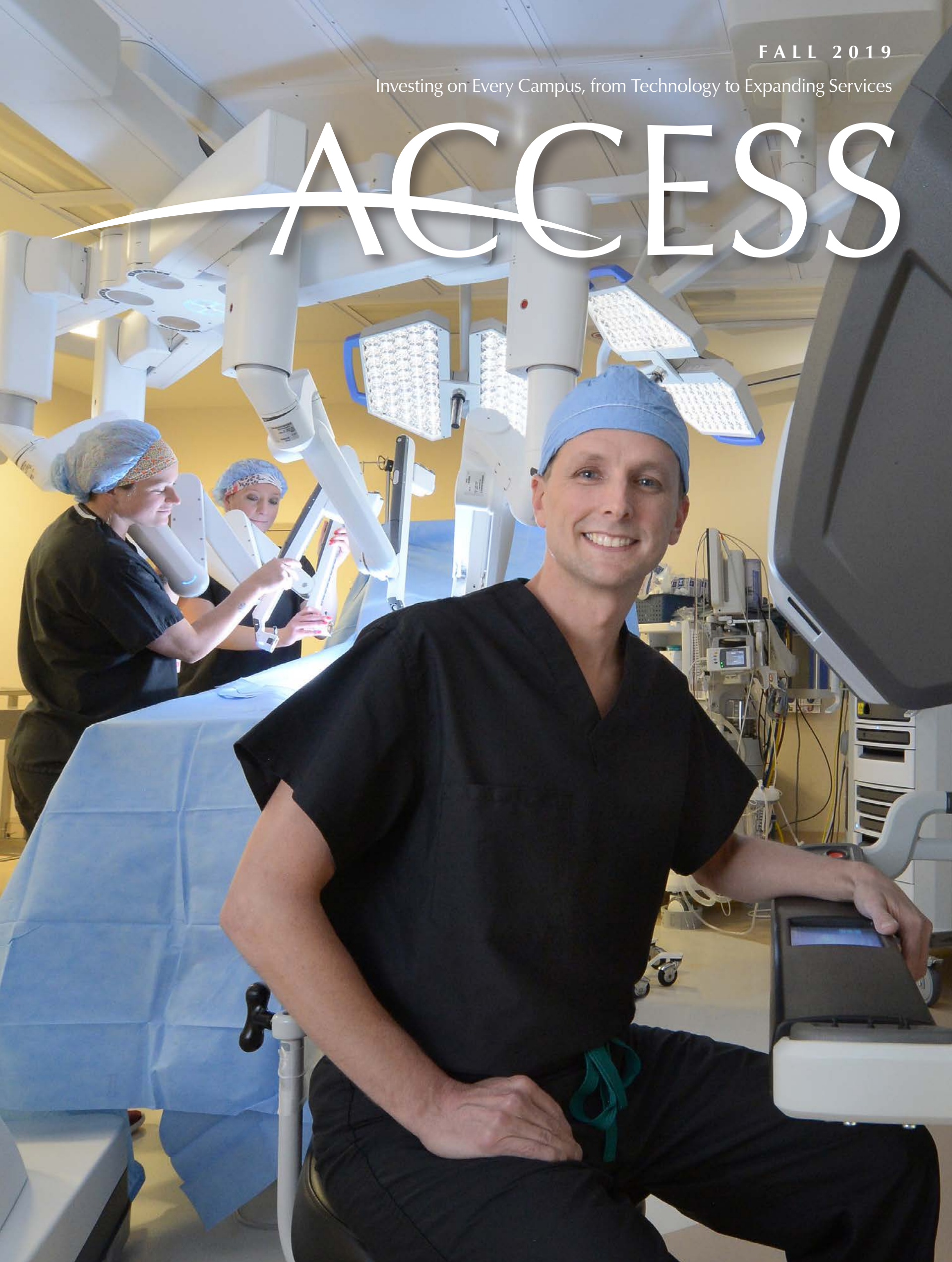


FALL 2019

Investing on Every Campus, from Technology to Expanding Services

# ACCESS





## Managing for the Long-Term Health of Our Community



Angelo Calbone  
President and CEO

Our hospital and community are thriving today, in part, because of the smart decisions of those who came before us. Now it's our turn—and our responsibility. Like them, we must make strategic choices to help ensure the health of our region today and for decades to come.

This issue of *Access* is filled with examples. Some, like our long-standing commitment to bringing you the benefits of robotic surgery, require significant investments in technology. Others, like our affiliation with Albany Med, embrace opportunities for partnerships. Still others, including our purchase of the last parcel of land near our hospital campus, reflect the challenges of meeting the long-term healthcare needs of New York's fastest growing community.

Saratoga Hospital is a nonprofit organization, and our decisions reflect that status. We are stewards, making the best use of limited resources while maintaining the financial strength necessary to offer the services you deserve. Therefore, we assess every opportunity to keep costs down and to invest the resulting savings in programs, facilities, and people to continually improve care.

It's a complicated, often demanding balancing act. But it is also extremely rewarding, in large measure because almost everything we do is a community effort. From the leadership and vision of our hospital and foundation boards to the dedication of our hospital team to the contributions of our many volunteers, we are constantly reminded of how much this community values Saratoga Hospital.

That's especially true this time of year, when we've just wrapped up the signature events that provide critical funds for pediatric emergency care, our Saratoga Community Health Center, addiction medicine services, and our nursing scholarship program. To all of you who supported these events in any capacity, please know that you are making a difference for individuals and families throughout our community—and that we couldn't be more grateful.

