



Lourdes
Hospital
Foundation

newsletter

OUR LADY OF LOURDES MEMORIAL HOSPITAL

FALL 2026

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Guthrie Lourdes Hospital

Named Among New York's Top Hospitals by Forbes

Guthrie Lourdes Hospital has been named to Forbes' inaugural Top Hospitals by State 2026 list, earning recognition as one of New York's leading hospitals. The new state-level ranking highlights hospitals that demonstrate excellence in patient outcomes, hospital best practices, value and patient experience.

Guthrie Lourdes Hospital is the only hospital in Broome County to receive this recognition.

Forbes developed the ranking using healthcare quality measures from the Centers for Medicare & Medicaid Services and recognized the top-performing hospitals in each state. Hospitals included on the list were evaluated across multiple categories, with patient outcomes carrying the greatest weight in the methodology.

"This recognition reflects the dedication of our caregivers and their commitment to providing exceptional care to every patient, every day," said **Dr. Edmund Sabanegh, President and CEO of The Guthrie Clinic**. "Being recognized among New York's top hospitals is a testament to the skill, compassion and teamwork demonstrated throughout Guthrie Lourdes Hospital."

October is
**Breast Cancer
Awareness Month**

.....
*Unless otherwise indicated, all gifts received during
October 2026 will be directed to the **Geller Oncology Fund** in
support of the **Cancer Care Tote Bag Project**. Thank you!*
.....

187 Riverside Drive
Binghamton, NY 13905
(607) 798-5684

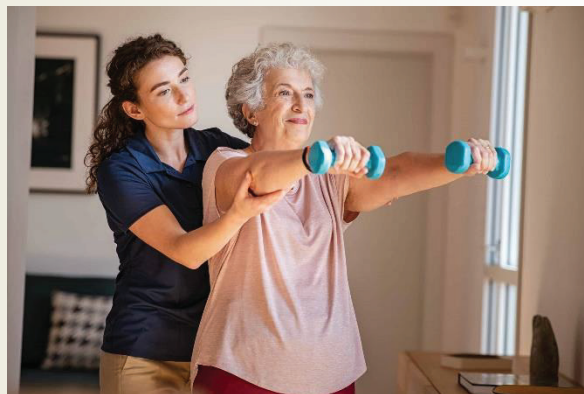
M – F: 8:00AM-4:00PM

Lourdeshospitalfoundation.com

Lourdes Hospital Foundation Supports Oncology Wellness Programming for Cancer Patients

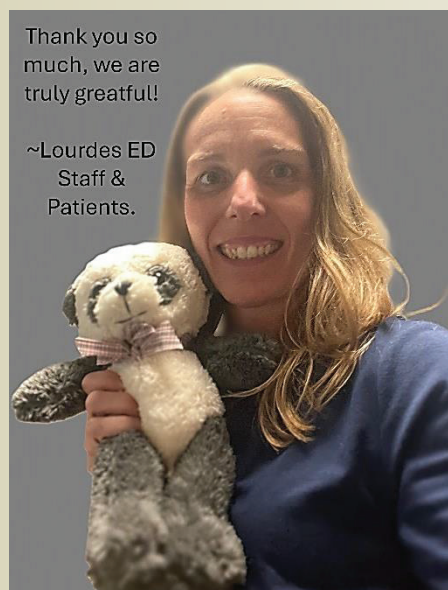
For many individuals who are facing cancer, the idea of exercise can feel overwhelming. However, strong evidence shows that engaging in a structured exercise program can significantly improve both physical and mental well-being while also reducing the risk of disease progression. Regular physical activity is associated with improved survival and enhanced quality of life—key goals of the **Guthrie Lourdes Oncology Wellness Program**.

Prehabilitation and rehabilitation services play an essential role in helping patients maintain or regain functional status throughout their cancer journey. With the early introduction of functional evaluations, we have been able to educate patients on the meaningful health benefits of movement across the continuum of cancer. The **Lourdes Health and Fitness Center** supports this effort through structured eight-week programs, including prehabilitation, general oncology wellness, and a specialized program designed specifically for breast cancer patients.



