Montefiore

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APRIL 2025

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2025 HOSPITAL WEEK EVENTS

MONDAY, MAY 12

7:00 AM - 9:00 AM Yogurt Parfaits - Cafeteria

2:30 PM - 4:00 PM Mr. Softie Ice Cream Truck - Doctor's lot

TUESDAY, MAY 13

11:30 AM - 4:00 PM Free Charcuterie Spread - Cafeteria

Breakfast will be provided to offsite locations *(*Hub, Squadron, MECOSC* & *Prenatal Center*)

6:00 PM - 12:00 AM Cookies - CCR

WEDNESDAY, MAY 14

11:30 AM - 2:00 PM BBQ, Music & Games - The Gazebo

6:00 PM - 12:00 AM Snacks - CCR

Special thanks to the Food & Nutrition Service Department and the Montefiore Nyack Foundation for their support in planning these events!

THURSDAY, MAY 15

7:00 AM - 10:30 AM 11:30 AM - 1:00 PM Donuts and Coffee - Cafeteria (Donuts donated by Dunkin Donuts. Coffee donated by Red Phoenix Coffee & Starbucks)

6:00 PM - 12:00 AM Donuts - Cafeteria

FRIDAY, MAY 16

11:30 AM - 4:00 PM AMC Popcorn & Bucket - Cafeteria

4:00 PM - 6:00 PM Free Ice Cream Bars - Cafeteria

EMPLOYEE ANNIVERSARIES

Congratulations to the following employees who celebrated a milestone work anniversary this month. We applaud their dedication and thank them for their care and service to the Hospital!

<u>5 YEARS</u>
James Alston
Tamara Benoit Jean Fil
Christopher Bermeo
Caitlin Biggar
Brianna Carlevaro
Elvis Hernandez
Lou Ellen Kaiser
Ryan Vermette

15 YEARS Matthew Adamchek Jose Caylao Anthony Ford Jennifer Rivera 20 YEARS

Ann O'Meara

25 YEARS Patricia Elliott

WELCOME NEW EMPLOYEES!

We would like to extend a warm welcome to our newest employees.

Selina Allen, RN, Emergency Department

Bianchi Almodovar, RN, Emergency Department

Michelle Andrade Urgiles, MRI Receptionist, MRI

Mohamed Bakri, Patient Access Coordinator, Patient Access

Laureen Brogan, Certified Recovery Peer Advocate, Recovery Center - Outpatient

Christoff Burrell, Host Hostess, Food & Nutrition Services

Glenda Chavez Oliva, Host Hostess, Food & Nutrition

Lita Clark, RN, Emergency Department

Paula Dawkins, RN, Emergency Department

Lenda Dorvilus, RN, Recovery Center – Detox

Jessica Dunn, RN, NICU

Sarah Faber, RN, Emergency Department

Katherine Ferrigno, Clinical RN Coordinator, Radiation Oncology

Christopher Graf, RN, Emergency Department

Marlene Herrera, Patient Accounting Representative, Patient Financial Services

Devina Hicks, RN, Behavioral Health

Destry Johnson, Radiologic Technologist, Diagnostic Radiology

Mark Mercer, RN, Recovery Center – Detox

TyAshia Mount, PCA, 4 Doctors

Mary Prempeh, Behavioral Health Counselor, Behavioral Health

Natalie Rasuk, Trauma Registrar, Trauma Center

Johnny Rosario, Environmental Services Aide, Environmental Services

Esmeralda Salcedo Ochoa, Radiation Therapist, Radiation Oncology

Justin Schoene, Environmental Services Aide, Environmental Services

William Smith, Security Officer, Safety & Security

Jessica Szlaz, Clinical Research Coordinator, Hematology Oncology Center

Reginald West, Behavioral Health Counselor, Behavioral Health

Charity Wilkerson, Host Hostess, Food & Nutrition

Wade Wynter, Environmental Services Aide, Environmental Services

Jenna Zambrotta, RN, Emergency Department

EMPLOYEE OF THE 1ST QUARTER



From I to r: Angela Wang, Assistant Nurse Manager, Operating Room and Digno Rodriguez, OR Environmental Services Aid

Congratulations to **Digno Rodriguez**, Operating Room Environmental Services, who was recognized as the Employee of the 1st Quarter 2025! Digno was notified of this award on April 25th during a presentation at Montefiore Nyack's Board of Trustees meeting. Digno was nominated by members of the OR surgical staff who offered high praise for his positive attitude, consummate professionalism and impressive resourcefulness.

