

MAY 2024

MONTEFIORE NYACK HOSPITAL RECOGNIZES EXCELLENCE IN CARE DURING NURSES WEEK

The value of what our nurses do to help our patients find comfort and wellness is truly immeasurable. During Nurses Week (May 6-12), Montefiore Nyack celebrated our nurses with a series of celebratory events which included chair massages, ice cream trucks, breakfast bagels, fruit platters, snacks and carnival games. The week culminated with an outdoor Nursing Excellence ceremony, where nurses and support staff were honored by their peers and recognized for their compassion, team spirit, intelligence, devotion and overall excellence in the care environment.

Congratulations to the following nurses and friends of nursing who were recognized for their high standard of care!

Ancillary Support Staff Excellence

Bertha Lliguicota, Environmental Services Aide,
2 Doctors

Jasmine Tyner, Administrative Associate,
6 Doctors, Medical/Surgical

Jean Lemaire, Patient Care Associate,
Medical ICU

Rising Star

Quaye Hewitt, RN, 6 Doctors Medical/Surgical

Linh Nguyen, RN, 3 Doctors

Nursing Mentor

Maridel Sta. Cruz, RN, Operating Room

Nursing Professional Development Excellence

Theresa Melilla, RN, Vascular Access
Clinical Coordinator, IV Therapy

Nursing Practice Excellence

Maryse Sanon, RN, Recovery Center Detox

Nursing Leadership Excellence

Blake Krasinski, RN

Transformational Leadership

Renzy Rajan, RN, 6 Doctors, Medical/Surgical

Above and Beyond Excellence

Sharon Simmonds, RN, Labor and Delivery

Cicily Abraham, RN, Nursing Radiology

Team Excellence

5 Doctors

Special Recognition

Jennifer Volpe, RN

Montefiore | Nyack

We thank all of our nurses for making a difference in so many ways, not just during Nurses Week but every day!



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EMPLOYEE ANNIVERSARIES

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

5 YEARS

Mavictoria Augusto
Mary Denise DeVera
Selena Guzman
Katie Howell
Katie Park
Carlos-Erwin Rances III
Gisele Saldana
Neddy Seide
Elmicia Valeus

10 YEARS

Patricia Orlak
Gabriel Penzo
Ginger Robustello

15 YEARS

Barbara Rosa

20 YEARS

Marsha Galbraith
Jean McIntyre
Lauren Waldron

30 YEARS

Ewa Manos

35 YEARS

Sarah Quinones

40 YEARS

Eileen Ryder

50 YEARS

Debra Siddi

Ambulatory Surgery Center

- **Megan Gromel**, RN, 3 Doctors
- **Ayah Hammid**, RN, 4 Doctors
- **Carolyn Herguth**, PCA, Emergency Department
- **Derick Ho**, Coding Manager, Health Information Management
- **Cheryl Iorio**, RN, Emergency Department
- **Sasha Jimenez**, Clinical Supervisor Home Health Coordinator, Home Care
- **Rima Kaddouh**, Clerical Coordinator, Breast & Women's Health Center
- **Francis Kwarteng**, Clinical Laboratory Technologist, Blood Bank & Serology
- **Anthony Latteri**, Medical Dosimetrist, Radiation Oncology
- **Graciela Londono**, Medical Social Worker, Home Care
- **Fidelfo Lusaria**, Ambulatory Circulator, West Nyack Ambulatory Surgery
- **Allison Lyon**, Radiation Therapist, Radiation Oncology
- **Jayde Marciano**, Surgical Technician, Operating Room
- **Rulx Meritil**, Behavioral Health Counselor, Behavioral Health
- **Kelly Merlo**, Clerical Coordinator, Radiation Oncology
- **Alyssa Palacios**, RN, 6 Doctors
- **Latasha Parker**, Nurse Manager, Behavioral Health
- **Ashley Predestin**, Patient Access Coordinator
- **Janice Rosado**, RN, Emergency Department
- **Catena Sanchez**, AA, Labor & Delivery
- **Ubaldo Santiago Hilario**, Infusion Center Coordinator, Infusion Center
- **Jessica Sailliard**, Radiation Therapist, Radiation Oncology
- **Kenneth Stuma**, Infusion Center Coordinator, Infusion Center
- **Courtney Tate**, Radiation Therapy Aide, Radiation Oncology
- **Ana Vila-Gonzalez**, RN, Surgical ICU
- **Debra Williams**, Patient Access Coordinator

WELCOME NEW EMPLOYEES!

