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CORONARY INTERVENTION EXCELLENCE AWARD

Montefiore Nyack Hospital has once again been named among the top 10% in the nation for cardiac care for exceptional clinical performance from Healthgrades, the #1 site Americans use when searching for a doctor or hospital. For two years in a row (2025, 2026), Montefiore Nyack Hospital has received the Coronary Intervention Excellence Award from Healthgrades. Montefiore Nyack Hospital is also five-star rated for the Treatment of Heart Attack and Coronary Interventional Procedures. These achievements further affirm Montefiore Nyack Hospital's status as a premier destination for specialty care and underscore the organization's longstanding commitment to excellent patient care. Congratulations to our Interventional Cardiology Team.



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

Nancy Burns
Darlene Ceus
Richard Gardon
Nicholas Martucci
Susan Michaels
Ruth Olaoye
Darlyne Pierre
Natalie Ranieri
Ludy Sanquina
Hiyam Yacoub

10 YEARS

Dario Campillo
Rood David
Antinette Heyward
Bincy John
Karen Puscama Moncada

15 YEARS

Alma Gonzales
Achamma Varughese

20 YEARS

Maureen Maye
Kareem Perkins
Molly Thomas
Teresa Whitney

25 YEARS

Phyllis Alston
Martine Francois
Robin Hoyes
Cynthia Morris

- **Brianna Liptak**, Surgery Center Coordinator
Ambulatory Surgery Center
- **Michelle McNamara**, PCA, MICU
- **Shannon O'Neill**, Administrative Nursing Supervisor, Nursing Administration
- **Jose Andrei Pajota**, RN, Float
- **Shari Price**, Environmental Services Aide
- **Buemele Puplampu-Commodore**, PCA, 5 Doctors
- **Rafael Reyes**, PCA, Emergency Department
- **Kareese Rudolph**, Pharmacy Liaison
- **Carl Telusma**, Security Officer
- **Tracey Tetteh**, PCA, 5 Doctors
- **Yanique Thompson**, PCA, 3 Doctors
- **Julinne Valdez Guzman**, Environmental Services Aide
- **Wanda Vilorio**, ASL Interpreter & Language Assistance Coordinator
- **Adam Zaydenband**, Patient Services Representative, Jacobs Family Wellness Center

WELCOME NEW EMPLOYEES!

We welcome Montefiore Nyack's newest employees!

- **Stiener Doirin**, Security Officer
- **Mallica Douglas**, PCA, Float
- **Michael Fernandez**, PCA, 3 Doctors
- **Cheryl Gallagher**, Medical Social Worker
Home Care
- **Kandice Gunnarsen**, RN, Endoscopy
- **Austen Hrynda**, RN, Behavioral Health
- **Teena Jacob**, Nurse Practitioner
Hematology Oncology Center
- **Angelique Jerome**, AA, Pre-Admission Testing
- **Laurn Katz**, RN, 2 Doctors
- **Jessica Kowalski**, PCA, 2 Doctors / Pediatrics
- **Brittney Lawson**, Home Care, Secretary
- **Ryan Leon**, Patient Transporter

RETIREMENT

We wish the following individual the very best in retirement.

Anna Berkovitch with 27 years and 4 months of service.

STAFF PROMOTIONS

Gabriel Penzo, promoted from Patient Care Associate to Registered Nurse

Jessica A. Lliguicota, promoted from Registered Nurse to Assistant Nurse Manager.

Nathalia Rodriguez Gonzalez, promoted from Patient Care Associate to Registered Nurse.

Camila Polanco Dominguez, promoted from Registered Nurse to Assistant Nurse Manager.

IVF AFFORDABILITY ACT FOR NEW YORKERS

On Monday, November 10, Montefiore Nyack Hospital hosted a press conference for US Congressman Mike Lawler to reintroduce his proposed IVF Access and Affordability Act, which would expand options for New York families and ease the financial burden of IVF services. This legislation establishes a tax credit to help offset the high costs of assisted reproductive technology.



