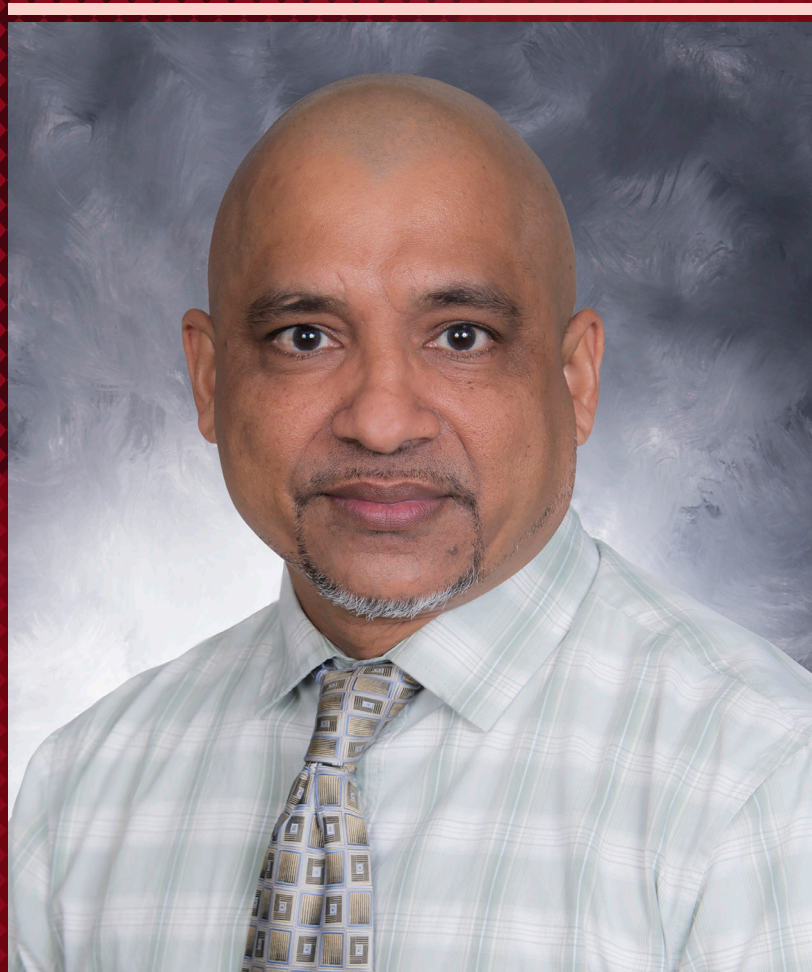


FEBRUARY 2023

Garnet Health. Gems

Exceptional
Lives Here.



Acts of kindness and caring earns top recognition
Our 2022 Employees of the Year

Cardiothoracic Surgery Program Update



On January 31st, the cardiothoracic surgery (CT) team welcomed area cardiologists to a local reception and presentation given by Dr. Michael Argenziano, Medical Director and lead heart surgeon of our CT Surgery program. The gathering allowed for professional networking among the physicians and members of the cardiothoracic surgery team, as well as an informative presentation on our new open-heart surgery services. To date, we have performed nearly 25 cardiothoracic surgeries since January 3 with outstanding outcomes!



QUALITY CORNER

DNV Survey in March

Garnet Health hospitals are expected to receive their DNV surveys sometime in March. DNV ensures the organization complies with accreditation standards, including the Medicare Conditions of Participation. It assesses whether our processes are consistent and produce the best outcomes, and ensures that we focus on risk-based thinking to optimize patient safety. DNV also evaluates if we have implemented an effective Quality Management System and that we manage processes in accordance with ISO 9001 requirements.

What to expect:

- Surveyors will visit clinical areas and conduct staff interviews, medical record reviews and environment-of-care building tours.
- Focus areas will include patient care processes; admission assessment; care planning and discharge; infection control; medication management; human resources; medical staff; emergency management; environment of care, such as building and fire safety; diagnostic imaging; and respiratory and laboratory services.
- Surveyors will ask about how we manage documents to ensure that the clinical staff have the most current guidelines. They may request select policies to verify that we do what we say we're going to do.
- Surveyors will ask about quality and safety initiatives. They are verifying that our Quality Policy Operational Excellence through Continuous Improvement drives what we do.

