

BURDETT BIRTH CENTER 2025 Community Report



Samaritan Hospital

ST PETER'S HEALTH PARTNERS

A Member of Trinity Health

To Our Community Members

We are pleased to share this second annual overview celebrating the services we proudly provide to all women and expectant and postpartum individuals – and their partners and families – throughout the Capital Region, with a continued focus on communities with the greatest need.

Our Mission guides us to serve together in the spirit of the gospel as a compassionate and transforming healing presence within our communities. This commitment extends to every person we encounter, regardless of race, gender, or financial status. We stand firmly with those experiencing poverty and vulnerability, including pregnant individuals and families who are navigating challenges such as unstable housing, limited transportation, domestic violence, lack of personal support, and barriers to parenting education.

The Burdett Birth Center (BBC) at Samaritan Hospital remains a cornerstone of maternal care in Rensselaer County. As the only maternity unit in the county, Burdett has been a trusted resource for families since 2011. After a difficult period of evaluating the future of maternity services in 2023, the strong and unified voice of the Troy community and local leaders helped shape the path forward. In March 2024, thanks to a generous five-year grant from New York state, maternity services at Burdett were secured.

This state investment is now fueling meaningful progress. In this year's overview, we are proud to highlight record-setting growth in the number of babies born at BBC. Subsequently, we are seeing a rise in doula and midwifery care and a growing need for specialized labor carts and no-cost community tours, in addition to the development of a new advisory committee inviting the exchange of information, resources, and ideas for improving comprehensive services throughout pregnancy, labor, delivery, and postpartum care for birthing individuals, support partners, and infants. This committee helped inform a new grant-funded advertising campaign that was launched in 2025 designed to raise awareness and drive growth for labor and delivery services at the BBC.

In this report, we will share testimonials of patients and participants using many of our community programs, including a new mom who was able to leave a violent relationship and establish housing and proper prenatal care through our Maternal Obstetrical Mentoring Services (MOMS) program. It is these types of stories and partnerships that reflect our commitment to culturally competent, person-centered, and compassionate care.

As we advance through the second year of this five year journey, our commitment to Troy and the broader Rensselaer County community remains strong. We are grateful for your trust, your involvement, and your partnership. Together, we can continue to build a healthier, stronger community for all families.

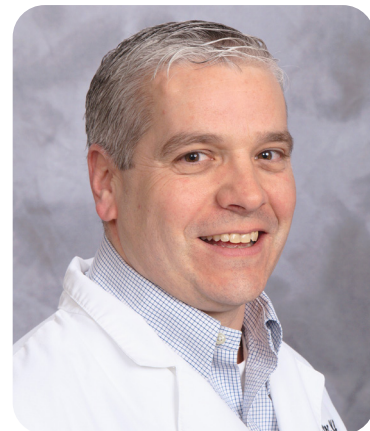
Thank you for your support.

Steven Hanks, MD

Kenneth Baker, MD



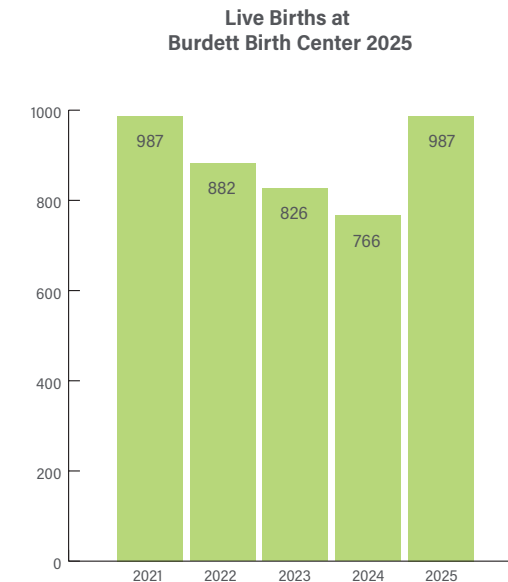
Steven Hanks, MD
President & CEO
St. Peter's Health Partners and
St. Joseph's Health



Kenneth Baker, MD
Chair of Department of
Obstetrics and Gynecology
St. Peter's Health Partners

Snapshot

There was quite a baby boom at Burdett Birth Center in 2025! A record 987 live births were recorded, compared to 768 in 2024 – an increase of more than 28%. Births at St. Peter's Hospital also increased. Together, these facilities saw 4,022 deliveries in 2025.



MOMS Program Sees Spike in Use

The Maternal Obstetrical Mentoring Services (MOMS) program is a support program established in the early 1990s to help pregnant individuals and their families plan and prepare for parenthood. The program is guided by Sheilah McCart, manager of Community Engagement in the Community Health and Well-Being department at St. Peter's Health Partners. She says the ONLY requirement to participate is pregnancy. Participants meet with a registered nurse and case worker to help them connect with services beyond obstetrical care, including supportive counseling, referrals to community programs, help obtaining baby supplies, family planning and infant care education, and assistance with enrollment in the NY State of Health marketplace or addressing other health insurance needs. MOMS is located in Troy and Albany.

MOMS Program Participants

2025: 1,071 (+ 382)

2024: 689



What Did You Love About Your Experience at Burdett Birth?

“It's a great mix of a hospital setting but with a lot more autonomy. I used a midwife and a doula and the nurses were incredible. I felt like it was a community and that's what I wanted for my first baby; to be in a place where they wanted the best for me and my baby and my husband. I really appreciate all the staff and all they did. They were phenomenal.”

~ Cara Collier

MOMS Program: Supporting a Healthy Start for Dana and Baby Micah

At 16 weeks pregnant, 38-year-old Dana Cruz-Cooper of Schenectady was referred to the Maternal Obstetrical Mentoring Services (MOMS) Program during one of the most challenging periods of her life. A first-time mother over age 35, Dana had recently left a domestic violence relationship and was experiencing homelessness, living temporarily in an RV. While she had some family support, she was also the primary caregiver for her mother and facing significant financial strain.

