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VOICE OF OUR PATIENTS

MONTEFIORE NYACK HOSPITAL RECOGNIZED AS A CERTIFIED PRIMARY STROKE CENTER

Montefiore Nyack Hospital has earned The Joint Commission's Gold Seal of Approval® and the American Stroke Association's Heart-Check mark for Stroke Certification

In October, Montefiore Nyack Hospital underwent a rigorous, unannounced onsite review of our Stroke Program. A team of Joint Commission surveyors conducted onsite observations and interviews for compliance with related certification standards, including program management, supporting self-management, and delivering and facilitating clinical care.

"Our stroke team is an exceptional group of multidisciplinary professionals whose dedication to providing immediate and best practice medicine to stroke patients exemplifies the excellence of medical care offered at Montefiore Nyack Hospital," said Anthony Matejicka, DO, MPH, Vice President and Chief Medical Officer.



- **Liliana Delgado, MSN, FNP**
- **Andrew Erian, MD – Stroke Committee Co-Chair**
- **Mohini Gurme, MD – Stroke Committee Co-Chair**
- **Christine Genovesi, MSN, RN**
- **William Greenhut, DO, MPH, FACEP**
- **Mena Hanna, Director of Laboratory Services, Laboratory**
- **Feona Joy, BSN, RN**
- **Karen Loncto, BSN, MS – Quality Validation Manager, IT**
- **J. Darren Murray, MSN, MHA, RN, CNOR – Stroke Coordinator**
- **Blake Riedel, BSN, RN, CCRN**
- **Jennifer Shannon, MSN, RN**
- **Bramdeo Singh, MD**
- **Daryl Schiller, PharmD, FASHP, BCPS**
- **Kristin Weeks, BSN, RN**
- **Carol Wynne, MSN, RN, CCRN, Quality Management Coordinator**

This certification reflects our commitment to providing the highest quality of care for stroke patients by reducing variation in our clinical processes and strengthening our program structure and management framework for stroke patients.

For more information, visit www.jointcommission.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

Minerva Cuevas
Tara Fagan
Ronald Grant
Geraldine Joyce
Kathleen Kiernan
Tamiko Subba

10 YEARS

Radha Maikoo
Sheila McNaughton

15 YEARS

Lincy Kurian
Ruth Lopez
Eve Mistrulli
Mary Satkunanathan

20 YEARS

Donna Palazzo

30 YEARS

Doris Latta

45 YEARS

Elizabeth Langley

MESSAGE FROM SECURITY

Montefiore Nyack Hospital has two approved entrances/exits for staff. Staff should enter/exit the hospital through either the Physician's Lot entrance on the north side of campus or the employee/security entrance on the south side of campus.

The ED walk-in and Ambulance entrances are extremely busy areas with patients and should not be used by staff to enter/exit the hospital. The main lobby entrance also is extremely busy with patients and visitors.

It is challenging for the lobby staff to screen in people when staff is walking by without stopping at the desk. Please only use the designated staff entrances to access and exit the hospital.

FLU SHOTS AVAILABLE

Flu vaccines are available to all employees and volunteers in the Occupational Health Services (OHS) office located on the first floor. Hours are Monday through Friday, 7:00 a.m. to 3:00 p.m. Please call **ext. 2553/2566** to schedule an appointment or stop by to receive/decline vaccination.

WELCOME NEW EMPLOYEES!