DNV collaborates with us to identify our strengths so we can build on those, and helps us improve where needed. DNV's goal is to make us a better organization. Be prepared to share your accomplishments! We hope you are looking forward to the survey. Reach out to Mary Ellen Crittenden at mcrittenden@garnethealth.org with questions.

Garnet Health 2022 Employees of the Year



Garnet Health Medical Center – Catskills

LEE ANN HUBBERT, RN

4 East Medical Unit, Callicoon Campus

Lee Ann Hubbert has been chosen as Garnet Health Medical Center – Catskills 2022 Employee of the Year. As the 2022 August Employee of the Month, Lee Ann was selected for going out of her way for a subacute rehab inpatient who had very little clothing. Lee Ann took it upon herself to take the patient's dirty clothing home, launder it and return it the next day. Lee Ann also requested that each member of her own family who was of similar size donate articles of clothing to the patient. This resulted in several donations of like-new clothing, which Lee Ann was able to give to the patient to use not only in the hospital but to keep upon discharge. The patient was extremely appreciative with what was literally a new wardrobe.

Lee Ann did more than just provide inpatient care—she showed genuine kindness, thoughtfulness and true compassion that her patient will remember for a very long time.

Thank you, Lee Ann, for going above and beyond!



Garnet Health Medical Center

PRAME SINGH

Guest Services Associate

Garnet Health Medical Center has selected Prame Singh, Guest Services Associate, as its 2022 Employee of the Year. As the June Employee of the Month, Prame went above and beyond his normal call of duty. After realizing that one of our elderly volunteers had not shown up for her morning shift and had not alerted anyone she would not be in that day, Prame took it upon himself to call her. When she answered the phone, he noticed that her speech was slurred and called 911. The volunteer was quickly and safely brought to the ED. Prame's heroic actions were lifesaving that day, thanks to his critical thinking and overall care and concern.

Prame is known by colleagues for going out of his way every day to help and comfort those visiting the hospital. "He puts a human touch of kindness and empathy into his job," reads his nomination.

Thank you, Prame, for all that you do! We appreciate you!

GARNET HEALTH MASK MANDATE

In response to the recent media coverage regarding the lift on the New York State masking mandate on February 12, 2023, **Garnet Health will continue to mandate universal masking of all visitors, employees, physicians, volunteers, contractors and clergy at all sites until further notice**, keeping with the NYS recommendation and closely following the CDC's Infection Prevention and Control guidelines.

This decision was made based on best practice as well as the sustained, elevated COVID-19/Flu community transmission rates that we have seen in our service area since Fall 2022. We will continue to monitor community transmission rates of all viral respiratory diseases and will recommend changes to the masking policy when appropriate.

We strongly encourage all staff to consider obtaining their flu vaccine and COVID-19 vaccine booster if you have not already done so.



Please send proof of vaccination to Employee Health at employeehealth@garnethealth.org or fax to (845) 333-2063. If you have any questions reach out to Infection Control at infectioncontrol1@garnethealth.org or call extension 2175.

Garnet Health Medical Center – Catskills Security Update

For the safety of our patients and staff, the Ambulatory Services Building (ASB) entrance will be locked at all times. We have installed an external telephone at this entry that is monitored by security seven days a week, from 7:00 a.m. to 8:00 p.m. Patients using this entrance will need to use this telephone to call security, who will verify their appointment before granting access. Entry access instructions are mounted near the telephone.

Staff can enter by using the card reader located under the external telephone. Please do not allow patients or visitors to walk in behind you to gain entry. Instead, kindly direct them to use the telephone to verify their appointment before entering. This added layer of security will help ensure a safer workplace and further assist in the safety of our patients.



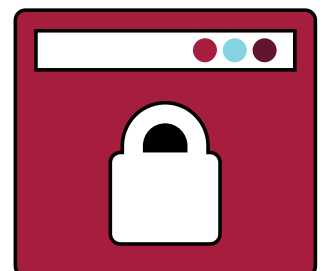
If you have questions or concerns, please contact **Bill Roser at (856) 428-1911**, or email wroser@garnethealth.org.

