



# Lourdes Hospital Foundation news

Fall 2023

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[www.lourdeshospitalfoundation.com](http://www.lourdeshospitalfoundation.com)

## Our Mission

**Rooted** in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually centered, holistic care which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words.

**For almost 100 years**, Lourdes Hospital has faithfully served the Binghamton area with spiritually based, high quality medical care. Thanks to the contributions and commitment of our donors, this culture of "Inspired Care" can continue for our patients and their families.

The **Lourdes Hospital Foundation** was founded in 1981 to support the Mission and sustain the vision of Lourdes Hospital. The Foundation relies on public support and individual philanthropy to assist Lourdes in its mission.

**We are deeply grateful** to our donors on behalf of all those who have been served in their time of need.



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# Bariatrics: A Conversation with Emily Stein, Bariatric Surgery Nurse Navigator



**Q. How long have you been in your position?**

A. I have been in this position for 2 years. Not originally trained as a Bariatric nurse, I found myself having to study and learn everything about my new position. Previously, I was the RN at the Chenango Bridge practice.

**Q. Were you intimidated by the challenge of having to learn so much in such a short time?**

A. I am grateful that I had to study and apply myself intensely as this learning

curve gave me a chance to immerse myself in this field and in doing so, has enabled me to better understand and help my patients. Unless you've been heavy, one has no idea what it's like to suffer from the disease of obesity. There are many and varied reasons a person may be suffering with obesity – the comprehensive program at Lourdes addresses all facets of this disease.

**Q. What specialties are involved with this program?**

A. Nutritionists and Social Workers are a big component of the Bariatric program at Lourdes. To be successful in the program, patients must be willing to change the way in which they live their lives – this includes changing how, when, and why they eat food, learning how to incorporate exercise into their lives, and accepting the fact that these changes must be life-long and permanent.

**Q. What is the first step?**

A. The initial 40-minute office visit is very content heavy. Each patient is weighed and evaluated and is given a binder with further instruction and information about what will happen in the next few weeks/months. Patients are scheduled to see the Nutritionist and the Social Worker, and they are instructed to watch informative seminar videos. They are encouraged to have a notebook handy so they can write down any questions they may have. Patients also must do weigh-ins once per month and record them with the doctor's office. There is no set total of visits as this may change according to patient need. They are also encouraged to call the office at any time and ask as many questions as necessary. Patient education is essential to patient success in the program.

**Q. Is Bariatric surgery the easy way to lose weight?**

A. Bariatric surgery is not the easy way to lose weight. This program requires a solid commitment on the part of the patient. It is a complete lifestyle change and, in many cases, leads to major life changes other than simply weight loss. Patients who smoke must quit and they are tested for nicotine in their system before surgery. If nicotine is detected, surgery is either postponed or cancelled. Smoking increases the risk of pulmonary complications, marginal ulcers, blood clots, slower wound healing, and infection. Alcohol use is discouraged, and total abstinence is preferred.

Depending on the procedure performed, this surgery can result in important changes to the internal anatomy as well. Bariatric surgery is also not a one-time fix. While it is a useful tool in initial weight loss, patients need to be constantly mindful of their nutritional intake. The Nutritionist is there to guide patients in making the best choices so they will achieve a healthy weight. The Social Worker provides support with emotional and psychological changes that come with weight loss.

**Q. Is Bariatric surgery covered by insurance?**

A. Bariatric surgery is considered an 'elective' surgery. However, this procedure may be covered under certain circumstances such as a BMI (Body Mass Index) of 35 or higher when accompanied with a co-morbidity such as high blood pressure, high cholesterol, heart disease, sleep apnea, Type II diabetes, etc. Patients with a co-morbidity must get medically cleared before having the surgery. Most insurances require a 6 to 12-month active participation period in a supervised dietary program. Some insurances have a shorter preoperative period.

**Q. What Bariatric surgical procedures are performed here at Lourdes?**

A. The Bariatric program at Lourdes offers two types of surgical procedures. The Gastric Sleeve gastrectomy and the Roux-en-Y gastric bypass. The decision about which procedure will be done is discussed between the doctor and the patient. The wishes of the patient are considered, but ultimately, the doctor will decide which procedure is appropriate for each individual patient.

