

Community Update

A Report to the Greater Westchester Community

www.nyp.org

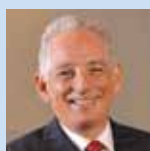
Fall 2011

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When a Loved One Needs Help

By Gwen Mancuso, LCSW

Confronting the hardship that results when a family member is in distress can be very difficult. As family members, we may perceive our roles as part of a larger team and when one of our players is down, the entire team suffers. Here are a few tips that will help you cope with the difficulties of having a family member in distress.

Ask Questions

If you believe that you have a family member in distress, be

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Hospital Takes Big Strides for Autism



The Westchester Division was the scene for major efforts around autism advocacy this Spring. In April, buildings on the campus (above) were illuminated in blue in recognition of National Autism Awareness Month. The annual "Light It Up Blue" campaign is part of a worldwide effort spearheaded by Autism Speaks to raise awareness and encourage activism around autism spectrum disorders.

Then on June 5, more than 15,000 supporters participated in the 10th annual Walk Now for Autism Speaks, held for the first time on the Hospital's 214-acre White Plains campus. The fund raiser to benefit research for autism, which is the fastest growing developmental disorder in the US, coincided with plans to open the Institute for Brain Development, which will be located in the Rogers Building on the Westchester campus. When it opens next year, the Institute will be the region's first comprehensive state-of-the-art center dedicated to addressing autism and other developmental disorders across the lifespan.

On hand to celebrate Walk Now were Congresswoman Nita M. Lowey (in middle of second photo from top), flanked by (l-r): Steven J. Corwin, M.D., C.E.O., NYP; Catherine Lord, Ph.D., incoming Clinical Director of the Institute for Brain Development at NYP; John Walkup, M.D., Director, Division of Child and Adolescent Psychiatry, NYP; and Philip J. Wilner, M.D., Vice President and Medical Director, Behavioral Health at NYP. ■ *Middle photo, l-r:* Dr. Walkup; Ilene Lainer, Executive Director, New York Center for Autism; Thomas Roach, White Plains Mayor; Robert Astorino, Westchester County Executive; Dr. Lord; Robert Castelli, New York State Assemblyman; David Buchwald, White Plains City Council member; Dr. Wilner and Dr. Corwin. ■ *Bottom photo:* Harry Slatkin, honorary chair and co-founder of the New York Center for Autism, cuts the ribbon to start the highly successful Walk.

A Message to the Community



Philip J. Wilner, M.D.

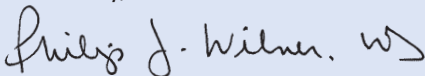
This Spring and Summer were busy and exciting times for us here at the Westchester Division. In June, our campus served as host for the 10th annual Westchester/Fairfield Walk Now for Autism Speaks fundraising walk. Thousands of families and individuals of all ages gathered here on June 5th to help address this growing public health crisis that now affects one in 110 children. Our Hospital was proud to partner with so many dedicated individuals in the greater White Plains community to raise funds that will help advance research, treatment and family services for all of those affected by autism spectrum disorders.

The walk route passed by the Rogers building on our campus, which will soon be home to The Institute for Brain Development. The Institute, which will open at the end of next year, will be the region's only comprehensive state-of-the-art center dedicated to addressing the needs of those with autism spectrum and other development disorders across the lifespan. It will join our many other landmark programs that have provided invaluable behavioral health services for so many people over the past 117 years.

At a time when our Hospital is affirming our commitment to the community by offering new programs, undertaking improvements to our facilities and continuing to broaden outreach through our popular lecture series and speaker's bureau, we are pleased to report that White Plains native and 1973 High School alumnus Steven J. Corwin, M.D., will be our new Chief Executive Office (see article on this page.) Dr. Corwin will now oversee the operations of all five campuses of NewYork-Presbyterian Hospital, including the Westchester Division, where many exciting new initiatives lie ahead for us.

We wish Dr. Corwin great success as he assumes his new responsibilities this Fall, succeeding Herbert Pardes, M.D., who will become Executive Vice Chairman of the Board of Trustees. As your neighbor here in White Plains, we are especially proud in knowing that this important leadership position will be occupied by home grown talent.

Sincerely,



Philip J. Wilner, M.D.

Vice President & Medical Director

White Plains Native Dr. Steven Corwin Named NYP Hospital's New CEO

The Board of Trustees of NewYork-Presbyterian Hospital recently announced that White Plains native Steven J. Corwin, M.D., will be their new Chief Executive Officer. Dr. Corwin succeeds Herbert Pardes, M.D., who is retiring as head of the Hospital and will become Executive Vice Chairman of the Board of Trustees.

Robert E. Kelly, M.D., was named President of the Hospital, reporting to Dr. Corwin. The new appointments follow a national search by a committee of the Board of Trustees and were effective September 6, 2011.