IT Security Reminder: *The Threat is Real*

The threat of cyber incidents affecting hospitals across the nation continues to be real and substantiated. It is important for all staff to report any unusual activity to their leader, including any issues with the Internet. Stay alert to any suspicious emails and avoid clicking on links unless you are certain where the email came from. All staff should review their downtime procedures in the event of a system outage. All clinical areas must log into their BCA (downtime) computer and ensure the data there is accurate.

Please contact the help desk with any connectivity issues.

Thank you for all that you do to keep Garnet Health safe and prepared in the event of a cyberattack.



Garnet Health Celebrates
January 2022 Employees of the Month



BEE AWARDS



Garnet Health Medical Center – Catskills Mary Kathryn Mooney, CCU Clinical Director

Mary Kathryn went above and beyond when presented with a very complicated situation involving two patients. Due to Mary Kathryn's ability to closely analyze a situation, she helped save the lives of both patients. Mary Kathryn's calm and focused demeanor throughout the entire situation was impressive to witness.

Thank you, Mary Kathryn, for your expertise and lifesaving patient care! We're so proud to call you family!



Garnet Health Medical Center Carmen Riley, 4 West Nursing Unit Clerk

"Carmen is the friendliest and most thorough person I have ever met," reads her nomination from a patient. She could not thank Carmen enough for being such a wonderful liaison between her and some of her caregivers. Carmen was noted as being empathetic, helpful, kind and respectful while caring for this patient. She even helped the patient pack before discharge and had her on her way home to be with her baby in no time.

Carmen, we are so proud to work with you!
Thank you for providing such wonder patient care!

The Employee of the Month program is also known as the Being Exceptional Every day (BEE) Award—and Being Exceptional Every day takes dedication, loyalty and commitment. To nominate an employee, physician, volunteer or team/department, visit the intranet page, scroll down and click on the BEE Award icon.

CERTIFIED NURSES

Recognizing Nursing Certification

According to the American Nurses Credential Center (ANCC), earning professional certifications helps nursing staff learn and grow by advancing nursing knowledge and supporting excellent patient outcomes. National Certified Nurses Day is March 19. Celebrations will take place on March 16 in Middletown and March 20 in Harris and Callicoon.

Nursing certifications and excellent patient outcomes helped Garnet Health Medical Center earn and maintain Magnet recognition. When healthcare organizations earn such prestigious nursing recognitions, it helps build community confidence, supports excellent patient care and aids in recruiting great talent. If you are a nurse who is interested in ANCC certification, contact your nurse leader or the Nursing Professional Development Department.

Pictured here are some of our nurses representing the nearly 450 certified nurses who call Garnet Health home. Thank you for all you do!



Rogia Rosenberg, RN



Nearco Rodriguez, RN



Irene Moloney, RN



Alyssa Melvin, RN



Nicholas Acierno, RN



Daphne Conde, RN



Theo Dage, RN



Yesenia Sanz, RN



Alexis Michelle, RN



Helen Burke, RN



Diana Duffy, RN



Dawn Twomey, RN



Khalilah Williams-Perry, RN



Laurie Brockner, RN



Maureen Donnelly, RN



Lacielyn Halloran, RN



Jenny Phelps, RN



Emani Wilmore, RN



Kyle Trimble, RN



Kate Woods, RN



Marlene Josephs, RN



Mary O'Shea, RN



Stacey Binns, RN



John Duffy, RN



Kathleen Joy, RN



Veronica Quinn, RN



Susan Spinato, RN



AnnMarie Dale, RN



Ricky Fairbairn, RN



Rebecca Munkelt, RN



Christine Rauschenbach, RN



Patricia Taylor, RN

Nurses for Black History Month



We were proud to have the Orange County Department of Health reach out to our nursing department with a request to shine a light on four of our nurses in honor of Black History Month.

Magalie “Maggie” Jean-Francois, RN, BSN, CNN Hemodialysis Unit Manager

Maggie manages the Hemodialysis Unit at Garnet Health Medical Center, providing inpatient hemodialysis treatments and education to our renal patients. She also serves as the Nurse Leader Advisor for the Community Health Committee, which is currently building the Food Farmacy program for food insecure inpatients. The program will provide three days' worth of food to patients who are being discharged and are food insecure. Maggie has over 18 years of nursing experience and is currently obtaining her master's in public health nursing. "I will continue my passion of working closely with the community that I serve," says Maggie.

