

CARING CONNECTION

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ST. JOSEPH'S
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A HIGHER LEVEL OF CARE



A MESSAGE FROM LESLIE PAUL LUKE

As I reflect on my first few months as a member of the St. Joseph's Health team, I am more confident than ever in my decision to become a member of this organization and community.

It is a privilege to be working with such good people in such a fantastic community. I've received truly touching and motivating words of encouragement from staff, community members, and from our peers in health care. I'd like to thank you all for your warm welcome as we begin writing our new chapter together.

A significant shift in health care has taken place over the last few years. In that time St. Joseph's has risen to the challenges that at times required strategic financial investments to serve the growing needs of our community. Through careful examination of facilities, technology, processes, and trends we remained true to our mission as we were driven to enhance anything that worked well and to make improvements where we saw opportunities to do so.

One of the most significant and constructive transitions we've made is to partner with Trinity Health — a move that has given us the volume purchasing power of one of the largest hospital networks in the nation as well as access to capital for technology and infrastructure upgrades. We've also gained a vast network of doctors with whom we're able to consult and share best practices.

But most importantly, Trinity shares our Franciscan philosophy and dedication to be a compassionate and healing presence, and demonstrates

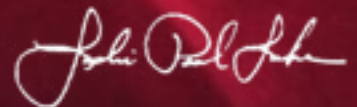
this by promoting community advocacy on global issues that affect all facets of our lives, as well as supporting hyper-local initiatives through community action grants to help bring positive change to the neighborhoods that need it most.

The St. Joseph's continuum of care engages patients in their health care at every level and tracks their progress, translating to lower cost settings and improved quality of life for our community. In this issue of Caring Connection you will find stories that explore this continuum from prevention to home care, and meet the people who embody our rich heritage of being passionate healers. People like Shellie Rizza, ICU nurse practitioner who helped to save the life of a marathoner in Buffalo, and Salvatore Capriotti, a St. Joseph's Home Care patient who is grateful for the option to receive treatment in the comfort of his own home.

From our clinical teams and the patients we are privileged to serve, to our generous donors and the dynamic community we are all a part of, these stories are a testament to the many hands that make St. Joseph's the special place that it is. We continue to strive for excellence throughout the system and to live our tagline 'A Higher Level of Care.'

My primary task is to lead this organization forward and ensure we administer to our higher calling — to be the leading healing presence in our community. I am excited to be on this journey as we continue to reimagine the future of health care as the leading non-profit health care system in the region.

"MY PRIMARY TASK IS TO LEAD THIS ORGANIZATION FORWARD AND ENSURE WE ADMINISTER TO OUR HIGHER CALLING — TO BE THE LEADING HEALING PRESENCE IN OUR COMMUNITY."



Leslie Paul Luke, President and CEO



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ST. JOSEPH'S HEALTH

WELCOMES 14TH
PRESIDENT AND CEO
LESLIE PAUL LUKE



In January 2017, St. Joseph's Health Board of Trustees announced Mr. Leslie Paul Luke as the fourteenth President and CEO of our non-profit health care system that encompasses a sixteen-county service area.

Mr. Luke will pursue people-centered care with a focus on quality, growth, patient satisfaction, colleague engagement, and financial strength.

"After a thorough and comprehensive process, the search committee is pleased to have found the most highly qualified individual to assume leadership of our growing non-profit regional health care system," said Vincent Sweeney, Chair of the Board of Trustees at St. Joseph's Health, of Leslie Paul Luke, president and CEO for St. Joseph's Health.

Luke, 55, holds a bachelor's degree in Sociology and a master's degree in Health Administration from Brigham Young University in Provo, UT. In 1991, he received his first CEO role at a 50-bed, not-for-profit hospital in Kentucky. Since then he has been CEO of three other hospitals.

In 2006, he joined Community Health Systems where he held several key leadership roles, including his current position. Luke succeeded Kathy Ruscitto on February 20, 2017.

"I am deeply honored to have been selected for the role of President and CEO of St. Joseph's Health," said Luke. "I am very pleased to join such a progressive organization that has a proven track record for delivering outstanding care to its patients and an enduring commitment to improving the overall health of the community."

Luke has been a successful health care executive for much of his career and has the demeanor and personal values that are a great fit for working in our faith-based organization.

Luke intends to focus on quality, growth, patient satisfaction, and strengthening financial operations across the system.



"We must continue to implement ways to meet and exceed the expectations of our patients, physicians, and employees."

Leslie Paul Luke

Even more important, he's a great fit with our mission, vision and values as well as the Strategic Focus Areas we developed in partnership with Trinity Health.

Some refer to Syracuse as one of America's largest small towns as it seems that regardless of who you meet, someone has a connection to the city, and Luke is no exception. His parents lived in Syracuse in the mid-1950s while his father, a general surgeon, completed his medical residency. The couple then returned to Honolulu, Hawaii where Luke was raised. He and his family relocated to the Syracuse area from Brentwood, Tennessee, in January.

"My belief is that we should focus our collective efforts on achieving three key outcomes: outstanding quality, financial strength, and high patient, physician, and employee satisfaction," said Luke. "We must continue to implement ways to meet and exceed the expectations of our patients, physicians, and employees."

Throughout his very successful career, Luke has managed significant work in performance improvement with a particular focus on driving quality. He also has deep experience in the physician practice space. This combined with his extensive knowledge of health care administration and genuine, collaborative nature makes him uniquely qualified to successfully lead St. Joseph's Health into the future.

"I am very grateful to Kathy for her leadership and vision, and the growth that St. Joseph's Health has experienced under her guidance as well as the CEOs who came before her. I consider it a privilege to be the steward responsible for building upon their legacies to ensure that St. Joseph's Health remains a leading provider of health care to the community," said Luke.

THE HEART OF IT

INTERVENTIONAL CARDIOLOGY

Dr. Michael Fisci, Interventional Cardiologist with St. Joseph's Physicians, explains the role of the interventional cardiologist and provides insight into selecting a specialist.

An interventional cardiologist is a cardiologist who underwent additional training in order to treat coronary artery disease as well as structural heart conditions through catheter-based procedures such as angioplasty and stenting. They may also treat blocked arteries in other regions of the body besides the heart (peripheral arterial disease) using similar techniques.

A patient may be referred to an interventional cardiologist because they have been diagnosed with blocked arteries in the heart or elsewhere and require further evaluation with a procedure called angiography. In this procedure, spaghetti-sized catheters are used to inject contrast media into the arteries, allowing physicians to identify abnormalities.

There are three possible outcomes of the procedure: the arteries may be found to be normal or have mild blockages, in which case medical treatment may be all that is needed; there is a significant blockage causing the patient to have angina refractory that is resistant to traditional therapies, and it is necessary to open the blockage with a stent; or there may be multiple complex blockages, where coronary artery bypass surgery is the preferred method of treatment.

While coronary artery disease is the most common issue for which patients are referred to an interventional cardiologist, they may also be referred for treatment of peripheral artery disease, valvular disease, hypertrophic cardiomyopathy, a heart biopsy, closure of abnormal arterial connections, insertion of a heart assist device, placement of a temporary pacemaker, or closure of a hole in the upper chambers of the heart.

A good interventional cardiologist is one who listens to the patient and considers all the data in making a decision. It's important to understand the strengths and limitations of all the tests and procedures we have at our disposal. While we have guidelines and criteria for deciding on a course of treatment, every individual is different, and there is an art to patient care that comes from a combination of intuition and experience.



Dr. Michael Fisci, Interventional Cardiologist with St. Joseph's Physicians

Additionally, meticulous technique is required when performing coronary interventions. A good interventional cardiologist has an eye for detail and demands excellence from himself/herself and his/her outcomes. The reward for a job well done is a happy, healthy, and appreciative patient!

St. Joseph's Physicians Interventional Cardiologists, Dr. Michael Fisci and Dr. Nishith Amin, are currently welcoming new patients at our Brittonfield office location at 4939 Brittonfield Parkway, East Syracuse, NY. To schedule an appointment, call (315) 634-6699.



Dr. Nishith Amin, Interventional Cardiologist with St. Joseph's Physicians

“HEALTHY STEPS” SPECIALIST JOINS PRIMARY CARE CENTER–WEST



Patti Finton, LMSW,
Healthy Steps Specialist at
St. Joseph's Primary Care Center–West

Join us in welcoming Patti Finton, LMSW as the Healthy Steps Specialist at St. Joseph's Primary Care Center–West.