John J. Mack, Chairman of the Board of Trustees, said: "Steve Corwin is uniquely qualified to chart a course through the opportunities and challenges ahead for this great hospital. He is a thoughtful and bold leader who has already made a significant mark on NewYork-Presbyterian. He and Dr. Kelly represent the next generation of leadership for this remarkable institution. They, along with the rest of our senior executive team, have exceeded ambitious objectives in a very challenging environment to enhance patient care, to strengthen the Hospital's financial stability



The new CEO of NewYork-Presbyterian Hospital, Dr. Steven J. Corwin.

and to promote community health. They will continue NewYork-Presbyterian's commitment to advancing quality care for patients and their families."

Mr. Mack and the Board of Trustees paid tribute to the extraordinary service rendered by Dr. Pardes during his 11-year tenure. "We all owe Dr. Pardes a tremendous debt of gratitude for his outstanding

leadership. He has transformed NewYork-Presbyterian into a national leader amongst academic medical centers, making the 1997 merger of The New York Hospital and The Presbyterian Hospital a success, raising the worldwide profile of the Hospital and ensuring its strength into the future," Mr. Mack said.

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Hospital Takes Leadership Position on Elder Abuse

On Monday, June 6, professionals in the fields of health care, law enforcement and legal services gathered at the Westchester Division to discuss the prevalence of elder abuse in New York State. The program was organized by Dr. JoAnne Sirey from Geriatric Psychiatry at Weill Cornell Medical College and NewYork-Presbyterian Hospital, Westchester Division. In addition to her clinical and academic responsibilities, Dr. Sirey serves as the Chair of the Westchester County Coalition for Geriatric Mental Health, an interdisciplinary group of aging and mental health providers, consumers, and advocates who work to improve access and quality of mental health care for the County's elders under the auspice of the Public Private Partnership for Aging. Presentations during the program documented the rising incidence of elder abuse, includ-

ing financial exploitation, physical abuse, and verbal/emotional abuse, among the aging population and examined methods and resources for addressing this widespread

problem. According to a recent groundbreaking study on elder abuse in New York State headed by Dr. Jacquelin Berman from the Department of Aging and

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Diane Aparisio, former Deputy Commissioner, Westchester Department of Senior Programs & Services; Jo Anne Sirey, Ph.D., Chair of the Westchester County Coalition for Geriatric Mental Health; Jacquelin Berman, Ph.D., Director of Research for the NYC Department of Aging; Jeanne Pici, Administrator of the Westchester County Department of Senior Programs and Services; Natalie Siler, Manager of Westchester County Adult Protective Services; and Gary Brown, Westchester County Assistant Attorney General.

When a Loved One Needs Help

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proactive and immediately start asking questions. It is best to speak with the individual privately at this point. You can help make sure that you are correctly assessing the situation by carefully inquiring about his or her life outside of the family unit. It is important to distinguish whether or not this person is temporarily, innocently and/or purposefully deviating from their usual behavior in an effort to exercise their individuality, or is in fact truly troubled.



Gwen Mancuso, LCSW

Be Empathetic

The last thing a person in distress wants to hear is a lecture. When speaking to your loved one, try to listen more than you talk. If he or she is not willing to open up to you immediately, be patient and try your best not to find yourself in an argument. Offer your unwavering support, and try to convey that your door is always open to them.

Call For Back-Up

When engaging a distressed family member in discussion, be sure to trust your instinct. If you sense that he or she may be a danger to you or themselves, contact a health care professional or call 911. Always take threats to personal safety seriously. If at any time the problem seems like more than you can handle, confide in someone you trust or seek a professional consult.

Take Care of Yourself

When we board an airplane, we are instructed to secure oxygen masks to infants and those needing assistance only after securing our own in the event of an emergency. While this may seem selfish, the outcome maximizes the benefit to all. A family member's burden can naturally and quickly become our own. It is important to make sure you take the steps necessary to maintain a healthy approach to life while assisting a family member in need.

Gwen Mancuso, LCSW, is the Referral Development Coordinator at NewYork-Presbyterian/Westchester. She can be reached at 914-997-5788.



Lending a Hand for Health

On July 28th, Stew Leonard Jr., President & CEO of Stew Leonard's, generously donated time and products from his farm fresh food stores to the Westchester Division's inpatient Eating Disorders unit, The Outlook, to promote healthy eating habits through an interactive meal prep demonstration. Dr. Evelyn Attia, staff and patients on The Outlook learned useful tips on how to prepare nutritious, delicious and simple recipes they can incorporate into their daily lives that will stimulate energy and enhance overall health and wellness. Thank You, Stew!



Bravo!