Lashay Houston, BSN, RN, CMSRN Administrative Director of Nursing

Lashay has oversight of patient flow, nursing care, and staffing. She received her TNCC and TCAR certifications during her five-year stretch at Garnet Health as a critical care nurse before being promoted to leadership in 2021. Lashay obtained her bachelor's degree in 2018 and is currently working on her master's degree. She has a goal of obtaining a Doctorate in Nursing. Leadership and community involvement have proven to be a passion of hers as she strives to help improve her community by staying involved. Lashay has been a nursing clinical instructor at SUNY Orange for the past two years, teaching new nurses proper clinical application in an ICU setting.

Teresa Bryant, RN, BSN Administrative Director of Nursing

Teresa provides staff supervision to ensure effective overall operations of the nursing department as well as compliance with the established standards of care. She works to problem solve at the administrative level in conjunction with hospital leaders. She stands ready to respond to hospital emergencies while overseeing patient care delivery, staffing and processes. Teresa is a currently a candidate for 1199's Nurse Leader at Garnet Health Medical Center. She was named a Top Nurses of Worldwide Leaders in Healthcare conference in Oneonta, NY, in March 2015.

Nicole Sewell, MSN, RN, CMSRN, NE-BC Interim Chief Nursing Officer (CNO)/ Vice President Patient Care Services

Nicole is the Interim CNO at Garnet Health Medical Center. In her role, she focuses on both nursing leadership and organizational administration. Her responsibilities include setting patient care standards, establishing processes and protocols for achieving those standards, and managing the work of nurses who care for patients. She has been in the nursing profession for more than 35 years and has worked in various roles at the bedside and in management. "I am most proud that I work in the community where I was born and raised and have strong roots here," says Nicole. Her passion is helping our community and those in need. Nicole participates in coordination of food drives and supports all initiatives involving the social determinants of health.

A Spotlight on Certified Nurses

Certified Nurses Day is recognized every year on March 19—the birthday of Dr. Margretta “Gretta” Madden Styles, RN, EdD, FAAN, one of the greatest leaders in the field of nursing certification. Garnet Health is shining a spotlight on a few outstanding certified nurses to bring awareness and recognition to nursing professionalism, excellence, service and better patient outcomes through national board certification in their specialty.

Garnet Health Medical Center



Enid Berg, MEd, BSN, RN, CCRN, CRRN

“Learning is a lifelong process that I look forward to continuing. Each new learning opportunity has afforded me the ability to improve my skills so that I can provide the best patient care and share my new knowledge with others. I have been extremely lucky to have the support of my family, friends, and coworkers.” —Enid Berg

2000: Began as a per diem Exercise Physiologist at Horton Medical Center’s Cardiac Rehab after obtaining her MEd in Sports Management.

2004: Graduated from the ASN program at SUNY Orange. Began working full time in the Rehab Department.

2007: Obtained her Certified Rehabilitation Registered Nurse (CRRN) certification.

2008: Transferred to the Progressive Care Unit at Arden Hill Hospital.

2010: Transferred to the Intensive Care Unit at Arden Hill Hospital.

2012: Began teaching as an adjunct clinical instructor at Mount Saint Mary College.

2013: Obtained her Critical Care Registered Nurse (CCRN) certification.

2017: Graduated from Chamberlain University with her BSN.

Where she’s headed: In May 2023, Enid begins Mount Saint Mary College’s Family Nurse Practitioner (FNP) Program. She is currently studying for her Board Certification in Nursing Professional Development.



Tanya Camacho MSN, RN, OCN

“I have been truly blessed to have coworkers and nurse leaders support me throughout my nursing and educational journey. They are more like family. I am grateful for the many opportunities my nursing career has given me. My advice is that the path may not always be smooth, but you are worthy of the rewards at the end.” —Tanya Camacho

1996: Began working as an LPN in Med/Surg at Horton Hospital.

2000: Earned an associate degree in nursing and accepted a position in the oncology inpatient unit.

2002: Obtained certification from the Oncology Nursing Society.

2005: Transferred from inpatient oncology to the outpatient infusion center.

2012: Joined Shared Governance Nursing Congress, where she focused on oncology improvement.