The Lourdes Hospital Foundation supports the many projects and programs available at Lourdes Hospital. Most recently, the Foundation helped Bariatric patients in the form of gas cards and grocery cards. Overseen by the Bariatric nurse navigator, this assistance is given to patients in need, to provide the additional support necessary for successful, healthy outcomes.

**A gift of any size will help Lourdes Bariatric patients to achieve their goals of healthier and happier lives! Please give today.**



## Jessika Allen Bariatric Surgery Patient

Three years ago, Jessika Allen underwent life-changing and life-saving gastric bypass surgery at Lourdes Hospital. Multiple medical issues, including pseudotumor cerebri (intracranial hypertension) made it nearly impossible for her to get up and move around. She gradually became less and less active and gained more and more weight until she was nearly immobile. Jessika felt depressed and hopeless, and she knew she could not go on living in this way. She needed to take drastic measures to change her life. Jessika's daughter Maia

provided the inspiration and motivation for taking that first step.

Late one night, Maia came downstairs crying and upset. She took that opportunity to talk plainly to her mother. Before Jessika had begun suffering from various medical issues, she and Maia had been very close – almost inseparable. They did everything together. Jessika, a hairdresser, even used to take Maia with her to her clients' homes. Maia told her mom that she missed her and the wonderful times they shared together. All that had changed since Jessika was no longer mobile. Jessika said that something in her daughter's face and in her words broke her in a way she could not fix on her own. She knew she had to do something as soon as possible. The very next day, Jessika called and made an appointment for the initial consult for Bariatric surgery. Maia went with her mom to that first appointment.

In the days and weeks following her surgery, Jessika had to re-learn how to eat. Her stomach was now less than half the size of the average adult stomach and she had to learn how to get nutrition into her body while eating very small amounts at very frequent intervals. Her choices for food were guided by her nutritionist. Jessika had protein shakes and broth for nourishment in those first days after surgery. Soon, she was allowed to eat small amounts of pureed food. From that stage, Jessika was able to move on to solid foods in small amounts.

There are certain foods that simply do not agree with her, but now Jessika has no restrictions regarding what she may or may not eat.

Jessika is still dealing with pseudotumor cerebri, but her symptoms have become more manageable with weight loss. She is under the care of a neurologist and is on a medication regimen. Because of her self-discipline and self-care, Jessika is now living her best life.

One of the things Jessika is most proud of is that she finds herself encouraging other bariatric patients online through social media and in person when given the opportunity. She answers their questions about her surgical weight loss journey. As someone who has experienced the entire process, she is able to give meaningful advice on how to get through all the challenges that come with weight-loss surgery. She is also able to provide encouragement to those patients who may be feeling intimidated by the idea of surgical intervention. Jessika is proud of her weight loss and is enjoying her new life. Jessika is currently in school for Medical Billing & Coding and will graduate in August.

### A Word From Dr. Eric Veilleux:

Lourdes has a distinguished and accredited weight loss surgery program that began more than 10 years ago. It has evolved into a multi-disciplinary program prepared to treat a broad range of patients suffering from obesity. We offer minimally invasive laparoscopic and robotic options for weight loss including sleeve gastrectomy, gastric bypass, band removal/conversion, and revisional surgery. We are accredited by the American College of Surgeons/ MBSAQIP regulatory committee which holds our program to numerous standards of safety and excellence. This accreditation is important to us because it represents our commitment to providing the best quality of care for our patients. During our re-evaluation in 2023, the site reviewer congratulated our program on having surgical outcomes that were far above average.

Patients who join our program will have multiple members of our staff involved with their care. This includes an initial visit with a fellowship trained metabolic/bariatric surgeon and the program's nurse navigator. Follow up visits are then arranged with our dietitian and social worker. At these visits we will discuss nutrition as well as acclimating to changes in daily life and eating that can be expected before and after surgery.

