

JANUARY 2025

NEW HIRES / ANNIVERSARIES

STAFF AND UNIT  
ACCOMPLISHMENTS

NURSING EDUCATION

2025 MILEAGE RATE

SEASONAL AFFECTIVE  
DISORDER

SAVE THE DATES

VOICE OF OUR PATIENTS

## MONTEFIORE NYACK HOSPITAL INSPIRES THE FUTURE LEADERS OF TOMORROW

On January 7<sup>th</sup>, Montefiore Nyack hosted students from Teen Leadership Rockland and the Cornell Cooperative Extension Science Program to learn about career opportunities in a hospital setting. The students toured the hospital and met with diverse staff about different career paths in a hospital setting, including environmental services, pharmacy, security, infection prevention, pastoral care, nutrition, IT and diabetes education. In her review of the event, one youth wrote “Thank you for this opportunity. Seeing the hospital setting made a difference in my thoughts on careers.”

Special thanks to the following speakers who shared their professional experiences and offered career advice to these students, including **Sandra Arévalo, MPH, RDN, CDN, CDCES, CLC, FAND, Community Health and Wellness; Anthony Brown, Environmental Services Supervisor; Robert Carter Jr., Pastoral Care; Dale Clark, Lead ED Safety and Security Supervisor; Alexandra Harris, PharmD, BCPS, Pharmacy; Melissa Keeney, MS, RDN, CDN, CDCES, Community Health and Wellness; Daryl Schiller, PharmD, MS, BCPS, CPEL, FASHP, Senior Director of Pharmacy; Eneas Soares, Patient and Community Education Coordinator; Sue Stone, RN, MPH, CIC, Infection Prevention Director; and Manuel Umpierre, Sr. Director of Technology & Telecom, Information Technology.**

We also thank **Tasha Acevedo, Steve Apicella** and **Lori-Ann Williams** for their help and support in organizing the logistics of this successful event.



## EMPLOYEE ANNIVERSARIES

Congratulations to the following employees who celebrated a milestone work anniversary this month. We applaud their dedication and thank them for their care and service to the Hospital!

### 5 YEARS

Nicole Giardina  
Dezrine Jackson-Smith  
Jun Jie Liang  
Angela Rodriguez  
Katherine Vargas  
Samantha Wallace

### 10 YEARS

Sonia Bozzone  
Kristin DeLorenzo  
Harry Gonzalez  
Jenniffer Gonzalez  
Adam Skrypack  
Desdamona Snead  
Daesha Williams

### 15 YEARS

Mubbashir Asghar  
Wendy Davis

### 20 YEARS

Margaret Killen  
Bibby Mathew  
Manju Thomas

### 35 YEARS

Marianne Jones  
Arnetta Morris Payne

### 40 YEARS

Mariamanna Daniel

- **Liliana Delgado**, Trauma Program Director, Trauma Center
- **Daniel Delarosa Jr.**, Security Officer
- **Gavin Deng**, RN, 4 Doctors
- **Karl Dubuisson**, Dietary Aide, Food & Nutrition
- **Kris Ibezim**, Central Services Technician, Central Sterile Supplies
- **Thomas Eitel**, MRI Lead Technologist, MRI Ambulatory Surgery Center
- **Jessica Enabosi**, RN, Behavioral Health
- **Kelly Jones**, Environmental Services Aide
- **Ushat Jose**, OR Facilitator/Biller, Operating Room
- **Roodjhine Joseph**, Patient Access Coordinator, Patient Access
- **Cristian Lopez**, PCA, 4 Doctors
- **Jace Nelson**, Security Officer
- **Katia Nunez**, Radiology Associate, Diagnostic Radiology
- **Michelle Pawlowski**, Medication Documentation Specialist, Pharmacy
- **Yeva Posner**, Nurse Manager, Prenatal Center
- **Le Ann Pulcino**, Clerical Coordinator, Breast & Women's Health Services
- **Alexandrea Richards**, HR Specialist Records Custodian, Human Resources
- **Jannet Rodriguez Zamorano**, Patient Access Coordinator, Patient Access
- **Rosalyn Taveras**, Phlebotomist, Laboratory
- **Ashley Williams**, RN, Emergency Department
- **Michelle Vargas**, RN, Pediatrics

