

 Garnet Health.

Gems

Exceptional
Lives Here.

ALL THE BEST.



Garnet Health
congratulates our
2023 graduating residents.

Mask Off and Smile



On May 18, the New York State Department of Health officially declared flu season over as influenza cases are no longer widespread across the state. In addition, the COVID-19 Public Health Emergency ended on May 11, 2023. Considering both announcements, Garnet Health has lifted its mask mandate. Masking is optional for staff, visitors and patients. **And, COVID-19 vaccination is no longer mandated for employees or new hires, effective July 5, 2023.**

Enjoy the smiles!

Surgical masking is still required in specific areas of the hospitals as standard practice. If you are unsure if this requirement pertains to your department/unit, please contact your leader or infectioncontrol1@garnethealth.org for clarification.



Quality Corner

Back to Basics

Healthcare is constantly in flux, which requires organizations, hospitals and its people to adapt regularly. Change is critical to provide more patient-centric care and to become more efficient and agile, as well as to decrease costs. To meet those objectives, we implement new technologies, improve patient access to care, decrease care disparities, address supply and staffing challenges, etc.

Despite all the ongoing changes, many leaders have been emphasizing the importance of “getting back to basics.” What does that mean? Basics include focusing on patients as a human experience, ensuring both a good physical and emotional outcome. Basics mean that patient safety and quality of care drive everything we do.

Basic principles include:

- Treat patients as human beings and let them know they will be well taken care of. For example, offer your patient a blanket to make them more comfortable. Listen to their needs. Ask them what matters most during their hospital stay.
- Show patients that you are committed to their safety. Explain why you need to verify their identification with each encounter and that you are washing your hands to prevent them from getting an infection. Take the time to explain the medication rights. Utilize the bedside handoff to share how you are managing their care and involve them in this process.
- Adapt an HRO mindset. Leaders need to shape processes and set behavior expectations to prevent safety events and optimize outcomes. Daily check-ins should include review of any safety events in the last 24 hours and current safety challenges, as well as look ahead to anticipate future issues. Identify and address process failures. Escalate concerns until they are resolved.

As we work through the maze of changes within our organization and strive to improve the delivery of care, let's all commit to getting back to basics. Let's follow basic safety rules, set high behavior expectations, communicate and promote teamwork—and most importantly, commit to zero patient harm. Reach out to Mary Ellen Crittenden for more information at mcrittenden@garnethealth.org.

On the Cover: The 2023 Residency graduating class.

Garnet Health Wound Healing & Hyperbaric Centers of Excellence Earn Top Honors

Congratulations to the Wound Healing & Hyperbaric Center at Garnet Health Medical Center – Catskills and Garnet Health Medical Center. Each hospital achieved the Wound Center of Excellence Award from RestorixHealth, a wound-care solutions company providing programs, services, products and education. Recipients of this prestigious award have demonstrated exceptional success by meeting or exceeding clinical, operational and financial benchmarks in different categories, including healing outcomes and patient safety, with a patient satisfaction rate of 96% or higher. Congratulations and huge thanks to the staff members at each wound-healing center for providing superior patient care. For more information about Garnet Health’s Wound Healing & Hyperbaric Centers, visit garnethealth.org/woundhealing.



Garnet Health Medical Center Staff



Garnet Health Medical Center – Catskills Staff



DNV Certifies Garnet Health Medical Center – Catskills as a Primary Stroke Center

Congratulations to GHMCC for achieving certification from DNV as a Primary Stroke Center. This recognition affirms our readiness to provide a full range of stroke-related care, and reassures our community that we have the resources and commitment to effectively treat strokes. GHMCC has the right equipment, personnel and training to quickly assess and treat strokes. Achieving this certification validates the effort we have put into this program and to ensuring the health and safety of our patients.

The DNV Primary Stroke Center Certification is based on standards set forth by the Brain Attack Coalition and the American Stroke Association. It confirms that the medical center addresses the full spectrum of stroke care—diagnosis, treatment, rehabilitation and education—and establishes clear metrics to evaluate outcomes.

Congratulations to everyone who helped us achieve this certification!