Finally, I thought many of you would appreciate learning that, at its September meeting, our Board of Trustees issued a proclamation memorializing Marylou Whitney's extraordinary impact and Saratoga Hospital's enduring gratitude. Our hospital and our region lost a dear friend with the passing of Mrs. Whitney this summer. She was remarkable for her philanthropy, charm, sense of humor, and the kindness and respect she showed people of all walks of life. Mrs. Whitney also had a way of bringing out the best in others. May we all find a way to follow her example.

Best regards,

Angelo Calbone  
President and CEO

Published by Saratoga Hospital  
Marketing and Communications

If you have questions or comments, or if you would prefer to not receive future issues of *Access*, please contact [marketing@SaratogaHospital.org](mailto:marketing@SaratogaHospital.org).



# A Strategic Land Purchase on Morgan Street

## Medical office center would enhance collaboration and care

Saratoga Hospital recently purchased the last parcel of undeveloped land near the main hospital campus to make sure the property can be used for much-needed expansion of healthcare services in Saratoga County.

Its proximity to the hospital makes the 16-acre Morgan Street property the ideal location for a medical office center, where physicians could more easily collaborate on patient care and, in an emergency, get to Saratoga Hospital within minutes.

Plans for the site are on hold while the Saratoga Springs City Council considers a proposed zoning change that would allow medical office use on the property. The change is part of a multiyear effort to align the city's zoning map and comprehensive plan as required by state law.



## Significant benefits for the entire region

Because it is so close to the main Saratoga Hospital campus, the Morgan Street property offers a combination of benefits that no other site can match.

**COLLABORATION.** Locating providers under the same roof increases collaboration, and that improves patient care. Many of the first specialists expected to move to the medical office center—cardiologists, oncologists, and pulmonologists—treat individuals who have multiple chronic conditions. For these patients, consistent, coordinated care is essential.

**ACCESS.** Minutes matter for patients who require critical care. A cardiologist, surgeon, or other specialist could get to Saratoga Hospital immediately—and that could save lives.

**TALENT.** The medical office center strengthens our efforts to attract the top talent our community deserves. For physicians and other medical professionals, the medical office center would deliver a powerful message about the hospital's commitment to its medical team and excellent patient care.

**REDUCED EXPENSES.** Currently, the hospital leases offices in five buildings throughout the city at a cost of hundreds of thousands of dollars a year—and more space will be needed soon. Locating physicians in a hospital-owned medical office center will reduce expenses. Money saved can be invested in patient care: new technology, more staff, and expanded services.

**MAINTAINING REIMBURSEMENTS.** The federal government pays higher reimbursement rates for care that is provided within 250 yards of a hospital—and the Morgan Street location meets that requirement. If a medical office center is relocated farther away, it could cost the hospital and the community millions of dollars in reduced reimbursements.

***“Our hope is that, ultimately, we will have a medical office center on this land. We are absolutely convinced that providing healthcare services at this location is the best way to serve our community now and for the long term.”***

— Theresa Skaine, Chair, Saratoga Hospital Board of Trustees

## Support for the zoning change

Despite opposition from a small group of hospital neighbors, both the Saratoga County and City of Saratoga Springs planning boards have issued positive advisory opinions related to the zoning change that would allow construction of the medical office center. The change also has been endorsed by the city's Comprehensive Plan Committee.

“We realize that the final decision on the zoning has not been made, but we could not pass on the opportunity to purchase this property,” says Saratoga Hospital President and CEO Angelo Calbone. “It's not unusual for organizations to buy land in anticipation of future needs, especially if the property is strategically located.”

For more information about this important project, go to [ITrustSaratogaHospital.org](http://ITrustSaratogaHospital.org).

# Annual Gala Sets Record for Generosity

The Saratoga Hospital 37th Annual Gala netted a record \$501,310 for our Saratoga Community Health Center and drew more than 1,000 donors who came to celebrate “Under the Tuscan Sun.”

Of that, \$100,000 was donated by John Hendrickson in memory of his wife, Marylou Whitney, and in appreciation for the care provided by Rachid Daoui, MD, Chief of Nephrology, Saratoga Hospital Medical Group – Nephrology.

Dr. Daoui is known across the U.S. for his groundbreaking work in home hemodialysis and is a frequent presenter on home dialysis and remote monitoring. He has been honored by his colleagues, the Northeast Kidney Foundation, and others for his exceptional commitment to patient care and quality.



***“Marylou could have gone anywhere in the world for her care, but she chose Dr. Daoui because of his renowned national reputation. He extended Marylou’s life a great deal, and I’m forever grateful.”***

—John Hendrickson

“Dr. Daoui is one of the finest physicians in the country,” Mr. Hendrickson adds. “Our community is extremely fortunate that Dr. Daoui chose Saratoga as his home. It was a privilege to honor this outstanding man!”

A highlight of the summer season, the Gala is a major source of support for the Community Health Center, which provides primary care, dental, behavioral health, and addiction medicine services, regardless of a patient’s ability to pay.

This year, the Gala included a tribute to Mrs. Whitney, whose death came less than two weeks before the July 31 event. “For more than thirty years—nearly every year since the inception of this special summer celebration—Marylou’s charm and generosity, her sense of fun, caring, and compassion have brightened these evenings,” says Angelo Calbone, Saratoga Hospital President and CEO. “One way or another, we have all been touched by Marylou.”