NewYork-Presbyterian is pleased to announce that the following Westchester Division Psychiatrists were named among New York Magazine's *Best Doctors* for 2011:

- Evelyn Attia, M.D.**
- Rebecca Dulit, M.D.**
- Katherine Halmi, M.D.**
- Barnett Meyers, M.D.**
- Bradford Perry, M.D.**
- Cynthia Pfeffer, M.D.**

Volunteers Welcome

The Westchester Division of NewYork-Presbyterian Hospital is currently seeking volunteers to assist in a variety of ways. If you enjoy being in a health care and/or office environment, working with people and making a difference, we could use your help!

Please call
Laurel Torres
at 914-997-5780 for
more information.



Elder Abuse

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Dr. Mark Lachs from the Division of Geriatrics and Gerontology at NewYork-Presbyterian Hospital, an estimated 141 per 1,000 older New York residents have been victims of some form of elder abuse since reaching the age of 60. Dr. Sirey noted, "What is particularly troubling is the gap between incidents of elder abuse and those cases that are actually reported to authorities. We're trying to examine the data from this first groundbreaking study of its kind, and look at ways we can bring families, health care providers and law enforcement professionals together to address these issues in a collaborative way." Dr. Sirey and Dr. Berman are developing a new pilot study to screen for anxiety and depression among older adults in NYC reporting abuse to the Elderly Crime Victims Unit of the Department of Aging.

New CEO, Dr. Steven Corwin

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Dr. Corwin was most recently Executive Vice President and Chief Operating Officer at NewYork-Presbyterian, a position he held since 2005. He joined the management team of Columbia-Presbyterian Medical Center (today known as NewYork-Presbyterian Hospital/Columbia University Medical Center) in 1991 and served in various management capacities. From 1998 to 2005, he was Senior Vice President and Chief Medical Officer at NewYork-Presbyterian.

In addition to overseeing day-to-day operations across all five Hospital campuses including the Westchester Division, Dr. Corwin has been responsible for advancing the institution's strategic initiatives to fulfill its core mission of serving patients. This has included an intense focus on

quality and patient safety, cultivating people and talent, advancing clinical and technological innovation, building physician and institutional partnerships, meeting the medical needs of underserved communities, and maintaining financial and operational strength.

Raised in White Plains and a 1973 graduate of White Plains High School, Dr. Corwin received his undergraduate and medical degrees from Northwestern University, graduating summa cum laude. He completed training in internal medicine and cardiology at Columbia-Presbyterian Medical Center, and, in 1986, was named to the faculty of Columbia University College of Physicians and Surgeons.

Community Lecture Series

No Fee • No Registration • Free Parking • Refreshments Served

FALL 2011

WEDNESDAY, OCTOBER 19

Caring in Crisis: How to Help a Loved One in Distress
Gwen Mancuso, LCSW

WEDNESDAY, OCTOBER 26

Rolling With the Punches: Tips on Coping Positively with Life Changes
Sharon Ward-Miller, RN, CS, APRN-BC

WEDNESDAY, NOVEMBER 2

Depression and Cognitive Decline in Older Age: Effects on the Whole Family and Resources for Help
Dimitris Kiosses, Ph.D.

WEDNESDAY, NOVEMBER 9

In Focus: A Look at ADHD Across the Lifespan
Justin Mohatt, M.D. and David Rubin, M.D.

All presentations will take place from 7:00 to 8:30 pm in the Hospital Auditorium located on the second floor of the Center Building underneath the clock tower.

For further information and directions, call (914) 997-5779 or visit www.nyp.org.

NYPH Speaker's Bureau

NYPH offers speakers for your organization, school, or business group to discuss topics such as eating disorders, depression, anxiety, stress management, and other issues concerning emotional health.

For more information, call the Public and Community Affairs Office at (914) 682-6991.



For the eleventh consecutive year, NewYork-Presbyterian ranks among the nation's top hospitals, according to the 2011 U.S. News & World Report *Best Hospitals* edition.

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number.



Location & Directions

- **From I-287 West.** Take Exit 8W, keep in left lane, turn left at traffic light onto Bloomingdale Road. Continue to next traffic light (Maple Avenue), then turn left into the Hospital entrance.
- **From I-287 East.** Take Exit 8 and follow Route 119 (Westchester Avenue). Turn left at Bloomingdale Road. Turn left at next traffic light, Maple Avenue, then turn left into the Hospital entrance.
- **From Hutchinson Parkway South.** Take Exit 23 (Mamaroneck Avenue) towards White Plains. Drive approximately three miles to right fork (Bloomingdale Road). Turn right at the third traffic light into the Hospital entrance.

Community Update

Photos by John Vecchiolla



As part of our commitment to the health of all of our patients, staff and visitors, the Westchester Division is now a smoke-free campus.

NewYork-Presbyterian
Westchester Division

The Westchester Division
21 Bloomingdale Road
White Plains, NY 10605