

	2
ANNIVERSARIES	
	3
EMPLOYEE OF THE QUARTER	
	4
STAFF ACCOMPLISHMENTS	
	5
EMPLOYEE SURVEY	
	6
DEPARTMENT CELEBRATIONS	
	7
PATIENT EXPERIENCE WEEK	
	8
SAVE THE DATES	
	9
NURSING SCHOLARSHIP	
	10
SERVICES PORTAL	
	11
PARKING REGULATIONS	
	12
HEALTHY RECIPES	
	13
SUBSTANCE ABUSE DISORDER	
	14
VOICE OF OUR PATIENTS	
	15
EMPLOYEE SURVEY FAQs	
	16
EMPLOYEE SURVEY INCENTIVES	

HELPING OTHERS LIVE ON

Montefiore Nyack celebrates Donate Life Month

Montefiore Nyack Hospital is a proud partner of LiveOnNY, a nonprofit organization committed to helping New York live on through organ and tissue donation and caring for the families touched by donation. LiveOnNYserve is the federally designated organ procurement organization (OPO) for the greater New York City area.

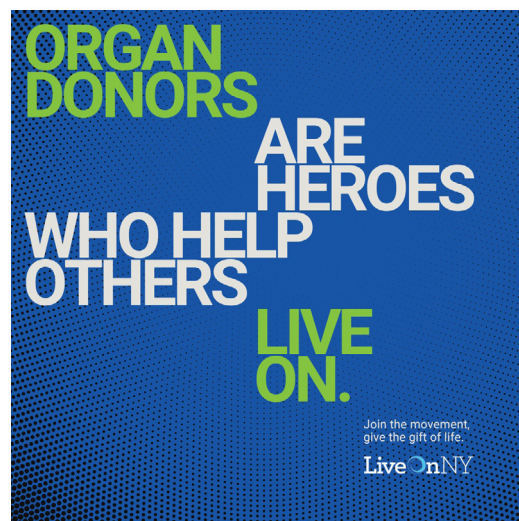
During the week of April 6-12th, a series of activities were held in support of LiveOn NY's efforts in raising awareness of Donate Life Month. From wearing Donate Life's signature colors of blue and green and dressing up our pets to a symbolic raising of the Donate Life flag, support for the cause was strong throughout Spirit Week and the entire month of April.

One organ donor can save up to eight lives and improve the lives of people through tissue donation. In August, a 45-year-old patient from the SICU helped others live on through one final act of kindness and compassion. The patient's legacy will continue in the lives of at least three individuals. This patient's

- The right kidney saved the life of a 51-year-old
- The left kidney saved the life of a 56-year-old
- The liver saved the life of a 54-year-old

Through the gift of their corneas, this patient may also help restore sight to others, and through the gift of bones, heart valves, saphenous veins and vertebral bodies, this patient may heal several more people.

Currently, 114,000 people are waiting for a lifesaving transplant and approximately 10% of those are living in New York. It's never too late to be a hero! You can sign up to be a lifesaving organ donor at <https://donatelife.ny.gov/register/>.



EMPLOYEE ANNIVERSARIES

Congratulations to the employees who are celebrating a milestone work anniversary. We thank them for their years of service.

5 YEARS

Samuel Ayeh-Brachie
Dissy George
Ednyre Osias
Felipe Palacios-Olmos
Kyrstin Rizzitiello-Brestolli
Hyoeyun Shin
Rekha Solanki
Brigitte Veliz-Bernal

10 YEARS

Ginger Dandorf
Merline Hardy
Beenaroy Mathew
Andrew Pappalardo
Lorelle Reynolds
Renel Rosene
Sharon Whitt