Described as "the cornerstone of the OR," Digno is regarded as an exceptional Environmental Services Team Lead specialist due to his efficiency, creative solutions, results-driven approach, and strong commitment to maintaining a safe and sanitary environment in the OR. Digno is resourceful and a masterful problem solver when technical issues arise with any OR equipment. He is passionate about his work, consistently prioritizes patient safety and wellbeing, and is always willing to lend a helpful hand.

On behalf of the OR Operating Group and Hospital Administration, we thank Digno for his hard work and expertise in ensuring our OR operations run smoothly and efficiently!

An Honorable Mention was also awarded to **Nina Almond, BHU Social Worker**, who went above and beyond in collaborating with Greater Mental Health of New York to help a patient gain access to a long-term assisted living facility. Nina tirelessly advocated on this patient's behalf through countless conversations, emails, phone calls, video conferences, and paperwork. She overcame multiple barriers to break the readmission cycle that prevented him from receiving the wraparound services needed to transform his life, ultimately.

Congratulations to Digno and Nina on this well-deserved recognition! We thank you for your uncompromising care and appreciate your outstanding efforts to embody the Hospital's WE CARE standards!



From I to r: Nina Almond, Psychiatric Social Worker, BHU and Ola Amusan, Administrative Director, BHU

The "Employee of the Quarter" program is open to all staff. To nominate an employee or manager, request a nomination form from **Norma Mateo-Liatsis, SHRM-CP, Senior Human Resources Coordinator and Rewards & Recognition Program Ambassador**, in Human Resources.

STAFF PROMOTIONS AND RETIREMENTS

Congratulations to the following employees who have been promoted to new positions!

Wendy Raymond was promoted to Registered Nurse from Schedgistrar.

Libby Lowery was promoted to Support Services Supervisor from Lead Environmental Services Aide.

Allen Nettleton was promoted to Materials Manager from Materials Management Specialist.

Samantha Wallace was promoted to Registered Nurse from Telesitter.

Congratulations and special thanks to the following retirees for their 10+ years of service! We wish them well in their retirement!

Evelyn Yacopino, RN retired in April after 37 ½ years of nursing.

Susan Zabala, RN retired from nursing in March after 24 ½ years of service.

Marion VanWoudenberg retired in March after 12 years as a Research Coordinator.

DOWNTIME PREP DRILLS

Congratulations to Montefiore Nyack Hospital's

Food and Nutrition Department on earning the Downtime Drill Champion Award and our runner-up MICU. This award goes to the department that held the most "Downtime" Drills as part of our Emergency Management Preparedness training. These exercises ensure that staff understands the tools and processes needed to keep their units running efficiently during an electronic system downtime. Among our affiliate hospitals, Montefiore Nyack earned the recognition of Participation Champion with a total of 628 drills and 2,722 participants!



Food and Nutrition Department and MICU

In a real-life downtime event, there's no time to scramble for information or learn on the spot. Being prepared in advance ensures we can continue delivering the highest level of care when it matters most. We owe it to ourselves, our teams, and our patients to understand the tools and processes needed to keep our units running efficiently during an electronic system downtime.

Downtime drills can be run at any time, and are a valuable exercise because drills develop staff confidence and help ensure a consistently safe continuum of patient care services. This year's March Madness competition is over, but departments can initiate any time by downloading the form: <u>Downtime Drill 2025 (Page 1 of 4) (office.</u> <u>com)</u>. Thank you to everyone for making Downtime Madness a success!

A MESSAGE FROM FACILITIES

Clogged toilets and blocked sewer lines remain a persistent issue due to non-flushable items, particularly Medline's ReadyBath Select cleansing wipes. Unless it is toilet paper, nothing else should be flushed. This serious matter affects facility operations because these durable wipes do not break down.

