GOOD SAMARITAN Hospital achieved a significant milestone on January 21, when The St. Francis Open Heart Surgery Program at Good Samaritan marked its one year anniversary.

“Going through heart surgery is difficult enough, but even more challenging when family and friends are not close by,” said Christopher La Mendola, MD, Chairman of the Department of Cardiothoracic Surgery and Director of the St. Francis Hospital Open Heart Surgery Program at Good Samaritan. “Bringing experts from the St. Francis cardiac surgery program to the south shore of Suffolk County has been a great benefit to the community.”

The program launched with the bypass procedure performed on 68-year-old Alfonso Sterlacci. When doctors determined he needed immediate open heart surgery, he and his wife, Lynn, were thrilled to learn that he could receive the world-class care that St. Francis is known for much closer to their home.

Six weeks later, Dr. La Mendola was confronted with one of the most challenging cases in cardiothoracic surgery. New Jersey resident Stephen DelMonico suffered an aortic dissection, a sudden and catastrophic tear in the heart’s major vessel, which is often fatal. Fortunately, Good Samaritan’s expert cardiothoracic surgical team was mobilized within moments to perform life-saving surgery.

“I have seen about 50 aortic dissection cases out of more than 5,000 open heart surgeries during a ...
Spring is finally here! Despite the challenges posed by the weather this winter, here at Good Sam we had much to celebrate. Our St. Francis Open Heart Surgery Program at Good Samaritan marked its first anniversary on January 21. Thanks to the skills and leadership of program director Christopher La Mendola, MD, and his associate, Maksim Ravensky, MD, more than 250 open heart surgeries were completed in that time with excellent outcomes. The success of this life-saving program underscores the need for high quality cardiac services in our area. In response, we are moving forward with construction of a third cardiac catheterization laboratory. This project represents continued investment into our comprehensive cardiac program, and will permit us to care for even more patients with more complex health care needs.

More recently, we celebrated the completion of nine new patient care rooms in our expanded Mother-Baby unit. Mothers and babies may spend the first days after birth bonding in these beautifully decorated rooms, some featuring private accommodations, space for a family member to stay the night, and other special amenities. Most importantly, skilled and compassionate physicians, Magnet® nurses and advanced life-saving equipment are in place providing peace of mind for those experiencing high risk pregnancies or complicated deliveries. See page 14 for more.

This month we also received word that our cancer program has been accredited by the American College of Surgeons' Commission on Cancer as a Comprehensive Community Oncology Program—with commendation, for an unprecedented fourth consecutive time. This achievement attests to the extraordinarily high quality, comprehensive care we provide to patients with malignant disease. Our program is decentralized, giving patients the convenience of accessing services at a variety of community and hospital based locations. Surveyors were impressed with the comprehensiveness of our services, which include screening and education, patient navigation, support groups, a dedicated inpatient unit, high quality diagnostic procedures, surgical oncologists, medical oncologists, and an advanced radiation oncology department containing the region’s only True Beam™ linear accelerator.

Cancer remains a leading cause of illness, but with early detection and improved treatments, the outlook is improving for those diagnosed with cancer of all types. To help spread that message, in March we observe Colon Cancer Awareness Month. On pages 10 – 11 you can find important tips to prevent and detect colorectal cancer in its earliest stages. April is traditionally Volunteer Recognition Month. Working through various Guild, our volunteers are a dynamic group of
BREAKING THE CYCLE OF DECLINE AFTER FRAC TURES

For most people, a slip on the ice is nothing more than a painful nuisance. For the elderly, a fall that results in a fracture can be life threatening.

To help elderly patients recover from fractures, Good Samaritan has established a comprehensive Geriatric Fracture Program. Its multidisciplinary team including orthopedic surgeons, nurses, hospitalists, care managers, and physical and occupational therapists, uses evidence-based guidelines to reduce the incidence of infection, blood clots, pressure ulcers, delirium, pain and immobility, all of which may lead to a serious decline in overall health for patients over 65.

Good Samaritan’s dedicated Geriatric Fracture Program Coordinator helps navigate patients through the continuum of care from their arrival to the hospital, to early identification of those who may require surgery, and through every aspect of their hospital and post-hospital treatment.

After fracturing her hip in a fall at home, 90-year-old Sally Lopiccolo received special care through the Geriatric Fracture Program. Following surgery, dedicated staff observed her throughout the night. “I feel very confident that my recovery will be excellent knowing that the team will continue to monitor my progress until I can return home,” she said.

