

JANUARY 2024

2
ANNIVERSARIES

3
WELCOME NEW
EMPLOYEES

4
IN MEMORIAM
RICHARD KOHLHAUSEN

5
HEALTHY RECIPE

6
SAVE THE DATES

7
VOICE OF OUR
PATIENTS

BLOOD DONOR MONTH IN JANUARY MORE VITAL THAN EVER

According to The Red Cross, hospitals are receiving blood products faster than blood donations are being provided.

Montefiore Nyack Hospital is hosting a **blood drive** with the New York Blood Center (NYBC) on **Wednesday, January 31, 2024**, amid a critical nationwide blood shortage. The NYBC's Bloodmobile will be stationed in the Physician's Lot from **noon to 6:00 p.m.** Appointments are highly encouraged.

Since blood can only be stored for so long, hospitals and patients rely upon a steady flow of volunteer donors. To help offset chronic blood shortages, blood donors are encouraged to donate blood once per season or four times a year. When a person donates one unit of blood, it can be separated into individual components to save multiple lives.

There are different kinds of blood donation including: **Whole blood** is usually given to people who have life-threatening injuries or people in surgery. **Red blood cells** are given to people who have blood disorders, have acute blood loss from trauma or need a transfusion to increase the number of red blood cells in their bodies. Red cell donation takes a bit longer and has additional eligibility requirements. **Plasma** transfusions are used for patients with liver failure, bad infections and serious burns. **Platelets** are most often used to treat cancer. They are also given to patients who have open-heart surgery and organ transplants.

To donate blood and platelets at Montefiore Nyack's blood drive, please obtain prior supervisor approval and schedule an appointment at [Donor Portal - New York Blood Center \(nybc.org\)](https://www.nybc.org/donor-portal). To donate blood, you must be at least 16 years old, be in good health and weigh at least 110 lbs. For more information, visit [nybc.org](https://www.nybc.org).



EMPLOYEE ANNIVERSARIES

Congratulations to the following employees who are celebrating a milestone work anniversary this month. We thank them for their years of service at the Hospital.

5 YEARS

Frantz Christophe
Jesenia Muniz Sanjurjo
Silviya Sheshur
Romina Smith
David Southren
Tarique Stewart
Kelvin Valdivieso
Mary Wolf

10 YEARS

Vladislava Litvak-Staroselsky

15 YEARS

Debra Bonagura
Warren Brandt
Margaret Egan-Hayes
Marie Joseph
Patrick Lynch
Sally Schwartz
Patricia Shea
Almar Solis
Mary Woulfe

20 YEARS

Faithlyn Burrell Hunter
Patty Hannon-Lleras

STAFF PROMOTIONS AND ACCOMPLISHMENTS

Congratulations to the following employees who were recently promoted to new positions at Montefiore Nyack Hospital!

John Amendola, Human Resources, was promoted from Associate Benefits Manager to Employee Benefits and Wellness Manager.

U.S. News & World Report, the global authority in hospital rankings and consumer advice, has named **Montefiore Nyack Hospital as a 2024 High-Performing Hospital for Maternity Care (Uncomplicated Pregnancy)**. This is the highest award a hospital can earn for U.S. News' Best Hospitals for Maternity Care. This maternity care designation was measured by factors such as newborn complication rates.

Congratulations to the physicians, obstetricians, gynecologists, neonatologists, pediatric hospitalists, dedicated nurses and support staff at The Jacobs Family Maternity Center for this well-deserved recognition.

Best Hospitals for Maternity Care is an annual evaluation designed to assist expectant parents, in consultation with their prenatal care team, in making informed decisions about where to receive maternity care that best meets their family's needs.

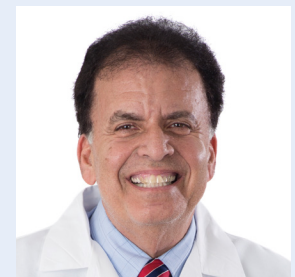
RETIREMENT NEWS

Congratulations to **Irene Kelly, MD, FACOG**, of Highland Medical OBS-GYN of Rockland, and **Ronald K. Stern, MD**, of Highland Medical Internal Medicine, who have retired from their respective obstetrics and internal medicine practices.

It has been a privilege of Highland Medical and Montefiore Nyack Hospital to have Dr. Kelly and Dr. Stern as members of our trusted medical care team. We wish Dr. Kelly and Dr. Stern well in their retirement.



Irene Kelly, MD, FACOG



Ronald K. Stern, MD

WELCOME NEW EMPLOYEES!