Dr. Eric Veilleux is the current director of the metabolic and bariatric surgery program. He completed his fellowship training at the Chicago Institute of Advanced Surgery where he performed bariatric surgery with Dr. Rami Lutfi, a pioneer and international educator in the surgical weight loss field. Dr. Veilleux is committed to offering the most up to date and appropriate surgical procedures recommended for weight loss as well as continued follow-up care after surgery. We look forward to having you come meet our team.

Lourdes is accredited as a **Comprehensive Center under the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®)**, a joint program of the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS). As an accredited program we have demonstrated that our center meets the needs of our patients by providing multidisciplinary, high-quality, patient-centered care. This means our patients experience a program distinguished for its superior efficiency and safety.

# The Dr. and Mrs. John Burns Memorial Pediatric Teaching Day is Back!

Dr. John Burns was a prominent and well-loved and respected Pediatric doctor at Lourdes Hospital. He and Mrs. Burns touched countless lives with their generosity of spirit and care for their community.

The concept of a yearly lecture and teaching day began forming as early as 1994, when John Burns, Jr. approached Dr. Tom McGovern, former Chief of Pediatrics of Lourdes Medical Staff about the possibility of making this concept a reality.

- In 1995 Thomas E. Brazill, former President of the Lourdes Hospital Foundation, began pulling together the necessary resources to move forward in establishing a yearly lecture/teaching day to honor the memory of Dr. and Mrs. John Burns.
- Thomas Brazill facilitated many planning meetings to make this idea come to fruition.
- The first Dr. & Mrs. John Burns Memorial Pediatric Teaching & Lecture Day was held on April 10, 1996.

October 5, 2023 will be the first time this event is held in-person since 2019. This annual event has provided an exceptional educational program for doctors, physician assistants, nurse practitioners, neonatal, pediatric, and primary care nurses, including nursing and medical students. Speakers from every aspect of pediatric care present current and relevant topics. Topics for presentation this year include Pediatric Obesity, NARCAN training, Family Violence Prevention, Pediatric Sepsis, and Pediatric Oral Health & Dentistry. Opportunities for discussion and discovery abound during this unique experience.

To learn more about Dr. and Mrs. Burns, please use this link that will give you an audio recording of an interview with Dr. Burns. This interview took place on June 16, 1978. The link is maintained by Binghamton University Libraries – Digital collections – Broome County Oral History Project. Caitlin Holton, Digital Initiative Assistant and Jeremy Dibbell, Special Collections Librarian, generously provided their time and guidance to make it possible to share this link.

<https://protect-us.mimecast.com/s/JCKTCORPGATkDExGqFWfeVA?domain=omeka.binghamton.edu>

You may also use this QR code to listen to the audio file. Simply open the camera app on your phone, hover over the link, and click.

*Thanks to generous donors like you, the Lourdes Hospital Foundation continues to honor Dr. Burns' memory with this annual educational event. Please give today and dedicate your gift to the Dr. & Mrs. John Burns Memorial Pediatric Teaching Day fund.*



## THANK YOU TO OUR DONORS!

### Because of generous donors like you, we have provided:

- **American flags** for “We Honor Our Veterans” committee.
- **Four weeks of grief movement** for bereaved families.
- **Hand casting kit** for a Hospice patient to preserve handprint for the family.
- **Bed sheets** for Hospice patients.
- **Refill** of cell phone minutes for Hospice patients.
- **Purchase** of personal items (like hand sanitizer and creams) for Birthday Bags for Hospice patients.
- **Transportation** services for a cancer patient when her Medicaid driver canceled last minute. This allowed her to keep her pre-op surgical appointment in Syracuse.
- **A fireproof lock box** was purchased for a Hospice patient for filing and retaining important documents.
- **A cancer patient** needed a new furnace. The Lourdes Hospital Foundation provided over \$2,500 for the purchase of a new and efficient furnace.
- **A lung cancer patient** needed help with many bills. The Lourdes Hospital Foundation paid a water bill, cable, electric, trash pick-up, home, and auto insurance bills for this patient.
- **So far this year**, the Lourdes Hospital Foundation has paid over \$5,000 in assistance with NYSEG electricity bills for cancer patients.
- **Also paid was** \$8,000 in assistance for monthly fees for emergency alert devices for Hospice patients.
- **And** \$7,950 in tuition payments to Lourdes Childcare Center for families who had fallen behind in their accounts.

