

Did you know?

The NLH Primary/Specialty Care Centers provide the following services and specialties:

- Internal Medicine
 - Family Practice
 - Pediatrics
 - Women's Health (Obstetrics/Gynecology)
 - Neurology
 - General Surgery
 - Urology
 - Occupational Medicine
 - Orthopaedics
 - Well-Child Care
 - Immunizations
 - Laboratory Services (Blood Drawing)
 - Retail Pharmacy
- And New in our Perth Primary Care Center
- Mammography Screenings
 - DEXA
 - X-Rays

Littauer Named one of the Largest Physician Practices!

The Capital District Business Review released its annual list of the "Area's Largest Physician Practices" in the Capital Region. The list is ranked according to number of Capital Region Physicians. According to the list, Nathan Littauer is the 11th largest Physician Practice. The Hospital employs 32 physicians, and 36 physician extenders placing it in the top 20 area practices. The area surveyed included: Albany, Columbia, Fulton, Greene, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren and Washington Counties. "What is impressive about The List is our 23% growth. Only a few other facilities had more growth than Littauer" stated Laurence E. Kelly, Littauer's President and CEO, adding: "This ranking is living proof of our mission to attract and retain the best medical minds for our region."



The Foundation Focus Issue 06 October 2010



Nathan Littauer Foundation, Inc.

A Foundation for the Future

99 East State Street
Gloversville, New York 12078
518-773-5505 ph
www.NLH.org

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**The Nathan
Littauer**

fo-cus [foh-kuhs] –noun, a central point, as of attraction, attention, or activity

Foundation Focus

October 2010

"Donors don't give to institutions. They invest in ideas and actions and people in whom they believe."

A wise Foundation Board member once explained this to me and his words have stayed with me ever since. I am fortunate to witness thousands of people every year choosing to follow the same example. I have come to learn that our donors are giving to the spirit and promise of care that is Littauer's mission. Each donation is a sacred trust, one that the Hospital and its Foundation work tirelessly to earn.

Lucius Littauer and his Mother, Harriet, believed in and invested in the idea of establishing a hospital in Gloversville. In turn, Mr. Littauer asked the community to join him by investing in the Nathan Littauer Hospital Association. And so it has continued for 116 years, one trusted donation after another. In fact, since we started keeping computerized records in 1996, the Nathan Littauer Foundation has received nearly 39,000 donations from individuals, businesses and foundations. Each donation is an investment in the Hospital's strategic goals and objectives that are developed annually by trusted medical experts, senior leadership and the Board of Directors.

My family and I are proud members of the community served by Nathan Littauer Hospital and Nursing Home. We recognize the vital resource this Hospital plays in our lives and in the lives of my employees and their families. Each of us has a reason for investing in Nathan Littauer Hospital. For me it is knowing that we have a gem in this Hospital and I am honored to secure its future with my donation. For me it is not a financial transaction or tax deduction but an act of passion and faith for our community.

If you have not yet done so, please consider your 2010 investment in Nathan Littauer. The following pages will show you how your prior investments have improved the quality of care at Littauer as well as its facilities and technologies. Let's continue the investment tradition together.

Timothy Delaney
Chair, Nathan Littauer Foundation Board of Directors
President, The Delaney Group Inc.



Nathan Littauer Most Connected Hospital in the Region

You may be surprised to hear that the hospital with the largest social networking system in the region is Nathan Littauer Hospital. "We wanted to build an information platform not just a website" states Laurence E. Kelly, President and CEO. He added, "We have a lot of information and good news to share here and we saw social media as just one more way to reach our vast audience." He explained, "Also we wanted people to know that we embrace new technology in a myriad of forms, be it in social media or in medicine."

To reach our social media goals, the Hospital employed a Social Networking Tech and in a few short months a social media platform consisting of Facebook, YouTube, and Twitter was established, resulting in a network of devoted fans.

What is next for the hospital? According to Sue Kiernan, "Right now we are completing a project in which we will try Tweeting births in our new Birthing Center. Beyond that I can only say, "Become a fan on our page and you will be the first to know about our plans for the future."