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

- **Natasha Alfisi**, RN, Mother/Baby
- **Jean Castillo**, RN, PACU
- **Irina Chistyakov**, RN, 3 Doctors
- **Erin Dahl**, RN, 3 Doctors
- **Barbara Domingue**, RN Care Manager, Care Management
- **Anouca Fede**, Patient Access Coordinator
- **Carolina Fornaro**, Manager, Women's Imaging, Breast Center
- **Karina Garcia**, Authorizations Specialist, Highland CBO
- **Janel Gunn**, RN, Behavioral Health
- **Je'Nel Harriott**, RN, Pediatrics
- **Mason Hernandez**, Patient Transporter
- **Age Kola**, LPN, Float
- **Lucil Kumi Plange**, Patient Access Coordinator
- **Isabella Lauria**, Exercise Physiologist, Cardiac Rehabilitation
- **Darline Louis**, LPN, Float
- **Maria Manfredonia**, Ultrasound Technologist, Breast & Women's Health
- **Ethylene Manglicmot**, RN, 3 Doctors
- **Karla Marte**, RN, 5 Doctors
- **Marcella Michel**, Clerical Supervisor, Radiology
- **Roberto Perez**, Security Officer
- **Michael Rosa**, Behavioral Health Counselor, Behavioral Health
- **Kimberly Santos**, Host/Hostess, Food & Nutrition
- **Leo Stewart Jr.**, Behavioral Health Counselor, Behavioral Health
- **Geffry Sylvestre**, RN, 6 Doctors
- **Lauren Vanderpool**, Clinical Staff Pharmacist
- **Jisha Varughese**, Nursing Informatics Specialist, Information Technology

IN MEMORIAM

We mourn the passing of **Sosamma Easo, RN**, on January 11, 2023. In July 2006, Sosamma began her career at Montefiore Nyack Hospital as a registered nurse on 4 Maze. She was promoted to Nursing Supervisor of 6 Doctors in 2012.

Sosamma Easo will be remembered for her infectious, beautiful and ever-present smile. She was always willing to help her coworkers and always went the extra mile for our patients and their families. Being a woman of strong faith, she possessed an unending positive attitude through challenging situations at work—and even when receiving a challenging diagnosis of her own. Sosamma continued to smile. She didn't complain. Instead, she consoled all those around her and would say, "God is good."

Sosamma leaves behind her loving and beloved husband, two daughters, and a son who were the light and pride of her life. She also leaves behind a large extended family and many friends in her community, as well as her many friends and peers at Montefiore Nyack. She will be missed by all.



STAFF PROMOTIONS AND ACCOMPLISHMENTS

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

Erika Avalos was promoted from Clinical Dietitian to Clinical Nutrition Manager.

Carla Laureano Lal was promoted from Clinical RN Coordinator to Nurse Practitioner.

Lisa Silverman was promoted from Assistant Nurse Manager to Multi-Unit Nurse Manager.

Tasha Acevedo, Assistant Director of Support Services at Montefiore Nyack Hospital, has been selected to the Emerging Leaders Team of the American Hospital Association's (AHA's) Association for the Healthcare Environment (AHE) professional membership group. AHE is the recognized authority for healthcare environmental services.

Congratulations to The Prenatal Center for its official re-designation as a Breastfeeding Friendly Practice Since July 2018, **The Prenatal Center at Montefiore Nyack Hospital** has been designated Breastfeeding-Friendly Worksite by New York State's Department of Health. The Center will be designated for the next five years, from January 2023 to January 2028, and will be acknowledged for its achievement on the New York State Department of Health's website.

Montefiore Nyack Hospital has been selected as a winner in the 3rd Annual Healthcare Digital Marketing Awards! Montefiore Nyack Hospital was recognized with two Gold Awards for its **"Reducing Breast Cancer Risk Email Series."** Entries were received from nearly one-thousand healthcare and medical institutions across the country. Judges for the HDM Awards consisted of a national panel of healthcare marketers, creative directors, marketing and advertising professionals.



LITTLE FREE LIBRARY

The Breast Center at Montefiore Nyack Hospital is excited to announce the addition of a Little Free Library to its waiting area. The books in the bright pink Little Free Library are available to both patients and employees. The Breast Center's library is currently filled with light fare fiction and mysteries, and changes with the rotation and donation of books.

"Our Little Free Library was instituted based on feedback from our patients. We hope it will be a source of reading enjoyment for both patients and employees," said Dr. Sunny Mitchell, medical director of The Breast Center at Montefiore Nyack Hospital.

There are currently more than 150,000 of these Little Free Library-branded book exchanges in communities around the world in more than 100 countries. The process is simple. Books are placed inside the small structure. Those who visit the library are encouraged to take a book, read it and return it. There is also an option to keep the book and replace it with a different book.

