Foundations

A Message from the Chairman

Anyone over the age of 40 will agree. The world in which we live today is much different from the world in which we grew up. And, in no area of our lives is this more true than in the world of healthcare.

Amazing advances in science and technology help us diagnose disease at its earliest - and most treatable - stage. Such advances help us live longer and healthier lives. Yet, at the same time, these advances have changed the way healthcare is delivered. And, no doubt, new advances will continue to change the way healthcare will be delivered in the future.

The Eddy and Samaritan Hospital recognized this early on. In 1995, these two well-respected institutions created Northeast Health. By blending the long-term care expertise of The Eddy with the vast array of inpatient and outpatient services offered by Samaritan Hospital, Northeast Health became the Capital Region’s first and only truly integrated healthcare delivery system. Within two years, Northeast Health welcomed Albany Memorial Hospital, a 165-bed community hospital, as its newest member.

Today, Northeast Health — through The Eddy, Albany Memorial Hospital and Samaritan Hospital — provides comprehensive, integrated care across the continuum - in the primary care physician’s office, the hospital, the nursing home, even in the individual’s own home. And, through our integrated network, we’ve developed unique programs and services that provide higher quality and better continuity of care for patients with both acute and chronic conditions.

Northeast Health has constructed a strong foundation for the future ... innovative programs and services, seamless care across the network, state-of-the-art diagnostic and treatment technologies, and a sophisticated and award-winning information system. Building on these successes, Northeast Health Foundation is proud to introduce “Partners in Care ... Investing in Innovation,” a comprehensive campaign that will help us realize our strategic initiatives for the future.

The total cost of our vision is $45.6 million over the next seven years (2004 - 2010), of which Northeast Health is prepared to provide $25.6 million. We therefore look to you - our donors - as we seek to raise the remaining $16.5 million through philanthropic gifts and grants.

Please partner with us as we invest in innovation ... in our future ... in our community.

Richard P. Wallace, Esq.
Chairman
Northeast Health Foundation

The Wonder of Telehomecare

Thanks to the wonder of telehomecare, nurses from Eddy Visiting Nurse Association (EVNA) can visit their patients at home without ever having to leave the nursing office. Although the cost savings, frequent monitoring and reduction in hospitalizations are all obvious advantages of telehomecare, consider the tremendous difference it has made in the lives of patients and their families —

A wish come true. John’s final wish during his battle with terminal lung cancer was to remain in the comfort of his own home in the company of his loving family. Thanks to Eddy Visiting Nurse Association’s telehomecare services, that wish became reality. Because of his illness and the fact that he also had insulin-dependent diabetes, John required frequent monitoring and assessment that might have required institutionalization. Telehomecare technology allowed a nurse to closely monitor and assess John’s condition and medications from a remote work station. John was able to remain at home up until a few days before his death.

Peace of mind. That’s what telehomecare provides for the daughter of 91-year-old Harriet who suffers from congestive heart failure. Over the past year, Harriet has been in and out of the hospital on multiple occasions for treatment of congestive heart failure, as well as other illnesses. Harriet’s chronic condition requires frequent monitoring. However, she lives in a remote location, more than an hour from her physician’s office. With remote telehomecare technology, Harriet’s vital signs and cardiac status are monitored three to four times a week by a nurse who makes an interactive video visit to Harriet’s home. Her daughter is relieved to know that her mother’s condition is monitored so closely.

A saving grace. Telehomecare technology alleviated wasted travel time and expense in the case of one 68-year-old patient from Middleburg. A circulatory problem had resulted in a hard-to-heal wound on the patient’s right foot. Although the patient had been taught how to provide his own wound care at home, it was still necessary for a nurse to assess its progress and treatment two to four times a week. The travel time for an EVNA nurse to make the trip to the patient’s Middleburg home would be about two hours round trip — a tremendous drain on staff and resources. Telehomecare technology made it possible for the nurse to visit and assess the patient’s wound progress and care at home from the Troy office. The patient’s wound was healed completely in just three months.

