

# GRATITUDE

A newsletter with inspiring updates on our community



*Burke Cuts Ribbon on New Outpatient Orthopedic and Sports Therapy Location*



**BURKE**  
Rehabilitation Hospital  
MEMBER OF MONTEFIORE HEALTH SYSTEM

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# DEAR FRIENDS

I hope your year is off to a great start! We have weathered the latest surge of COVID, and are cautiously optimistic about the year ahead. The health and safety of all continues to be our first priority, as we continue to make progress on many fronts here at Burke—from the opening of our newest outpatient location to the reintroduction of in-person events this spring, which you can read more about in this edition of *Gratitude*.

I would like to take this opportunity to share some exciting news. After careful consideration, I have decided to retire this summer. Both Dr. Philip Ozuah, President & CEO of Montefiore Medicine and John McCarthy, Chair of Burke's Board of Trustees have expressed their full support of this decision, and offered their congratulations.

My time here at Burke has been a privilege. I am proud of the innovative programs we have launched, the updates we've made to our facilities, the expansion of our services across our continuum of care, and most importantly, the patient-centered care we have provided. I am most proud of the way we have navigated the COVID-19 pandemic, while remaining as committed as ever to our patients and their families through these challenging times.

Now I am ready to welcome the next chapter; To spend more time with family and friends, and on personal pursuits. I will remain in my position through the end of June, and have offered my support in the search for and transition to my successor.

I would especially like to thank you, our dedicated donors, for all the support you have given Burke, and for the many wonderful things we have been able to accomplish together. With your help and generosity, we have achieved so many of our goals, enabling Burke to remain at the forefront of rehabilitation medicine.

I am so grateful to have been at the helm of such a wonderful, caring organization and to get to know so many of you. I look forward to seeing all the amazing things to come in the years ahead.

In good health,



**Jeffrey Menkes**  
President & CEO



# MARK YOUR CALENDARS!

EVENTS HAVE ALWAYS BEEN A BIG PART OF LIFE HERE AT BURKE. NOT ONLY DO THEY BRING OUR PATIENT POPULATION TOGETHER, BUT THEY ALSO ENGAGE THE COMMUNITY AT LARGE, SHOWCASING THE WORK WE DO AND THE WAYS WE HELP IMPROVE THE LIVES OF OUR PATIENTS AND THEIR FAMILIES. NOW, AFTER A THREE-YEAR HIATUS, WE ARE PROUD TO ANNOUNCE THAT IN-PERSON EVENTS ARE RETURNING—AND WE'RE KICKING THINGS OFF WITH SOME OF OUR SIGNATURE EVENTS:

## Heels & Wheels 5K & Family Fun Run:

Set for Sunday, May 1, the race, which begins and ends on Burke's campus, is open to walkers, runners, hand cyclists and racing wheelchair athletes of all ages, including a kids' fun run. This unique event is one of the only of its kind to welcome athletes of all abilities to compete together. Prefer to cheer on the athletes? All are welcome to show their support! For more information and to register online visit [burke.org/heelsandwheels](http://burke.org/heelsandwheels).

## Burke Award 2022:

The signature Burke event—and biggest fundraiser—will be held on June 16 at the Brae Burn Country Club. This year's honoree will be retiring President & CEO Jeffrey Menkes. We hope you will join us as we salute and bid a fond farewell to Jeff.



## Burke Adaptive Technology & Sports Expo:

We are proud to launch the Inaugural Burke Adaptive Technology & Sports Expo to be held on Sunday, September 18, with a rain date of September 24. The expo will feature vendors showcasing the latest in adaptive technology. Participants will also be able to try out and take part in a number of adaptive activities, from discus and shot put to yoga, golf, and rock wall climbing. Community resources, including representatives from the Westchester Independent Living Center, as well as guest speakers are scheduled to be in attendance. The event offers the opportunity to learn about all that is possible after a life-altering illness or injury.