15 YEARS

Petra Costabile
Emad Habib
Christine Smith

20 YEARS

Antonine Cacique Jeanty
Gary Eugene
Maureen Manigault
Tzvetka Pandourska

25 YEARS

Ann Marie Coyne

35 YEARS

Ruth Narcisse

40 YEARS

Juana Henriquez

45 YEARS

Joanne Jackson

50 YEARS

Joann Kessler

- **Janice Domingue**, Pre-Post Operative Ambulatory RN, Ambulatory Surgery Center
- **Stacie Ferreyra**, Radiology Associate, Diagnostic Radiology
- **Janee Frankel**, Patient Safety Attendant, Float
- **Jerome Grant**, Patient Transporter
- **Liliana Gomez**, PCA, 6 Doctors
- **Wendy Gratale**, Ambulatory Circulator, Ambulatory Surgery Center
- **Kathleen Harris**, PCA, 3 Doctors
- **Jeanmarie Irizarry**, Mammography Technologist, Breast & Women's Health Center
- **Jakaih Johnson**, Environmental Services Aide
- **Faith-Tia Keevil**, RN, Labor & Delivery
- **Marie Yves Kernisant**, RN, Behavioral Health
- **Juan Lopez Patino**, Laboratory Aide, Laboratory Pathology
- **Mariel Madlangbayan**, Physical Therapist, Rehabilitation Services
- **Gessner Pantley**, PCA, Emergency Department
- **Joseph Patyi**, RN, Emergency Department
- **Alexander Carlos Ramirez**, Security Officer
- **Jo'el Ramos**, RN, 3 Doctors
- **Stephanie Rodriguez**, Surgical Coordinator, Ambulatory Surgery Center
- **Michelle Sanchez**, PCA, 6 Doctors
- **Alexis Sullivan**, Pre-Post Operative Ambulatory RN, Ambulatory Surgery Center
- **Omega Valdez**, Environmental Services Aide
- **Kaylee Vega**, RN, Pediatrics
- **Ashawna Washington**, Sterile Processing Technician, West Nyack Ambulatory Surgery Center
- **Nejada Williams**, Administrative Associate, Behavioral Health

WELCOME NEW EMPLOYEES!

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

- **Tamara Acosta Espinoza**, PCA, 6 Doctors
- **Daniel Appleman**, RN, 4 Doctors
- **Doreen Archer**, RN, 3 Doctors
- **Colleen Bancroft**, RN, Behavioral Health
- **Lashay Bonney**, Surgery Center Coordinator, Ambulatory Surgery Center
- **Yaw Brobbey**, RN, Surgical ICU
- **Georgene Brown**, Secretary 8, Laboratory - Pathology
- **Kubra Copur**, PCA, 4 Doctors
- **Paul DiBari**, AA, 3 Doctors

IN MEMORIAM

We want to take a moment to pause in reading and honor the life of **Mark Irwin** who died unexpectedly at age 51. Since 2009, Mark worked as a Sr. Trades Mechanic in the Facilities and Engineering Department. A member of Local 30 Engineering, he was hardworking, reliable, and extremely knowledgeable. Mark took tremendous pride in his work and was dedicated to understanding and maintaining facility operations and equipment. On the rare occasion he didn't know how to do something or have the right part for it, he would figure it out until he found the solution.

Mark will be remembered fondly and deeply missed by those who had the pleasure of knowing and working with him. We extend our sincere condolences to the Facilities and Safety teams, who worked closely with him.

Confidential support and grief counseling are available. Contact the Employee Assistance Program (EAP) at **845-638-8880** or e-mail EAP@montefiorenyack.org.



EMPLOYEE OF THE QUARTER

Congratulations to **Ewa Manos, RN** in the PACU, who was nominated for Employee of the First Quarter, and **Chaplain Rob Carter** who received an Honorable Mention.

In March, Ewa was reporting to her shift when she heard a distressed woman in labor crying out in pain for help on Sickles Avenue. She called Security to initiate a Code Obstetrics and ran to the Emergency Department to get a wheelchair. She wheeled the pregnant patient to Labor & Delivery where, soon thereafter, she gave birth to a baby girl. Ewa helped to potentially save not one life, but two that day. For going above and beyond, Ewa is the Employee of the First Quarter.



Chaplain Rob Carter, Director of Pastoral

Care at Montefiore Nyack Hospital, received an Honorable Mention for Employee of the First Quarter. He was nominated by one of his peers for his consistent willingness to lend a hand to those in need. In his role as Chaplain, he is an integral part of the Hospital's palliative and supportive care teams. Rob has led countless prayer services and is a great communicator. He is a source of positivity and has a genuine compassion for other people who are in need or vulnerable.

Please join us in recognizing and thanking this quarter's nominees for their commendable service to the Hospital and our patients.

You can submit an employee of the quarter 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.

STAFF PROMOTIONS AND ACCOMPLISHMENTS

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

Tasha Acevedo was promoted from Assistant Director of Support Services to Director of Support Services.

Desiree Maingon was promoted from HIM Operations Manager to Assistant Director of Health Information Services.

Mathai Mathai was promoted from CT Radiologic Technologist to Lead Radiology Technologist.

Raven Guerra was promoted from Patient Care Associate to Registered Nurse.