2018: Earned her BSN from SUNY Empire State College.

2022: Graduated with a master’s degree from the American Sentinel College of Nursing and Health Sciences at Post University.

Where she’s headed: Today, Tanya continues to work in the infusion center and is an active member of Shared Governance Nursing Congress.

A Spotlight on Certified Nurses (continued)

Garnet Health Medical Center – Catskills



Lisa Ryman, RN, CRN, VA-BC

"I love being a nurse. I think what I love most is the trust that patients and their families place in me. When they are at their most vulnerable, they look to the healthcare worker for competency, compassion, accountability, honesty and respect. I look forward to seeing what the future holds in store for healthcare and for me." —Lisa Ryman

2006: Lisa became a nurse as a second career. After working on a medical/surgical floor at Kingston Hospital, Lisa transitioned to the IR/Vascular access department, where she received training in PICC placement.

2007: Took a position in Diagnostic Imaging at Catskill Regional Medical Center.

2016: Received certification as a Certified Radiology Nurse.

2020: Became Board Certified in Vascular Access. With VACC certification, she returned to work in PICC and midline placement.

Where she's headed: Lisa currently holds two certifications, and many of her patients have commented that this gives them a higher level of confidence in the care they receive. She looks forward to continuing to learn and grow as a nurse.



Kerry Gladstone, BSN, RN, CCRN

"Since nursing school, I've had a passion for critical care. I wanted to acquire my CCRN as a way to challenge myself as a nurse, increase my knowledge and elevate my nursing skills. Working in a critical access hospital has given me a whole new perspective on nursing. We have a great team here, and I plan to stay as long as possible." —Kerry Gladstone

2008: Kerry began her journey working in a high-acuity step-down unit in Seattle, WA after graduating with an associate degree in nursing.

2009: Admitted to the University of Washington Critical Care Consortium and started working in intensive care.

2010: Moved to New York City and took a position at NYU Langone.

2013: After completing her Bachelor of Science in Nursing, Kerry joined the newly created ALERT team, responding to all adult emergencies in the hospital.

2019: Earned certification as a CCRN.

2020: Began the next phase of her critical care career at GHMC – Catskills, Callicoon.

Where she's headed: Kerry feels the nursing profession needs more highly educated and skilled nurses that remain at the bedside. Her future goals include gaining CEN, CPEN and SCRN certifications.

A Spotlight on Certified Nurses (continued)

Garnet Health Doctors



Christina Hahn, MSN, FNP-BC

"Nursing has always been a passion of mine. I was lucky enough to meet a Nurse Practitioner (NP) early in my career who showed me how to work autonomously and think creatively. She inspired me to continue my education and become a Nurse Practitioner (NP). It has always been my goal to inspire the nurses I work with in a similar way. I am blessed to have a career that allows me to continue evolving as a nurse and continue learning every day." —Christina Hahn

2008: Began as an RN in Med/Surg at Valley Hospital.

2009: Started as a Cardiothoracic Surgery RN at NYP/Columbia.

2013: Obtained her MSN from Columbia University.

2013: Worked as a NP at Good Samaritan Hospital in Cardiothoracic Surgery.

2015: Joined Westchester Medical Center as a NP in Heart Transplant, Advanced Heart Failure and Left Ventricular Assist Device.

2017: Started as a NP at Garnet Health Cardiology.

Where she's headed: Christina hopes to continue advancing the role of advanced practice providers and to inspire nurses to work with autonomy and creativity.



Christina Wood, MSN, FNPc

"I'm grateful to be in my hometown and caring for the community and people who have helped me to become the person and provider I am today. Practicing medicine, surrounded by my friends and family, energizes me to provide the best care that I can." —Christina Wood

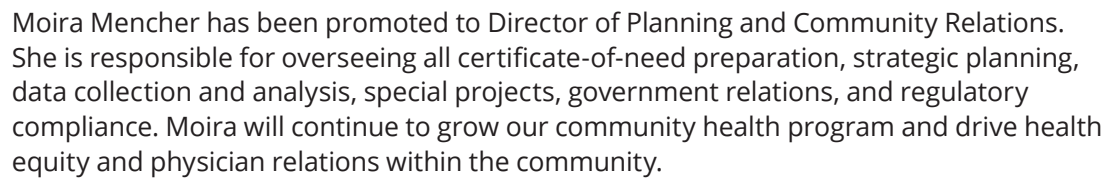
2004: Started at Community General Hospital, Callicoon, floating between critical access ER and Med/Surg, short term rehab units.