“Good Samaritan’s Geriatric Fracture Program improves the recovery for elderly patients, with the goal of helping the patient return to his or her prior level of functioning,” said John Acampa, MD, Orthopedic Surgeon.

The Geriatric Fracture Program Coordinator monitors patients throughout their hospitalization, while the multidisciplinary team hastens the surgical repair, setting the stage for their rapid start of rehabilitation and return to home.

Since adults who have suffered a fracture due to a fall are at increased risk of another fracture, the program also emphasizes prevention through exercise, dietary measures, and medications to strengthen bones. Education regarding fall prevention techniques is also included.

“When Good Samaritan started this program in 2012, it was the first of its kind on Long Island,” said Yorlet Torres, RN, Geriatric Fracture Program Coordinator. “I am excited to be part of a team that is helping our patients recover from a serious fracture.”
FOR THE PAST two years Good Samaritan Hospital’s Center for Pediatric Specialty Care in Babylon has partnered with Suffolk County Water Authority (SCWA) to help ensure that its young patients are drinking enough water during the day.

A registered dietitian works alongside a pediatrician to identify children who do not drink the appropriate amount of water. These children receive a refillable metal water bottle generously donated by the SCWA. They are encouraged to keep it filled with water throughout their day in order to take in the recommended daily allowance of six eight-ounce glasses. Getting an insufficient amount of water can cause dehydration, headaches, and constipation.

“We need to educate families on the importance of staying hydrated,” said registered dietitian Cathy Davis. “The kids love the water bottles. One little boy said he would save it as a Christmas present.”

“We’re happy to provide the bottles for people who put them to such good use,” said Suffolk County Water Authority Chief Executive Officer Jeffrey Szabo.

Bringing Heart Health Awareness to the South Shore Mall

In recognition of Heart Health Awareness Month in February, Good Samaritan hosted a free “Open Your Heart to Health” event at Westfield South Shore Mall in Bay Shore. Shoppers had the opportunity to participate in blood pressure, cholesterol and body mass index (BMI) screenings and receive free gifts. The event also included Zumba demonstrations, a photo booth, face painting and other children’s activities. It was sponsored in part by an educational grant from Teacher’s Federal Credit Union. For more information on cardiology services at Good Samaritan, call (631) 376-4444 or visit www.good-samaritan-hospital.org.
LIFE IS GOOD for 62-year-old Lee Alessi now that he has lost more than 115 pounds following gastric sleeve surgery performed by Good Samaritan’s Chief of Bariatric Surgery Edward Cussatti, MD.

Mr. Alessi had always been active and never had weight issues until 1998, when he was diagnosed with cardiomyopathy, the deterioration of the heart muscle that can lead to heart failure. Due to his condition, physical activity became increasingly difficult.

Over the next year, his condition worsened and he was told he needed a heart transplant in order to survive. After his procedure, he had an adverse reaction to anti-rejection medications. This impacted on his energy level and significantly increased his appetite which caused him to gain more than 120 pounds over the next eight years. Mr. Alessi’s increased weight was starting to negatively impact his new heart. He was told he would require bypass surgery to clear the blockages that formed in his arteries. Unfortunately, surgery was not possible until he lost weight. Having been unsuccessful with diets, he started looking into surgical options.

“...Dr. Cussatti and the bariatric surgery program at Good Sam, I knew I was in the right place.”

Eventually, Mr. Alessi attended a bariatric surgery seminar at Good Samaritan Hospital. It was there, among pre- and post-surgical patients, that Mr. Alessi felt confident to move forward with his decision to have weight-loss surgery.

“There was a reason that I waited to have surgery,” said Mr. Alessi. “When I found Dr. Cussatti and the bariatric surgery program at Good Sam, I knew I was in the right place.”

Today, Mr. Alessi is lighter and more active than he has ever been, going to the gym several times a week. Since his recent weight loss, his cardiac issues have improved and he does not need bypass surgery.