Patients are identified through functional assessments conducted by either their provider or our physical therapist. Based on these assessments, our physical therapist offers individualized education and recommendations, which may include home exercise programs, short-term physical therapy, outpatient or home-based therapy services, and referrals to the **Oncology Wellness Program** at the **Lourdes Health & Fitness Center**. **Thanks to generous donors like you, the Lourdes Hospital Foundation can proudly support cancer patients as they navigate their treatment journey.**

Lourdes Hospital Foundation Supports Comfort Toys for Children



For many children, an Emergency Department visit is one of the most frightening moments they have ever experienced. They arrive in pain, confused, and surrounded by unfamiliar faces, bright lights, and urgent activity. In those moments, even the smallest source of comfort can make a profound difference. A simple stuffed animal often becomes that source of comfort.

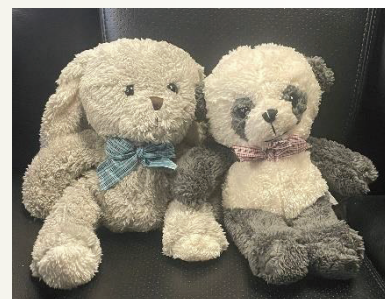
In the Guthrie Lourdes Emergency Department, these comfort toys are more than just items—they quickly become something a child holds onto during one of the most vulnerable times in their life. When placed in a child's arms, there is often an immediate shift. The child has something familiar, something that feels safe. These toys are used every day in meaningful ways:

- During procedures such as suturing, IV starts, or injections, children often focus on their stuffed animal—holding it closely or watching as staff “care” for the toy first. This helps reduce fear and allows necessary treatments to be completed more calmly and safely.
- During moments of distress, when a child is crying or overwhelmed, the toy becomes a

source of reassurance and grounding.

- Staff use these items to build trust and connection, helping children feel cared for rather than afraid.
- After procedures, the stuffed animal often becomes something the child keeps as a reminder that they were safe and supported. It is not uncommon for a child to hold onto that toy throughout their entire visit—and take it home as a lasting source of comfort.

For families, these moments matter. **For staff**, these tools support more compassionate, patient-centered care. **For children**, this small act of kindness can make an overwhelming experience feel more manageable. **With your support, we can continue to provide this simple yet meaningful form of comfort—ensuring that even our youngest patients feel safe and cared for.**



THANK YOU!



Investing in the Caregivers Who Care for Our Community **Gabrael Sindoni BSN, RN** Program Director of Nursing Excellence Pathway Program Director



The **Lourdes Hospital Foundation** is proud to support the programs, initiatives, and community outreach efforts that strengthen care throughout Guthrie Lourdes Hospital. Among these important initiatives is the **Pathway to Excellence Program®**, a nationally recognized framework that empowers nurses and fosters a healthy, supportive work environment where both caregivers and patients can thrive.

Led by **Gabrael Sindoni, BSN, RN**, Pathway Program Director, this initiative reflects a commitment to ensuring that nurses have the resources, support, and professional environment they need to deliver exceptional patient care every day.

Gabrael says that nurses are the heart of healthcare. They are often the first faces patients see, the steady hands that comfort families, and the dedicated professionals who guide healing and recovery. To provide the highest quality care, they must work in an environment that values their expertise, encourages professional growth, and supports their well-being.

Through the **Pathway to Excellence Program®**, Guthrie Lourdes is pursuing a prestigious designation from the American Nurses Credentialing Center (ANCC), recognizing healthcare organizations that create outstanding practice environments for nurses. Achieving this recognition requires a rigorous, multi-step process that includes organizational assessment, documentation

of nursing excellence, staff engagement, and validation from nurses themselves.