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

- **Justine Alcantara**, Clinical Care Partner, Radiation Oncology
- **Dennis Armada**, Pre-Post Operative RN, Ambulatory Surgery Center
- **Jamie Burton**, Environmental Services Aide
- **Liza Cabrera**, RN, Labor & Delivery
- **Jasmine Charlton**, Behavioral Health Counselor
- **Jessica Dizenzo**, Practice Manager, Radiation Oncology
- **Ewan Eldermire**, Temporary Cook, Food & Nutrition
- **Ricardo Galeano**, Health & Safety Services Technician, West Nyack Ambulatory Surgery
- **Karina Garcia**, Administrative Coordinator Credentialing, Physician Practice Management
- **Sharon Gardiner**, RN, 2 Doctors/Pediatrics
- **Steven Giesemann**, MRI Specialist,

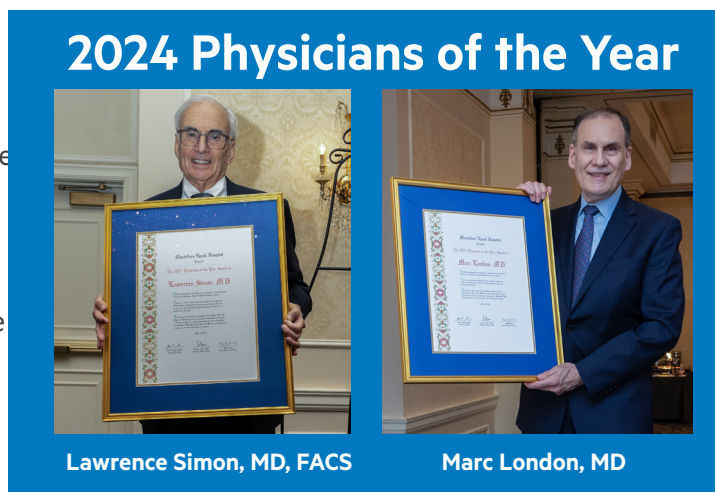
PHYSICIANS OF THE YEAR

On Thursday, May 16th, Montefiore Nyack Hospital proudly recognized its 2024 Physicians of the Year honorees: surgeon **Lawrence Simon, MD, FACS**, and neurologist **Marc London, MD**, for their longtime service and dedication to patient care during a reception attended by more than 150 guests.

Lawrence Simon, MD, FACS, a respected senior attending physician, has been affiliated with Montefiore Nyack Hospital for 50 years. Dr. Simon's many notable achievements include establishing a nursing unit dedicated solely to the care of surgical patients and serving as the director of surgery at Montefiore Nyack Hospital from 1987 to 2015. He is an expert in wound care and was previously named Physician of the Year in 1994.

Marc London, MD practices full-time at Highland Medical Rockland Neurological Associates in West Nyack and serves as senior attending neurologist and Chief of the Section of Neurology at Montefiore Nyack Hospital. After an internship at Georgetown Medical Center in Washington, D.C., he was accepted into an accelerated Medical Education Honors Program of Northwestern University in Evanston, IL where he earned a medical degree after only six years, at the age of 23. He marvels at the progress he has been fortunate enough to witness in his field of expertise since the time he developed an interest in medicine during high school.

Congratulations to Drs. Simon and London on being named the Physicians of the Year for 2024!



AWARDS

Montefiore Nyack Hospital (MNH) has been recognized as a **High Performer for LGBTQ+ Healthcare Equality** by the Human Rights Campaign Foundation (HRC). MNH received an evaluation of 95 out of 100 in the nation's foremost benchmarking survey of healthcare facilities on policies and practices dedicated to the equitable treatment and inclusion of their LGBTQ+ patients, visitors and employees.

In the 17th edition of its Healthcare Equality Index (HEI) survey, MNH was assessed on four criteria: Non-Discrimination and Staff Training, Patient Services and Support, Employee Benefits and Policies and Patient and Community Engagement.



A record 1,065 healthcare facilities actively participated in the 2024 HEI survey and 462 of those earned an "LGBTQ+ Healthcare Equality High Performer" designation.