Castino Talbert was promoted from Patient Transporter to Lead Patient Transporter.

Mary E. Jones was promoted from Director of Care Management to Senior Director of Care Management.

Frederick Somersel was promoted from Support Services Supervisor to Support Services Manager.

Ariella Fajardo was promoted from Patient Care Associate to Registered Nurse.

James C. Santiago was promoted from Patient Care Associate to Registered Nurse.

Congratulations to **Conney Hardy** who retired after more than 34 years of service and **Almar Solis** who retired after working here for 15 years. We thank them and wish them well in all their future endeavors.

Congratulations to **The Ambulatory Surgery team** on receiving a 100% top box score on their Press Ganey OASCAHPS survey in the first quarter of 2024. Of the 196 survey responses received, the team received an impressive 100% for “staff treats with courtesy and respect.” This ranking places them at the 99th percentile nationally for their 196 survey responses! This is an incredible response and indicative of their exceptional patient care!



Congratulations to everyone involved with the hugely successful **Joint Replacement Program Certification Survey**! The Joint Commission reported no findings, which is a rarity! In addition to our Orthopedics team led by **Dr. Jordan Simon**, we congratulate the **nursing staff on 5D, PAT, Peri OP, the OR and the Quality team**.

We would also like to give special thanks to our Rehabilitation and PT team, Care Management and Patient Experience who consistently work very hard and go above and beyond to make the Joint Replacement Program a success. It was truly a team effort, and we are grateful to all those who worked so hard to obtain such a remarkable report! Congratulations to all for a job well done!

Congratulations to **The Breast Center's mammography team** on a successful Mammography Quality Standards Act (MQSA) annual inspection on March 28th. In 1992, Congress enacted the MQSA to ensure that all people have access to quality mammography for the detection of breast cancer in its earliest, most treatable stages. All mammography facilities that perform mammography must meet MQSA requirements. The FDA certifies mammography facilities that comply with a rigorous review of MQSA requirements, including quality imaging, medical physicist surveys and personnel qualifications to continue providing outstanding breast imaging services. Other requirements cover personnel, equipment, radiation dose, quality assurance programs, and recordkeeping and reporting. This achievement is only possible with the help of the entire Breast Imaging Team working year-round to maintain mammography quality standards.

EMERGENCY CODES

Starting on June 1st, **Plain Language Alerts** will be used instead of color-coded alerts on the overhead alert paging systems. New badge buddies will be issued, and online education has been assigned to all Montefiore Nyack Hospital staff.

In short, we will implement three alert types:

Facility, Medical and Security to address different types of emergencies, such as fire alarms, elopement (i.e. missing person), Rapid Response, behavioral, active shooter, etc. These alerts will be followed by location and specific details including description and direction.

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 an Infant Abduction (formerly Code Pink) or a Missing Person (Elopment), employees are to come out of their workspace and stand by the nearest Watch Stations to observe anyone coming by. 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
- 2nd floor by the entrance to the Wound Care Center and the stairwells by Mother/Baby and the Cancer Center Bridge.

Listen for the overhead announcements for the "Code Clear" indicating that the emergency has been resolved or addressed. If you see something, say something. In the event of an on-campus emergency, dial ext. 2222. Please report off-site emergencies to 911.

EMPLOYEE ENGAGEMENT SURVEY

We have partnered with the consulting firm of Press Ganey Associates LLC to administer the 2024 Employee Engagement survey.

Eligible participants are employees hired at least 90 days before April 29th. Staff hired after January 30, 2024 are ineligible to participate in this year's survey.

The survey takes a few minutes to complete and will provide valuable information on how we can improve employee engagement here at Montefiore Nyack Hospital. When completing the survey, please express your opinions frankly as the survey is completely confidential and only aggregated data will be presented. However, please be aware that your comments will be reported as verbatim.

All employees will receive feedback on the survey results and improvement plans will be developed based on the survey results. Please be assured that it is our firm intention to respond constructively to employee concerns and suggestions.

Employees who indicate that they did not receive the survey invitation email should contact **Linda Taff**, ltaff@montefiorenyack.org, to have the link re-sent to their email.

GIFT SHOP

Nurses Week is May 6 to May 12

Mother's Day is Sunday, May 12

Browse our Gift Shop for giftware, flowers, candy and balloons to show your appreciation for the unsung heroes in your life.

Payroll deduction is available.

Hours of Operation

Monday through Friday
11:30 a.m. to 4:30 p.m.

