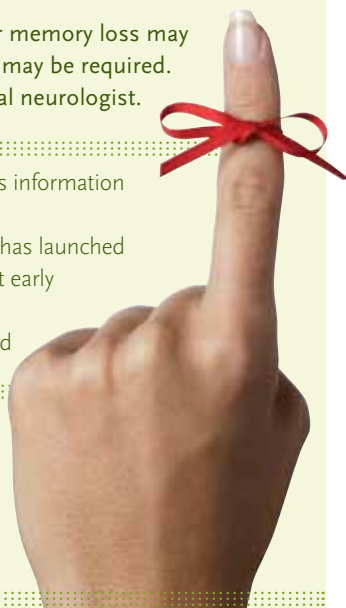
ONLINE

- ▶ **rudanskyandwinter.com** Dr. Rudansky's practice provides information about the diagnosis and treatment of memory problems
- ▶ **earlysymptomsalzheimers.com** Roche Pharmaceuticals has launched a new website for patients and caregivers concerned about early Alzheimer's disease
- ▶ **alz.org/longisland** Alzheimer's Association of Long Island

PROGRAMS

Dr. Rudansky offers a Memory Diagnostic and Treatment Center to teach patients strategies to improve and preserve memory, and more importantly, maintain social and creative abilities that are essential to quality of life.

- ▶ **For additional information call 631-351-1250.**



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AND HOPE

WORKOUTS FOR YOUR BRAIN AT EVERY AGE

An age-by-age guide to keeping your mind sharp now and in the future.

resources to meet those expectations.”

This “self-fulfilling prophecy” explains in part why there is less evidence of age-related decline in cognitive abilities in China and other cultures where elders are viewed with more deference and respect than they are here.

A growing body of research into Alzheimer’s disease and other disorders that affect memory and cognition shows a strong link between cardiovascular health and memory. In fact, Dr. Rudansky says this relationship is even more important than family history in influencing the onset of Alzheimer’s.

“Now we are taking a page out of the cardiologists’ playbooks,” he said. Maintaining a healthy brain is another important reason to exercise, maintain a healthy body weight, eat a Mediterranean diet, control blood pressure, control blood sugar, and avoid cigarette smoking.

“The brain is a glorified muscle,” Dr. Rudansky said. “If you run up a flight of stairs and become winded, you don’t assume you have emphysema. You assume you are out of shape. The same is true of your brain. Without stimulation, the brain becomes deconditioned. For many, “forgetfulness” is merely a loss of “psychic endurance,” and not the onset of Alzheimer’s disease.” //

20s TO MID-30s

STRENGTHS: Learning, developing powers of concentration, and the ability to multi-task.

THIS IS THE TIME TO: Learn new things, attend school, establish a career.

REMEMBER TO: Develop good lifestyle habits, engage in regular exercise, focus on nutrition, avoid repetitive head injuries, develop your creativity.

LATE 40s TO LATE-50s

STRENGTHS: Creativity and intellect

THIS IS THE TIME TO: Avoid becoming socially marginalized, engage in communal activities, travel.

REMEMBER TO: Look for mental stimulation, engage in social relationships, foster your creativity. Develop or continue hobbies. Challenge yourself by taking your current interests to the next level.

LATE 30s TO MID-40s

STRENGTHS: Using knowledge in socially meaningful ways, understanding dynamics, translating and applying knowledge to family, social and professional interactions.

THIS IS THE TIME TO: Mentor somebody, share experience, bring into full maturity your social and professional goals and aspirations.

REMEMBER TO: Take cardiovascular factors seriously. Avoid smoking, treat mild hypertension, focus on your emotional well-being. Don’t rest on your laurels, but keep learning.

60s AND 70s

STRENGTHS: Social and intellectual maturity to share with the next generation.

THIS IS THE TIME TO: Assume the role of patriarch or matriarch in a family that values your expertise. Make a difference.

REMEMBER TO: Stay socially connected, stay engaged. Maintain physical activity. Find a purpose in life.