Montefiore Nyack Hospital has earned two awards—a **Silver Award for Radio Advertising** and a **Merit Award for Integrated Marketing**—in recognition of our Breast Health Awareness Campaign in the 41st Annual Healthcare Advertising Awards. With more than 4,300 entries received, this is the largest and most well-recognized healthcare advertising awards competition and one of the top ten largest advertising award competitions in the United States. Our campaign highlighted the importance of breast screenings as the ultimate act of self-care.

STAFF PROMOTIONS AND ACCOMPLISHMENTS

Congratulations to **Ariella Fajardo, RN** on 4 Doctors who received the **Montefiore Nyack Hospital for Excellence in Medical Surgical Nursing Award** at the Nursing Pinning Ceremony on May 21st at Rockland Community College. Ariella was hired at Montefiore Nyack as a PCA and is now nearly finished with the RN orientation program. Ariella was awarded this honor for her determination and initiative and is commended for genuinely connecting with her patients. Congratulations Ariella on this well-deserved recognition.

Congratulations to **Montefiore Nyack Hospital's Respiratory Department** on earning the **Downtime Drill Champion Award** for the second year in a row followed by the MICU team who came in a close second.

Montefiore Nyack Hospital was announced as the system-wide winner of the most "Downtime" Drills held by a Montefiore Health System affiliate during Prevent Downtime Madness Month.

Montefiore Nyack's teams surpassed the 2023 record with a remarkable completion of 693 surveys.

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. Download the form: [Downtime Drill 2024 \(Page 1 of 4\) \(office.com\)](#).



38TH ANNUAL GOLF CLASSIC

The 38th Annual Northeastern Anesthesia & Montefiore Nyack Hospital Medical Staff Golf Classic was held on Monday, May 6th at Rockland Country Club in Sparkill. This year's outing was another sold-out success raising more than \$380,000! All net proceeds will go towards Montefiore Nyack Hospital's Transformation Project.

Thank you to all our event sponsors, auction donors and bidders, journal and raffle supporters, volunteers and everyone who took part in this important fundraising effort. Special thanks to Northeastern Anesthesia and Montefiore Nyack Medical & Dental Staff for their continued leadership and for being the lead sponsors of this event year after year. To view the photo gallery, visit https://georgepejoves.com/monte_golf2024.

AANHPI HERITAGE MONTH

In the month of May, we take time to reflect and celebrate the important role that **Asian Americans, Native Hawaiians and Pacific Islanders (AANHPIs)** have played in our shared history.

Asian Americans are the fastest-growing demographic according to U.S. Census data which indicates there are 22 million Asian Americans with roots in 20 countries. Their population is projected to grow to 35.8 million by 2060. Despite their buying power, Asian Americans also have the largest wealth gap of 23.3% between the highest and lowest incomes. To learn more about AANHPI's rich history, visit <https://www.asianpacificheritage.gov/>.

STROKE AWARENESS MONTH

On May 8th, Rockland County Executive Ed Day issued a proclamation declaring May as Stroke Awareness Month in Rockland County. Montefiore Nyack Hospital is designated a Primary Stroke Center by the New York State Department of Health and recipient of the Joint Commission's Gold Seal of Approval.

When it comes to stroke, every second counts! A stroke is a medical emergency that can cause lasting brain damage, long-term disability, or even death. Nearly 2 million brain cells die each minute a stroke remains untreated. Rapid access to medical treatment oftentimes makes the difference between full recovery and permanent disability. The faster a person having a stroke gets to a hospital, the faster intervention is received to save the brain and the person's quality of life.

The signs and symptoms of stroke include:

BE FAST to Spot a Stroke

B = Sudden loss of balance

E = Sudden loss of vision in one or both eyes

F = Face Drooping

A = Arm Weakness

S = Speech Difficulty

T = Time to call 911

Strokes can happen to anyone at any age. If you or a loved one have any stroke warning signs, dial 911 immediately. The sooner treatment begins, the better the chances of recovery.



right to left: Mrs. Graham, Eneas Soras, RN, Gregory Graham and Gwen Anderson, RN, MSN, SCRNP, NE-BC, Stroke and Sepsis Outcome Manager

VOLUNTEERS NEEDED

Community Health and Wellness needs one to two volunteers per event in June to staff our outreach and/or education tables. Volunteer benefits include:

- Nurses get hours for their ladder.
- Students get community service hours.
- Staff attending events at Clover Stadium can watch the game for free.

If you are interested in volunteering, please contact Sandra Arevalo at ext. 2876 or ext. 2004 or email:

sarevalo@montefiorenyack.org.