Throughout her pregnancy, Dana worked closely with the MOMS team, including her caseworker, registered nurse, and transportation specialist, to build the foundation for a healthier, more stable future.

Dana's first appointment focused on addressing her most urgent needs. Caseworker Tiana Brackin immediately began assisting her with applications for WIC, SNAP, and housing support. She was also connected to community housing resources, domestic violence services, and mental health counseling.

As her pregnancy progressed, Dana secured long-term housing with help from the program. The team then assisted her in obtaining essential furniture and baby supplies. She was also referred to Healthy Families for continued support for both herself and her baby after birth.

Throughout her pregnancy, Dana met regularly with Sarah Wagoner, RN, who provided education on pregnancy, breastfeeding, and childbirth. Sarah also ensured Dana received doula services, giving her consistent, trusted support during labor, delivery, and the postpartum period.

Reliable transportation was another critical need. Community Health Worker and Transportation Specialist Jill Sharp worked with Dana to coordinate rides to her medical appointments and taught her how to arrange transportation independently for future visits, including those for her newborn son.

"They were a lifesaver because at the time, I couldn't think about how I was getting to any of my appointments," Dana shared.



Sarah Wagoner, RN, with Dana Cruz-Cooper and son, Micah

Five months after her son Micah was born, the MOMS Program continued to support Dana by providing a new car seat as her growing baby transitioned to the next stage.

"Oh, my goodness, I almost cried. It's so expensive right now to buy a car seat, and I didn't have the funds to get one that fit my son. He's growing like lightning," she said.

For Dana, the MOMS Program provided more than services. It offered stability, confidence, and the support she needed to ensure a healthy pregnancy and promising future for her family.

"It's remarkable how much help I'm still receiving after giving birth to my son. He's a really happy kid. Oh, it's such a blessing!"

Scan this QR code to hear Dana tell her story.



Transportation Services

The use of St. Peter's Health Partners' (SPHP) no-cost transportation service more than doubled in 2025. This service is available to all patients at our Troy, Latham, and Clifton Park obstetrical offices and the Capital Regional Midwifery office in Troy.

The transportation service is part of SPHP's Maternal Obstetrical Mentoring Services (MOMS) program.

Jill Sharp, community health worker and transportation specialist, helps reduce barriers some pregnant individuals in the Capital Region face when accessing the medical care they need. Sharp helps patients enroll in Medicaid and coordinates transportation either with Medical Answering Services (MAS) for Medicaid recipients or via Lyft.

Sharp is also a child passenger safety technician and meets with expecting or new parents to help them safely install their infant car seats. **She performed 23 car seat installations in 2025.**



Jill Sharp,
Community Health Worker and
Transportation Specialist

"I don't know what I'm doing when I'm putting the car seat in! So, I feel a lot more secure and safe that he's going to be in there properly and safe in the car."
~ Dana Cruz-Cooper



32 out of 988 pregnant individuals who delivered at Burdett Birth Center in 2025 arrived at Samaritan Hospital via ambulance.

Patients Using Transportation Assistance

2025: 378 (+204)

2024: 174

Midwifery Care Grows at Burdett Birth Center

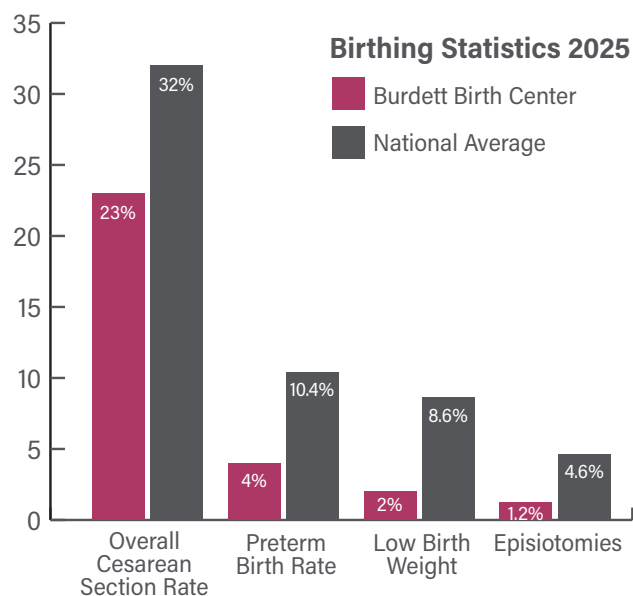
Capital Region Midwifery was established in 2011 in response to the local community's need for more advanced practitioners, and care that focuses on education and meeting the needs of underserved populations. It joined St. Peter's Health Partners (SPHP) in 2018 and became part of Burdett Birth Center (BCC) at Samaritan Hospital in 2020.

The midwifery model of care has been proven to reduce the incidence of birth injury, trauma, and cesarean section (C-section). **In fact, the overall C-section rate at BBC is 23% which is 9% lower than the national average.**

Midwifery is designed to:

- promote, protect, and support a person's reproductive rights;
- respect cultural diversity and emphasize personal care;
- give patients with low- and medium-risk pregnancies more education to make their own decisions about their bodies;
- provide individualized counseling and prenatal care;
- provide continuous hands-on assistance during labor and delivery;
- provide postpartum support.

In 2025, two additional midwives joined SPHP, bringing the number to seven.



Midwifery Care Brings "Magic" to Patient's Experience

Brittany Phillips grew up hearing about midwifery care. Both of her brothers were born many years before her using midwives and her father always spoke highly of their experience; and her aunt who worked in a women's clinic always raved about the midwives.

"I don't think I even considered anything else," said Phillips. "I just wanted something that was more supportive and natural ... in the sense of the experience of enjoying it all and not having it just be this methodical thing. I wanted it to be the magical thing that it is!"