LAB PROFESSIONALS WEEK



PATIENT ACCESS WEEK



HEALTH INFORMATION PROFESSIONALS WEEK



SOCIAL WORK MONTH



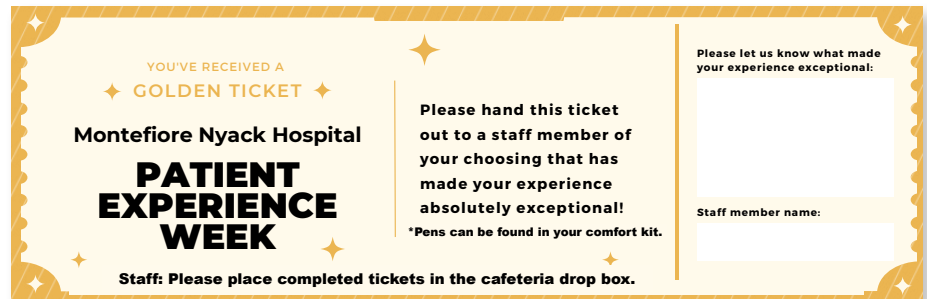
BLUE AND GREEN SPIRIT DAY



PATIENT EXPERIENCE WEEK

In honor of **National Patient Experience Week** (April 29 to May 3, 2024), we will be hosting some fun activities for our patients and staff:

- All patients will receive a **Golden Ticket** on their dinner meal trays so they can recognize a team member who has gone above and beyond.
- Golden tickets will also be provided to units/depts. for patients who are NPO or don't receive a meal tray during their hospital visit (i.e. outpatient areas, etc.). If a patient/family member gives you a golden ticket, please place it in the raffle box in the cafeteria. At the end of the week, winners will be selected for a variety of prizes.
- **Please share a story with us** about how you or a coworker made a difference to a patient or family member. Email your story to patientrelations@montefiorenyack.org by **Friday, May 3rd** to be entered into a raffle!
- We will also be hosting a **Compassion Challenge**! Many of these actions tie into our customer service initiatives, such as commit to sit, what matters to you, etc. and are things we should be doing daily.
- At the end of the week, email patientrelations@montefiorenyack.org with the answers to the "reflection questions" for a chance to win a prize!
- For questions and suggestions, please reach out to the Patient Experience Department at ext. 6778 or email: patientrelations@montefiorenyack.org with any questions or suggestions.



Patient Experience Week COMPASSION CHALLENGE



Celebrate Patient Experience Week by joining in the compassion challenge!

Monday

Deliver an uplifting note or quote to someone's desk.

Tuesday

Say hello to 10 people within the first 2 hours of your day!

Wednesday

Keep your cell phone in your pocket while walking through the hallways... for an entire day!

Thursday

Sit down during your interactions with patients/family members today to improve eye contact and reduce our patients and families anxieties.

Friday

Learn 5 new things about someone. Share 5 things about yourself.

After completing all of the challenges, answer these reflection questions:

- Which challenge did you enjoy the most and why?
- Through these challenges, what did you learn? What was surprising?
- Which of these challenges would you consider doing on a regular basis?

Send your answers above to PatientRelations@montefiorenyack.org by **Friday, May 3rd** for the chance to win the Patient Experience Week Raffle!

SAVE THE DATES

Mary's Garden

Closed Until Further Notice

Golf Classic

Monday, May 6, 2024

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>.



Free Tickets New York Boulders

Montefiore Nyack and Highland Medical employees can get up to four free tickets to a Boulders Game on 5/10, 5/11 or 5/12.

MAY 10	JACKALS @ BOULDERS OPENING DAY FIREWORKS FRIDAY 7:00PM EDT CLOVER STADIUM, POMONA, NY
MAY 11	JACKALS @ BOULDERS STEM NIGHT! SATURDAY 6:30PM EDT CLOVER STADIUM, POMONA, NY
MAY 12	JACKALS @ BOULDERS MOTHER'S DAY! SUNDAY 1:30PM EDT CLOVER STADIUM, POMONA, NY

[Click the link to select and reserve your tickets.](#)

Transamerica Retirement Session (Virtual only)

Wednesday, May 8, 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

10:00 AM to 1:00 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.

NURSING SCHOLARSHIP

Applications are now being accepted for the Margaret Mary and Peter Kennedy Scholarship. This \$1,000 scholarship will be awarded to any employee enrolled in an Associate or Bachelor's Degree in Nursing or to Registered Nurses enrolled in a Master's Degree in a nursing, healthcare or business program.