Teaming Up with the Amsterdam Mohawks to fight Breast Cancer



July 9th was "Littauer Night" at Shuttleworth Park.

In celebration of Littauer's new mammogram screening facility in the Perth Primary Care Center, the team joined forces with Littauer and unveiled their "Pink Jersey Auction" fundraiser. The evening featured the Mohawks wearing pink, and breast cancer survivors throwing out the opening pitches.

At the end of the evening each player signed the jersey he was wearing and it was auctioned to the crowd. Funds raised that night (nearly \$1,600.00) benefited mammography services at our Perth Center.

Meet Your Future Healthcare Providers

For the 14th year, academically talented, college bound students interested in a career in health care spend every morning of their senior year at Nathan Littauer Hospital. As part of the HFM BOCES program, *New Visions*, students receive an insider's view of a health care organization. Among the many benefits of this rigorous program is the opportunity to determine which health career path is best suited for her/him.

Pictured is this year's class representing Amsterdam, Canajoharie, St. Johnsville, Mayfield and Fonda-Fultonville High Schools.



"What Our Patients are Saying"

Just a note of commendation for the care I received last weekend in the ER and then ICU of NLH. An unhappy encounter with a smidgen of peanut set off my alas familiar reaction. So off to the ER and then, given a relapse, to the ICU.

Everyone was exceptionally helpful, I would mention in particular – Lisa in the ER (Sat. afternoon shift), Ursula Holley and Dr. Duthaler.

You will also be pleased to know that one of the nurses, recently transferred from (another hospital), liked NLH because of the people – echoing Dr. O'Brien's sentiments a few weeks earlier.

Keep up the good work.
Priscilla Parkhurst Ferguson – Gloversville

I have never been so happy with a medical practice. Everyone I encounter in this building, even if they are not caring for me or my children leaves me feeling respected and acknowledged. I tell everyone (I care about) about this place!"

Rebecca – Johnstown

... "I would like everyone to know of the excellent health care services we have in this area. I just wanted to express my heartfelt thanks for your care and assistance throughout my ordeal."...

Richard N. Shafer - Gloversville

Your donations help keep our
Rehab Services tops in the area:

Preventing Sports Injuries

Nearly 50% of all injuries sustained by middle school and high school students during sports are overuse injuries

Overuse injuries can cause permanent damage and increase the chances of surgeries and arthritis later in life. This year Nathan Littauer Hospital worked to change that. Our Sports Medicine Team is dedicated to keeping kids in the game for life. To do so, we launched an awareness campaign in our area to prevent overuse injuries in our youth. And we were one of the first medical institutions in New York to partner with STOP Sports Injuries, a national effort to keep children in the game for life. The national and local media followed our campaign very closely.

Dr. James Andrew's arguably the most famous Orthopedic surgeon in the world, lent his voice to our cause, recording advertisements for our hospital. Also, this fall we created a ground-breaking clinic: Preventing Overuse Injuries in Young Athletes. Attendees were provided practical information on injury prevention and overuse injuries, delivered by top experts in their field.

Nathan Littauer's Sports Medicine Team is uniquely qualified to deliver this revention message. Our hospital has the only sports rehabilitation system "The Primus" in the entire Capital Region and Mohawk Valley area. It is the same equipment the NFL and Olympic teams use. But more than that, our rehab team are medical professionals, athletes and parents who are tireless advocates for safe and fun sports participation.



Your donations help send kids to camp:

Camp SuperStarrs Is Thirty-One

... "I am going to summer camp!" That is what Nathan Littauer Hospital wants every kid to be able to say, even those with medical conditions. And thanks to Camp SuperStarrs, that dream has come true for many kids. This year, Nathan Littauer Hospital's Camp SuperStarrs celebrated it's 31st year of bringing summer fun to children with health problems.

Campers, whose health problems include asthma, diabetes, eating disorders and other conditions, participate in typical summer camp activities such as fishing, arts and crafts, swimming, and field sports. Laurence E. Kelly, President and CEO of the Hospital agrees noting, "This program opens doors, and provides lasting friendships for children around this region. If you do not know about Camp SuperStarrs, you should. I could not be prouder of this program, and the commitment we have demonstrated to our region's youth."