BEE AWARDS



Doniella Mosley, Dietician Assistant, Nutrition & Food Services
Garnet Health Medical Center

Doniella (aka Doni) lives and breathes our mission, vision and values. Having only been here five months, she truly cares about her patients and goes above and beyond to provide exceptional care each day. Patients ask for her by name.

A patient's family member recently sent a text about the care Doni provided. "I wanted to tell you that Doni goes above and beyond. I have called daily to order my aunt's meals because she is unable to do so, and Doni has been so helpful and very kind. Today I didn't get there until 4:00 p.m. I called, and Doni picked up the phone. She let me know that she placed my aunt's order when she didn't hear from me. That was amazing, and I wanted you to know what a great employee you have!"

Doni, you may be a new employee but you are also a role model! Thank you for caring so deeply about our patients! Congratulations!



Sabrija Basic, Housekeeping Aid, Environmental Services
Garnet Health Medical Center – Catskills

Sabrija is celebrated for being very kind and respectful and a wonderful example to her coworkers. She's known for always having a smile and a warm greeting when she comes into an office to clean—and she does a thorough job, too! She also asks if there is anything else that is needed before leaving the office. Her nomination read, "Sabrija goes out of her way to help others. When my husband was a patient, I had no relief. Sabrija offered to check in on him for me. Her offer and kind gesture of simply bringing him water was extremely appreciated."

Sabrija, thank you for your warmth and hospitality. Our staff and patients truly appreciate all you do!

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.

Good Catch Award

Nicole Squires, LPN, for Garnet Health Doctors Primary Care in Monticello, was honored with a Good Catch award for patient safety. Pictured left to right is Shelley Newhall, MA; Destiny Arroyo, MA; David Morcos, DO; Nicole Squires, LPN; Jason King, Practice Administrator; and Jerry Dunlavey, CEO.



Garnet Health Medical Center Celebrates Nursing Certifications

Our nursing team has had a lot to celebrate recently. Congratulations to the following nurses who earned their certified medical-surgical registered nurse certificate:

Jason Bailey, CMSRN

Kristen Heuberger, CMSRN

Michael Maggie, CMSRN

Lauren Boland, CMSRN

Amy Knapp, CMSRN

Joanne Obrien, CMSRN

Matt Esposito, CMSRN

Erin Loughnane-Tonrey, CMSRN

Alisha Sgandurra, CMSRN

And a shoutout to **Kristen Hairston**, who earned her certification as an oncology nurse!



Alisha Sgandurra, CMSRN



Amy Knapp, CMSRN



Erin Loughnane-Tonrey, CMSRN



Jason Bailey, CMSRN and
Joanna Obrien, CMSRN



Kristen Hairston, OCN



Kristen Heuberger, CMSRN



Lauren Boland, CMSRN



Matt Esposito, CMSRN



Michael Maggi, CMSRN

Nurses who hold a certification in their specialty area have made the commitment to lifelong learning and patient advocacy. If you are interested in earning a nursing certification, please reach out to Nancy Folino at nfolino@garnethealth.org.

Nicole Sewell Named Chief Nursing Officer



Congratulations goes to Nicole Sewell, MSN, RN, CMSRN, CCRN, NE-BC, who has been permanently promoted to Chief Nursing Officer and Vice President of Patient Care Services at Garnet Health Medical Center. Nicole has been serving as interim in this position since August 2022.

"It is a true testament to Nicole's superior leadership skills, her extensive experience and her deep commitment to serving the needs of our patients and families, as well as the entire community, that we can seamlessly transition her to this position permanently," said Jerry Dunlavey, Interim President and CEO, Garnet Health (at the time of Nicole's promotion). "Nicole is beloved by patients and staff alike, and we value her dedication to Garnet Health and its mission."

Throughout her tenure at Garnet Health, Nicole has held several nursing leadership positions and has been instrumental in many projects, most notably establishing the Medical Emergency Response Team (MERT) in collaboration with Nursing Professional Development, frontline staff and the ICU medical leadership team.

