

OUR LADY OF LOURDES MEMORIAL HOSPITAL

Lourdes Hospital Foundation news

Spring 2024

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Because of your generosity, the Lourdes Hospital Foundation is able to say 'yes' to those most in need when they need it the most. Since July 2023:

- The Foundation has assisted over 1,000 patients.
- The Foundation has disbursed over \$200,000 to patients in need.
- The Foundation continues to support Guthrie Lourdes Hospital with funding for projects and programs that directly serve the community.

THANK YOU!



www.lourdeshospitalfoundation.org

Your Giving Touches Lives in Many Ways

Mr. Gerald Engle writes:

“In deep loving remembrance of my beloved uncle, Rodman Gilbert Lemon, I make this gift to Lourdes Hospice. Uncle Rod was my hero in so many ways as well as my best pal. He was the last WWII veteran in my family and my pride in him is bottomless. He was remarkable in so many ways! I will always remember the time when his wife, my Aunt Mary, decided she would like to have a fireplace in their home. My uncle, being a life-long learner and do-it-yourselfer, went to the local library and read up on how to install a fireplace. Before you knew it, he and my dad had successfully built and installed one in their living room! Aunt Mary’s sense of tidiness was in direct conflict with the fireplace and burning a fire in it – it was much too messy and so, was used only a couple of times, but boy did it look great! Uncle Rod worked for IBM for 37 years and only used sick leave one day. It was Christmas and while setting up the Christmas tree, a branch stuck in his eye and his eye swelled shut. He missed work the next day and that marked the one and only time he called out in 37 years! He was loyal, faithful, and true to his word. In fact, for 34 years following the death of my father in 1989, Uncle Rod made a point of calling me every Sunday night at exactly 7 pm. You can bet I miss those calls! I’d like to thank Lourdes Hospice and the Lourdes Hospital Foundation with all my heart for the gentle, loving, and merciful kindness you provided him in those last painful yet precious few weeks of his life. You folks have jewels in your crowns. I love you all and I praise and thank God for you!”

Fred, a cancer patient:

Fred was diagnosed with lung cancer in the Fall of 2023. He also has a history of head and neck cancer. Because of his appointment schedule and the effects of his chemo/radiation treatment, Fred began to fall behind in his mortgage payments as he couldn’t work for a few weeks. Fred’s Oncology Nurse Navigator, Corey, helped him to prioritize which bills needed immediate attention. She then put in the request to the Lourdes Hospital Foundation for assistance. The Foundation paid two mortgage payments for Fred, and he was overwhelmed with gratitude. Not only



did the Foundation take care of his mortgage payments, but he was also provided with gas and grocery cards to give an extra financial cushion during this very trying time. The Lourdes Hospital Foundation provides financial help to patients in need so they may concentrate on their recovery without the added worry of bills. With gifts from generous donors like you, Fred was able to pay his bills and rest a little easier. Fred thanks God for the Foundation and the generosity of kind donors.

Lisa’s cancer journey:

Lisa has been battling colon cancer. She was hospitalized unexpectedly in August of 2023 and had emergency surgery with an ostomy placement. She has been unable to work her regular hours at Red Lobster. Lisa’s Nurse Navigator and Social Worker assessed her financial need and put in a request for assistance. The Lourdes Hospital Foundation has paid several months’ rent for her and provided gas and grocery cards to help her as she continues her cancer journey. Lisa is a proud and independent woman and has applied for colon cancer grants from other sources. She is on several waiting lists for help, but the process is lengthy, and her need is immediate. Lisa is grateful for the expeditious way in which her needs have been met through the Foundation. Because of generous donors, the Foundation can help patients like Lisa quickly, so she may focus her energy into getting well instead of worrying about the financial burden of unpaid rent.

Lourdes Hospital Foundation Board Member Kurt Eschbach



“Be mindful of the needs of others” said Wells P. Allen, Jr. Mr. Allen was a Sunday school teacher at the First Presbyterian Church of Johnson City and the CEO of NYSEG. He was a mentor whose words continue to resonate for Lourdes Hospital Foundation Board Member, Kurt Eschbach. Kurt lives his life with those very words as his credo and his good deeds, known and unknown, are too numerous to count.

Born and raised in Johnson City, Kurt’s love of community began in his Southside neighborhood. It was

a close-knit neighborhood where everyone helped each other and looked out for one another. It was there in his local community that Kurt’s heart for service became apparent. Following the example of those around him and with encouragement from his family, Kurt became active in his community by joining Boy Scouts and participating in activities at his church. When he was eight years old, Kurt began trombone lessons. That decision would have the greatest impact on him and the community around him.