Calendar Corner

Mark your calendar for these upcoming Northeast Health Foundation events:

Jewels in the Night Gala 2005
January 15, 2005
Albany Marriott

Cuisine Magic 2005
May 1, 2005
Empire State Convention Center

For more information, please call Northeast Health Foundation, 274-0190.
Cuisine Magic 2004 a Success

The Eddy’s annual culinary competition, grand-tasting and fundraising gala, Cuisine Magic, was held on Sunday, April 18 at the Empire State Plaza Convention Center in Albany. With nearly 450 people in attendance, the event raised more than $46,000 to benefit Eddy Visiting Nurse Association’s programs, including the career ladder for home health aides, volunteer care teams and charity care. Your continued commitment is greatly appreciated and extremely important to us.

In addition to being a successful fundraising event, we were given the opportunity to enjoy a variety of culinary delights prepared by nine of the area’s most acclaimed chefs. We are extremely grateful to these individuals and their restaurants for giving generously of their time and resources.

Of course, we once again acknowledge with special thanks Senator Joseph L. Bruno. His ongoing support of Cuisine Magic and EVNA has enabled us to reach out in very special ways to over 10,000 residents of the Capital Region.

We would also like to thank and congratulate the following chefs and restaurants for making this event such a success:

Kevin Phlibin, executive chef, DINE, Saratoga Springs
Blair Kelvington, executive chef, Eddy Retirement Living Communities
Denis J. Lineback, executive chef, Holiday Inn Turf, Albany
Carmen LoPorto, executive chef, LoPorto’s Restaurants, Albany and Troy
Gardner Crandall, chef, The Market at the Albany Marriott, Albany
Timothy Vennard, executive chef, Normanside Country Club, Delmar
Stefan Krul, chef, Union College, Schenectady
Rachel Fleischman, executive chef, Webster’s Corner at the Crowne Plaza Hotel, Albany
Jerome Kough, chef, Panza’s Restaurant, Saratoga Springs

A Message from Karl Cote, Vice President Northeast Health Foundation

Wow! The news is out about “Partner’s in Care ... Investing in Innovation,” a campaign for the Northeast Health community, and I couldn’t be more pleased. The initiatives included in this campaign embody the future of healthcare, and Northeast Health is making this future a reality right in our own backyards.

It is estimated that more than one million serious medication errors occur each year in hospitals across the United States. These include the administration of the wrong drug, drug overdoses, and overlooked drug interactions and allergies. Errors can occur for many reasons, including illegible handwritten prescriptions, similar sounding medications and decimal point errors.

Computer Physician Order Entry is one of the key recommendations in a 1999 groundbreaking Institute of Medicine report, “To Err is Human,” aimed at reducing medical errors. The technology is also one of the top safety standards targeted by the Leapfrog Group, a coalition of 150-plus private and public sector healthcare purchasers working to improve healthcare quality.

Computer Physician Order Entry (CPOE) allows physicians to input orders for medications, laboratory tests and x-rays and to manage other medical needs for patients in the hospital via computer. Recognizing early on the importance of CPOE to the delivery of high quality healthcare, Northeast Health made the initial investments in information technology necessary to support CPOE, and recently implemented the new system at Eddy Cohoes Rehabilitation Center.

The new CPOE system promises to help eliminate errors in recording or misinterpreting handwritten prescription orders and is designed to flag and intercept medical errors. It will also provide clinical support tools and built-in interventions — such as warnings of drug interactions, notice of recent laboratory results, and vital sign data collected by nursing staff — to aid and support physicians in clinical decisions at the time orders are entered.

Additionally, orders entered through CPOE can be integrated with patient information and prescription data and automatically checked for potential errors or problems. No doubt, the process will greatly enhance and improve communication between physicians and pharmacists and will also aid physicians in prescribing appropriate dosages of new drugs as they are introduced into the market.

