



BURKE
REHABILITATION
HOSPITAL

ANNUAL
REPORT
2016



BURKE
Rehabilitation Hospital

A member of the Montefiore Health System, Inc.





DEAR FRIENDS

2016 WAS A HISTORIC YEAR FOR BURKE REHABILITATION HOSPITAL.

In January, we officially became a member of the Montefiore Health System. This strategic relationship was several years in the making. Burke's Board of Trustees and administration chose our new partner carefully and after much thought. Having been an independent, freestanding rehabilitation hospital for more than 100 years, it was imperative that we aligned with an organization whose mission closely matches Burke's—one that believes patient care is paramount. We are confident that the Montefiore Health System is the right choice. We are excited that this new relationship will allow us to bring our well respected, high quality rehabilitative care to more patients than ever before.

This year, we also increased our total number of neurological beds by 30. We are now able to serve more patients who have experienced life changing neurological conditions such as brain injury, stroke and spinal cord injury. We also added an additional outpatient satellite clinic in Armonk, bringing our total number to seven. We're now able to serve more outpatients than ever before.

Burke also expanded its educational programs in 2016. We created and launched our first ACGME-approved Physical Medicine and Rehabilitation Residency Program, welcoming our first class of physician-residents in July. We look forward to further expanding the program in 2017. Training the next generation of rehabilitation professionals is now and always has been a priority here at Burke.

In November, we launched *Faces of Burke*, our traveling photo gallery, which features photos and compelling stories of Burke patients who have all faced incredible

medical conditions and went on to make remarkable recoveries. We are so proud to be able to bring their inspirational stories to thousands over the next year. The display will travel throughout Westchester County in 2017 to help inspire those who may also be facing a life changing medical issue.

We held many wonderful events in 2016. We hosted our Heels & Wheels 5K in May, which is one of the only events where able bodied runners and wheelchair athletes can compete together. In September, we hosted the 37th annual Wheelchair Games. The games are an amazing event, completely run by volunteers and employees on their own time.

On a final note, I am retiring in the spring of 2017 after 38 years at Burke, including the past 20 as CEO. Our incoming President and CEO is Jeffrey Menkes who currently serves as Senior Vice President of Network Development at Montefiore Health System. We have worked closely with Jeff for several years and I am confident in his background, experience and enthusiastic support of Burke. I thank you, our friends, partners, and neighbors for your ongoing support. I wish you happiness and good health now and in the years to come.



MARY BETH WALSH, M.D.
*Executive Medical Director
Chief Executive Officer*



*Jeffrey Menkes will become
Burke's President and CEO in
the spring of 2017.*

2016 AT A GLANCE



TOTAL INPATIENTS

2,289



OUTPATIENT VISITS

116,605



VOLUNTEERS AT THE ANNUAL
WHEELCHAIR GAMES

180



AVERAGE INPATIENT STAY

18.5
DAYS



PATIENTS' AGE RANGE

11 - 100
YEARS OLD



AVERAGE INPATIENT AGE

69
YEARS OLD



PERCENT OF PATIENTS
SURVEYED WHO ARE LIKELY
TO RECOMMEND BURKE

94.5%

*All statistics are derived from the 2016 Press Ganey
Performance Summary Report and from Burke and the
2016 Burke Outcomes Report*



BURKE LAUNCHES RESIDENCY PROGRAM

In July 2016, Burke welcomed its first class of residents to its newly approved ACGME residency program in Physical Medicine and Rehabilitation. This new residency program marks the first time Burke has had its own residents. The Burke residency program aims to be the future benchmark for all Physical Medicine and Rehabilitation residency programs in the country.

With this new program, Burke's goal is to train the next generation of healthcare leaders known for innovation in all branches of physiatry and to produce residents that will utilize their training to improve patient care, advance the field of Physical Medicine and Rehabilitation and enhance the communities they serve.

BURKE ALIGNS WITH THE MONTEFIORE HEALTH SYSTEM



Montefiore
DOING MORE

In January 2016, Burke officially became a member of the Montefiore Health System through the establishment of a strategic partnership. This alliance enhances the missions of both organizations by aligning each of their core strengths and creating a collaboration that will improve patient experiences and results.