She got what she was asking for. Phillips saw a midwife (sometimes different ones) every four weeks during her pregnancy.

"I really enjoyed the care. I felt supported and listened to. I didn't feel rushed through any appointments."

When it came time to deliver her daughter, Shiloh, Phillips had a medical decision to make and ended up having a C-section, which was not what she expected.

"You know, you're given information, and then you can make that choice. There's no push. And I think that that's how things should be done. I think feeling like you have some say in what goes on in the birth of your child is important to walk away and feel like it was a good experience."

And it wasn't only Phillips who benefitted from the care she received.

"Even after we gave birth, my boyfriend felt like he was supported in the hospital as well ... which I thought was cool to incorporate both parents in the experience," she said. "Everyone knew what needed to be done, but they still let me know throughout the entire experience, and they also let her father know. I could cry about how supportive they were. And I never felt scared the whole time, even though there were points that could have maybe been scary."

Centering Program Sees Increase in Participants

The Centering Program, which is a model of empowering prenatal care, was brought to Capital Region Midwifery in 2024 through a partnership with the Centering® Healthcare Institute. Participants experience 10 interactive and fun group appointments with other pregnant individuals at similar gestational ages, as well as more hours of prenatal education, so participants feel ready and confident to birth and care for their babies. It has been clinically proven to result in better health outcomes, including reduced risk of preterm birth.

Participation in the Centering Program has been steadily increasing. Looking ahead to 2026, there 28 participants already registered in four cohorts.

Cohort 1	5 Participants	6 Babies (one set of twins)
Cohort 2	7 Participants	7 Babies
Cohort 3	8 Participants	9 Babies (one set of twins)



Centering Program graduates with midwife Maureen Murphy

Right photo: Calli Devlin, Centering Program participant
Scan to hear Calli's story.



Previous page photo: Brittany Phillips, Capital Region Midwifery patient, with her newborn
Scan to hear Brittany's story.



Centering Program Brings Education, Modern Advice, and Friendships

Calli Devlin heard out about the Centering Program at her first appointment with Capital Region Midwifery.

"They described that it was a combination of the care that I would receive anyway, along with some of the classes. And while it was going to take a little bit more time than a traditional appointment, I liked the idea of being able to be with a group of women going through the same thing at the same time," said Devlin.

With four other children, Devlin was no stranger to the birthing process. So why did she want to participate in the pregnancy education program?

"I love learning from other people and in real-life fashion. I wanted to see what may have changed over the last 12 or 13 years and be clued in with a lot of that," she said. "Things I hadn't thought of, like, hey, there's this new pillow to use. Or if you do this instead of that it helps with heartburn."

Devlin could also contribute her previous experiences and help spark ideas within the group.

"It was good to be able to mention a thing or two that I had experienced just to put it out there and then see what other people took or didn't take from it. Because we're all different and some things work for some (and not for others). And it was nice to just be around other people in general. To take that time out of the day."

Devlin described how the first meeting started with some quietness until the women started to get to know each other. And now ...

"A few of us are actually trying to exchange numbers so we can do some sort of a follow up, which we were told a couple of the previous groups had been able to do and still have some unofficial mom groups that get together and do things."

Her advice to other birthing individuals? "Definitely, definitely, check it out. Give it a try for sure."

Doula Care at Burdett Birth Center

Doula care is another growing birthing support option at Burdett Birth Center (BBC). A doula is a professional who receives specialized training and certification in the physiological, emotional, and spiritual needs of birthing individuals. Doula care most often begins during the first few months of pregnancy. The doula helps birthing individuals:

- make informed choices about the kind of birth experience they want to have, and then the doula advocates for that plan with the clinical team;
- feel empowered to trust their bodies and the natural process of childbirth;
- learn skills of relaxation and alternative pain management methods, breathing techniques, birthing positions, and comfort measures;
- experience a relaxing, safe, and positive birth experience.

Evidence demonstrates the benefits of doula care for mothers and infants. For mothers, there is an increase in maternal engagement and higher satisfaction with doula care, and babies are less likely to have low five-minute Apgar health scores at birth. Apgar is a quick test that assesses a newborn's health and how well they are adapting to life outside the womb.

The positive effects of doula care have been found to be greater for women who are socially disadvantaged, low income, lacking a support system, or experiencing language and cultural barriers.

In 2025 — the first year doula care was expanded to BBC — 164 patients (16% of all birthing individuals) had doula encounters, including labor support, breastfeeding support, and postpartum education.



“I had been a doula working in the community for eight years prior to coming to work at Burdett Birth Center. I became a doula because I believe birth matters — not just medically, but emotionally and spiritually. I love holding space during one of the most vulnerable and transformative moments in a person's life. I know that calm presence alone can change an experience in a busy hospital setting. At Burdett, I'm proud to be able to offer that help to my patients and the staff as well. My work here centers on grounding, reassurance, and helping families feel confident and informed as they navigate birth within the medical system. In addition, I am a Spinning Babies® Parent Educator and I'm passionate about teaching families how to have more comfortable birth experiences by utilizing positions that facilitate physiological birth. One of my favorite things to do in the birth room here is teaching partners in the moment how to help their loved ones stay comfortable and confident in birth!”

~ Liz Addeo, CD(TVL), LCCE



Antonia Tabenkin with baby Sylvia at Burdett Birth Center.

Doula Success Story

As an attorney, Antonia Tabenkin previously had a hand in writing doula legislation.

“It was such a cool thing to learn about. I always had it in the back of my mind that when I have a baby, I want that kind of support,” said Tabenkin.

In mid-2024, she got her chance. After learning she was expecting, she began talking to doulas Liz Addeo and Josie Hart at around eight weeks.

“We met a lot. They learned about ME and what I wanted so all their advice was really tailored to me,” remembers Tabenkin. “They were trusted advisors who helped me make informed decisions about all aspects of my care throughout my pregnancy.”