She has served as Secretary and Chair of the Nursing Leadership Advisory Council and Chair of the Garnet Health Community Committee, and has led projects such as Nurse Leader Mentorship and Food Insecurity, as well as assisted in the implementation of the Garnet Health Medical Center Nursing Assistant Program. Nicole is also an adjunct Nursing Instructor for Orange County Community College and is pursuing a Doctor of Nursing Practice program.

She started her career at Arden Hill Hospital in 1990 as a registered nurse and has more than 30 years combined experience caring for patients in many areas, including medical-surgical, oncology, progressive care and critical care. Nicole holds a master's in Nursing Administration and earned certifications in Med-Surg (CMSRN), Critical Care (CCRN) and Nurse Executive (NE-BC). She can be reached at nsewell@garnethealth.org.

Garnet Health Medical Center – Catskills DAISY Award

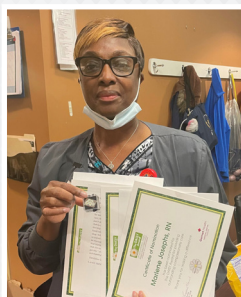


Brian Casta, RN, is pictured with Emergency Room Manager Nancy Karas, RN.

Brian Casta, RN, was recently honored with Garnet Health Medical Center – Catskills' 2023 Spring DAISY Award. Brian was nominated by a patient's family member and selected by the DAISY committee for the tremendous care and compassion he provided to a woman who was brought to the emergency department after passing out from grief over the loss of her husband.

Brian's nomination outlines how the patient and her family member felt listened to and cared for and how comfortable they were with him. The nomination continued, "My sister expressed to me how amazing Brian's bedside manner was. I thanked Brian a million times and he replied, 'I am doing my job.' He hugged me, and that hug made a world of a difference."

To nominate a nurse for a DAISY Award, visit garnethealth.org/employees and select Nominate a Nurse under the DAISY Award. Select which hospital the nurse works at and complete the nomination.



A special shoutout to Marlene Josephs, RN, on the OB unit, who received 10 nominations! She was awarded a platinum multi-DAISY pin. Three staff members received five nominations for the 2023 Spring DAISY Award: Michelle Alexis, RN; Sarah Blanton, RN; and Danielle Viola, RN. They received a special multi-DAISY pin.

Rose Anna Roantree, DO, FACOEP, Wins Physician of Excellence Award

Congratulations to Rose Anna Roantree, DO, FACOEP, Associate Program Director, Emergency Medicine Residency, who was nominated for and won the Orange County Emergency Medical Services Council's Physician of Excellence Award! The annual awards ceremony took place on June 19, 2023, at the Emergency Services Center on Wells Farm Road in Goshen, New York.

Dr. Roantree is not only a skilled and talented emergency room physician, but she also models the six competencies for medical educators also known as teaching attending physicians:

- Medical (or content) knowledge
- Learner-centeredness
- Interpersonal and communication skills
- Professionalism and role modeling
- Practice-based reflection
- Systems-based learning

We are so proud of you, Dr. Roantree!



Emergency Department Celebrates New Lifesaving Technology

Garnet Health Medical Center's emergency department recently held a ribbon-cutting for their newest ultrasound machine, the Fujifilm Sonosite PX. Rose Anna Roantree, DO, FACOEP, and Garnet Health Medical Center's Associate Program Director for Emergency Medicine Residency, advocated for this technology to bring advanced imaging to the bedside of our critically ill and injured patients. The new technology will assist staff in gaining IV access in patients with difficult vasculature, detect internal bleeding in trauma patients, differentiate the cause of patients in shock and much more.

Special thanks to Garnet Health Foundation for their support of this new ultrasound machine!



Surgical Services Establishes Team Care Corner

Garnet Health Medical Center's surgical services team is working on its post-COVID healing. Their mantra is, "Healthcare Starts with Self-Care." Coworkers in the surgical services department set up a Care Corner to aide in the promotion of self-care practices. The Care Corner has an assortment of scented hand lotions, fresh flowers, a dish of butterscotch candies, and a display of "fun facts" about our coworkers. It became so popular that an abundance of items began to accumulate. It was suggested that we could extend our abundance to women outside our walls. PACU's Maggie Swyka, RN, suggested supporting the HONOR program, which is an acronym for "Helping Others Needing Our Resources." HONOR is a private not-for-profit multifaceted service organization that provides housing, food, crisis intervention, counseling, vocational skills and more to community members in need.