Healthy Steps is a national, evidence-based model that employs a trained professional, typically a social worker, registered nurse or psychologist, to serve as an effective link between a child's family and members of the pediatric care team. Patti earned her Master of Social Work from Syracuse University and comes to us with a background that includes working in a behavioral health setting with children and their families, case management, and crisis intervention.

Patti truly understands the importance of an effective connection between health care provider and parents.

Martha Austin

In her new role, Patti will enhance care provided to the pediatric population at the Westside clinic by providing family-focused pediatric care to families with children ages birth to three years. She will conduct developmental and socioemotional screening, address parents' behavioral and developmental concerns, and connect families with a variety of community resources as well as make home visits, facilitate parent support groups, and staff a child development telephone line.

With the hiring of a Healthy Steps Specialist, St. Joseph's is positioning itself for a successful implementation of

the national "Healthy Steps" program to best benefit the children and families who reside on the Near Westside of Syracuse. "Patti truly understands the importance of an effective connection between health care provider and parents," shared Martha Austin, RN, nurse manager of Primary Care Center–West. "She is committed to delivering the highest quality care to the children we serve and is a perfect fit to our organization."

The Healthy Steps model has received national attention as a best practice to help organizations like St. Joseph's Health achieve the population health

outcomes that are most effectively influenced in early childhood. The program will not only enhance pediatric services, but will also provide education, guidance, and group support for parents who experience challenges related to and worsened by poverty — helping them provide homes that optimize brain development and psychological and physical health. Provided through a recent 3-year grant award from the New York State Office of Mental Health, Healthy Steps aims to support these children as they grow and help brighten their future.

ST. JOSEPH'S HEALTH CONTINUUM OF CARE

HOME CARE OFFERS PATIENT-CENTERED APPROACH

Home care provides an opportunity for medical professionals to provide 1:1 care with a patient-centered approach. Care is provided through collaboration between the home care staff, the patient in their home, and the physician/community providers.

Administering care in a patient's home is very different than doing so in any other medical setting. Home care professionals have the opportunity to directly observe the many factors which affect a patient's ability to understand and adhere to treatment plans. Barriers to adherence may be related to the physical environment in or around the home, the availability of willing and able caregivers, and/or prioritization of the patient's health issues within the context of economic or psychosocial concerns within the family.

Our clinicians are defining why (why the patient can't make it to their appointment or why they are not taking their prescribed medications), then implementing solutions which specifically address the reasons identified. Goals are established through collaboration with the patient and physician early in the home care episode, and modified as needed. A patient-specific plan of care is developed to increase independence with health management. We provide the bridge to needed services and teach patients how to manage their disease(s) by instructing them about their medications, how to identify early signs of an exacerbation, as well as how and when to seek help. Home care clinicians have the privilege of spending additional time with patients and families which gives them an opportunity to develop a rapport and identify their individual needs.

The benefits of providing health care in a home setting exist despite the ever-increasing complexity of home care. At one time they may have been expected to simply monitor a patient's vital signs for a few weeks, but now home care includes a diverse array of services, including skilled nursing, physical therapy, respiratory therapy, social work, nutrition therapy, speech therapy, and home health aide services. Home care has evolved tremendously, often including high-tech treatments such as intravenous therapy, central line management, chest tubes, ventilators, drains, wound VACs, and extensive wound treatments. Clinicians often worry they will lose their clinical skills coming to home care but instead realize an increased ability to assess a patient without a monitor or immediately accessible equipment/diagnostic tests. They draw from their experience and the extensive training provided in orientation as they collaborate with physicians and the interdisciplinary team to implement patient-centered care aimed at improving patient management of chronic disease and reducing hospitalizations.

St. Joseph's Home Care is the only hospital-based certified home health care agency in Onondaga and Cortland counties. The average daily census has grown from 125 patients in 1991 to more than 725 patients in 2016 for these two counties.

To learn more about St. Joseph's Home Care visit sjhomecare.com.





SALVATORE CAPRIOTTI: SKILLED NURSING AND PHYSICAL THERAPY

Mr. Capriotti had a pacemaker transplant and developed a serious infection that required daily intravenous (IV) antibiotics.

He received these treatments in the hospital before being released, with St. Joseph's Home Care providing his IV treatments in the comfort of his own home.

For the next five weeks, Mr. Capriotti would be visited by a St. Joseph's Home Care nurse at 10 a.m. each day.

"The nurse assessed my incisions, communicated with my doctor and performed my infusions — allowing me to receive health care in the comfort of my own home."

St. Joseph's Home Care allowed the Capriotti family to maintain their daily routines in a convenient way that also provided cost savings. Mr. Capriotti notes that one of the greatest benefits of his services was that it allowed him to avoid the costs associated with inpatient hospital care.

LINDA PORTER: SKILLED NURSING, PHYSICAL THERAPY, REGISTERED DIETICIAN, AND SOCIAL WORK

Mrs. Porter is a senior citizen with chronic ailments and mobility concerns — her goal is to remain living in her own home for as long as possible.

When she was having trouble managing medications and her diet, St. Joseph's helped Mrs. Porter get back on track. Each day her nurses made sure her medicines were in order, and she was able to receive nutrition counseling from a Registered Dietician.

Mrs. Porter's nurses work directly with her physicians to ensure that all instructions are being followed and explain procedures and medicines. "Having someone

take the time to explain everything the doctors say makes me less nervous," said Mrs. Porter.

Like many patients using St. Joseph's Home Care, Mrs. Porter is certain that given her health and the services she requires, she would be in a nursing home. "Without home care I would probably be in a nursing home right now. My husband died in a nursing home. I think if home care had been an option for him at the time that he might have lived longer," said Mrs. Porter.

Mrs. Porter enjoys the personal interactions she shares with the staff of St. Joseph's Home Care. She made it clear just how special the staff is to her.





Pictured L to R: Erica Hawks, Dr. Nishith Amin, Cheri Caiella, John Caiella, Shellie Rizza and Phil Rizza

THE RIGHT PLACE AT THE RIGHT TIME

ST. JOSEPH'S CELEBRATED HEART HEROES DURING HEART MONTH

Cardiac emergencies don't always involve patients clutching their hearts or having difficulty breathing. In fact, heart attacks, heart disease, high blood pressure, and other heart complications are often referred to as silent killers because the symptoms may be non-existent or present as other illnesses.

In February 2017, St. Joseph's honored Shellie Rizza, ICU nurse practitioner, Phil Rizza, Shellie's husband, and Gretchen Brown, a former St. Joseph's employee, as Heart Heroes — saving lives that were almost taken by heart attacks. These awards were bestowed as part of the annual Heart Month celebration that brings awareness to the importance of heart health.

The stories of the heroic, life-saving actions of Shellie, Phil, and Gretchen are moving reminders that cardiac emergencies can happen any time and any place.

The Silent Killer

The last thing John Caiella remembers about his visit to a local urgent care is trying to decide whether he wanted to sit in the chair or lie down on the cot in the exam room. Flu-like symptoms masked his heart attack and he collapsed on the floor where Shellie and Gretchen performed CPR, used an automated external defibrillator (AED) to resuscitate him, and got him into an ambulance for fast transport to St. Joseph's Hospital for emergency care.

"John came to urgent care and described symptoms consistent with the flu. I asked him specifically whether he was experiencing chest pain or shortness of breath — he was not," said Shellie. "You don't always see the heart attack coming. People having heart attacks will not always clutch their chests like you see on television or in movies."

John saw Dr. Nishith Amin, an interventional cardiologist with St. Joseph's Physicians Cardiovascular Specialists, who implanted four stents in John's heart. John was discharged and settled back into his daily routine.

"Shellie and Gretchen saved my life that day and got my heart ticking again. In fact they saved many hearts that day," said John when he spoke at the Heart Heroes ceremony. "My wife is not a widow, my children and their families still have a father and grandfather, my siblings, my friends ... Shellie and Gretchen saved their hearts too. From the bottom of my heart, somewhere below my four new stents, I thank Shellie, Gretchen, and the team at St. Joseph's for saving my life."

A Marathon Emergency

The Rizzas were at mile 18 of the Buffalo Marathon in June 2016 preparing to head to the finish line to see their friends complete the race when Phil noticed a runner slowing down, starting to fall and hitting his chin on the pavement.

The Rizzas ran to the man's side and shouted for medics. The man's eyes were open but he was unresponsive and not breathing. They checked for a pulse, called 911, and Shellie began chest compressions as Phil, who is trained in CPR, secured the man's airway.

