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MONTEFIORE NYACK RECOGNIZED FOR ORGAN DONATION RECRUITMENT EFFORTS

*Only 40% of Rockland County residents are registered
New York State organ donors*

Nearly 8,000 people in New York are waiting for a lifesaving transplant. On average, 17 people in the United States die every day waiting for an organ transplant. One organ donor can save up to 8 lives and heal up to 50-75 lives through tissue donation.

On November 12th, LiveOn NY hosted an event in the Cafeteria Conference Room to recognize Montefiore Nyack's employees who have been instrumental in supporting their organization's lifesaving mission of organ donation. **Lauren Shields,**

Community and Government Affairs Liaison for LiveOn NY in the Hudson Valley, organized this inaugural Hero Appreciation Luncheon. She was joined by LiveOn NY administrators, volunteers **Roxanne Watson** and **Carmen Hanchard;** **Joseph Rand, mayor of the Village of Nyack;** and **Dr. Mark Geller, Montefiore Nyack's president and CEO,** and the Hospital's Senior Leadership in making remarks on the critical need for and importance of organ donation.

Congratulations to **Dr. Paul Zamudio, critical care physician and intensivist;** **Eileen Thiesing, RN, Senior Director of Patient Placement;** **Blake Krasinski, RN, CCRN, Nurse Manager of Medical & Surgical ICU;** and **Leonora C. Villamor RN, OR Clinical Nurse Educator.** Each was presented with LiveOn NY's prestigious Donor Advocate Award. This award is given to someone who has made exceptional contributions to raising awareness about lifesaving organ and tissue donation and helping to improve the lives of those waiting for organ transplants. These awardees were recognized for going above and beyond in their organ and tissue donation advocacy and caregiving support of the transplant recipients and their donor families.



Pictured L to R: Jennifer Shannon, RN, Senior Director of Critical Care and Telemetry Services; Blake Krasinski, RN, CCRN, Nurse Manager of Medical & Surgical ICU; Dr. Beshar Kabak, Chief of Critical Care and ICU; Eileen Thiesing, RN, Senior Director of Patient Placement at Montefiore Nyack Hospital; and Lauren Shields, Community and Government Relations Liaison for Hudson Valley, LiveOn NY

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

Diana Ampalayohan
Lorianny Cruz
Maribel Gomez
Eric Lindner
Gessie Paul
Frank Quinones
Jaclyn Soter

15 YEARS

Rick Faltinsky
Kristine Medora
Irina Porokhina
Deborah Zerner

20 YEARS

Denise Sullo

10 YEARS

Brian Ferguson
Sandra Hinojosa

25 YEARS

Marie Thelemarque

45 YEARS

Stacy Anderson

WELCOME NEW EMPLOYEES!

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

- **Kristin Adams**, Ambulatory Circulator, Ambulatory Surgery Center
- **Kathryn Almroth**, RN, Labor & Delivery
- **Kyle Armstrong**, Security Officer
- **Lisa Borman**, RN, Operating Room
- **Kobe Brown**, Dietary Aide, Food & Nutrition
- **Erika Chuya**, PCA, Float
- **Helena Coffie**, RN, Recovery Center
- **Ellen Coyman**, Pre/Post Operative RN, West Nyack Ambulatory Surgery Center
- **Claire Cummings**, Nurse Practitioner, Hematology Oncology
- **Julius Dela Cruz**, RN Utilization Review Specialist, Care Management
- **Ronal Erazo Chacon**, PCA, 3 Doctors
- **Virginia Farrell**, RN, Labor & Delivery
- **Gian Carlo Fernandes**, PCA, Medical ICU
- **Charlotte Fischer**, Radiologic Technologist, Radiology
- **Giovani Garcia**, Central Sterile Supervisor, Central Sterile Services
- **Robert Hernandez**, Environmental Services Aide
- **Gabriel Hernandez Perez**, Environmental Services Aide
- **Valeria Hernandez Vallejo**, PCA, Float
- **Daniela Herring**, Phlebotomist, Laboratory
- **Erica Jones**, Patient Access Coordinator
- **Florence Joubert**, AA, 4 Maze
- **Nicole Logozo**, RN, Emergency Department
- **Wendy Lorenzo**, Radiologic Technologist, Radiology
- **Maliya Lorys**, Host Hostess, Food & Nutrition
- **Jayden Lolo**, Patient Transporter
- **Jennifer Marino**, Ambulatory Circulator, West Nyack Ambulatory Surgery Center
- **Kevin Mathew**, Clinical Staff Pharmacist, Pharmacy
- **Christina McKenney**, Social Worker Care Manager, Care Management
- **Michael Palazzo**, Ambulatory Circulator, Ambulatory Surgery Center
- **Chase Patterson**, Host Hostess, Food & Nutrition
- **Ana Polanco**, Secretary, Home Care
- **Danielle Rivera**, Patient Safety Attendant, Float
- **Thelma Rojas**, Environmental Services Aide
- **Stephanie Rosene**, PCA, 5 Doctors
- **Guylincy Saint-Preux**, Patient Access Coordinator, Patient Access
- **Jameel Sharif**, Medical Technologist, Laboratory/Pathology
- **Nicole Theiss**, Social Worker Care Manager, Care Management
- **Alison Yankovich**, Pre/Post Operative RN, Ambulatory Surgery Center