Our President and CEO, **Dr. Mark Geller**, welcomed the attendees and introduced the Congressman. Speakers included Highland Medical's **Dr. Maria Emerson**, who is the hospital's Director of Obstetrics and Gynecology, Montefiore Nyack Foundation Board Chairman **Paul Adler, Esq., SIOR**, Refuah Health President & CEO, **Chanie Sternberg**, and **Rena Fox**, who shared her personal story with IVF.



Media coverage included representatives from News 12 Hudson Valley, Fox NY News 5, CBS, and Monsey Scoop.

Thank you to all who helped ensure the event's success: **Kris Lagond, Karif Fahie, James Hastings, Steve Apicella** & Security, **Jennifer Shannon, Kristin DeLorenzo, Nicole Scimeca, Tasha Acevedo** & EVS, **Lori Ann Williams** & Food & Nutrition team.

SAVING FOR THE FUTURE

In 2026, the IRS increased the contribution limits for retirement plans, including 401(k), 403(b), and certain 457(b) plans. Check with your retirement plan holder or financial advisor for more information.

	2026	2025
Age 49 and under	\$24,500	\$23,500
Ages 50-59 and 64+	Additional \$8,000	Additional \$7,500
Ages 60-63	Additional \$11,250	Additional \$11,250

BENEFIT OPEN ENROLLMENT PERIOD

Montefiore Nyack & Highland Medical Employees

This is your once-a-year opportunity to enroll in or make changes to your benefits elections for the 2026 plan year.

Open Enrollment Period	November 15th, 2025 – December 15th, 2025
Changes Effective Date	January 1st, 2026

All enrollment forms must be completed and returned to Human Resources by December 15th, 2025.

EIGHTH ANNUAL QUALITY FAIR

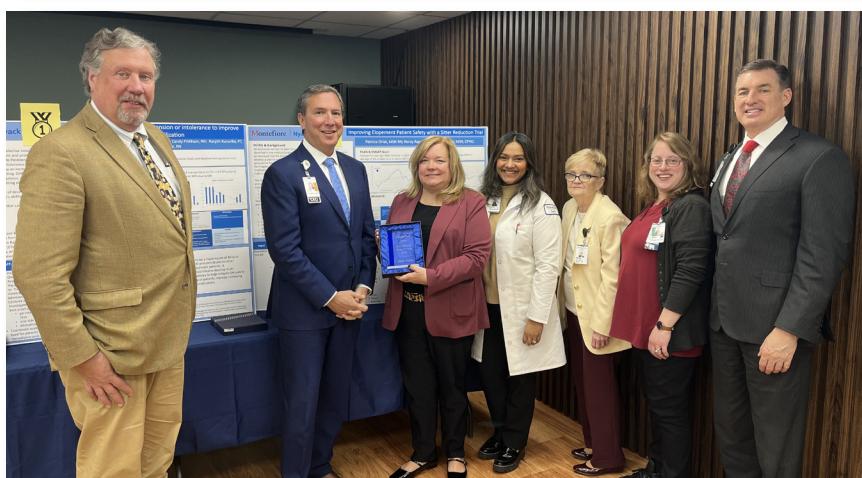
This year's Quality Fair featured 14 team submissions showcasing projects aimed at improving safety and care outcomes at Montefiore Nyack Hospital. We thank all participants, as every initiative makes a difference to those we serve. And the winners are:



First Place – Preventing Orthostatic hypotension or intolerance to improve early mobility. Joint Replacement Team:
Jordan Simon, MD, Jason Fond, MD, Sarah Niosi, RN, Candy Pinkham, RN, Ranjith Kuruvilla, PT, DPT, Carol Wynne, RN.



Second Place – Harm Score. Quality Team:
Rachele Mattaliano, Eileen Doyle, Quality Management, Infection Prevention, CDI, Coding Departments.



Third Place – Improving Elopement Patient Safety with a Sitter Reduction Trial.
Patricia Orlak, MS, RN, Renzy Raja, BSN, RN, Abby Baer, MSN, CPHQ.

To learn more about the 2025 Quality Fair teams and their projects, visit the hospital website's employee section. The catalog is posted under the listing **Employee Quality Fair 2025**.