**TOTAL OF GRANTS AND ADMINISTRATIVE COSTS FY 2022-2023**

Grants to Lourdes Hospital	\$1,392,975.04	<b>\$1,884,161.04 *</b>
Administrative Costs	\$491,186.00	

\*UNAUDITED

**REVENUE AND CONTRIBUTIONS FY 2022-2023**

Contributions/donor gifts	\$1,060,250.00	<b>\$1,809,250.00 *</b>
Earnings (interest & dividends)	\$749,000.00	

\*UNAUDITED

**NET ASSETS FY 2022-2023**

**FY2023**

\*UNAUDITED

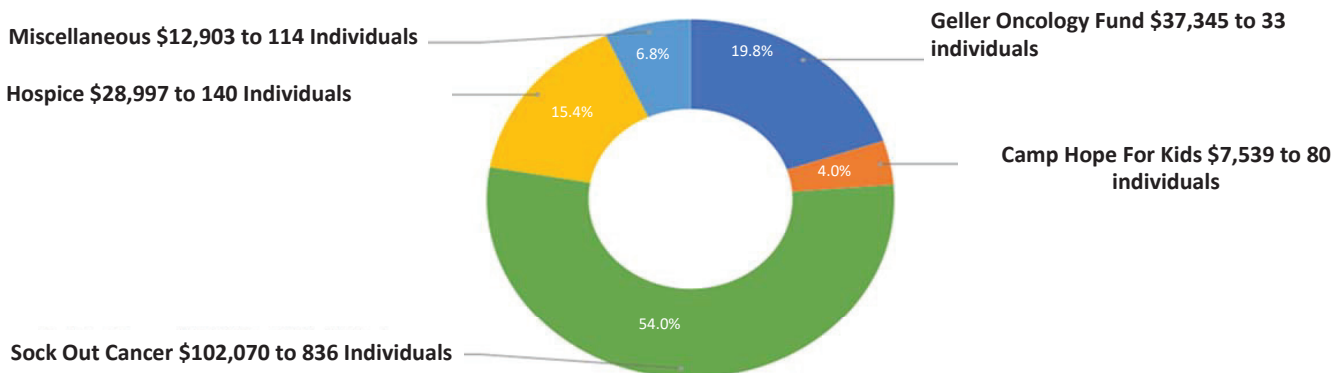
**\$30,810,842.00 \***

**FY2022**

**\$28,705,046.00**

So far in 2023, the Lourdes Hospital Foundation has disbursed \$188,854.00 to 1,203 individuals and families in need.

**LOURDES HOSPITAL FOUNDATION FUNDS DISBURSED TO INDIVIDUALS FY 22-23**



Many thanks to our generous donors who make it possible for the Lourdes Hospital Foundation To say YES to those most in need when they need it the most!

# Kathryn (Kathy) Connerton, President/CEO

## Lourdes Hospital



Born at Lourdes Hospital at about two months before her due date, it's almost as if Kathy simply could not wait to get started on her life's path. When she was a young girl, Kathy dreamed of becoming a criminal defense attorney. From a very early age, Kathy Connerton, President and CEO of Lourdes Hospital, knew that she wanted to elevate the overall well-being of and to care for her community. The realization that obtaining her law degree would take her away from Binghamton

was bittersweet. Ultimately, though, a background in law has provided Kathy with the unique ability to understand how to work within governmental, legal, and local community health system parameters to achieve success with community health initiatives. The Lourdes Pavilion at the Oakdale Commons is just one of those initiatives.

The Lourdes Pavilion at the Oakdale Commons houses Lourdes Health & Fitness and Lourdes Medical Offices. Guided by her vision of helping the 55 and older demographic, (this group is outpacing every other age group) Kathy and her team have worked tirelessly to collaborate with all concerned to make this vision a reality. A medical Advisory Board is in place to help ensure that Lourdes Health & Fitness fulfills its mission to promote, preserve, and protect the health and wellbeing of the community. With both facilities up and operating under one roof, Kathy says the Health & Fitness experts and on-location clinicians can provide optimal care for the community and accelerate advances to wellness for all ages and abilities.

