

MARCH 2024

“PLAIN LANGUAGE” EMERGENCY CODES TO START ON JUNE 1

For decades, emergency alert codes, such as Code Blue and Code Red, have been widely used in hospitals nationwide. Emergency alert codes are shared over the hospital’s overhead paging system as a way of quickly alerting team members to critical situations without alarming patients and visitors.

Starting on June 1st, Montefiore Nyack Hospital is moving to **Plain Language Alerts** to reduce code confusion. Instead of using color-coded alerts, we will be moving to three alert types: **Facility**, **Medical** and **Security**. These alert types will address different types of emergencies, such as fire alarms, elopement (i.e. missing person), rapid response, behavioral, active shooter, etc., followed by location and specific details including description and direction.

*Remember
“if you see
something, say
something.”*

For example, a plain language alert broadcast on the overhead paging system might sound like this:

Medical Alert >>>> Stroke Emergency >>>>Rapid Response Team >>>Emergency Department.

If a Security Alert is announced for Infant Abduction or a Missing Person, employees are to come out of their workspace and stand by the nearest Watch Stations located on the ground and first floor near all external exits to observe anyone coming by with a baby. Similarly, if a missing patient is announced overhead, employees would stand by the watch station looking for the description of the missing patient, and wait for the overhead “Code Clear” announcement indicating that the patient has been found.

New badge buddies will be issued, and online training and education will be provided. We will be conducting a missing patient / elopement drill soon and ask that you identify the nearest watch station.

In the event of an on-campus emergency, dial ext. 2222. Please report off-site emergencies to 9-1-1. We appreciate your help in creating a safe environment for our patients, visitors, and staff.

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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

Vincent Casa Malone
Kathleen Collins-Mrozinski
Mary Grace DeRamos
Nancy McMorow
Theresa Mellia
Jude Placio
Cristiane Stern

15 YEARS

Lora Kasny

30 YEARS

Christine Miller

40 YEARS

Jung Singh

10 YEARS

Ivymarie Basanes
Kelly Chan
Ligaya Duncan
Kevin Fraser
Luisa Lopez
Therese Platel
Sandra Rochetti

WELCOME NEW EMPLOYEES!

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

- **Gabrielle Brown**, PCA, 4 Doctors
- **Anthony Carrenard**, Cook, Food & Nutrition
- **Catalina Castro Zamora**, Patient Safety Attendant, Float
- **Valdet Cobaj**, Clinical Laboratory Technologist, Blood Bank & Serology
- **Shannon Cunningham**, Social Worker Care Manager, Care Management
- **Jacqueline Daniele**, Clinical Care Partner, Rheumatology Clinic MNH
- **Nadege Eugene-Alameda**, RN, Behavioral Health
- **Victoria Ferrentino**, Diagnostic Imaging Medical Assistant, Ambulatory Surgical Imaging Center
- **Theresa Fields**, Phlebotomist, Laboratory
- **Valerie Floyd**, Clerical Coordinator, ASC Imaging Center
- **Jason Hall**, Ambulatory Scrub Technician, Ambulatory Surgery Center
- **Sarah Heurtelou**, RN, 3 Doctors
- **Kwame Heywood**, RN, Surgical ICU
- **Monica Kim**, Talent Acquisition Assistant, Human Resources Department
- **Dimitry Khodorkovsky**, Ambulatory Scrub Technician, Ambulatory Surgery Center
- **Andrea Kuenzler**, Clinical Dietitian, Nutrition & Dietetics
- **Bilma Lema**, Environmental Services Aide, Environmental Services
- **Jayne Levstek**, RN, 5 Doctors
- **Victoria Ochs**, Clinical Dietitian, Nutrition & Dietetics
- **Olivia McFadden**, Patient Access Coordinator, 4 Doctors
- **Erin McGee**, RN, 5 Doctors
- **Deirdre Minihan**, Clinical Pharmacy Resident, Pharmacy
- **Dayna Peters**, RN, 6 Doctors
- **Amanda Pielago**, LPN, Float
- **Jamuna Ram**, RN, 5 Doctors
- **Jo'el Ramos**, RN, 3 Doctors
- **Heba Shahid**, PCA, Emergency Department
- **Wilmeris Santos**, Financial Clearance Specialist, Patient Financial Services
- **Amber Tello Galan**, Radiologic Technologist, Diagnostic Radiology
- **Eugenia Tobar**, Health & Safety Services Technician, Ambulatory Surgical Center
- **Jacqueline Traub**, RN, 4 Doctors
- **Sharde Walter**, Lead MRI Specialist, Ambulatory Surgical Center
- **Cameron Wesenberg**, RN, 3 Doctors

