

## New Critical Care Unit opens at St. Clare's Hospital

Submitted by Cecil Mack  
Director of Public Relations

Following almost 10 months of construction, St. Clare's Hospital has unveiled its new Critical Care Area. The expanded and fully renovated 16 bed unit includes a family waiting area, conference room, physicians' offices, nurses' lounge and pastoral care counseling room.

The floor plan also provides for 360 degree visibility from the elevated nursing station, a self-contained blood gas laboratory and lead-lined walls in the special procedures area.

"Hospital critical care has changed greatly over the last decade and even the last several years," explained Dr. Jack Parillo, director of the Critical Care Area. "Advances in medical science and technology have provided a new dimension to the care of our patients in our community."

equipment, medications and vital monitoring," Parillo continued, "must be provided by specially trained professionals all functioning as a team." According to Jerome G. Stewart, president of St. Clare's, "This new unit incorporates the insight and expertise of our nurses and physicians with advanced technologies and creative architectural design. The needs of all those involved," Stewart said, "particularly patients and their families, as well as those providing care, are better served and with more efficiency."

The second phase of St. Clare's renovation project, the creation of a centralized registration and testing area is also nearing completion.

Serving more than 150,000 outpatients and nearly 10,000 inpatients each year, the expanded facilities at St. Clare's will further enhance the hospital's healing mission it maintains the dignity of human life.

## St. Clare's Hospital to mark 50 years of community service in Schenectady

By ELYSIA NEST  
Gazette Reporter

SCHENECTADY — During the 1930s and '40s, a dental clinic for children from low-income households was established as the forerunner of St. Clare's Hospital health center.

During the '60s, a two-story house on the Redline was donated to

many is of particular importance," said Mack. "We have between 30 and 40 items that we have gathered from different departments in the hospital that will all be buried together."

Included in that list of items are cardiology monitors, a pap smear slide set, a specimen of a cancer cell, a

breaking and construction until October 1946. Following two-building fund campaigns in 1945 and 1948, the people of Schenectady and surrounding communities raised \$3 million.

Advances

# Any way you slice it we're proud of our 50 years in Schenectady!



St. Clare's Hospital  
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## City OKs \$3M St. Clare's project

By EDWARD FITZPATRICK  
Gazette Reporter

SCHENECTADY — St. Clare's Hospital last night got approval for a \$3 million project adding 7,000 square feet to the McClellan Street complex.

One-story additions will go in the courtyard next to the main lobby and in the courtyard next to the critical care unit, said hospital spokesman Cecil Mack.

Hospital Vice President George

The city Board of Zoning Appeals granted the hospital a special-use permit for the project.

No one spoke against the plan. Carolyn Thomas, president of Schenectady United Neighborhoods, said the plans contain nothing detrimental to the surrounding area.

Mack said funds for the project will come from an account set up in the 1970s when St. Clare's built its south wing. The state made the hospital establish the account to ensure the building would stay open.

begin in March and take about a year to complete.

Mack said the addition on the lobby side will consolidate pre-admission testing. Now, patients go to the basement, the first floor and the third floor, depending on whether they need blood tests, physicals, X-rays and other tests.

"There'll be no more roaming," said the hospital's engineering director, Brian Forget.

Mack said the change in

The addition on the critical care side would contain a new feature the hospital — a family waiting room, Mack said. And the addition would take the blood gas laboratory, nurses lounge and clergy-care area out of the critical care unit.

Taking those areas from the critical care unit will give the nursing station a 360-degree view of the unit, Mack said.

## For Sch'dy family, a triple blessing

By KEVIN CONLON  
Gazette Reporter

SCHENECTADY — A chair in the business office of St. Clare's Hospital carries an ominous warning — "Sit at own risk."

When Deborah Danz on Thursday gave birth to triplets, she became the third woman in the last three years to have a multiple birth after regularly using the office chair.

"I don't give it any credence, but my husband [Bruce] wants to have the chair burned," Deborah said last night as she recovered from giving birth by Cesarean section to three daughters at 12:05, 12:06 and 12:07 p.m. Thursday.

Deborah, 26, said she and her girls — Jessica, 4 pounds, 9 ounces; Jennifer, 4 pounds; and Janet, 3 pounds, 12 ounces — are in good health.