The Rizzas were joined by two others in performing CPR and the man's pulse returned. When the ambulance arrived the onboard physician used an automated external defibrillator and

was able to get the man's heart to beat again and he was taken to the hospital. "Our biggest concern was whether the man would wake up," said Shellie. "While his brain was receiving oxygen because of the CPR he was not getting blood in the most efficient way, through the heart, and we feared a neurological compromise."

Shellie and Phil would find relief later in the day when they received a call that the runner was awake and alert.

"I can't even begin to explain how it felt to hear that the man was awake; I started crying," said Shellie. "We were definitely in the right place at the right time on that day."

Did you know that you don't need to be a medical professional to learn how to perform CPR and use AEDs?

ST. JOSEPH'S
Health

A HIGHER LEVEL OF CARE

COME MASTER THE ART OF CARING

Nursing is more than just an occupation. It's our life's work, and our greatest masterpiece. The Magnet-designated nurses at St. Joseph's Health are the best in the area, fueled by unwavering dedication and a persistent need to grow and learn. In the field of nursing you never stop learning, and there is no better place to perfect your practice than on our team.





ST. JOSEPH'S WALK WITH A DOC PROGRAM GETS PATIENTS MOVING

St. Joseph's Family Medicine introduced their new *Walk with a Doc* program in December with an inaugural walk around St. Joseph's Hospital's indoor walking trails.

Walk with a Doc is a nationwide program started in 2005 by Dr. David Sabgir, a cardiologist in Columbus, Ohio. The organization's mission is to "encourage healthy physical activity in people of all ages, and reverse consequences of a sedentary lifestyle in order to improve the health and well-being of the country."

"What is great about *Walk with a Doc*, is that not only are our patients and physicians getting exercise, but it helps build and strengthen patient-provider relationships," said Dr. Christopher Adiletta, family medicine resident and head of St. Joseph's *Walk with a Doc* program.

There are currently 276 *Walk with a Doc* chapters in 44 states — St. Joseph's is the only chapter in the Central New York region.

"This walking program provides a positive environment for patients and physicians," said Dr. Adiletta. "We meet once a month for a walk around the indoor trails. We are all looking forward to the nicer weather in Syracuse when we will take the walks outside to enjoy the sunshine and connect with our community."

Participants are members of the Diabetic Group, part of the Resident Family Medicine Center. The group meets monthly to discuss topics such as diet/exercise, medication compliance, and complications of diabetes.

Walk with a Doc is an expression of St. Joseph's passion and commitment to going beyond the clinical environment and helping patients understand that their health care team supports their journey to be their healthiest self.

"We're trying to improve patients' health and not just through medications and procedures but by interacting in physical, emotional and social ways," said Dr. Adiletta. "I think it's this interdisciplinary aspect of St. Joseph's that is so unique and effective in improving the health of our community."

Learn more about St. Joseph's *Walk with a Doc* program by calling St. Joseph's Family Medicine Clinic at (315) 448-5493.

SENIORS SPRING INTO ACTION

Spring is here and that means it's the perfect time to get out and get active! Marty Pond, MS ,RN-BC-Gerontology with St. Joseph's Health, shares the benefits of exercise for seniors.

No matter your age, exercise can improve your quality and enjoyment of life. An active lifestyle that includes cardiovascular and muscle strengthening exercise can help aging seniors maintain independence and lower the risk for a number of health complications, among other benefits. The best reason to stay active is that regular exercise leads to feeling better overall which ensures that you can continue participating in the activities that bring joy to your life!

SOME OF THE BENEFITS OF REGULAR PHYSICAL ACTIVITY INCLUDE:

Social Activity

Staying active is a great way to nurture social relationships. Whether you are part of an exercise class at the local gym or enjoy walking in the neighborhood, you have opportunities to meet new people and connect with the ones you know. Group activities also provide built-in accountability so you'll be more likely to attend regular classes or appointments.

Come On, Get Happy

When you exercise your body releases endorphins. These hormones work to boost your mood and can help reduce feelings of depression and negative thoughts. In addition, exercise is a great way to manage and even reduce stress.

Cognitive Benefits

Additionally, exercise helps keep you mentally sharp. Research suggests that people who exercise have enjoyed better focus and concentration, improved recall, and increased capacity for memory.

Minimize Risk For Health Complications And Disease

Exercise has been shown to minimize risk for diabetes, heart disease, mental health issues, and some cancers, among other ailments.

Proactive Steps Lead to Safe Steps

Falls are the leading cause of injuries among people 65 and older; taking a fall can drastically change a life, threaten independence, and even result in fatal injury. While not all falls can be prevented, falling is not inevitable — there are steps that can be taken to reduce fall risk.

Regular exercise helps build and maintain strength in the lower body. Yoga can help you improve your balance. Staying hydrated is equally important as it can contribute to weakness, balance issues and lead to more severe ailments. Some medications can increase your risk of falling so it is important to review your medications annually with your health care provider.

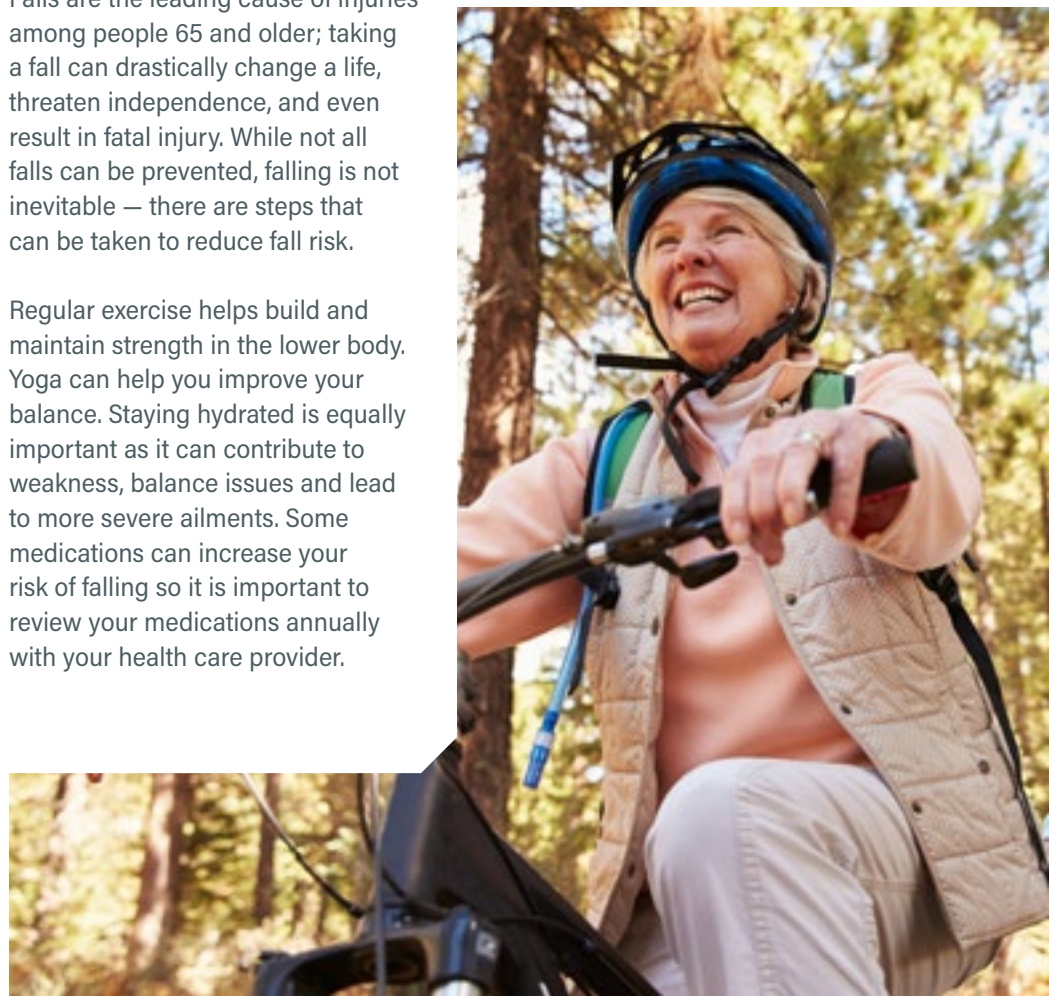
Help With Healing

As we age the healing process takes longer but the good news is that exercise can help improve healing time. Seniors who maintain a consistent exercise regimen often experience fewer complications in healing and a smoother, faster recovery time.

Sleep Tight

Regular, physical activity has been shown to improve sleep quality. Staying active also promotes healthy sleep routines through its positive effects on mood.