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

December

- **Matilde Auguste**, PCA, 6 Doctors
- **Michelle Antoniou**, PCA, Surgical ICU
- **Rita Astur**, Pathologist Assistant, Laboratory - Pathology
- **Elizabeth Bramman**, RN Care Manager, Case Management
- **Martha Castano**, Lead Clinical Laboratory Technologist, Blood Bank & Serology
- **Alisha Charles**, PCA, Emergency Department
- **Christine Connelly**, Occupational Therapist, Home Care
- **Erika Mia Debulgado**, RN, Emergency Department
- **Jacqueline Escano**, Clinical Laboratory Technologist, Blood Bank & Serology
- **Michael Fixler**, Respiratory Therapist, Respiratory Therapy
- **Stanley Fortune**, Security Officer
- **Cheryl Gardner**, RN, Behavioral Health
- **Yaniris Gonzalez**, Release of Information Coordinator, Health Information Management
- **Tiffany Jean Baptiste**, PCA, 6 Doctors
- **Peyton Jennings**, Security Officer
- **Anna Johnston**, Talent Acquisition Specialist, Human Resources
- **Natalia Inoa**, Engineering Apprentice, Facilities
- **Christine Koenig**, Clinical RN Coordinator, Ambulatory Surgery Center
- **Brian Latimer**, RN, Emergency Department
- **Joanne Lauricella**, Clinical Laboratory Technologist, Blood Bank & Serology
- **Lauren Marchany**, PCA, 6 Doctors
- **Leticia Masih**, Patient Access Coordinator
- **Beverly McIntosh**, Laboratory Assistant, Blood Bank & Serology
- **La'Quanta McClarty-Nimmons**, Behavioral Health Counselor, Behavioral Health
- **Jon Medrozo**, Materials CSPD Manager, Ambulatory Surgery Center
- **Gershni Melendez**, Operations Supervisor, Blood Bank & Serology
- **Anne C. Melvin**, Clinical RN Coordinator, Pre-Natal Center
- **Malcolm Mitchell**, Environmental Services Aide
- **Maureen Morrison**, Lead Clinical Laboratory Technologist, Blood Bank & Serology
- **Lori Moses**, MRI Receptionist, MRI
- **Maureen Ogoye**, Clinical Laboratory Technologist, Blood Bank & Serology
- **Maritza Padilla**, Patient Access Coordinator
- **Nichole Perez**, Administrative Nursing Supervisor, Nursing Administration
- **Angel Ramirez**, OR Environmental Services Aide
- **Tyler Rivera**, Security Officer
- **Jamie Russo**, Patient Access Coordinator
- **Heidi Sedlmair**, Clinical Laboratory Technologist, Blood Bank & Serology
- **Reginald Seide**, Environmental Services Aide
- **Sherice Spencer**, RN, Medical ICU
- **MaryEllen Spohn**, Physician Assistant, Operating Room
- **Eugene Stevens Jr.**, Environmental Services Aide
- **Jenipher Tamay**, PCA, 6 Doctors
- **Mariyitsa Triantafyllopoulos**, RN, 5 Doctors
- **Michael Webster**, Environmental Services Aide
- **Desiree Yarber**, Clinical RN Coordinator, Hematology Oncology
- **Mary Ellen Zaffuto**, Clinical Laboratory Technologist, Blood Bank & Serology

New Hires in January

- **Suzanne Baffer**, RN, Endoscopy
- **Stephanie Boyce**, PCA, 3 Doctors
- **Mackenzie Carter**, RN, Pediatrics
- **Kianna Dixon**, Patient Access Coordinator, Patient Access
- **Stacy Ann Duhaney-Abrahams**, RN, Behavioral Health
- **Leyda Duran**, Blood Bank Manager, Blood Bank & Serology
- **Mara Fortune**, PCA, 5 Doctors
- **Julius Reice Fostanes**, Administrative Associate, Behavioral Health
- **Yvonne Griffin**, Ambulatory Circulator, Ambulatory Surgery Center
- **Lawry Joseph**, RN, 4 Doctors
- **Sajani Kayastha**, RN, Emergency Department
- **Andrea Maddison**, Compliance Assistant Director, Corporate Compliance
- **Desiree Maingon**, HIM Operations Manager, Health Information Management
- **Christopher McCullagh**, Environmental Services Aide
- **Jamie Miller**, Coordinator of Contract Mgmt & Payment Reconciliation, Patient Financial Services
- **Svetlana Ogut**, RN, Labor & Delivery
- **Aarati Poudel**, RN, 4 Doctors
- **Michelle Raines**, PCA, 5 Doctors
- **Katiria Reyes**, Psychiatric Assessment & Referral Specialist, Behavioral Health
- **Nathalia Rodriguez Gonzalez**, PCA, Recovery Center
- **Ana Sanchez-Villasenor**, RN, Pediatrics
- **Laura Sarnicola**, Pre Post-Operative Ambulatory RN, Ambulatory Surgery Center
- **Kimberly Stephenson**, RN, 4 Doctors
- **Francis Taggart**, Security Officer
- **Angelica Tillery**, Registered Nurse, NICU
- **Ma Theresa Villanueva**, Administrative Associate, 4 Doctors
- **Reinaldo Velez**, Assistant Nurse Manager, Emergency Department

IN MEMORIAM

Richard Kohlhausen, who served as Chairman Emeritus of the Montefiore Nyack Hospital Board of Trustees, passed away on January 23, 2024.