STAFF PROMOTIONS AND ACCOMPLISHMENTS

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

Jaclyn M. Soter, RDN was promoted from Clinical Dietitian to Lead Clinical Dietitian.

Thomas Mattice, CHESP, CMIP, T-CHEST, Senior Director of Support Services, was recognized by the American Hospital Association (AHA) as a Volunteer Leader in the Association for the Health Care Environment (AHE), one of the AHA's professional membership groups in advancing the health of individuals and communities.

JOINT REPLACEMENT PROGRAM CERTIFICATION SURVEY

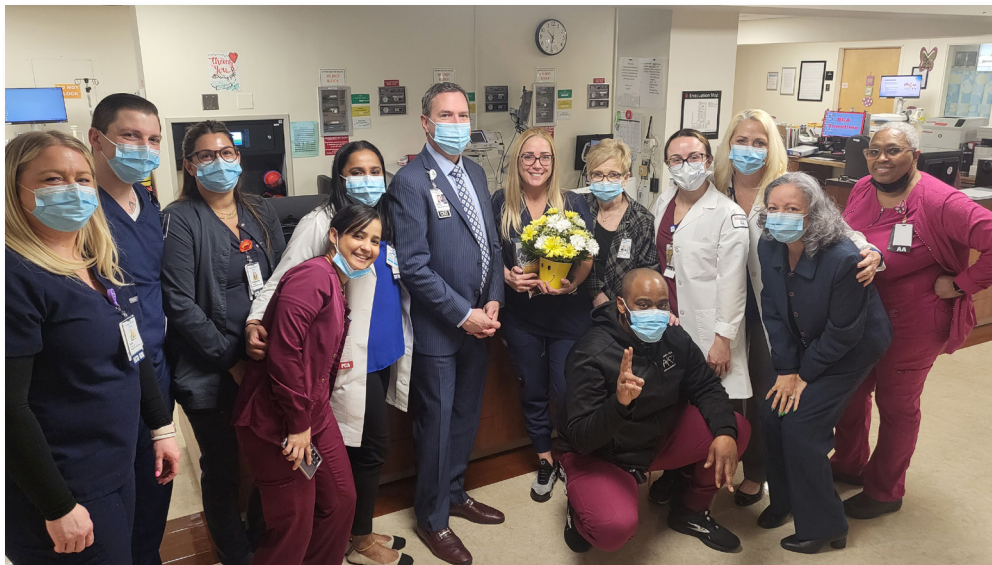


Congratulations to everyone involved with the hugely successful Joint Replacement Program Certification Survey! The Joint Commission reported no findings, which is rare and a true testament to the team's outstanding care and attention to detail! Special thanks and congratulations to all for a job well done, especially: **Dr. Jordan Simon** and the **nursing staff on 5D, PAT, Peri OP and OR; Candy Pinkham, RN, Orthopedic Administrator; Sarah Niosi, RN, Nurse Manager 5D; and Rachele Mattaliano, RN** and **Carol Wynne** in Quality.

HEROES WORK HERE

As crowds began to gather for the annual Pearl River St Patrick's Day Parade, a member of the community experienced sudden cardiac arrest. **Hope Goswick, RN**, a nurse in Montefiore Nyack's MICU, witnessed the man collapse. She immediately recognized that he was in cardiac arrest and began CPR. Hope continued CPR until EMS crews assigned to the parade detail arrived.