For Gabrael, this work is about much more than a designation. It is about creating a culture where nurses feel respected, supported, challenged, and empowered to do their best work. He believes that when nurses thrive, patients benefit. A healthy nursing environment leads to greater job satisfaction, stronger retention, improved collaboration, and ultimately, better patient outcomes.

While meaningful change takes time, Gabrael remains inspired by the progress being made and the opportunity to build a stronger future for nursing at Guthrie Lourdes. Since becoming Pathway Program Director in October 2025, his passion and enthusiasm have helped advance this important work and engage nurses across the organization.

Your support of the **Lourdes Hospital Foundation** makes initiatives like the **Pathway to Excellence Program®** possible. By investing in our nurses, you are investing in safer, higher-quality care for every patient who walks through our doors. Together, with passionate nurse leaders like Gabrael Sindoni, we can continue building a healthcare environment where caregivers feel valued and empowered, and where our community receives the exceptional care and clinical excellence it deserves.



RED RIBBON WEEK

Use the QR code to find out more!



Ralphalla Richards, MPA, MPH – Manager of Community Development Guthrie Lourdes received a \$3,000 grant from the Kresge Foundation in support of Guthrie Lourdes Youth Services programming. This grant will be used for Red Ribbon Week events in 5 area schools. Red Ribbon week is a national initiative that promotes drug prevention awareness. It is observed annually from October 23 – 31.

The goal of participating in Red Ribbon Week events is to engage middle and high school students locally to provide them with information about the dangers of substance use but also provide them with what are called "social norms" data to show that not as many of their peers are engaging in drug and alcohol use as they believe. There is often pressure among youth to use drugs because they believe everybody else is doing it. The facts tell another story. The work to dispel this myth starts with education. Red Ribbon Week is an excellent tool that brings attention to the topics of drug use and substance use disorder. It is an excellent way to get that conversation started with students and provides them with the information they need to stay safe.

Patient Stories –

Your gift provides real help to real people – every day!

- A patient was unable to work due to illness and debilitating anxiety. She and her two children were facing eviction from their apartment. This patient applied for public assistance but was facing a long wait time for her application to be processed. The Lourdes Hospital Foundation assisted her with 4 months' rent and she was able to stay in her home while her application for public assistance was being processed. Because of donors like you, she and her two children were able to maintain stability in their living situation as this patient continued her journey toward health.
- This patient, a victim of a recent fire, lost all his belongings in the fire, including his medications. The Lourdes Hospital Foundation worked with his doctor and replaced all his medications.
- A patient with a below-the-knee amputation needed help to get out of a regular chair and transfer to a wheelchair. This patient's provider submitted a request to the Lourdes Hospital Foundation for the purchase of a power lift recliner. The Foundation found one for him and had it delivered to his home. The patient could remain safe in his home after receiving his new chair.
- This patient needed to find a better living situation. Mold, pests, and water damage in the current apartment contributed to anxiety and exacerbated the symptoms of his chronic illness. His Guthrie Lourdes care coordinator found a better apartment and made a request to the Lourdes Hospital Foundation to pay for his security deposit and first month's rent. This patient was truly grateful!



Thank you to all donors who have given to the Cancer Care Tote Bag Initiative!

As of September 2026, the **Lourdes Hospital Foundation** has distributed 207 Cancer Care Tote Bags to patients in need.

This initiative is funded by the **Geller Oncology Fund** and has provided comfort items not covered by medical insurance to cancer patients. These items include over-the-counter medications, a cotton throw, warm socks, cotton beanies and so much more!

These bags and the items they contain provide comfort by helping to alleviate the side effects of cancer treatment. Please call the Foundation office to find out more! (607) 798-5684

The Lourdes Hospital Foundation plays a crucial role in the mission of Guthrie Lourdes Hospital by providing essential support to its programs, projects, and community outreach initiatives. Sustained by public support and individual philanthropy, the Lourdes Hospital Foundation is instrumental in enabling the Hospital to achieve its vision.