To learn more about how you can support events at Burke, visit [burke.org/community](http://burke.org/community) or call the Development office at (914) 597-2847.

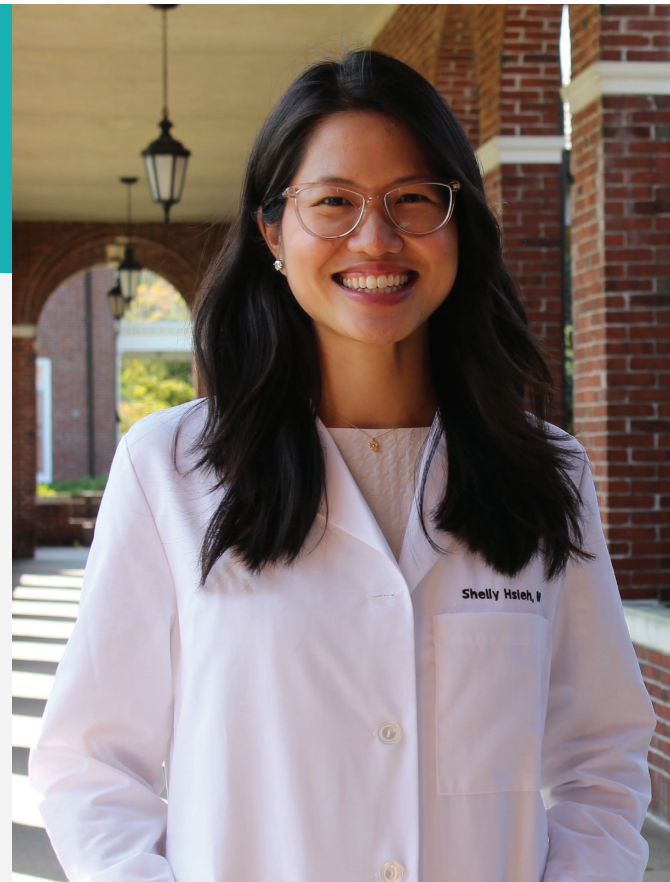
# BURKE'S NEW DIRECTOR

## Meet Burke's New Director of Spinal Cord Injury Rehabilitation

SHELLY HSIEH, M.D., WHO JOINED BURKE IN 2021, WAS RECENTLY NAMED DIRECTOR OF SPINAL CORD INJURY (SCI) REHABILITATION. HERE SHE TALKS TO US ABOUT HER NEW ROLE, HER PHILOSOPHY AS A PROVIDER, AND WHY THE CONTINUUM OF CARE IS SO IMPORTANT.

**Congratulations on the new position! What are you most looking forward to doing in this role?**

Oftentimes, after their acute inpatient rehabilitation stay, patients who sustain a spinal cord injury have no place to go for follow-up care. This prevents them from growing functionally and integrating into their communities. I am very excited to expand the continuity of care in our SCI program by growing our outpatient operations, where I started an outpatient medical clinic in November 2021. My hope is to provide a comprehensive 'one-stop shop' medical home, where SCI patients can come to address all aspects of care—including a physician visit, therapy evaluation, wound care evaluation, coordination with a social worker and meetings with equipment vendors. Living with paralysis presents several challenges, and this medical home model would overcome the barriers that currently exist for our population.



**For those who might not know, tell us a bit about your background—what drew you to the field of rehabilitation and to spinal cord injury rehab specifically?**

My passion for medicine stems from my desire to develop long-standing, therapeutic relationships with my patients. Throughout my medical training, I aspired to become a primary care provider. I later discovered the field of Physical Medicine and Rehabilitation (PM&R). It is a hidden gem of a specialty, one that focuses on the whole person and improving quality of life. While working in the field of SCI, I saw how we can improve the lives of people living with paralysis through medical care, adaptive equipment and a true interdisciplinary team approach. A spinal cord injury can affect all the organ systems. In this specialty, I serve as the primary care provider for all SCI care.