2016: Graduated BSN, Our Lady of the Lake, Baton Rouge, Louisiana.

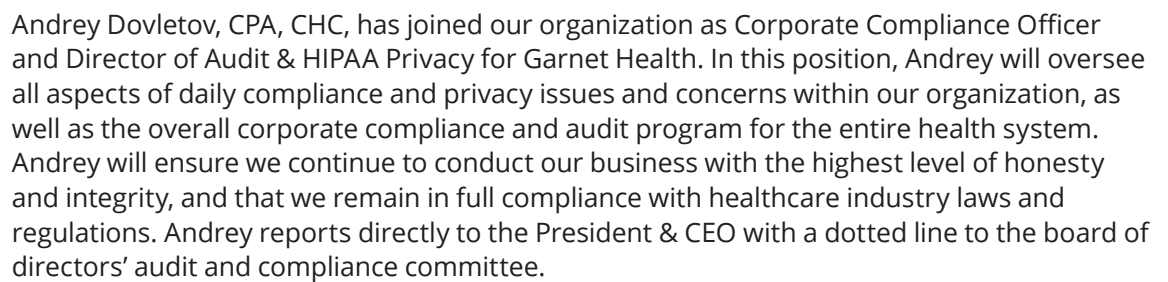
2019: Graduated MSN, Misericordia University, Dallas, Pennsylvania. Started at Garnet Health Doctors in Primary Care in Sullivan County.

Where she's headed: Christina would like to expand her knowledge of holistic and alternative medicine.

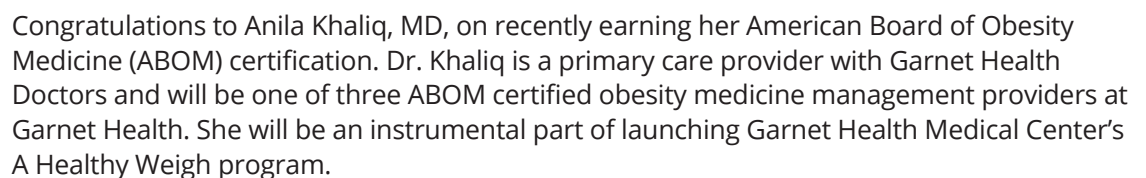
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Moira joined Garnet Health in 2019 as a Physician Liaison and shortly after began to lead our community health department. She has effectively grown our community presence for both physicians and community members. Moira can be reached at mmencher@garnethealth.org.



Prior to joining Garnet Health, Andrey was the Director of Internal Audit at Richmond University Medical Center. He has also held leadership roles in compliance at St. John's Episcopal Hospital and CenterLight Health System. Andrey has a BS in finance and accounting and a master's in public health policy. He is a certified public accountant and is certified in healthcare compliance. He can be reached at adovletov@garnethealth.org



Dr. Khaliq obtained her medical degree from Fatima Jinnah Medical University in Lahore, Pakistan. She completed her residency in Family Medicine at SUNY Downstate Medical Center, Brooklyn. She is board-certified in Family Medicine and Obesity Medicine and a member of the Obesity Medical Association. She provides primary care and obesity medicine/weight loss services. Dr. Khaliq can be reach at akhaliq@garnethealth.org.

We would also like to recognize Dr. Kaushal Shah, who received ABOM Diplomat status in 2022 and is our Obesity Medicine Management Medical Director for A Healthy Weigh program, and Dr. Muhammad Ali, Garnet Health Doctors Endocrinologist, who is also an ABOM Diplomat.

River Report Reader's Choice Winners

Congratulations are in order!