Named an Accredited Center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program, Good Samaritan’s program is dedicated to providing the highest quality care, highly skilled providers, advanced equipment and multidisciplinary support allowing for successful weight loss outcomes. Good Samaritan’s Bariatric Surgery Program has become the choice for thousands of patients looking to take charge of their lives. ✨

For more information on Good Samaritan’s Bariatric Surgery Program, call (631) 376-4444, visit www.goodsambariatricsurgery.org or scan this QR code with your smartphone.
IF YOU HAVE ever had surgery, you know that the anesthesiologist is a vital member of the surgical team. The anesthesiologist plays a central role in keeping patients comfortable and regulating critical life functions—breathing, heart rate and blood pressure. The anesthesiologist is often the first to diagnose and treat any medical problems that may arise during surgery or during the recovery period. Anesthesiologists are experts in how the human body works and its responses to the stress of surgery.

At 73-years-old, George Groudas is a veteran of surgery, having many procedures including hernia and carpal tunnel repairs. Recently he underwent pain management treatments for a bulging disk in his back. Prior to his surgical procedures, Bimal Massand, MD, anesthesiologist at Good Samaritan, evaluated his medical condition, including medical history and any physical issues such as allergies, asthma, diabetes, high blood pressure, or unusual heart and circulation conditions, before choosing the appropriate anesthetic. With regards to his back issue, it was determined that pain management would be least invasive and appropriate due to his age and activity level.

“After each of my surgeries Dr. Massand would follow up with me at home to make sure I was feeling like myself and not experiencing pain,” said Mr. Groudas.

Long Island Anesthesiologists, PLLC, (LIA) has provided anesthesiology services at Good Samaritan since the hospital opened its doors in 1959—one of the longest serving groups in the area. Its staff includes five members of the department whose fathers had been affiliated physicians at Good Samaritan, including Good Samaritan’s Chair of Anesthesiology Rod Domingo, MD; Terry O’Malley, MD; William Maiorino, MD; Marc Soojian, MD and Sandeep Annam, MD.

The group has cultivated a dedicated and skilled team of anesthesiologists, capable of caring for patients at the extremes of age and illness. Their expertise includes all branches of general and specialty anesthesia care such as pediatric, thoracic, vascular, bariatric, orthopedic, gynecologic, oncologic, abdominal, interventional cardiology, obstetric and trauma. The team includes physicians who are certified in neuroanesthesia, regional anesthesia and acute pain management and critical care.

Anesthesia services are available for 15 operating rooms; eight labor rooms; endoscopy suite; interventional cardiology lab for electrophysiology studies, implantable cardiac devices and
transesophageal echocardiography; interventional radiology; interventional pain management and emergency airway management, 24-hours a day, seven days a week. Many members of the group are educators in the hospital’s OB/GYN Residency Program and provide coverage for the Labor and Delivery unit—one of the busiest in Suffolk County—responsible for more than 2,600 deliveries a year. Because of their specialty training and vast experience in controlling pain during surgery, anesthesiologists are uniquely qualified to prescribe and administer drug therapies or perform special techniques for acute, chronic and cancer pain.

“The Department of Anesthesiology at Good Samaritan brings our community a unique combination of highly qualified doctors with diverse backgrounds in anesthesia training, as well as years of experience,” said Dr. Domingo. “Whether the needs are surgical or diagnostic, critical or chronic, pediatric or geriatric, the department maintains the highest professional standards, delivering safe anesthesia care in a compassionate environment while respecting the dignity of every patient.”

Some of the most significant strides in medicine and surgery are directly attributable to anesthesiology’s advances in patient monitoring, improved anesthetic agents and new drug therapy. Responsible for more than 20,000 cases per year, Good Samaritan’s Department of Anesthesiology are one of the safest choices for patients on the south shore of Long Island.

For more information on anesthesiology services, call (631) 376-4444 or visit www.good-samaritan-hospital.org.
The Guilds of Good Samaritan Hospital recently presented more than $80,000 to The Good Samaritan Hospital Foundation to support the hospital’s pediatric services. This gift brought the Guilds’ 2014 donations to a total of more than $233,000 for various programs, including pediatrics and cardiology. Made up of volunteers from surrounding communities, the Guilds have raised more than $10 million for the hospital since 1958.

This donation will enhance pediatric services by supporting the acquisition of equipment for surgically clearing children’s airways. The Guild’s donation will also support the hospital’s Pediatric Rehabilitation Program with the purchase of new therapy toys and equipment.

New York State Senator Phil Boyle Brings Joy to Pediatric Patients

Patients at Good Samaritan had a special visit just before Christmas from New York State Senator Phil Boyle. The Senator visited the Pediatric Department to celebrate the holiday season, visiting with children and distributing toys donated by the community.