TRAUMA TEAM RECOGNIZES INJURY PREVENTION DAY

On Tuesday, November 18, Montefiore Nyack went green to shine a light on proven injury prevention methods. Rockland County Executive Ed Day issued a proclamation declaring it Injury Prevention Day in the County and commending the Trauma Center at Montefiore Nyack for encouraging the community to learn more about safety measures to avoid preventable injuries.

Did you know that:

- Every two minutes, a preventable injury-related death occurs in the US.
- Almost 62 million Americans seek medical care for an injury each year.
- Preventable injuries are the #1 cause of death for Americans ages 1 – 44.
- Falls are the #2 cause and now lead nonfatal injury visits, almost 9 million ED visits.
- Motor vehicle crashes remain in the top three for fatal and non-fatal injuries.

Injuries are not accidents, and most can be prevented. Injury prevention interventions save lives, reduce healthcare costs, lost productivity, and build stronger communities. Thank you to the **Trauma Team** for sponsoring Injury Prevention Day. **#BeInjuryFree**



CELEBRATION OF LIFE

On November 5th, **Dr. Kabak, critical care staff, and Patient Experience** hosted 20 guests at our fifth annual Celebration of Life event. Attendees included former patients and their family members who received care in our Intensive Care Units over the past year. Team members from **Critical Care, Medical ICU, Surgical ICU, ECU, Cath Lab, and our Emergency Department** joined to honor our patients.



A MESSAGE FROM OCCUPATIONAL HEALTH SERVICES

Flu vaccines are available for all Employees & Volunteers in OHS

Monday – Friday
7:00 a.m. – 3:30 p.m.
Ext. 2553/2566

Follow the link below for the
 NYSDOH/MNH required Declination Form

https://www.health.ny.gov/prevention/immunization/toolkits/docs/hospital_pg154.pdf

Complete/Sign/Return to MNH-OHS@montefiorenyack.org

PRACTICING MINDFULNESS THROUGHOUT THE HOLIDAYS

Mindfulness is maintaining a moment-to-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment **through a gentle and nurturing lens**. Using this framework, food is seen as neither good nor bad, rather, it is simply energy and nourishment for our bodies. People are not good or bad based on what they eat or what size their body is.

Here are several health conscious tips to incorporate mindfulness into your upcoming winter and holiday experiences:

1. Practice the 5 S's of mindful eating:

- Sit down – make a nice place to sit and eat.
- Savor – each bite, each flavor, each texture.
- Slowly chew –don't rush through your experience
- Stay in the moment – fully enjoying your food.
- Smile – the smile helps you pause and fully enjoy the moment.

2. **Enhancing your “body sense”** is the practice of letting your body help guide your decisions. This includes becoming aware of what you are experiencing when you’re eating and how your body feels after you eat. Also, find other ways to make your body feel good.

3. **Continue to move your body** by taking the stairs, walking indoor laps at the mall and joining a friend to walk on the treadmill at a local gym. Consider what form of outdoor exercise fits into your life.

Apply a gentle nurturing lens to yourself and others. Our overall health will benefit when we are accepting more and criticizing less in each moment with ourselves and others.

If you or a family member would like to learn more about applying mindfulness practices to improve your health, consider contacting the EAP for free, confidential guidance and support at **845-638-8880** or **MNH-EAP@montefiorennyack.org**.

SAVE THE DATES

St. Thomas Aquinas College Open Houses

Undergraduates can tour the Campus and experience our close-knit community. Meet with our Faculty, Admissions, and Financial Aid team. Employees of our **Education Partnership Program** partners are eligible for a **50% tuition discount** on all undergraduate offerings.

Saturday, December 6, from 10:00 am to 1:00 pm

Register at stac.edu/openhouse.

Graduate

Tuesday, December 2 at 6:00 pm

Learn about our Education Partnership Program, offering a **50% tuition discount** for graduate and certificate offerings. Join us on campus or virtually. Register at stac.edu/grad.

Christmas Tree Lighting

Monday, December 1

4:00 pm

Hospital Lobby or Gazebo (weather dependent)

Refreshments and a Community Choir to help start the holiday season.

Menorah Lighting

Monday, December 15

3:30 pm

Hospital Lobby

Celebrant Rabbi Ehrenreich from Chabad's of Nyack will lead the ceremony. Refreshments and songs for enjoyment.