As part of “Partner’s in Care ... Investing in Innovation,” a campaign for the Northeast Health community, we plan to implement CPOE at Samaritan Hospital and Albany Memorial Hospital. It gives me a great feeling to know that Northeast Health is leading the way in providing the best healthcare to my family, friends and neighbors. Thank you for sharing this vision, and partnering with us to make this possible.

Welcome Aboard!

Northeast Health Foundation is pleased to welcome Alyson J. Chorbajian as director of stewardship and events. Alyson was previously a publicist for KCD Public Relations in New York City, working with such clients as Victoria’s Secret, Anna Sui and Marc Jacobs.

A graduate of the University of Massachusetts at Amherst, Alyson holds a bachelor’s degree in marketing.
River of Life 2004

Despite the rain, nearly 160 people turned out for this year’s “River of Life” Boat Cruise and Dinner Dance on Wednesday, September 8 aboard the new Captain JP. The event, which was held to benefit Eddy Alzheimer’s Services at Marjorie Doyle Rockwell Center, raised nearly $26,000 for the community based programs offered at its Resource Center.

A delicious buffet dinner was served under the direction of Cliff DuPrain, director of dining services for Eddy Cohoes Rehabilitation Center. Honorary co-chairperson, Cohoes Mayor John T. McDonald III, thanked the event honorary committee and sponsors for their support. Dancing and a silent auction followed dinner during a trip down the Hudson River to Albany.

A special thanks to event sponsors:

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or should not have appeared on this list, accept our apologies
and please contact Northeast Foundation at (518) 274-0109.
ongoing schedule, during which a care
team volunteer provides approximately 2.5
hours of respite, twice a week. During this time,
Homer is able to run errands, participate in a
bowling league and even volunteer his time
at his local senior center.

The volunteers have become more than
“just” volunteers for Homer and Shirley. They
have become “friends” — attending birthday
parties, sharing in anniversaries, and connecting
with Homer at care team events.

Homer and Shirley have taken advantage
of numerous services available through Eddy
Alzheimer’s Services (EAS) beginning with
our Alzheimer’s Disease Assistance Program
(ADAC). From there, they were introduced to
the Care Team Program and have attended
the Savvy Caregiver Program and our sup-
port groups. They have also utilized our
adult day services. Together, all these ser-
vice help provide a comprehensive con-
tinuum of care and support for individuals
like Homer and Shirley.

For more information about the
Alzheimer’s Care Team Program, please call 238-4164.

The Alzheimer’s Care Team Program

Two years ago, Marjorie Doyle Rockwell
Center (MDRC) launched its innovative
Alzheimer’s Care Team Program. Care teams are
groups of five to nine caring volunteers, usually
formed from within a faith-based organization,
that provide support and friendship to indi-
viduals and families living with dementia.
Through this program, MDRC is helping
individuals with dementia remain inde-
pendent and connected to their communi-
ties for as long as possible.

Homer and his wife, Shirley, have been
receiving support from a care team for over
a year now. Homer is the primary caregiver
for Shirley who has dementia, and her
condition is such that it is not safe to leave
her unsupervised for any length of time.
The care team volunteers have set up an
ongoing schedule, during which a care

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Northeast Behavioral Health Services at
Samaritan Hospital

For more than 30 years, Samaritan
Hospital has served as a resource for indi-
viduals dealing with psychological, psychi-
atric or addiction challenges. A highly
skilled staff of psychiatrists, psychologists,
nurses, social workers, certified addiction
counselors and allied health professionals,
provides an interdisciplinary approach to
care and works with patients in the develop-
ment of individual treatment plans. Pro-
grams offer a safe and secure environment to
enhance the lives of those have come to
them for help.

In addition to its vast range of inpatient
and outpatient programs, Northeast Behav-
ioral Health Services is especially proud of
its comprehensive specialty services de-
signed to respond to the unique needs of
geriatric patients and the dually diagnosed.

