

FEBRUARY 2024

FEBRUARY IS AMERICAN HEART HEALTH MONTH

One person dies every 33 seconds in the United States from cardiovascular disease.

Heart disease, which refers to several types of heart conditions, is the leading cause of death for men, women and people of most racial and ethnic groups in the United States. High blood pressure, high blood cholesterol and smoking are key risk factors for heart disease.

There are a variety of lifestyle changes you can make to reduce your heart risk. **Duane Bryan, MD, FACC, a cardiologist with Highland Medical Advanced Cardiovascular Care and Chief Medical Director of Nuclear Cardiology at Montefiore Nyack Hospital**, recommends these tips to keep your heart healthy:

1. **Eat healthy.** Choose healthy meals and drinks. Be sure to eat plenty of fresh fruits and vegetables and foods high in fiber. Eat fewer foods high in saturated fat, trans fat and cholesterol. Dr. Bryan recommends the D.A.S.H. diet.
2. **Maintain a healthy weight.** Losing as little as 5% of your weight can start to lower your risk of heart disease and other chronic conditions.
3. **Exercise regularly.** For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling every week. Children and teens should get one hour of physical activity every day.
4. **Don't smoke.** Cigarette smoking greatly increases your risk of heart disease. If you do smoke, quitting will lower your risk for heart disease.
5. **Lower your cholesterol.** Test your blood levels of cholesterol at least once every 4 to 6 years. If you have already been diagnosed with high cholesterol or have a family history of the condition, check your cholesterol often.
6. **Control your blood pressure.** Check your blood pressure regularly. Lower your sodium intake. Salt is a big contributor to high blood pressure.
7. **Manage your stress.** Take a break from news stories. Limit checking news to a couple of times a day. Disconnect from the phone, TV and computer for a while. Get at least 7 hours or more per night. Talk with people you trust about your concerns and how you are feeling.
8. **Take your medications as directed.** It's important to take your medication exactly as prescribed.

"Taking these steps will help you to improve your long-term health, and improve your chances of living longer," Dr. Bryan said. "Not only will you be protecting your heart, but you'll feel better, have more energy and be able to do more of the things you enjoy doing." To read Dr. Bryan's full health article, visit:

<https://www.montefiorenyack.org/health-blog/reduce-your-risk-heart-disease>.



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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

Laura Julian
Michael Novak
Joseph Ojeda
Kelly Polesovsky

10 YEARS

Michael Knight
Veronica Martinez
Laurance Rances

15 YEARS

Rebecca Akosah-Addae
Donald Ehardt
Jeffrey Robinson

20 YEARS

Dorcas Gray-Kelly
Danielle Lemaire
Bibiana Rene

25 YEARS

Barbara Dubidad
Akhilesh Singh

30 YEARS

Angela Gildea
Tessy Smyth

WELCOME NEW EMPLOYEES!

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

- **Oluwadamilola Ajibade**, RN, Behavioral Health
- **Theresa Akey**, Mammography Technologist, Breast & Women's Health Prevention
- **Glenesha Bailey**, Inventory Technician, Ambulatory Surgery Center
- **Enoch Chan**, Occupational Therapist, Rehabilitation Services
- **Yarenys Collado**, Surgical Coordinator, Ambulatory Surgery Center
- **Claudette Crosby**, Dietary Aide, Food and Nutrition Services
- **Michael Fair**, Dietary Aide, Food & Nutrition Services
- **Tyniese Harris**, Environmental Services Aide
- **Karina Jimenez**, PCA, 3 Doctors
- **Soumya Joy**, RN, Labor & Delivery
- **Jaspreet Kaur**, Clinical Staff Pharmacist
- **Patricia Kilkenny**, Pre-Post Operative RN, Ambulatory Surgery Center
- **Morganne Kohn**, Pre-Post Operative RN, Ambulatory Surgery Center
- **Reginald Leonard**, Patient Access Coordinator
- **Laura Loftus**, PCA, 4 Doctors
- **Jason Macena**, Clinical Laboratory Technologist, Blood Bank & Serology
- **Alisa Mamin**, Pre-Post Operative RN, Ambulatory Surgery Center
- **Yesbel Martinez**, Ambulatory Scrub Technician, Ambulatory Surgery Center
- **Taniesha Martin**, Behavioral Health Counselor, Behavioral Health
- **Veronique Paul**, PCA, 4 Doctors
- **Uditkumar Patel**, Assistant Director, Respiratory Therapy
- **Ana Polanco**, Secretary 9, Center for Learning & Development
- **Marlyn Ramos Gonzalez**, Phlebotomist, Laboratory
- **Ana Rivas**, Office Manager, Ambulatory Surgery Center
- **Christopher Rodriguez**, Environmental Services Aide
- **Anthony Smith**, Dietary Aide, Food and Nutrition Services
- **Marilyn Thomas**, Pre-Post Operative RN, Ambulatory Surgery Center
- **Maryann Thomas**, Clinical Coordinator, Cath Lab
- **Teena Varghese**, RN, Labor & Delivery
- **Javier Vasquez**, Lead Sterile Processing Tech, Ambulatory Surgery Center
- **Saleana Yang**, Behavioral Health Counselor, Behavioral Health