NOVEMBER HEALTHCARE RECOGNITION

Each month, there are numerous recognition days, weeks, and months to celebrate the professionals who make up the Montefiore Nyack team. Department Directors/Managers receive an email from Public Relations a week before their recognition days with submission instructions to share photos of their team and any celebrations held. Thank you to all who share their photos.

- American Diabetes Month
- COPD Awareness Month
- Home Care & Hospice Month
- Lung Cancer Awareness Month
- Bladder Health Month
- Eye Donation Month
- National Alzheimer's Disease Awareness Month
- National Family Caregivers Month
- Daylight Savings – Sunday, November 2
- Stress Awareness Day - November 5

- Patient Transport Week: November 2 – 8
- National Radiologic Tech Week: November 2 – 8
- Corporate Compliance & Ethics Week: November 2 – 8
- Nurse Practitioner Week: November 9-15
- Perioperative Nurses Week: November 9-15
- Veterans Day – November 11
- World Diabetes Day - Nov 14
- Great American Smokeout – Nov. 20

Patient Transport Week runs from November 2nd to the 8th and recognizes our team members who ensure that patients arrive safely as they travel throughout the hospital. They are on the frontline with the other care team members, often providing reassurance to calm our patients and let them know they are in the best hands. Thank you for keeping our patients safe.



The week of November 2 is **Corporate Compliance & Ethics Week**. The core principles of this week are awareness, recognition, and reinforcement. Our **Director of Compliance & Privacy, Sabrina Mulligan, CHC, CHPC**, greeted staff during lunch today, sharing information and offering a chance for those who completed the compliance random word search to win a prize. The winner of the \$20 Dunkin Donuts Gift Card is **Diane Gillespie, RN** MICU.

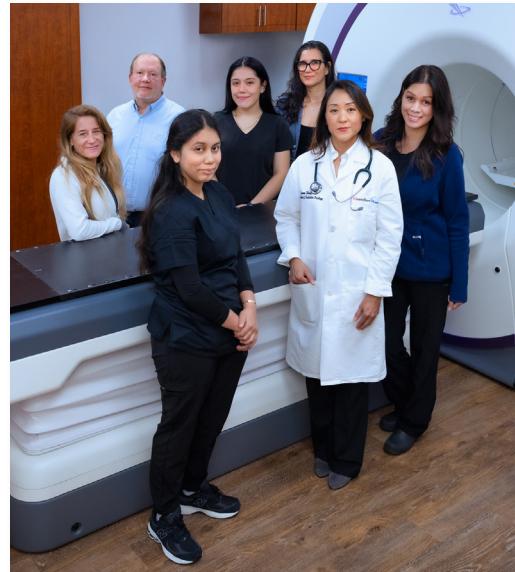


Sabrina Mulligan, CHC, CHPC
Director of Compliance and Privacy



Diane Gillespie, RN
Winner of Gift Card

National Radiologic Technology Week® honors the essential contributions of medical imaging and radiation therapy professionals to patient care and health care safety. The celebration occurs during the week of Nov. 8 to mark the anniversary of Wilhelm Conrad Roentgen's discovery of the x-ray on Nov. 8, 1895. Thank you to our Imaging and Radiation Therapy teams.



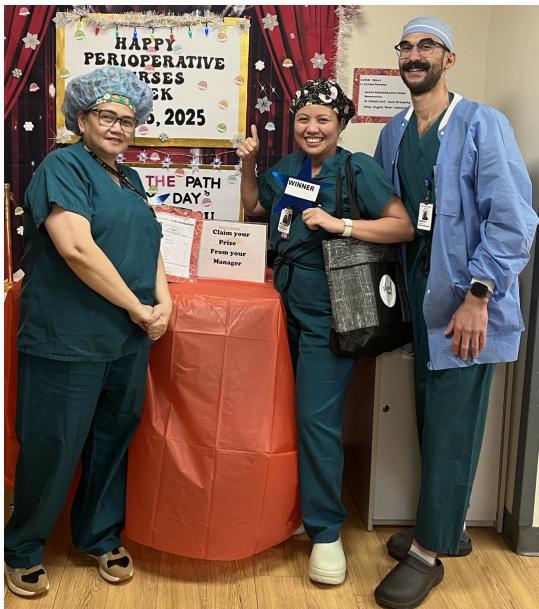
In honor of **Veterans Day**, gift bags were distributed to staff and patients who served in the armed forces. Nancy and Guillermo Rosa kindly donated the gift bags, and the thoughtful cards were crafted by the 3rd-grade students in Mr. Haber's class at Sanfordville Elementary School. We are grateful for your service today and every day!