We need everyone's help and cooperation to ensure that non-flushable wipes are disposed of in the nearest trash bin. Please do not dispose of them in the toilet or drain. Thank you.

NO WIPES DOWN THE PIPES



Only toilet paper should be flushed down the toilet. All other items should be discarded in the trash.

IN THE COMMUNITY

Special thanks to the Community Health and Wellness for its submission!

Troops from our five Senior Activity Centers rallied at Dominican University for a Senior Boot Camp. **Sandra Arevalo** and **Maria Laura Sampaio,** Community Health and Wellness, gave a presentation on the "Five Myths About Aging."

Teddy Bear Hospital at Rockland Youth Fest

On March 30th, Community Health & Wellness hosted a Teddy Bear Hospital at Rockland Youth Fest where 130 kids received a teddy bear! This event teaches children about medical procedures and helps lessen the fear of doctors. In addition to the free teddy bear, there were information tables, games and coloring books. Special thanks to our volunteers, **Tessy Smyth, RN, Sandra Arevalo, Maria Laura Sampaio,** and **Sarah Arevalo**.

Health Screenings for POPPA

On April 16th, the Police Officers Providing Peer Assistance (POPPA) program held health education and screenings at the Time Hotel in Nyack. Montefiore Nyack Hospital and Community Health & Wellness provided blood pressure, blood sugar and cholesterol screenings, a consultation with a registered dietitian, and free Narcan with education for local police officers. Special thanks to our nurses, our pharmacists, and Community Health & Wellness for their help at such an engaging and special event, including cardiologist **Dr. Duane Bryan, Kay Murray, Beena George, Phyllis Kelly, Ann O'Meara, Maria Laura Sampaio, Eneas Soares, Melissa Keeney, Sandra Arevalo, Tyler Bochno, Kim Khan and Seo Park**.



EARTH DAY 2025

On Tuesday, April 22nd, in partnership with Keep Rockland Beautiful, volunteer staff participated in a community cleanup event. Armed with grabbers and a map, our staff volunteers dedicated their lunch hour to picking up litter on the hospital grounds and surrounding streets.



Neighbors in the area were very appreciative of our efforts.

Earth Day was first officially celebrated in 1970, and in the 55 years since then, it has become a widespread global initiative raising awareness for environmental causes. This year's theme was Our Power, Our Planet, inviting everyone around the globe to unite behind renewable energy and clean electricity by 2030.





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RECOGNITION DAYS

Patient Access Week (March 30-April 5)

During Patient Access Week, we celebrated our team of professionals who guide our patients through the first steps of their healthcare journey with us. Last week, the Patient Access Services Department enjoyed a weeklong celebration, including well-deserved recognition lunches, desserts and appreciation gifts. We thank this team for making our patients feel supported in our care.



Medical Laboratory Professionals Week (April 20-26)

Our laboratory professionals are an integral part of the healthcare team at Montefiore Nyack, providing information to clinicians who aid in the diagnosis, treatment and prevention of disease.







Health Information Professionals Week (April 21 - 25)

During Health Information Professionals Week, we recognize the vital role health information professionals perform in ensuring accurate, accessible, and secure health data. The Health Information Management Department enjoyed a weeklong celebration, including well-deserved recognition lunches, fun activities, and appreciation gifts. Thank you for all you do!



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SAVE THE DATES

V-Fib Coffee

V-Fib Coffee will be on vacation from Friday, May 2nd until Friday, May 16th. Stay caffeinated until his return on Monday, May 19th.

Golf Classic Monday, May 5, 2025 10 AM to 5 PM

Mark your calendars and join us for the 39th Annual Northeastern Anesthesia & Montefiore Nyack Hospital Medical Staff Golf Classic at Rockland Country Club in Sparkill, NY. All net proceeds benefit the Transformation Project. Visit <u>https://secure.qgiv.</u> <u>com/event/39thgolfclassic/</u> to register and learn more information.

Transamerica Retirement Education Wednesday, May 7, 2025 8:00 a.m. to 4:00 p.m.

Transamerica is currently handling retirement education via phone appointments only. To schedule a one-on-one virtual consultation, please call 319-355-3534. You can also click on MAKE AN APPOINTMENT to register for an appointment. As a reminder, you can access your Transamerica retirement plan account online at <u>www.transamerica</u>. <u>com</u>.