Best Hospital

Garnet Health Medical
Center – Catskills

Best Family Medicine Practitioner

Christina Wood, FNP
Garnet Health Doctors

Best Emergency Department

Grover M. Hermann
Emergency Department

Best Nurse

Sara Diehl, RN
Garnet Health Medical Center – Catskills



Press Ganey Awards Announced

Garnet Health Medical Center – Catskills, Callicoon Campus was recently named the recipient of the following 2022 Press Ganey Human Experience Awards:

2022 HX Guardian of Excellence Award®

PressGaney

2022 Guardian of Excellence

- Patient Experience ED CAHPS & Emergency Department Fifth-year honoree
- Patient Experience Outpatient Rehabilitation First-year honoree

2022 HX Pinnacle of Excellence Award®

PressGaney

2022 Pinnacle of Excellence

- Patient Experience ED CAHPS Third-year honoree



First Annual Skills Day

Garnet Health Medical Center - Catskills, Callicoon Campus held its first annual Skills Day in January. The Clinical Practice Council consisting of Maureen Donnelly, RN, Administrator; Kerry Gladstone, RN; Beth Doyle, RN; Kim Wall, RN; Adriana Lovric, NP; and Todd Jones, PA, planned the day. The goal was to provide an opportunity for the clinical staff to practice and demonstrate competency in procedures and skills that are low volume yet high risk, to ensure that we maintain a high level of quality care for the community we serve.

45th Annual WSUL Heart-A-Thon Was a Success!

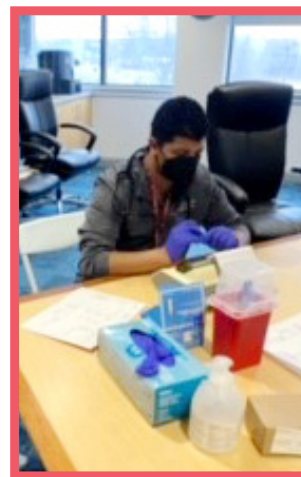
The 45th Annual WSUL Heart-A-Thon raised \$103,000! Thank you to all who participated in the fundraiser! A portion of the funds raised will provide Garnet Health Medical Center – Catskills with a new treadmill for cardiac rehab, as well as heart monitors and vitals machines. Donations are still being accepted. Please reach out to Jodi Goodman at jgoodman@garnethealth.org if you would like to donate!



Out and About with Community Health

Recently, Community Health joined forces with Orange Bank & Trust to provide Healthy Heart screenings to their employees. With a quick stick of the finger and in less than 10 minutes, our community health team of professionals can provide participants with numbers like cholesterol, triglycerides, blood glucose and blood pressure. In addition to receiving results immediately, they can get health education, tips and tricks from our nurses or physicians.

For more information about the Healthy Heart Program, email Moira Mencher, Director Strategic Planning and Community Relations, at mmencher@garnethealth.org.



Shout out to Dr. Bessada, MD, one of our residents who volunteered his time to conduct the Healthy Heart Screening at Orange Bank & Trust.

Stroke Seminar Held at Monroe Free Library



Kudos to our stroke team—Becky Orman and Physician Assistant Armel Djiogan—for presenting Understanding Stroke at Monroe Free Library. This was a free seminar open to the public. We appreciate them taking time to share this important information with the community!

Garnet Health Food Farmacy Continues to Accept Food Drive Donations!

Many of you have already helped stock our Food Farmacy, an initiative to provide three days of food to patients being discharged from our hospitals who are food-insecure. Thank you! We still have a long way to go, as helping our patients in need of food is significant. Please consider donating nonperishables. And, thank you to the Garnet Health Foundation for sponsoring this initiative. We appreciate your support!

Where to Donate:

Garnet Health Medical Center:

- Nursing Lounges and Administration

Garnet Health Medical Center – Catskills, Harris Campus:

- Jodi Goodman's Community Service Office

Garnet Health Medical Center – Catskills, Callicoon Campus:

- Please call Maureen Donnelly at (845) 333-6807 if you have a donation.

Wellness Word of the Month

HOBBY

/ˈhəbē/ noun: An activity done regularly in one's leisure time for pleasure.

***"A hobby a day keeps the doldrums away."* — Phyllis McGinley**

Hobbies are fun and enjoyable ways to care for yourself that have vast mental and emotional benefits. The most important factor is to find an activity that is relaxing and satisfying. Learning a new activity or skill provides a sense of purpose, distracts negative thoughts, and decreases production of stress hormones. Essentially, engaging in a hobby helps us make good, healthy choices.