The week of November 9, we recognize the exceptional **Perioperative team and nurses** who ensure safe, efficient, and compassionate surgical care before, during, and after surgical procedures.

This year's powerful theme: "***Lighting the Path Every Day***" serves to recognize the countless ways perioperative teams and nurses bring light to their work- through their skills, empathy, professionalism, and resilience.

The weeklong celebrations included lunch and breakfast, a team building "Surgical Bingo" game, and a raffle drawing for a "Tote of thankfulness."



National Home Care Month honors caregivers and professionals dedicated to helping older adults, individuals with serious or acute illnesses, and individuals with disabilities access high-quality, person-centered care in the place they call home. Care at home is more than a delivery model — it's a movement rooted in dignity, independence, and compassion. Thank you to our Homecare team.



THE VOICE OF OUR PATIENTS

The Patient Experience is about being a caregiver and ensuring patients and families feel safe and confident in the care provided. Everyone here at Montefiore Nyack Hospital contributes to patient experience in a meaningful way. Below are a few acknowledgments of gratitude received.

Congratulations to the units and departments they represent and the caregivers they work beside.

- My mother spent her last 24 hours or so under the care of **Nyack's ICU Department**. The care, compassion, professionalism, & good medicine were just outstanding! They kept our mother calm, comfortable, & peaceful until she finally passed. A great big thank you to the nurse and doctor who oversaw her care.
- **The Breast Center at Nyack Hospital** is a great place to get your regular yearly mammograms. They are on time and you are in and out quickly. I highly recommend.
- I had an endoscopy and colonoscopy at Nyack Hospital last week and was amazed by how much this place has improved since my daughter was born there in 2000. Everyone from **security** to **administration** and **medical staff** were amazing. I'd definitely recommend having either or both of these procedures at Nyack!
- I have been getting infusions for the past 16 months at the Montefiore Nyack Hospital **Infusion Center**. All of the **staff and nurses** are very friendly and helpful through this process. Thank you for all that you do.
- **Pulmonary Rehab** could not be any better. From the first phone call with **Jacqueline** to the exercise physiologists —**Anthony, James**, and **Kessler** —you feel at home and welcome. They are professional, kind, motivational, and smart! They treat each patient with care and respect! They are an asset to the Monty/Nyack team. One more thing, the facility has its own entrance, where you don't go through the hospital's front door. It's immaculate! There are parking spots reserved for patients who attend the program. I feel blessed and spoiled!

- I cannot say enough about how grateful I am for the staff at the **Breast Center** in Nyack. They were so helpful and compassionate when I needed them the most! They made me laugh, calmed me down and were very understanding. Thank you all so much for all of your support.
- Very professional and caring administration. **Hematology Oncology** took me right away. No waiting! **Dr. Lee** is a very kind and caring doctor. I would recommend him and his office to friends and family.
- **Dr. Shah** is an exceptional hematologist. I followed him from his previous practice to his new location (Highland in Nyack), because of his expertise, professionalism, and genuine compassion. He takes the time to explain every detail, answer all questions, and truly gets to know his patients as people. At no point do I feel rushed or judged. It's clear that he cares deeply about those he treats. I wholeheartedly recommend Dr. Shah to anyone in need of a hematologist.
- My visit began with a courteous, professional interview by the **patient check-in team**. After a less than 5-minute wait, I was called for my echocardiogram by technician **Emily**, who was pleasant and thorough with the exam. She put me at ease and gave clear instructions. I'm very impressed.
- I am very satisfied with Montefiore Nyack Hospital and I really trust the care team with my health. At Montefiore Nyack Hospital, they really know how to take care of their patients. They are the best!