APPLICANT REQUIREMENTS:

Be employed at Montefiore Nyack Hospital and have completed one year of service and meet all performance standards.

Have completed a minimum of six credits toward their degree with a 2.5 GPA or above.

Submit a completed application, including recommendations.

Remain employed at Montefiore Nyack Hospital for at least one year and remain continuously enrolled in the educational program.

Applications can be obtained through the secured Employee Portal at montefiorenyack.org listed in the Forms section and are available in the Human Resources Department (ext. 2155) or the Nursing Office (ext. 2680).

Please return completed applications to Human Resources no later than May 10, 2024.

Nominate A Nurse

As part of this year's Nurses Week celebration, we encourage staff to nominate a Nursing Staff member who displays excellence in nursing and patient care, not just during Nurses Week, but throughout the year. Please consider casting a nomination in one of the following categories:

- Above and Beyond Excellence Award
- Excellence Award (Individual, Team, LPN, NP and Practice)
- Friends of Nursing Award
- Nursing Leadership Excellence Award
- Nursing Mentor Award
- Nursing Practice Excellence Award
- Nursing Professional Development Award
- Rising Star Award
- Transformational Leadership Award (Manager or Director)

The deadline for nomination submissions is **May 3, 2024**. Nomination forms can be found on the Employee section of the MNH website. Visit <https://www.montefiorenyack.org/center-learning-development>.

STUDENT VOLUNTEER OF THE MONTH

Mason Mastro, a high honor roll student in 7th grade at Port Jervis Middle School, wanted to help our patients. Since he is too young to volunteer at the hospital, he decided to make comfort care packages for our patients.

Mason gifted 100 bags that he put so much time and effort into them. Each bag consisted of an adult coloring book, lip balm, nail file, hand lotion, puzzle book, colored pencils, notepad with a pen attached, playing cards and a Montefiore Nyack-branded key chain that he made. Mason hopes these comfort kits will help patients relax and make their time in the hospital a little easier.

In his spare time, Mason plays baseball, football, flag football and races in the Soapbox Derby. He loves to help where he can. He donates food and clothes to local food pantries and Salvation Army, participates in city cleanups, and fundraising events, and recently he decided he was going to start volunteering at our local fire department in hopes of becoming a junior firefighter.

Thank you, Mason, for thinking of our patients! You are an inspiration to us all for being so thoughtful and compassionate!



NEW SERVICE REQUEST PORTAL

Effective Monday, May 6th, **we will be using a new online ticketing system called the Facilities Service Request Tool to submit all building and equipment maintenance, repair, and service requests.** This new tool is replacing the Aware Manager system. To standardize our tools and processes across the Montefiore Health System, this tool enables more timely submission and completion of service requests with the use of mobile capabilities.

What You Need to Know

- The new Facilities Service Request Portal is for all Hospital personnel to use when submitting maintenance, repair and service requests.
- Phone calls made to the Engineering Department requesting service will be redirected with a request for the caller to submit a ticket via the new Facilities Service Request Portal for non-emergency requests. As a reminder, emergency service requests require immediate attention and are potentially life-threatening, such as loss of electricity, flood, or elevator entrapment.
- There will be an online link to access the Facilities Service Request Portal. The link will be communicated the week of May 6, 2024.
- The Facilities Service Request Tool has certain fields that are required such as name, phone number, and location. There are drop-down menus with pre-defined values covering the most common problems experienced across the Montefiore Health System. It also contains a log of your submitted requests so you can easily track the status as the Engineering Department progresses the work to completion.

Mark your calendars to start using the new Facilities Service Request Tool starting on May 6, 2024.

About the ERP EAM Project

The new Facilities Service Request Tool is being implemented by the **ERP Enterprise Asset Management Team**, delivering a single, standard, integrated business technology solution across all Montefiore Healthcare entities to improve the processes and tools used for facilities operations. The expected benefits include a reduction in manual work, the ability to manage work “on the go” with mobile capabilities, near real-time automated reports, and a reduction in facility and maintenance costs. The solution also contributes to continued assurance of patient safety with pre-defined, and regularly updated, inspection, testing, and maintenance plans for clinical and engineering assets resulting in less outage time. Questions? Please contact the ERP EAM Project Team at businesstransformerp@montefiore.org.