Rachid Daoui, MD, Chief, Division of Nephrology, Saratoga Hospital Medical Group – Nephrology (far right) with his wife Ghrissia (far left), and children Ryan, Sabrina, Sarah, and Adam.

to “Gala Guy,” a lawn jockey who wears the hospital colors. Because the bid was a gesture of gratitude to Dr. Daoui, a plate engraved with his name will be added to the statue. Dr. Daoui and members of his family were present at the Gala to enjoy this special announcement and generous gift in his honor.

We extend our heartfelt thanks to all the organizations, underwriters, and individuals who helped make the Gala so successful. Special thanks to presenting sponsors Julie & Co. Realty, LLC, and Bonacio Construction, Inc., Co-chairs Jennifer Hennessy and Wendy Lawrence, and the 2019 Gala Committee.

For event photos, go to [facebook.com/saratogahospital](https://facebook.com/saratogahospital).

Mrs. Whitney and Mr. Hendrickson have served as honorary Gala co-chairs for years. At Gala auctions, they consistently placed the highest bid—or made extraordinary surprise gifts—often to acknowledge exceptional care or recognize members of the Saratoga Hospital team.

Mr. Hendrickson continued that tradition this year with the winning bid of \$100,000 for the 2019-20 naming rights

## IN MEMORIAM

### Marylou Whitney 1925 - 2019

We join the Saratoga region and countless individuals across the country in mourning the loss of Marylou Whitney, who died July 19 at her Cady Hill home. Mrs. Whitney had an immeasurable, enduring impact on our community, our hospital, and all who turn to us for care.

Mrs. Whitney was known far and wide for her philanthropy and leadership, her enthusiasm and sharp wit, and her love for racing and those who live and work at the track. One of Saratoga Hospital’s staunchest friends, she was quick to be among the first to support virtually every major project—and to encourage others to join her.



With her husband John Hendrickson, Mrs. Whitney helped bring lifesaving healthcare services to Saratoga. Those who enter our hospital on Myrtle Street see her name on the exterior of our Marylou Whitney and Desmond DelGiacco, MD, Intensive Care Unit. Inside the hospital, our Whitney-Hendrickson Cardiovascular & Interventional Suite is another testament to her generosity.

***“Mrs. Whitney left an indelible imprint on so many Saratoga institutions and so many hearts. Everywhere we look, we are reminded that one special lady can help transform an entire community for the better.”***

—Angelo Calbone, Saratoga Hospital President and CEO

## Another Affiliation Partner



Glens Falls Hospital

Glens Falls Hospital took one step closer to joining Saratoga Hospital, Albany Med, and Columbia Memorial Hospital as affiliation partners.

Albany Med and Glens Falls Hospital announced that the Boards of both institutions approved a Definitive Agreement September 12 after nearly a yearlong due diligence process. The affiliation is expected to be completed next year.

Saratoga Hospital became an affiliate of Albany Med in 2017. Since then, patients and the

community have benefited from access to higher-level specialty care, shared learning, and improved efficiencies. The resulting savings are being invested to enhance and expand patient care.

“Working collaboratively leads to good things for Saratoga Hospital and the community we serve,” says Angelo Calbone, Saratoga Hospital President and CEO. “Expanding our health system will foster continued success for Saratoga Hospital and all of our partners.”

## On the Cover:

Saratoga Hospital now has two advanced surgical robot systems, including this latest-generation da Vinci Xi. Pictured with Seth Capello, MD, Director of Robotic Surgery, Saratoga Hospital Medical Group – Urology, is, from left, Alexandria Marini, BSN, RN, and Melissa Fisher, BS, RN, CNOR.

Story on page 4.



New, Stronger MRI Improves Imaging for Prostate, Neurological Conditions

Patients who need highly sophisticated imaging of the brain, spine, or prostate can get their scans on our Wilton campus, which is now home to the Saratoga region’s most powerful MRI.

Saratoga Hospital recently invested \$2 million to bring a 3 Tesla (3T) MRI to Wilton Medical Arts to better serve patients with certain prostate, neurological, and joint conditions. The new MRI is twice as powerful as the 1.5T MRI that is the standard of care for most imaging procedures.

Tesla refers to the strength of the magnetic field created by the MRI (magnetic resonance imaging) equipment. A stronger magnetic field creates clearer, more detailed images. This superior image quality is essential when viewing small areas such as the prostate, lesions in the brain, and small joints.

*“With the more powerful 3T MRI, we can diagnose certain conditions more accurately.”*

— Mildred Aviles, Director of Medical Imaging, Saratoga Hospital



The hospital’s Women’s Imaging Center, also on the Wilton campus, features some of the region’s most advanced women’s imaging technology. With the 3T MRI, the hospital offers comparable prostate imaging services for men.

For patients whose doctors order 3T MRI scans, this latest investment also eliminates the stress of having to travel outside the region.

“Patients in Saratoga County and north who need the added definition of a 3T MRI now have that option closer to home,” Aviles says. “When you’re concerned about your health, that added comfort and convenience can make a difficult time a little easier.”

In addition, Saratoga Hospital patients can be confident they are receiving imaging services of the highest quality. The American College of Radiology has designated Saratoga Hospital a Diagnostic Imaging Center of Excellence—the highest national recognition available. The designation applies to imaging services at the hospital and Wilton Medical Arts.

Investing on Every Campus,



An Ideal Combination for Robotic Surgery

Exceptional talent, advanced technology

Urologist Seth Capello, MD, Director of Robotic Surgery, Saratoga Hospital Medical Group – Urology, came to Saratoga Hospital more than a decade ago to help bring robotic surgery to the region where he grew up. At the time, Saratoga Hospital had just purchased its first da Vinci surgical robot, and Dr. Capello was the first and only Capital Region physician to be fellowship-trained in robotic urologic surgery.

