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RECOGNIZING THOSE WHO MAKE A DIFFERENCE

This year, we recognized **National Nurses Week** and **National Hospital Week** concurrently from May 6th to May 12th, with a weeklong celebration of daily activities and events to recognize nurses, staff, and volunteers in supporting the health and well-being of the patients and communities we serve.

The theme of this year's National Nurses Week was "You Make A Difference." Day in and day out, our nurses do precisely that—they make a difference in the lives of our patients who depend on them for their care and recovery. As part of this our Nurses' Week celebration, Montefiore Nyack recognized Excellence in Nursing Practice with an outdoor awards and recognition ceremony on May 11th. More than 50 nominations were received for the 12 categories.

Please join us in congratulating both the nominees and winners who display excellence in nursing and patient care, not just during Nurses Week, but daily and during every shift in so many different ways.

2023 Nurses Week Awards

Team Excellence Award:

Inpatient Wound Care & Outpatient Wound Care

Nursing Leadership Excellence Award:

Cathy Karcz, ED & Vincent Casa, 4D

Friend of Nursing Award, Clinical: Roberta Mele, Staffing Specialist

Friend of Nursing Award, Ancillary:

Nicole Scimeca, Manager, Patient Experience

Honorable Mention: Tasha Acevedo/EVS, Assistant Director, Support Services

LPN Excellence Award: Theresa Butler, Float

Ancillary Support Staff Excellence Award:

Ruth Narcise, 5D & Stephanie Cortes, 4D

Nursing Mentor Award: Leonora Villamor, OR & Kari Schildknecht, MICU

Nursing Practice Excellence Award: Ann O'Meara, SDS/ASC

Above and Beyond Excellence Award:

Eileen Hackett, Recovery Center & Beena George, ED

Nursing Professional Development Award:

Jinu Thomas, IV Therapy & Amy Ogden, SICU

Rising Star Award: Holly Flodin, 6D & Jillian Kelly, ECU

Transformational Leadership Award, Manager: Renzy Rajan, 6D

Transformational Leadership Award, Director: Jennifer Shannon, Critical Care

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

Jared Clay
Alissa Genao
Jenna Kim
Nakia Powell
Dana Reeves
Tayler Sanchez
Kelly Sibio
Bettina Vieten

10 YEARS

Maria Almeida

15 YEARS

Meena Joseph
Deborah Krug
Marla Losier
Patricia Lydon
Engelina Taine
Eileen Thiesing
Mary Torpey
Liza Valcourt

20 YEARS

Srilatha Karkala
Theresa Lafontant
Michael Miksad

30 YEARS

Chris Ann Mazzuca

35 YEARS

Fay Thomas
Maryse Boutin

WELCOME NEW EMPLOYEES!

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

- **Andy Hamilton**, Security Officer, Safety & Security
- **Stacey Harrison Godson**, Educator, Mother Baby
- **Althea Herico**, PCA, Float
- **Lecia Jones**, Radiology Aide, CT Scan
- **Sharyar Khan**, Infusion Center Coordinator
- **Yehudis Kirshenbaum**, RN, Emergency Department
- **Besnik Lame**, Central Services Technician
- **Keisha Landsmark Ogaga**, RN, Pediatrics
- **Jacqueline LeCompte**, Lactation Consultant, Mother Baby
- **Berlinda Letang**, RN, 6 Doctors
- **Erica Marc**, Respiratory Therapist
- **Marie Marcelin**, RN, 6 Doctors
- **Gino Martin Valencia**, LPN, Float
- **Karla Medina Sandoval**, Patient Access Coordinator
- **Maria Mitchell**, I.V. Additive Technician, Pharmacy
- **Leiah Morgan**, RN, Emergency Department
- **Luz Mosqueira**, Patient Access Coordinator
- **Cheyenne Pinnock**, PCA, Pediatrics
- **Patricia Reyes**, Patient Access Coordinator
- **Joseph Roberts**, Environmental Services Aide
- **Jeniesha Russell**, Histology Technician, Laboratory Pathology
- **Christopher Seminara**, CT & MRI Supervisor, CT Scan
- **Michelle Vido**, I.V. Additive Technician, Pharmacy
- **Adam Weinstein**, Assistant Director, Corporate Compliance & Privacy
- **Jacqueline Andrasko**, Clerical Coordinator, Cardiac Rehabilitation
- **Daniel Ayala**, RN, Recovery Center
- **Marshalee Cunningham**, Patient Access Coordinator
- **Paul Doss**, Coding Manager, Health Information Management
- **Samantha Fleischman**, Nurse Practitioner, Pride Center
- **Alyssa Grazioli**, Radiologic Technologist, Diagnostic Radiology

