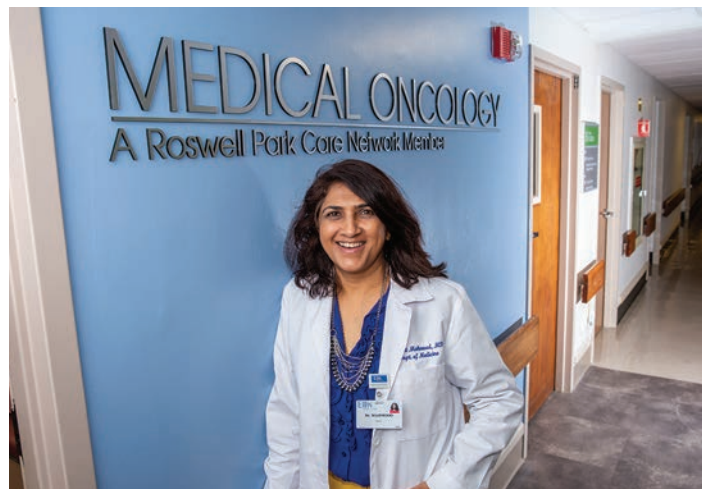


# ELLIS IMPACT



# THANK YOU

## Your support makes everything we do possible.

Thank you for partnering with us in our most important mission; to meet the health and wellness needs of our community with excellence. The impact of your generosity cannot be overstated, and neither can the depth of our appreciation for you.

Because of you, Ellis can meet the community's healthcare needs today, and anticipate the needs of tomorrow. We are always looking to the future, in anticipation of caring for the next generation of patients.

With your support, we launched Ellis' Medical Oncology program in partnership with Roswell Park, and in the first four months, three patients have rung the bell to celebrate the successful end of their cancer treatment. We opened the new Child and Adolescent Mental Health Clinic and were able to increase the number of young people served by 60%. We also invested in a new Linear Accelerator, which uses pinpoint accuracy to deliver life-saving radiation to kill cancer cells, resulting in more precision and less damage to healthy tissues, faster treatment, and quicker recovery periods.

In 2022, the hospital will undergo a large transformation as we begin work on replacing the 44-year-old parking garage on Nott Street, making access to the hospital easier for all. We are making investments in clinical equipment and services to diagnose and treat patients with state-of-the-art

technology, while supporting our nurses to advance their education in order to provide the very best in care.

These are just a few examples of the ways in which your support produces real, tangible results. It helps provide everyone who turns to Ellis with the best care possible, close to home.

Your generosity makes all that we do possible!

With Gratitude,



**DAVID HORAN**  
*Chair, The Foundation for Ellis Medicine  
Board of Trustees*



**MARCIA M. STEINER**  
*Vice President and Executive Director,  
The Foundation for Ellis Medicine*

donor spotlight



Jim Hurley



# Generosity Personified

Ellis is very fortunate to receive support from those who give their time, share their expertise and know the powerful impact philanthropy can have on those in need.

Jim’s connection with Ellis started as a child and developed over time. “Growing up in Clifton Park, there was very little by way of healthcare in our town, and Ellis was always our hospital. I have come to see the important role Ellis plays in the health and well-being of our community. It provides essential primary care services for much of Schenectady’s under-served residents.”

As a Trustee, Jim has seen how philanthropy can bring a program to life, such as Medical Oncology, and

grow programs to better serve the community. He has been awed at the advances in technology made possible through philanthropy, like the new hybrid operating room. He has an appreciation for what it means to so many staff who are able to further their education with the support of others.

“I believe in the mission of the Foundation,” says Jim. “I am also a longtime Rotarian and I have served on the Board for the Alzheimer’s Association for many years. Each organization has a special and specific mission and audience, yet they are so interconnected. I feel that it is important for me to give back to the community, and to help improve the way for others.”

Jim’s business, Home Instead, also provides a vital service in our region. In 2007, Jim and his late wife, Roz, started Home Instead to help seniors and their families navigate the hurdles that aging people encounter while trying to remain in their home. Countless families turn to Home Instead so their loved ones can age safely in place while supporting the family.

Jim graciously and selflessly gives his time, talents, and resources, and brings all of this to every discussion, solicitation and decision. His generosity is boundless.

**Thank you, Jim, for your many years of service to your neighbors, and Ellis.**

## New Trustees Join the Foundation Board

### THE FOUNDATION FOR ELLIS MEDICINE RECENTLY ADDED BECKY DANIELS AND CHRISTIAN SOLLER TO THE BOARD OF TRUSTEES

**BECKY DANIELS** is the Director of Community Engagement at CAP COM Federal Credit Union, where she leads the Community Relations Team, and oversees the Cap Com Cares Foundation, public relations, and school and youth programming. Becky has served with several nonprofits including the Schenectady City School District Education Foundation and St. Jude Children’s Cancer Research Hospital. Becky has a true passion for philanthropy and community engagement in the Capital Region.