School Supplies for Children in Need

(Front row, left to right) Juliet Alvarez, 10, Sophia Alvarez, 5, Christian Pozuelos, 7, and Melanie Alvarez, 7, were among the 150 local children who took part in Huntington Hospital’s Dolan Family Health Center annual school supply distribution. The children posed with (back row, left to right) Dolan Center nurse Donnamarie Flumignan, their mom, Irma Pozuelos, Dolan Center nurse manager Kathy Giffuni, RN, Bushra Dano, Branch Manager of the Huntington Branch of Astoria Federal Savings and Dolan Center medical assistants Carmen Montero and Mireya Castillo (second from right and right). Dolan staff members raised \$2,000 to purchase backpacks, pens, pencils, calculators, and other classroom essentials to help ensure that their pediatric patients begin the new school year equipped to learn. Astoria Federal supported the effort by donating cartons of binders, pens, and other necessities.



GOLF CLASSIC RAISES More Than \$200,000 FOR INTERVENTIONAL RADIOLOGY SUITE

ES **PITE** A slight chill in the air and overcast skies, October 3 was the perfect day to play golf, especially for a good cause. That's exactly how more than 200 Huntington Hospital supporters spent the day, teeing off at both Huntington Crescent Club and Huntington Country Club for the hospital's Annual Golf Classic. Proceeds from this year's event, which exceeded \$200,000, will go toward construction of a new interventional radiology suite.

The rain held out until play was complete, and golfers gathered at Huntington Crescent Club for a cocktail reception and awards dinner. Exciting raffle prizes and a live auction of one-of-a-kind trips and merchandise, offered by celebrity guest auctioneer, NHL Hall-of-Famer Clark Gillies, were highlights of the evening.

"We are tremendously grateful to all those who supported our outing this year," said hospital President and CEO Kevin F. Lawlor. "Funds raised through this event will help us provide cutting-edge image-guided treatments in the interventional radiology department."

Golf Classic Chairman Alan Kisner, MD, Chief, Plastic and Reconstructive Surgery at Huntington Hospital, and a hard-working committee expressed their gratitude to the golfers, donors, volunteers and sponsors who helped ensure the day's success. //

1 > The foursome taking second place honors at Huntington Crescent Club included **Bryan Daddio, David Dobbins, Rob Hagedorn** and **Kyle R. Mostransky**.



2 > **Sam Fisher** won the award for longest drive at Huntington Country Club

3 > **Diane Dobbs** received the closest to the pin award for women at Huntington Country Club.

4 > The first place foursome at Huntington Crescent Club included **Jeff Ettinger, PJ Cowan, Peter Wright** and **Christopher J. Barber**. **Peter Wright** also won closest to the pin.



5 > Third place winners at Huntington Country Club **Vincent Nesi, Paul Kisner, David Slaven** and **Steven H. Slaven**. **Paul Kisner** also won closest to the pin. 6 > First place winners at Huntington Country Club were **David Collins, Jim Phelan, Frank Terry** and **Russell J. Myers**. 7 > Second place winners at Huntington Country Club were **Terence**



6



7



8

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Smith, Robert Scanlon, MD, Nick Fitterman, MD, and Jack Mateyunas. 8 > Yvette Loughlin took home the prize for longest drive by a woman at Huntington Country Club.

Breast Friends Forever Celebrates Th



Gail Probst, RN, AOCN, Director of Cancer Services (back row, left) and Judy Koles, RN, CBCN, Coordinator, Women's Health Center (back row, right) congratulated women who contributed their story to the booklet. (Back row, left to right) Nancy Anderson, Pauline Costello, Fran Monahan, Wanda Villalon, Marie Seliger, Janine Eckstein, Jean Carratu and (front row, left to right) Amy Koreen, Edie Sommer, Toni Lico, Barbara Scholl, and Helen Reichert.