EVENTS - JUNE/2024

DATE	EVENT	TASK	ORGANIZATION	ADDRESS	TIME	SPECIALTY
Sun 2	NY Boulders Game	Table	Clover's Stadium	Clover's Stadium	1 - 4 PM	All staff Students welcome
Wed 5	Preservation of hearing and vision	Webinar	Orange & Rockland Utilities Co.	390 W. Route 59 Spring Valley, NY 10977	12-2 PM	MD, NP
Thu 6	MENS HEALTH	Table	REFCU	170 East Central Ave, Spring Valley, NY 10977	12-2 PM	RN
Fri 7	MENS HEALTH	Table	Finkelstein Library	Spring Valley	2 - 5 PM	RN
Sun 16	NY Boulders Game	Table	Clover's Stadium	Clover's Stadium	1 - 4 PM	All staff Students welcome
Fri 23	Pride	Table	RPC	Newburgh	11 - 7	All staff Students welcome

HOSPITAL WEEK

During National Hospital Week (May 12-18), healthcare professionals in 5,100 hospitals across the U.S. were celebrated for providing care to more than 32 million patients each year.

At Montefiore Nyack, we kicked off National Hospital Week with delicious burgers and cookies from [Mel's Butcher Box](#) and a Mister Softee ice cream truck sponsored by Centers Health Care. Later in the week, volunteers from the MNH Foundation Board greeted and served staff at a breakfast yogurt parfait bar. Staff also enjoyed a barbecue lunch while listening to string trio in the Café.

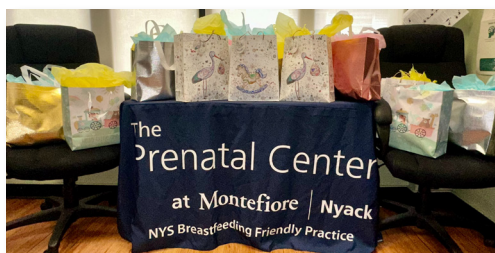
Throughout the week, the Food and Nutrition Services team went above and beyond in keeping everyone well-fed and hydrated with snacks, beverages and good-spirited fun!



A GIFT FOR THE PRENATAL CENTER

The National Council of Jewish Women (NCJW), Rockland Section in Nyack, generously donated 22 infant blankets, each packed with a hat and a board book, as a gift to mothers of infants who seek care at The Prenatal Center.

Thank you to the NCJW, especially Susan Steinfink, Joan Birnbaum and Rochelle Welsh, for their ongoing efforts to help mothers and children, as well as those in need of comfort and care.



MASK POLICY

Patients and visitors are encouraged to continue to wear masks in common areas at their own discretion.

Effective May 15, 2024

Masks are required in:

- Intensive Care Units (SICU, MICU, NICU)
- Outpatient Hematology/Oncology
- Chemotherapy Infusion Suite
- Requested by Patient or Family

Frequent handwashing and sanitizing is encouraged.

We appreciate your understanding and caring.

EMS WEEK

During EMS Week (May 19-25), paramedics, EMTs and the entire EMS workforce are recognized for their service and sacrifices. On May 22nd, Montefiore Nyack invited EMS personnel from across Rockland County's different emergency response agencies to enjoy some food-truck specials provided by [Dough Nation Pizza](#) and [Rockland Kettle Corn](#).



TRAUMA MONTH

National Trauma Awareness Month is an annual campaign dedicated to promoting injury prevention and safety practices. Given the documented increase in trauma-related injuries nationwide, this year's theme is "Injury Prevention Is Everyone's Business."



This month-long initiative aims to engage individuals, communities, and organizations in efforts to reduce the incidence of injuries and mitigate their impact. For resources and background, visit amtrauma.org/page/TPC.

CHANGING MENTAL HEALTH STIGMA

May is Mental Health Awareness Month. Negative attitudes and beliefs toward those who have a mental health condition are common. Many face stigma, which is a negative stereotype. Learning what mental illness is, seeking proper diagnosis and treatment and educating others are necessary steps in eliminating stigma.