Kathy is also helping Lourdes Hospital to transition from Ascension into The Guthrie Clinic. She says this has gone very well so far, with a good bit of work still to be done before the transition is complete. Kathy is working with Dr. Edmund Sabanegh, President/CEO of Guthrie and his team to be sure the transition is seamless and that the highest quality patient care remains the utmost priority during this process. Understanding that change can be challenging, Kathy is reassured by the commitment of Guthrie to honor the traditions and philosophy of care that Lourdes has provided to the Greater Binghamton Community for almost one hundred years. This transition ensures that Lourdes will be able to continue to serve well into the future.

Heading up community health initiatives and navigating her hospital from one system to another are items that require intense focus and planning on many levels. That said, pulling off a surprise for Kathy is no minor feat but nevertheless, it can be done. Most recently, Kathy was awarded the Distinguished Citizen Award from the Baden-Powell Council of the Boy Scouts of America. Thinking she was to emcee this event and not knowing she was the recipient of the award; Kathy was truly overwhelmed with the outpouring of love and gratitude displayed in her honor when she walked into the room that evening. Kathy says she is both humbled and grateful for this honor. She says it has made her reflect on her life – what she has done, what she could have done better, and what she still has yet to do. She realizes that for her, giving back is the best way to show gratitude for life's journey and all her blessings along the way.

Kathy reflects on the advice given to her by her father when she was trying to make the big decision to leave Binghamton for her career all those years ago. "Your Mom and I can give you wings but can't fly for you. When you turn 50 and look back on this moment, will you be sorry you didn't take this opportunity?" That advice stuck with her through the years and it ultimately led Kathy back to Binghamton. True to that little girl's dream inside her, Kathy is living a life of care and support for her community.

In her precious quiet moments, you will find Kathy near the water, enjoying some Friendly's Vienna Mocha Chip with family and good friends.

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**The Lourdes Hospital Foundation is so fortunate to have Kathy Connerton as a Board Member. She and all Lourdes Hospital Foundation Board Members work closely with the Foundation to support Lourdes Hospital and its various programs, projects, and community engagement.**

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# Welcome to Our Newest Board Members

## Lee Bearsch

Lee Bearsch was born in Binghamton, New York in 1942. He attended and graduated from the Chenango Valley School District in 1960.

In 1960, Lee began his study of Architecture at Clemson University, graduating from the five-year program in 1965. Following his graduation from Clemson, he served as an officer in the US Army Security Agency from January 1, 1966 to December 31, 1967. After serving active duty, Lee continued his studies in graduate school at the London School of Economics and the Imperial College of the University of London for three years. His focus was on urban planning, sociology, and regional economics.

Lee began his career in the field of Architecture working for the British firm of Llewelyn-Davies, Forrester-Walker and Bor from 1970 to 1976. During that period Lee had the opportunity to serve on the planning team for Milton Keynes New Town as well as architectural design projects that included an addition to the Tate Modern Art Museum in London, a revitalization plan for Racine, Wisconsin, and a Long-Range plan for Poughkeepsie, New York.

Lee returned to Binghamton with his wife and young son in 1976 and started the Architecture and Planning firm that became Bearsch Compeau Knudson (BCK). The firm served as the primary architects for Link Aviation Corporation. This included expansion plans for the local sites in Hillcrest and Kirkwood as well as sites in Texas, California, and England. BCK also served as planners and architects in educational projects for Binghamton University, Cornell University and over 25 school districts in New York and Pennsylvania.

Bearsch Compeau Knudson was purchased in 2007 by IBI, an international planning and architectural firm headquartered in Toronto, Canada as well as over 65 offices throughout the world. Lee continued working at the firm until 2015 when he retired.

Lee continues his interest in architecture and is committed to the growth and development of his community here in Broome County while enjoying retirement with his wife Karen and many trips to visit their five children and twelve grandchildren.