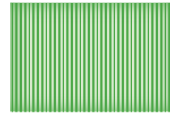
Beyond institutional support, the Foundation directly addresses the needs of individual patients and their families during periods of vulnerability. By addressing essential non-medical expenses such as rent, mortgage, utilities, taxes, groceries, gas, and other living expenses, the Lourdes Hospital Foundation allows patients of Guthrie Lourdes Hospital to concentrate on their recovery, rather than the worry of bills. The Foundation provides vital assistance to help mitigate the detrimental effects of financial hardship on treatment adherence and, in doing so, we help to support the best possible patient outcomes

Our compassionate donors give what they can when they can. The Lourdes Hospital Foundation staff are happy to discuss the many different giving opportunities available.

Call today (607)798-5684

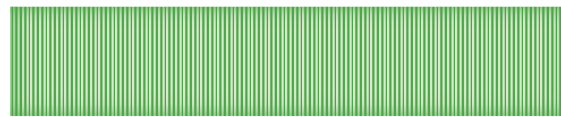
FY 2025-2026

Total Gifts Received –
Grants, Sponsorships,
Individual Gifts



\$1,700,000

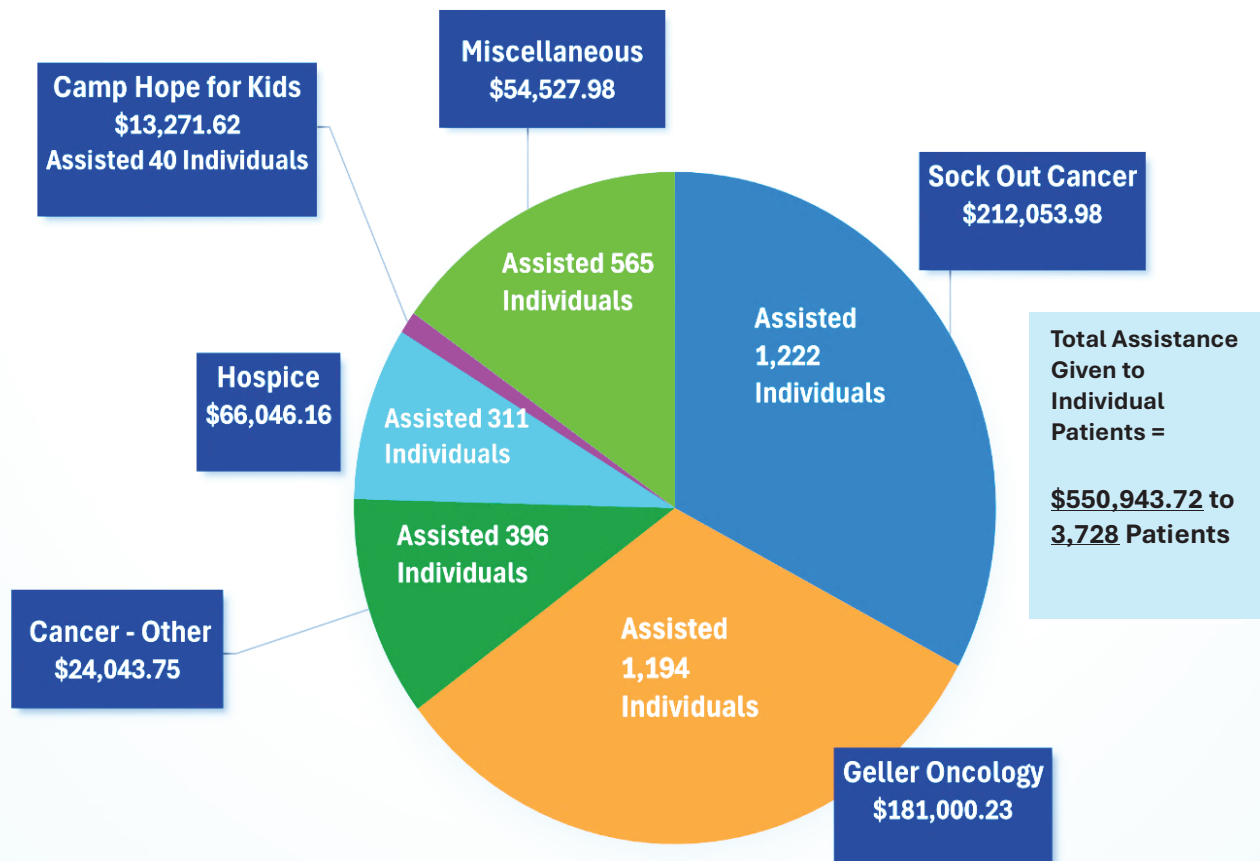
Lourdes Hospital Foundation
Gave to Guthrie Lourdes
Hospital