At 20 weeks pregnant, Tabenkin switched from a different practice to Capital Region Midwifery and continued her doula care with Addeo and Hart.

“First-time moms have so much anxiety. We don't know what's normal and what's not and the internet is scary,” said Tabenkin. “I felt dismissed at my other practice, but the midwives here would just sit with you forever and answer every question under the sun.”

Tabenkin had what's referred to as “false labor” for three days prior to active labor. Her doulas guided her on stretches and pain management techniques. When it was suggested she take medications to help her sleep so she could be strong for delivery, she had her advisors to consult with.

Tabenkin didn't feel she needed the extra support in the early part of active labor, but when she was six centimeters dilated, she texted Addeo who showed up



L-R: Liz Addeo (doula), Antonia Tabenkin with baby Sylvia, and Josie Hart (doula) at a home visit.

in twenty minutes. Hart was texting and calling to stay apprised of what was happening.

“I was very excited. She came with her twinkling lights and her very good energy. Liz has the best energy,” Tabenkin said. “She had a special lamp and music. She was very calm in explaining what was going to happen. It was nice, too, because I ended up with an epidural and had lymphedema, so she gave me a lot of massages.”

So how does she think her experience would have been different without a doula?

“I think I would have been less informed and more anxiety prone. To have someone in the room with you the whole time during the transitions to talk to you and help you ... to hold my hand ... I felt more focused. I knew Liz would advocate for what I wanted. I didn't want to be on my back, so she put me in the position I wanted without discussion.”

“The only other person present was my husband,” said Tabenkin. “And while I love my husband I was like, ‘go stand over there. Liz is my person right now.’ And he was like, ‘she's my person now, too!’ We're both Type-A people and she's just so calm in her demeanor. It's so easy to trust her.”

Baby Sylvia was born on May 16, 2025. So, what if Tabenkin finds out she's pregnant a second time?

“I will absolutely be texting Liz as soon as I have my positive pregnancy test!”



Baby Cafés

A Baby Café is a comfortable and inviting space where lactating individuals can go to receive free help with breastfeeding from certified lactation specialists and peer supporters who can answer questions and offer help with latching and other issues that arise.

Funded through a Breastfeeding, Chestfeeding, and Lactation Friendly New York grant from the New York State Department of Health, St. Peter's supports four Baby Cafés in Albany and Rensselaer counties, and another two in Schenectady County in partnership with Schenectady County Public Health Services.

In 2025, 257 breastfeeding/chestfeeding individuals attended Baby Cafés in all locations. This does not include partners who are commonly in attendance as well.



Calandra's Baby Café Journey: A Story of Strength, Support, and Community

"I first came to our Albany Baby Café when my son was just a few weeks old, seeking help with a painful latch and concerns about his weight gain. From those early, uncertain days, I found not only expert lactation support but a community that would become a steady presence in my life.

Over the years, I have continued to attend Baby Café every week—most often virtually, though I join in person whenever I can. As a work-from-home parent, I value the connection and encouragement I receive from other moms and caregivers. The social support has become a lifeline, offering meaningful conversations, shared experiences, and the comforting reminder that I'm not alone.

My breastfeeding journey hasn't been without challenges. At eight months, my son's nursing sessions became painful due to dry, cracked nipples, and I again turned to Baby Café for help. With expert guidance and compassionate support, I navigated each hurdle, gaining confidence and strength along the way. Through it all, Baby Café has been my cheerleader, celebrating every milestone, big or small.

Now, as I welcome my second baby, I proudly still breastfeed my toddler. I breastfeed my new baby, too, and am already looking forward to bringing her to Baby Café. My journey is a powerful reminder of what can happen when families are supported, informed, and embraced by a nurturing community. Thank you." ~Calandra Lange

SPHP Parenting Resources

Expecting Parents

- **MOMS Program** (Troy) 518-270-3035 (Albany) 518-525-3232
- **Healthy Families of Rensselaer County** 518-274-1279

New Parents

- **Baby Cafés** 518-459-2550
- **MOMS Program** (Troy) 518-270-3035 (Albany) 518-525-3232
- **Healthy Families of Rensselaer County** 518-274-1279

For additional resources through SPHP, visit:

- www.sphp.com/services/maternity/patient-resources
- www.sphp.com/services/maternity/support-services

SPHP Obstetrics Care

- **Capital Region Midwifery** (and Centering Program) 2231 Burdett Ave., Suite 160, Troy (518) 326-1620
- **St. Peter's Family Health Center** (operated by St. Peter's Hospital) 326 South Pearl St., Albany (518) 449-0100
- **Samaritan OB/GYN** 855 Rte. 146, Suite 150, Clifton Park (518) 373-4555 713 Troy-Schenectady Rd., Suite 224, Latham (518) 786-6270 2231 Burdett Ave., Suite 110, Troy (518) 271-3900
- **St. Peter's OB/GYN** (operated by St. Peter's Hospital) 400 Patroon Creek Blvd., Suite 102, Albany (518) 445-4320 279 Troy Road, Suite 202, Rensselaer (518) 938-1980

Patient Resources

Parent Tours of Burdett Birth Center

Pregnant individuals and families considering their birthing options can tour Burdett Birth Center and have all their questions answered to help them make informed decisions.

An average of eight tours are given every month, each accommodating a maximum of eight couples to keep it more intimate. In 2025, 340 participants took one of 82 tours.

Tours begin in the admission room with registered nurses Jenny Picarillo or Hannah Gregory. They explain the admissions process and what the midwives, doctors, and nurses do. They walk the hallways to get familiar with where the nursery and operating rooms are, and tour the triage area, delivery rooms with and without jacuzzi tubs, postpartum rooms, and the PACU.