## What is your philosophy when it comes to spinal cord injury rehab?

Spinal cord injury is a life-changing and life-long condition, and many people living with SCI live fulfilling lives. My philosophy as a provider is to help my patients live life to their highest potential. In the inpatient setting, we work to help heal our patients, improve their functional independence, and provide psychological support to promote resilience. In the outpatient setting, we teach them how to transition to home and reintegrate into the community by returning to hobbies, school, or work. I am also working to bridge the gap from acute to subacute rehabilitation through education and the development of community partnerships. Throughout the continuum of care, we work hard to educate and empower the patient.

## In what ways are you hoping to engage with the SCI community?

Part of the challenge in being a person living with SCI is rediscovering what life will look like, and how to reintegrate into the community following their injury. Some of these barriers are due to lack of awareness of this condition in the general population, and underestimation of their abilities. I hope to develop partnerships with the community to expand the opportunities available to the SCI population. I am currently working with an interdisciplinary team in leading our Burke SCI support group and providing monthly educational series. I am campaigning to expand accessible transportation in the local community. I also hope to become more involved in the Burke adaptive sports program in order to connect with the patients from a recreational perspective.



**"It's not about the years in your life, it's about the life in your years."**

**- Shelly Hsieh, M.D., Director of Spinal Cord Injury Rehabilitation**

## How can people help support the work you do?

People can help by supporting the growth of the program, spreading the word and advocating for people living with SCI. It is an exciting time for Burke's SCI program, as we are expanding from inpatient to outpatient care. I am currently working on grants to help fund a 12-month program called "Living Life with SCI." This will teach people skills that are not traditionally taught in inpatient acute rehabilitation: self-advocacy, navigating the medical system, vocational rehabilitation, drivers' rehabilitation, how to vacation and other topics. It will also include a recreational program ranging from adaptive sports to arts to meditation. I am also working on another grant to fund a SCI caregiver group that would provide education, psychotherapy, and problem-solving training to help ease caregiver burden.

# EXCEPTIONAL INITIATIVE

## A BRAVE Initiative for Veterans

LAST YEAR BURKE RECEIVED A GRANT FROM THE U.S. DEPARTMENT OF VETERANS AFFAIRS TO LAUNCH THE BURKE REHABILITATION ADAPTIVE SPORTS FOR VETERANS PROGRAM—BETTER KNOWN AS BRAVE. EXCLUSIVELY FOR VETERANS AND MEMBERS OF THE ARMED FORCES WITH MEDICAL OR PSYCHOLOGICAL DIAGNOSES, THE PROGRAM PROVIDES OPPORTUNITIES TO PARTICIPATE IN ADAPTIVE SPORTS AND ACTIVITIES, FROM ROCK CLIMBING TO SAILING.

“Statistically, only 1 percent of veterans have access to recreational and group programs in New York State. This means that 99 percent of our veterans lack access to programs that have been proven to improve their lives, and proven to alleviate depression and anxiety,” says Ginelle Talbert, MA, CTRS, Program Director of the BRAVE Adaptive Sports Program. “The provision of high-quality care and services should not stop on the date of discharge. This is why outpatient programs exist and this addition of a community program is truly momentous because our veterans need this and will greatly benefit from it.”

### What veterans can expect

This year, there are over 10 different activities—with over 25 programs—planned across five counties in New York, New Jersey and Connecticut that veterans can take part in. “For the winter season, we are focused on skiing, rock climbing, bowling, and boxing,” says Talbert. “For veterans who are interested in participating in virtual programs, virtual yoga and boxing classes are offered now as well.” As the weather warms, expect activities like sailing and kayaking, archery, cycling and off-roading, and more.

“I want our future participants to understand that they do not have to pick and choose

between our programs and other programs out there,” explains Talbert. “The overall goal is to get our veterans involved in as many activities as possible, to improve the quality of their lives.” Plus, all the activities are facilitated by a Certified Therapeutic Recreation Specialist, who understands and can help with any adaptations, if needed.