EMPLOYEE OF THE FOURTH QUARTER

Congratulations to **Andrea Carelli** in Patient Transportation for being Montefiore Nyack's Employee of the 4th Quarter. A dedicated employee in multiple support service departments since 1981, Andrea was nominated by a fellow peer in Patient Transport.

"Andrea has a first-rate ability to have a small heart-to-heart or simple conversation that can bring a slight bit of calmness to any patient who may have a lot on their mind. If you see Andrea in the hallway, you will hear her happily transporting each patient as she exudes empathy and care, considering each patient as a family member deserving of the same love. Andrea continues to represent her department and hospital after 42 years to date. I look forward to her next 8 years of exemplary service to our patients."

We congratulate Andrea on being recognized as the Employee of the 4th Quarter and give our sincere thanks for her many decades of service at the Hospital!



From L to R: Tom Mattice, Senior Director of Support Services; Andrea Carelli, Patient Transporter; and Craig Rush, Director of Patient Transport

REWARDS AND RECOGNITION

The Rewards & Recognition program has successfully become a major part of our culture at Montefiore Nyack Hospital. It strongly supports our Mission, Vision and Values and We Care Standards. We thank all of you for your continued support of this valuable program.

What Is Employee Recognition?

Employee recognition is anything an employer does to communicate appreciation for an employee's work or length of service. Common approaches include tying recognition to organizational values and goals, as well as the overall talent strategy—the company's plan of action to boost employee performance.

What does employee recognition mean?

Employee recognition can take many forms, but the desired outcome remains the same: keeping motivation and engagement high. There are different approaches to employee recognition. Some are like our Employee of the Quarter award or Wall of Excellence with a framed picture on the Rewards & Recognition Board. Others are more personal, such as a pin or star level award using the on-the-spot form.

Who Gives Employee Recognition?

This will vary depending on the circumstances and what kind of recognition you're planning on sharing. Ideally, using the on-the-spot form, when receiving emails or patient feedback cards, are best practice. All managers, team leaders and co-workers should spearhead the recognition activity.

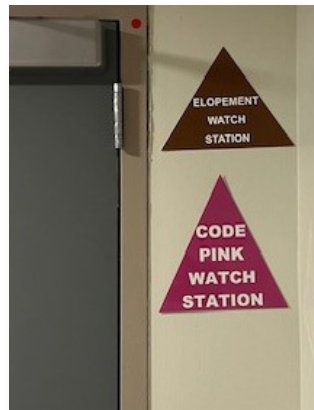


MONTEFIORE NYACK HOSPITAL REWARDS & RECOGNITION PROGRAM

Look out for information coming to you by email in March from **Norma Mateo-Liatsis, SHRM-CP, Senior HR Coordinator, Rewards & Recognition Program Ambassador.**

A MESSAGE FROM SECURITY ON WATCH STATIONS

If a Security Alert is announced for Infant **Abduction (Code Pink)** or a **Missing Person (Elopement)**, employees who are located by the Watch Stations on the ground and first floor and those near all external exits listed below are asked to come out of their workspace and stand to observe anyone coming by with a baby. Similarly, if a missing patient is announced overhead, employees are asked to stand by the nearest watch station looking for the description of the missing patient.



All pink and elopement watch stations are located by exterior exits including:

- Physician's Entrance
- HEM/ONC Hallway
- Ambulatory Surgery Center
- Infusion Center
- Emergency Department
- Main Entrance
- Security Entrance
- Loading Dock
- Cardiac Rehab - hall entrance
- Cancer Center

There are additional pink watch stations on the 2nd floor, namely by the entrance to the Wound Care Center and the stairwells by Mother Baby and the Cancer Center Bridge. **In the event of an on-campus emergency, dial ext. 2222. Please report any off-site emergencies to 9-1-1.**

BLACK HISTORY MONTH

February marks Black History Month. This year's theme, "African Americans and the Arts," explores the key influence African Americans have had in the fields of visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression.

During this month, we pay respect and recognize the rich heritage and resilient spirit, as well as the contributions and sacrifices, of African Americans who have shaped the nation.

Did you know that there is a historic African American cemetery located at the Palisades Center in West Nyack?