THEY RANGE IN age from their 30s to their 70s. Some are married, others are single. Some are mothers and grandmothers, others are childless. Some have challenging careers, others are active volunteers. Twenty years ago, this group of women joined a club they never wanted to join. Each had been recently diagnosed with breast cancer, and Gail Probst, RN, AOCN, then the oncology clinical nurse specialist at Huntington Hospital, invited them to attend the hospital's new breast cancer support

group. After meeting for five years, Ms. Probst informed the group that they were ready to move on, and that she would no longer be able to meet with them monthly. By then, their bond was too strong to be broken. They decided to continue the group on their own.

With group member Toni Lico taking the helm, the group continues to meet monthly. Over the years they have become more than support group members — they have become good friends. They have been together through good times and bad...through

Message from the President

(CONTINUED FROM PAGE 2)

handful of certified breast care nurses in the country.

In recognition of Breast Cancer Awareness Month, this publication also includes a story of hope and triumph over this disease. Above you will read about a remarkable group of women whose breast cancer diagnoses led to enduring and inspirational friendships.

Recognition of our Women's Health Center by the American College of Radiology is an excellent indication of our commitment to high quality care. This commitment can be observed throughout the hospital, and is evidenced by other objective agency ratings. The Niagara Health Quality Coalition recently placed Huntington on its list of the nation's Safest Hospitals. See the

story on page 4 to learn more.

One major factor contributing to our high quality outcomes has been our Hospitalist Program, now in its fifth year. You can read about the positive impact this program has had on patient care at our hospital on page 5.

Another essential group of professionals who contribute to our reputation for quality is the nursing staff. Recognized by the American Nurses Credentialing Center as meeting the extremely high standards it has established to be named a Magnet hospital (and the only Long Island hospital to achieve Magnet designation two consecutive times), our nursing staff demonstrate their professionalism, compassion, and knowledge in innumerable ways. Whether

pursuing subspecialty certification in gerontology to enhance their skills in caring for our frail elderly patients as highlighted on page 6, incorporating the tenets of holistic nursing into their practice (see page 16), working on initiatives to improve patient safety, running a support group or participating in a health fair or screening in the community, Huntington Hospital nurses epitomize the ideals of nursing excellence. We are fortunate to have them.

Whatever the season, whether you are wearing pink in recognition of Breast Cancer Awareness Month, shoveling mounds of white snow, dodging spring raindrops, or basking in the blue skies of summer, Huntington Hospital will be here for you, your family and neighbors. Stay well! //

The Triumph of Hope over Breast Cancer

new diagnoses, surgeries and treatments, through children's graduations and weddings, the birth of grandchildren, the loss of loved ones. They have

supported one another in countless ways.

This year, in honor of their 20th anniversary, the core group of 12 accomplished a

major goal, creating a booklet that tells their stories. The collection of essays includes the first-person account of each of the 12 group members, plus

essays from two of their husbands. Personal messages from Gail Probst, who is now Director of Cancer Services at Huntington, and Judy Koles, RN, OCN, CBCN, Coordinator of the Women's Health Center, are included.

As an indication of their commitment to one another and the project, group member Helen Reichert and her husband, Charles, generously underwrote the costs of producing the booklet.

While telling their stories was cathartic for the women, they approached the project with the goal of helping others who are newly diagnosed.

"We were grateful to have the opportunity to tell our stories as survivors, and hope that reading about our experiences will help others as they travel this difficult path," said Mrs. Lico. "We are living proof that there is still hope and life after breast cancer."

"Through these women's stories you can see the passion, hope and celebration of life that comes from the experience of having breast cancer," said Ms. Probst.

"It is my hope that women who read these stories will see the light at the end of the tunnel and know it really does get better with time, support and hope." //



The poster features the Maddaloni Jewelers logo at the top, with the event title 'Festival of Watches' in a large, elegant script font. Below the title, it reads 'ANNUAL GATHERING OF WATCH ENTHUSIASTS Showcasing Exclusive & Limited Edition Timepieces'. A central illustration depicts the exterior of the Maddaloni Jewelers store, a two-story building with large windows and a sign above the entrance. The event details are listed below the illustration: 'FRIDAY 11/11/11 7:00pm - 11:00pm'. At the bottom, it lists activities: 'Hors d'oeuvres • Raffles • Door Prizes • Wine & Beer Tasting • Cigars', notes that raffles benefit North Shore LIJ Huntington Hospital, and provides the contact information: 'Space is limited...RSVP 888.999.4038', 'A One-of-a-Kind Opportunity to Meet the Leading Watch Manufacturers and Experts in the Complex World of Timepieces.', and '1870 East Jericho Turnpike • Huntington, NY 11743 www.maddaloni.net'.