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!

Jennifer Shannon, RN was promoted from Director of Nursing to Senior Director of Critical Care and Telemetry Services.

John Genne Destua was promoted from Central Services Technician to Lead Central Sterile Service Technician.

Andrea McGowan was appointed to Senior Director of Maternal Child Health Nursing Services from Director of Maternal Child Health Nursing Services.

Congratulations to **Leonce Volcy** who retired after 28.5 years as an Environmental Services Aide. Happy Retirement!

HOSPITAL GIFT SHOP

This holiday season, please shop local at the Hospital Gift Shop! It is a great place for finding thoughtful gifts and offers a variety of items that can be perfect for your loved ones, such as:

1. Comfort Items – Soft blankets, cozy socks, robes or plush stuffed animals.
2. Personal Care Products – Lotions, soaps, or candles for relaxation.
3. Gourmet Snacks – Chocolates, nuts, and other treats make for a sweet gift.
4. Flowers and Plants – Bring a bit of cheer to any room with a bouquet or potted plant.
5. Jewelry and Accessories – For something special that's easy to wear or carry.

The best part is Montefiore Nyack's Gift Shop's proceeds go towards patient care and hospital programs. Whether you're shopping for a co-worker or a loved one, or simply looking for something meaningful, Montefiore Nyack's Gift Shop might have the perfect holiday gift for everyone!



PATIENT TRANSPORT WEEK

During National Patient Transport Week (November 3 – 9, 2024), we recognize the dedication and effort that our **Patient Transporters** put forth daily in providing transportation service and care to your patients. Transporters play a vital role in patient flow, patient care, and overall patient experience. Special thanks to Montefiore Nyack's Patient Transport team for all they do to keep our patients happy and safe while getting them to where they need to be!



AND THE WINNERS ARE...

Congratulations to all our annual Quality Fair submitters and the winners for their outstanding efforts to identify improvement opportunities and implement action plans. Quality is a top priority in delivering healthcare to our patients.

The winners of the 7th Annual Quality Fair in October were announced during a luncheon on Monday, November 11th in the CCR.



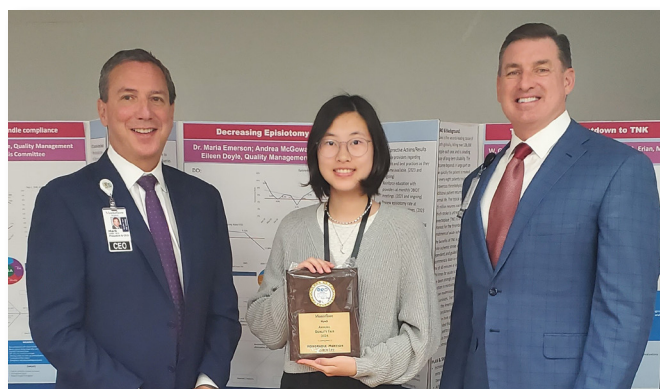
First Place: “Sepsis”, William Greenhut, DO
and Sepsis Committee



Second Place: “Decreasing Episiotomy Rates”
presented by **Maria Emerson, MD, FACOG; Andrea McGowan, MSN, RN-C; Rexi Thomas, DNP, FNP, RN;**
and **Eileen Doyle MSN, RN, Quality Management**
Coordinator



Third Place: “Stroke: Time is Brain” presented by
William Greenhut, DO; Christine Genovesi, RN;
Kristen Weeks, RN; Andrew Erian, MD; and Carol
Wynne, Quality Management Coordinator



Honorable Mention: Lauren Lee, intern, for her
brochure and work to improve community awareness
of The Hematology Oncology Center’s Clinical Trials
Program.

ANNUAL THANKSGIVING PRODUCE GIVEAWAY

This free fresh produce giveaway provides community members with healthy food options.