**CHRISTIAN SOLLER** is an attorney and managing partner of the Capital District offices at Hodgson Russ, LLP. Christian serves clients ranging from Fortune 500 and 1000 companies to small businesses and individuals in a wide range of industries. He has been a member of the Commercial Services Advisory Board for the Center for Disability Services, and a member of the Legal Aid Society of Northeastern New York.

**Thank you Christian and Becky for your commitment to our community and for sharing your expertise and leadership.**



# New Patient Closet Provides Essentials to Patients

## THANK YOU FOR MAKING THE PATIENT CLOSET CLOTHING DRIVE A SUCCESS



The Foundation’s new Generations Committee is committed to spearheading projects across all Ellis departments with the goal of positively impacting the health and wellness of our patients.

The Patient Closet was the first undertaking and came about in response to a common issue; when individuals come to Ellis in times of emergency, they can often be inadequately dressed for the weather or unprepared for an extended stay. The Patient Closet drive was a call to the community to help provide new clothing to those in need upon discharge. This small act of kindness gives patients dignity and comfort for their journey home.

The response from the community for the Patient Closet was overwhelming. More than 2,000 new clothing items were collected, including undergarments, sweatpants and sweatshirts, winter coats, scarves and mittens. Many items, particularly coats and sweats, were quickly distributed during recent cold spells, and monetary donations have helped replenish the closet as needed.

The Generations Committee takes its lead from Ellis staff who share their concerns and ideas, and find ways to improve on what Ellis already does. The Committee looks forward to many successful projects across all areas of Ellis.



**“ The goal of this committee is to support patients. The Patient Closet gives staff access to new items ensuring patients leave in safe, dignified, and appropriate clothing. ”**


**AMANDA KURLYUK and LAUREN SHARKEY**  
Co-Chairs, Generations Committee



## March is national nutrition month

Eating well has profound positive impacts on our overall health and can significantly boost the body’s immune system. Madeline Saccocio, MS, RD, CDN, Clinical Dietitian with Ellis, shares some of her best tips for boosting immunity with nutrients found in food:

Madeline also provided the smoothie recipe on page 4, which is filled with immune supportive nutrients.




### VITAMIN D

Plays a big role in bone health, immune support and is found naturally in fatty fish. Vitamin D is fortified to other foods like milk, orange juice and cereals. It can also be taken in supplement form. Vitamin D is also absorbed via the sun’s rays, but with the long winters in upstate New York, you might not be getting enough.



### VITAMIN C

Vitamin C is found in many fruits and vegetables. It’s important for skin health, and is a powerful antioxidant that plays a major role in immune support. Good sources of vitamin C are citrus fruits and bell peppers, which actually contain even more vitamin C than oranges.



### PROBIOTICS

Live microorganisms like those found in probiotics can positively influence gut health and result in improved immunity, as the gut is home to a large portion of the immune system. Common sources of probiotics are fermented vegetables and yogurt, and you can easily add it to your diet in supplement form.



### TURMERIC

A spice that comes from the root of the *curcuma longa*, which is a member of the ginger family. Turmeric is hailed for its anti-inflammatory properties and strong antioxidant properties. You can add this warm, curry-like spice to savory foods, smoothies, and even milk.

## ELLIS IMPACT

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Support from the community is crucial to helping the Ellis team provide lifesaving care. To make a donation, visit [www.ellisfoundation.org](http://www.ellisfoundation.org) — make a onetime gift or sign up to make a monthly gift.

### TO LEARN MORE, CONTACT:

The Foundation for Ellis Medicine  
at **518.243.4600**  
or [freare@ellismedicine.org](mailto:freare@ellismedicine.org)

Staying Connected



## 2022 EVENTS SAVE THE DATES:

May 23, 2022

### Ellis Medicine Pro-Am Golf Tournament

Hosted by Neil and Jane Golub  
Saratoga National Golf

June 4, 2022

### Ellis Gala

Honoring Dr. David and  
Bonnie Liebers

Rivers Casino and Landing Hotel

September 22, 2022

### Women's Night Out

Rivers Casino and Landing Hotel

Thanksgiving—November 24, 2022

### Cardiac Classic

Central Park, Schenectady

## Immune Support Smoothie Recipe

(makes approximately 2 servings)

- 1 cup Kefir
- 1 cup frozen pineapple
- 1 cup frozen mango
- 1 banana
- 1 tbsp. freshly grated turmeric

### DIRECTIONS:

1. Combine ingredients in a blender
2. Blend on high for about 30 seconds, or until smooth and creamy

### TIPS:

- Frozen fruit gives the smoothie a thick and creamy consistency, but fresh fruit also works.
- If you don't have fresh turmeric, you can use dried/ground turmeric. Beware that fresh turmeric stains easily, so protect your clothes and skin!
- Kefir is fortified with vitamin D and is a great source of probiotics, however you can substitute milk, orange juice or soy/almond/oat milk, which are also fortified with vitamin D.
- Adding 1-2 cups of leafy greens like spinach or kale provides an additional boost of vitamin C.

