

FEBRUARY 2023

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## MONTEFIORE NYACK HOSPITAL CELEBRATES AMERICAN HEART HEALTH MONTH

Heart disease is the leading cause of death in the United States. You can lower your risk of getting it or having a stroke by simply moving more.

If you're inactive, you're nearly twice as likely to develop heart disease, then if you're active.

### All adults should avoid inactivity.

- Start gradually and increase slowly.
- As little as 60 minutes a week of moderate-intensity aerobic activity, such as walking briskly, helps your heart.
- **Aim for 150 minutes** (2 ½ hours) per week for maximum benefit.

### Can't carve a lot of time in your day?

Try 10 minutes a few times a day.

### You'll know if you're moving enough to help your heart if:

- Your heart is beating faster
- You're breathing harder
- You break a sweat

In addition to aerobic activities, aim to do muscle strengthening twice a week. Work your leg, hip, back, chest, abdomen, shoulder and arm muscles.

### More activity means a bigger boost to your health. Nothing beats a healthy heart.

*The Cardiac Care Center at Montefiore Nyack can help protect and treat your heart. Whether you need imaging or tests to evaluate how well your heart is functioning, procedural interventions to treat illness or rehabilitation to maintain good heart health, our Cardiac Care Center of Excellence offers comprehensive services and the finest academic care from our team of professionals which includes world-renowned experts from Montefiore Einstein, a recognized leader in all areas of heart disease.*



## 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

Malcolm Brownlee  
Rosanny Farias  
Nicole Jones  
Haley Stern

### 10 YEARS

Olga Crisu  
Carl Rainford  
Qurrat Rizvi

### 15 YEARS

Aileen Del Prado  
Rency Mathew  
Ana Peraza  
Jose Rodriguez  
Jason Scarlett

### 20 YEARS

Michelle Corda

### 25 YEARS

Jane Cronin  
Helen Levin

### 35 YEARS

Lillian Barber

## WELCOME NEW EMPLOYEES!

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

- **Javena Brown**, RN, Emergency Department
- **Ronald Clebert**, Phlebotomist, Laboratory
- **Alyssa Cortez**, RN, 6 Doctors
- **Sean Harrington**, Environmental Services Aide
- **Christine Lafontant**, RN, 6 Doctors
- **Nicole Martinez**, Foundation Relations Manager, Foundation
- **Yanique McCrea**, AA, Emergency Department
- **Reina Mendez Lara**, Infusion Center Coordinator
- **Mamatha Nayudupalli**, I.V. Additives Technician, Pharmacy
- **Adrienne Panagides**, MS Center Coordinator (Temp), MS Center
- **Frederick Squires**, Security Officer
- **Mohamed Zamira**, Medication Documentation, Pharmacy Pharmacy

## STAFF PROMOTIONS AND ACCOMPLISHMENTS

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

**Shelby J. Berrios** was promoted from Registered Nurse to Nurse Manager.

**Betzaida A. Castro** was promoted from Credentials Coordinator to Lead Credentials Coordinator.

**Rupangi Rastogi** was promoted from Clinical Pharmacy Specialist to Senior Clinical Pharmacy Specialist.

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

**Tajmah Zaltash**, was promoted from Project Coordinator to HIM Supervisor.

### *And The Award Goes To...*

Montefiore Nyack Hospital was named a winner in the Third Annual Healthcare Digital Marketing Awards and recognized with two Gold Awards for its **Breast Patient Microsite**. Entries were received from nearly 1,000 healthcare and medical institutions across the country. Judges for the HDM Awards consisted of a national panel of healthcare marketers, creative directors and marketing and advertising professionals. Visit the award-winning microsite at [breastcare.health](https://breastcare.health).



## EMPLOYEE OF THE QUARTER

Congratulations to our **Employee of the Quarter, John Luca**. A dedicated team member for 26 years, John is a member of our engineering staff, serving as Lead HVAC Mechanic in the Facilities Department. In addition to his longstanding dedication to the Hospital, John is recognized for his caring and selfless service to our patients.

This past Christmas Eve, John received a phone call at 3:00 a.m. that a heating section had ruptured due to the extreme single-digit cold weather. He immediately reported to work. Within one hour, the repair was done and the heat was restored. As the father of three small children, John was still able to make it home in time to celebrate Christmas morning with his family. However, he first made sure that our patients could continue to heal in a warm and comfortable environment.

No matter the time of day or night, even on Christmas Eve, John will willingly return to the Hospital for any emergency to maintain our patient's comfort. He says, "Imagine if the person trying to overcome illness was your family member. We need to do what's right." Thank you John for being a selfless role model for all our staff members.