“Burke’s mission is to provide the highest quality medical care and services to their patients to ensure that each person achieves their maximum degree of functionality,” says Talbert. “The BRAVE program exists to provide a continuation of that pledge by bringing these sports with adaptations as needed to each veteran in the community.”

**“We want BRAVE to be a household name. Though our support is vast and significant, we want our veterans to take advantage of this program. The program does not exist without them—because it is for them and it is about them.”**

**- Ginelle Talbert, MA, CTRS, Program Director of the BRAVE Adaptive Sports Program**

Nahyun Kim, MD

Aaron Greenberg, DO

Andrew Tsitslianos, MD

Safwan Zar, MD



## Burke Residents Match at Top Fellowship Programs

CONGRATULATIONS ARE IN ORDER FOR BURKE’S FOUR GRADUATING RESIDENTS—ALL OF WHOM MATCHED AT PRESTIGIOUS FELLOWSHIP PROGRAMS AROUND THE COUNTRY. WE LOOK FORWARD TO SEEING THE IMPACT THESE HARD WORKING AND DEDICATED PHYSICIANS WILL HAVE ON THE FUTURE OF REHABILITATION MEDICINE AND HEALTHCARE.

**Nahyun Kim, MD** will attend the Pediatric Rehabilitation Fellowship Program at Shirley Ryan Ability Lab/Northwestern University in Chicago, IL

**Aaron Greenberg, DO** will attend the Interventional Spine and Musculoskeletal Medicine Fellowship Program at Alabama Orthopedic Spine & Sports in Birmingham, AL

**Andrew Tsitslianos, MD** will attend the Spinal Cord Injury Medicine Fellowship Program at Spaulding Rehabilitation/Harvard Medical School in Charlestown, MA

**Safwan Zar, MD** will attend the Pain Medicine Fellowship Program at Montefiore Medical Center in the Bronx, NY

**“I am extremely proud of these residents for representing Burke Rehabilitation in the greater stage of physiatry. They have proven to be exemplary not only in their clinical acumen, but also in their abilities to advance to top tier fellowships. These future leaders of our field not only do honor to themselves, but also to Burke. I look forward to bearing witness to very bright futures.”**

– Benjamin Seidel, DO, Program Director for the Physical Medicine and Rehabilitation Residency

# DISTINCTIONS & AWARDS

## Burke Earns Prestigious Laboratory Exemplary Status Accreditation



Dr. Andrew Abdou,  
Director of the EDx Service

As Burke continues to seek advanced and cutting-edge ways to care for patients, we are proud to announce that the hospital has earned Electrodiagnostic Laboratory Accreditation with Exemplary Status from the American Association of Neuromuscular & Electrodiagnostic Medicine (AANEM). Through this accreditation, Burke has demonstrated clinical excellence in Electrodiagnostic (EDx) medicine.

In addition to the accreditation, Burke announces that Dr. Andrew Abdou has been appointed the Director of the EDx Service. Dr. Abdou has been the primary faculty physician providing inpatient and outpatient EDx for evaluation of neuromuscular disorders.

"Electrodiagnostic testing provides information about diseases of the muscles and nerves by recording electrical activity and measuring the speed and degree of electrical activity in these tissues. This testing is highly specialized and not commonly available in physicians' offices," says Dr. Abdou. In fact, the AANEM-accredited EDx Laboratory at Burke is the only facility of its kind in Westchester—and one of just 27 total across the entire state.

To learn more about the EDx Service at Burke, visit [burke.org](http://burke.org).