INFOR SERVICES

The Supply Chain Services Department at Montefiore supports your needs regarding business operations related to sourcing, procurement, and payables. For important information, see below:

- **Inquiries:** For all inquiries related to sourcing, procurement, and payables, please contact the Supply Chain team at procurement@montefiore.org or 914-349-8760.
- **Technical Support:** For technical and security access assistance, please continue to use the IT Self-Service Portal at <https://selfservice.montefiore.org> or Ask “Monte” in Microsoft Teams. Security Access to Infor: A Single Use Access form must be completed, approved by a

supervisor, and submitted as a Service Manager ticket to receive access to Infor.

- **Training is Required for New Infor Requesters:** All new Infor requesters must complete the appropriate training before receiving Infor security access. Register through the Talent Management Learning Management System for training. Once you complete the training, submit your training certificate along with your security form.
- **Follow-up Office Hours:** Ageta Popovich, Senior Director ERP, is hosting weekly follow-up office hours for new requesters to ask questions specific to their business needs.

A MESSAGE FROM SECURITY ON PARKING REGULATIONS

All staff are encouraged to apply for a parking garage permit or use the Employee Parking Lot at 200 North Highland Avenue (9W Lot). The complimentary shuttle service is now available from 6:00 a.m. to 8:00 p.m., Monday through Friday.

Parking in the employee lot is first come-first served. All vehicles must be parked in marked spots only. No parking in the grass, ramps or driveways. Any parked vehicles that obstruct vehicular or pedestrian traffic will be towed at the owner's expense without warning. Any parked vehicles that block parked vehicles from being able to leave will be towed at the owner's expense without warning.

Parking priority should always be given to patients parking in designated areas. This applies to all on-duty staff working at their assigned job locations and attending training and meetings etc.

Students in training at Montefiore Nyack Hospital and their instructors are only permitted to park in the parking garage. Students are not permitted to park in the 9W employee lot. Students can sign up for a student-discounted garage parking rate of \$20 a month with ABM parking.

Reminder: Handicap Parking spots are reserved for vehicles with handicap permits and license plates only. Any vehicle found parked in a handicapped spot without a proper permit is subject to a summons by Orangetown Police or Nyack Parking Authority.

The Montefiore Nyack Hospital Security Department will ensure the best equitable use of available parking both onsite and at off-site locations.

Good Neighbor Initiative

The following rules apply at all times while on or around the Hospital's campus:

- No littering is allowed. Improperly discarding trash near your vehicle such as cigarette butts, dental picks, food wrappers, empty bottles or cans and other debris, such as face masks and gloves, is strictly prohibited.
- Drivers must respect others' property and community residents.
- Drivers should not idle their vehicles for excessive amounts of time (more than 3 minutes) by either using remote start or while waiting for a spot to open.
- Drivers should not speed, turn carelessly in neighbor's driveways or drive irresponsibly.
- Drivers should refrain from playing loud music.
- Drivers should obey all local parking ordinances, and the Village's posted street parking regulations and ensure not to infringe on private driveways within the community.
- Vehicles parked on local streets and in violation of any local parking ordinance(s) will be subject to summons by Orangetown Police or the Town of Nyack Parking Authority at the vehicle owner's expense. The area surrounding the Hospital is patrolled by the Village of Nyack Parking Enforcement Unit.
- We must all remember to be courteous to our neighbors who reside in the area.
- We must all work on being a "Good Neighbor."



HEALTHY RECIPES

In Italian, primavera means spring, and what better way to welcome the long-awaited arrival than by enjoying a healthy meal? Pasta primavera is a classic warm-weather “spring pasta” that truly celebrates all things light and fresh.

The secret to perfect pasta primavera lies in its flavorful sauce and al dente vegetables. Pro tip: cook the vegetables in separate batches and cook them only very slightly at first. Later, when you add them to the creamy, flavorful sauce, you have some time to adjust the thickness and seasonings without overcooking them. However, if you cook the vegetables all together, and then create the sauce in the same pan, the veggies will invariably overcook and become soggy and limp. See the full recipe at montefiorenyack.org/healthy-recipes/pasta-primavera.

Here's how to make it!



PASTA PRIMAVERA WITH TURKEY

Duration: 45 minutes

Servings: 6

Note: You may substitute turkey with chicken or a meatless option (i.e. tofu, cheese, beans, or your favorite protein) if preferred.