Today, he heads a multidisciplinary team of 14 physicians who have access to the latest-generation robotic technology. Together, they are skilled in more than 20 different procedures, from hernia repair to prostate and kidney removal and hysterectomies to thoracic surgery.

“We grew from a small program in 2007 to one with the reputation and technology to attract top talent, with the expertise you typically find only in major medical centers,” Dr. Capello says. “Instead, our physicians have chosen Saratoga Hospital for the

same reasons so many of our patients do—a culture that fosters collaboration and values the patient experience above all else.”

The hospital now has two advanced surgical robot systems—including the latest-generation da Vinci Xi—and has dedicated two operating suites in its state-of-the-art surgical pavilion for robotic surgeries. Four surgeons have joined the team in recent months. In addition, because of the hospital’s affiliation with Albany Med, a thoracic surgeon from the region’s only academic medical center now performs robotic procedures at Saratoga Hospital.

*“We have the capacity and the expertise to meet most of our patients’ surgical needs right here, close to home.”*

—Seth Capello, MD, Director of Robotic Surgery, Saratoga Hospital Medical Group – Urology

For more information, please visit [SaratogaHospital.org/services/surgical-services/robotic-assisted-surgery](http://SaratogaHospital.org/services/surgical-services/robotic-assisted-surgery).



Our Robotic Surgery Team

Seth Capello, MD, Director of Robotic Surgery  
General Surgery  
Joseph Bell, MD, FACS  
Sean Boyle, MD  
Anthony Cutry, MD, PhD  
Randall Kimball II, MD  
Frederick Reynolds, MD, FACS

Gynecology  
Siobhan Hayden, MD  
Amy Knoeller, MD  
Anouk Lambers, MD  
Stefanie Allison, DO\*  
Karen Schick, MD\*

Urology  
Seth Capello, MD  
Brandon Otto, MD  
Brian Yamada, MD  
Thoracic Surgery  
Walter Scott, MD\*\*

# from Technology to Expanding Services

## Patients Benefit from the Power of Partnership in Malta

From the beginning, Saratoga Medical Park at Malta off Northway Exit 12 has presented an innovative example of collaborative healthcare investment and delivery. Malta Med Emergent Care, at 6 Medical Park Drive, was established through a groundbreaking partnership between Saratoga Hospital and Albany Med, long before the two became affiliate partners. Malta Med Emergent Care offers 24/7 urgent care and X-ray services with extended hours for lab services. Among other benefits, the Malta Med partnership allows urgent care staff to monitor patients while offering real-time consultation with specialists at both Albany Med and Saratoga Hospital.

Next door, at 8-10 Medical Park Drive, Saratoga Hospital and Saratoga Regional YMCA have partnered to provide complementary services. The facility houses a full-service YMCA branch, comprehensive rehabilitation and sports medicine services provided by Saratoga Hospital.

"It's clear the partnership-model of healthcare delivery works," says Angelo Calbone, President and CEO of Saratoga Hospital. "Patients appreciate having related services in a single location, and they benefit from the increased collaboration and communication among providers on their behalf."

The latest example of Saratoga Hospital's partnership-building strategy for smart growth is a joint venture with Albany Med and Capital Region Orthopaedic Associates. The three organizations are collaborating on a third facility at the Malta medical park—an outpatient surgery center initially to be focused on orthopedics. The exploration of these new partnerships that put the patient first is one of the many ways that Saratoga Hospital continues to serve the rapidly growing community of Malta.

### Fitness, rehabilitation, and more

Saratoga Hospital and Saratoga Regional YMCA continue to add programs at the Malta location. Under one roof, patients have access to an array of fitness, strength training, injury-prevention, and rehabilitation services.

*"The shared space makes it easy for me to connect patients with services and communicate with patients' multiple providers. Together, we're offering services to meet the needs of this growing community and improve the patient experience."*

—James Kelley, MD, Saratoga Hospital Medical Group — Sports Medicine

Dr. Kelley works with patients of all ages and ability levels, treating injuries resulting from physical exertion through sports and recreation or physically demanding labor. He also treats injuries and illness related to inactivity. Dr. Kelley is highly skilled in the latest techniques, including VO2 max assessment of cardiorespiratory fitness and endurance.

The Regional Therapy Center offers a range of services—including physical and occupational therapy and sports rehabilitation—at the Malta site. Patients will also find programs designed specifically for athletes: agility, suspension training, and plyometric rehab.

The Malta Y features new machines, spacious exercise rooms, a Healthy Living Center, and Early Learning and School-Age Child Care Center. The facility is one of the only places where the AlterG® Anti-Gravity Treadmill™ is available to the public. The AlterG uses patented NASA technology that allows patients and athletes to move unrestricted and pain-free.

The shared space between Saratoga Hospital and the YMCA is especially suited for athletes and rehabilitation patients who need to prevent or recover from injury. For example, a patient may prepare for surgery with approved preoperative strengthening at the YMCA and, after surgery, begin rehabilitation at the Regional Therapy Center. Following rehabilitation, patients can meet with Dr. Kelley to discuss moving forward with an ability-appropriate fitness regimen, continuing their physical health maintenance at the YMCA.

For more information, please visit [SaratogaHospital.org](http://SaratogaHospital.org) and [SRYMCA.org](http://SRYMCA.org).