“Good Samaritan is an important institution in the community which I am proud to be associated with,” said Senator Boyle. “Seeing the children smile during my visit was so rewarding.”

Left to right: Pediatric nurses Linda Scalise, Heather Vrličak and Marie Dublin with patient Leah Rodriguez accepting toys from Senator Phil Boyle.
VOLUNTEERING SUSTAINS HOSPITAL SERVICES

VOLUNTEER Recognition Week (April 12-18) is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. The more than 800 members of the Good Samaritan Hospital Guilds will be recognized for particular milestones of service at an annual luncheon. Good Samaritan is fortunate to have dedicated volunteers, nearly 80 of whom will be honored for service spanning between 100 and 16,000 hours.

This year’s Volunteer Recognition Week theme of “Celebrating People in Action” typifies Good Sam volunteers as they collectively contributed nearly 43,000 hours of service in 2014. Many honorees have been involved with Guild volunteering for more than 50 years.

Recently, a record number of volunteers reached 100-500 hours of service, a tribute to the number of people who have newly committed to volunteering. As the result of a concentrated recruitment plan including a series of volunteer job fairs, Guild meetings and special events, the hospital has recruited more than 150 new volunteers over the past few years. Many of these volunteers are recent retirees who bring invaluable business skills to their volunteer positions.

“I remember my mother volunteering at Good Samaritan and feel privileged to be able to carry on her legacy,” said Amityville Guild member Mary Brown who has accumulated 275 hours of service since 2012. “Volunteering at the hospital’s Thrift Shop and with the Good Samaritan Hospital Foundation gives me an incredible sense of accomplishment and belonging.”

Volunteerism has numerous benefits. It strengthens ties to the community and broadens one’s support network, exposing the volunteer to people with common interests, neighborhood resources, and fun and fulfilling activities.

Good Samaritan Guild Volunteers enjoy the privilege of membership in a longstanding service organization which supports Good Samaritan’s mission in the community.

For more information on the hospital’s Guilds, scan this QR code with your smartphone or call (631) 376-3659.

A MESSAGE FROM THE EXECUTIVE VICE PRESIDENT AND CHIEF ADMINISTRATIVE OFFICER. (CONTINUED FROM PAGE 2)

men, women and young people who share their time, talent and treasure to enhance the hospital and serve our patients. You can read about our robust volunteer program on page 9.

Looking ahead to May, which is Perinatal Mood Disorders Awareness Month, this publication includes information on our Mother’s Circle of Hope support program for women struggling with overwhelming emotions surrounding the birth of a child. Learn more on page 14.

This issue of Good News from Good Sam contains a great deal of useful and interesting information to enhance your family’s health and familiarize you with the services and programs of your community hospital. Yet it just scratches the surface. Good Samaritan has much to offer our patients, staff and community. I encourage you to get to know us. Come to a free Good Sam University lecture, attend a fundraising event, sign up for a free e-newsletter, or have your blood pressure checked at a free screening. We are proud to be your community hospital and look forward to continuing to meet your health care needs at every stage and season of life.
 WHEN IT COMES to colorectal cancer, there is good news and not-so-good news. The good news: caught in its earliest stages, colorectal cancer is highly curable. The not-so-good: because it often begins with no symptoms, diagnosing colorectal cancer before it has spread can be challenging.

That’s why experts recommend screening beginning at age 50 in adults with no risk factors. Those at increased risk may be advised to begin screening at an even younger age. Risk factors include a family history of colorectal cancer or a personal history of inflammatory bowel disease (IBD).

“The importance of screening colonoscopy cannot be overemphasized,” said gastroenterologist Neil Lobo, MD. Colonoscopy can reveal the presence of pre-cancerous growths called polyps. During colonoscopy, polyps and other growths can be removed and biopsied to detect cancer cells.

Caught early, the five-year survival rate for patients with colorectal cancer is 90%. For the 20% of patients whose cancer is not found until it has spread to distant organs, that rate declines to just 13%, according to the American Cancer Society.

Margaret Louden is one of the lucky ones. She has survived two bouts of colon cancer after screening colonoscopy detected malignant tumors. Since her initial diagnosis seven years ago, the 75-year-old has been diligent with her recommended screenings. Because her cancer was found at an early stage, she did not require chemotherapy or radiation. Instead, her tumor was successfully removed by surgeon Erica Sneider, MD.