Always remember that regardless of age, you should always consult with your medical provider before beginning any exercise regimen. He/She will work with you to develop an exercise plan that suits your lifestyle and is adapted for your medical needs.





IS METABOLIC/WEIGHT LOSS SURGERY RIGHT FOR YOU OR A LOVED ONE?

When weight is impacting health and lifestyle, bariatric or metabolic/weight loss surgery can be an effective treatment with lasting results.

Defining Obesity

Obesity is a complex health issue that deserves a deep understanding of all the influences involved. In the United States, around 15.5 million people suffer from obesity, per the National Institutes of Health. Obesity is classified as a medical disease — that means just as there are treatment options for diseases such as high blood pressure and diabetes, there are also options to help manage the complicated disease of obesity. Metabolic/weight loss surgery is proven to provide a greater amount of weight loss, with long-lasting results and improvement of weight-related conditions, compared to diet, exercise, and medications for weight loss.

Health Risks Associated With Obesity

People suffering from obesity have an increased risk of developing medical diseases and conditions, including diabetes, high blood pressure, heart disease and stroke, liver disease, various types of cancer, gynecological abnormalities, sleep apnea, and musculoskeletal issues like joint, back, hip, and knee problems. Complications from these medical conditions can be exacerbated by carrying extra weight.

Our Approach

At St. Joseph's Health we are committed to providing lasting treatment for people who suffer from the disease of obesity via our surgical and multidisciplinary program. Our team of board-certified surgeons and health care professionals is dedicated to helping you understand all the options for metabolic/weight loss surgery to help you achieve your health and weight loss goals.

Weight Loss Surgery Candidates

If you are overweight and have been unable to lose and maintain weight loss through diet, exercise, and/or medications, you could be a candidate for weight loss surgery.

- People with a BMI of 40 or higher
- People with a BMI between 35 and 40 with weight-related medical conditions such as diabetes, high blood pressure, heart disease, high cholesterol, sleep apnea, and/or musculoskeletal issues such as joint, back, hip, and knee problems.

Ready to learn more?

Free informational sessions given by a bariatric surgeon the second Tuesday of every month at 6 p.m. at our Syracuse location, and the second Wednesday at our Utica location.

Log into www.drgrabermd.com or call 315-477-4740 to learn more about our program and to register for a consult. There are steps to undergoing metabolic/weight loss surgery — it is our pleasure to help guide you through this process.

Dr. William A. Graber is the Metabolic and Bariatric Surgery Director for two of the area's most experienced Bariatric Surgery Programs — St. Joseph's Hospital Health Center in Syracuse, NY and Mohawk Valley Health System in Utica/New Hartford, NY. He is a board-certified surgeon, a Fellow of the American College of Surgeons (FACS), holds a board position on the New York State Chapter of American Society for Metabolic and Bariatric Surgery (ASMBS), and is a member of the national ASMBS.

Our team of board-certified surgeons and health care professionals is dedicated to helping you understand all the options for metabolic/weight loss surgery to help you achieve your health and weight loss goals.

GO THE DISTANCE: YOUR HEART IS WORTH IT

St. Joseph's Health scores highest in the state on the most difficult cardiac procedures* so when it comes to your heart health on the road ahead, you can take comfort in knowing the best cardiac team is just a short drive away. We go the extra mile so you can go the distance.

Learn more at GoTheDistanceSJH.org

A HIGHER LEVEL OF CARE | 888.STJOES1

* Adult Cardiac Surgery in New York 2016 Report by the New York State Department of Health (DOH)

ST. JOSEPH'S
Health

ST. JOSEPH'S HEALTH:

REIMAGINING THE FUTURE OF HEALTH CARE IN OUR COMMUNITY

St. Joseph's Health is committed to providing the highest-quality health care at the most reasonable cost possible and to deliver that same standard of care to those without the means to pay for it. A few years ago, we were faced with a growing need for health care services in our community at a time when our industry was undergoing a significant shift. To meet these challenges and remain true to our mission, we examined everything: facilities, technology, processes...improving upon what worked well and reinventing where we saw need for improvement. Now, with the benefit of hindsight, we can show you how far this course has led us.

Patients First

As our industry transformed from a pay-for-service model to one focused on efficiency and outcomes, we extended our reach beyond the walls of our facilities to be able to meet peoples' needs at home, helping them lead healthier, happier lives.

We established HealthWise, the region's largest Population Health initiative, to help the people of our community achieve health goals through lifestyle and behavior changes. We became the first and only hospital in the region to bring 24/7 hospital-level care into the homes of more than 800 patients. These efforts are part of St. Joseph's Health's Continuum of Care, a philosophy that expands our role beyond doctors' visits and hospital stays to improve our community's prospects for healthy lifestyles, good employment, and quality education – helping to mitigate the escalating cost of treating chronic diseases by keeping patients healthy and out of the hospital.



ST. JOSEPH'S HEALTH'S CONTINUUM OF CARE ENGAGES PATIENTS IN THEIR HEALTH CARE, TRACKING THEIR PROGRESS THROUGH A COMPREHENSIVE RANGE OF HEALTH SERVICES THAT SPAN ALL LEVELS OF CARE. THIS STRATEGY SHIFTS CARE TO LOWER COST SETTINGS, AND IMPROVES OUR COMMUNITY'S QUALITY OF LIFE.

Achieving a Higher Level of Care

Our challenges required us to make strategic financial investments that we knew would incur short-term strain. But we believed that investing to serve the growing needs of our community was a moral imperative.

NEW ER FACILITIES: ONE OF THE LARGEST "GREEN" HEALTH CARE FACILITIES IN NEW YORK STATE, SERVING OVER 70,000 PATIENTS EACH YEAR.

ONLINE PATIENT PORTAL: PATIENTS CAN ACCESS PORTIONS OF THEIR MEDICAL RECORD, INCLUDING CURRENT MEDICATIONS, TEST RESULTS, IMMUNIZATIONS, ALLERGIES, UPCOMING AND PAST APPOINTMENTS.

One Heart, One Mission

By partnering with Trinity Health, we have gained the volume purchasing power of one of the largest hospital networks in the nation as well as access to capital for technology and infrastructure upgrades. We've also gained a vast network of doctors with whom we're able to consult and share best practices. But most importantly, Trinity shares our Franciscan philosophy and dedication to be a compassionate and healing presence, and demonstrates this by promoting community advocacy on global issues, as well as hyper-local, community action grants to bring positive change to the neighborhoods that need it most.

Reform Has its Rewards

Change is never easy, but without change, there can be no progress – and, thanks to an extraordinary team of doctors, nurses and support staff, we accomplished the seemingly impossible:

GREATER PATIENT SATISFACTION: HEALTH GROVE "SMART RATING" OF 88, WHILE OTHER AREA HOSPITALS EARNED A 71.

SHORTER LENGTH OF STAY: STREAMLINED OUR PROCESSES TO GET PATIENTS HOME FASTER, PROVIDE MORE EFFICIENT, HIGHER-QUALITY CARE AND SAVE MILLIONS ANNUALLY.

FASTEST GROWING HOSPITAL: WE PERFORM MORE ADULT SURGERIES THAN ANY OTHER AREA HOSPITAL AND HAVE BEEN THE FASTEST GROWING HOSPITAL IN CENTRAL NEW YORK FOR THE PAST 5 YEARS.

SHORTER ER WAIT TIMES: A TWO-TIERED SERVICE TO HELP US TREAT PATIENTS MORE EFFICIENTLY.

LARGEST ACO AND CIN IN THE REGION: OUR ACO (ACCOUNTABLE CARE ORGANIZATION) MANAGES AND COORDINATES PATIENT CARE, AND OUR CIN (CLINICALLY INTEGRATED NETWORK) CONTROLS COSTS AND ENSURES HIGHER QUALITY OF CARE.



Looking Forward

The future of health care is rapidly advancing; scientists are developing new ways to treat disease with breakthrough gene-editing techniques, wearable technology is being tested to treat the chronically ill, and patients are taking a more active role in their own health care. Our colleagues are passionate healers dedicated to making a difference in people's lives and shaping the future of health care in the region. The ultimate goal of these efforts – and of everything we do – is to provide our community with the quality and depth of care it deserves.



ST. JOSEPH'S
Health

A Member of Trinity Health



JULIE KING, M.D.

Dr. King specializes in family medicine. She received her doctorate in medicine from Albany Medical College in Albany, NY and completed her residency at St. Joseph's Hospital. She is board certified by the American Board of Family Medicine.