IN LOVING MEMORY

It is with great sadness and heavy hearts that we mourn the death of **Mary Shinick**, who passed peacefully surrounded by her loving family on May 17, 2023.

Born in Coral Gables, Florida on November 19, 1947, Mary led an incredibly full and active life. She was devoted to both her family and her career -- no matter how sick or tired, she gave everything she had to be an incredible wife, mother, grandmother and executive. She cherished her time with her family and was known for her kindness and generosity. Mary had an incredible way of making everyone feel like the most important person in the room, particularly on their birthday.

At Montefiore Nyack Hospital, she will be remembered for her leadership, warm smile and impeccable style. She was an admired colleague to many during her 19 years here as Vice President of Human Resources. She led by example and was driven by her focus on doing what was right and best for the Hospital, our employees and our patients. Mary oversaw the tremendous growth of our team, including the build-out of the Highland Medical Physicians Group. In addition to directing all Human Resources functions, Mary oversaw the Public Relations and Marketing Department, Volunteer Services Department, Employee Assistance Program and Occupational Health Services.

Mary's surviving family includes Thomas, her husband of more than 40 years; sons Drew and Trey; daughter Morgan; and stepsons Kevin and Scott and their loving families. Mary was a beloved "Mima" to her eleven grandchildren.

Mary will be deeply missed by her family at Montefiore Nyack and those who had the good fortune of knowing her. Please keep her family in your thoughts and feel free to share messages of support or messages of remembrance online at the following memorial website: <https://bit.ly/3q7AkY2>.



EMPLOYEE OF THE QUARTER

Congratulations to **Margaret Bravo** for being named **Employee of the First Quarter 2023**! Responding to an emergency call to provide immediate assistance to a woman in her car just outside the hospital, Margaret quickly saw the woman was about to have a baby. With experience in labor and delivery, she stepped in to deliver the newborn successfully. Margaret is known for her vast nursing experience and kindness and compassion.

Recognized with Honorable Mentions:

Mathai Mathai exemplifies professionalism and dedication. His career at Montefiore Nyack Hospital spans over three decades of providing compassionate and respectful care to radiology patients.

Brittany DeYorgi is a valued team member of our Center for Learning and Development. She is pivotal in providing our clinical professionals with the best educational offerings.

Congratulations to all and we applaud their outstanding efforts!



STAFF PROMOTIONS AND ACCOMPLISHMENTS

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

Christian Castellanos, RN was promoted from Assistant Nurse Manager to Nurse Manager of the Emergency Department.

Ann Pinon was promoted from Clinical Documentation Specialist to Clinical Documentation Manager.

Joanne Winterbourne was promoted from Administrative Coordinator Credentialing to Credentialing Onboarding and Special Projects Manager at Highland Medical.



Adam K. Weinstein is our Associate Director of Compliance. He has many years of experience in Compliance, having worked at Kings County Hospital, New York Presbyterian Queens Hospital and St. Vincent Catholic Medical Centers of New York. Adam has both an MBA and MPA and is board certified in Healthcare Management through the American College of Healthcare Executives (ACHE). He can be reached at 845-348-7294 and weinsteina@montefiorenyack.org.