### Robotic Surgery at a Glance

- ✔ Two advanced surgical robot systems, including the latest-generation da Vinci Xi
- ✔ Two dedicated operating suites in a state-of-the-art surgical pavilion
- ✔ 14 physicians with extensive robotic surgery experience
- ✔ Minimally invasive treatments for more than 20 colorectal, gastrointestinal, gynecologic, thoracic, and urologic conditions

### Significant Patient Benefits

- ✔ Tiny incisions
- ✔ Shorter hospital stays
- ✔ Faster recovery times
- ✔ Reduced risk of infection
- ✔ Less blood loss
- ✔ Less pain and, therefore, reduced need for pain medications

*All physicians are members of the Saratoga Hospital Medical Group unless otherwise noted.*

*\*Member, Saratoga Hospital medical staff  
\*\*Affiliation provider, Albany Med*

### COMING SOON:

## Orthopedic Surgery at Malta



Saratoga Hospital, Albany Med, and Capital Region Orthopaedic Associates are partnering to bring outpatient surgery to Saratoga Hospital's Malta campus. The \$19 million joint venture will focus on orthopedic surgery. Target completion date is late 2020.

## Services at Saratoga Medical Park at Malta

### 6 Medical Park Drive

#### 1ST FLOOR:

- Malta Med Emergent Care: 24/7 urgent care and X-ray services; extended hours for lab services. For information: [MaltaMed.org](http://MaltaMed.org).
- Medical imaging: CT scanning, MRI, Ultrasound

#### 2ND FLOOR:

- Lab services
- Mammography
- Bone density (DEXA) screening
- Saratoga Hospital Outpatient Infusion Center
- Saratoga Hospital Medical Group specialty care:
  - » Cardiology
  - » Endocrinology and Diabetes
  - » Nephrology
  - » Oncology/Hematology
  - » Palliative Care
  - » Primary Care
  - » Pulmonology and Sleep Medicine
  - » Urology

### 8-10 Medical Park Drive

- Saratoga Regional YMCA
- Saratoga Hospital Regional Therapy Center at Malta (sports rehabilitation, physical therapy, and other rehabilitation services. For a complete list: [SaratogaHospital.org/services](http://SaratogaHospital.org/services).)
- Saratoga Hospital Medical Group – Sports Medicine



## Simulations that help Save Mothers and Babies

Severe postpartum bleeding (postpartum hemorrhage), is a life-threatening condition that can be devastating to families. One of the many ways Saratoga Hospital's maternity team trains for these emergencies is through the Noelle® comprehensive teaching system, donated by The Flower and Fruit Mission, which simulates the full birthing experience before, during, and after delivery.

"As new protocols develop, these simulations give us the opportunity to teach, learn, and practice them before using them in the field," says obstetrician Amos Cutler, MD, Vice Chair of the Department of OB/GYN at Saratoga Hospital. "With Noelle, we simulate the doctors' and nurses' roles at every step, then we debrief on what we've learned."

Certified Childbirth Educator Kim Kenyon-Berry, MEd, BSN, RNC-OB, is one of Saratoga Hospital's Neonatal Resuscitation Program® and childbirth simulation instructors. She says both the Noelle and baby Hal® mannequins have greatly prepared physicians and



Obstetrician Amos Cutler, MD, and Kim Kenyon-Berry, MEd, BSN, RNC-OB, discuss upcoming childbirth simulations using the Noelle® teaching system mannequins.

staff to handle numerous emergencies, including postpartum hemorrhage, prolapsed umbilical cords, and shoulder dystocia—when the baby's head is out but the shoulders are stuck.

Postpartum hemorrhage drills include several departments in the hospital as well as OB/GYN, such as emergency department and intensive care nurses, lab technicians, and care managers.

***"We need them all involved when it's a severe postpartum hemorrhage. These cases have become more frequent—up to as many as one or two a month."***

—Kim Kenyon-Berry, MEd, BSN, RNC-OB

"Women with chronic high blood pressure, diabetes, obesity, and who smoke are at a higher risk," she adds. "These simulations keep us prepared."

Dr. Cutler says he will always remember a patient from years ago who was experiencing postpartum bleeding a week after the maternity team had learned to use a Bakri device during a Noelle® simulation. The device puts pressure on the uterus and halts the bleeding.

"It worked," Dr. Cutler says. "Mother and baby were perfectly fine. Over the years, she had three more successful deliveries. I have been delivering babies for nearly 30 years, and all are memorable, but that moment still reminds me how important it is to never stop learning. Regular, ongoing training is a necessary part of doing our best for our patients, and we are all grateful to The Flower and Fruit Mission for this lifesaving donation."



## 2019 PINNACLE AWARD FOR QUALITY AND PATIENT SAFETY

# Saratoga Hospital's Fight Against Sepsis

Sepsis is a life-threatening illness that can begin with a scrape on a soccer field, a minor urinary tract infection, or a simple respiratory infection. Whatever the source, sepsis is caused by the body's response to infection, which can be unpredictable. If sepsis is not identified early and is left untreated, it can rapidly transition into septic shock and multiple organ failure.

For Jan Severance, RN, a quality risk specialist and the Sepsis Abstraction Liaison at Saratoga Hospital, sepsis prevention really hits home. "Nine years ago, my mother was residing in an assisted living facility, where she developed septic shock. She slipped into a coma and ultimately died," she says. "That is one reason I am so passionate about our program. I don't want others to experience such loss."