Don't have a hobby? The following are some suggestions to consider:

- **Play an instrument.** Playing music improves mental health and decreases anxiety. This keeps you active and relaxes your mind.
- **Board games and puzzles.** Putting your mental focus and brain power into solving puzzles or playing board games helps to divert our focus on stress or negativity.
- **Yoga or meditation of any form can help us focus on good energy.** Yoga helps with physical fitness, too. Find a professional coach who can teach you yoga or how to meditate.
- **Paint.** Painting helps to distract you from negative thoughts. Plus, the finished product may be colorful and will demonstrate how creative you are. Painting within the lines on a sketch pads can help you stay extra focused.
- **Embroidery.** Stitching designs on outfits or making shirts or hats can be fun and gives you a lot of satisfaction when you've completed a project.
- **Cooking.** Making a delicious meal can be fun. Include your kids or loved ones. Healthy food colorfully plated can be fulfilling.
- **Outdoor activities.** Kayaking, skiing, hiking, or biking in fresh air can be soothing to the soul and promotes physical fitness, too.

I encourage you to try your best to find a hobby that helps you relax and takes your mind off life's stress. It will help you stay motivated and mentally and physically fit.

Anjana Poonthota, MD, MPH, FAAP, is Medical Director, Garnet Health Women's and Children's Services Program and Pediatrics, and Director of Wellness, Garnet Health. She is enthusiastic about sharing tips about our health and wellness.

Diversity, Equity and Inclusion

March 2023 Recognition Days

Garnet Health is committed to being an inclusive organization that supports growth and innovation by providing an environment where employees, patients and visitors feel they belong. We also recognize that having more diverse backgrounds among our staff and providers contributes to better patient care. Please help share in acknowledging the following national and/or worldwide days of recognition.

MARCH IS WOMEN'S HISTORY MONTH

In the United States, the origins of women's history month dates back to the early 1900s, when suffragettes like Susan B. Anthony were working to secure equality and voting rights for women. The first National Women's Day was observed in New York City in 1908, and the first International Women's Day occurred in 1911. But it wasn't until 1978 that the National Women's History Alliance spearheaded the movement for a National Women's History Week to take place the week of March 8th (when International Women's Day is observed).

In February 1980, President Jimmy Carter issued a presidential proclamation for National Women's History Week, calling on Americans to observe the week with appropriate ceremonies, activities, and programs to recognize the achievements of women and their contributions to history. In 1987, Congress passed a resolution designating March as Women's History Month, and it has been honored and observed every year since.

The month of March is a time to highlight and celebrate the contributions women have made throughout history.

March 8

International Women's Day:
A day celebrating the political, social, cultural, and economic achievements of women.

March 8

Holi: Hindu holiday that celebrates the winter harvest and onset of spring.

March 17

St. Patrick's Day: feast day of a Catholic saint who inspires cultural and religious celebrations around the world.

March 21

International Day for the Elimination of Racial Discrimination.

March 22 to April 2

Ramadan: the start of Islam's sacred month — during this time Muslims fast from dawn until dusk to remind them of the less fortunate and to reinforce the need to be thankful.



Spring Forward!

Don't forget to set your clocks ahead one hour on Sunday, March 12, at 2:00 a.m.!

We may lose an hour of sleep, but we gain more daylight in the weeks to come!

National Doctors' Day March 30, 2023

Take time out to recognize and to thank our physicians who have dedicated their profession to caring for those in need!



March Auxiliary Vendor Sales

Vendors are located in the lobby of the ground floor level unless otherwise noted.

- 3/1** **Krafty Kandles**
- 3/3** **D and D Jewelry**
- 3/6** **Arlene's Head Turners**
- 3/9** **Simple Treasures**
Pavilion Cafe, 75 Crystal Run Road
- 3/14** **Mary Kay**
- 3/15** **Kid's Stuff**
- 3/16** **Kid's Stuff**
Pavilion Cafe, 75 Crystal Run Road
- 3/21** **Your Nutz**
- 3/23** **Sew Easy Creation**
- 3/29** **Teddie's Jewelry**
Pavilion Cafe, 75 Crystal Run Road

A percentage of vendor sales supports the Garnet Health Medical Center Auxiliary, a group of community volunteers dedicated to enhancing programs and services.