Discussing mental health issues goes a long way in reducing stigma and encouraging those struggling to seek help. Suggested conversation starters include:

- 1. Ask how people are doing, don't stay with "Alright" or "Hanging in there."** Ask follow-up questions, such as "Are you feeling stressed?" or "It looks like something is troubling you, do you want to talk about it?" Ask questions that require more than one-word answers. Once you start asking specific questions, you might discover the person you're asking isn't "alright," and then you can start a meaningful conversation.
- 2. Share your mental health challenges.** Once you open up about your struggles, others will be more willing to share their story. Talking about those challenges normalizes mental health issues and creates a more meaningful dialogue.
- 3. Words do matter.** Many of us use words like "crazy", "nuts", "wacko" etc. without intending to be insensitive. However, such references are insensitive and demeaning, and we should refrain from using them. We can begin to change the conversation by choosing our words carefully.
- 4. Learn the facts and share what you've learned.** Share information from reliable sources to let your loved ones and co-workers know what you've learned about mental health issues.
- 5. Speak openly and often with your children about mental health concerns.** Have regular check-ins with them to see how they are doing. Create an environment where mental health concerns are acceptable table conversation, thus they'll sense your questions about their concerns are the norm and not the exception.

Are you wondering if what you are feeling is depression, anxiety or PTSD? Take a free online screening test at mhascreening.org or visit the website to learn about other mental health conditions, i.e., ADHD, grief and substance abuse. Tests are also available in Spanish.

If you or a loved one are struggling with mental health concerns, contact the EAP at **845-638-8880** or email us at EAP@montefiorennyack.org.

SAVE THE DATES

Mary's Garden

Closed Until Further Notice

MS Walk

Saturday, June 1, 2024

Rockland Lake State Park, Valley Cottage, NY

Site opens: 9 AM

Program Starts: 9:50 AM

Walk Kickoff: 10 AM

Join the "Hot Flashes" Rockland MS Walk team in the fight against multiple sclerosis (MS)! Employees and volunteers are welcome to join the team. The MS Walk in Rockland County will raise money for research, treatment programs and MS support services. To join the team or to donate, visit teamhotflashes.org. For more information, email team captain Alan Legatt at ALMSWALK@gmail.com. Learn more at <https://bit.ly/3V2768V>.

Transamerica Retirement Session (Virtual only)

Wednesday, June 5, 2024

8 AM to 4 PM

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 always access your Transamerica retirement plan account online at www.transamerica.com.

ANNUAL EMPLOYEE SERVICE AWARDS

For those employees who celebrated a milestone anniversary in 2023 (10, 15, 20, 25, 30, 35, 40, 45 and 50 years of service), the Employee Service Awards will be held in the Cafeteria Conference Room on **Thursday, September 19, 2024**.

More information to follow on this annual event. Eligible employees will be notified the end of July via invitation. Should you have any questions, please contact Linda Taff in Human Resources at ext. 2151 or ltaff@montefiorenyack.org.

VOICE OF OUR PATIENTS

- **"Dr. Andrew Erian** is the best! He is such an intelligent superb specialist. He is a gifted doctor. He spends time with the patient and is a good listener with patience. He cares about his patients and eases your mind of any concerns. A good human who has much goodness in him. I am grateful for his care. The whole office at **Rockland Neurological Associates** is wonderful to deal with as well."
- "The staff in **The Infusion Center** were wonderful. It was kind, pleasant, knowledgeable and concerned for my welfare."
- "My annual mammogram appointment at **The Breast Center** was handled efficiently from scheduling the appointment to the actual procedure. I was In and out of the facility in 15 minutes. The way healthcare should be delivered, no waiting. I appreciate the respect for my time and the professionalism of the staff."
- "I am always treated with courtesy, care and concern: three C's. Best of all, I feel good in the experienced hands of **Dr. Arthur Kozin of Highland Medical Rockland Renal Associates**. I had to go through a period without such care after my previous doctor retired. I spent months looking for a physician whom I could trust."
- "Great hospitality and service. Big thank you to **Anthony Nytko, a Radiologic Technologist** in Radiology for taking care of my father."
- **"Dr. Sung Ho Lee, The Hematology and Oncology Center**, is wonderful. The staff was welcoming and friendly during my short wait."
- "I had an epidural at Montefiore Nyack Hospital and **Dr. Quan Luong and the entire nursing staff** were exceptional. From check-in to pre-care to the procedure to discharge the entire process was seamless. I would highly recommend this facility and its staff."
- **"Dr. Duane Bryan** is one of the kindest, most compassionate doctors out there. He surrounds himself with the best people. I highly recommend **Highland Medical Advanced Cardiovascular Care**."