Congratulations to **Thomas J. Mattice, CHESP, CMIP, T-CHEST**, Senior Director, Support Services at Montefiore Nyack Hospital, for receiving a 2023 Excellence in Health Care Award from the United Hospital Fund (UHF). Tom, one of 64 honorees from across the NY Metropolitan region, was recognized for his outstanding achievements in implementing infection prevention protocols in the Environmental Services Department, significantly reducing infection risks throughout the hospital. The EVS team provides the first barrier to infection prevention, and thanks to Tom's leadership, employee satisfaction and awareness of the importance of the EVS team's role have substantially increased.

Congratulations are in order for **Dr. Daryl Schiller, PharmD, MS, BCPS, CPEL, FASHP**, Senior Director of Pharmacy, who successfully completed ASHP's Certified Pharmacy Executive Leader (CPEL) capstone and achieved national recognition as a CPEL. Achievement of the CPEL credential is based on demonstration of validated professional and leadership competencies in professionalism, leading people, leading the pharmacy enterprise, and leading within and across complex health care systems.

HEALTH WORKS : SUMMER 2023

The latest issue of Health Works is now available for download. In this issue, readers will learn: why time and emergency medical care are vital after a stroke; how to manage and ease symptoms of menopause; how advanced robotic technology is improving hernia repair; and helpful advice on alcohol abuse disorder and managing stress for better health. To read the full issue visit: <https://bit.ly/HealthWorksSummer2023>.

If you would like to receive the print magazine at home, please send your name and postal address to us at publicrelations@montefiorenyack.org.



FIELD OF DREAMS

Work is underway to convert the temporary parking lot across the street on Midland Avenue back into its green space as per our agreement with the Nyack School District. The conversion will take approximately three to four weeks and will restore the original ballfield, so our neighbors can enjoy the space just in time for summer. We thank the Nyack School District and our neighbors for their patience and support!

Thank you to all who participated in the 2023 Employee Engagement Survey.

NATIONAL NURSES WEEK AND
NATIONAL HOSPITAL WEEK CELEBRATIONS



EMS WEEK

During Emergency Medical Services Week (May 21-27, 2023), we recognized and thanked Rockland County Emergency Medical Services (EMS), made up of 14 Volunteer Basic Life Support (BLS) and 2 Advanced Life Support (ALS) agencies, for their dedication in providing day-to-day lifesaving services in our communities.

Rockland County EMS providers respond to more than 60,000 calls a year for emergency response service, 24 hours a day 365 days a year, to Rockland's 300,000 residents and visitors. With the assistance of the local police department's dispatch system, they are the unsung heroes who are quickly sent to your emergency.

Special congratulations are in order for the following individuals for their recent recognition by the Rockland County Emergency Medical Services Office:

- **Phyllis Kelly, RN:** Registered Professional Nurse of Excellence (2021)
- **James Gray, DO:** Physician of Excellence (2021)
- **Jamil Rizqalla, DO:** Physician of Excellence (2022)

This was the 49th EMS Week and this year's theme was **EMS: Where Emergency Care Begins**. With that in mind, please remember when you are out on the road, yield the right of way to emergency vehicles and vehicles with green lights. These are the responders who on their way to assist someone in need!



STROKE AWARENESS MONTH

When it comes to stroke, remember to **B.E. F.A.S.T.** in getting medical treatment if you have any of the following symptoms:

- B** Balance is off
- E** Eyes – change in vision
- F** Face drooping
- A** Arm – no control /numb
- S** Speech – change in speech and ability to talk clearly
- T** Time is brain

There are two types of stroke. The most common type involves a clot that impedes blood flow to the brain, known as an ischemic stroke. The other type is a hemorrhagic stroke, which involves bleeding in the brain. Once a person comes to the ED with a possible stroke, they are immediately taken for a CT scan to see if there is bleeding in the brain. Once the type of stroke is known, doctors will know how to treat it. Remember the signs and symptoms of a stroke, and call 9-1-1 right away if you think someone might be having a stroke. Getting fast treatment is important to preventing death and disability.