Spring Hours for Mary's Garden 7 AM to 7 PM

Entrance accessible from Stairwell #5 between the Ground and First Floors near the Cafeteria. Mary's Garden is a tranquil space for Hospital employees and volunteers to sit and relax during break time and one-on-one meetings. There are no trash receptacles in Mary's Garden. Please kindly take out what you bring with you.

Toiletry Drive for Elementary School Kids May 1 to 10, 2025

Montefiore Nyack Hospital and Rockland Council on Alcoholism and Other Drug Dependence, Inc. will collect toiletries to create hygiene kits. The kits will be distributed to elementary school students during a personal hygiene education event. The drop-off box will be in the back of the Café until May 10th.

MASKING UPDATE

Influenza cases and hospitalizations recently have been at low levels compared to peak activity in February. Therefore, New York State Department of Health Commissioner James McDonald, MD, MPH, has declared that influenza is no longer prevalent for the 2024-25 influenza season. New York State Sanitary Code (10 NYCRR § 2.59) no longer requires healthcare personnel not vaccinated against influenza to wear a surgical or procedure mask while in areas where patients or residents may be present. For healthcare personnel who have received their FLU vaccine, please remove your FLU vaccine sticker from your ID.

POSTAGE STAMPS

Set a reminder to restock your stash of Forever stamps before July 12th if you still purchase postage stamps.

In April, the United States Postal Service (USPS) filed a notice with the Postal Regulatory Commission (PRC) to propose a price increase on the cost of Forever stamps. If the proposal passes, **the price of a first-class Forever stamp will increase by five cents, from 73 to 78 cents, starting July 13th, 2025**.

In addition to first-class stamps, the price hike will affect metered letters (from 69 cents to 74 cents), international postage (from \$1.65 to \$1.70) and domestic postal cards (from 56 cents to 62 cents).

The USPS said the PRC would review the postagehike recommendation before the changes are scheduled to take effect on July 13. To understand how much the cost of U.S. postage has changed in the last 40 years, the price of a first-class stamp in 1985 was only 22 cents.

NURSES WEEK

Our nurses are the backbone of Montefiore Nyack Hospital. In acknowledgment of National Nurses Week in May (May 6-12), all employees are invited to nominate a Nursing Staff member for one of the following awards. Award winners will be announced during the Hospital's Nurses Week awards ceremony. All nomination forms are due by Sunday, May 4, 2025.

NURSE LEADERSHIP EXCELLENCE AWARD https://forms.office.com/r/NmgJmNvBcs

TRANSFORMATIONAL LEADERSHIP AWARD (MANAGER/DIRECTOR) https://forms.office.com/r/t4iLsPRUgj

TEAM EXCELLENCE AWARD https://forms.office.com/r/a3sgY7LjmS

NURSING PROFESSIONAL DEVELOPMENT EXCELLENCE AWARD https://forms.office.com/r/akCPYa0au0

FRIEND OF NURSING AWARD https://forms.office.com/r/nZiPLB3uLb

NURSE PRACTITIONER EXCELLENCE AWARD https://forms.office.com/r/MzGbtvdHiP

NURSING PRACTICE AWARD https://forms.office.com/r/YiXZsJzTSD

NURSING MENTOR AWARD https://forms.office.com/r/2x7x0RqNHF

ABOVE & BEYOND EXCELLENCE AWARD https://forms.office.com/r/eB0mGtP8xA

ANCILLIARY SUPPORT STAFF EXCELLENCE AWARD

https://forms.office.com/r/z43QZJKAX6

RISING STAR EXCELLENCE AWARD https://forms.office.com/r/tk6nmu33j3

LPN EXCELLENCE AWARD https://forms.office.com/r/bvLDQCNzF7

All nomination forms are due by Sunday, May 4, 2025.