The Ossining Volunteer Ambulance Corps ALS crew, who transported the patient to Montefiore Nyack Hospital, reported a return of pulse shortly after leaving the scene and that the patient was conscious and alert at the hospital. The quick action of Hope Goswick, RN, and her initiation of early CPR, combined with the teamwork of multiple on-site EMS crews, directly resulted in the saving of a life.



WOMEN'S HISTORY MONTH

Women's History Month is a month-long celebration observed in March to remind everyone of the achievements of women throughout the years in our culture and society, and why it's important to study them and their important moments in history. From science to politics to entertainment, it is a chance to reflect on the trailblazing women who lead the way for change.

The first International Women's Day was celebrated in Austria, Switzerland, Germany and Denmark on March 8, 1911. The holiday wasn't widely celebrated in the United States until the [United Nations began sponsoring it in 1975](#). In March 1980, after celebrations had spread across the country, President Jimmy Carter declared March 8 was officially the start of National Women's History Week. That same year, Utah Senator Orrin Hatch and Maryland Representative Barbara Mikulski co-sponsored the first Joint Congressional Resolution declaring the week of March 8, 1981, National Women's History Week. By 1987, Congress declared the entire month of March Women's History Month. Since then, every president has proclaimed the month of March Women's History Month.

[According to the National Women's History Alliance](#), 2024 is about "Women Who Advocate for Equity, Diversity and Inclusion." Throughout 2024, we honor local women from the past and present who have taken the lead to show the importance of change and to establish firmer safeguards, practices and legislation reflecting these values. Following decades of discrimination, we are proud to celebrate women who work for basic inclusion, equality and fairness."

IBCLC DAY

On **March 6th**, our team of lactation consultants recognized International Board-Certified Lactation Consultant® (IBCLC®) Day. We thank them for the extraordinary services that our IBCLCs provide to expectant parents, new mothers and the healthcare teams who form their circle of care.

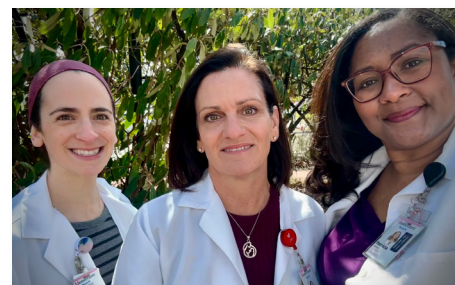
NURSING SCHOLARSHIP

Employees of Montefiore Nyack Hospital who are pursuing education to complete a degree in nursing or graduate education may apply for the Margaret Mary & Peter Kennedy Nursing Scholarship. Named in memory of both Margaret Mary and Peter Kennedy, the Scholarship was established in recognition of the outstanding nursing care his wife received while at Montefiore Nyack Hospital to help aspiring nurses further their education. Every year, a family member oversees the scholarship to award one of our qualified employees with \$1,000 toward their education.

Eligibility Criteria:

- Current Montefiore Nyack Hospital employee with one year of completed service and meets all performance standards.
- Enrolled in an accredited associate or bachelor's degree nursing program; or for registered nurses, enrolled in a master's degree program in nursing, healthcare or business.
- Completed a minimum of six (6) credits toward their degree with a 2.5 GPA or above.
- Recipient must stay employed at Montefiore Nyack Hospital for one (1) year and remain continuously enrolled in the educational program.

A fillable digital application can be downloaded from the Employees section of the website at montefiorennyack.org. Printed applications are available in the Human Resources Department (ext. 2155) or the Nursing office (ext. 2680). Completed applications will be accepted by HR until **May 10, 2024**.



From left to right; Nicole Pantierer, Paula Loeb and Patricia Soriano Guzmán

SECURITY 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.

We will be conducting a missing patient / elopement drill soon and ask that you identify the nearest watch station. Listen for the overhead announcements regarding missing patients and the "code clear" announcement indicating that the patient has been located.

EXCEPTIONAL WOMEN IN MEDICINE

Congratulations to the following Montefiore Nyack Hospital and Highland Medical physicians who were recently named "2024 Exceptional Women in Medicine" by Castle Connolly!