Dr. King is located at:
Radisson Health Center
8278 Willett Parkway-2nd Floor
Baldwinsville, NY 13027

To schedule an appointment
call: 315-652-1325

SPOTLIGHT ON MAMMOGRAMS

Approximately one in eight women will develop breast cancer in their lifetime.

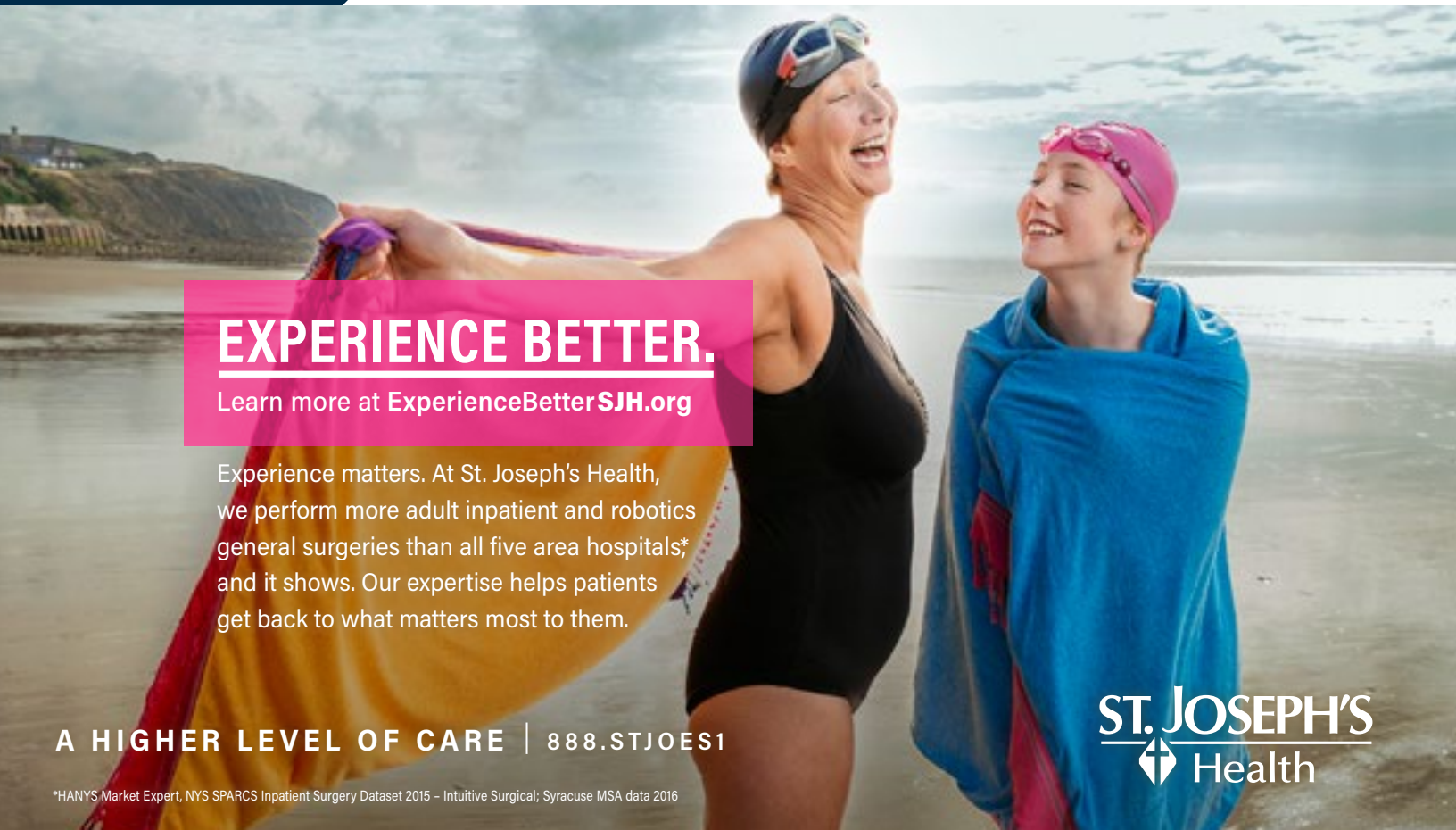
Breast cancer is the most common cancer among women, and the second deadliest. Fortunately, most women are diagnosed at earlier stages of breast cancer due to the use of mammography screening and regular examinations.

"The best time to start checking for breast cancer is when there are no symptoms — in other words, when you feel fine," said St. Joseph's Physicians Primary Care Physician, Dr. Julie King. "This is why we suggest regular mammograms beginning at age 40, and sometimes earlier if a patient is at high-risk for breast cancer." High risk patients include those with a family history of breast or ovarian cancers. As with all procedures, your health care provider will work with you to determine the best screening plan.

A mammogram is a breast exam that uses a noninvasive X-ray to produce pictures of each breast. These images are then reviewed by a physician who looks for and identifies any abnormalities that may indicate the presence of cancer in the breast. The procedure is relatively quick — lasting approximately 20 minutes. Most women report very little discomfort.

"Mammograms are important because of their ability to detect cancer early when it is most treatable," said Dr. King. "It is possible for abnormalities in the breast to be detected well before a patient or physician can feel them."

When cancer is detected early, there are more treatment options available and a greater chance of survival. Mammography screening combined with clinical breast examinations gives women the best chance of finding cancer early and treating it.



EXPERIENCE BETTER.

Learn more at ExperienceBetterSJH.org

Experience matters. At St. Joseph's Health, we perform more adult inpatient and robotics general surgeries than all five area hospitals* and it shows. Our expertise helps patients get back to what matters most to them.

A HIGHER LEVEL OF CARE | 888.STJOES1



*HANY Market Expert, NYS SPARCS Inpatient Surgery Dataset 2015 - Intuitive Surgical; Syracuse MSA data 2016

AWARDS & RECOGNITIONS



2016 & 2017
WOMEN'S CHOICE AWARD®
AMERICA'S BEST HOSPITALS
HEART CARE

ST. JOSEPH'S HEALTH NAMED ONE OF AMERICA'S BEST HOSPITALS FOR HEART CARE

St. Joseph's is the only hospital in Onondaga County to receive the 2017 Women's Choice Award®, signifying that St. Joseph's Health is in the top 9% of U.S. hospitals offering heart care services.

St. Joseph's Health is the only hospital in CNY to have earned a dozen different accreditations, certifications, and recognitions for cardiovascular care.



2016 & 2017
WOMEN'S CHOICE AWARD®
AMERICA'S BEST HOSPITALS
OBSTETRICS

ST. JOSEPH'S HEALTH NAMED ONE OF AMERICA'S BEST HOSPITALS FOR OBSTETRICS

St. Joseph's Health has been named as one of America's Best Hospitals for Obstetrics by the Women's Choice Award®, America's trusted referral source for the best in health care. The award signifies that St. Joseph's Health is in the top 17% of 2,815 U.S. hospitals offering obstetrics. St. Joseph's Health is the only hospital in Onondaga County to receive this award. Women's Choice Award® is America's trusted referral source for the best in health care.



NICHE PROGRESSIVE IMPLEMENTATION DESIGNATION

St. Joseph's "Progressive Implementation" designation, bestowed by Nurses Improving Care for Healthsystem Elders (NICHE), recognizes an organizational commitment to the quality care of older adults, including implementation of system-wide interventions and initiatives in patient-centered geriatric care.

www.nicheprogram.org



ST. JOSEPH'S HEALTH TOP 10% IN NATION FOR JOINT REPLACEMENT THREE YEARS IN A ROW

Joint Replacement at St. Joseph's Health is among the top 10% in the nation, according to Healthgrades.

"This recognition of our Joint Replacement surgeries and services is huge because knee and hip joint replacement surgeries are two of the most common surgeries performed in the United States," said Seth Greenky, M.D., orthopedic surgeon and medical director for the orthopedic service line at St. Joseph's Health.

Healthgrades is the leading online resource helping consumers make informed decisions in order to find the right doctor, the right hospital for the right care. St. Joseph's Health has received the Healthgrades Joint Replacement Excellence Award™ for three years in a row (2015-2017), and has been a Five-Star Recipient for Total Knee Replacement for 11 Years in a Row (2007-2017). The exceptional care and latest technology offered at St. Joseph's Health has also been recognized by U.S. News & World Report, Excellus BlueCross BlueShield, and several other national awards.

ST. JOSEPH'S HEALTH IN THE NEWS

Local Coalition Says Tobacco 21 Could Protect and Save Youth and Young Adult Lives:

Local business and community leaders have formed a new workgroup to educate the community on the health benefits of raising the age of sale for tobacco to 21 years old ("Tobacco 21") in Onondaga County.