Burke continues to operate as an inpatient rehabilitation hospital under the Burke brand and continues to run its outpatient clinics and programs throughout Westchester and the Bronx as well as its community programs. The partnership has allowed the combination of the complementary strengths of both institutions and will further world-class provider education and advance the role of rehabilitation medicine in the team-based care model advanced by Montefiore.

Throughout 2016, Burke and Montefiore worked together to establish this partnership and in the coming years will continue to collaborate on a variety of events and initiatives.



This is accomplished through a rigorous training program designed to develop highly skilled clinical and academic psychiatrists.

The program is fully accredited and runs for three years. It is affiliated with Albert Einstein College of Medicine in the Bronx. In 2016, the program began at the PGY-2 level with four residents and will be expanded upon in the coming years.

Along with this program, Burke offers numerous other educational initiatives, including the HELP summer program, which is geared towards students interested in careers in healthcare and a two-year Neurorehabilitation Fellowship program that combines clinical and research skills. The Fellowship is one of only two United Council of Neurological Subspecialties (UCNS) accredited fellowships in the country.

For more information about Burke's educational programs, visit www.burke.org/education

ABOUT MONTEFIORE



Montefiore Health System is one of New York's premier academic health systems and is a recognized leader in providing exceptional quality and personalized, accountable care to approximately three million people in communities across the Bronx, Westchester and the Hudson Valley.

It is comprised of 11 hospitals, including the Children's Hospital at Montefiore, Burke Rehabilitation Hospital and close to 200 outpatient care sites. The advanced clinical and translational research at its medical school, Albert Einstein College of Medicine, directly informs patient care and improves outcomes.

From the Montefiore-Einstein Centers of Excellence in cancer, cardiology and vascular care, pediatrics, and transplantation, to its preeminent school-based health program, Montefiore is a fully integrated healthcare delivery system providing coordinated, comprehensive care to patients and their families.

FINANCIAL STATEMENT

2016



- Net patient care revenue
\$70,554,000
- Other revenue
\$9,817,000
- TOTAL REVENUE**
\$80,371,000

- Salaries
\$45,372,000
- Other than salaries
\$29,155,000
- TOTAL EXPENSES**
\$74,527,000

NET PROFIT (OR LOSS):

\$5,844,000

2015



- Net patient care revenue
\$60,706,321
- Other revenue
\$8,767,477
- TOTAL REVENUE**
\$69,473,798

- Salaries
\$42,441,697
- Other than salaries
\$33,572,962
- TOTAL EXPENSES**
\$76,014,659

NET PROFIT (OR LOSS):

(\$6,540,861)

BURKE EXPANDS OUTPATIENT PROGRAM

Along with Burke's renowned inpatient program, Burke has an outstanding outpatient program that meets the needs of patients who have either moved beyond inpatient care but are still in need of services or who are coming to Burke for the first time for outpatient care.

Burke's outpatient department services include physical and occupational therapy, speech, language and swallowing therapy, neuropsychology, cardiac and pulmonary rehabilitation, an arthritis center, an osteoporosis screening service and a memory evaluation and treatment service. These programs aim to help each patient achieve their own goals and reach their full potential.

Burke has outpatient locations in White Plains, Somers, Mamaroneck, Yonkers, Purchase and the Bronx.

To meet the growing need for outpatient care, in 2016, Burke opened its 7th outpatient clinic in Armonk, NY. This clinic, which offers services such as physical therapy and vestibular therapy, caters to residents of central and northern Westchester and helps fill the need in those communities.

For more on Burke's outpatient program, visit www.burke.org/outpatient



MEMORY EVALUATION AND
TREATMENT SERVICE PATIENTS

707



OUTPATIENT DRIVER
EVALUATIONS COMPLETED

311

PATIENT TESTIMONIAL



"I feel extremely blessed to have worked with several great people."

"After serious back surgery, it was suggested by my surgeon that I get physical therapy to help my healing. Since I live in Westchester, I reached out to Burke and spent a little more than six months (over three years) in weekly physical therapy. MY PT was Matt. He was committed, knowledgeable, inquisitive and fun to work with. And he referred me to Caroline, who worked with me to help my lymphedema. She was quite knowledgeable about my condition and a genuinely concerned person, and remains a resource for me today. Caroline told me about the Burke Fitness Center. I'm a member now and truly enjoy the workouts, my fellow fitness people, and my instructor Justine. And oh, yes: I also work as a volunteer one day a week to try to repay the enormous debt I feel I owe to Burke.