If you are interested in donating to The Breast Center's Little Free Library, simply bring your books to The Breast Center and place them in the donation box. Feel free to peruse The Breast Center's Little Free Library and take a book if there is one of interest to you. To learn more about the Little Free Library organization, please visit <https://littlefreelibrary.org>.



AUTOMATIC EXTERNAL DEFIBRILLATORS (AEDS)

An estimated 400,000 people in the United States experience sudden cardiac arrest each year, the condition that caused Buffalo Bills' safety Damar Hamlin to collapse mid-game earlier this month. To help restore Hamlin's heartbeat, an automatic external defibrillator (AED) was used. Like cardiopulmonary resuscitation (CPR), AEDs offer a way for bystanders to provide lifesaving treatment until first responders arrive.

There are more than 30 AEDs located throughout the hospital, including in the cafeteria and one at each Highland Medical practice. AEDs are a type of portable defibrillator installed in places where people gather, such as stadiums, bus and train stations, schools and offices.

When a person has a cardiac arrest, bystanders can call 9-1-1, provide CPR, and use an AED. A person has a better chance of surviving when first responders arrive quickly, so calling 9-1-1 first is very important.

Everyone has a role in recognizing the signs of cardiac arrest and taking action to save lives.

Signs mark locations of AEDs in public places.

- **Know where to find AEDs.** AEDs are in many public places, including offices, schools, shopping malls, grocery stores, airports, event venues, and gyms. Check to see whether your office or school has an AED.
- **Learn how to use an AED.** AEDs are not hard to use, but training is very helpful. AED training is often provided along with CPR training. Many major health organizations offer classes. Some training is available online. Find a course near you.[external link](#)
- **Take action to increase public access to AEDs.** AEDs save lives. You can suggest installing AEDs in the places people gather and work in your community and beyond. Be alert when you travel, too, as AEDs are also important on ships, trains, and aircraft, where emergency help may not be available.

Source: <https://www.nhlbi.nih.gov/health/cardiac-arrest>



THE GIFT OF THANKS

In the spirit of the holidays and as a token of their appreciation, the team at Montefiore Nyack Hospital received a Visa gift card and an apple pie to enjoy at home and a branded hat and scarf. Thanks to all who organized the distribution and volunteered. Also, thank you to Montefiore Nyack's Hospital Administration for the holiday gifts!



TOY DONATION FOR PEDIATRIC EMERGENCY UNIT

Montefiore Nyack Hospital extends its gratitude and appreciation to the Dramatic Order Knights of Khorassan (DOKK) of Habibi Temple 72 DOKK, for its generous donation of toys to the Pediatric Emergency Department this past holiday season.



BLANKETS FOR BABIES

Special thanks to the 6th-grade student from Pearl River Middle School who hand-knit these beautiful blankets with her grandmother to donate to our newest patients. Our Volunteer Services Department will distribute them to families going home with their precious newborns.



THANK YOU FROM ROCKLAND BOCES

During this holiday season, Montefiore Nyack Hospital helped the Rockland BOCES Family Resource Center by "adopting" and buying Christmas gifts for 30 BOCES families. Thanks to our generous donation of gifts, families were allowed to experience a special Christmas and holiday season.

"The children came back to school excited about the amazing gifts they received," said Nakisha Carter, Family Resource Center Coordinator of Rockland BOCES. "They were truly happy and enjoyed their holiday. Your generosity touched many lives and was greatly appreciated."

Rockland BOCES Family Resource Center delivers educational programs, support and resources for students with special needs at all levels of ability. Rockland BOCES partners with families, school districts and community-based organizations to produce outstanding outcomes for our students. Its success is made possible through support and generous donations received from community members.

CRNA WEEK

The week of Jan. 22-28 is designated as National Certified Registered Nurse Anesthesiologist (CRNA) Week to recognize CRNAs' ongoing service nationwide. Begun in 2000 by the American Association of Nurse Anesthetists, the week highlights the importance of CRNAs in the medical field.



IV NURSES DAY

The professional practice of infusion nursing was formally recognized in 1980 when the United States House of Representatives declared each January 25 as IV Nurse Day. This recognition was the beginning of what the infusion nursing specialty has become. Thank you to all our IV nurses for your dedication to providing compassionate and exceptional patient care.