“If not for the screening colonoscopy, my prognosis would not be as good,” said Ms. Louden.

Surgery remains the most common treatment for colorectal cancer. At Good Samaritan, surgeons use minimally invasive laparoscopic techniques whenever possible to increase comfort and speed recovery time.

“During a colonoscopy, precancerous polyps can be removed and if a mass is detected, it can either be removed or biopsied. If a cancer is detected, referral to a surgeon is often the next step,” said Dr. Sneider.

The comprehensive team also includes Neil Lobo, MD, Kouros Adhami, MD, James Kohlroser, MD, and Babek Danesh, MD.

THE GOOD NEWS ABOUT COLORECTAL CANCER

GOOD NEWS FROM GOOD SAM | MARCH 2015
specially trained nurses as well as medical and radiation oncologists who are on hand to care for those patients who require chemotherapy or radiation following surgery.

Under the umbrella of the Good Samaritan Cancer Center, support groups and counseling for patients and family members are also offered.

“Thanks to the care I have received, I’m looking forward to recovering and becoming active once again,” said Ms. Louden.

For more info on colorectal cancer, scan this QR code with your smartphone or visit www.cancer-centeratgoodsam.org.

Watch for Warning Signs

In its early stages, colorectal cancer produces no symptoms. However, Dr. Lobo advises individuals to watch for possible warning signs and discuss them with your physician. These include:

- Changes in bowel habits, including persistent diarrhea or constipation
- Bloody stools
- Abdominal discomfort or bloating
- Unexplained fatigue, loss of appetite and/or weight loss
- Pelvic pain

For more info on colorectal cancer, scan this QR code with your smartphone or visit www.cancer-centeratgoodsam.org.

March is Colorectal Cancer Awareness Month

In recognition of Colorectal Cancer Awareness Month, the gastroenterologists at Island Digestive Disease Consultants offer these tips to reduce the risk of colorectal cancer:

- Consume five servings of fruits, vegetables and whole grains each day
- Limit your intake of red meat and saturated fat
- Exercise for at least ½ hour, five days a week
- If you smoke, quit
- Avoid alcohol
- Maintain a healthy body weight

SPLESHES OF HOPE therapeutic murals, commissioned by local philanthropist and Good Samaritan benefactor Theresa Patnode Santmann, were recently unveiled to staff, members of the community, and hospital administrators and board members. Splashes of Hope is a non-profit organization that creates artwork in medical settings as tools for pain management, therapeutic distraction, soothing visualization, and focal points during necessary procedures.

The murals are located in the hallway and family waiting room of the open heart surgery unit, in the waiting room of the Theresa Patnode Santmann Center for Cardiovascular Services and in the hallway leading to the Catheterization Labs.

The newly “splashed” areas at Good Samaritan Hospital will bring smiles to the faces of patients, staff and visitors.
THE GOOD SAMARITAN Hospital Foundation has named Kelly Daniele-Crosman Chair of its Board of Trustees. She has been a board member since 2012.

Daniele-Crosman, originally from Ohio, came to New York to attend Hofstra University, where she received her bachelor’s degree in political science. After graduating from Brooklyn Law School with her juris doctorate, she practiced law at several private firms on Long Island before opening her own practice in Babylon Village in 2000.

“I am honored to serve as Chair of the Good Samaritan Hospital Foundation and to actively participate in this journey of modernization and expansion to better serve our community,” said Daniele-Crosman.

A member of the Suffolk County Bar Association, Daniele-Crosman is also a past president and member of the Zonta Club of Suffolk County—the local chapter of an international service organization committed to improving the status of women. She is also a past president and member of the Babylon Village Women’s Club and co-chaired the Light of Hope memorial event.

Daniele-Crosman and her husband, Lloyd Crosman, have four teenage children and reside in Babylon Village.

The Foundation was established to assist Good Samaritan Hospital Medical Center in cultivating and managing gifts, facilitating financial stewardship and developing both short- and long-term strategic goals. Under the leadership of its own Board of Trustees, the Foundation serves as the focal point and direct recipient of philanthropic support for the not-for-profit medical center.

ONE YEAR, TWO HEARTS... (CONTINUED FROM COVER)

20 year career at St. Francis,” said Dr. La Mendola. “I am very proud that everyone on the team used their incredible skills and experience to save Steve’s life.”