This group is collecting letters of support from other local companies and organizations, working hard to garner community support to present to the Onondaga County Legislature and encourage our County officials to vote in favor of raising the age of sale for tobacco products in the coming months. In addition to the members of the workgroup, more than 30 other local organizations have submitted letters in support of Tobacco 21. As the group is continuing to solicit support, employees and physicians will continue their tradition of providing exceptional care to their patients.

Rome Memorial Hospital Affiliates with St. Joseph's Health to Expand Access to Care:

Rome Memorial Hospital and St. Joseph's Health are pleased to announce they have finalized an affiliation agreement entering into a collaborative relationship in pursuit of mutual goals to expand patient access to needed services in the community, announced RMH President/Chief Executive Officer David Lundquist and St. Joseph's President and CEO Leslie Paul Luke. RMH will continue to operate as an independent, separately licensed hospital with community representatives providing strong local governance. The hospital's employees and physicians will continue their tradition of providing exceptional care to their patients.



Pictured here (L to R) are Balasubramaniam Sivakumar, M.D., John Sun, D.O., Borys Buniak, M.D., and Atul Maini, M.D.

First Heartburn Center Opens in Syracuse:

St. Joseph's Health has announced the official opening of The Heartburn Center at St. Joseph's, the first dedicated and comprehensive heartburn treatment center in the greater Syracuse region.

This new center is located at Specialty Services inside the hospital. According to the International Foundation for Functional Gastrointestinal Disorders, studies suggest that approximately one-third of the U.S. population has Gastroesophageal Disease (GERD). It affects one in five adults and more than 20 million people in the U.S. are currently taking medications for reflux. The Heartburn Center will also offer the latest robotic surgery technologies, which are being used in many other areas of St. Joseph's Health.

For information about the Heartburn Center at St. Joseph's Health, call 1-866-HRT-BURN.

The Heartburn Center will offer the latest robotic surgery technologies, which are being used in many other areas of St. Joseph's Health.

DONOR SPOTLIGHT

APRIL STONE

Successful businesswoman and community leader April Stone credits her father as her one of her greatest influences. "My father was of strong character, he embodied honesty and integrity. He taught me the value of hard work and to see a project through to its completion. I have tried to emulate those values throughout my life and my career," said Stone.

The qualities she admired in her father are reflected not only in Stone's professional achievements but in the many ways she supports her community, including St. Joseph's Health.

A generous philanthropist, Stone is an avid volunteer who lends her time and talent to community organizations in addition to providing significant financial support. "There have been various times in my life when I have been in need of something and someone has, in some quiet way, been there to help me through," said Stone of what motivates her giving spirit. "It is the Christian way of life. It is my duty as a human and my faith that compels me to respond when I see a need."

According to Stone, whether she is donating time, energy or money, giving makes her feel great. "I have learned over the years that the more I give, the more I seem to receive in return. I don't fully understand it. I would have never believed it but I have experienced it, and it's quite amazing," said Stone.

Why St. Joseph's?

Stone's support of St. Joseph's Health is generous both as an individual and through her company, CNY Infusion Services, founded in 1999. One reason she chooses to support St. Joseph's is that the organization's values and mission align easily with her own.

"The work St. Joseph's Health does is rooted in faith. They care for and support the weak and needy in our community and of the world. St. Joseph's Health has made whole areas of our community better just because they exist," said Stone. Many times Stone responds directly to a need but in some cases she chooses to give through others, like St. Joseph's. She adds, "One of my goals in giving is to support my community first. St. Joseph's Health reaches people in need that I would never be aware of. I love supporting them."

"I know when I give to St. Joseph's that I am maximizing the impact of my gift. Their established processes and methods are more efficient than if I attempted to fill the need myself," said Stone.



"One of my goals in giving is to support my community first. St. Joseph's Health reaches people in need that I would never be aware of. I love supporting them."

April Stone

Community Impact That is Fresh From the Farm

Stone's most recent venture nourishes the community in a very literal sense. Stone's Steakhouse, opening this year, will serve locally sourced fare, including beef, which will come fresh from Stone's farm in Marathon, New York. The idea for Green Acres farm grew out of Stone's desire to provide healthy, wholesome food to the local community.

"I feel that our beef is raised with such good care and that it is so superior to 'big box' meats, I want to share it with my community," said Stone. "I think, given the choice and opportunity, my community would prefer to know where and how their food is raised. I want to support other local businesses and farms whenever I can in the restaurant."

CNY Infusion Services is the presenting sponsor of the St. Joseph's Health Foundation Gala for the 15th consecutive year and has been a supporter of the Gala since 1999.



♡ PLEASE JOIN US ♡

FRIDAY, JUNE 2, 2017

AT TURNING STONE RESORT CASINO
FOR AN EVENING OF
DINNER AND DANCING

PRESENTING SPONSOR:
CNY INFUSION SERVICES, LLC



For more information please contact St. Joseph's Health Foundation at Foundation@sjhsyr.org or call (315) 703-2128.

VOLUNTEER SPOTLIGHT

DEACON MICHAEL COLABUFO

Deacon Michael Colabufo is a part-time Chaplain Extender with the Spiritual Care Office.

Deacon Colabufo ministers to patients and families of various faiths. In addition, he attends to assigned units delivering spiritual care presence, support, and to provide sacramental (rosaries, prayer cards, scapulars, etc.), and the Eucharist as needed. He also visits the waiting room areas to provide comfort and a presence to family members on behalf of the patient. An ordained Catholic deacon, Colabufo diaconates the noon masses in the chapel with the staff priests.



Tell us about yourself.

I was ordained a deacon on May 14, 2016 at the Cathedral of the Immaculate Conception by Bishop Robert J. Cunningham. Deacons are ordained in the Sacrament of Holy Orders along with priests and bishops, thus making me a member of the clergy, even though I have been married for 44 years to my wife Sharon. We have two sons and five grandchildren.

Deacons have three major areas of service: servant of the Word, I proclaim the Gospel at masses and preach in my parish assignments; servant of the Altar, I assist with the Eucharistic preparation and distribution; and servant of Charity, which includes my volunteer ministry here at St. Joseph's Hospital.

How and why did you get involved as a volunteer?

My involvement in volunteering at St. Joseph's is twofold. First, when I was 38 years old I had a myocardial infraction and received excellent care as a patient at St. Joseph's. I vowed that when I retired (as an educator) I would volunteer to give back to the hospital for the professional care I received.

Second, when I was the Superintendent of Schools for the Syracuse Catholic Diocese, I joined the YMCA for early morning exercise. I met a longtime volunteer, Joe LaManna, there and he said that he would connect me with the Volunteer Office when I retired. Joe was true to his word. I retired after 41 years in education,

18 years with the Syracuse City School District, 18 years as an administrator with the Solvay Union Free School District, and five years as superintendent for the diocese.

I quickly went from one day a week as a volunteer to three days per week wearing three different hats. I began as a Lobby Ambassador, then added Eucharistic minister, and finally Palliative Care volunteering to my schedule.

What is your most enjoyable and/or memorable experience?

I believe the most enjoyable part of being a volunteer at St. Joseph's is by far the friendliness of the staff who welcomed me, provided support, and demonstrated their professional, compassionate care with the patients. There is a solid collegial atmosphere in all the departments and units I am in contact with that makes being here as a volunteer a joy.

What is the best part about being a volunteer?

For me, the best part of being a volunteer is being able to engage with the people we serve, the staff, and with several of the hospital administrators who I have come to know personally. Each encounter I have with the people I engage with provides me the opportunity to share a smile, an ear to listen, or to be a source of support. Each day I am here as a volunteer offers me new experiences to the call of servant as a deacon with those who enter our hospital.

PROVIDER ONBOARDING

SEPTEMBER 1, 2016 - MARCH 1, 2017

What has been your most rewarding experience and how has your experience as a volunteer impacted you the most?

My most rewarding experience was when Sr. Adelbert Durant asked that I spend time with a Palliative Care patient who had several obstacles with her medical issues. This patient had a tracheotomy that prevented her from speaking. Although she could not speak, over time we formed a bond. The patient died when we were making much progress, and I felt that this patient had touched me in a special way, even without uttering a word.

The impact of this experience drew me to the deacon formation program in the diocese and after four years of study, much reading and writing, I was ordained a deacon. Just as in education, one never knows the effects one has on another, in a hospital environment the same can be said. This non-communicative patient showed me how to care and fulfill our hospital mission. This patient taught me that even in her silence, she was a Christ-bearer for me, so that I may see the sacred in all whom I encounter as a volunteer and as a deacon.