Hospitalist Program Proves Its Worth (CONTINUED FROM PAGE 5)

Congestive Heart Failure Task Force. Dr. Kraydman, Dr. Lipkin, Anthony Intintoli, MD, Associate Director, and Peter Karamanlakis, MD, were part of a team of hospitalists who worked closely with the Information Technology Department to develop and pilot test the electronic medical record (EMR).

"These initiatives have helped us improve efficiencies of care while achieving one of

the lowest mortality rates for hospitalized patients in the region," said Dr. Fitterman.

Among the other benefits of the program are community based doctors' offices that run smoother because physicians are less likely to be called to the hospital to respond to emergencies. In addition, because hospitalists are always present in the building, nursing staff, patients and families can

easily access a physician to discuss patient care and progress. Also, the round-the-clock presence of hospitalists means that patients can be discharged as soon as they are ready to go home, freeing up hospital beds for those waiting to be admitted in the emergency department.

"When a problem arises, we are just a phone call away," said Dr. Fitterman. //



Preventing a heart attack begins by aligning yourself with a highly skilled team of cardiac experts. Huntington Hospital gives you direct access to renowned cardiologists and related specialists, while our status as a Magnet Hospital means you'll be cared for by some of the top nurses in the country. Preventing an emergency, however, is always better than surviving one. Call (855) 855-4448 to get connected with the team that's right for you.

"Unfortunately, too many people meet me like this."

— Kristyn Hickey, RN

C A R D I A C S E R V I C E S

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Shore **LIJ** Huntington Hospital
Hope lives here.™

Call (855) 855-4448 to find a physician. Or visit hunthosp.org/cardiac for more information.

Fourth Annual Loughlin Charity Golf Open

BENEFITS HUNTINGTON HOSPITAL

HUNTINGTON HOSPITAL was the beneficiary of the fourth annual Jim & Yvette Loughlin Charity Golf Open. Held on Monday, September 12, 2011 at Indian Hills Country Club, the outing was attended by more than 120 golfers and raised \$118,000

toward construction of One SouthWest, a new 13-bed medical/surgical patient care unit.

“The mission of The Loughlin Charity Golf Open is to raise money for the benefit of non-profit organizations that do outstanding work improving the quality of life, education

and health of people in need throughout the world,” said Yvette Loughlin. “Each year, we choose a different organization. Our event has grown each year, and this year’s event was even more successful to support the vital services provided by Huntington Hospital.”

“We are proud to support the renovation and construction of a new patient-care unit at Huntington Hospital,” said James J. Loughlin, Jr., managing director of Loughlin Management Company.

Major sponsors of the Loughlin Charity Golf

Open included LM+Co; Rothschild, Inc.; Fischer & Company; Chimark Partners; Kaye Scholer LLP; Mr. John Krupar; SSG Capital Advisors, LLX; Forchelli, Curto, Schwartz & Mineo, LLP; Marshs; and Marcel Frey–New York Life Insurance. Sponsorship support was also provided by Owen Blicksilver Public Relations, Inc.; Habberstad BMW; Golf & Body; UBS Financial Services; Smallberg Sorkin & Co., LLP; Dr. Robert Matlach, and Saunders/Monahan–Morgan Stanley Smith Barney, among other generous donors. //



1



2

1 > Yvette Loughlin, Chuck Lobdell, Carol Makovich, and Marina Villegas.

2 > (Standing, left to right) Sue Chrenc, Muffin Tomlinson, Bonnie Filshie, Sue Lucido, Helen Murphy and Mary Loughlin. (Seated, left to right) Terry Sweeney, Barbara Duffy and Linda Cavalier.



4

3 > Jim Loughlin and Bob Monahan.