\$4,100,000

Assistance to Guthrie Lourdes Patients and Families in Need

FY2025-2026 FUNDS DISBURSED



\$100,000 +

Kathryn Connerton
 Mr. & Mrs. Timothy J. Koval
 Mr. & Mrs. John Mirabito
 Put God First
 Estate of J. Paul Wynne

\$10,000 - \$99,999

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 BGM Foundation
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 Broome County Community Charities
 Dale J. & Joan A. Englehart Memorial Trust
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 Sock Out Cancer, LLC

\$5,000 - \$9,999

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Included are all gifts of \$250 or more during FY25-26, given between July 1, 2025 – June 30, 2026. Due to space constraints, gifts of less than \$250 are not published but all gifts of every amount are truly appreciated! On behalf of all patients assisted in their time of need – Thank You

\$2,500 - \$4,999

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 The Bel-Eve Family Fund
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\$1,000 - \$2,499

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**Lourdes
Hospital
Foundation**

Compassion. Care. Community.

You make it possible!

**The Lourdes Hospital Foundation
connects the Hospital to the community
– it's a relationship.**

**The most essential partner in that
relationship is you, our donors!**

\$250 - \$499

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Thank You!

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FALL 2026



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Sock Out Cancer® will be hosting their annual benefit concert on Saturday, October 17, 2026, at the **Broome County Forum Theatre**. This year's concert will be "The Great American 250 Playlist" and will feature timeless covers of hits from the 40s through the 2000s.

In addition to a great show, the real purpose of this concert is to raise money for local cancer patients and their families. 100% of the net proceeds will be distributed to our hospital foundation, and other hospital foundations in the area, to help local cancer patients pay for non-medical necessities such as food, transportation, and housing so patients can focus their energy on fighting cancer.

Since 2017, **Sock Out Cancer** has distributed over \$2 million to participating hospital foundations and other charitable organizations!

To support this amazing cause, and to make a direct impact on our local community, we encourage you to purchase tickets to this concert and to spread the word to your family, friends, and anyone else who you think might be interested in attending the concert.

THE GREAT AMERICAN 250 PLAYLIST

SOCK OUT CANCER®
Benefit Concert

A journey through the decades of the Stars & Sounds that defined us

SATURDAY
October 17, 2026 - 7:00 PM

Broome County Forum Theatre

Tickets
@ sockoutcancer.org

Net Proceeds Benefiting the Cancer Patients of:

GUTHRIE **UHS** **UPSTATE**
Golisano Children's Hospital

Presented by:

SECURITY MUTUAL LIFE **VISIONS** **Daryl & Phyllis Forsythe** **THE BOYEY FAMILY**
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Sock Out Cancer®, LLC, is wholly owned by the Security Mutual Life Foundation, which is a New York 501(c)(3) public charity. Deductible charitable donations may be made directly to Sock Out Cancer, LLC, or to the Security Mutual Life Foundation.

SOCKOUTCANCER.ORG

For more information on the concert and to purchase tickets, please visit sockoutcancer.org.