TRAUMA AWARENESS MONTH

The American Trauma Society (ATS) and The Society of Trauma Nurses (STN) have come together in the development of the annual National Trauma Awareness

Month (NTAM) campaign. With a documented rise in motor vehicle crashes and fatalities throughout our nation, the theme **“Roadway Safety Is No Accident”** is both timely and appropriate for trauma centers to promote. Our roadways continue to become overcrowded, drivers are more distracted now than ever before, and safety hazards are growing, thus contributing to the rise in motor vehicle-related injuries and deaths. Raising awareness and supporting prevention efforts is more important now than ever. This year's campaign focuses on five areas to focus prevention efforts including:

- [Passenger Advocacy](#)
- [Distracted Driving](#)
- [Experience](#)
- [Impairment](#)
- [Traffic Safety](#)



PARKINSONS WELLNESS PROJECT

Members of local organizations, including our very own Community Health and Wellness Department, were invited to see the colorful explosion of 4,000 tulip bulbs at the “Garden of Hope.” Located near the entrance of Clover Stadium in Pomona, NY, this beautiful garden was created as a dedicated public space for meditation, reflection, and inspiration in bringing a cure for Parkinson’s disease.



Parkinson’s disease (PD) is a brain disorder that causes unintended or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and coordination. PD occurs when brain cells that make dopamine, a chemical that coordinates movement, stop working or die. Because PD can cause tremor, slowness, stiffness, and walking and balance problems, it is called a “movement disorder.” But depression, memory problems, and other non-movement symptoms also can be part of Parkinson’s. PD is a lifelong and progressive disease, which means that symptoms slowly worsen over time. The next time you head to see the New York Boulders, stop by the “Garden of Hope” and take in its natural beauty near the entrance of Clover Stadium.

Toiletry Collection for Underserved Ramapo Middle Schoolers



Please help support those in need in our community.
A drop off box will be placed in the Café
for your donations from June 5 – 16, 2023.

ITEMS NEEDED:

- Toothpaste
- Toothbrushes
- Mouthwash
- Floss
- Body Soap
- Deodorant
- Shampoo
- Conditioner
- Hair brush
- Hair comb

Items will be delivered to the students by the
Rockland Council on Alcoholism.

NEW YORK BOULDERS RAFFLE

Enter to win four tickets to one of any
New York Boulders home games.

Please send an email to
mateon@montefiorenyack.org
to be included in the random drawing.

Winners will be notified at their work email address -
@montefiorenyack.org or @highlandmedicalpc.com

Deadline to respond is June 7, 2023

Montefiore | Nyack

FREE CANCER SCREENING



On May 12th, **Sunny D. Mitchell, M.D., F.A.C.S.**, board-certified surgeon and medical director of The Breast Center at Montefiore Nyack Hospital, and other breast health specialists, provided free breast exams and mammography for uninsured or undocumented women, ages 40 and over in Rockland County. Refreshments were generously provided by **New York State Senator Bill Weber**.

MENTAL HEALTH AWARENESS MONTH

One in 5 Americans lives with the reality of a mental health condition every day. As an employee, it is important to increase awareness and reduce the stigma regarding mental health conditions in the workplace, and here is why:

- Depression is the leading cause of disability for people ages 15-44 in the United States.
- Even mild cases of depression or anxiety can impact employee turnover and performance.
- Depression is estimated to cause 400 million lost workdays each year.
- The workplace may be the only place where intervention can have an impact.

For many people, the stigma associated with mental health disorders is often a barrier to getting appropriate care. In the workplace, employees may be concerned about their co-workers' reactions or may feel a lack of support at work, preventing them from seeking assistance.

How Can You Help?