Saratoga Hospital has firmly established sepsis as a clinical priority. In the midst of the New York State Department of Health's (NYSDOH) statewide campaign to improve early detection and intervention, the hospital initiated a sepsis program that is working so well, other hospitals are reaching out for guidance.

"The initial symptoms can mimic common illnesses, making it difficult to recognize," says Timothy Brooks, MD, Chair, Department of Emergency Medicine.

"Healthcare professionals across the nation are determined to find solutions. I think we are definitely on the right track."

The hospital's rate of 30-day readmissions for severe sepsis improved by 60% and mortality for severe sepsis improved by 43% between 2015 and 2018. Overall, the hospital's performance in compliance with the Centers for Medicare and Medicaid Services' and NYSDOH's sepsis care recommendations has placed Saratoga Hospital in the top 10% of hospitals in New York state and nationwide.

These markedly improved sepsis outcomes earned Saratoga Hospital the highly competitive 2019 Pinnacle Award for Quality and Patient Safety from

Caption, front row: Hung-Dinh Nguyen, MD, Pulmonology, Medical Director, Critical Care; Todd Duthaler, DO, Chief Medical Informatics Officer; Anna Gaeta, MS, BSN, RN, CPHQ, CPPS, Associate Vice President of Quality Support Services; Janice Severance, RN, Quality Risk Management Specialist; Joseph Robert Hayes, Jr., MD, Medical Director, Saratoga Hospital Inpatient Physicians; Brian McDermott, DO, Infectious Disease. Middle row: Deidre Cirillo, RN, Director, Medical Staff Affairs and Organizational Regulatory Readiness; Cindi Lisuzzo, Director, Care Management; Cristina Haynes, BSN, RN, Quality Risk Management Specialist; Mark Conroy, Quality Coordinator; Jennifer Lefner, MD, Chief, Neonatology, Chair, Pediatrics; Judy Nielson, RN, Lead Documentation Specialist; Teri Baldwin, FACHE, Manager, Lab Support Services. Back row: Elizabeth Eyer, Quality Coordinator; Sherry Benson, RHIA, CCS, Manager, Health Information Systems; Laura O'Mara, RN, Geriatric Clinical Advisor; Krista Tommell, RN, Nurse Informaticist; Kim Winne, RN, Clinical Nurse Educator; Anne Marie Cross, RN, Administrative Director, Emergency Department and Urgent Care Services; Jane Stratton, RN, Director of Professional Practice.

***Saratoga Hospital is leading the way in sepsis early identification and proper treatment protocols.***

the Healthcare Association of New York State. The hospital was one of five healthcare organizations recognized statewide. Specifically, Saratoga Hospital received this award for their efforts and outcomes in "Achieving Universal Sepsis Excellence through a Patient- and Staff-centered Culture along with Alignment of Purpose, People and Processes."

Associate Vice President of Quality at Saratoga Hospital Anna Gaeta says, "Saratoga Hospital is leading the way in sepsis early identification and proper treatment protocols, resulting in lower readmissions, fewer deaths, and better overall outcomes for patients. We couldn't have done it without the hospital's collaborative, patient-centered culture and the spirit of teamwork, which are the core of our success."

## New Look, New Features, New Website!

Saratoga Hospital recently launched its redesigned, mobile-friendly website with improved functionality to enhance the user experience.

Visitors will notice several new updates and features, such as updated site navigation, blog posts, staff highlights, and revised content on medical specialties and other internal pages.

With our new website, we are giving you a closer look inside your community hospital. We hope you enjoy exploring our new site at [SaratogaHospital.org](http://SaratogaHospital.org)





## Saratoga Hospital and Skidmore College Employees Recognized for Saving Jogger's Life

Saratoga Hospital and the American Heart Association recognized Skidmore College groundskeeper David Conza and Saratoga Hospital emergency department nurse, Mary McMurry, MSN, RN, earlier this summer with the association's Heartsaver Heroes award for performing "a courageous act in an effort to save a life." This is their story.

Around 6 a.m., on a typical late spring morning, 52-year-old Stephen Aylward went for his regular morning jog. Not far away, Conza walked to meet his ride to work. About that time, McMurry hopped in her car to meet her students for their clinical rotation. None of them reached their destinations as planned.

Conza was whistling as he looked up to see a man jogging toward him, looking at his cellphone. "Just after we passed, something clattered, and I figured he'd dropped his phone," Conza says, "but then I heard a thump. I looked back, and never before have I felt so much adrenaline."

*Aylward would not have survived without such a quick response from bystanders.*

Aylward was flat on the sidewalk, clearly in distress and unresponsive. Conza, a former Naval Reservist, yelled at a passerby to call for help and began CPR, relying on his training from 10 years ago to kick in.

About 10 minutes later, McMurry saw them as she was driving by. She pulled over to help, compressing Aylward's chest while Conza performed mouth-to-mouth. When McMurry couldn't find a pulse, the two kept going, unwilling to admit defeat, neither stopping until emergency responders arrived.

Aylward spent two weeks in the hospital, mostly in a coma. He had suffered a cardiac arrhythmia (abnormal heart rhythms) and needed an implantable cardioverter-defibrillator (ICD) to promptly help correct an arrhythmia should it occur again. Once Aylward revived, he chose to have the procedure done at Saratoga Hospital, a choice made possible through the hospital's affiliation with Albany Med. Alfred Loka, MD, a board-certified, fellowship-

trained specialist in cardiac electrophysiology, is the affiliation provider who performed the procedure.