4 > Pat Tierney, Keith Bowman, Jim Loughlin and Steve Hancock.



3

Council for Holistic Nursing Focuses on HEALING MIND, BODY AND SPIRIT



AINST THE bustling backdrop of a busy hospital, holistic nurse Judy DiBartolo is an oasis of calm.

“I believe that every single minute, we can make a deep, energetic connection with our patients by giving them our full attention, being mindful, and slowing down,” said Ms. DiBartolo.

That philosophy informs everything that Ms. DiBartolo does as a nurse in Huntington’s Endoscopy Unit, and as a certified holistic nurse and facilitator of Huntington’s Council for Holistic Nursing. Ms. DiBartolo, with the support of Myrna Myers-Laque, RN, MaEd, CNA, BC, Vice President of Nursing and Chief Nursing Officer, along with Judy Moran-Peters, DNSc, RN, CNA, BC, formed the Council for Holistic Nursing three years ago. Her goal was to educate her colleagues about the principles of holism.

According to the American Holistic Nurses Association, holistic nursing is “a specialty practice that draws on nursing knowledge, theories, expertise and intu-

“By encouraging self-care for the staff, we help them feel better about nursing. And that can transform healthcare.”

ition to guide nurses in becoming therapeutic partners with people in their care. This practice recognizes the totality of the human being — the interconnectedness of body, mind, emotion, spirit, social/cultural, relationship, context, and environment.”



Judy DiBartolo, RN, teaches the m-technique at a recent Council for Holistic Nursing meeting.



The Council for Holistic Nursing sponsors monthly educational

meetings where registered nurses and nursing assistants can learn about meditation, imagery, integrated nutrition, massage, aromatherapy, stress management, and other techniques to help them find balance not only in their role as healthcare professionals, but also in their own lives.

“By encouraging self-care for the staff, we help them feel better about nursing,” Ms. DiBartolo said. “And that can transform healthcare.”

By introducing holistic techniques and concepts, Council meetings provide an opportunity for the staff to learn by doing. At a recent meeting, nurses practiced the m-technique, a gentle, light massage technique designed to promote relaxation and well-being that is appropriate to use in critically ill or elderly patients. Upcoming meetings will focus on a variety of topics including yoga, dietary supplements, and aromatherapy.

The Council on Holistic Nursing was

instrumental in implementing a hospital-wide “Quiet Time” initiative. During the period designated as “Quiet Time,” lights are lowered on the patient care units, and soothing music is played. Patients are encouraged to view the hospital’s complementary Relaxation Channel on their televisions, and aromatherapy is offered.

“Hospitals are a fast-paced environment,” Ms. DiBartolo said. “By integrating holistic nursing techniques into our practice, we can help nurses make stronger connections with our patients and enhance the healing atmosphere within our hospital.” //



Council meeting participants practice the m-technique on one another.

PLEASE JOIN

LIBUTTI DIAMOND JEWELERS &
HUNTINGTON HOSPITAL IN A
WOMEN'S HEALTH CENTER
SPECIAL EVENT

Libutti Diamond Jewelers will donate a portion of all in-store sales
between the weeks of October 15-29, 2011,
to the Huntington Hospital Women's Health Center.

and **PURCHASE RAFFLE TICKETS FOR THE FOLLOWING ITEMS**



PHILIP STEIN
Natural Frequencies Inside

A Philip Stein watch featuring the "Feel Good Technology" with a rose gold classic tank and pink pashima pearl strap

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**\$5 A TICKET OR
5 TICKETS FOR \$20**



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A pair of Natalie K
1/2-carat diamond halo earrings
(A \$1,000 VALUE)



TROLLBEADS

THE ORIGINAL SINCE 1976

A Trollbead bracelet featuring a decorative clasp and pink agate kit

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COME VISIT US AND PURCHASE RAFFLE TICKETS AT



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Winner will be announced on Thursday, November 3, 2011 at Libutti Diamond Jewelers at 5pm.

Winner does not need to be present to win.