- **Adrienne Fuego, MD, FACS**, Surgeon, Highland Surgical Associates and Highland Medical Breast Surgery in West Nyack
- **Irina Rybalova, MD**, Medical Oncologist, The Hematology Oncology Center at Montefiore Nyack Hospital



Selected through a rigorous selection process that includes peer nominations, extensive research and evaluation by the Castle Connolly research team, Drs. Fuego and Rybalova have additional qualifications, including research and academic contributions, volunteer work within healthcare, training at top institutions and innovations in their fields of specialty.

NATIONAL DOCTORS' DAY

Every year on March 30th, we recognize National Doctors' Day.

At Montefiore Nyack Hospital, we are proud to have a team of exceptional physicians dedicated to those we serve.

Our doctors come from diverse backgrounds and bring a wealth of experience and expertise to the hospital. Their commitment and passion for offering the latest medical care help our community members achieve optimal health and wellness. Thank you for keeping our community healthy!



DIETITIANS DAY

On March 9th, our team of Registered Dietitians at Montefiore Nyack Hospital, both in our inpatient and outpatient practices, celebrated National Registered Dietitians Nutritionist Day. Observed on the second Wednesday in March during National Nutrition Month, Registered Dietitian Nutritionist Day celebrates the contributions of these medical professionals. A registered dietitian nutritionist (RDN) is a credentialed healthcare professional who applies evidence-based information about nutrition and diet to contribute to the health and wellness of individuals, groups and communities.

Nutrition & Dietetics Department

- Erika Avalos, MS, RDN, CDN
- Doreen Fernandez, RDN
- Andrea Kuenzler, MS, RDN
- Sydney Narzabal, MS, CDN, RDN
- Victoria Ochs, RDN
- Jaclyn Soter, RDN

Community Health & Wellness

- Sandra Arévalo, MPH, RDN, CDN, CDCES, CLC, FAND, *Director of Community Health and Wellness*
- Denise Roma, MS, RDN, CDN, CDCES
- Elizabeth Staum, MS, RDN, CDN, CDCES



From left to right; Doreen Fernandez, Andrea Kuenzler, Sydney Narzabal, Erika Avalos, Victoria Ochs, and Jaclyn Soter.

HEALTHY RECIPES

Did you know that March 26th is recognized as National Spinach Day? This leafy, green vegetable made famous by Popeye is loaded with cancer-fighting antioxidants and is believed to help improve cardiovascular and gastrointestinal health. It packs a punch as an excellent source of calcium, folic acid, fiber, iron, protein, calcium, and vitamins A, C, and K. Enjoy its' many health benefits with our tasty Spinach Frittata recipe. See the full recipe here: montefiorenyack.org/healthy-recipes/spinach-frittata.

Easy Spinach Frittata

Servings: 4

Duration: 30 minutes

Ingredients:

- 4 eggs
- 1 cup parmesan cheese
- 1/2 cup water
- 2 tablespoons vegetable oil
- 4 cups spinach, cut into strips

Directions:

1. In a deep frying pan, heat half of the vegetable oil.
2. When the oil is warm, add the spinach and stir slowly until it turns bright green.
3. Once cooked, remove the spinach from the heat and drain well.
4. In a bowl, mix the spinach, eggs and cheese.
5. Add the rest of the oil to the pan and when it is warm, pour into the spinach mixture. Let it cook over medium heat until the edges are golden brown and the mixture looks a little dry, about 12 to 15 minutes.
6. Flip the tortilla over and let it cook for another 8 to 10 minutes to cook on both sides.
7. To serve, cut the tortilla into triangles.



Home Page is proud to partner with Montefiore Nyack's Community Health and Wellness Dept. to offer healthy, easy recipes that everyone can enjoy. (Recipe credit: **Sandra J. Arévalo, MPH, RDN, CDN, CDCES, CLC, FAND, Director of Community Health & Wellness**)

NATIONAL NUTRITION MONTH

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthy eating and physical activity habits. During the week of March 11-15, our team of registered dietitians hosted an information table in the Café to answer dietary questions and share information on how to make healthier and more sustainable nutrition choices.