Be a Volunteer!

St. Joseph's is fortunate to have a dedicated team of volunteers who number more than 500 men, women and teens.

To learn more about

volunteering at St. Joseph's:

Visit: www.sjhsyr.org/volunteers

Phone: (315) 448-5186

E-Mail: volunteer1@sjhsyr.org

ST. JOSEPH'S HOSPITAL

Jeffrey Christenson, D.O., Hospitalist

Medical School: Doctor of Osteopathy, New York College of Osteopathic Medicine
Residency: St. Joseph's Hospital Health Center
Certification: American Board of Family Medicine
Languages: English

Archana Kathpal, M.D., Psychiatry, CPEP

Medical School: Government Medical College
Residency: Mt. Sinai Medical School
Fellowship: Child & Adolescent Psychiatry, SUNY Upstate Medical Center; Forensic Psychiatry, Robert Wood Johnson Medical School
Certification: American Board of Psychiatry and Neurology, American Board of Psychiatry and Neurology/Forensic, American Board of Psychiatry/Child and Adolescent
Languages: English

ST. JOSEPH'S PRIMARY CARE CENTER-WEST

Regina Farrell, M.D., OBGYN*

Medical School: Doctor of Medicine, SUNY Upstate Medical Center
Residency: University of Oklahoma
Certification: American Board of Obstetrics & Gynecology
Languages: English

To schedule an appointment: Call (315) 703-2600

*Dr. Farrell also sees patients in the Physicians Office Building, Suite 706 on the main campus of St. Joseph's Hospital at 301 Prospect Ave., in Syracuse. To schedule an appointment at this location call: (315) 703-5200

ST. JOSEPH'S PHYSICIANS

Roman Batyuk, F.N.P.-B.C., Northeast Medical Center

Education: Master of Science Family Nurse Practitioner, SUNY Polytechnic Institute
Languages: English, Russian, Ukrainian
Affiliations: American Association of Nurse Practitioners, American Association of Critical-Care Nurses

To schedule an appointment: Call (315) 637-7878

Margaret (Maggie) Gambee, M.S., P.A.-C., Cardiovascular Specialists, Brittonfield

Education: Master of Science Physician Assistant, Upstate Medical University, Syracuse, NY

Languages: English

To schedule an appointment: Call (315) 703-5250

Marya Gendzielewski, M.D., Endocrinology, 104 Union Ave., Suite 801

Medical School: Doctor of Medicine, SUNY Health Science Center
Residency: SUNY Health Science Center
Certification: American Board of Internal Medicine

Brunilda Kolaj, M.D., Family Medicine, North Medical Center, Suite 1D

Medical School: Doctor of Medicine, University of St. George's School of Medicine
Residency: St. Joseph's Hospital Health Center
Certification: American Board of Family Medicine
Languages: English

To schedule an appointment: Call (315) 352-2828

Tarun Kumar, M.D., Psychiatry, CPEP

Medical School: Doctor of Medicine, Kasturba Medical College
Residency: Adult Psychiatry, Mt. Sinai Medical School
Internship: Government Medical College
Fellowship: Child & Adolescent Psychiatry, SUNY Upstate Medical Center; Forensic Psychiatry, Robert Wood Johnson Medical School
Certification: American Board of Psychiatry and Neurology, American Board of Psychiatry and Neurology/Forensic, American Board of Psychiatry/Child and Adolescent
Languages: English

Sunday Asaju, M.D., OBGYN*

Medical School: Doctor of Medicine, University of Illinois at Chicago
Residency & Internship: New York Medical College
Certification: American Board of Obstetrics & Gynecology
Languages: English

To schedule an appointment: Call (315) 703-2600

*Dr. Asaju also sees patients in the Physicians Office Building, Suite 706 on the main campus of St. Joseph's Hospital at 301 Prospect Ave., in Syracuse. To schedule an appointment at this location call: (315) 703-5200

Bihter Korbeci, M.D., Family Medicine, North Medical Center

Medical School: Doctor of Medicine, SUNY Health Science Center
Residency: Family Medicine, St. Joseph's Hospital Health Center
Certification: American Board of Family Medicine
Languages: English

To schedule an appointment: Call (315) 352-2828

Kathleen McDonnell, RN, MSN, FNP-C, Internal Medicine, 104 Union Ave., Suite 806-807

Education: Master of Science in Nursing, Family Nurse Practitioner, SUNY Upstate Medical University
Languages: English
Affiliations: New York State Nurse Practitioner Association
To schedule an appointment: Call (315) 474-0542

Gerald V. McMahon, M.D., Internal Medicine, 104 Union Ave., Suite 806-807

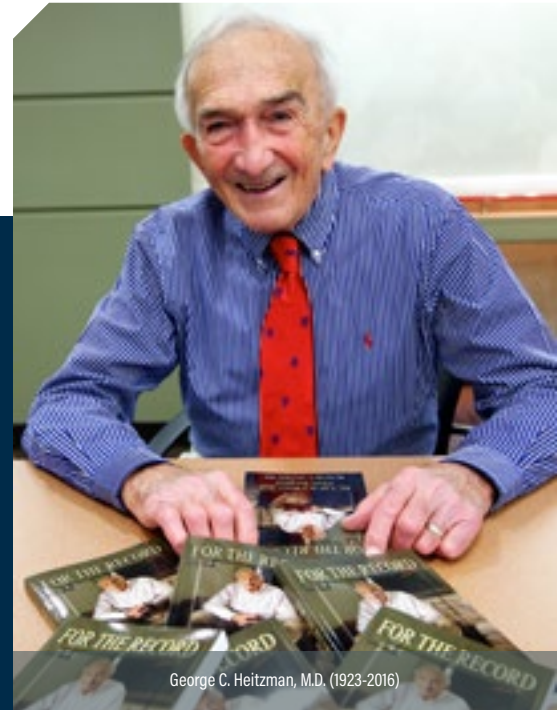
Medical School: Doctor of Medicine, University of Kashmir
Residency: Internal Medicine at University of Michigan Hospitals
Certification: American Board of Internal Medicine
To schedule an appointment: Call (315) 474-0542

Ajaz Shawl, M.D., Internal Medicine, 104 Union Ave., Suite 806-807

Medical School: Doctor of Medicine, University of Kashmir
Residency: The State University of New York at Buffalo
Certification: American Board of Internal Medicine
To schedule an appointment: Call (315) 474-0542

A LIFETIME OF CARING

As 2016 came to a close, St. Joseph's mourned the passing of two esteemed passionate healers, Dr. George C. Heitzman and Dr. Carl I. Austin. Revered innovators and leaders in the field of medicine, both committed their lives and careers to improving the lives of others through medicine.



George C. Heitzman, M.D. (1923-2016)

Dr. Heitzman's career and pioneering work in open heart surgery were featured in "Pioneering surgeon, 91, has touched many hearts (literally)" with journalist, Bob Dotson on NBC's TODAY Show in 2014.

Watch Dr. Heitzman's interview with Bob Dotson by visiting TODAY.com and searching "Pioneering surgeon, 91, has touched many hearts (literally)."

A surgeon for more than 30 years, Dr. George C. Heitzman, Sr. was a pioneer in cardiac medicine, establishing the first open heart surgery program at St. Joseph's Hospital in 1958, followed by implanting the first pacemaker in Syracuse in 1963 and performing the first coronary bypass in Syracuse in 1970.

Dr. Heitzman credits his mother, a nurse, with encouraging him and his brother to become doctors. Dr. Heitzman was born and grew up in East Syracuse. He attended Syracuse University and graduated from the Syracuse University College of Medicine (now the Upstate College of Medicine) in 1947. Although his professional training and military service would take him abroad and around the United States, his home was Syracuse and St. Joseph's.

Dr. Heitzman practiced as a thoracic surgeon until his retirement in 1988. Deeply respected by his peers, he would receive the Distinguished Service Award from the Onondaga County Medical Society in 2015. He was a member of that society, as well as the American Medical Association, the American College of Thoracic Surgeons, and Phi Beta Kappa, the national honor society. He was also a fellow of the American College of Cardiology.

A member of St. Joseph's Internal Medicine medical staff and the Central New York community for more than 40 years, Dr. Carl I. Austin was deeply admired by his peers, colleagues, and patients.

A leader committed to patients and community, Dr. Austin served as medical staff president and chaired the Department of Medicine.