As the owner and operator of Hopley & Eschbach Funeral Home, Kurt attributes his career path to having played the trombone. When he was a teenager, he played trombone in a polka band at the Binghamton German Club. The other trombonist in the band was a funeral director. His mentoring led Kurt to his career choice. Upon graduating from Johnson City High School, Kurt attended the Simmons School of Mortuary Science and one year after graduating from Simmons, he was granted his funeral director’s license.

Kurt’s career places him in direct contact with his community. He assists grieving families of all faith traditions and helps them honor their loved ones by respectfully and reverently guiding the family of the deceased through their final goodbyes.

There are many decisions to be made during a time when those close to the deceased are most vulnerable. Kurt provides a strong, gentle presence and walks alongside each family as they navigate the death of their loved one.

Kurt’s generous heart and commitment to his community have led him to opportunities to help many people from all walks of life. He is very active in his church, playing trombone for services even during the Covid-19 shutdown. He is a member of the Johnson City Unity Masonic Lodge, the Maine Community Band, and the Vestal Community Band. He has also served as President of the Binghamton German Club. He serves on the Board of Directors of the Greater Good Grocery Store which is operated by the Broome County Council of Churches.

As he is an introspective man, Kurt is humbled when he ponders just how many people are helped by the Greater Good Grocery Store. He understands the need for grocery stores in underserved areas. He empathizes with those with no means of transportation whose struggle is compounded by the cost of having to pay for a taxi or bus in addition to buying food. That added step of trying to figure out how to get to the store and back adds to the hardship of those living in a food desert. Many people have reached out to Kurt to thank him for his involvement in the Greater Good Grocery Store.

In the Spring of 2022, Kurt Eschbach began his service to the Lourdes Hospital Foundation Board. He brings his business experience, empathy, and compassion to the Board. He is a generous donor and is ready to help whenever and wherever needed. True to the advice given to him years ago by his Sunday school teacher, Kurt is ever mindful of the needs of others. The Lourdes Hospital Foundation board is so fortunate to have Kurt as a member!

thank you!

Thank You Security Mutual and



SOCK OUT CANCER™



The Lourdes Hospital Foundation gratefully accepted a \$30,000 gift in October of 2023 from Sock Out Cancer, LLC. The gift was part of the proceeds from the annual Sock Out Cancer benefit concert. The full proceeds were divided amongst three local foundations. Held at the Broome County Forum Theatre, this rock and roll concert featured music from Kansas and Boston. It was a high energy event and the audience included cancer patients and their families, employees and spouses of Guthrie Lourdes, and many happy classic rockers from the greater Binghamton area! Thank you to Bruce Boyea and Kirk Gravelly of Security Mutual and their amazing staff for making this annual event possible. Your generosity of heart and community spirit are much appreciated. Because of donors like you, the Foundation can provide cancer patients and their families with assistance, but also, a bit of fun at a great concert!

Thank You PetSmart Vestal!

Each year, PetSmart donates millions of furry stuffed friends to organizations across the country to support both pets and people. The Lourdes Hospital Foundation was the grateful recipient of these plush toys this past Christmas season. Children were comforted and delighted to receive them as they were distributed from the Guthrie Lourdes Hospital Emergency Department. Our clinicians loved them, too!



Many Thanks to Our Generous Donors

\$100,000 and up

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YOUR SUPPORT IS EVERYTHING!

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Interview with Dr. Alyssa Middaugh, PT, DPT



Typically, when one thinks about the need for physical therapy, it is because a patient must recover and recondition after an injury or after surgery. Over the last 10 years or so, the mindset about physical therapy has experienced a shift from RE-active to PRO-active. Dr. Alyssa Middaugh, a Physical Therapist with the Guthrie Lourdes Hospital Oncology Service Line, explains that taking an active approach to recovery from surgery and cancer treatment is by offering ‘prehabilitation’, or prehab. The goal of prehab is to help patients get into

the best possible shape leading up to cancer treatment. When a patient can begin a cancer treatment program (which may include radiation, chemo, or surgery) at their highest levels of health and mobility, it makes recovery and regaining strength afterward easier. Dr. Middaugh says that because some of the prehab exercises are the same after a procedure or cancer treatment, it’s already familiar and the patient isn’t starting from scratch.

A good baseline assessment of a patient’s level of flexibility and overall condition prior to cancer treatment gives the physical therapist the foundation on which to base a post-treatment post-surgical rehab plan. Also, if the patient is already familiar with the routine of going to PT twice a week and doing exercises and stretching at home before the procedure, it is that much easier to get back into the routine afterward. This familiarity helps the patient to feel that they have more control over their own treatment plan and ultimately, may help make recovery feel a bit easier.