In March, 59-year-old West Islip resident Vincent Marullo came close to seeing his wife, Susan, and two children for the last time. While undergoing urgent cardiac catheterization to examine his coronary arteries for blockages, Mr. Marullo was found by Ezra Deutsch, MD, Director of the Cardiac Catheterization Program at Good Samaritan, to be in cardiogenic shock and in need of immediate open heart surgery.

“If not for the St. Francis Hospital Open Heart Surgery Program at Good Samaritan, my husband would not have survived,” said Susan Marullo. “Bringing my husband...
GOOD SAMARITAN Hospital staff, administrators, physicians, elected officials and community leaders helped celebrate the recent renaming of the hospital’s Imaging Services Center in memory of Charles E. DeClerck and his historic $1.7 million bequest to the Good Samaritan Hospital Foundation. The Charles E. DeClerck Department of Imaging Services is accredited by the American College of Radiology and consistently meets the highest standards of imaging, equipment, quality assurance and safety. ✩

Left to right: Paul J. Fusco, Jr., Esq., Legislative Aide to Suffolk County Legislator Thomas F. Barraga; Good Samaritan Department of Internal Medicine Chair and Senior Vice President of Medical Affairs Jerome Weiner, MD; Good Samaritan Hospital Foundation Vice Chairperson Alleen Eppig; Good Samaritan Hospital’s AVP of Facilities Management Richard Bie; SVP of Administration Joseph Loiacono; Good Samaritan Hospital Foundation Immediate Past Chair John J. Halleron, III, Esq.; the hospital’s Associate Chief Medical Officer Donald Teplitz, DO; newly-appointed Chair of the Good Samaritan Hospital Foundation Kelly Daniele-Crosman, Esq.; Town of Islip Trustee John C. Cochrane; Good Samaritan Hospital’s AVP of Imaging, Cardiology and Cancer Services Ralph Corbino; Foundation board member Henry Schreiber, Jr., and Good Samaritan Hospital’s Director of Pastoral Care Deacon Paul Jennings.

to Good Sam was life-changing.”

After months of research and countless interviews with cardiologists, Sandra Kasner made an immediate connection with Dr. La Mendola one week before his planned departure from St. Francis Hospital. She felt confident that she had found the heart surgeon who would successfully repair her aortic valve. In June, Ms. Kasner traveled from her Long Beach home to Good Samaritan for valve replacement surgery.

Dr. La Mendola performed open heart surgery on 21-year-old Arely Sibrianfuentes on December 18 to correct acute mitral valve regurgitation, a blood leak into the upper chamber of the heart. Prior to surgery, she was feeling extremely fatigued and having trouble breathing.

“I am very grateful to Dr. La Mendola and the team at Good Samaritan,” said Ms. Sibrianfuentes. “Without them, I would not be looking forward to a long, healthy life.”

These are just five of the more than 250 patients who underwent open heart surgery at Good Samaritan Hospital this past year. They range in age from 21 to 90; they hail from all across Long Island; some came during life-threatening emergencies while others found Good Samaritan after much deliberation and research. All had one thing in common: a need for the highest quality cardiac care available. All are grateful that two strong hearts – the cardiac programs at Good Samaritan and St. Francis Hospital – now beat as one. ✩

For more information on Good Samaritan’s Open Heart Surgery Program, scan this QR code with your smartphone.

WWW.GOOD-SAMARITAN-HOSPITAL.ORG 13
WHAT SHOULD BE the happiest time in a new mother’s life may instead lead to depression or anxiety. Perinatal Mood Disorder is the leading medical complication related to childbirthing, affecting one of every eight mothers during pregnancy and one of every six after delivery. Good Samaritan Hospital offers a support group, “The Mother’s Circle of Hope,” free of charge for women experiencing pregnancy-related or postpartum depression and anxiety.

These feelings may make women ashamed and cause them to hide their suffering from family and friends. However, it is important to talk to someone, whether it is a health care provider, family member or friend, and seek help. Getting treatment early is the best thing a mom can do for herself, her baby and family.

The Mother’s Circle of Hope meets once a week for eight weeks to provide emotional support and information to women in the community. Participants learn about available treatment options, as well as the steps back to wellness in a supportive, caring environment. Attendees discover they are not alone and gain strategies to help cope with this experience and begin the road to recovery.