Dr. Austin received numerous awards during his career, including the first Sister Patricia Ann Award, the Outstanding Clinician Teachers Award, and the Saint Joseph's the Worker Award. In 2010 he was inducted into Nottingham High School's Wall of Fame, recognized for his academic and athletic excellence, and for his career achievements.

Following his retirement, he continued in service to the medical community as the first Coordinator of Medical Affairs (Medical Director) and Quality Assurance well into his eighties. Dr. Austin's family shared that he would most want to be remembered as a man who lived a life of integrity and honor. His daughter, Martha Austin, continues the Austin legacy in medicine and is a nurse and manager for St. Joseph's Primary Care Center-West.



Carl I. Austin, M.D. (1923-2016)

"Our hearts are heavy at the passing of doctors Austin and Heitzman. Their contributions to the practice of medicine, and commitment to their community, craft, and the mission of St. Joseph's are beyond commendable. Their work continues to impact the lives of thousands of patients and providers," Sandy Sulik, M.D., Vice President for Medical Affairs at St. Joseph's Health.

Those wishing to make a monetary gift in memory of Dr. Heitzman and/or Dr. Austin* may do so through the St. Joseph's Health Foundation, 973 James Street, Suite 250, 13203.

*Please note that gifts received in memory of Dr. Austin will be directed to the Dr. Carl I. Austin Memorial Nursing Scholarship c/o the St. Joseph's Health Foundation.

"Our hearts are heavy at the passing of doctors Austin and Heitzman. Their contributions to the practice of medicine, and commitment to their community, craft, and the mission of St. Joseph's are beyond commendable."

Sandy Sulik, M.D., Vice President for Medical Affairs at St. Joseph's Health

FOUNDATION REPORT



Retired St. Joseph's Health president and CEO, Kathryn Ruscitto (left), accepts check for \$175,727 from Pamela Kleine, Director of Events and Annual Giving to benefit St. Joseph's Breast Care and Surgery Program of Excellence.

ST. JOSEPH'S HEALTH FOUNDATION NETS OVER \$175,000 AT 24TH ANNUAL GOLF CLASSIC

Since its inception the classic has netted over \$4 million.

St. Joseph's Health Foundation netted over \$175,000 at its annual golf classic, held September 9, 2016 at the Turning Stone Resort. Since its inception the classic has netted over \$4 million.

The 2016 tournament welcomed more than 316 golfers on three of the resort's award-winning golf courses, including the famed Atunyote — site of many PGA events. The presenting sponsor of the 2016 tournament was Franciscan Companies, an affiliate of St. Joseph's Health.

"We are very grateful to our generous and loyal supporters of this event each year. Particularly our presenting sponsor, Franciscan Companies, and the many volunteers who come out year after year," said Vincent Kuss, vice president of development. "Thank you for making this Golf Classic one of the best tournaments in the CNY region."

ST. JOSEPH'S HEALTH FOUNDATION 2017 EVENTS

26th Annual Gala Dinner Dance
"The Beat Goes On Gala"
Friday, June 2, 2017 at the
Turning Stone Resort, Verona, NY

25th Annual Golf Classic
One Day, Three Courses!
Friday, September 8, 2017 at the
Turning Stone Resort, Verona, NY

More information available at foundation.sjhsyr.org or (315) 703-2137.

1869 SOCIETY LUNCHEON

St. Joseph's Health Foundation's Legacy Luncheon was held at Bellevue Country Club on Wednesday, October 29, 2016.

The 1869 Society was founded to recognize individuals who demonstrate their deep commitment to St. Joseph's Health and its mission by making a planned gift. 2016 inductees were presented with 1869 Society medallions and certificates.

"We know that many people who are grateful for their care here at St. Joseph's are generous during their lifetimes, and beyond. The 1869 Society recognizes our most loyal donors and allows them an opportunity to fit the hospital into their estate plans, providing resources to give us the ability to fund a higher level of care for future generations," said Vincent Kuss, vice president of development.

More information on the 1869 Society Luncheon available at foundation.sjhsyr.org.



Pictured left to right: Kathryn Ruscitto, Retired President and CEO, St. Joseph's Health; Ted and Diane Pasinski, 2016 inductees and Vincent Kuss, Vice President of Development, St. Joseph's Health Foundation. Along with the Pasinskis, St. Joseph's Health welcomed the following 2016 members of the 1869 Society: Timothy J. Conan, Esq.; Michael and Susan Elliott Meath; Theresa "Terry" Watt and her late husband, William J. "Bill" Watt; and Posthumous members: Sherwood Finn and Flora Bernice Smith.



Pictured left to right: Patrick O'Connor, Ellen O'Connor, Carol Marshall and John Marshall

ST. JOSEPH'S HEALTH FOUNDATION HOSTS CIRCLE OF CARING DINNER

Each fall St. Joseph's Health Foundation hosts a dinner to honor their Circle of Caring members.

The 2016 dinner was hosted by Kathryn and Daniel Ruscitto at the Bellevue County Club on September 29.

Since opening its doors in 1869, St. Joseph's has been committed to providing a higher level of care for all those in need, regardless of their background or circumstances. To help further this mission, the Circle of Caring enables St. Joseph's to deliver enhanced patient comfort and care, and to keep our excellent staff at the forefront of the newest developments in technology and treatment.

For more information about the Circle of Caring or other giving opportunities, contact the Foundation at (315) 703-2137 or foundation@sjhsyr.org.



ST. JOSEPH'S
COLLEGE OF NURSING

ST JOSEPH'S COLLEGE OF NURSING RECEIVES CENTER OF *excellence* DESIGNATION

We are proud to announce that St. Joseph's College of Nursing has earned the National League for Nursing's prestigious designation as a Center of Excellence in Nursing Education™ (COE) for the years 2016-2019.

THE *caring* EDGE

We are proud to be just one of seven colleges initially designated as a Center of Excellence by the National League for Nursing in 2016. Now more than ever, anyone looking to reach new heights in a career of caring should look no further than St. Joseph's College of Nursing.

St. Joseph's College of Nursing is one of seven schools nationally that has achieved initial Center of Excellence designation in 2016. The COE designation was inaugurated in 2004 and, with this year's awardees, there are only 56 schools and organizations that have achieved this elite status. Marianne Markowitz, VP/Dean of St. Joseph's College of Nursing states, "This designation acknowledges the commitment to excellence by the entire college's administration, faculty, staff, and students. This designation, public recognition, and distinction acknowledges the outstanding innovations, commitment, and sustainability of excellence at St. Joseph's College of Nursing." "The NLN is proud to recognize those schools and organizations that are doing the outstanding work that sets them apart from others," said NLN president Dr. Anne Bavier. "By publicly acknowledging these best practices," added NLN CEO

Dr. Beverly Malone, "we promote the preparation of a diverse, culturally competent nursing workforce to deliver safe, effective patient care in our complex, dynamic health care environment."

Graduates from St. Joseph's College of Nursing are noted for their exceptional skill and caring, and consistently score near or above the 90th percentile on the national council licensing exam, far exceeding both national and state scores (the 2015 national average was 84.5%).

St. Joseph's College of Nursing is accredited by the Accreditation Commission for Education in Nursing (ACEN), and by the regional accreditor, Middle States Commission on Higher Education (MSCHE). St. Joseph's Hospital is designated as a Magnet Hospital for Excellence in Nursing by the American Nurse Credentialing Center.





We offer many paths to *excellence.*

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WEEKDAY OPTION

Our weekday option uses a four-semester schedule to give you an affordable education and an associate degree with a major in nursing in just two years.

EVENING/WEEKEND OPTION

For those wishing to change careers or earn a full-time salary while working towards a degree, our evening/weekend option allows you to achieve your goals without sacrificing other commitments.

DUAL DEGREE

PARTNERSHIP IN NURSING (DDPN 1+2+1)

A unique partnership with Le Moyne College, this option gives you a traditional four-year experience that satisfies both associate and bachelor degree requirements.

ACCELERATED DUAL DEGREE

PARTNERSHIP IN NURSING (A-DDPN)

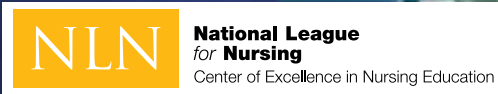
Designed for students with a B.A. or B.S. in another field, this accelerated version of our dual degree option fulfills your associate and bachelor degree requirements in just 18 months.



**Nursing is more than just your job.
*It's your life.***



Our College of Nursing is proud to be partnered with a Magnet-designated hospital – making us just one of four colleges nationwide to pair a Center of Excellence education with a chance to work side by side with the top nurses in the country.



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