## WELCOME NEW EMPLOYEES!

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

- **Naomi Acosta**, PCA, Pediatrics
- **Latisha Adelson**, AA, 4 Maze
- **Marian Bediako**, RN, Home Care
- **Carolyn Bernard**, Environmental Services Aide
- **Janice Budhai**, Phlebotomist, Laboratory
- **Natalie Cantelmo**, AA, 4 Maze
- **Maia Cham**, AA, 4 Maze
- **Gabriela Colon**, Data Integrity Coordinator, Health Information Management
- **Kellin Cruz Nunez**, Environmental Services Aide
- **Shannon Curtin**, Social Worker Care Manager, Care Management
- **Mary Kate Davin**, RN, 4 Doctors

## WELCOME OUR NEW CHIEF FINANCIAL OFFICER



Montefiore Nyack Hospital is pleased to welcome **Mark Mercurio, CPA, MBA** as the Hospital's new Chief Financial Officer. With 35 years of experience in healthcare finance, he began his leadership role in our organization on January 13, 2025. He joins us from White Plains Hospital where he served as Vice President of Finance since 2014. He was responsible for the Hospital's financial operations including treasury and investment management, payroll, procurement, budget and long-term financial planning. Mark's proven expertise and professionalism will benefit our strategic work and enable our continued success as part of the Montefiore Health System.

## STAFF AND UNIT ACCOMPLISHMENTS

Congratulations to **Mark Geller, MD, FACR, President and CEO of Montefiore Nyack Hospital**, on his appointment to the Executive Committee of the Board of the Healthcare Association of New York State (HANYS). Celebrating its 100th anniversary this year, HANYS represents nonprofit and public hospitals, nursing homes, home care agencies, and other healthcare organizations. Under the leadership of its Board, the organization serves to advance the health of individuals and communities across New York State. We thank Dr. Geller for his continued dedication to strengthening and improving healthcare in New York State.

### OR Team



Providing compassionate care is what our team does best. On Friday, January 17<sup>th</sup>, we recognized our OR team for their united effort to support the family of one of their patients in a time of great need. Thanks to nursing leaders **Maridel Sta. Cruz RN** and **Patricia Fox, RN**, the OR team rallied together to purchase holiday gifts and contribute to this family who suffered an unimaginable loss. Their heartfelt generosity meant more than can ever be expressed. Kudos to our OR team for showing incredible love and support to those we care for and their families. Your unity and teamwork are truly inspiring.



### Surgical Team

Congratulations to our Robotic Surgical team for performing their 1000th robotic surgery procedure using the da Vinci robot surgery system! **Lee Fleischer MD FACS**, Director of Surgery, had the honor of performing this milestone. Our skillful surgeons have used this robotic surgical console to perform colorectal and thoracic procedures, gallbladder surgery and hernia repair. Robotic surgery offers a faster recovery time, lower risk of infection and less pain with a quicker return to daily activities. Congratulations to **Dr. Fleischer** and surgeons **Adrienne Fuego, MD, FACS**, **Ziad Kronfol, MD, FACS, FASCRS**, **Sean Kwon, MD, FACS** and **Aleksandr Rakhlin, MD, FACS**.



## THE MATERNITY CENTER

Montefiore Nyack Hospital was named a 2025 High Performing Hospital for Maternity Care for the second consecutive year by U.S. News & World Report, the global authority in hospital rankings and consumer advice. This is the top award a hospital can earn as part of U.S. News' Best Hospitals for Maternity Care annual study. Congratulations to **Montefiore Nyack** and our **Highland Medical physicians, midwives and laborists** who provide exceptional obstetric care at the hospital under the leadership of **Dr. Maria Emerson!**



## STAFF PROMOTIONS AND RETIREMENTS

Congratulations to the following employees who were recently promoted or retired! We wish them well in their new roles and thank them for their service to the Hospital!