"Stephen would not have survived without such a quick response from a bystander, and how fortunate one of our nurses stopped by," says Saratoga Hospital cardiologist Nicoleta Daraban, MD, FACC, Saratoga Hospital Medical Group – Cardiology. "Beyond that, the system worked. He went from the emergency responders to our emergency department to our cardiovascular and interventional suite—they all were completely prepared and did a great job. Stephen benefited from everything available in modern critical care for the heart, thanks to skilled teams, our affiliation with Albany Med, and the generous Saratoga Springs community."

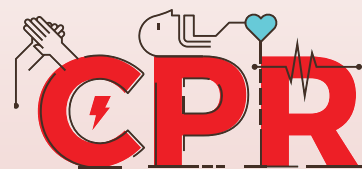
"Saratoga Hospital's people and technology were far beyond what I expected from a community hospital," says Aylward, a former professor of radiology and co-owner of medical software company Kitware. "I was very impressed. They even have medical devices that use my company's software. Throughout the entire experience, I felt I was in highly skilled hands."

Today, Aylward is back to his normal life and fitness routine with a few restrictions. He has rolled out CPR training to his staff, and he remains extremely grateful to Conza, McMurry, and Saratoga Hospital, doing what he can to "pay it forward."

The American Heart Association's Heartsaver Hero award recognizes passersby who have stepped in to perform CPR during an emergency. For more information, please visit [heart.org/heartsaverhero](http://heart.org/heartsaverhero).



Mary McMurry, MSN, RN, Saratoga Hospital; Stephen Aylward, co-owner, Kitware; and David Conza, groundskeeper, Skidmore College.



## Heart Help in the Field

### Training Teens

Working with the American Heart Association, Saratoga Hospital donated 10 CPR practice mannequins earlier this year to students at Saratoga Springs High School. As of 2016, New York State law requires hands-on CPR training for all high school students as a graduation requirement. "The students did a great job that day," says Tim Brooks, MD, Chair, Department of Emergency Medicine at Saratoga Hospital. "I was happy to help. Learning these skills can significantly improve the chance of a better outcome for someone suffering a cardiopulmonary arrest."

### Looking for CPR Classes?

Nationwide, more than 395,000 people suffer sudden cardiac arrest each year according to the American Heart Association. Providing CPR can double or triple their chances of survival. To find CPR training near you, visit the American Heart Association's [Heart.org](http://Heart.org) or [AlwaysCPR.com](http://AlwaysCPR.com), or visit the American Red Cross' [RedCross.org](http://RedCross.org).



## Interventional Cardiology Earns American Heart Association Award

Saratoga Hospital's interventional cardiology program, which opened in 2017, recently received the Mission: Lifeline® Gold Receiving Quality Achievement Award from the American Heart Association following its first two years of operation. The team earned the Mission: Lifeline® Silver Plus after its first year.

More than 250,000 people in the U.S. experience an ST elevation myocardial infarction (STEMI), the deadliest type of heart attack, each year. It is caused by a blockage of blood flow to the heart. To prevent death, it is critical to restore blood flow as quickly as possible. The Mission: Lifeline program's goal is to reduce barriers to prompt treatment for heart attacks, beginning with the 9-1-1 call, to EMS transport, and continuing through hospital treatment and discharge.

"It is truly an honor to receive this award recognizing our achievements and commitment to best practices in cardiac treatment," says Theodoros Laddis, MD, FACC, Chief of Cardiology, Saratoga Hospital Medical Group – Cardiology. "Our interventional cardiology team is dedicated to providing optimal care for heart attack patients, right here close to home in Saratoga Springs, 24/7, when minutes matter."

Rocco Grella, MD, FACC, Medical Director of Interventional Cardiology, Saratoga Hospital Medical Group – Cardiology, adds, "We could not have achieved this without the commitment of our physicians and staff, including our ever-ready emergency department team, and especially our staff in the Whitney-Hendrickson Cardiovascular & Interventional Suite who are on call

every night, ready at a moment's notice. They all have our deepest gratitude. We also appreciate the continuing support of our affiliation partner Albany Med and the generous Saratoga Springs community."

To learn more about the American Heart Association, please visit [heart.org](http://heart.org).



# Going 'Above & Beyond' for Addiction Patients

Hikers once again stepped up to participate in the Above and Beyond Challenge to raise funds for the Addiction Medicine Program at Saratoga Community Health Center.

Presented by Adirondack Trust Company, the challenge was launched in 2018 and has raised more than \$120,000. The fundraiser provides an opportunity to revel in the beauty of the Adirondacks while supporting members of our community who are working to overcome addiction.

"The Above and Beyond Challenge is an innovative and fitting fundraiser for our Addiction Medicine Program," says Meredith Woolford, Executive Director, Saratoga Hospital Foundation. "The challenge gets people outdoors in one of the most beautiful, healing settings in our region. True to its name, it also challenges people to set and achieve a goal, often in partnership with others. That's exactly what we want for patients who are recovering from addiction."

There's no cost to participate in the hikes, which take place from June through September and are led by experienced volunteers. Learn more at [AboveAndBeyondChallenge.org](http://AboveAndBeyondChallenge.org).

Special thanks to Steve von Schenk, President and CEO of Adirondack Trust Company, for launching the program and for his unwavering support. He and his wife, Carolyn, co-chair the challenge and are frequent group leaders and guides.

# Golfers Tee Off for Nurses

Our 2019 Saratoga Hospital Golf Invitational raised \$157,514 for our Nursing Scholarship Program. More than 300 golfers and guests turned out for the annual event, which was held at Saratoga National Golf Club in September. Presenting sponsor was A.O.W. Associates, Inc., of Albany.