The family has been the focus of a lot of attention in the last few days. Bruce, 28, said he stopped at the nursery to visit his daughters when a nurse asked him if his family had joined him. He turned around to find the hallway filled with people who had come to see the triplets after their births were announced on the hospital public address system.

"These are their babies too," Deborah said, explaining that many other hospital employees are fusing over the triplets.

It has been 34 years since the last set of triplets was born at St. Clare's Hospital, said Deborah Haight, clinical nursing coordinator of the hospital's obstetrical unit.

Bruce, an air conditioning and refrigeration technician, said he has



### OPEN HOUSE

St. Clare's Hospital  
NEW  
Cardiac Rehabilitation Center  
650 McClellan Street, Schenectady  
(Health Services Building)  
Thursday, October 15  
2:00 to 5:30 p.m.



### WE'RE PRACTICING WHAT WE PREACH

rs, smoking has been acknowledged as a heart disease, certain cancers and chronic ind of growing concern, is the effect of s ke on the non-smoking public.

inning on August 15, 1991, St. Clare's H me totally smoke-free to ensure a healthy ent for our patients, staff and visitors. nction with our new non-smoking poli; Wellness Center is introducing "Smokele / recognized and highly regarded smoking program. For details, contact the Wellness 382-2000, ext. 5787.

St. Clare's Hospital  
600 McClellan Street  
Schenectady, New York 12304

# Tub Therapy

## St. Clare's uses whirlpools to help women relax during labor

By KATHY RICKETTS  
Gazette Reporter

Lisa Jesco was looking forward to giving birth to her first baby. But when she finally went into labor during the night of Nov. 16, the pain became so intense, she found it difficult to remain calm.

"I was so uncomfortable," the 27-year-old Galway woman recalled. "I kept pacing all the time. I just couldn't relax."

So when a nurse at the new St. Clare's Hospital Family Birthing Center suggested that Jesco try soaking in a new whirlpool tub, she thought she'd give it a try.

"It was wonderful," said Jesco, who delivered a 6-pound, 14-ounce baby girl by natural childbirth a few hours after using the whirlpool.

"It really helps to take your mind off the

"Oh, everybody who gets in loves it," said Goldstein. "They all say the same thing — that it helps make the pain less intense and it helps them to relax."

Elliott said she researched the topic before presenting the idea of whirlpool therapy to her supervisors several months ago.

"Water therapy is not new," she said. "Most hospitals have been using warm showers during labor for several years. The whirlpool tub is simply a newer technique."

Elliott said contemporary research has shown that many patients in labor who use whirlpool tubs report enhanced relaxation and reduced

## Some Time Walking Program's Fitness in 'Over 55' Picture

GRETA PETRY  
Gazette Reporter

ECTADY — When Mary started in September would not walk for more miles at a time. In summer it make sense to avoid walking during the hottest, most humid part of the day and to drink plenty of fluids. At the same time

Why would anyone need a session on how to walk for exercise?

According to Senese, the sessions will focus on walking safely and adjusting one's exercise program to the weather.

"By gradually warming up you stretch different muscle groups and minimize the chance of injury," she said.

In summer it make sense to avoid walking during the hottest, most humid part of the day and to drink plenty of fluids. At the same time

just don't have the time.

Many have been raised to believe that it is selfish for them to take time for themselves. The first step is acknowledging that it is "OK to take half hour to exercise," she said.

After that, be patient. It may be eight weeks before you see a physics improvement, and it could take six months to establish walking as a habit.

According to Senese, that patient will pay off when you start looking and feeling better.

## Lawrences to open mansion to benefit two area hospitals

LAN WECHSLER  
Gazette Reporter

FTON PARK — Haven't you wanted to explore the house of chest man in town? To eat his r, walk across his rug and use his boom?

l, now you can — for a price. \$250 rson, to be exact.

ert W. Lawrence, 63, and his wife ara are holding a benefit party ay at his sprawling mansion, Lenox on Riverview Road,

community, said one Lawrence Group official.

"We have a strong corporate philosophy that we should be giving something back to the community," said Kenneth McPartlin, vice president of administration and one of about 60 people who volunteered for 20 committees to help arrange the party.

"The Lawrence Group has been very active in their home communities. The hospitals have benefited from that," said McPartlin.

Both hospitals will divide the proceeds, which could total about

**'The site down there really doesn't have parking for 350 to 400 cars, so we've had to make arrangements to park elsewhere.'**

— Kenneth McPartlin  
Vice president of administration  
Lawrence Group