He was 78. Known by many as Dick, he brought an immeasurable wealth of experience and expertise to the Board of Trustees since 2007. He was a remarkable asset to Montefiore Nyack Hospital for his outstanding leadership, compassion, intelligent guidance and stewardship. Our thoughts and prayers are with his family and friends.

<https://bit.ly/3SCQBAb>

MASK MANDATE

With COVID, flu and other [respiratory illnesses prevalent and on the rise](#), Montefiore Nyack Hospital has reinstated masking requirements.

To protect visitors, staff, and patients during this season of heightened viral illnesses, all visitors to our hospitals are required to wear masks at all times in public areas and patients' rooms.

2024

MONTEFIORE NYACK HOSPITAL'S New Year's Babies

First Boy

Kalel Ray

1/1/24 at 2:54 a.m.

First Girl

Dina Aylen

1/1/24 at 2:53 p.m.

Montefiore | Nyack

HEALTHY RECIPES

New Feature on the Website! Enjoy our healthy, delicious recipes, including simple lunch ideas, snacks, breakfast, soup and more, from our very own nutrition expert, **Sandra J. Arévalo, MPH, RDN, CDN, CDCES, CLC, FAND, Director of Community Health & Wellness**. For more recipes, visit montefiorenyack.org/healthy-recipes.



NEW POSTAGE RATES

Effective January 21, The U.S. Postal Service raised **the cost of a First-Class Forever postage stamp** for letters from 66 cents **to 68 cents**. First-Class Mail Postcards will cost 2 cents more, from 51 cents to 53 cents. The price of international postcards and international 1-ounce letters increased by a nickel each, from \$1.50 to \$1.55.

Prices for package delivery also rose, with increases ranging from 5.4% to 5.9%, depending on the type of service. USPS Ground Advantage increased by 5.4% while Priority Mail and Priority Mail Express increased by 5.7% and 5.9% respectively.

HELP FOR WINTER-ONSET SAD

While feeling down is not unusual during the winter months, it can become problematic when those feelings interfere with everyday functioning. Feeling down can range from every day “blues” to more severe depression. Although some symptoms like weight gain, a sense of sadness and a decrease in energy may be mild and more common, other symptoms can become debilitating and negatively affect work, relationships and other areas of one’s life. Seasonal Affective Disorder (SAD) is a sub-type of depression that is exacerbated by the seasons of the year and displays a recurring seasonal pattern.

If you experience some or all of the following symptoms, you may suffer from something more than just the winter blues:

- Difficulty awakening in the morning and/or increased desire for sleep
- Increased feelings of lethargy
- Difficulty concentrating
- Difficulty performing tasks that were normally easy/enjoyable.
- Withdrawal from social situations
- Feelings of self-blame or despair
- Weight gain and/or increased cravings for carbohydrates and sweets
- Inability to tolerate frustration
- Anxiety/agitation
- Feeling depressed most of the day, nearly every day

If you or your loved one is struggling with Seasonal Affective Disorder (SAD), please contact the EAP for free, confidential assessment and support at 845-638-8880 or e-mail us at EAP@montefiorenyack.org.

SAVE THE DATES

Blood Drive at Montefiore Nyack Hospital
Wednesday, January 31, 2023
Noon to 6 PM

There is a critical blood supply shortage. The New York Blood Center's Bloodmobile will be in the Physician's Lot hosting a blood drive. Appointments are highly encouraged. One pint of donated blood can save up to three lives! To schedule an appointment:

You must be at least 16 years old to donate, be in good health, and weigh at least 110 lbs. Please note an automated red cell takes a bit longer and has additional eligibility requirements. If you're not sure if you qualify, schedule a whole blood appointment, and ask our staff when you arrive if you qualify for an auto-red procedure. Visit [Donor Portal - New York Blood Center \(nybc.org\)](https://donorportal.nybc.org) to access the registry online or call 732-672-5281.

Wear Red Day
Friday, February 2, 2024
All-Day Event

During American Heart Month in February, the American Heart Association's Go Red for Women movement works to save women's lives and beat heart disease. On National Wear Red Day, staff are encouraged to wear red apparel and/or accessories to raise awareness about heart disease.