The invitational plays a key role in supporting nursing education and the resulting benefits to patients. To date, funds raised at the invitational have provided scholarships for 127 hospital staff members to earn associate, bachelor's, or master's degrees in nursing. Another 36 are working toward their degrees.

"Investing in nursing education is one of the best ways to ensure that we continue to provide the high-quality patient care our community deserves," says Mary Jo LaPosta, PhD, RN, Senior Vice President of Patient Care and Organizational Excellence and Chief Nursing Officer. "On behalf of our nurses and our patients, we extend our thanks to the very generous sponsors of this event."

Saratoga Hospital is a leader in nursing education and exceptional nursing care. The hospital has maintained Magnet® recognition for nursing excellence since 2004, longer than any other Capital Region facility. Nationwide, less than 8% of hospitals have earned the Magnet distinction.

In addition to A.O.W. Associates, major event sponsors include WNYT News Channel 13, Pepsi Beverages Company, Saratoga National Golf Club and Camelot Print & Copy Center. Special thanks to them, Golf Invitational Committee Chair Dean Kolligian, and all the golfers and volunteers.

# Subaru 'Shares the Love'

Saratoga Subaru, Mackey Auto Group, and Subaru of America recently "shared the love" with the region's families and children by donating \$18,444 to help fund renovations to Saratoga Hospital's William J. Hickey Women's Services unit.

The gift is the first installment of a five-year commitment that will be funded by Subaru of America's annual Share the Love Event. The event is held during the holiday season, when Subaru of America donates \$250 for every new Subaru purchased or leased at a participating dealer—in this case, Saratoga Subaru ([saratogasubaru.com](http://saratogasubaru.com)), which is part of Mackey Auto Group.

Christopher Mackey, owner of Mackey Auto Group, presented the check to Saratoga Hospital during a luncheon at the dealership on Route 50.

He chose that setting "to honor the employees as well. Without them, the check wouldn't have been anywhere near that amount."



# New Members of Saratoga Hospital Medical Group, our Multispecialty Practice

## Bariatric Surgery and Weight Loss Program

Andrea DeDonna, PA

## Breast Care

Francine Bassett, NP-C

## Cardiology

Yoram Amsalem, MD

Disha Mookherjee, MD

## Emergency Medicine

Bryan Kurtz, MD

Sarah Paris, MD

Stefan Stefanovich, PA

## General Surgery

Sean Boyle, MD

## Geriatrics

Mallory Otto, MD

## Infectious Disease

Sheryl Salerno, FNP

Kristin Williford, RPAC

## Midwifery

Sara Posdich, CNM

## Oncology/Hematology

Jean Van Auken, PA

## Primary Care

Bayly Anderson, PA

Emily Hess, PA

Kathleen Huestis, MD

Zachary Novakovic, MD

## Urology

Brandon Otto, MD



Saturday, December 7, 2019 | Canfield Casino  
474 Broadway, Saratoga Springs | 6:30 to 10:30 p.m.

Food by The Adelphi Catering Company | Music by Body and Soul  
Presenting Sponsor Adirondack Trust Company

For ticket information, please visit [TheSnowBall2019.eventbrite.com](http://TheSnowBall2019.eventbrite.com)

# Moving Non-Critical Care Services to Wilton Mall

Saratoga Hospital has leased more than 56,000 square feet at Wilton Mall to free much-needed space for patient care on our main hospital campus.

The lease, with mall owner and operator Macerich, reflects our long-term strategic plan to dedicate our Church Street campus to services that must be provided in a hospital setting—the only place where patients have 24/7 access to intensive and emergency care, constant monitoring, and a highly skilled medical team.

Information systems and other support functions will be the first to move to the mall space previously occupied by Sears. As departments relocate, hospital space will be reconfigured to meet the desperate need for more inpatient rooms and services that require the capabilities only a hospital can provide.

"Like many hospitals that were built before cities grew around them, we are almost out of room on our hospital campus," says Angelo Calbone, Saratoga Hospital President and CEO. "To best serve our growing community, we must find ways

to reserve space at the hospital for care that simply can't be provided anywhere else. Virtually every Saratoga Hospital facility-related decision reflects that priority. This innovative and strategic leasing arrangement is yet another example."

In recent years, the hospital has moved outpatient services to campuses in Wilton and Malta. In fact, the Wilton Mall space is ideal in part because of its location. The mall is across the street from Saratoga Hospital's Wilton campus, which is home to primary and urgent care, medical imaging, eye care, breast health services, same-day surgery, and other healthcare services that can be provided equally well in non-hospital environments.

"One of the advantages of the mall location is that it gives us the room and flexibility we need in two key locations," Calbone says. "We can dedicate the hospital campus to critical, care-related services, while meeting other needs at a convenient, easily accessible location."

# New Credentialed Medical Staff Members

## Cardiology

Osama Niazi, DO

Ji Can Yang, DO

## Imaging/Radiology

H. Benjamin Harvey, MD, JD

## Nephrology

Darshan Arora, MBBS

## Radiation Oncology

John DeMasi, MD

# Affiliation Providers

Albany Med providers with specialty or subspecialty expertise are seeing patients here in Saratoga, a significant patient benefit of our affiliation. If needed, our patients can be treated at Albany Med with follow-up care provided here, close to home. Affiliation providers are listed on our website and are easily identified by the Albany Med logo.

## Plastic Surgery

Christie Bialowas, MD

Courtney Carpenter, MD

Joseph Ricci, MD