**North
Shore LIJ** Huntington Hospital

Huntington Hospital's Women's Health Center provides care for women's most personal health issues as well as diagnostic and screening examinations such as digital mammography.



VIEW FROM THE CHAIR

BERNARD M. ROSOF, MD

Chairman, Board of Trustees

THIS YEAR THE Baby Boomers, those born between 1946 and 1964, hit a milestone. They turned 65, began to retire, and enrolled in Medicare, our nation's health insurance plan for the elderly and disabled.

Baby Boomers are the largest generation America has ever seen. They are nearly 80 million strong. Coming of age in the 1960s, they made their mark on society. As they reach their golden years, they will undoubtedly continue to influence every aspect of American life, from leisure and entertainment to housing and healthcare.

Just in time for the Baby Boom onslaught, many elements of the Affordable Care Act, more commonly known as health care reform, have already begun to enhance the Medicare program. This year, steps were taken to close the so-called "doughnut hole" in prescription drug coverage. Medicare beneficiaries began receiving a 50% discount on name-brand pharmaceuticals when they hit the Medicare Part D prescription coverage gap. Also this year, Medicare began fully covering the cost of an initial wellness visit as well as an annual physical examination for individuals covered by Medicare Part B. Another new Medicare benefit this year is full coverage, with no deductible, of annual mammograms for women over age 40, a Pap test, pelvic exam, and bone density test every two years for low-risk women, an annual prostate cancer screening exam for men, periodic colon cancer screening, and a host of other screening and preventive health services.

This expanded coverage underscores the importance of prevention as a strategy to help individuals enjoy their quality of life in the many years they can expect to live beyond retirement.

Here at Huntington Hospital, we are also preparing for the changes that will shape healthcare delivery as the Baby Boomer generation ages. Our nurses are committed to achieving certification in gerontology to demonstrate their knowledge and competence in caring for older adults. Medical students attending the new Hofstra North Shore-LIJ School of Medicine will begin working alongside our physicians, where they will learn firsthand about meeting the healthcare needs of older patients in an office setting.

At the hospital we are aligned with the goals of the Affordable Care Act that are focused on improving quality of life. We know that staying active, staying fit, eating a healthy, balanced diet, and avoiding cigarettes can go a long way toward improving not only physical health, but mental health as one ages. We know that the manner in which we care for the entire patient and family can be as important as the medicine we provide in fostering healing. We encourage patients of all ages to participate in our numerous free health screenings, lectures, and health fairs. We are committed to wellness as a means to create healthy residents living in healthy communities. The steps that each of us take, each day, to eat healthier, to exercise, and to stay engaged with the world around us will ultimately help us accomplish that goal. //

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"Best Buys in Town!"

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WE ARE OPEN

Monday - Saturday
10am - 4pm

Purchase clothing,
housewares, books,
artwork and jewelry
at discount prices.

**Tax-deductible donations
accepted daily**

PHYSICIANS IN THIS ISSUE

This issue of the HEALTHLINE features a number of Huntington Hospital's talented attending medical staff. Their names, phone numbers and areas of specialization are listed below.

Nick Fitterman, MD

Hospitalist Program :: 351-2255

William Gehrhardt, MD

Pediatrics :: 425-5250

Michael Grosso, MD

Pediatrics :: 351-2609

Gita Khilnani, MD

Radiology/Mammography :: 351-2564

Alan Kisner, MD

Plastic and Reconstructive
Surgery :: 424-4004

Max Rudansky, MD

Neurology :: 351-1250

Marilyn Wong, MD

Radiology/Mammography :: 351-2564



ONGOING EVENTS

Breast Cancer Support Group I

For women newly diagnosed in the past year

Meets the 2nd and 4th Thursday of each month

5:30PM • Women's Health Center

Call Gail Probst, RN, AOCN at (631) 351-2568 or Judy Koles, RN, OCN, CBCN at (631) 351-2564

Breast Cancer Support Group II

For women who have been diagnosed more than one year ago

Meets the 3rd Thursday of each month

7:00 – 9:00PM • 1-South Conference Rm

Call Toni Lico at (631) 757-4581 for info

Grupo de Apoyo de Mujeres

Latinas con cancer en los senos

Pare mas informacion, por favor de llamara Carmen a (631) 951-6908

Nicotine Anonymous – Ann's Hope

A 12-step fellowship of men and woman helping each other to lead nicotine-free lives.

