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## MONTEFIORE NYACK HOSPITAL NATIONALLY RECOGNIZED AS HIGH-PERFORMING HOSPITAL FOR MATERNITY CARE

*This is the highest award a hospital can earn for U.S. News and World Report's  
Best Hospitals for Maternity Care*

Expecting parents often consider many factors, including services, amenities, performance on key measures of safety and quality, in choosing where to have a baby. 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. Montefiore Nyack Hospital earned a High-Performing designation in recognition of maternity care as measured by factors such as newborn complication rates.

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.

"To date, Montefiore Nyack Hospital has welcomed more than 1,300 babies in 2023, giving them the best start in life with excellent maternity care," Anthony Matejicka, Chief Medical Officer and Vice President of Montefiore Nyack Hospital says. "This distinction shows our commitment to providing expectant parents with safe and equitable patient experiences."

U.S. News evaluated hospitals from across the nation that provide labor and delivery services and submitted detailed data to the publication for analysis; 680 hospitals, an all-time high, participated in this year's U.S. News survey. Fewer than half – 46% – of all hospitals that offer maternity care and participated in the survey received a High Performing designation.

"This honor highlights the expertise and ongoing commitment of our affiliated physicians obstetricians, gynecologists, neonatologists, pediatric hospitalists, dedicated nurses and support staff at The Jacobs Family Maternity Center," said Maria Emerson, MD, FACOG, Director of Obstetrics and Gynecology at Montefiore Nyack Hospital. "We are extremely proud to have earned this prestigious recognition and will continue to work together on providing the highest-quality, patient-centered maternity care to the expectant patients of Rockland County," says Dr. Emerson.



## 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

Donald Cabildo  
Shamica Khan  
Rania Tawil  
Ana Vazquez

### 10 YEARS

Ann Pinon

### 15 YEARS

Marjory Fox  
Welemson Michel  
Massiel Prucha  
Rany Raetz  
Kari Schildknecht  
Anthony Suthard

### 20 YEARS

Lisa Didomenico

### 25 YEARS

Chantal Gedeon

### 30 YEARS

Kathleen Ann Fagan

### 35 YEARS

Katherine Still

## SAVE THE DATES

### Holiday Decorations

Each area should have someone assigned to ensure that holiday decorations are removed **no later than January 5, 2024**. If you have any questions regarding holiday decorations in your work area, please contact the Safety Director at ext. 3061. Thank you for your assistance in providing a safe environment for all of us.

### 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](http://www.transamerica.com).

## STAFF PROMOTIONS AND ACCOMPLISHMENTS

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

**Martine Francois, RN** was promoted from Patient Care Associate to Registered Nurse.

**Debra Ebner** was promoted from Logistics Coordinator to Facilities and Logistics Supervisor.

**Brendan Barton** was promoted from Engineering Apprentice to Trades Mechanic.

**The Jacobs Family Pride Wellness Center of Montefiore Nyack Hospital** was presented with a Commissioner's Special Recognition Award by the New York State Department of Health at the 8<sup>th</sup> Annual "Ending the Epidemic Summit" and 25<sup>th</sup> World AIDS Day event on November 30<sup>th</sup> at the Albany Capital Center in Albany, NY. The Pride Wellness Center was recognized for its ongoing work as the first LGBTQ+-focused medical center to bring affirming health care and services to the LGBTQ+ residents of Rockland County and the lower Hudson Valley.



## RETIREMENT NEWS

**Murielle Jeanty** and **Cecile “CeCe” Cicerone** retired on December 15 after many years of service at the Hospital.

Murielle worked as a Chemistry Lab Technician in the Laboratory for more than 35 years. Cece, cashier in the Hospital's Café, welcomed employees and visitors with her friendly demeanor and bright smile for 25 years!

We wish them much health and happiness in their retirement and offer our heartfelt thanks for their years of invaluable service!