WHAT YOUR BODY IS TELLING YOU

There's a strong connection between what we think and feel and our health. It may be difficult for some to see how they may be manifesting health problems in their life that may be caused by their thoughts. When we're stressed, anxious or upset our body tries to tell us that something isn't right. Poor emotional health can weaken one's immune system, making us more likely to become physically ill.

How can individuals improve their emotional health? First, try to recognize your emotions and understand why you are having them. Sort out the causes of what you are feeling. Understanding why you are sad, stressed or anxious can help you to better manage your emotional health. The following are simple, but helpful tips.

- Express your feeling in appropriate ways. Keeping feelings of stress, anxiety or sadness bottled up can make you feel worse. It's important to let your loved ones know when something is bothering you. If your friends and family cannot help you resolve your feeling appropriately ask someone outside your situation.
- Live a balanced life. Try not to obsess about problems which can often lead to negative feelings. It's important to deal with negative feelings, but try to focus also on positive things in your life too. Some research has shown that having a positive outlook can improve your quality of life and improve your health. You may also want to consider ways to let go of some things in your life that make you feel stressed and overwhelmed.
- Calm your mind and body. Rest and relaxation are useful ways to bring your emotions into balance. Regular exercise also reduces stress, improves emotional health and can lead to a sense of balance.
- Take care of yourself. It's important to take care of your body by having a regular routine, eating healthy and getting enough rest.

If you believe your emotional health is affecting your physical well-being, don't wait for things to get worse. Consider contacting the EAP for free confidential guidance and support at 845-638-8880 or EAP@montefiorenyack.org.

SAVE THE DATES

Anxiety Disorders

Wednesday, February 1, 2023

11:30 AM – 1:30 PM

Stop by the table outside the cafeteria and meet representatives from the Employee Assistance Program, who will share information on available services and offer free giveaways.

Wear Red Day

In Recognition of American Heart Health Month

Friday, February 3, 2023

On National Wear Red Day, we are asking staff to wear red apparel or accessories to raise awareness about heart disease. Send your photos by noon on February 3rd 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 7, 2023

8 AM to 4 PM

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

Narcan Training and Education

Wednesday, February 22, 2023

7 PM

Please join us for information and training on Narcan as well as education on substance use disorders and treatment options.

This event is free of charge and is available for all hospital employees as well as members of the community. All participants will receive a Narcan kit. Space is limited to 30 participants.

RSVP by February 17:

Kristine Medora at 845-348-6770 / medorak@montefiorenyack.org

Tamara Ramos at 845-348-2075 / ramost@montefiorenyack.org



5K RUN & WALK

Enter for a chance to win one of six free spots on the Montefiore Nyack Team

Women's Distance Festival benefiting Centers for Safety and Change
Saturday, July 8, 2023
Rockland Lake State Park

Email
publicrelations@montefiorenyack.org
by February 20, for the random drawing.

Winners will be notified and supplied with a Montefiore Nyack baseball cap and cooling towel.

Montefiore | Nyack

2022 YEAR IN GOOGLE HEALTH SEARCH

Google has released its Year in Search 2022 which displays the search phrases that experienced the biggest increases in volume. The four main categories are:

- Workouts (physical health and wellness)
- Coping with difficult emotions (managing emotions)
- Journaling, podcasts and books (health resources)
- Dial 988 (suicide prevention)

HONORING A FOUNDER

George “Doc” Leitner was a physician and one of the earliest founders and supporters of Nyack Hospital. In April 2022, he was inducted into the Rockland County Sports Hall of Fame as the first Rocklander to play for Major League Baseball (MLB). Dr. Leitner had pitched for the Indianapolis Hoosiers of the National League during the 1887 season. He died in 1937 at age 71. Last month his great-granddaughters, Karen Leitner and Debbie Frey, bequeathed his induction plaque to Montefiore Nyack Hospital. The recognition plaque now has a home in the Hospital’s historical archive and museum of artifacts located in the anterior vestibule near The Hematology and Oncology Center off Midland Avenue. We thank the Leitner family for sharing this piece of Rockland County’s history with us.