Meets every Wednesday

7:30 – 8:30PM • Huntington Hospital

For more info, call Patti Aliperti at (631) 385-1410

Oncology Support Group

Meets every Wednesday

7:00 – 9:00PM • Women's Health Center

For info, call Sue Degnan, LMSW, OSW-C, NBFC (631) 351-2013 or Mary Gordon, RN (631) 351-2343

10/24 WomenHeart

11/28 *Offers support and education for women living with heart disease*

2PM • Dolan Family Health Center

For more info, please call (631) 499-4160 or (631) 271-3766

10/24 Sister's Network

An African-American Breast Cancer Survivors' Organization.

7PM • Huntington Hospital Trailer #1

For info, call Ronice (631) 253-0430, Cynthia (631) 351-2343, or Judy (631) 920-5597.

10/25 Weight Loss Seminar

11/8 5 – 6PM • 224 Wall Street, Suite 101

11/22 Find out if you are a candidate for bariatric surgery, learn about the surgical procedures and realistic expectations for weight loss. Bring your family and friends. Bariatric surgeon David Buchin, MD, FACS, will answer all of your questions.

12/13

For more info, call (631) 351-2024 or visit www.liosurgery.com.

11/3 Learn to be Tobacco Free

Smoking Cessation Program

6 – 7:15PM • Dolan Family Health Center
Meets for five consecutive Thursdays; reunion January 5, 2012

Free medications, nicotine patches, nasal sprays provided by the Suffolk County Department of Health. Sponsored by the Suffolk County Department of Health.

To register, contact Irene Housley, RN, at (631) 351-2385.

11/6 Eating Disorders Support Group

A professionally-led support group open to people with eating disorders, their families and friends.

10 – 11:30AM • 1-South Conference Rm.

For more info, call Jeannie Gedeon, MPH, RD, CDN (631) 427-0002 or Hilary Brodsky, LCSW (516)-241-5139.

11/10 Protecting Your Health

Diabetes Education Series

Speaker: Denise Naval, RN, ANP-C, Coordinator, Infection Control, Huntington Hospital

7PM • Dolan Family Health Center

Registration is not required. Speakers are subject to change. For more info, contact Virginia Smith, RN, (631) 547-7179.

11/11 Festival of Watches

Annual gathering of watch enthusiasts featuring hors d'oeuvres, raffles, door prizes, wine and beer tasting.

Maddaloni Jewelers, 1870 East Jericho Turnpike, Huntington

To RSVP, call (888) 999-4038.

11/14 Bereavement: Handling the Holidays

For adults grieving the death of a loved one.

7 – 9PM • Women's Health Center

For more info or to register, call Sue Degnan, LMSW, (631) 351-2013.

11/14 Sister's Network

An African-American Breast Cancer Survivors' Organization.

7PM • Babylon Pool & Recreation Center

For info, call Ronice (631) 253-0430, Cynthia (631) 351-2343, or Judy (631) 920-5597.

12/8 Dental Health for People with Diabetes

Diabetes Education Series

Speaker: Raymond Mascolo, D.D.S.

7PM • Dolan Family Health Center

Registration is not required. Speakers are subject to change. For more info, contact Virginia Smith, RN, (631) 547-7179.

HUNTINGTON HOSPITAL

270 Park Avenue

Huntington, NY 11743



You are cordially invited to attend
HUNTINGTON HOSPITAL'S ANNUAL GALA

AN EVENING ON THE RED CARPET

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THURSDAY, DECEMBER 8, 2011

OHEKA CASTLE

Huntington, New York

Cocktails & Casino 7:00pm • Dinner 8:00pm • \$350 per person • Black Tie

RSVP BY NOVEMBER 23, 2011

For information or tickets, please call (631) 470-5204 or visit joinus.hunthosp.org/gala