INGREDIENTS

Sauce:

- 2 tablespoons olive oil
- 1 teaspoon garlic, minced
- 3 cups ground turkey
- 1 ½ cups of milk
- 1 large can of diced tomatoes
- 1 small can of tomato paste
- 1 teaspoon dried oregano
- ¼ teaspoon black pepper

Pasta:

- 8 cups of water
- 1/2 tablespoon salt
- 1 tablespoon vegetable oil
- 1 cup carrots, cut into slices
- 1 cup broccoli, only florets
- 1 cup cauliflower, only florets
- ½ box spaghetti
- 6 tablespoons grated parmesan cheese

DIRECTIONS

Sauce:

1. Heat olive oil in a medium saucepan, over medium heat.
2. Add the minced garlic and sauté until it is aromatic.
3. Add the turkey meat to the pan and stir until cooked on all sides.
4. Once the turkey meat is cooked, add in the milk, and combine.
5. Slowly add the canned tomatoes and tomato paste. Stir and bring to a boil.
6. Season the sauce with oregano and black pepper. Set aside when done.

Pasta:

1. Boil a large pot of water and add salt and oil.
2. Add in carrots, broccoli and cauliflower and boil for 10 minutes.
3. Add in the spaghetti and cook according to package directions or until at desired tenderness.
4. Drain well.
5. Add the sauce to the pasta and stir to combine.
6. Top with a spoonful of parmesan cheese and enjoy!

(Recipe credit: Sandra J. Arévalo, MPH, RDN, CDN, CDCES, CLC, FAND, Director of Community Health & Wellness)

SUBSTANCE USE DISORDER

It's devastating to watch a loved one struggle with a substance use disorder. It is both painful and personal. We are often willing to do anything in our power to help them get well. Many of us may even try to "love" the person well. We may even believe if we can just give them what they ask for and prove our love, they'll stop misusing drugs or alcohol. We think we're helping our loved one by giving them money, paying their bills, helping them out of various "jams" and various other well-intentioned, but misguided efforts. The truth is, if you could "love" your loved one well, they would be well. When a substance use disorder is present in a relationship, the unit suffers as a whole.

It is vitally important to remember that someone suffering from substance use disorder is dealing with an illness and they are not physically, mentally, or emotionally well. Healthy strategies to help your loved one include listening without judgement, taking action early on by seeking help for oneself through counseling, developing healthy boundaries that support your loved one's recovery, and supporting other professional's recommendations. If you or your loved one struggle with substance misuse concerns please contact the EAP at 845-638-8880 or e-mail us at EAP@montefiorenyack.org for assistance and support.

Find Help for Alcohol Use Disorder

The Recovery Center at Montefiore Nyack Hospital

montefiorenyack.org/addiction-recovery

Inpatient Services: 845-348-2070

Outpatient Services: 845-348-2075

Rockland Council on Alcohol and Other Drug Dependencies

rcadd.org

845-215-9788

Alcoholics Anonymous

aa.org/find-aa

EARTH DAY 2024

In recognition of Earth Day on April 22, we would like to share how Montefiore Nyack Hospital (MNH) is committed to sustainability. MNH is a proud supporter of the Nyack 2030 Climate Action Plan, a comprehensive strategy aimed at reducing emissions by at least 75% and enhancing the protection of natural resources by 2030. Other initiatives include:

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

To learn more about Nyack 2030 Climate Solutions, visit the Nyack 2030 website at nyack2030.com for the Climate Action Plan.

THE VOICE OF OUR PATIENTS

The Patient Experience is about being a caregiver, and WE ALL are caregivers. Thus the role of the caregiver is to ensure that patients and families are confident in the care provided so they feel safe, they feel at ease, and they can take that deep breath. Let's all be brave enough to stand in another's shoes today and every day. **Thank you to the caregivers acknowledged below. Congratulations to the units and departments they represent and to the caregivers they tirelessly work beside.**

- “Enormous gratitude to the entire ICU staff — wow!!! We felt beyond fortunate to be in their care. I particularly want to acknowledge Nurse Manager Blake Riedel, RN, NP Nicole Rosenbaum and amazing nurses Junior Gabriel, RN; Bibby Mathews, RN; and Clarita Tanega, RN, as well as nurses Jeanine Duggan, RN; Kayli Vitale, RN; and night nurses Al Tan, RN; Lauren Davis, RN; and Aileen Del Prado, RN, who were kind, compassionate and attentive. NP Bryan Goss was kind enough to explain things to me — so appreciated. We appreciated the care received by Patient Care Associate Mariyatt Vinoy, nursing student Clarence Case, and Ishmel Christian, Environmental Services, who took the time to introduce himself when he came to the room; we appreciated his warmth, kindness and help.”
- “The staff nurses are so nice and caring. Everyone is attentive to your needs. I had a great experience in the ER with **Colleen McNamee, P.A.**, and a successful surgery with **Dr. Lee Fleischer.**”
- In the ER was super amazing. I had surgery at this hospital and every single employee I came across was so nice and helpful. I had air in my chest after surgery and one nurse gave me a back massage to help with the pain. Overall, amazing experience and care at Montefiore Nyack Hospital.”