MONDAY, MAY 5

Gift Distribution by Unit/Department Manager 2:30 PM - 4:00 PM

Ice Cream Truck - Physicians Lot*Ice cream will be provided to offsite locations (Squadron, MECOSC & Prenatal Center)

TUESDAY, MAY 6

6:45 AM - 9:00 AM

"Power Up" Breakfast Distribution - Physicians Lot & Security

11:30 AM - 1:30 PM

Rock Decorating - Mary's Garden

7:30 PM Cookie Distribution to Night Shifts

9:00 AM - 11:00 PM

Sound Immersion Room Available - Orthopedic Conference Room (1st Floor)

WEDNESDAY, MAY 7

8:00 AM Breakfast Delivery for Home Care & MECOSC Team 8am 9:00 AM - 11:00 PM Sound Immersion Room Available - Orthopedic

Conference Room (1st Floor)

THURSDAY, MAY 8 2:00 PM

Nurse's Awards Ceremony - Physicians Lot

FRIDAY, MAY 9

7:30 AM - 10:00 AM & 1:00 PM - 3:00 PM ESPN (Extra Special Powerful Nurses) Event with

Mocktail Bar - CCR

Special thanks to the Food & Nutrition ServiceDepartment and the Montefiore Nyack Foundationfor their support in planning these events!

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EMPLOYEE ENGAGEMENT SURVEY

The 2025 Employee Engagement survey. Eligible participants are employees hired at least 90 days before May 5th. The survey takes a few minutes to complete and will provide valuable information on how we can improve employee engagement here at Montefiore Nyack Hospital. All employees will receive feedback on the survey results and improvement plans will be developed based on the survey results.

2025 Employee Engagement Survey May 5 - May 30 "Thank you for all you do"

- Shorter Survey
- Online Only
- Safe & Anonymous
- Results Used to Improve Organization
- HR Survey Champions Available to Assist
- Participation Incentives (third party selection)
- Access to Survey on All Devices with Internet Access
- Your Opinions Are Valued

Participation Incentives

<u>1st Day</u>

10 - <mark>\$25</mark> Amazon Gift Cards

Weekly Participation

5 - \$25 Amazon Gift Cards (Week 1 through 3) 5 - \$35 Cafeteria Gift Cards (Week 4) 1 - Special Prize

Overall Participation 1 - Surprise Gift valued greater than \$100

One Time Grand Prizes

2 - <mark>\$100</mark> Amazon Gift Cards



Electronic and Gift Card prizes to be awarded throughout the survey. All participants are eligible for the one time grand Prizes throughout the survey, winners will be selected at the end of the survey time frame for the grand prizes, all other prizes will be selected either daily or weekly as applicable.

DONATE LIFE MONTH

On April 11th, employees were encouraged to wear blue and green, Donate Life's colors, supporting the importance of signing up as an organ donor and raising awareness about Donate Life Month and our partners at LiveOn NY.



Only 40% of Rockland

County residents are registered as New York State organ donors. To sign up to be a lifesaving organ donor, visit <u>https://registerme.org</u>.



ALCOHOL AWARENESS MONTH

Special thanks to the Employee Assistance Program for its submission!

There is a great deal of information available about alcohol and alcoholism, yet there is also a great deal of misinformation and "myths" that are perpetuated as well. Alcohol use itself is neither good nor bad. Some medical findings attribute moderate alcohol use as being beneficial. However, for some, drinking alcohol can have significant negative consequences.

Instead of looking at alcohol use in a "good/bad" context, it may be more useful to think about one's relationship to alcohol. This "relationship" can change over time and may not start as problematic. One's use may become out of control meaning the consequences of use, amount, and frequency become unmanageable.

RADIATION ONCOLOGY

Our **Radiation Oncology team** celebrated the installation of our new Radixact Tomotherapy machine with the very first patient to receive treatment. This unit is the latest technology, which reduces patient sessions by as much as 80% compared to conventional radiation therapy.



Biological, societal, psychological, emotional, and spiritual factors can all play a part in someone developing a problem with alcohol. The disease of alcoholism is complex and causes a person to feel compelled to drink despite the problems their use is causing. If someone's drinking is causing problems at home, work, or school, they are struggling with alcohol use disorder (AUD).

If you have concerns about your or a loved one's alcohol use, consider contacting the EAP for confidential guidance and support at **845-638-8880** or email us at MNH-EAP@montefiorenyack.org.