Know the signs of depression in the workplace. Look for changes in your co-worker's behavior which can include:

- Difficulty concentrating on tasks
- Lateness or absenteeism
- Feeling tired or fatigued
- Unusually tearful or emotional
- Irritability
- Avoidance of others/withdrawal
- Difficulty completing projects in a reasonable timeframe
- Increased errors

Start a Conversation

If you see something, say something.

- Ask your co-worker if he or she is ok. Tell them that they do not seem themselves lately and give them your concrete, objective observations of changes in their behavior or performance.
- Listen, but don't pry. If your co-worker wants to talk, try not to jump in with solutions. He or she will likely benefit from your listening ear. Be reassuring and non-judgmental. Keep in mind that sometimes less is more when it comes to sharing personal information.
- Provide support. Let your co-worker know that depression, or anxiety, is common and that there is help. Suggest contacting the EAP for confidential assistance with a professional counselor.
- Follow-up. Check-in with your co-worker to see how they are doing and if they have followed your recommendation to seek assistance.

If you would like to discuss how to approach a co-worker who you believe may be struggling with depression or other mental health concerns, please contact the EAP at (845) 638-8880 or email us at EAP@montefiorenyack.org for confidential consultation and guidance.

SAVE THE DATES

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.

MS Walk in Rockland **Saturday, June 3, 2023** **Rockland Lake State Park** **Valley Cottage, NY**

Join the "Hot Flashes" Rockland MS Walk team in the fight against multiple sclerosis (MS)! Christopher Langston, MD, medical director of The Madlyn Borelli Multiple Sclerosis Center, will be walking to raise money for the MS Society. 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/3O2ki1Y>.

Transamerica Retirement Session (Virtual only) **Wednesday, June 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.

37th Annual Golf Classic **Monday, July 17, 2023** **Rockland Country Club, Sparkill, NY** **7:30 a.m. start time**

Hosted by Northeastern Anesthesia and Montefiore Nyack Hospital Medical Staff, this year's Golf Classic will be held at Rockland Country Club in Sparkill, NY. All proceeds will benefit the Hospital's ongoing Transformation Project. The golf outing is broken into two sessions: morning and afternoon and features a full day of activities, which includes brunch, barbecue lunch, evening cocktail reception, dinner, an awards ceremony, a silent auction and raffles. Scan the QR code to register.

Bundle of Big Bucks

Buy a 1-in-250 chance to win \$10,000 and support Montefiore Nyack Foundation! Tickets are limited with only 250 will be sold on a first-come, first-served basis. The drawing will be held at the 37th Annual Golf Classic Dinner. The winner does not need to be present to win. The final prize amount is based on the number of ticket sales. To purchase and for more information, visit montefiorennyackfoundation.org.

2nd Annual Rides & Strides **Clover Stadium, home of the NY Boulders** **1 Phil Tisi Way** **Pomona, NY 10970** **10 AM start time** **Check-in: 8:30 to 9:45 AM**

Rides & Strides is a fundraising event hosted by the Montefiore Nyack Hospital Foundation. Proceeds raised will benefit The Breast Center at Montefiore Nyack Hospital's efforts to ensure that individuals who are underinsured, uninsured or medically underserved are able to receive vital cancer screening services they need on an annual basis. For more information, call 845-348-2770 or visit <https://bit.ly/RidesAndStrides2023>.

AAPI HERITAGE MONTH

More than 23 million in number, Asian Americans and Pacific Islanders are now the fastest-growing racial group in the United States. Since 1979, May has been a dedicated time to celebrate Asian Pacific American heritage, but it wasn't until 1992 that May was officially designated Asian Pacific Islander Heritage Month (AAPI).

This month was selected to commemorate the immigration of the first Japanese to the U.S. in May 1843 and the completion of the transcontinental railroad in May 1859 which was made possible by thousands of Chinese laborers. AAPI Heritage Month elevates the stories, contributions, and experiences of Asian and Asian American communities. It's a time to celebrate the diversity of cultures, breadth of achievement, and remarkable contributions of these communities.