I unflinchingly recommend Burke because it has the wisdom and committed personnel who can help anyone who needs physical rehabilitation. I feel extremely blessed to have worked with several great people. Perhaps the most obvious indicator of Burke's atmosphere is this: when I arrive in the morning, or walk through the halls, or have lunch, or work with other departments, the Burke person routinely says "Hi" to me before I can open my mouth. That says a lot about this place — and that's only the starting point."

STEVE MESSINGER



BURKE CONTINUES ITS COMMITMENT TO THE COMMUNITY WITH INNOVATIVE PROGRAMS

Burke is not only committed to the care and recovery of its patients, but is a dedicated member of the community, ensuring that local residents have access to a number of innovative and specially-designed programs specifically created to meet their needs.

To that end, Burke offers a wide-range of programs and events that take place throughout the year. The largest of these programs is Burke's Fitness Center. This state-of-the-art gym, which is for adults over 40 and those with a qualifying disability, features personal trainers, equipment and numerous classes, including a Silver Sneakers program, yoga, tai chi and more. Burke also has a robust adaptive sports program, which allows those with physical and intellectual disabilities a chance to take part in sports and athletic activities.

For those dealing with an ongoing illness, Burke offers a number of support groups. These groups are free and meet regularly on campus. They include brain injury, spinal cord injury, aphasia, young onset Parkinson's disease and caregiver groups, among others.

Along with all of these activities, Burke sponsors educational lectures and presentations throughout the year. In 2016, Burke kicked off its Senior Health Series, a bi-monthly lecture series that touches on topics of interest to seniors in the community, including fitness, healthy eating, Alzheimer's disease and stroke prevention.

For a full list of our community programs, please visit www.burke.org/community



BURKE CONDUCTS CUTTING-EDGE CLINICAL RESEARCH

As of 2016, Burke Rehabilitation Hospital is no longer affiliated with the Burke Medical Research Institute, though we continue to share a campus and collaborate on research studies whenever appropriate. At the hospital, Burke continues to conduct cutting-edge clinical research aimed at helping patients make their fullest possible recovery. These trials, many of which are funded by nationally-recognized organizations, are on topics such as dementia, Alzheimer's disease, spinal cord injury, stroke and more.

For more information on Burke's research initiatives, please visit www.burke.org/education

Faces of Burke



BARBARA

Being active has always been a big part of Barbara's life: she goes on long walks, enjoys hiking and was a jogger for over 30 years. But the combination of overuse and a family history of arthritis took a toll on Barbara's knee and she was in so much pain she could barely walk. Her doctor recommended a knee replacement. After the surgery, Barbara came to Burke, where she underwent intensive therapy. Post rehabilitation, she wanted to put herself to the ultimate test: hiking the Mount Everest trail in Nepal. The mother of three had already been on three hiking trips to the area and wasn't going to let the surgery stop her from making a fourth. And it didn't. Barbara hiked the trail over 11 days, reaching 13,000 feet. Is there another mountain in Barbara's future? You can count on it.



BARBARA

A few months before her daughter's wedding, Barbara, an active school librarian, had a severe ischemic stroke. She came to Burke unable to walk or talk and was completely paralyzed on the right side of her body. But the mother of three was determined: the wedding wouldn't be postponed, and she and her husband would walk their daughter down the aisle. Barbara spent months in therapy, where she regained much of her functioning and relearned basic activities like standing and dressing. As for her speech, Barbara was diagnosed with aphasia, a condition that makes communication difficult. Today she is an aphasia advocate and volunteers helping therapy students. As a board member of the National Aphasia Association, she speaks to organizations and first responders. And at her daughter's wedding? Barbara not only walked—she danced.



LUKE

It was a week before finals when Luke, then a college freshman, was spending the day on a pontoon boat. He dove into the water without realizing the boat had drifted towards shallow shores. The Scarsdale native broke his neck on impact and wasn't able to move from his shoulders down. He underwent surgery and subsequently came to Burke. While there, Luke's priority was to regain function and strength. He set a series of small goals, including being able to stand upright, which he couldn't do. After a few months of therapy, he was able to do that and today, he can take steps on his own. With the help of Functional Electrical Stimulation technology, he can walk upwards of a mile. Now the Vanderbilt University grad, who majored in neuroscience, is working towards his next goal: becoming a neurologist.

