

June 6, 2011

# MONTEFIORE UPDATE

KEEPING ASSOCIATES IN THE KNOW

## LASIK Surgery Discounts Available to Montefiore Associates

If you or an immediate family member (spouse or children) has been planning to or are considering whether to undergo LASIK surgery, it may make sense from a quality, safety and cost standpoint to receive this service from Montefiore's Department of Ophthalmology and Visual Sciences at its new office at Montefiore Medical Specialists of Westchester, located at 495 Central Park Avenue, in Scarsdale.

This practice offers laser refractive surgery, also known as LASIK surgery, using the WaveLight FS200 Femtosecond Laser for improved safety and efficacy. This laser is one of the first of its kind in the nation and the first installed in the Northeast.

In conjunction with opening this new facility, the Department of Ophthalmology and Vision Sciences has established a LASIK surgery discount of 20 percent off of the regular charge for Montefiore associates and their immediate family members.

Charges in connection with LASIK surgery are also reimbursable expenses under Health Care Flexible Spending Accounts, like the one available to Montefiore associates who are eligible to enroll under Montefiore's self-insured health plans. Health Care Flexible Spending Accounts are funded by associates through payroll deduction with pre-tax dollars. The combination of the discount that is being offered and the tax savings associated with paying for the surgery through a flexible spending account help make this surgery more affordable.

If you are interested in obtaining more information about LASIK surgery and the services offered at Montefiore's new facility, please call 718-920-2020. If you want to learn how to use a Health Care Flexible Spending Account to help pay for the surgery, please call HR-Benefits at 914-378-6531 or email [montebenefits@montefiore.org](mailto:montebenefits@montefiore.org).

## Lubin Rehabilitation Center: Advancing Function While Enriching Lives

An ATV accident left 21-year-old Jose from Guatemala with a fractured spine and an injured spinal cord. When he arrived at Montefiore his mobility was severely compromised. Transferring from the bed to chair was difficult and walking looked like a remote possibility. At the Lubin Rehabilitation Center, part of the Department of Rehabilitation Medicine, Jose began regaining his strength assisted by an interdisciplinary team. Securely harnessed in the "navigaitor"—a unique partial body weight suspension system that allows patients to practice moving in any direction without the risk of falling, Jose took his first steps early in his recovery.

"This treatment approach jump-started his recovery," said Maya Therattil, MD, Director of Spinal Cord Injury Medicine and Inpatient Rehabilitation Services at Montefiore. "It's such a psychological boost to be able to start learning how to walk early in the rehabilitation process. Normally patients accomplish this two-to-three months after their injuries." Jose left the Center after

a week and a half. Dr. Therattil said that Montefiore made an impression on Jose's family, and they noted the compassionate care he received.

Patients are admitted to the Lubin Rehabilitation Center, a 20-bed inpatient facility located at the Weiler Division, when they require acute rehabilitation due to an illness or injury—for example, a stroke, hip fracture, spinal cord injury, or joint replacements. An interdisciplinary team of physiatrists, rehabilitation nurses, physical therapists, occupational therapists, speech language pathologists and social workers work together in conjunction with the referring teams to help patients regain the skills they need to function in their daily activities. "Our patients receive three hours of therapy each day, and incorporate the functional skills they learn at therapy while they are back in their rooms" said Dr. Therattil.

At the Center, the use of cutting edge technology helps the patients recover; Flexible Endoscopic Evaluation of Swallowing with

Sensory Testing is used to diagnose swallowing disorders in patients who have had a stroke, Parkinson's disease or multiple sclerosis. A flexible scope with a tiny camera is placed through the patient's nose and into their

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Jose uses the "Navigaitor" while Melissa Ortiz, Senior Physical Therapist, assists, and Maya Therattil, MD, Director of the Lubin Rehabilitation Center, and Alok Sharan, MD, an orthopedic surgeon, observe.