**Andrea McGowan** was appointed Senior Director of Maternal Child Health Nursing Services and Prenatal Services from Director of Maternal Child Health Nursing Services and Prenatal Services.

**Jeniece Gonzalez** was promoted from Patient Care Associate to Registered Nurse.

## HEALTH WORKS: WINTER 2025

Montefiore Nyack's latest community magazine issue of Health Works is now available. Read the full issue here: <https://bit.ly/4gtNOSE>. If you want to receive the magazine at home, please email your name and postal address to [MNH-PublicRelations@montefiorenyack.org](mailto:MNH-PublicRelations@montefiorenyack.org).



## A MESSAGE FROM NURSING EDUCATION

Attention All Montefiore Nyack Hospital licensed professionals/mandated reporters,

Mandated Reporter Education must be completed by April 1, 2025. \*The NYSED Office of the Professions is requiring all mandated reporters for child abuse to complete an updated training requirement by April 1, 2025.

<https://www.op.nysed.gov/professions/registered-professional-nursing/mandated-training/mandated-training-related-child-abuse>

### Updated Mandated Reporter Training Requirements

Chapter 56 of the Laws of 2021 amended Social Services Law §413 to require additional training, including protocols to reduce implicit bias in decision-making processes, strategies for identifying adverse childhood experiences, and guidelines to assist in recognizing signs of abuse or maltreatment while interacting virtually within the New York State Mandated Identification and Reporting of Child Abuse and Maltreatment/Neglect coursework. This law requires that mandated reporters, including those who have previously undergone the current training, complete the updated training curriculum by April 1, 2025.

This two-hour training course can be completed through the NYS Mandated Reporter Resource Center (New York State Mandated Reporter Resource Center—Training) ([nysmandatedreporter.org](http://nysmandatedreporter.org)).

It is offered at no cost to participants, but NYS requires them to complete it within the calendar year they start it. Progress is saved at the end of each section so registrants can complete it at their own pace and access the course 24/7. NYS will email a course certificate upon completion.

As healthcare professionals, we play a vital role in ensuring a safe and nurturing environment for those under our supervision. Thank you for your unwavering dedication and efforts to provide compassionate, quality care.



## THE MOST GOOGLED QUESTIONS OF 2024

Americans turned to Google with a wide range of health questions in 2024, according to a recent [analysis](#) by Soliant Health. The healthcare staffing firm ranked the top seven questions based on monthly Google search volume. The most-searched health questions on Google in 2024 were:

1. Is bronchitis contagious?
2. Is pneumonia contagious?
3. What is lupus?
4. How much water should you drink a day?
5. Is strep throat contagious?
6. How long does the flu last?
7. What causes high blood pressure?

See the most Googled health questions for each state [here](#).

## IN THE COMMUNITY

***Special thanks to the Community Health and Wellness for its submission!***

On January 16<sup>th</sup>, the Community Health & Wellness department joined the Rockland Community Action Partnership at the Louis Kurtz Civic Center in Spring Valley to celebrate Dr. Martin Luther King Jr's legacy by combining education, health resources and community engagement. **Laura Sampaio** and **Eneas Soares** did blood pressure screenings and educated the participants on how to correctly monitor blood pressure at home, healthy blood pressure goals and health interventions to lower blood pressure.



### **Setting SMART Goals Presentation for the Parents of BOCES Students**

On January 23<sup>rd</sup>, **Sandra Arévalo** presented "Healthy Habits: Setting Goals that Help You Live Healthier and Longer." As sticking to New Year's resolutions can be difficult (only 8% of resolutioners keep them all year!), she gave parents of BOCES students advice on how to stick to their goals by making them SMART (Specific, Measurable, Achievable, Realistic and Timebound).

## 2025 MILEAGE RATE

The [standard mileage rate](#) for automobiles driven for business will increase by 3 cents in 2025. Optional standard mileage rates are used to calculate the deductible costs of operating vehicles for business, charitable and medical purposes.

Effective Jan. 1, 2025, the standard mileage rates for the use of a car, van, pickup or panel truck is:

- 70 cents per mile [driven for business use](#), up 3 cents from 2024.
- 21 cents per mile driven for medical purposes, the same as in 2024.
- 14 cents per mile driven in service of charitable organizations, equal to the rate in 2024.