The next series begins April 7, 7-8 pm at Good Samaritan Hospital’s Center for Pediatric Specialty Care, 661 Deer Park Ave., Babylon. Registration is required.

May is Perinatal Mood Disorder Awareness Month

HOSPITAL INTRODUCES NEW MOTHER-BABY UNIT

Staff at Good Samaritan were joined by administration and physicians, community members and elected officials at the recent ribbon cutting for the Mother–Baby unit. Here, mothers and newborns remain together in private rooms for the entire hospital stay. For the nearly 2,800 babies delivered a year, this approach offers several benefits, including facilitating mother-baby bonding and establishing breastfeeding.

Chairman of Obstetrics and Gynecology at Good Samaritan Benjamin Schwartz, MD, gave high accolades to everyone responsible for making this project possible. Starting with the physicians at the hospital in its earliest years including his father Robert Schwartz, MD, who also served as Chairman to staff with the hospital’s Mother–Baby Unit.

“This newly designed unit exceeds all expectations in quality health care and is why so many families have entrusted Good Samaritan Hospital with their deliveries and babies,” said Dr. Schwartz.

The newly renovated area includes nine rooms, including seven offering private accommodations. Each patient room is decorated with soothing wall coverings and artwork and includes a full bath. Private rooms include patient refrigerators.

Among those celebrating the dedication were (left to right) Good Samaritan Hospital SVP of Administration Joseph Loiacono; Town of Islip Supervisor Angie Carpenter; Associate Chief Medical Officer Donald Teplitz, DO; Town of Islip Trustee John C. Cochrane; Fr. Cletus Nwoagwugwu; Nurse Manager of Mother-Baby Joanne Schroeder, RN; Chairman of Obstetrics and Gynecology Benjamin Schwartz, MD; the Good Samaritan Hospital Foundation board member Henry Schreiber, Jr. and Foundation Chair Kelly Daniele-Crosman, Esq.

For more information on maternity services at Good Samaritan Hospital, call (631) 376-4444.
COMMUNITY CALENDAR

All events are held at Good Samaritan, unless otherwise noted. For more information or to register for any of the events listed below, please call (631) 376-4444.

All programs are free except where noted.

4/1 Wednesday • Noon
Good Samaritan University Community Lecture:
Aging Gracefully: Helping Others While Helping Yourself
Susan Grimm, Director of Volunteer Services
Bay Shore-Brightwaters Public Library,
One South Country Road, Brightwaters
Also: Free blood pressure screening one hour prior.

4/15 Wednesday • 6:30 pm
Good Samaritan University Community Lecture:
Women’s Wellness:
Top Trending Health Concerns
Long Island Cancer Help and Wellness Center, 32 Park Avenue, Bay Shore

4/16 Thursday • 6 pm
Learn To Be Tobacco Free
Six week smoking cessation program:
April 16, 23, 30, May 7, 14, 21; reunion June 11
Long Island Cancer Help and Wellness Center, 32 Park Avenue, Bay Shore

4/17 Wednesday • 6 pm
Good Samaritan University Community Lecture:
Food For Thought: Peeling Back Food Labels
Kyle Wolfe, RD, CDN, Clinical Dietitian
Cooking demonstration & tasting by Executive Chef John Vaeth
West Islip Fire Dept., 309 Union Blvd.

4/27 Monday • 6 pm
Diabetes Prevention Program
Free 16-week program with the Suffolk County Department of Health Services
Long Island Cancer Help and Wellness Center, 32 Park Avenue, Bay Shore
Pre-registration is required

Watch for May Health Screenings for:
Oral, Head and Neck Cancer and Skin Cancer

6/6 Saturday • 10 am – 5 pm
Islip Town Street Festival
Main Street, Islip

6/14 Sunday • 11 am – 6 pm
The Bay Shore Arts Festival by The Bay
Main Street, Bay Shore

Mark Your Calendars for These Exciting 2015 Events!

18TH ANNUAL GOLF CLASSIC
Monday, May 4
Nassau Country Club

53RD ANNUAL BALL
Saturday, October 17
Crest Hollow Country Club

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• Named an Accredited Center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program
• Among the lowest number of re-admissions nationwide
• Among the lowest occurrence of re-operations nationwide

• Free seminars, support groups and weight loss and nutrition counseling
• Excellent outcomes