This year's theme was "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers' markets—and even home food safety and storage practices. It also describes the various ways we eat—not only around a dinner table but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond. For more information, visit eatingright.org.

CHICKEN FAJITAS

If you are looking for a quick and healthy weeknight meal that will satisfy the family, look no further than this yummy Mexican fajita recipe!

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 4 servings

Calories: 225kcal/serving

Protein: 11g/serving

Ingredients

For the meat and quick marinade:

1lb of boneless, skinless chicken breast, sliced into thin strips

¼ Cup chopped cilantro

1 TBSP lime juice (juice of one lime)

½ TBSP cooking oil

½ TBSP minced garlic (about 2-3 cloves)

½ TBSP chili powder

½ tsp ground cumin

½ tsp dried oregano

¼ tsp salt

¼ tsp paprika

¼ tsp ancho chili powder

For the vegetable toppings:

1 TBSP cooking oil

1 bell pepper, sliced into strips

½ large poblano pepper, sliced into strips (or you can substitute another bell pepper)

¼ white onion, sliced

Pinch of salt for flavor

Optional toppings:

Guacamole, sour cream, Mexican-blend cheese, salsa

Instructions

1. Add all the ingredients for the quick marinade in a large mixing bowl and toss in the chicken breast until it is evenly coated with spices. Cover and set aside.
2. In a large skillet over medium-high heat, add 1 tablespoon of cooking oil. Add the peppers, onions and a pinch of salt. Cook, stirring occasionally, for about 8 minutes, until the veggies are soft.
3. Remove the veggies from the skillet, place in a large bowl, cover and set aside.
4. Add the remaining tablespoon of cooking oil to the same skillet. Add the marinated chicken and cook for 8 to 10 minutes, or until the chicken is fully cooked.
5. Add the peppers and onions back to the skillet, toss together with the chicken and remove from heat.

This nutritious recipe is versatile and can be served over rice, low-carb cauliflower rice, over salad greens, or in warm flour/corn tortillas and topped with sour cream, guacamole, Mexican-blend cheese, salsa and chopped cilantro.

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.

You can submit a form by email to **Norma Mateo-Liatsis, SHRM-CP, Senior HR Coordinator, Rewards & Recognition Program Ambassador**, at nmateoliat@montefiorenyack.org or drop in the secure lock box located outside of HR by the job posting board. Please take a moment each week to recognize any team member who is making a difference.

EMPLOYEE ASSISTANCE PROGRAM

Daylight Savings Time reminds us of the importance of **proper sleep hygiene**. Losing that one hour of sleep when we spring ahead often has an impact on our restfulness and sleep patterns in the days that follow. Over the last 50 years, not only has our amount of sleep decreased from about 8 ½ to 6 ½ hours, but our approach to sleep has also changed.

Sleep is a biological necessity to overall health and wellness. A lifestyle filled with over-stimulation, multi-tasking, hyperarousal, and “superhero” expectations and behaviors is incongruent with good sleep practices. Developing a 30-minute pre-sleep routine to wind down from the stress and activity of the day is recommended. Also, limiting the amount of eating and drinking close to bedtime is necessary as doing so can impact one's ability to fall asleep and stay asleep. Equally important is the impact of regular exercise on good sleep patterns and the value of napping modestly (approximately 30 min.) after you have achieved a healthy sleep routine.

If you're experiencing poor sleep hygiene or experiencing sleep disturbance, please contact the EAP for confidential assistance at 845-638-8880 or e-mail us at EAP@montefiorenyack.org.

LITTLE FREE LIBRARY

The Breast Center at Montefiore Nyack Hospital has a Little Free Library in its waiting area and needs new and gently used books. The Breast Center's library is currently requesting fiction, non-fiction, self-help and mysteries for patients, visitors and employees to borrow and enjoy. Those who peruse the library are encouraged to take a book, read it and return it. There is also an option to keep the book and replace it with a different book. If you are interested in donating to The Breast Center's Little Free Library, simply bring your books to The Breast Center and place them in the donation box.



