The Neuroscience Center Opens at Ellis Hospital

NEW FACILITY ADDS TO THE PROGRAM’S TRADITION OF EXCELLENCE

How does a nationally recognized Stroke Center and a growing neuroscience program that has become a model for hospitals across the U.S. improve upon its success? The Neuroscience Center – recently opened on the sixth floor, B-wing of Ellis Hospital – provides the answer.

“Ellis’ Neuroscience program is unique because it provides an experienced, diverse, multidisciplinary team approach of neurologists, neurosurgeons, neuroradiologists, physician assistants, nurses and clinicians to create a unified plan of care for each of our patients,” explains Rose Watroba, director of Neuroscience at Ellis Medicine. “The new Neuroscience Center enables our experts to collaborate even more closely now that we’ve unified all of our neuroscience services in one location. The result is increased quality of care for our patients.”

The center promotes comprehensive inpatient and outpatient care for stroke, epilepsy, back pain, brain tumors, dementia and movement disorders, all in one location. Previously, the various components of The Neuroscience Center were located in different sections of the hospital. “This centralization of services and integration helps speed diagnosis and treatment times and offers convenience for patients and doctors,” says Dr. Spurgas.

The centralization of neuroscience care was made possible by the way Ellis Medicine has restructured services in recent years. With the relocation of Ellis’ 82 bed nursing home to the Ellis Health Center, space was open in the B-wing of Ellis Hospital.

The Neuroscience Center was the brainchild of neurosurgeon Dr. Paul Spurgas, chair of the Neuroscience Department and chief of Neurosurgery at Ellis Medicine, and (cont. on pg. 3)
Family Health
(continued from pg.1)

“Instead of reacting to the problem, we are teaching them about wellness care and being proactive,” says Dr. Back. “Patients stand a better chance of getting healthy and staying healthy this way. The challenge is many times we will address the immediate complaint the patient has, schedule a follow-up visit, and the patient doesn’t return.”

TEAM APPROACH
Building relationships with patients is important at the Family Health Center because it leads to a greater comfort, which ultimately means a higher return rate for follow-ups and wellness care. Through the generosity of the Community Foundation for the Greater Capital Region Arnold Cogswell Health Fund and Fidelis Care, the Family Health Center recently underwent renovations to allow the staff to implement a new team approach for coordinating care.

“The office is now divided into five teams of physicians, residents, physician assistants and nurses,” says Dr. Back. “When a patient comes in, they will always receive care from someone on their designated team. Once the patient knows what to expect when they walk through the doors, they are more likely to come to their follow-up appointments or see us when they are in need of care, instead of going to the emergency room. This is crucial because many of our patients have complicated medical histories, mostly because they have gone so long without care.”

In addition to providing care at the office, including annual physical exams, immunizations and sick visits to OB/Gyn care and an HIV clinic, Family Health Center providers go out into the community. The Family Health Center offers home care visits and the residents staff a clinic at the City Mission for urgent care cases.

FREE SHUTTLE SERVICE
If transportation is a barrier to getting healthcare, Ellis provides a free shuttle service to Ellis Health Center, funded by the Community Foundation for the Greater Capital Region and the Bank of America Foundation. Riders are provided with a bus token to get home when needed. The shuttle stops at seven locations in downtown Schenectady, twice a day, and averages more than 225 riders a month. The shuttle also makes a trip to Bellevue Woman’s Center each Wednesday for orientation and tours for expectant mothers.

The demand for care at the Family Health Center is high. In 2010, the office had more than 41,000 visits and delivered more than 300 babies at Bellevue Woman’s Center — a true testament to the community’s need. Thankfully, the practice has a continuous pool of new providers through Ellis’ three-year family medicine residency program. The Family Health Center is the main training site for the residency program.

“Every year ten residents join the team, so we have a total of thirty eager and talented residents ready to treat patients and we keep them busy,” adds Dr. Back. “It’s a win-win situation for us. The Family Health Center is a great facility for learning because we see such a diversity of patients, and our patients feel like they are contributing to the education of a future family medicine physician.”

Rumors Inc.
Fighting Breast Cancer

Staff of Rumors Inc. joined co-owner Marri Aviza to present a check for $20,000 to benefit The Neil and Jane Golub Breast Care Center.

The generous donation was made possible by the Pink Hair Tour, a month long fundraising event organized by the staff of Rumors to raise money during Breast Cancer Awareness month. The staff of Rumors spent the month of October at various locations throughout the Capital District — from colleges, to store fronts and businesses — selling pink hair extensions for $10.

The culmination of the tour was an event at the salon on Halloween, cleverly entitled Say Boo to Breast Cancer. The day was filled with appointments for pink extensions, haircuts, manicures, pedicures and blow outs. All proceeds made during the event went toward the Neil and Jane Golub Breast Care Center at Ellis Medicine.

In the last four years, the Pink Hair Tour has raised more than $92,000 for The Neil and Jane Golub Breast Care Center. Information about the 2011 Pink Hair Tour is coming soon!
2011 Women's Night Out

The Foundation for Ellis Medicine is excited to announce the details of this year’s Women's Night Out event. Join us September 27 at the Albany Marriott on Wolf Road for an evening of shopping, education, entertainment and fun, all while supporting Ellis Medicine's Bellevue Woman's Center.

This year’s special guest speaker is Hoda Kotb. Kotb is a familiar face in households across the United States as the co-host of the fourth hour of NBC’s TODAY show with Kathie Lee Gifford and is a Dateline NBC correspondent. She is also a breast cancer survivor and the author of a new book, Hoda: How I Survived War Zones, Bad Hair, Cancer and Kathie Lee.