Cecile “CeCe” Cicerone



Murielle Jeanty  
(pictured in the center last row)

## DIABETES PREVENTION PROGRAM

In January, Montefiore Nyack Hospital will offer a Diabetes Prevention Program for adults 18 or older who have prediabetes or are at risk for type 2 diabetes. Recruitment is underway for interested participants who meet the eligibility criteria for this free program. Participants will meet once a week with a trained lifestyle coach from the Hospital's Community Health and Wellness Department to improve their food choices, increase physical activity and learn coping skills to promote weight loss and reduce the risk of developing type 2 diabetes. To register for the upcoming Diabetes Prevention Program or check your eligibility, call the Community Health and Wellness Department at 845-348-2004.

### 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.

## FARMERS FRIDGE

The Food & Nutrition Department listened to employee feedback regarding the lack of offerings for all shifts and the need for healthier alternatives. With the arrival of the Farmer's Fridge, nutritious on-the-go meal options are available at your fingertips. Located on the ground floor by the pharmacy, the Farmers Fridge offers a diverse range of fresh and healthy salads. Employees can explore the menu at [www.farmersfridge.com](http://www.farmersfridge.com).





## CHRISTMAS TREE LIGHTING

On Friday, December 1<sup>st</sup>, we kicked off the holidays with a festive Christmas tree lighting. Thank you to our wonderful carolers who led us in song bringing holiday spirit to our hospital.



## EMPLOYEE HOLIDAY GIFT DISTRIBUTION



## AUXILIARY HOLIDAY BASKETS RAFFLE



## MENORAH LIGHTING

On Thursday, December 7<sup>th</sup>, Montefiore Nyack hosted a menorah lighting in the hospital's main lobby. Rabbi Chaim Z. Ehrenreich, Director of Chabad of the Nyacks, officiated the ceremony which included songs and the lighting of the menorah in celebration of Hanukkah. For eight days and nights, Hanukkah is a celebration of the power of light and a reminder that a tiny flame can banish a roomful of darkness. We hope those who celebrated had a happy and healthy Hanukkah.



## WINTER IS HERE



*Photo courtesy of Bettin Vieten, RN SICU*

## THE PHARMACY INFUSION CENTER

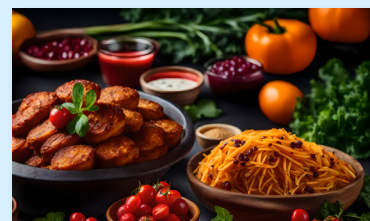
New regulations for the safe preparation and handling of chemotherapy went into effect in November. In preparation to meet compliance regulations, renovation and construction of the new Pharmacy in the Infusion Center began in July and was completed in November. During the renovation, Montefiore Nyack's Pharmacy Dept. maintained a seamless level of care for the patients of The Infusion Center by coordinating patient scheduling with the oncology team and use of its pharmacy at White Plains Hospital. Pharmacy staff from Montefiore Nyack brought all of their supplies to White Plains Hospital at 5:00 a.m. every day and prepared all of the chemotherapy medications for the day. Everything was brought back to Nyack so patients could be treated first thing in the morning. A small ribbon-cutting event was held in the Pharmacy area on Monday, December 4<sup>th</sup> to mark the occasion and celebrate the pharmacists who worked together to ensure our patients received the chemotherapy they needed. Congratulations and many thanks to all involved!



## HEALTHY RECIPE SUBSTITUTIONS

Experts from the Mayo Clinic recommend a few ingredient swaps to give your recipes a healthy boost. Simple ingredient substitutions can reduce salt and saturated fat and boost fiber without sacrificing the flavor. Instead of:

- **Bread crumbs:** Use rolled oats or crushed bran cereal.
- **Baking with butter, margarine, shortening or oil:** Use applesauce or prune puree for half of the butter called required. You can also use shortenings formulated for baking. Make sure they have 0 grams of trans fats.
- **Cooking with butter, margarine or shortening to prevent sticking:** Use cooking spray or nonstick pans.
- **Canned meat, fish, vegetables and soups:** Use low- or reduced-sodium versions.
- **Cream:** Use fat-free half-and-half or evaporated skim milk.
- **Croutons or tortilla strips on a salad:** Add crunch with unsalted nuts or seeds.
- **Full-fat cream cheese:** Choose fat-free or low-fat cream cheese, Neufchatel cheese, or pureed low-fat cottage cheese.
- **Eggs:** Use two egg whites or 1/4 cup of egg substitute for each whole egg.
- **All-purpose flour:** Use whole-wheat flour for half the flour called for in baked goods.
- **Ground beef:** Use extra-lean or lean ground beef, ground chicken, or turkey breast.
- **Mayonnaise:** Use reduced-calorie, reduced-fat mayonnaise in recipes. As a spread on a sandwich, try hummus, mashed avocado or mustard.
- **Meat:** Substitute vegetables or beans for half the meat called for in casseroles, soups and stews.
- **Evaporated milk:** Use evaporated skim milk.
- **Whole milk:** Use reduced-fat or fat-free milk.
- **White pasta:** Use whole-wheat pasta or "zoodles" (zucchini noodles).
- **White rice:** Use brown rice, wild rice, bulgur wheat or cauliflower rice.
- **Seasoning salt like garlic, celery or onion salt:** Use herb-only seasonings like garlic powder, celery seed, onion flakes, celery, garlic or onions.
- **Sour cream:** Reduce the fat with fat-free or low-fat sour cream or plain low-fat or fat-free yogurt.



## 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.

- “In 2022, I wrote a negative review of this facility for an issue that happened with my mother. This issue was brought to the attention of the proper administration and an apology was issued. Fast forward to 2023, after giving birth and being discharged, I didn't feel well and I quickly went to the ER not knowing that this hospital was going to save my life. I cannot express enough gratitude for the exceptional care and lifesaving efforts provided by Nyack Hospital during my recent ordeal. What started as the joyous occasion of bringing a new life into the world took an unexpected turn when I developed postpartum preeclampsia. In this dire situation, Nyack Hospital proved to be a beacon of hope, delivering exemplary medical care and unwavering support that undoubtedly saved my life. **Dr. Maria Emerson** saved my life! I am forever grateful. I pray God continues to bless you to save more lives. To anyone in need of outstanding medical care during and after childbirth or any health crisis, I wholeheartedly recommend Nyack Hospital. They are not just a hospital; they are a haven where lives are saved, and miracles happen.”
- “I was very happy with the care provided to me at Montefiore Nyack Hospital. From the security and registration check-in to the nurses, staff and doctors providing medical care, everyone I encountered was professional, knowledgeable and friendly throughout my stay. I was very happy to receive excellent medical care in Rockland, without having to go to a NYC facility.”
- I was supported by an extremely professional staff team including **Monique Lindquist, Slava Guttsait and Annick Wandji**. They did everything possible to make processes clear while keeping me comfortable. I recommend them highly!
- “The staff of this office greeted me on entering and from that moment on, I felt that I was in a medical office of a PROFESSIONAL doctor. Unfortunately, lately, it is not always the case. **Dr. Jason Faller's** bedside manner is gentle, his interest in his patient is genuine and you feel comfortable asking all the questions, even if they seem stupid to you. I will highly recommend this doctor.”
- “The staff here is like a breath of fresh air. They are all so kind from the front desk to the nurses to the doctors. I'm looking forward to my next appointment and not dreading dealing with rude people like in other facilities. Please keep up your hard work! We do appreciate it and it doesn't go unnoticed!”
- “While at Montefiore Nyack Hospital for surgery, the process from arriving at the hospital through recovery was seamless. Hospital staff at each interval of the surgery were professional and knowledgeable. They demonstrated they were there to assist me through this surgical experience. The hospital itself was clean and bright. Registration, especially **Genell Barnes, Patient Access Coordinator**, made the process pleasant. **Technologist Emerson Touzin** could not have been more professional and caring. A huge shout out to **Radiology Associate, Heather Spencer-Smith**, who went above and beyond her responsibilities greeting patients as they arrived. She was relentless in assisting me in finalizing the surgical process making numerous phone calls over two days to finalize the paperwork required. She, as are the others and the entire Montefiore Hospital staff, are assets to their professions and Montefiore Nyack Hospital.”
- “Our experience with **Dr. Robert March** at **The Hematology and Oncology Center** was excellent. He is the best. Very caring and hand-holding. Five stars to him and the hospital.”