## Joe Carosella

Joe Carosella, a life-long resident of Endicott, NY and local business owner, has been an active supporter of Lourdes Hospital and other local charities for many years. He is very much committed to the local area.

Joe attended local schools in Endicott and graduated from Union Endicott High School in 1979. That same year of 1979, he and one of his brothers began their business of paving and striping parking areas. What began as a small scale business has truly blossomed into a major operation in which Joe and his company, Northeastern Striping, continue this work in multiple states across the country.

Joe's company provides all types of services from large corporations to small businesses. Northeastern strives to meet ever changing customer demands and provides services that enhance customers properties.

Joe, his wife Barbara and their two children reside in Endicott, NY.

## Barb Palmer

Barb has been in the Lourdes Auxiliary for 13 years.

She is married and her husband owns his own business. Barb has two sons. Both are doctors, and she has four beautiful grandchildren.

Barb has a BS in Elementary Education and Special Education and an MS in Reading – both from SUNY Geneseo.

She taught a total of 32 years. Remedial reading for two years, first grade for two years in Attica elementary, and 2nd grade for 28 years in Union Endicott (CFJ).

She retired in 2010 and has been part of the Auxiliary since then. She has volunteered at Mercy House, and is in a book club, and is a substitute teacher as well.

Barb loves to spend time with her grandchildren and family, travel, read, garden and exercise at Lourdes Health and Fitness.

## Kate Newberry

Kate Newberry comes to the Lourdes Hospital Foundation Board with 12 years experience with the Hospital Auxiliary.

Kate is now a retired nurse, but during her working years, she created and oversaw the New Visions Health Academy at Lourdes from BOCES for 14 years. That program is still providing learning opportunities for students in a medical career.

Kate has been married for 51 years. She has four children and six grandchildren.

She is also a faithful volunteer for the Lourdes Hospital Foundation Annual Golf Tournament!

*Thank You to Our New  
Board Members!*

## Lourdes Foundation Board Members

### Officers

John Mirabito, Chairman  
Armond George, Vice-Chairman  
Chad Nixon, Treasurer  
Michael J. Dobransky, Secretary  
Robert O'Connell, President

### Members

Lee Bearsch	William H. Lane
Joe Carosella	James Matthews
Kathy Connerton	Kate Newberry
Ken Elliott	James Orband, Esq.
Charles Ellis	Barb Palmer
Kurt Eschbach	Sanjiv Patel, MD
Alfred Gorick	James Steinmetz, MD
Fr. Ken Kirkman	Shirley S. Tamulis
Diran Kradjian	James Terzian, MD
Mark Lane	June Wootton

### Foundation Staff

Jacqueline A. Maillet, Development Specialist  
Susan Sherrill, Administrative Assistant

### Hours

M – F 8:00am – 4:30pm  
Telephone: 607-798-5684

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available on our website.



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## RMDs Required Minimum Distributions

When you reach the age of 72, you are required to withdraw a certain amount of funds from your retirement accounts.

- Not taking this distribution in a timely fashion could bring penalties of up to 50% of the RMD.
- RMDs are taxed and may result in a higher tax bracket.
- A Qualified Charitable Distribution to the LHF could reduce the tax impact. Please call the Foundation for more information about RMDs & Qualified Charitable Distributions.

## DAFs – Donor Advised Funds

- Ask your financial advisor about this giving option.

## Be a **GEM** (Give Each Month!)

A guaranteed dollar amount each month is always a comfort as the Lourdes Hospital Foundation relies on the generosity of donors like you to meet the needs of so many. Every dollar matters and every dollar is a gift to those in need. As a monthly giver, you provide steady and reliable financial support for the acquisition of state-of-the-art technology and treatments as well as providing for everyday needs like groceries, gas, utilities.

Giving a large amount all at once may not be a good fit for your budget, but if \$25, \$50, or \$75 per month is affordable, please consider becoming a Lourdes Hospital Foundation GEM!

Become a monthly sustainer today.

[www.lourdeshospitalfoundation.com](http://www.lourdeshospitalfoundation.com)

*Thank you!*