On November 26th, a team of volunteers from Montefiore Nyack Hospital partnered with local high school students and staff from Montefiore Health System for a fresh produce distribution event.

Organized by Montefiore Nyack's Community Health and Wellness Department, volunteers assembled 1,000 reusable tote bags with fresh fruit and vegetables, including apples, sweet potatoes, onions, carrots, potatoes and zucchinis, to allow families to make healthier Thanksgiving side dishes. The bountiful tote bags were later distributed to 20 community groups in Rockland County in time for Thanksgiving meal preparation. Special thanks to Montefiore Health System's Community Affairs Department who arranged for 10,000 pounds of produce to be delivered from the Hunts Point Market in the Bronx, NY.

As we kick off the holiday season, we are grateful to all the volunteers and partners for helping us give back to our community in such a meaningful way.



A MESSAGE FROM SAFETY ON HOLIDAY DECORATIONS

As you decorate your areas for the holidays, please keep the following in mind:

- Electrical Equipment: All electrical equipment utilized (lights, wires, plugs, connections, sockets, etc.) shall be Underwriter Lab (UL) approved, in good condition and have a UL sticker on the light string. All light strings should be inspected before use. Look for broken bulbs, frayed wires or broken male and female plugs.
- The use of improvised wiring is prohibited. No more than 3 light sets should be connected. Do not overload electric outlets with multiple plugs.
- Only mini-lights or LEDs are to be used, higher wattage lights are not to be used, because of their heat-generating ability.
- Extension cords are not to be used for any reason to illuminate lights or other decorations.
- All decorations shall be kept at least 6 inches from incandescent/fluorescent bulbs, electrical sockets, plugs, or other electrical appliances.
- Portable space heaters are prohibited unless authorized by Facilities Management.

Decorations

Each area should have someone assigned to ensure that the electrical decorations are turned off when no one is in the area.

During the holidays, decorations should be removed no later than January 6, 2025.

- Greenery, such as live Christmas trees, wreaths and holly, is prohibited inside the Hospital, remote healthcare facilities and buildings. Artificial trees, plants and greenery may be utilized as long they are rated FIRE RESISTANT. You must keep the packaging or labeling that describes the item as fire-resistant. All artificial trees, decorations and light sets must have the UL-approved tag on them.

- Never place a tree or decorations where it blocks an exit if it falls.
- Decorations should not be placed in front of, or over, Oxygen / Medical gas shut-offs, fire alarms or fire extinguishers, sprinkler heads, light fixtures, electrical equipment, electrical outlets, circuit breaker panels, etc.
- 18 inches of clearance must be maintained below the ceiling. This allows for adequate coverage by fire sprinklers.
- Do not cover glass panels in fire and smoke doors with decorations.
- Do not decorate fire and smoke doors.
- No decorations shall be attached to fire sprinkler heads, smoke and/or heat detectors.
- Candles or other open flames are strictly forbidden for use inside the facilities.
- All personnel should know the location of the building fire equipment including fire extinguishers and manual fire alarm pull stations.
- Keep all decorations out of the reach of small children.

Reminder: Montefiore Nyack Hospital is a non-smoking facility. Smoking is not permitted near trees or other decorations.

If you have any questions regarding holiday decorations in your work area, please contact **Steve Apicella, Safety Officer at ext. 3061**. Thank you for your assistance in providing a safe environment for all of us. Have a safe and enjoyable holiday season!

EMPLOYEE ASSISTANCE PROGRAM

Special thanks to the Employee Assistance Program for its “Challenging Negative Thinking Patterns” submission!

Negative thinking has damaging consequences for our confidence, performance and life satisfaction. The problem, however, is that negative thoughts tend to unwillingly pop into our consciousness, do their damage and pop back out again. If we don't notice them, we cannot challenge them and though they may be incorrect we cannot eliminate them.

Rational thinking is the process of challenging negative thoughts or at least scrutinizing them. It's often our perception of stress rather than stressful events that can lead to negative thoughts and feelings such as anxiety and depression and quite possibly other health-related concerns.

When challenging negative thoughts try these techniques:

1. **Examine the evidence** – Look objectively for evidence to support or counter your interpretation.
2. **Semantic method** – Substitute kinder, gentler words to describe your feelings to lessen their intensity. For example, is this very awful or just disappointing?
3. **Reattribution** – Identify the problem's contributing factors so that you're not the only one to blame. This helps to elicit thinking in shades of gray.
4. **Cost-benefit analysis** – Determine how a negative thought may be self-defeating. Often, negative thinking encourages us to remain passive in our lives. Cognitive distortions can lead unconsciously to a lack of personal accountability and may interfere with life satisfaction.