The rates apply to fully electric and hybrid automobiles and gasoline and diesel-powered vehicles.

## V-FIB COFFEE

V-Fib Coffee, owned and operated by a retired paramedic, serves lattes, coffee, tea and hot chocolate. Weather permitting, his silver Airstream trailer will be parked outside the Emergency Department entrance off Midland Avenue, Monday through Friday, from 2:30 until late evening. A 10% discount is available for all staff. Follow him on Instagram [@v\\_fib\\_coffee](#) for updates.

## VISITATION GUIDELINES

Effective January 10, 2025, Montefiore Nyack Hospital will allow visitation for COVID-19 patients with these guidelines: 2 visitors at a time during the day, 1 adult visitor overnight, and wearing appropriate PPE as indicated based on isolation precautions. See full Visitor Guidelines here: [montefiorenyack.org/patients-visitors/visitor-resources](https://montefiorenyack.org/patients-visitors/visitor-resources)

## SEASONAL AFFECTIVE DISORDER (SAD)

***Special thanks to the Employee Assistance Program for its submission!***

While feeling down is not unusual during the winter months, it can become problematic when those feelings interfere with everyday functioning. Feeling down can range from everyday “blues” to more severe depression. Seasonal Affective Disorder (SAD) is a sub-type of depression that is exacerbated by the seasons of the year and displays a recurring seasonal pattern.

If you experience some or all of the following symptoms you may suffer from something more than just the winter blues:

- Difficulty awakening in the morning and/or increased desire for sleep
- Increased feelings of lethargy
- Difficulty concentrating
- Difficulty performing tasks that were normally easy/enjoyable.
- Withdrawal from social situations
- Feelings of self-blame or despair
- Weight gain and/or increased cravings for carbohydrates and sweets
- Inability to tolerate frustration
- Anxiety/agitation
- Feeling depressed most of the day, nearly every day

If you or your loved one is struggling with Seasonal Affective Disorder, SAD, please contact the EAP for free, confidential assessment and support at 845-638-8880 or e-mail us at [EAP@montefiorenyack.org](mailto:EAP@montefiorenyack.org).

## PRE-CHANUKAH CELEBRATION

Montefiore Nyack hosted a pre-Chanukah celebration on **Monday, December 23<sup>rd</sup>** in the hospital’s main lobby. Chanukah celebrates the power of light and reminds us that a tiny flame can banish a roomful of darkness. **Rabbi Chaim Z. Ehrenreich, Director of Chabad of the Nyacks**, officiated the ceremony with songs and a menorah lighting to celebrate the start of Chanukah on the evening of December 26th. Refreshments and treats were generously sponsored by Centers Healthcare.

## HOLIDAY BASKETS

Thank you to all the departments and employees who donated beautiful holiday baskets for The Gift Shop’s annual holiday boutique. Congratulations to all the winners!



## LINUS PROJECT

Thank you to the Linus Project for their continued support with their donation and personal delivery of beautiful handmade blankets.



## SAVE THE DATES

### Football Jersey Day

**Wednesday, February 5, 2025**

In celebration of Super Bowl Week, employees are invited to wear their favorite football jersey

Donate \$5.00 to wear your football jersey. Staff in sterile areas can wear football-themed head caps. All proceeds will be donated to BRIDGES, a local advocacy organization for people with disabilities. Donate and receive a participation bracelet to show your team spirit. Donations will be accepted at the following locations:

- Hospital Café, see the Cashier
- HUB, see Deborah Zerner
- Squadron Blvd, see Colleen Nunes

### Transamerica Retirement Education

**Tuesday, February 11, 2025**

**8:00 a.m. to 4:00 p.m.**

There is a critical blood supply shortage. The New York Blood Center will host a blood drive in the Cafeteria Conference Room. Appointments are preferred, but walk-ins are welcome. One pint of donated blood can save up to three lives!



Schedule a whole blood appointment and ask our staff when you arrive if you qualify for an auto-red procedure, which takes a bit longer. Visit [Donor Portal - New York Blood Center \(nybc.org\)](#) to access the registry online or call 1-800-933-2566.