SAVE THE DATES

Spring Hours for Mary's Garden 8 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.

LGBTQ+ Screening Day Friday, April 5, 2024 8 AM to 3:30 PM

The Breast Center will offer screening mammograms for LGBTQ+ individuals seeking a mammogram. The best defense against breast cancer is early detection. Members of the LGBTQ+ community often delay seeking preventive care. To obtain a referral for a screening mammogram, call The Jacobs Family Pride Wellness Center at 845-348-7284. To schedule an appointment, call 845-348-8511.



Transamerica Retirement Session (Virtual only) Tuesday, April 9, 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. 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.

Great American Cleanup (Nyack) Saturday, May 18, 2024 10 AM to 1 PM

Montefiore Nyack Hospital is a proud sponsor of the Nyack Community Cleanup. Join the thousands of volunteers who will be cleaning up all around Rockland County this spring. Head out on your own or gather friends, family or colleagues to take part in a Community Cleanup Event scheduled in your area. Interested participants can email Marisa Marrone at cleanups@keeprocklandbeautiful.org. All supplies will be provided for a safe and effective cleanup. Pick up materials on the day of the rain-or-shine event at the Nyack Center, located at 58 Depew Ave, in Nyack. For more information and to sign up/register for a cleanup in your community, visit KeepRocklandBeautiful.org.

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>.

\$ BUNDLE OF *BIG* BUCKS! \$

Buy a 1-in-250 chance to win \$10,000 and support the 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 38th Annual Golf Classic Dinner on Monday, May 6th. The winner does not need to be present to win. The final prize amount is based on the number of ticket sales.

To purchase, stop by the Foundation Office, 2nd Floor Administrative Suite, or visit montefiorennyackfoundation.org for more information.

DONATE LIFE BLUE AND GREEN SPIRIT WEEK

Donate Life Blue and Green Spirit Week

April 6-12, 2024

One organ donor can save up to eight lives and improve the lives of people through tissue donation. Currently, 114,000 people are waiting for a lifesaving transplant and approximately 10% of those are living in New York. Learn more and sign up to be a lifesaving organ donor at <https://donatelife.ny.gov/register/>.

Dress Your Pet

Saturday, April 6, 2024

Share a photo of your pet dressed in blue or green and we will share it on the Hospital's Facebook and Instagram pages. If you would like your pet's photo included in the employee newsletter, please email your pet's name, breed and photo to publicrelations@montefiorenyack.org.

Blue and Green Treats Day

Tuesday, April 9, 2024

Enjoy blue and green frosted cupcakes in the Café in support of Donate Life Month.



Donate Life Blue & Green Day

Friday, April 12, 2024

Employees are encouraged to wear blue and/or green, Donate Life's colors, to show their support of Donate Life Month and our partners at LiveOn NY.

Submit your green and blue attire photos by 2:00 p.m. on Friday, April 12 to publicrelations@montefiorenyack.org for inclusion in the Hospital's newsletter and social media sites.



Highland Medical

Montefiore | Nyack



MASKING REQUIREMENT LIFTED

Community transmission levels of respiratory illnesses have decreased for COVID-19, influenza and RSV. As a result, Montefiore Nyack is updating the requirement for masks. Use of masks at Montefiore Nyack Hospital is at an individual's discretion, except for the following locations where masking is required for staff, patients and visitors:

- **Emergency Department**
- **Infusion Center**
- **All Critical Care Units, including Intensive Care Units (Medical, Surgical and Neonatal)**
- **Outpatient Hematology/Oncology**
- **Perioperative Suite**
- **At the patient's or family's request**

The use of personal protective equipment for routine infection prevention precautions remains in place.

COLON CANCER AWARENESS MONTH

Colorectal cancer is the third most common cancer diagnosed in the U.S. If you are age 45 or older, please consider scheduling a colorectal cancer screening. If you have a family history, talk to your doctor about when and how often you should get screened," says **Ziad N. Kronfol, MD, FACS, FASCRS**, a colorectal surgeon with Highland Surgical Associates and Montefiore Nyack Hospital. Read more: montefiorenyack.org/health-blog/screening-colorectal-cancer-can-save-lives.