Northeast Behavioral Health Services has
developed an innovative, comprehensive
continuum of care to address the unique
needs of individuals over age 65. The age-
specific programs are unique in the Capital
Region and offer all-inclusive services,
including: a geropsychiatry inpatient unit,
geropsychiatry outpatient services and
intensive outpatient programs and a
geropsychiatry outreach program.

Specialized services are also available in
the care for the mentally ill, chemically
addicted (MICA) individual. MICA services
are flexible to accommodate individuals
with varying needs and include inpatient
care, day treatment, outpatient counseling
and crisis services.

For more information about Northeast
Behavioral Health Services, please call (518)
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Planned Giving - Opportunities to Minimize Your Taxes Through Year-End Giving

by James E. Prout, Esq.

As you consider your year-end tax planning, we hope you will consider making good use of the income tax charitable deduction. Your 2004 year-end gift can significantly reduce your income taxes, while providing meaningful support to Northeast Health and its affiliates. The amount of your income tax savings will depend on your tax bracket.

Gifts of Cash: Tax-Wise and Easy

There is no easier way to receive a charitable deduction for 2004 than by simply writing a check! Make sure your envelope is postmarked by December 31. If you itemize, your outright gifts of cash are fully deductible for federal income tax purposes up to 30 percent of your adjusted gross income. If your total gifts should exceed this limitation, the excess may be carried forward for tax purposes for up to five additional years.

Gifts of Stock: How to Avoid Capital Gains

Giving a long-term appreciated stock offers you a two-fold tax saving. First, you avoid paying any capital gains tax on the increase in value of your stock. In addition, you receive a tax deduction for the full fair market value of the stock on the date of the gift. In most cases, the value of such gifts may be deducted up to 30 percent of adjusted gross income. As with cash gifts, if your total gifts of appreciated stock exceed this limitation, the excess is allowed to be carried forward for five years.

Life Income Gifts: How to Increase Your Income through Charitable Giving

A life income gift allows you to transfer assets now, and to continue to receive a portion of the income generated from the cash, stock or other property contributed. A life income gift can allow you to increase your income for life, receive a charitable contribution deduction in 2004, and if you contribute stock, defer the capital gains tax on the appreciation. A life income gift is often made through a trust arrangement called a “charitable remainder unitrust” or a “charitable remainder annuity trust.” With a unitrust, you and/or another beneficiary receive a fixed percentage of the fair market value of the assets in the trust as valued on an annual basis. The income you receive will vary from year to year, depending upon how the trust investments perform. With an annuity trust, you and/or another beneficiary receive a fixed amount of income from the trust each year. The amount is agreed upon when you create the trust, and it remains constant, no matter what happens with the stock market or interest rates.

Bequests: Planning to Minimize Estate Taxes

While you are considering your 2004 income tax savings, this may also be a good time to consider estate tax savings. Depending on the size of your estate and the composition of your assets, estate taxes can still take approximately 50 percent of your estate at the time of death. That is a higher tax bite than the income tax! It definitely pays to do some advance tax planning with your attorney or other professional tax advisors now, to determine if charitable giving makes good tax sense for you.

Giving is, of course, much more than tax brackets and charitable deductions. Your charitable gifts make an important difference in what we at Northeast Health are able to provide to our community. These tax planning suggestions are just some of the methods available. For more information on planned giving opportunities, please call the Northeast Health Foundation office at (518) 274-0190. I also urge you to discuss your tax planning with your attorney or other professional tax advisor.

For information about supporting Northeast Health, contact Northeast Health Foundation at 274-0190, 274-0192 (fax), 2224 Burdett Ave., Troy, NY 12180. If you wish to have your name removed from our fundraising request list, please contact Northeast Health Foundation at 2224 Burdett Ave. Troy, NY 12180, or call us at (518) 274-0190. You can also e-mail neh_foundation@nehealth.com.