Mount Moor African American Cemetery, also known as Mount Moor Cemetery, was established in 1849 and contains approximately 90 known graves, including veterans of the Civil War, Spanish-American War and World War I. Among the notable burials are Lafayette Logan, a Buffalo Soldier who fought with the 54th Massachusetts Infantry Regiment and several members of the 26th United States Colored Infantry Regiment. It was listed on the National Register of Historic Places in 1994 and restored in 2021. It is now surrounded by the Palisades Center shopping mall and can be seen on the left-hand side of the main parking lot across from Route 59.

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](#)

WEAR RED DAY

On February 2nd, **National Wear Red Day**, employees were invited to wear red apparel and accessories to show their support for heart health. During American Heart Month in February, the American Heart Association's Go Red for Women® movement works to save women's lives by raising awareness about cardiovascular disease—the No. 1 killer of women.



NYACK 2030 CLIMATE SOLUTIONS FAIR

On February 7th, Montefiore Nyack Hospital joined nearly 50 exhibitors and more than 125 attendees at The Nyack 2030 Climate Solutions Fair to raise awareness about climate change.

Organized by the Nyack Climate Smart Committee, the event at Nyack Center in south downtown Nyack marked the culmination of efforts to develop the **Nyack 2030 Climate Action Plan**, a comprehensive strategy aimed at reducing emissions by at least 75% and enhancing the protection of natural resources by 2030. The fair served as a rallying point for residents, organizations and local businesses.

Montefiore Nyack Hospital (MNH) hosted an information table and provided details on its commitment to sustainability. MNH has reduced energy consumption by increasing the efficiency of lights and recycling of cardboard, e-waste, LED light bulbs and batteries. Other initiatives include:

- MNH is a year-round community collection site for the safe disposal of sharps and needles. Once sharps are properly sterilized of infectious materials, they can be disposed of like regular waste without worries of dangerous pathogen transmission.
- MNH utilizes an electric vehicle for garage patrol and valet usage and has multiple electric vehicle charging stations in the hospital's parking areas for staff and visitors.
- MNH installed a new energy-efficient water chiller for more energy efficiency during the hot summer months.
- New windows made of low-emissivity (low-E) glass coatings were installed to reduce heat transfer, keeping the hospital cooler in the summer and warmer in the winter.

To learn more about Nyack 2030 Climate Solutions, visit the Nyack 2030 website at nyack2030.com for the [Climate Action Plan](#).

SAVE THE DATES

Transamerica Retirement Session (Virtual only)
Wednesday, March 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.

Daylight Saving Time Reminder
Sunday, March 10, 2024
2:00 a.m.

It's time to SPRING ahead! Effective **Sunday, March 10th 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.

National Doctors' Day
Saturday, March 30, 2024

Every year on March 30th, we recognize **National Doctors' Day** in honor of the medical experts and clinicians for their dedication and invaluable contributions to community health and wellness.

Golf Classic
Monday, May 6, 2024
10 AM to 5 PM

Join us for the 38th Annual Northeastern Anesthesia & Montefiore Nyack Hospital Medical Staff Golf Classic at Rockland Country Club in Sparkill, NY. All net proceeds to benefit Montefiore Nyack Hospital's Transformation Project. For more information, visit <https://bit.ly/3UD7iN2>.



Women's Distance Festival 5K

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

Sunday, July 14, 2024

Rockland Lake State Park

To enter the random drawing email publicrelations@montefiorenyack.org by Thursday, March 7th.

Winners will be notified and supplied with a registration code. Registration opens March 8, 2024.

HEALTHY RECIPES

This month, we offer a meatless meal option for **Shrimp Ceviche**. Shrimp is rich in protein, vitamin B12, phosphorus, calcium and iron. Although shrimp is low in calories and has no carbohydrates, shrimp is also low in fat, but, unfortunately, it is the bad kind,



Recipe Credit: Sandra J. Arévalo

so you must watch how often you eat shrimp. The recommendation is to eat shrimp no more than 2-3 times per month, as the bad fats are the ones that are linked to higher risk of heart disease. The good news is that shrimp is also rich in choline, which is linked to reduce the risk of dementia and stroke. The amount of omega-3 fatty acids that are in shrimp also helps to reduce inflammation. For full recipe, visit: montefiorenyack.org/healthy-recipes.

EATING DISORDERS AWARENESS

More than 30 million Americans suffer from eating disorders and disordered eating. Usually eating disorders develop between the ages of 18-25 years old and affect 10% of males with the remaining 90% affecting females. It's estimated that 0.5% to 0.3% of women suffer from eating disorders at some point in their lives.

The two major types of eating disorders classified within the mental health field include Anorexia Nervosa and Bulimia Nervosa. Other categories include eating disorders not otherwise specified, which include binge eating disorder and other eating disorders that do not fit into the diagnosis for anorexia or bulimia.