Send your photos by noon on February 2nd to publicrelations@montefiorenyack.org for inclusion in the Hospital's newsletter and social media sites. Masks must be worn by all for indoor photos.

Transamerica Retirement Session (Virtual only)
Tuesday, February 6, 2024
8 AM to 4 PM

Transamerica is currently handling retirement education via phone appointments only. To schedule a one-on-one consultation, please call 319-355-3534. As a reminder, you can always access your Transamerica retirement plan account online at www.transamerica.com.

A MESSAGE FROM SECURITY

Please be advised that **Security does not validate visitors' parking receipts**. Visitors are responsible for paying the hourly parking fee based on the amount of time in the garage. Pay stations are in the Hospital's main lobby and northwest stairwell of the parking garage. There is also an option to pay via credit or debit card at the gate.

FLU VACCINE AVAILABLE

The flu vaccine for the 2023/2024 season is now available at Occupational Health Services (OHS), Monday through Friday from 7:00 a.m. to 3:30 p.m. No appointment is necessary.

TOP GOOGLE HEALTH SEARCHES OF 2023

Below are the top-trending health questions and concerns that people brought to Google throughout 2023:

1. How long is strep contagious?
2. How contagious is strep?
3. How to lower cholesterol
4. What helps with bloating?
5. What causes low blood pressure?
6. What causes warts?
7. Why do I feel nauseous?
8. What causes preeclampsia?
9. How to stop snoring
10. How long does food poisoning last?

2024 MILEAGE RATE

Effective January 2024, the standard mileage rates for the use of a car, vans, pickups or panel trucks will be **67 cents per mile** driven for business use, up 1.5 cents from 2023.

VOICE OF OUR PATIENTS AND COMMUNITY

Patient experience is the sum of all interactions that influence a patient's perceptions across the continuum of care. Ensuring that patients and families feel safe and confident in the care provided is at the core of what we do. **Thank you to the caregivers acknowledged below by the grateful patients who wanted to show their appreciation for the care they received.** Congratulations to the units and departments they represent and to the caregivers they work beside. At the end of the day, caring is what we do.

- “My father passed away this past month. ED docs rarely get thank-you notes. Let alone for care that was inevitably futile. The ED team, namely **Erin Davin, RN; Michael Grosshandler, RN; Jessica Flores, RN; Renato Garma, RN** and **Dr. Inna Bulaevsky**, gave my mother and I closure on Dad's life and let it end with humanity. It's hard to be compassionate and effective, while not wasting time in a busy ED. You did it perfectly. As an ED doc for 19 years, a former chairman, and a former residency director, I hope the teams I trained and worked with can match what your team does.”
- “The staff that I interacted with conducted themselves professionally and courteously. They performed the tasks at hand and answered any questions that I had that was within their purview before I left. I will come back next year from my annual mammogram.”
- “My recent surgery at Nyack Hospital went smoothly. My urologist did a great job. The nursing staff was very attentive and supportive. The administrative functions were handled timely and without incident. The entirety of the day went very well. I arrived at 6:30 a.m. for a surgery scheduled for 8:00 a.m. By 1:30 p.m. I was released. The seven hours in between I was treated extremely well.”



- “I get my infusion once a month at Nyack Hospital. **The nurses in The Infusion Center** are always so kind and patient. I always feel like I'm being taken care of!”
- “This place is great! Everyone is cooperative, very nice and caring. I love this place, especially **Dr. Aleksandra Mamorska-Dyga** who is very nice and helpful.”
- “I had my first infusion and when I arrived, I was already having a painful migraine. The lights were hurting my eyes. When I saw my two favorite nurses, they were quick to make me comfortable and made sure that I was ok. **Meena Thampi** is the best nurse. She is kind and loving. She quickly brought me a menu and explained every step of the infusion and how long the whole process would take. Gigi also brought me a pillow and showed me the new touchscreen

TVs that they have. I am grateful for nurses like these, who are not only capable and loving but are also dedicated to making sure that as a patient, I always know what's going on. I was there from 8:45 a.m. until 1:45 p.m. I had breakfast and lunch. After the initial Tylenol, Benadryl and steroid cocktail, I

was able to fall asleep and that made the whole process go faster. **Meena** and **Gigi** make my time at the Infusion Center at Montefiore Nyack much better. They always know what to do and most importantly they do it with LOVE.”

- “We are feeling safe in **Dr. Sung Ho Lee's** hands trusting him totally and very grateful.”
- “I had my mammogram, bone density test and sonogram done at The Breast Center. It was a wonderful experience. Thank you to **Margie Rosado, Sara Quinones** and **Maria Manfredonia.**”