"Going to the hospital for anything can be overwhelming, so the tours bring a calming sense to



Hannah Gregory, RN, provides a tour to Jordyn and Clayton Herling who plan to birth their baby at Burdett Birth Center.

the families. We answer questions, ease their fears, and make the birth process a little less intimidating ... already seeing the room they'll have their baby in, meeting the staff," said Picarillo. "They really love that we have hydrotherapy. Every room has a private bathroom that is very nice. They also get excited about the option of pool births."

Picarillo says they get great feedback from patients and their supportive persons.

"It's great when I walk into a room and they're like, 'Oh my gosh, you gave me my tour!' They love seeing the familiar face, and they feel more comfortable coming back for labor having already seen the unit."

Picarillo continues, "They just love the home-like atmosphere of the unit. Burdett is very welcoming."

Burdett Birth Center Tour Brings Peace of Mind to Parents

Cara Collier knew she wanted to birth her baby at Burdett Birth Center based on recommendations from a friend who had her baby there, but since this was her first baby, she had no idea what to expect. Her doula, Liz Addeo, highly recommended she and her husband take a tour.

"I wanted more peace of mind so that when I was in labor, it wouldn't be the first time I was exposed to the hallways and the people and the rooms when it was game time," remembers Collier. "It was nice because for every scenario I had in my head, I knew where everything was and I had all the details down pat so that was something I didn't have to worry about."

Collier says her tour guide, Hannah Gregory, RN, set the impression for what her experience would be like at Burdett.

"She is one of the sweetest people I've ever met in my life. She's so empathetic and so open and kind. She definitely put me at ease knowing I would see her and so many other nurses like her."

Another advantage of the tour was getting a packing list of the must-haves and the nice-to-haves and things that would be available to them at the birthing center so they knew exactly what to bring and didn't overpack.

Her husband, Chris, also felt the support.



Cara and Chris Collier with son, Ansel

"Hannah would look right at him and ask if he had any other questions," said Collier. "She showed him where he would be sleeping, things to bring to be comfortable, where he would need to go if he needed to run out for different scenarios. She was very sweet and accommodating."

When Collier arrived at Burdett Birth Center at 6-to-7 centimeters dilated and in a lot of pain, she knew right where the triage area and her room were.

"I almost needed an emergency C-section, but even then, I had less anxiety because I knew right where they were taking me and what would happen. I didn't need surgery, but I felt more prepared for everything. I used the tub in the private bathroom while laboring. The whole experience was a lot more relaxing than I thought it would be."

Healthy Families of Rensselaer County

Healthy Families of Rensselaer County is a free, voluntary home-visiting program that provides prenatal care and education to expecting families, as well as developmental screenings, milestone guidance, and parenting support to families with children up to age five.

There is a demonstrated growing need for these services. During the program's contract period of July 1, 2024, to June 30, 2025, 133 participants were helped in Rensselaer County (compared to 117 the previous annual period).

The program also operates in Albany, Schenectady, Saratoga, Columbia, and Montgomery counties.

Many participants have a personal history of trauma or mental health challenges, are at risk of becoming unhoused, or are first-time parents who are anxious about parenting.

Healthy Families of Rensselaer County:

- assists parents in better meeting the family's needs;
- offers certified lactation consultants for both English- and Spanish-speaking families;
- improves birth outcomes with a 48% reduction in low-birth-weight deliveries among individuals enrolled before the 31st week of pregnancy;
- reduces child abuse and neglect with a drastic reduction in child protective services (CPS) reports for first-time parents as well as those with previous CPS reports;
- improves success in school with fewer grade repeats and more children scoring above grade level, among other results.

Prioritizing Maternal Health

Maternal mortality has lasting effects on families and communities, with Black birthing people facing mortality rates three to four times higher than those of White counterparts. Systemic inequities — such as disparities in housing, education, employment, and health care — contribute to this crisis, creating chronic stress and health gaps across racial and ethnic groups.

Patient Reported Experience Measure (PREM) Survey Enhances Patient Experience

To address these inequities, St. Peter's Health Partners (including Burdett Birth Center) uses a Patient Reported Experience Measure (PREM) to elevate the voices of Black birthing people and improve maternity care. The anonymous 17-question survey offered at discharge covers autonomy, respect, stigma,

and communication. Insights from PREM guide care teams in developing action plans centered on patient experiences.

Originally available in 10 languages, the PREM expanded to 24 languages in 2025, increasing accessibility and inclusivity. St. Peter's Health Partners (and Burdett Birth Center) has been recognized as a best practice site, with more than 60% of maternity patients consistently completing the survey. This high engagement reflects a strong commitment to equity and continuous improvement in maternal health outcomes.

Led by the New York State Perinatal Quality Collaborative, St. Peter's Health Partners (including Burdett Birth Center) is working to:

- identify how racial discrimination can impact birth outcomes;
- improve the experience of care and perinatal outcomes for Black birthing people.



See What Community Donations Can Do

Community Donations: Burdett Birth Center Labor Support Carts

Last year's Burdett Birth Center report included a feature story about labor support carts that were made available to laboring patients thanks to generous donations from the community using Burdett's Amazon Wish List. They are filled with comfort items like a galaxy light and speaker, battery-operated candles and twinkle lights, fans, hair ties, ChapStick, and more. An estimated 300 patients used the carts in 2025, and there are plans to expand their use.

Jenny Picarillo, RN, and Hannah Gregory, RN, got the idea to request donations for these carts after noticing that doulas were always coming in with these types of items.

"We saw a big difference between patients who were using these tools and those who were not. We wanted all patients to have access," said Picarillo. "And it's nice that doulas don't have to cart their own stuff here."

On admission, patients are given a checklist to mark which tools they would like to use, and nurses bring those items into the rooms.

"Patients love the galaxy light because we can turn off all the other bright lights in the room and it brings a calming vibe to the room for sure," said Picarillo.

She added they will be getting more donated galaxy lights in 2026 so they can start using them in postpartum rooms as well.