Dr. Middaugh says that initiating an exercise program can be as easy as getting more movement into your daily routine. No, you do not have to join a gym! Some examples of incorporating exercise into your day would be a sit-to-stand movement. Simply stand up

from a seated position 10 times daily or use the stairs instead of an elevator. Studies have shown that doing 5 flights of stairs daily may be just as effective as getting 10,000 steps in. When grabbing that basket of laundry, stop and pick it up and put it down 5 times before actually going to put it in the washing machine. If you have a sedentary job, get up and move around at least once an hour – not necessarily leaving your desk area, but standing and stretching. Any physical activity is better than none.

Along with the obvious benefits of being stronger and more flexible, exercise also helps patients who are going through chemotherapy. The old way of thinking would be for patients to get as much rest as possible to mitigate the effects of the chemo. In truth, the more movement a patient gets, the better their energy level and the better their ability to cope with the many side effects from treatment.

Approaching cancer treatment using prehab as part of the plan for before, during, and after is a lot for a newly diagnosed cancer patient to process. Dr. Middaugh engages her patients and educates them. She believes that patient education is of the utmost importance as it helps the patient to feel more in control of their own health journey.

Commonly in medical treatments, patients are often passive recipients of care and unclear about their role in their treatment plan. With physical therapy, they become proactive participants in their own care, and are educated about their valuable role in maintaining optimal health and healthy lifestyle behaviors.

So often, a patient can get overwhelmed with all the information and literature, support groups, keeping track of many appointments with many different providers – it can be daunting at best. Providers, Nurse Navigators, and patients must have constant dialog to be sure that treatment goes smoothly and provides the best possible outcome.

Dr. Middaugh has been here at Lourdes for one year and she says that her practice in the oncology service line is growing. She is also part of the Navigation Team that works together to coordinate care. She has been a practicing Physical Therapist for 18 years and truly loves her work.

Thanks to Generous Donors Like You!

- ◆ Mortgage & Rent Payments
- ◆ Spectrum & NYSEG Bills
- ◆ Car Payments
- ◆ Auto Repairs
- ◆ Baby Monitors
- ◆ Beautician for Housebound Hospice Patients
- ◆ Nutritional items & Special Formulas
- ◆ Grocery Cards
- ◆ Gas Cards
- ◆ Propane Bills
- ◆ Travel Expenses
- ◆ Comfort Items like scarves & wigs for cancer patients
- ◆ New Bedding

← Every Dollar given to the Lourdes Hospital Foundation directly helps patients and families at a time when they need it most. Listed are some of the ways that your gift helps!



With funding from the **Lourdes Hospital Foundation**, Guthrie Lourdes Hospital was able to purchase a van to be used for both patient transport and delivery support to Lourdes rural outpatient sites.

The purchase of this van will support growing patient and outreach needs of practice sites that are in rural communities. It will be used for patient transport and also, supply deliveries and maintenance needs at those sites. As public transportation is not available at most, if not all of our rural sites of care, this van will surely be a welcome and well-used essential component of outreach care!

We couldn't do it without you!

THANK YOU COACHES VS CANCER!

High School students raise more than \$2,000 in fight against cancer!!

The **Chenango Valley Cross Country Team** ran their 3rd Annual Cross Country race against Cancer. This year's race was held at Owego High School's Last Chance Dash-in-the-Dark Meet on Tuesday October 24th, 2023. Local high school teams, including Binghamton, Chenango Forks, Chenango Valley, Horseheads, Maine Endwell, Owego, and Seton, collectively raised \$2,149. The gift was donated to **The Lourdes Hospital Foundation**. The runners raced a 2 mile course in honor of their loved ones affected by cancer. The night race included pink attire, glowsticks, music, and a night of fun for all the students involved. Thanks to all coaches, teachers, students, and parents!

Well Done!



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Please remember the Lourdes Hospital Foundation in your will or estate. Information about Planned Giving is available on our web-site.

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.

The Lourdes Hospital Foundation, founded in 1981 to support the Mission and sustain the vision of Lourdes Hospital, proudly continues today to provide necessary funding for the various programs, projects, and community outreach of **Guthrie Lourdes Hospital**. The Foundation relies on public support and individual philanthropy to continue to support the Hospital in its mission.

We are deeply grateful to our donors on behalf of all of the patients and families who have been served in their time of need.

Guthrie Lourdes Mission and Values

Mission

Guthrie Lourdes works with the communities it serves to help each person attain optimal, life-long health and well-being. Guthrie Lourdes Hospital will do so by providing integrated, clinically-advanced services that prevent, diagnose, and treat disease, within an environment of compassion, learning, and discovery.

Vision

Improving Health through Clinical Excellence and Compassion;
Every Patient. Every Time.

Values

Patient-Centeredness, Teamwork, Excellence