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NORTHEASTERN

ANESTHESIA SERVICES

Northeastern Anesthesia & Montefiore Nyack Hospital Medical Staff GOLF CLASSIC

TEE UP FOR MONTEFIORE NYACK FOUNDATION

> Montefiore Nyack

BUNDLE OF *BIG* BUCKS \$ RAFFLE TICKETS

Purchase a 1-in-250 chance for \$100 to win \$10K today. (Only 250 tickets sold)







Drawing will be held at the 39th Annual Northeastern Anesthesia & Montefiore Nyack Hospital Medical Staff Golf Classic on Monday, May 5th at Rockland Country Club. Winner need not be present to win! If all tickets are not sold, the winner will receive 20% of the raffle proceeds.

Online Auction

On Your Mark, Get Set, Bid!

The 39th Annual Northeastern Anesthesia & Montefiore Nyack Hospital Medical Staff Golf Classic **Online Auction** is open for bidding! With a selection of one-of-a-kind Dining Experiences, Getaways, Entertainment, Sporting Events, and more ... there's something for everyone!

TO BID, SCAN QR CODE



WIN FABULOUS PRIZES



For more information, contact the Foundation Office at mnh-foundation@montefiorenyack.org call (845) 348-2770 or vist montefiorenyackfoundation.org.

THE VOICE OF OUR PATIENTS

The Patient Experience is about being a caregiver and ensuring patients and families feel safe and confident in the care provided. Everyone here at Montefiore Nyack Hospital contributes to patient experience in a meaningful way. Below are a few acknowledgments of gratitude received.

Congratulations to the units and departments they represent and the caregivers they work beside.

 I am SO grateful for the Nyack Hospital Cardio Rehab Program and the team that runs it. I have been going for over 3 months now. My heart failure EF went from 24% to 45-50% and this program was crucial in my recovery. I could not have accomplished this without them. They were professional, knowledgeable, courteous, caring and supportive. I am also

very impressed with how the program is structured. They maintain the flow of many patients, individual needs, and activities efficiently and orderly. They kept me on track and encouraged me to keep going and pushing myself. I could never have

done this without them. Because of this team, I have the confidence and the knowledge to successfully continue my recovery and exercise routines close to home as my new healthy lifestyle. If I could give you more stars - I WOULD. Thank you to James, Anthony, Bella & Jacqueline!

- **"Dr. Pavela Saha** is kind, professional and knowledgeable. She was very thorough with her examination and did an amazing job of explaining everything. I have full faith in her capabilities."
- **"Dr. Gotesman** is absolutely amazing! He performed a procedure on my finger with such skill and precision. His calm and knowledgeable approach immediately put me at ease, and I knew I was in the best hands. The staff was just as incredible—friendly, professional, and truly caring. Helene, in particular, was beyond helpful

in every way! The entire experience was smooth, stress-free, and handled with the utmost care. If you're looking for a true mensch, someone you can trust completely, Dr. Gotesman is the one. I highly recommend him and his fantastic team!"

- Amanda, the RN in the ICU unit is amazing! The care she gave to my uncle was phenomenal. She truly cares about her patients. She deserves an award for Nurse of the Year!
- "I had to have several X-rays, scans, an endoscopy at Montefiore Nyack Hospital. Every doctor, nurse, imaging technician, and administrative personnel were all kind, informative, and professional. I never waited more than a few minutes every time I was there. No one wants to be sick, but if I have to receive

medical care, please let it be at Montefiore Nyack Hospital."

• "The staff were kind and patient from the moment I arrived at reception to the clerks confirming my information, especially the technicians in **Radiology**."

Home Care

- "Jennifer Cassidy, RN is a wonderful nurse, makes her patients and families very comfortable and is so warm and caring. Nuris Javier, HHA was fabulous. They were both beyond caring and provided my husband with excellent Home Care."
- "All healthcare providers I interacted with from Montefiore Nyack Home Care were professional, supportive, and knowledgeable!"
- "Maria Armi Ares, PT was amazing. She provided me with exceptional care and concern. She was indeed a very competent professional."
- "Julie Enright Commane, RN and Barrie Ackerman, PT were wonderful. They knew their job and it showed."