If you or someone you know is struggling with self-defeating negative thinking consider contacting the EAP for free, confidential assistance at 845-638-8880 or e-mail us at EAP@montefiorenyack.org

EMPLOYEE BENEFITS OPEN ENROLLMENT

Ends December 15, 2024

What changes can be made?

- Enroll in a medical, dental, or vision plan for you and your family. During this period, you may elect single, couple or family coverage even if you previously waived coverage.
- Waive coverage for you and your dependents.
- Change your plan type. For example, you can change from the EPO to the PPO or vice versa.
- Enroll in the Flexible Spending Account for either healthcare or dependent care.

What must you do annually?

- Flexible Spending Account: You must renew your election annually into the Healthcare or Dependent Care Accounts.
- Cash Back: Full-time employees who waive medical coverage may receive \$200 cash back monthly. You must renew this election annually and provide us with a letter from your current medical insurance.
- All changes must be made during this time and take effect on January 1, 2025.

Please visit the Human Resources office or call us at ext. 2155 if you have any questions.

V-FIB COFFEE

V-Fib Coffee, owned and operated by a retired paramedic, serves an unrivaled variety of deliciously flavored beverages, including lattes, coffee tea and hot chocolate. V-Fib Coffee will be on the main Hospital campus to serve staff and the community, Monday through Friday, beginning at 2:30 until late evening. A 10% discount is available for all staff. Look out for the silver Airstream camper parked outside the Emergency Department entrance off Midland Avenue.

COUNTDOWN TO GIVING TUESDAY 2024!

It's that time of year again! #GivingTuesday is just around the corner on December 3rd, a global day of giving that inspires generosity through social media and community collaboration. Created as a meaningful response to Black Friday and Cyber Monday, this special day empowers nonprofits to make an impact.

This year, all proceeds from #GivingTuesday will support our Patient Relief Fund, ensuring our patients and their families have the comfort and necessities they need for healing.

Double Your Impact!

A heartfelt thank you to the Borelli Family for generously matching every donation up to \$10,000. Every dollar you give will be doubled, allowing us to make an even greater difference.

Exclusive Employee Perks:

Hospital and Highland Medical employees who donate \$25 or more will receive a FREE Macy's Gift Card (while supplies last). Plus, payroll deduction is available and encouraged for your convenience!

How You Can Participate:

1. Donate Online: Support the cause through the #GivingTuesday campaign at www.montefiorenyackfoundation.org.
2. Spread the Word: Follow and share our fundraisers on the Montefiore Nyack Foundation Facebook and Instagram pages. Encourage your family, friends, and neighbors to join the cause. Every share amplifies our message and extends our reach!
 - Facebook: <https://bit.ly/4fIAZnz>
 - Instagram: @Montefiore_Nyack_Foundation

Together, we can ensure state-of-the-art healthcare remains accessible to our community. Thank you for your support and generosity this #GivingTuesday!

#GIVINGTUESDAY

DECEMBER 3, 2024

PAYROLL DEDUCTION AVAILABLE

Employees that donate \$25 or more will receive a \$10 Macy's gift card while supplies last.



Montefiore Nyack Foundation established the Patient Relief Fund to ensure that our patients and families have the comfort and necessities they need in order to heal.

\$5

Provides access to technology for patients to keep in touch with loved ones.

\$25

Provides comfortable clothes for patients to be discharged with dignity.

\$10

Provides hearing aid batteries, magazines, puzzle books, etc. for patient enrichment.

\$50

Provides assistance for medication and rehabilitation equipment.

The Borelli Family has generously offered to match up to \$10,000 in gifts. Every dollar you contribute will double the impact in support of our patients and families.



Donate Today!

For more information, contact the Foundation Office at x2770
montefiorenyackfoundation.org | mnf-foundation@montefiorenyack.org

Montefiore | Nyack
 FOUNDATION

SAVE THE DATES

Holiday Tree Lighting

Monday, December 2, 2024 (Weather permitting)

Rain Date: Thursday, December 5, 2024

4:00 p.m.

Gazebo in Physician's Parking Lot (near Midland Avenue entrance)

Join us as we celebrate the start of the holiday season and light the hospital's Christmas tree. We will have guest performers to lead caroling and sweet treats courtesy of Northern Services Group.



Transamerica Retirement Education

Monday, December 9, 2024

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 always access your Transamerica retirement plan account online at www.transamerica.com.