- “Our experience with **Dr. Robert March** at The Hematology and Oncology Center was excellent. He is the best. He is very caring and hand-holding. Five stars to him and the hospital.”
- “The entire staff from check-in to surgery were completely professional, kind and understanding.”
- “Thank you so much to Montefiore Nyack staff, nurses, and doctors for taking care of my sister while she was hospitalized. The staff, nurses and doctors went above and beyond to take care of her. You brought her back to life. We will forever be grateful for all the love and compassion. The 3rd floor ICU rocks!! We love you guys.”
- “I have found my experience to be mainly beyond excellent courteous, efficient, and kind at your hospital. I love my doctor. The nurses are kind and welcoming. It's comforting to know there's a good Safe efficient and high-quality hospital so close to home. Thanks to everyone. I owe you guys my life.”
- “My endoscopy went very smoothly. Wonderful kind and caring professional staff. Thank you to **Dr. Peter Chang** and the wonderful **Endoscopy team and staff at Montefiore Nyack!**”
- “**Annick Wandji**, **Leonid Rudyak**, **Heather Spencer-Smith** and **Marie Nicolas-Jean (Carleen)** in Radiology are the best! Great professionalism and care!”
- “I've had a few visits to this hospital so far during my pregnancy and I had a good experience each time. The wait is never long and the doctors so far have been very informative and took time to answer all of our questions. I highly recommend this hospital for any prenatal care!”

Montefiore Nyack Hospital

2024 Employee Engagement Survey

Monday, April 29 - Monday May 20

FAQs

1. Are the surveys confidential and who receives the results?

The surveys are collected on an external site by Press Ganey. Press Ganey reviews the results and provides feedback to Montefiore Nyack Hospital based on work groups never individual responses. No identifying information is provided to Montefiore Nyack Hospital.

2. How do I access my work email?

If you have never used or have forgotten the password to your work email, you can contact the IT Helpdesk at **ext. 6740** for assistance.

3. How do the raffles work if everything is confidential?

Participation in the raffles is optional and the selection of the winners is done by Press Ganey. Only the winners names are provided to Montefiore Nyack Hospital in order to provide the prize.

4. How are the survey responses used?

Survey responses are used to learn how the organization is viewed by employees, what areas we are excelling at and what areas need improvement.

5. Can I take the survey on my personal device?

Yes, the survey link can be opened on any device that can access email, i.e. smart phone, desktop/laptop, tablet/iPad.

To access your work email, from a non-work issued device, follow these steps:

1. Open web browser and enter <https://outlook.office365.com>.
2. Leave "This is a public or shared computer" selected unless you are using a private device.
3. Enter your Montefiore Nyack Hospital email address and password.

If you need assistance with your email account please contact the IT Helpdesk at **(845) 348-6740**.

For any questions regarding the 2024 Employee Engagement Survey please contact Human Resources at extension 2155.

Montefiore Nyack Hospital 2024 Employee Engagement Survey

Monday, April 29 - Monday May 20

"Thank you for all you do"

Participation Incentives

1st Day

10 - \$25 Amazon Gift Cards

Weekly Prizes

5 - \$25 Amazon Gift Cards

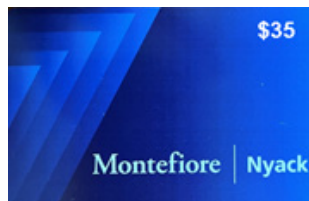
1 - Special Prize

Overall Participation

1 - Montefiore Nyack Swag Basket

One Time Grand Prizes

2 - \$100 Amazon Gift Cards



Amazon Echo Dot
(5th Gen.)



NutriBullet

Electronic and Gift Card prizes to be awarded throughout the survey.

All participants are eligible for the one time grand Prizes throughout the survey, winners will be selected at the end of the survey time frame for the grand prizes, all other prizes will be selected either daily or weekly as applicable.