(Pictured from left to right: Bob Mayer, researcher; great-granddaughters, Debbie Frey and Karen Leitner; Kathy Lunney, Chief Nursing Officer at Montefiore Nyack; Dr. Mark Geller, President and CEO of Montefiore Nyack; and Pete Scheibner, Chairman of the Rockland County Sports Hall of Fame)

HEALTH WORKS: WINTER ISSUE

Check out the latest issue of our Health Works magazine! In this issue, we feature the story of one of our patients who turned his life around after a diabetic coma led to a one-month stay at the hospital. We also cover common sleep issues, minimally invasive techniques for colorectal surgery, healthy eating tips for managing diabetes and reducing your risk of developing it, and much more. To read the full issue visit: <https://bit.ly/3Wmvkd0>.

BLANKET DONATION TO INFUSION CENTER

Special thanks to Rochelle Welsh, Co-Vice President of Community Service for the Blanket Comfort and Care program, and the members of the National Council of Jewish Women (NCJW) who donated fleece and crocheted blankets in support of our infusion patients in need of warmth and comfort during treatment.



JOB FAIR

On Thursday, January 13th, Human Resources hosted a well-attended Job Fair in the CCR. If you know of anyone interested in a new career opportunity, please encourage them to visit the Hospital’s Careers page at www.montefiorenyackcareers.org for a full list of current job openings.



VOICE OF OUR PATIENTS

The Patient Experience is about being a caregiver, and WE ALL are caregivers. Thus, the role of the caregiver is to ensure that patients and families feel safe and confident in the care provided.

Thank you to the caregivers acknowledged below. Congratulations to the units and departments they represent and to the caregivers they tirelessly work beside.

Spotlight on Labor & Delivery/Mother Baby

- **Tanya Tringali, Midwife:** Excellent, calm, sweet and soft-spoken. I called Montefiore Nyack Hospital while laboring with my doula at home and was transferred to Tanya. She was so caring over the phone. I was having contractions during our phone conversation, and she waited patiently for the contractions to pass. She answered me very calmly letting me know it was probably a good time to come to the hospital. She came into the room every time my doula called for her. She was gentle with me and helped me deliver my baby.
- **Celine Thomas, RN:** So nice. Understood what labor is and was calm during my contractions. She didn't interrupt my rhythm. She was respectful and very helpful.
- **Karen Wolf, RN:** What a lovely staff member!!! She's a real prize!!!! She is gentle with her words and took her time with me. Karen told me stories to help me out and I was able to relate to them. Made me feel good about my experience at Nyack. Karen taught me how to latch my baby on. Karen is very respectful. Went out of the way for me. She came to check on me multiple times. She is an excellent discharge nurse. Again, she took her time and answered all my questions. She explained everything in great detail and made me feel comfortable leaving the hospital. She was very encouraging, especially about breastfeeding.



- **Paula Loeb, BS, IBCLC, Lactation Consultant:** Paula is very confident. She is reassuring and took her time with me when she greeted me in the hallway as well as later came into my room to make sure I have no questions prior to leaving the hospital. Paula also provided me with breastfeeding app information to download and answered all my questions.
- **Katie Park, RN:** So sweet. She always had a smile. She always inquired how I was feeling and stood by my side and waited for an answer. She was very caring.
- **Elizabeth Zito, RN:** Very experienced nurse. She was so kind. She met me at the nursery and inquired how my nursing is going. She took her time with me and my husband and showed us how to prop up the baby after nursing. She told us to always keep the baby warm and dim the lights as the baby will sleep better. She gave us many tips and went over the latching again to ensure I was confident with breastfeeding.
- **Tomika Thomson, RN:** She was my nurse on both days while I was in the hospital. Very respectful. She stands out with her beautiful, burgundy-colored hair along with her burgundy-colored scrubs.
- **Annieamma George, RN:** Such a sweetheart! Very experienced. She was the nursery nurse on both days I was there. She was helpful and spoke to me gently.
- **Carolyn Bernier, Midwife:** Super caring. She was on call during my time in the hospital and came to visit me. We spoke and she didn't rush me. I showed her my stitches as they were hurting me. She is great! I really like her and am so happy she is part of The Prenatal Center.