Some of the other popular items are candles around the tub, massage balls and sticks, and combs to squeeze during contractions.

"Sometimes patients don't understand how much of a difference these tools can make so they don't request them right away. But when we offer them and they try them, they tell us how much they really loved it and thank us for changing what their experience was like," said Picarillo.



Jenny Picarillo, RN, (left) and Hannah Gregory, RN, show off a stocked labor support cart.

If you would like to contribute to the labor support carts, here is the Burdett Birth Center Amazon Wish List.



Community and Partnership Engagement

Burdett Birth Center Advisory Committee

In 2025, the Burdett Birth Center (BBC) found itself surrounded by more than community support; it found true partners. The Burdett Birth Center Advisory Committee, a dedicated team of advocates, parents, caregivers, and local community leaders, continued to lend their time, passion, and insight to ensure BBC remained a trusted resource for growing families.

The Advisory Committee also served as a steady compass for our community relations and advocacy work. Their on-the-ground understanding of local needs and commitment to equitable maternal care informed key outreach efforts and helped strengthen vital connections throughout the region.

The result was a year marked by shared purpose and meaningful progress. As we reflect on 2025, we extend heartfelt gratitude to the Burdett Birth Center Advisory Committee for walking alongside us illuminating paths, elevating community voices, and helping BBC continue to shine for families across the Capital Region.

Capital District Maternal/Infant Coalition

In February 2025, SPHP Community Health & Well-Being held the first Capital District Maternal/Infant Coalition meeting. The purpose of the coalition is to bring together community agencies that work specifically with pregnant and postpartum individuals, and infants, from across the Capital District to exchange information, resources, and ideas on how we can improve the care and services for women and infants. Two additional meetings were held over the course of the year. More than 50 community-based organizations are excited to be a part of the coalition with the goal of meeting three times a year.

The coalition meeting was very well received. Participants had this to say:

"It was very well organized and informative. It was great to learn about so many different programs offering amazing services to the community and to be able to tap into those resources. For example, the target age group for highest risk of lead poisoning is children under six years of age and pregnant moms because they can actually pass on lead to their child if they are exposed to lead dust or lead sources during pregnancy."

"Thank you for the invitation! I left feeling fully energized by the valuable information I gained. It was wonderful to reconnect with old friends and learn about their innovative and creative efforts in supporting the community. I also enjoyed making new connections and learning about the incredible programs they are leading."

"I truly appreciate the opportunity to be part of such an inspiring gathering. Looking forward to working together!"

Auxiliary Members Gift Needed Supplies to Burdett Birth Center

The Samaritan Hospital Auxiliary plays a significant role in making sure all birthing individuals and families at Burdett Birth Center (BBC) are met with the supplies they need to be healthy and successful when they go home with their babies.

The Auxiliary offers discharge assistance for newborns, which includes things like diapers, wipes, blankets, outfits, etc., being available on the birthing unit. An estimated five to eight moms take advantage of this assistance each month.

"These items are offered in the hospital's gift shop, but because of limited hours, the auxiliaries wanted to be more proactive and make these items immediately available on the unit," said Roberta Hayward, Samaritan Auxiliary president. "If staff comes upon a situation where there's an immediate need during business hours, they know they can go to the corner shop, and we'll help them in any way that we can."

The auxiliary also provided 20 blood pressure cuffs for moms with preeclamptic pregnancies who went home on blood pressure medications and needed to monitor their blood pressure to help ensure healthy outcomes.

As an exciting way to end 2025 and look forward to the new year, the auxiliary — with help from BBC staff — provided care baskets to the families of the first babies born on Christmas and New Year's Eve. The baskets included items such as a stuffed animal, a blanket, an outfit, diapers, and more.



Wondering How You Can Help?

Current Samaritan Hospital Auxiliary president, Roberta Hayward, has been an auxiliary member for 10 years. Her mother-in-law was an auxiliary member and volunteered for more than 50 years.

"We have some very long-standing members. People who volunteered at a young age and enjoyed it and have raised a lot of money over the years," said Hayward.

As the auxiliary ages out, there are currently fewer than 10 volunteers, but this small group does big things and would love to bring on new members and ideas.

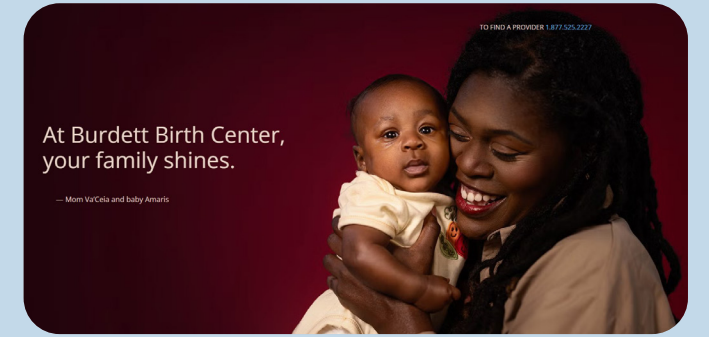
"For people in our community, it's a way to give back, and the people who are involved are really lovely people," said Hayward. "I just love the environment at the hospital. Everyone is very welcoming. They really are an inspiration. We do staff appreciation events four-to-five times a year ... pancake breakfasts ... small gestures that keep some of our members active."

If you are interested in volunteering for the Samaritan Hospital Auxiliary, contact Carol Favreau, Samaritan Hospital volunteer coordinator, at carolfavreau@sphp.com, or Jane Norris, director of Volunteer Services for St. Peter's Health Partners, at Jane.Norris@sphp.com.

Partnering for Progress: How Community Voices Helped "Shine On" Take Flight

Collaboration with the Burdett Birth Center Advisory Committee played a pivotal role in shaping the stories we chose to tell. During the development of our award-winning, grant-funded "Shine On" advertising campaign, the Advisory Committee offered invaluable guidance by sharing lived experiences, local perspectives, and honest feedback that helped the campaign reflect the authentic spirit of the community. Their contributions ensured the message wasn't just compelling, but real.