Anorexia is characterized by an excessive or inflated desire for thinness and extreme food restriction weight loss and disorganized/disordered eating:

- Often begins with dieting and then becomes more rigid and includes skipping meals and drastically cutting calories, fat and protein.
- Often there is a denial of hunger and/or a refusal to eat.
- Compulsive rituals often begin quickly and increase as obsessions involving food and calories worsen.
- Exercise becomes excessive, frequently accompanied by avoidance of meals and withdrawal from friends and family where there are food-centric activities.
- Obsessions worsen and body damage, up to and including death may occur due to self-starvation.

Bulimia is characterized by a cycle of binge eating followed by compensatory ritualistic purging behaviors:

- Bulimia usually begins with an attempt to lose weight after bingeing occurs and then evolves into purging to undo the bingeing behavior.
- Bingeing behavior leaves the bulimic exhausted, uncomfortable, and feeling a deep sense of guilt, self-hatred and out-of-control.

- For some this behavior can last for a short time, however for others, the binge/purge cycle becomes addictive, and the individual creates a complex lifestyle and schedule to facilitate the problematic behavior.

Eating Disorders not otherwise Specified are Characterized by:

- Recurrent episodes of binge eating and marked distress about the behavior, not associated however with regular and dangerous use of compensatory behaviors like purging, fasting or excessive exercise.
- Often those with binge-eating disorder experience frequent episodes of out-of-control eating behavior followed by self-condemnation and guilt.

If you or someone you know is struggling with an eating disorder or body image disturbance, please contact the EAP for confidential assessment and counseling at 845-638-8880 or e-mail us at EAP@montefiorenyack.org.

Sources: [Academy for Eating Disorders, Overeaters Anonymous](#) and [National Eating Disorders Association](#).

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.

2024 MILEAGE RATE

Effective January 2024, the standard mileage rates for the use of a car, vans, pickups or panel trucks will be **67 cents per mile** driven for business use, up 1.5 cents from 2023.

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.

"The SICU team provided excellent and compassionate care that made a difference in my mother's outcome and my family's comfort. The whole team went above the call of duty on multiple occasions to help her."

I am writing a love letter to the SICU staff—the closest description I can come to an expression of ineffable gratitude and awe towards these truly extraordinary people. My introduction to your hospital began when a cousin called to tell me that his mother-in-law was in the Emergency Department with septic shock.

I arrived and was trying to strategize how to get information from staff whom I assumed would be harried, abrupt, defensive, and disinterested in speaking to yet another family member. You can imagine that my jaw dropped when my cousin noticed **Dr. Beshar Kabak** in the nursing station, asked him if we could speak, and he came promptly to the room. He offered details and answered all my questions in a clear and compassionate manner.

I watched nurse **Jeannine Duggan, RN** manage an array of monitors, lines, pumps and IV bags, while interacting with us warmly and calmly and supervising trainee **Sarah McCullough, RN**. At the end of visiting hours, I commented to her that the hardest part of her job must be speaking with family members—we were, as you can imagine, in emotional shock, viewing our on-the-edge-of-death beloved who was her healthy sparkling self-two days before; whereupon, Jeannine looked me straight in the eye and told me, "It's included."

I felt overwhelmed with emotion while she explained that communicating with the families were a vitally important part of her job.

As I pondered fate that night, I figured that Jeannine was an outlier, one whom we were blessed to meet, the only possible explanation as to how she could be so stupendously generous. But I was wrong: when I spoke with night nurse, **Amy Ogden, RN**, she was just as welcoming and generous with her time, in between managing the myriad of details on her list. Then day nurse, **Kaylie Vitale, RN**, came in and, unaccountably, was as extraordinary as her colleagues. Ditto **Dr. Michael Gross**, who was on the weekend shift, and when I thanked him for spending the time explaining and answering questions, he replied that this was an important part of his job, even if it meant finishing his notes long after his shift ended.

The lucky streak continued with nurses, **Dienaelaine Manlapaz, Michelle Tapisipan, Selissa**, and **Bettina Vieten**, as well as infectious disease expert, **Dr. Azfar Chak** (also hematologists and nephrologists, whose names I am sorry I did not register), all despite snowstorms and staff shortages.

I must make clear that I am not only awed by the generosity and empathy and humanity of these angels, but by the astounding effort involved in the medical care.

RETIREMENT NEWS

Congratulations to the following employees who recently retired after many years of service at Montefiore Nyack Hospital!

In January, **Fay Thomas, Patient Transport**, retired after 35 years and **Rebert Charles, Stock Clerk**, retired after 37 years. We thank them for their service and wish them all good things in their retirement.