**Photographed:** New Orthopedic  
and Sports Therapy Facility





# What's New on Campus

THE PAST FEW MONTHS HAVE SEEN A NUMBER OF IMPROVEMENTS, FACILITY OPENINGS AND NEW ART INSTALLATIONS ON CAMPUS. HERE'S A CLOSER LOOK:

## Billings Orthopedic and Sports Therapy Facility Opens

Continuing our commitment to outpatient care, additional services will now be offered on Burke's main campus at the new Billings Orthopedic and Sports Therapy facility. The space, which opened in December and is located on the first floor of the iconic clock tower building, will serve patients with musculoskeletal/orthopedic diagnoses. Along with cardio equipment like treadmills and recumbent bikes, there is also a Biodex balance system to help with agility and balance and therapists will offer a variety of modalities, such as moist heat therapy.

## Progress on New Employee Lounge

At the 2021 Burke Award, funds were raised for the creation of a dedicated employee lounge—a much-needed place for respite and relaxation, especially after the past two years. Construction on the project was completed in January, and this spring, the focus will turn to furnishing, and then opening the space. Thank you to all of our donors who made this possible.

## Art Installation "Signs of Compassion" Debuts

At the end of January, "Signs of Compassion," Burke's newest art installation opened. Located opposite the Marsal Caregiver Center on the main floor of the hospital, the unique exhibit offers an innovative take on Emily Dickinson's poem, "If I Can Stop One Heart from Breaking": Photographer Miggs Burroughs compiled 30 photos of people reciting the poem in American Sign Language and then, using a lenticular transition technique, has made it look as if the people in the photos are moving their hands. "My hope is for people to engage and to remove discomfort, worries, and whatever pain they are experiencing for a while," says Burroughs. Many thanks to Melissa Ceriale for her support of Burke Rehabilitation.

Photographed: *Signs of Compassion*



Find out how you can support these initiatives and others like them by contacting the Development Department at 914-597-2847

# BURKE CABINET

## W.M. Burke Cabinet as of 02.28.22

### Chairman's Cabinet (\$10,000+)

Anonymous  
Richard J. Ahearn  
Julie & John Burke  
Rita & James Cain  
The Charles A. Mastronardi  
Foundation  
Craig H. Neilsen Foundation  
Katie & Christopher R. Daly  
Linda & Thomas Devine  
Philip & Arline Diamond  
Anne & Wilfred A. Finnegan  
Bonnie & Tom Grace  
Thomas Grace, Jr.  
Leona Kern  
Rosemary O. McAllister  
Cathy & John R. McCarthy  
Kathleen & Bryan Marsal  
Megan Marsal  
Estate of Evelyn Meisner  
Jeffrey Menkes & Susan Fox  
Joseph M. Murphy  
Dr. Leonard S. Polonsky  
Karen Kelsey Thomas & David Thomas  
The Thomas & Agnes  
Carvel Foundation  
The V & L Marx Foundation  
Will Rogers Institute

### Executive Cabinet (\$5,000 - \$9,999)

Veronica & James Baker  
Thomas B. Kearney  
Barbara & Steven Kessler  
Peter A. Kindler  
Barbara Monohan  
Mary Ellen O'Connor  
The Society of the Friendly Sons of St.  
Patrick  
Mark J. Stuart, Jr.  
Alfred Tobin  
Mr. & Mrs. Alan G. Weiler

### Leadership Cabinet (\$2,500 - \$4,999)

Margaret Cataldo  
Marion & Richard Celiberti  
Lawrence C. Christianson  
Pierce B.T. Crosbie  
Helen & Michael J. Daly  
The Feuerring Foundation  
Patricia Figge  
Donald E. Foley & Barbara Long  
Dr. & Mrs. Gerald Friedman  
John Heanue  
Margie & Gary Lewis  
J. David Lynn  
Carolyn Murphy  
Mooyeon Oh-Park, MD, MS  
Honorable Amy Paulin  
Nataly Ritter  
Estate of Sheila Schlesinger  
James D. Schmidt  
Margaret & Laurence Smith  
Lesley & Kenneth J. Sweeney