The campaign reached families across Rensselaer County and surrounding communities through print, digital, social media, search, transit, and outdoor placements, raising awareness and helping to drive growth for labor and delivery services at BBC. First-year results were strong: engagement levels exceeded industry benchmarks, website traffic to maternity pages more than doubled, and inquiries related to prenatal care and delivery options at BBC saw a



meaningful lift. This momentum not only reinforces the value of our services, but strengthens community confidence in choosing BBC for safe, compassionate, family-centered care.

We look forward to continued conversations, collaboration, and shared progress with all those we serve. Thank you, sincerely, for your partnership and support.

Scan to visit the "Shine On" campaign landing page.



Patient Satisfaction at Burdett Birth Center Exceeds Goal

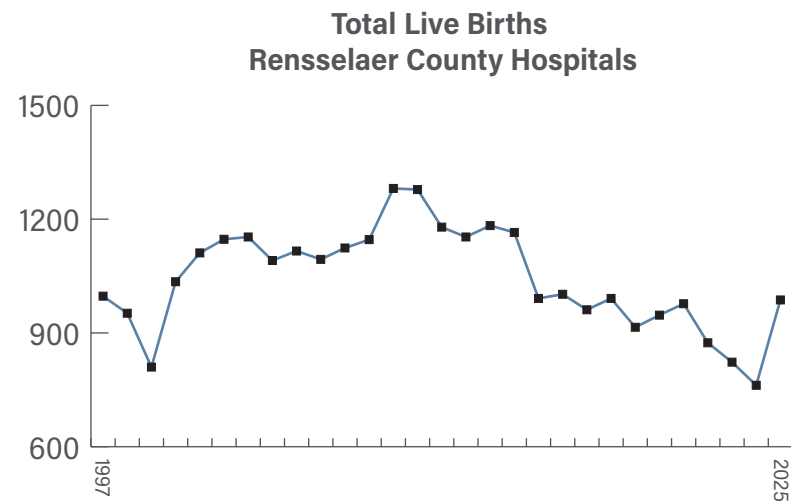
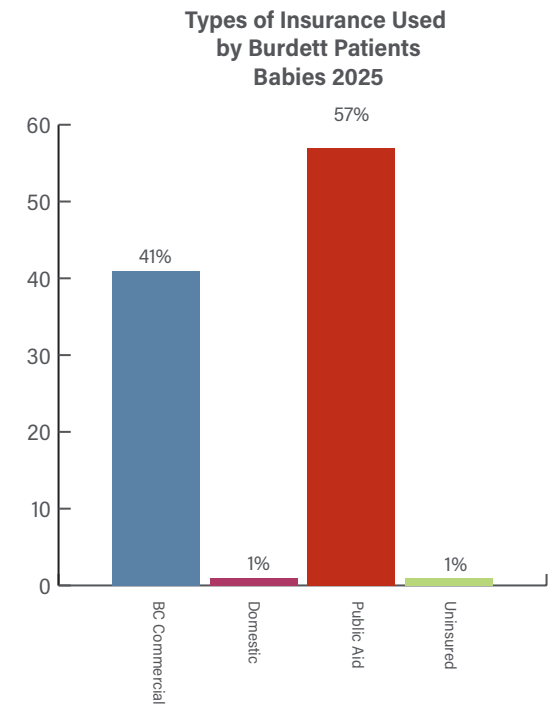
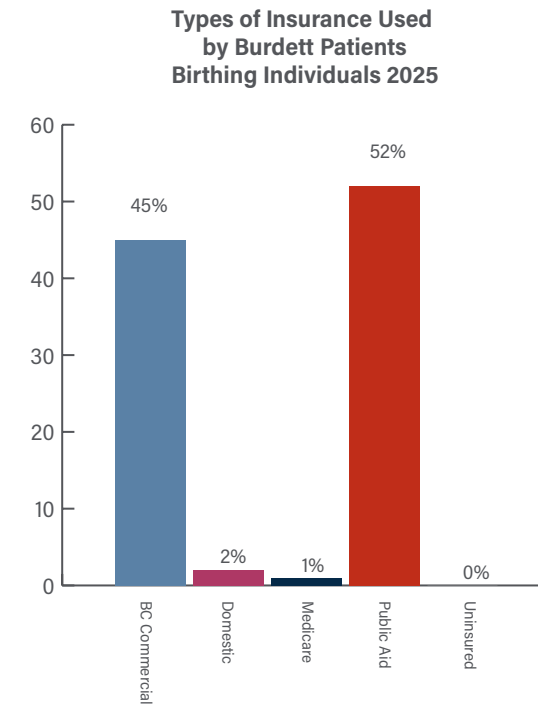
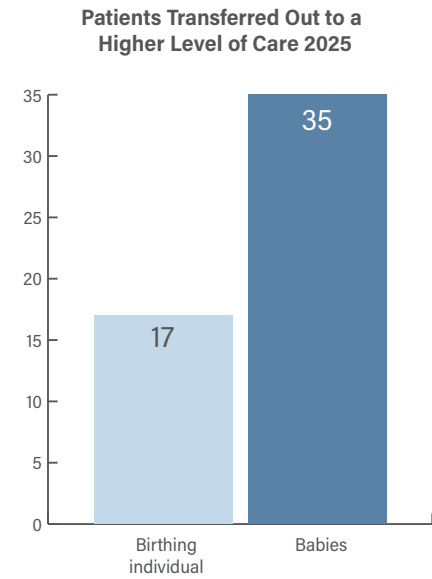
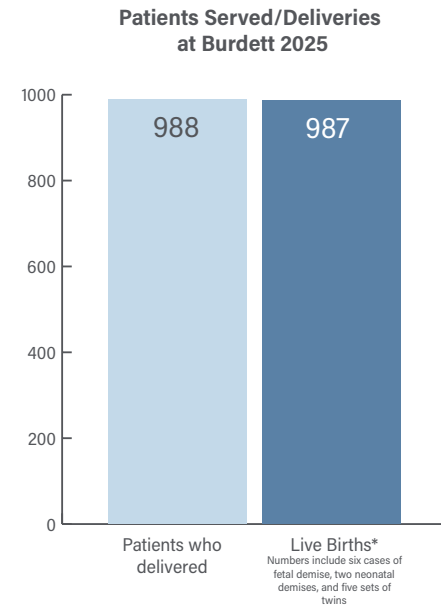
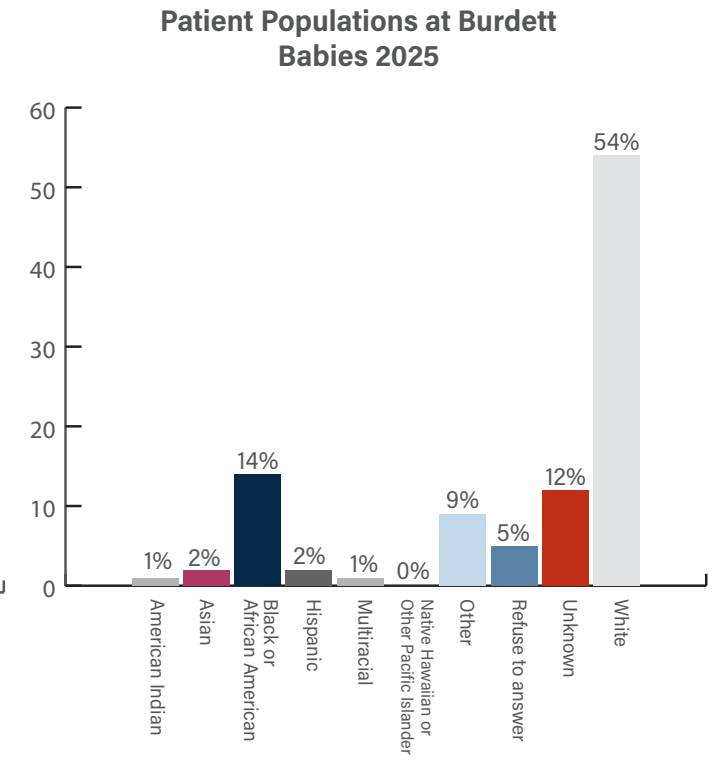
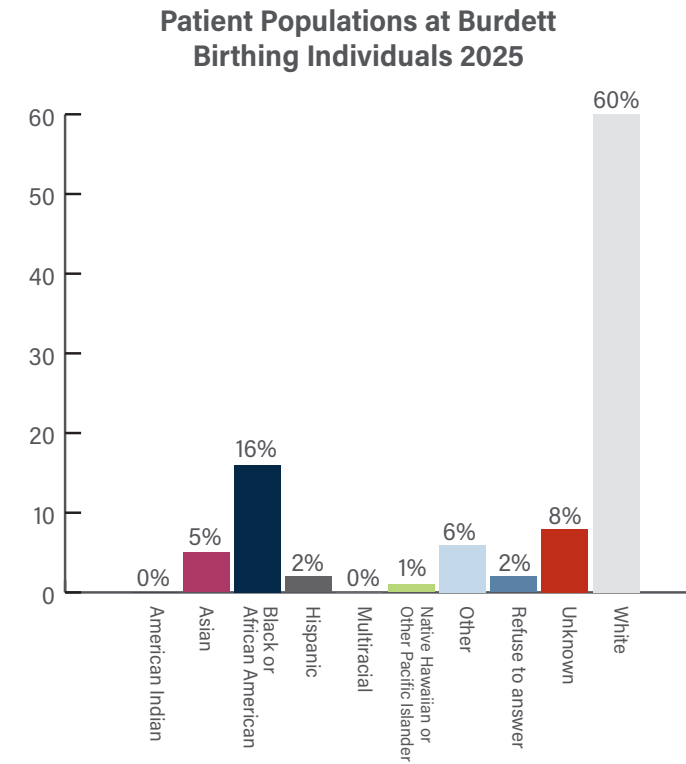
In 2025, Samaritan Hospital, including Burdett Birth Center, achieved a patient satisfaction rating of 79 with a goal of 58 (higher being better). This overall rating of a patient's experience of care is measured as Net Promotor Score (NPS), measuring metrics such as loyalty, satisfaction, advocacy, and enthusiasm for the medical provider along with how likely they are to recommend to family and friends. Scores range between -100 to 100.

Surveys used are Qualtrics and Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS).

Looking Ahead

St. Peter's Health Partners was recently awarded a grant from Mother Cabrini to address birth equity. In partnership with BirthNet, these grant funds will be used to provide a comprehensive, community-centered doula training and support program for those interested in becoming birth doulas. BirthNet is a birth justice organization in the Capital Region whose mission is to eliminate the inequities in birth outcomes for all childbearing people and to ensure that all birthing families receive respectful and supportive maternity and infant care.

Financial Report for Burdett*	
Losses for FY25 (July 1, 2025 - June 30, 2026)	
Revenue	\$12,064,000
Costs	
Staff and Supplies	\$7,151,000
Fixed Operating Costs	\$2,790,000
On Call Anesthesia	\$1,311,000
Employed OBs/Midlevels	\$2,456,000
Total Costs	\$13,708,000
Net Loss	<\$1,644,000>
<i>*Inclusive of DOH01-C40556GM-3450000 grant funds</i>	
Net Loss without Grant	<\$2,594,000>





Samaritan Hospital

ST PETER'S HEALTH PARTNERS

A Member of Trinity Health

Burdett Birth Center at Samaritan Hospital

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Troy, NY 12180

518-271-3393