BURKE LAUNCHES FACES OF BURKE PHOTOGRAPHY EXHIBIT

In 2016, Burke launched *Faces of Burke*, a travelling photography exhibit that will run throughout 2017. The exhibit was conceived to showcase the individuality of the patients treated at Burke every day.

Patients with physical and cognitive impairments resulting from stroke, traumatic brain injury, spinal cord injury, cardiac disease, pulmonary disease and orthopedic issues come to Burke to regain their mobility and independence.

Faces of Burke showcases some of these remarkable patients—and their remarkable stories of recovery and accomplishment.



MAX

Max was just four years old when he got his first dirt bike—and by the time he was a high school senior, he was taking part in motocross competitions throughout the East Coast. It was at one of these competitions where he was thrown from his bike. What Max hoped was a simple sprain quickly turned serious: His ankle was in ten pieces and two of the main arteries in his right leg were severed. After a number of surgeries, amputation was the best option. Once his prosthetic was fitted, Max began physical therapy at Burke, where, by the end of three months, he was able to run comfortably—a goal he set for himself. These days, Max is back on his bike: In 2013, he competed in the X Games and continues to ride today. The now 22-year-old is also looking towards the future: he's a college senior and hopes to become—what else?—a physical therapist.



RONALD

Ronald, a trauma and critical care surgeon, was on a family vacation in the Bahamas when disaster struck: While on a jet ski, he was in an accident and passed out in the water. Though he regained consciousness, Ronald was put on an emergency flight back to the United States. Doctors told him he had experienced a heart attack and he underwent angioplasty upon arrival. The Long Island resident also had respiratory failure and ultimately required a tracheotomy. By the time he arrived at Burke, Ronald had lost his muscle strength—he wasn't able to lift his hand to his head—and couldn't walk or get out of bed. But the father of three regained his strength and today is able to walk and move freely. The real hope, though? To perform surgery again. He met that goal, too: Two years after his accident and he's now back in the operating room.



SUSAN

Susan was moving in to her new apartment when she was overcome by the worst headache of her life. Two family members, who were with her, called an ambulance and the Yonkers resident was rushed to a nearby hospital. Susan had experienced an aneurysm and was in a coma, and then developed a number of complications. When she arrived at Burke, she had a feeding tube, was completely non-verbal—she couldn't even point to the window or ceiling, if asked—and couldn't walk. She spent a month at Burke undergoing intensive therapy, and slowly began to heal. Today, she's not only walking and talking, but she's back to driving and babysitting her three grandchildren. Susan was also determined to live on her own again and, less than a year later, moved into that same apartment—this time with a new lease on life to go with it.

PHILANTHROPY AT BURKE

Burke was established thanks to the generosity of our founder and benefactor, John Masterson Burke. This legacy of giving continues today. As a nonprofit institution, Burke relies on the generosity of individual donors, foundations and corporations to ensure that we can continue to provide our much-needed programs and services—and remain at the forefront of rehabilitation medicine.

This philanthropic support enables us to provide the most effective rehabilitation care and conduct leading edge clinical research. We recognize and thank the following contributors who have supported Burke with gifts of \$1,000 or more.

If you believe your donation is not reflected in this list, please contact the development department at (914) 597-2847.

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IN 2016, PHILANTHROPY ENABLED BURKE TO OFFER:

171

SUPPORT GROUP MEETINGS TO
COUNSEL AND HELP PATIENTS
AND THEIR FAMILIES

\$846,908

TO PATIENTS WITH LIMITED
RESOURCES, WHO ARE THEN
ABLE TO COME TO BURKE

816

FITNESS CENTER MEMBERS
THE CHANCE TO GET FIT AND
HEALTHY CLOSE TO HOME

7

OUTPATIENT CLINICS FOR
PATIENTS, INCLUDING THE
NEWEST IN ARMONK, NY



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*Burke Rehabilitation Hospital's Annual Report is produced by Burke's Marketing Department.
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