### Transamerica Retirement Education

**Tuesday, February 11, 2025**

**8:00 a.m. to 4:00 p.m.**

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 access your Transamerica retirement plan account online at: [www.transamerica.com](http://www.transamerica.com).

### Wear Red Day

**Friday, February 7, 2025**

Show your support and wear red to raise awareness of heart disease during American Heart Month.

Share a photo with the Public Relations & Marketing Department for inclusion in the employee newsletter and social media sites. Text your photo to Public Relations at **845-608-6066** or email to: [mnh-publicrelations@montefiorenyack.org](mailto:mnh-publicrelations@montefiorenyack.org).

## SAVE *the* DATES

### 2025 FUNDRAISING EVENTS

**30**  
MAR

NATIONAL  
**DOCTORS'** DAY

**5**  
MAY

**30<sup>th</sup>** ANNUAL  
Northeastern Anesthesia  
& Montefiore Nyack Hospital  
Medical Staff  
**GOLF CLASSIC**

**25**  
OCT

**4<sup>th</sup> ANNUAL**  
**RIDES**  
& **STRIDES**

**2**  
DEC

**#GIVINGTUESDAY**

Montefiore | Nyack  
FOUNDATION

## OCCUPATIONAL HEALTH SERVICES

Flu vaccinations are available for all employees in OHS, Monday – Friday, from 7:00 a.m. to 3:30 p.m.

For those declining the vaccine, please click on the following link to obtain the NYSDOH declination form and submit the completed form to OHS.

[https://www.health.ny.gov/prevention/immunization/toolkits/docs/hospital\\_pg154.pdf](https://www.health.ny.gov/prevention/immunization/toolkits/docs/hospital_pg154.pdf)





- “I wish to express my sincerest gratitude and thanks for the care received as a patient in December. I experienced excruciating pain in my left hip/thigh area and asked my wife to drive me to your emergency room. Upon arrival outside the main entrance, we valet parked our car, which was a tremendous convenience considering I could hardly walk. I felt an immediate sense of ease due to the actions of the parking attendant and security personnel within the lobby. The woman in the emergency room who greeted us and took our information immediately obtained a wheelchair for me. The triage nurses in the emergency room were caring and attentive to my needs. The care and treatment that I received from **Stephanie Lee, Physician Assistant**, showed incredible compassion, concern and expertise regarding my extreme unknown pain. She put my mind (and my wife’s mind) at ease. The nurses and transporter in the emergency room were all professional and caring. While admitted, I never felt alone nor abandoned. Every single nurse, aide, transporter, technician and physical therapist was attentive to my needs. To be honest, I am usually the type of patient who doesn’t ask for much but whenever I needed help with anything, a staff member responded immediately.

Your staff was very attentive to my roommate's many needs. Your radiology department employees were fantastic and truly minimized

any discomfort I had during the X-rays and two MRIs. They understood, and we laughed about, my occasional “colorful” expressive language involving my pain. I had two top-notch physical therapists assisting me while walking throughout the 5th floor. I cannot find their names, but I believe one was Michael. The food service was great. I appreciated the reminder phone call from food services to order a meal. I enjoyed my breakfasts, lunches and dinner. I sincerely appreciate the fantastic care I received from the following nurses and **staff members on the 5th floor (5 Doctors): Janely, Jessica, Jason, Sarah, Tanya, Maria, Carole, Laura and Victoria.** Maria gave both my wife and I a festive sendoff upon discharge. I really liked the Christmas and holiday decorations on the 5th floor.

When I moved to Rockland County twenty years ago, Nyack Hospital did not have a great reputation. You have made monumental changes over the years. I was admitted in 2019 for sepsis and your staff saved my life. I had a comfortable cardiac catheterization performed in 2024. I now tell people about the high quality of care that I received at Montefiore Nyack Hospital last month. No offense, but I hope I do not have to be a patient in a hospital again but if I had to...I would feel very confident in being treated at Montefiore Nyack Hospital. Thank you!"