Will Planning Guide

The Nathan Littauer Foundation has recently published a Will Planning Guide to assist individuals in establishing, in writing, their wishes for the distribution of their assets after death.

Contact the Foundation Office at 518-773-5505 to request your copy.

**The Nathan Littauer
Foundation, Inc.,
2010 Board of Directors**

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Our Mission: To carry on fund raising and related activities to support Nathan Littauer Hospital Association and to assist other area health care organizations that are not-for-profit.



Your donations help educational programs that lead to better outcomes:

Littauer receives high marks for pressure ulcer prevention

Facility-wide effort yields results

Nathan Littauer Nursing Home earned an award for its prevention of pressure ulcers from the New York State Department of Health.

According to the award, "Nathan Littauer Hospital Nursing Home is recognized for excellence in preventing pressure ulcers in nursing home residents." The award continued, "Your facility was one of 24 nursing homes across the state to receive an award." The Nursing Home is ranked in the top 4% of the "Best Performer" category.

"I can not stress enough how important this recognition is for our facility," stated Leslie Beadle, Nathan Littauer Nursing Home Administrator and Vice President, adding, "This is an area that we have been working on for many years. It is not one person's success but rather the entire team's accomplishment." "Freedom from pressure ulcers can equate to a better quality of life for our residents."



The Radiology Revolution is here!

Leading the Revolution: Dr. Mike McBiles

At Nathan Littauer Hospital, there is a revolution going on—a Radiology Revolution. It is our **quest** to bring the latest diagnostic imaging to you, close to home where you need it. It is our **commitment** to have the most experienced diagnostic team. It is our **mission** to get your information to your doctor quickly and seamlessly. It is our **pledge** to provide comfort and care during an exam. The radiology revolution has just begun at Littauer and we are armed with the best team and the best technology! Log on today to www.radiologyrevolution.com and see an exam, ask a question, meet our team and do some resreach. Now, it is all in one place.

"I've worked many places in the U.S. and I can honestly say Nathan Littauer is state-of-the art."
—Dr. Mike McBiles

"What Our Nursing Home Residents and Their Families are Saying"

Everyday we receive comments from our residents and their family members. Here are some of the things they are saying about us:

"I am happy with all of the care that I get from everyone here. For such a busy place, the care is excellent."

Pauline - Resident

"I think all the therapists do a good job, in fact an excellent job. They do an awful lot and they have wonderful dispositions. I believe the RN's and LPN's do an excellent job."

Christina - Resident

"All of the staff comes to my aide. I like them all."

June - Resident

"Marsha, LPN always has a smile."

Ruth - Resident

"All do a great job and do their jobs so well from the highest person on the ladder to the newest. Thank you so much!"

Dean - Family Member

"Staff as a whole have been very open and supportive. I am very comfortable having my Husband in their care."

Mildred - Family Member

"Great job in caring for people. Thank you."

Karen - Family Member

Thanks to your Support we continue to Grow



Littauer Unveils State-of-the-Art Emergency Care Center



Nearly one year and \$2.2 million later, Nathan Littauer Hospital has opened a new state-of-the-art Emergency Care Center. The Center boasts a new trauma room, expanded cardiac room, additional patient rooms, along with an expanded and renovated nurses' station and patient waiting room. The facility, which used to hold 13 patients, can now hold 17, with the capacity for 21 if needed. Patients in the ER are now held in separate rooms instead of being only separated by a curtain. With this expansion, which was completed in August, the ER footprint was expanded by 40%.

Perth Primary Care Expands

Littauer's Perth Primary Care Center, located on Highway 30 in Perth, has added approximately 2000 feet in new treatment and office space including space for mammography, DEXA and X-Ray services.

This expansion was needed due to a huge influx in patient visits to the Center. In 2008 the Center had 10,123 visits and in 2009 they reported 15,448 visits, an increase of 53%. In total, the Center's use has increased 819% since they opened their doors in July, 2007. Littauer also added 3 additional primary and specialty care physicians to the Center in 2009. And at the current rate of patient visits, the Center will have almost 20,000 patient visits for 2010.