Get Screened for Colorectal Cancer!

NATIONAL DISABILITY AWARENESS MONTH

March is National Developmental Disabilities Awareness Month (DDAM). This year's National DDAM theme is "[A World of Opportunities](#)," where people with developmental disabilities have the same opportunities as people without disabilities and every person is empowered to advocate for themselves and be who they truly are.

VOLUNTEERS NEEDED

Montefiore Nyack Hospital is recruiting adult volunteers (age 18+) for its Volunteer Ambassador Program. Applications are available online at montefiorenyack.org/about-us/volunteering. For more information, contact 845-348-2204 or 2181. Read more: montefiorenyack.org/press-releases/volunteers-needed-ambassador-program.



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.

VOICE OF OUR PATIENTS

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.

- “Thank you again for all you did to make Dad’s recent stay so terrific. Many staff members, whose kindness, attention, expertise and care, made both my father and I feel so comfortable and less stressed during an understandably stressful period. Special thanks to **Liji Padannamackal** in Registration for her warmth, positive energy and immediately putting us at ease during the registration process. In pre-op, we received excellent care from nurse **Kathy Aldin, OR nurse Grace, Nurse Anesthetist Claire Zebrowski, and Lisa Silverman, Nurse Manager in Endoscopy/PACU.** Lisa and lovely, helpful **nurse Roxane Macrobbe** had taken care of my dad during his colonoscopy earlier in the month and were so kind. Lisa remembered us and made a special point of coming to see Dad both in pre-op and in the following days when he was in the ICU. These gestures go beyond what we might expect from any hospital caregiver. We so appreciated Lisa’s energy, warmth and positive spirit. Her attention and compassion made a huge impression and impact on us. **PT Margaret Egan-Hayes** was terrific. In addition to sharing her expertise, she had wonderful energy and great sense of humor. She immediately coordinated with **Case Manager Princess Mendiola**, who was so lovely and helpful — staying connected with me over the weekend and putting the rehab details in place quickly and efficiently. After leaving the ICU, Dad spent less than 24 hours on the 5th floor.



Nurse Manager Sarah Niosi was so kind to visit Dad and introduce herself and then came in again to meet me the following day. **Nurses Yossi and Ana** took great care of Dad on his last day. We also appreciated the kindness and wonderful care provided by **Darlyne and Ms. Jean-Louis.** We met lovely **Santa Valverde**, Environmental Services, and were immediately impressed by her kind words and thoughtful demeanor. **Shelva Thomas**, Care Management, was so helpful with managing Dad’s discharge to rehab. Everything happened quickly and we so appreciated her can-do spirit, which she delivered with such warmth and calm. Additional thanks to the **Infusion Center**, including **Jashira Torres, Reina Mendez Lara** and **Sharyar “Shy” Khan** at the front desk, who were instantly helpful and have continued to be helpful, warm and welcoming at every step of the way. Again, what a great entry point to the department/hospital. I particularly want to acknowledge nurses **Girija (Gigi) Viswanathan, Meena Thampi** and **Priya Kurians.** We met Gigi and Meena at Dad’s first infusion; their expertise, warmth and good humor instantly put Dad at ease. He does not mind the appointments because he looks forward to seeing them. They have such joyful spirits, greeting him with such warmth and compassion every time they see him. We truly cannot thank them enough.”

- “Nursing care for a same-day hernia repair surgery was splendid. **Deirdre Carney, RN** and **Laura Harrington, RN** were kind and courteous!”
- “I was treated very professionally, and everyone was very efficient and concerned to make my experience a positive one. Thank you to **Tom (X-ray technologist), Monique Lindquist** in Radiology and **Juana Henriquez** in Registration.”
- “I have been going to **Dr. Kenneth Svensson’s practice** for years. The staff and Dr. Svensson are amazing. They truly care about people.”