## President's Award for Outstanding Associates

Montefiore's annual meeting, held on Tuesday, May 24, was an opportunity for trustees and associates to review the year's events and take stock of what we have accomplished and where we are headed. The meeting also featured the presentation of the 2010 President's Award, the highest honor given

to associates. Created in 1981 by the Board of Trustees, the award recognizes exceptional performance and inspires associates of all levels to strive for excellence.

Pictured with David A. Tanner (l), Chairman of the Board of Trustees, and Steven M. Safyer (r), MD, President and CEO, are award winners (l to r): Robert Ramos, Senior Physical Therapist, Montefiore Home Care; Margaret Hamer, Director of Volunteer and Student Services, Human Resources; Donna Fedele, Manager, Quality and Audit, CMO, Montefiore Care Management; and Bhanmattie Droopad, Nursing Attendant, Moses Division-Northwest 6.

Visit [eMontefiore](#) to read more about the 2010 recipients and watch a video of the meeting.



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throat to observe as he or she swallows foods of different textures to assess which ones are safe for swallowing. "It's a safe, comprehensive assessment that can be provided at the patient's bedside," explained Mary Reilly, MS, CCC-SLP, Chief of Speech Language Pathology at Weiler and North Divisions.

### Visit the Lubin Center

Tour the Lubin Rehabilitation Center during its Open House on:

**Tuesday, June 7 | 12:30 – 1:30 pm**  
**Lubin Rehabilitation Center**  
**2 North, Weiler Division**

For more information, call 718-904-2566/2296.

### Associates Honored for 25 Years of Service

Montefiore's annual 25-Year Club dinner and dance was held on Thursday, May 12, at Marina del Rey. This year, 121 associates reached the 25-year milestone. Steven M. Safyer, MD, President and CEO, and Robert B. Conaty, Executive Vice President, Operations, presented the new inductees with gold watches. There are now 2,632 associates in the club, including 1,097 active members.

## Events

### Training Session for Ordering Stationery Wednesday, June 8 | 10:30–11:30 am Cherkasky Auditorium

The Department of Marketing and Communications will hold an additional informational session to introduce associates to Montefiore's new online stationery ordering system and to review important brand guidelines. HITouch Business Services will provide in-depth training on how to place orders. Users responsible for ordering stationery are strongly urged to attend. RSVP on the Brand Center through [eMontefiore](#) or at [www.montefiore.org/brandcenter](http://www.montefiore.org/brandcenter) for registered users.

### Diabetes Presentation Wednesday, June 15 | 5:00–7:00 pm Mazer Building, Lubin Dining Hall 1300 Morris Park Avenue, Bronx

This free presentation, "Diabetes: Addressing the Epidemic Among Us," is part of Albert Einstein College of Medicine's free Community Health Series. Rubina Heptulla, MD, will discuss childhood obesity and its impact on health, including type 2 diabetes. Joel Zonszein, MD, will talk about diabetes in adults, effective practices for managing the disease and treatment options. Jill Crandall, MD, will review clinical trials that Einstein and Montefiore researchers and clinicians are conducting to identify new and better treatments. Norman Fleischer, MD, Chief of Endocrinology and Co-Director of the Diabetes Research Center at Einstein, will moderate. To RSVP, call 718-430-4186 or email [communityaffairs@einstein.yu.edu](mailto:communityaffairs@einstein.yu.edu).

### Enjoy the Summer at Montefiore

#### BBQs

**Tuesday, June 7 | 11:00 am–2:00 pm**  
**Weiler Division, Front Patio**

**Tuesday, June 7 | 11:00 am–2:30 pm**  
**Moses Division, East Garden**

#### Tiki Bar

**Friday, June 10 | 11:00 am–3:00 pm**  
**Moses Division, Northwest Garden**

Published by the Department of Marketing and Communications. Please share story ideas with: Katrina Woznicki, Editor, [kwoznick@montefiore.org](mailto:kwoznick@montefiore.org) / 718-920-7448. Update is produced for Montefiore associates to keep them up-to-date with Montefiore news, events, clinical innovations, research and recognitions.