*The "Employee of the Quarter" program is open to all staff. To nominate an employee or manager, a nomination form can be obtained from Norma Mateo-Liatsis, SHRM-CP, Senior Human Resources Coordinator, Rewards & Recognition Program Ambassador, in Human Resources.*



*Pictured L to R: Michael Novak, COO, John Luca, Roy Ackerman*

## IN LOVING MEMORY



Montefiore Nyack Hospital offers its sincere condolences to the Borelli family on the loss of Mrs. Madlyn Lucy Borelli. She passed away peacefully surrounded by her loved ones on January 31, 2023. Madlyn is survived by her devoted husband of 62 years, Frank J. Borelli, her two beloved sons, Frank and Rick, daughter-in-laws Melissa and Suja, and her six beautiful grandchildren. She was 85 years old.

Madlyn was best known as a kind, compassionate and gentle lady with a big heart who always thought about others first. Her pleasant personality and sense of positivity left an indelible impression on everyone she met. Madlyn, with her husband Frank, lived a life of generous philanthropy. It was their generous support that made possible the creation of the Madlyn Borelli Multiple Sclerosis (MS) Center in 2015 and the F.J. Borelli Family Emergency Center at Montefiore Nyack Hospital in 2020.

Having been diagnosed with multiple sclerosis in her 20s and eventually confined to a wheelchair, Madlyn personally knew the importance of patients with MS having access to comprehensive healthcare close to home. Her continuous strength and unwavering faith have been an inspiration to those who had the pleasure of knowing her.

Montefiore Nyack Hospital is honored to have our Multiple Sclerosis Center named in Madlyn's honor. Madlyn Borelli was an incredible woman who will be missed dearly. Her memory will be a blessing to all who knew and loved her.



## WEAR RED DAY

In observance of American Heart Health Month in February, employees and volunteers were encouraged to wear red on Friday, February 3<sup>rd</sup> to increase awareness of women's heart health. Thank you to all who participated!



## HEALTH WORKS: WINTER 2023

Check out the latest issue of our *Health Works* magazine! In this issue, we feature the story of a patient 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>.

## HELP FOR HEART VALVES?

If you're short of breath, you may have a heart condition known as mitral regurgitation. If severe enough, it may cause heart failure. Currently, 5.7 million adults in the U.S. have heart failure, according to the Centers for Disease Control and Prevention. Learn more: <https://bit.ly/3QQ1w5>.

## SAVE THE DATES

### Transamerica Retirement Session (Virtual only)

Wednesday, March 8, 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](http://www.transamerica.com).

### Daylight Saving Time Reminder

Sunday, March 12, 2023

2:00 AM

It's time to SPRING ahead! Effective **Sunday, March 12th at 2:00 a.m., Daylight Saving Time** requires that clocks be moved AHEAD one hour. Employees scheduled to work this shift will be paid for all hours worked. Please schedule accordingly and adjust your office clocks if needed.

### Free Hernia Screening and Surgical Robot Demonstration

Saturday, April 22, 2023

8 AM to 12 PM

Ambulatory Surgical Center

10-minute appointments

Both men and women can experience hernias. If you are experiencing pain in your abdomen or groin, see a bulge or feel discomfort that increases with activity, you may have a hernia. Schedule a free screening to meet one-to-one with a board-certified Highland Medical surgeon to learn more about symptoms, diagnosis and treatment options, plus discover the benefits of minimally invasive hernia surgery with robotic-assisted technology. To reserve your spot, visit <https://bit.ly/3JZiHBD>.



Northeastern Anesthesia  
& Montefiore Nyack Hospital  
Medical Staff

## GOLF CLASSIC

### 37th Annual Golf Classic

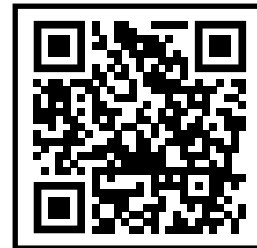
Monday, July 17, 2023

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.

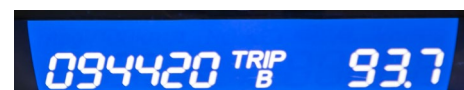


For more information, visit

[montefiorenyackfoundation.org](http://montefiorenyackfoundation.org).

## 2023 MILEAGE RATE

Employees who use their own vehicle for Montefiore Nyack Hospital business purposes may be reimbursed for their mileage. The approved mileage reimbursement, which follows the IRS standard mileage rates for business use of a vehicle, will be 65.5 cents per mile in 2023, up three cents from the rate for 2022. Use of your personal vehicle for business purposes must be approved in advance by your supervisor.



## EAP ON HONORING BLACK HISTORY MONTH

Black History Month was first celebrated in 1926. The national response became more overwhelming after the 1960s and the Civil Rights movement when the importance of black history further expanded American consciousness and awareness to become a part of American history and culture.

By 1976, President Gerald Ford encouraged Americans to honor the accomplishments of black Americans throughout history, and the first Black History Month was officially acknowledged. Black History Month allows all Americans the opportunity to spotlight and celebrate the achievements that African Americans have accomplished despite the history of racism and oppression.

Focusing attention on the contributions of African Americans allows us to honor all black people from all periods of U.S. history. While celebrating black history year-round is important, doing so this month provides a context for how we got to where we are today and leads us to a deeper understanding of the issues we still face in this country.