FREE TICK REMOVAL KIT

The Rockland County Department of Health offers free tick removal kits to help you safely and correctly remove attached ticks. Email steps@co.rockland.ny.us with your mailing address and indicate you want a tick-removal kit to get your kit while supplies last.

A bite from an infected tick can cause Lyme Disease and other diseases, such as ehrlichiosis, babesiosis, anaplasmosis and powassan. These diseases are treatable with antibiotics but may be hard to diagnose. The most effective ways to protect yourself are through awareness and prevention.

DOWNTIME DRILLS

Proper preparation prevents poor performance was the mantra followed by those who participated in our March Madness Downtime Drills Challenge.

We are proud to announce that **Montefiore Nyack Hospital's Respiratory Department** held the most "Downtime" Drills during Prevention Downtime Month in March.

These mock downtime exercises develop the organization's preparedness for knowing what to do in the event that computer systems are unavailable. Drills develop confidence and help ensure a consistently safe continuum of patient care services. Congratulations to our Respiratory Team!



Mask Policy Effective May 19, 2023

Masks are only required in:

- MICU, SICU, NICU
- Emergency Department
- Perioperative Departments
- Outpatient Medical Oncology Units
- Chemotherapy Infusion Suites
- Radiation Therapy Suites
- At patient or family request
- Visitation with immunocompromised patients



VOICE OF OUR PATIENTS

The Patient Experience is about being a caregiver and ensuring 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 work beside. Remember, at the end of the day, WE are ALL caregivers.

- “My father was seen in the ED and was admitted. The ED and the fourth floor treated my father extremely well. The nurses were fantastic and treated my father with warmth and excellent care. Everything was explained clearly, and we weren’t rushed when we had questions. I highly recommend this hospital.”
- “The staff and the nurse were wonderful. My mom doesn’t speak English, but she felt love and caring. Thank you so much for the best service to her!”
- “From when I walked in until I left, doctors, nurses, PA and managers were welcoming and making it pleasant for the time I had to stay. Thank you.”
- “The hospital staff, even the valet parking attendants, were friendly, helpful, and readily available. The hospital looked clean and welcoming. We were able to find where to go easily, with help from employees along the way. Very positive experience.”
- “I went in for same day minor surgery. The nurses and staff were exceptionally nice and efficient. Everything went fast and quick. I was out one hour before I expected. Great experience!”



- “I want to commend you for the wonderful **service and staff in the Emergency Room** at the hospital. I was brought there after a terrible fall that broke my arm. Everyone, not just the nurses and doctors, even the clerks and attendants, was uniformly kind, respectful and caring. In particular, I want to thank **Sophia Guevara, PA and her team**, who not only supervised the procedures to be done but also made sure to inform me what was happening, describe my injuries, organized the various tests, etc., all in the sweetest and most thoughtful manner. She was professional, competent and compassionate. She was also solicitous of my anxiety about my Sabbath, which was rapidly approaching, and made sure to schedule everything so that I could get home on time. Having been at other hospitals, I was amazed at the difference here. I am most grateful to you and all the people involved in my care for the outstanding care provided by Montefiore Nyack Hospital.”
- “I cannot thank you and all the wonderful staff who came to our aid at Montefiore Nyack Hospital. Last Wednesday night our daughter was admitted to the hospital. I was hesitant to go to the ER because I know how long the wait can be. To our surprise, she was seen quickly and after all the testing was done, we had a diagnosis within three hours! It was a stressful time and a holiday—and your staff was there for us through and through. Our daughter felt very safe and taken care of by compassionate and professional nurses and doctors. **Nicole Scimeca in Patient Experience** helped her and her husband with all their particular needs during the surgery, over the holiday, and through her discharge. Please share our sincerest appreciation to the team at the hospital, in the Emergency Dept., and on the 5th Floor, who all helped to make our challenging time, a success!”