Nathan Littauer Opens "The Birthing Center"

Nathan Littauer Hospital unveiled its new \$1.2 million Birthing Center. Like no other in the Capital Region, the Center is family-centric, and offers a warm and an intimate atmosphere for families. Feel at home knowing a caring staff is on-hand to ensure your health and safety.

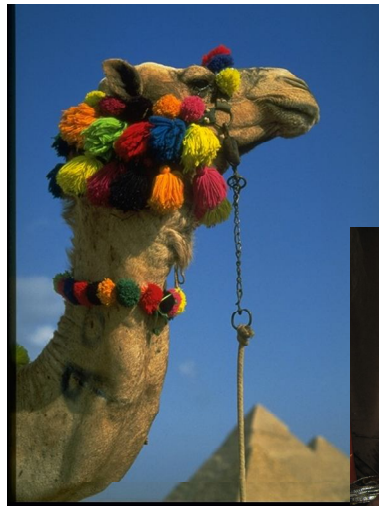
Putting the “Fun” in Fundraising!

Staging Great Times for a Great Cause!

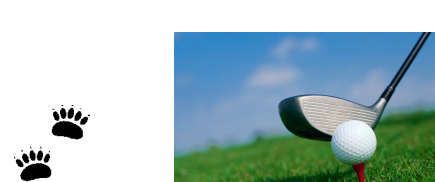
The *EVENT*

Our May 22, 2010 “Journey Along the Nile” was attended by 228 people and raised over \$100,000.00 to support services at Nathan Littauer Hospital and Nursing Home.

Save May 20, 2011 for our next spectacular **EVENT**.



and



The Adirondack Challenge

Seventy-six golfers teed off at our seventh annual golf tournament held at Lake Pleasant Golf Club on July 16, 2010. Once again this tournament was a sold out event. This year's tournament was held in honor of George E. Sherman, advocate and friend to Nathan Littauer Hospital and Nursing Home and his beloved Southern Hamilton County. The 2010 Adirondack Challenge raised over \$18,000.00 to support health services at our Speculator Primary Care Center.

Gems Found IN THE Adirondacks

Nathan Littauer Hospital
and our Out-Patient Centers
are conveniently located.
Safe. Compassionate. Experienced.

World-class medicine.
Making a world of difference.

CAROGA LAKE
1840 State Hwy. 10

GLOVERSVILLE
99 E. State St.
182 Steele Ave

JOHNSTOWN
23 S. Perry St.
2 Fon Clair Terrace

MAYFIELD
2497 State Hwy. 30

PERTH-BROADALBIN
4104 State Hwy. 30

SPECULATOR
State Hwy. 10



NATHAN LITTAUER HOSPITAL
518.725.8621 ■ www.nlh.org



Our Newest Gems

Your Primary/Specialty Care Centers are gems in the Adirondacks and so are those who provide your care. Welcome our newest gems:

Shannon Colt, MD
Pediatrics
Johnstown Primary Care Center



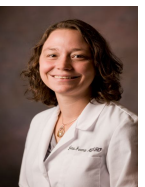
Matthew Lynch, MD
Neurology
Perth Primary Care Center

Richard O'Brien, DO
Family Medicine
Gloversville & Caroga Lake Primary Care Centers



Ovundah O'Kene, MD
Internal Medicine
Johnstown Primary Care Center

Janis Freeman, FNP
Family Medicine
Caroga Lake Primary Care Center



Littauer's Joint Commission Accreditation to Continue

Nathan Littauer receives high marks, accreditation extended for entire service line, including primary/specialty care centers

The Joint Commission conducted an unannounced on-site full survey last winter. The survey led to a three-year continuation of Littauer's current full accreditation with the nation's predominant standards-setting and accrediting body in health care. "This important accreditation speaks to the level of care that Littauer provides," said Wally Hart, President/CEO of the Fulton County Regional Chamber of Commerce & Industry and Nathan Littauer Foundation Board Member. He continued, "Our community continues to be proud of its hospital and what its staff has accomplished, and this announcement proves what we already know--Nathan Littauer Hospital provides the highest levels of quality and patient care."