“We are thrilled to have Hoda Kotb as this year’s speaker. We know our guests will not only be entertained by her glowing personality and sense of humor, but will also walk away feeling inspired by her incredible stories and life experiences,” says Emily Titsworth, 2011 Women’s Night Out chair.

A new segment has been added this year – Finding Hope: Advances in Breast & Ovarian Cancer Research. This educational panel will be led by medical researchers J. Dirk Iglehart, M.D. and Ursula A. Matulonis, M.D., of the Dana-Farber Cancer Institute, and Brigham and Women’s Hospital, and medical oncologist Howard Schlossberg, M.D. of New York Oncology Hematology. Breast and ovarian cancer will be the focus of the discussion and audience members will be invited to ask questions of our experts.

This is in addition to the fabulous Living Well Expo, sponsored by MVP Health Care where more than 50 local vendors will be in attendance. For more information or to purchase tickets please visit www.ellismedicine.org or call 518.243.4600.

Neuroscience (continued from pg. 1)

Dr. Francisco Gomez, chair of Neurology, “Since Dr. Spurgas returned to Ellis in May 2010, we have seen a 21% increase in growth of our outpatient neurology practice, and have completed more than 900 neurosurgical visits,” explains Ms. Watroba. “Expanding to a larger space that offers us the further opportunity to grow is beneficial not only for our department, but for our patients as well.”

The Neuroscience Center includes ten exam rooms, doubling the space in which the team works. The center is strategically located adjacent to the Neuroscience Intensive Care Unit, which is staffed with specially trained nurses and supported by the physicians from The Neuroscience Center.

“The proximity of these two units increases patient safety immensely,” says Dr. Gomez. “If a physician is needed, they are only seconds away, giving patients and families enhanced peace of mind.” B6 is also home to Ellis’ Stroke Center, which is a New York State designated Primary Stroke Center and nationally recognized for outstanding care.

“We’re in the business of saving and improving lives,” Dr. Spurgas adds. “That’s a powerful thing, and this new facility helps us to ensure that each patient receives the best treatment for the best results possible.”

For more information about The Neuroscience Center, visit www.ellismedicine.org.

Services at The Neuroscience Center

STROKE CENTER, including a support group

EPILEPSY MONITORING UNIT

NEUROSURGERY, including outpatient services. Our board certified neurosurgeons specialize in:

• Brain Tumors
• Stroke
• Back Pain
• Complex Spine Disorders
• Herniated Discs
• Spinal Stenosis
• Neck Pain
• Peripheral Nerve Damage

OUTPATIENT NEUROLOGY

• Cerebrovascular Disease
• Epilepsy and Seizure Disorders
• Neuropathies (carpel tunnel, diabetic neuropathy)
• Sleep Disorders
• Restless Leg Syndrome
• Alzheimer’s Disease and other Dementias
• Multiple Sclerosis
• Parkinson’s Disease and other movement disorders
• Headaches and Migraines
• Neuromuscular Disorders

GO PAPERLESS

At Ellis Medicine, we’re always looking for ways to be greener. Help us by signing up to receive future issues of the Foundations newsletter electronically. Send your email address to us at foundation@ellismedicine.org.
Save the Date!

September 27, 2011
WOMEN’S NIGHT OUT
Join us for an evening that celebrates the women who make our community a wonderful place to live, work and raise a family. Join us at the Albany Marriott for an evening of shopping, dining, education and laughter with your friends! For more information or to purchase tickets go to www.ellismedicine.org or call 243.4600.

Thanksgiving Morning – November 24, 2011
CARDIAC CLASSIC
The Ellis Medicine Cardiac Classic 5K race will celebrate its 30th anniversary this year! Join us on Thanksgiving morning in Schenectady’s Central Park for the Wellness Walk, 5K Run or Fun Run. More details at www.ellismedicine.org.

January 28, 2012
WINTER GALA
Join us for an elegant evening at the Glen Sanders Mansion to support Ellis Medicine. More details coming soon at www.ellismedicine.org.

In Giving, You Receive
With a gift to Ellis Medicine through a charitable gift annuity, you can receive an immediate tax deduction, receive guaranteed payments for life and part of that income is tax-free. A gift annuity is simply a contract between a donor and the Foundation: a donor provides a gift of $10,000 or more. In return, the Foundation promises to pay the donor fixed payments for life. This can be a wonderful way to turn low yielding investments or CDs into a higher yielding income stream and support healthcare for our community.

For more information on gift annuities or other ways to support Ellis Medicine, please contact Mike O’Hara at 518.243.4600 or oharam@ellismedicine.org.

“We made gifts through Ellis’ gift annuity program, and made a difference for Ellis and for ourselves.”

| SAMPLE CHARITABLE GIFT ANNUITY RATES* |
|-------------------------------|-------------------|-------------------|
|                               | ONE LIFE          | TWO LIVES         |
| Age  | Rate  | Age  | Rate  |
| 65   | 5.3%  | 65/65 | 4.7%  |
| 70   | 5.8%  | 70/70 | 5.2%  |
| 75   | 6.5%  | 75/75 | 5.7%  |
| 80   | 7.5%  | 80/80 | 6.3%  |
| 85   | 8.4%  | 85/85 | 7.4%  |

*Rates as of July 2011, as Approved by the American Council on Gift Annuities

In Giving, You Receive
With a gift to Ellis Medicine through a charitable gift annuity, you can receive an immediate tax deduction, receive guaranteed payments for life and part of that income is tax-free. A gift annuity is simply a contract between a donor and the Foundation: a donor provides a gift of $10,000 or more. In return, the Foundation promises to pay the donor fixed payments for life. This can be a wonderful way to turn low yielding investments or CDs into a higher yielding income stream and support healthcare for our community.

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