### Cornerstone Cabinet (\$1,000 - \$2,499)

Anonymous  
Robert G. Ahrens  
Dolores P. Alfredo  
Valerie & Christopher C. Allen  
Loretta & Walter Anderson  
Christine & Robert J. Baldoni  
Matthew Bartels, MD, MPH  
John Berman  
Rosemary A. Bley  
David A. Blum  
Dana and Sunny Jo Comfort  
Eugene T. D'Ablemont  
Mary & Stephen I. D'Agostino  
Mary L. Drake  
Donald & Frosty Friedman  
Charles V. Glennon  
Lynda F. Gould

Harriet M. Gruber  
Harold L. Wyman Foundation, Inc.  
Jonathan Hoff  
Anne James  
Stephanie Javorsky  
Estelle C. Jones  
Kevin & Eileen Keane  
Cathy & Gaspare LoDuca  
Honorable Nita M. &  
Mr. Stephen Lowey  
Flora Magliari  
The Magliari Family  
Hermine Mariaux  
Jessica Marshall  
Mary C. McCooey  
James C. McGroddy, Ph.D.  
Ruth & Irwin R. Merkatz  
Jane P. Mitchell  
Shanno Nayyar  
Michael Padiar, M.D.  
Michael Palumbo, MD  
Leslie Patel  
Carol & Felix Petrillo  
Keo Phanumas  
Andrew D. Racine, MD, PhD  
Raffiani Family Foundation, Inc.  
The Rich Foundation  
Frederick V. Romano  
Pamela B. Rosenthal, MD & Samuel  
Wertheimer  
Russell Oberlin Charitable Foundation  
Adair & Frank Sampogna  
Tobyn Sharp  
Kevin Shiu  
Alex C. Solowey, M.D.  
Nicki & Harold Tanner  
Lucy & Raymond Tocci  
Deborah T. Velazquez  
Valerie Vermiglio-Kohn  
Liza L. Veto  
Jason Wong

# RECENTLY AT BURKE



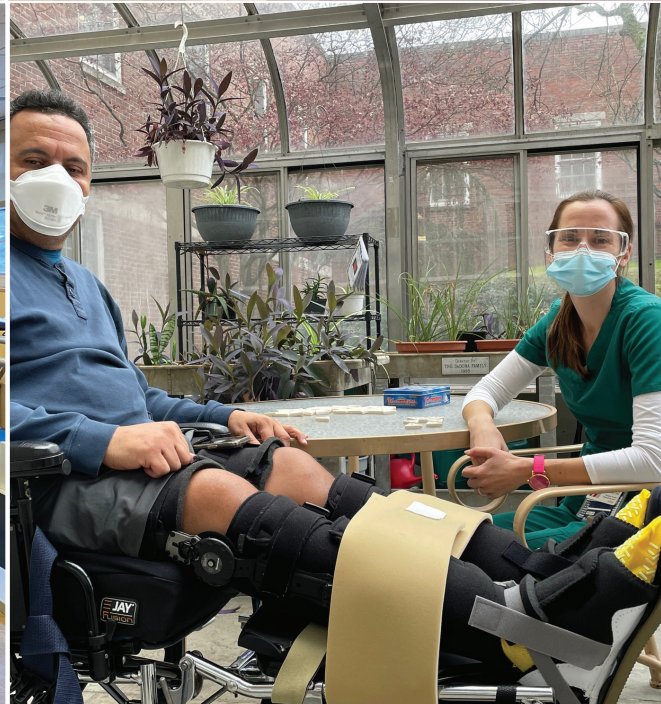
An adaptive rock climbing event through the BRAVE program



Two veterans on a recent bowling trip through the BRAVE program



Burke's cardiopulmonary team wore red for American Heart Month



Happy Social Work Month to our amazing team!

# BURKE

Rehabilitation Hospital

MEMBER OF MONTEFIORE HEALTH SYSTEM

785 Mamaroneck Avenue  
White Plains, NY 10605