To learn more about African American history and the contributions to American culture, as well as ways to honor Black History Month, please refer to the following resources:

[National Endowment for the Humanities – African American History and Culture in the United States](#)

Smithsonian Institution – [National Museum of African American History and Culture](#)

[The Association for the Study of African American Life and History](#)

## OPIOID OVERDOSE TRAINING

On February 22<sup>nd</sup>, The Recovery Center at Montefiore Nyack Hospital hosted an informative training on Narcan as well as education on substance use disorders and treatment options. Narcan is short for Naloxone and is used to reverse a drug overdose. This event was free of charge and open to all hospital employees as well as members of the community. All participants received a Narcan kit. More public sessions to come.

## 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. New York State Department of Health (NYSDOH) requires all healthcare workers to have flu vaccine status on record. If you received the vaccine at another facility, please provide a copy to OHS, so we may update your MNH employee health record.

## STOP THE BLEED TRAINING

On February 10<sup>th</sup>, a Stop the Bleed training was held during the Hospital's Emergency Management Meeting which included representatives from Security, Environmental Services, the Emergency Dept., Infection Prevention and Home Care.

### What to Know to Stop Bleeding After an Injury:

- Ensure your safety.
- Look for life-threatening bleeding.
- Is a trauma first-aid kit available?
- Is a tourniquet available?

If yes, where is the wound? If the wound is on the arm or leg, make the tourniquet above the bleeding site. Tighten until the bleeding stops. If the wound is to the neck, shoulder or groin, pack the wound with bleeding-control (hemostatic) gauze (preferred), any gauze or a clean cloth. Apply steady pressure.

If a tourniquet or first aid kit isn't available, use any clean cloth. Apply steady direct pressure on the wound.

For more information, visit [www.bleedingcontrol.org](http://www.bleedingcontrol.org).

## MESSAGE FROM SECURITY

The construction on the exterior of the parking garage resumed on February 13th and is estimated to last five to six weeks. During that time, the contractor will be closing the main plaza in front of the hospital to vehicular and pedestrian traffic in both directions.

The construction zone is from the east building line of the hospital to the front of the Cardiopulmonary Rehab Center. Vehicles will only be able to access the parking garage and Cancer Center entrance from the plaza via the 9W hospital driveway entrance. Vehicles will not be able to drive through the plaza toward Midland Avenue. Vehicles can access the ED walk-in/Triage entrance parking area via the Midland Ave entrance.

Valet services will be available in the circle at the ED walk-in entrance for vehicles that enter from Midland Avenue. The Cardiopulmonary Rehab Center, Cancer Center and Security entrances will be accessible by pedestrians from the 9W side of the construction zone. **The main hospital entrance will be inside the construction zone and closed to pedestrians. Hospital visitors/patients will enter the hospital through either the ED walk in or security entrance and be directed to the main lobby by signage.**

Please direct all questions to Jim Hastings, Security Manager at ext. 2058.

## 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.**

“My mother has Alzheimer’s but last Saturday she was not her “normal” self and it got to the point where we decided to bring her to Montefiore Nyack’s Emergency Department to have her checked out. As you can imagine, spending a Saturday night (and the next few days) at any hospital can be completely overwhelming for anyone but even more so for someone with Alzheimer’s. Your process for handling patients is actually quite amazing. From the minute we arrived to the time we left on Tuesday, the entire staff was comforting and nurturing to her. From the attending physicians to the nurses, PAs, and cleaning staff...all went above and beyond. It did not even seem they were trying and it was simply the way they were trained. Everyone “bought into the process.” Having done Project Management for a good deal of my professional career, it is very interesting to see how a patient is “managed” over the course of a few days given the turnover of staff during their shifts. Each new staff member was completely briefed on her case and came in with updates and also a game plan for her release and the days after. I was equally impressed with **Shelly Alix, Social Worker Care Manager**, and **Patient Experience representative, Elijah Manigault**, who helped me with the avalanche of questions I had for her care after she was discharged. Although I did not get everyone’s names, I did want to call out and thank **Dr. Bramdeo Singh** and **Dr. Karuthedom** for their care.”

### Spotlight on 4 Doctors

“Nurse Natalie is a diligent nurse who works with great intentionality and precision to put her patient first. Her time management skills are excellent and she troubleshoots intelligently. Nurse Natalie is a nurse who strives to attain perfection, a very focused nurse, and giving excuses is not in her vocabulary.

Nurse Liam has a soothing aura and one trait about him is his excellent therapeutic communication skill. He is very patient and kind. Nurse Alex will go places with her perfect work ethic and agility. Nurse Sara is the most patient and encouraging teacher. Thank you for teaching my husband and daughter about tube feeding. Nurse Nicholette’s work standards remain uncompromised. Thank you, Nurse Stanley, Nurse Ana, Nurse Sarah (night nurse), and all the PCA who were part of the team. God bless you all. In conclusion, all your nurses are good but a few nurses stood out to me because of their consistency in patient care.”