2024 Holiday Party

December 11, 2024

11:30 a.m. to 1:30 p.m.

5:00 p.m. to 7:00 p.m.

11:00 p.m. to 1:00 a.m.

Main Cafe

Ugly Sweater Day

Friday, December 20, 2024

Grab your ugliest sweater and join us for a day of festive holiday fun! Share a photo with the Public Relations & Marketing Department for inclusion in the employee newsletter and social media sites. Text: 845-608-6066 Email: MNH-PublicRelations@montefiorenyack.org.

Pre-Chanukah Celebration

Monday, December 23, 2024

3:00 p.m. in the Main Hospital Lobby

Join us for our ceremonial menorah lighting, songs and refreshments courtesy of Northern Services Group. The program will be led by Rabbi Chaim Z. Ehrenreich, Director of Chabad of the Nyacks.



THE VOICE OF OUR PATIENTS

Thank you to the caregivers acknowledged below. Congratulations to the units and departments they represent and to the caregivers they tirelessly work beside.

- “My experience with **Dr. Ziad Kronfol** was very positive. Dr. Kronfol was very personable and patient. He explained my condition and my medical options. I am returning for the recommended surgery. The staff was friendly and promptly answered my calls.”
- “I recently had a four-day stay in October on the hospital’s second floor. I would like to take this opportunity to tell you of the outstanding care I received from everyone, particularly the two individuals who saved me. These two female RNs were caring and dedicated. They gave their care without question. One was the nurse manager, **Rexi Thomas, DNP** who listened to my needs and family’s questions. The other was **MacKenzie Carter, RN** for 2D. She was the most wonderful, caring and loving nurse. She was tireless in giving comfort to me. Outstanding.”
- “**Dr. Sung Ho Lee of The Hematology Oncology Center** is amazing. I am truly grateful to be in his care. He is kind compassionate never rushes you and always takes time to explain and follow through in my care and with every visit. In addition, the nurses and staff are always welcoming efficient and professional.”
- “I went to Radiology for an echocardiogram. The staff is super friendly. **Jessica Julcapomarez, the radiology technologist**, performing the procedure, was very friendly and reassuring. Thank you, Montefiore Nyack Hospital!”



- “The **nurses in the infusion Center** are AWESOME. Everyone was so kind and helpful.”
- “**The Hematology Oncology Center team** was wonderful as always, **Jennifer Wagner, DNP**, is phenomenal. The women answering the phones were on top of the task—attentive, sweet and very helpful. The infusion center nurses were mindful and cared about my well-being.”
- “I couldn’t have asked for a better experience. **Dr. Eric Tatar** and the entire Endoscopy staff at Montefiore Nyack Hospital are wonderful.”
- “**Dr. John Richmond** provided remarkable care and expertise to my father during a recent stay at Montefiore Nyack Hospital. My father had been undergoing a series of tests for several days, as the underlying issue remained unidentified despite various attempts. This prolonged process not only postponed effective treatment but left him in continuous, intense discomfort, with pain rated at 10/10 and increasing doses of morphine.

At my request for a second opinion, Dr. Richmond carefully reevaluated prior studies to identify the underlying issue that had gone unnoticed for four days—a 3 mm kidney stone. Thanks to his thoroughness and sharp diagnostic insight, we avoided a scheduled and unnecessary colonoscopy. My father was able to receive the proper treatment and return home.

It is often the combination of compassion and professionalism that makes the greatest impact, and Dr. Richmond’s approach exemplifies the quality of care that patients and families hope to find. Please extend my heartfelt gratitude to him on behalf of my family.”

Montefiore | Nyack

2024
HOLIDAY PARTY

DECEMBER 11, 2024

11:30 AM – 1:30 PM

5:00 PM – 7:00 PM

11:00 PM – 1:00 AM

MAIN CAFE

WE'VE REACHED THE END OF ANOTHER INCREDIBLE YEAR!

COME CELEBRATE THE HOLIDAY SEASON WITH US AND
ENJOY DELICIOUS FOOD, LAUGHTER, AND LIVE
ENTERTAINMENT.



Holiday Gift Basket Raffle

.....

50/50
Holiday Baskets
Poinsettias

.....

Please see the dates and times listed to purchase raffle tickets

Back of the Café:

December 18th

11:30 am to 4:30 pm

Cafeteria Conference Room:

December 19th

11:30 am to 4:30 pm

December 20th

11:30 am to 2:00 pm

Raffle drawing at 2:00 pm on December 20th

**Stocking stuffers will also be available
for purchase (\$3-\$5)**

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