Throughout May, the department launched a campaign called "Shampoo, Socks and Such" for the HONOR program. Numerous donations were collected, including haircare products, undergarments and toiletries. Those who participated in this collection expressed how good it felt to support the needs of our community. Projects such as this demonstrate the importance of self-care because if we take good care of ourselves, we can take better care of others.

Garnet Health Medical Center's Maggie Swyka and Barbara Caprara delivered donations collected by the surgical services team to HONOR on May 23, 2023.

Honoring a Colleague: Tina Bast Bench Dedication

Alice "Tina" Bast, 66, of Longs, South Carolina, and formerly of Goshen, New York, entered eternal rest on Saturday, January 22, 2022. Tina was a registered nurse in labor and delivery for Garnet Health Medical Center for 44 years. To celebrate Tina, retired and current colleagues recently came together to dedicate a bench in her name. Over the past 16 months, many worked hard to raise money to purchase the bench that now sits near the front lobby entrance of Garnet Health Medical Center with a plaque that reminds people that Tina is always in our minds and forever in our hearts.



Leading the Way > > > > > > > > > > > > > > > > >



Lashay Houston, BSN, RN, CMSRN, has been promoted to Nurse Unit Director of Garnet Health Medical Center's 3 North Progressive Care/Stepdown Unit and is responsible for planning and coordinating the clinical care and nursing personnel of the unit to ensure quality patient care. Lashay joined the organization in 2018 as a registered nurse in the Medical Intensive Care Unit. She was then promoted to Administrative Director of Nursing on the night shift. Lashay brings valuable critical care, medical-surgical and progressive care experience to her new role.

Lashay is a member of Shared Governance Night Shift Committee and Nursing Leadership Council. She is also a clinical instructor at SUNY Orange. Lashay obtained her RN from SUNY Orange and her BSN from Chamberlin University, and she is currently earning her MSN in nursing management at Chamberlin University. She is a certified medical surgical nurse. Lashay can be reached at lhouston@garnethealth.org.



Jessie Moore, BA, MPH, DrPH, CHES, has joined Garnet Health as our physician liaison. Jesse is responsible for developing and maintaining strong relationships with targeted referral sources through consistent and strategic efforts. She spent nine years at Planned Parenthood Mid-Hudson Valley as the Senior Director of Education. Most recently, she held the position of Research Program Coordinator at The Valley Hospital, where she worked closely with physicians. Jessie has spent most of her career working in education and outreach, with a focus on reproductive and sexual health.

Jessie received her bachelor's in sociology from SUNY New Paltz and a master's and a doctorate in public health from New York Medical College, and she is also a Certified Health Education Specialist. She is an adjunct professor at SUNY Orange, Montclair State University and Touro Medical College. She resides locally with her husband and three children. Jessie can be reached at jmoore3@garnethealth.org.



Sara Sargente, RN, OCN, was recently promoted to Garnet Health Medical Center's Oncology 2North/Med Surg Nursing Unit Director and is responsible for planning and coordinating the clinical care and nursing personnel for the oncology/med surg floor to ensure quality patient care. She has been with Garnet Health since 2005 as a registered oncology nurse. Most recently, Sara served as the Head and Neck/GI Cancer Navigator. Sara also started the bloodless program in 2016.

Sara is a recipient of multiple nursing awards, which include Extraordinary Healer Award, two Employee of the Month awards, Hudson Valley Excellence in Nursing Finalist, and the Association of Oncology Nursing Excellence in Navigation Award. She obtained her RN from Northampton Community College and her BSN from Chamberlain University, and she is currently earning her MSN Executive Specialty degree at Chamberlain University. Sara can be reached at ssargente@garnethealth.org.



Jennifer Villegas, BSN, RN, CFRN, has been promoted to Nurse Director of Garnet Health Medical Center's Medical Intensive Care Unit. She is responsible for clinical operations of the Medical Intensive Care Unit. Jennifer joined the organization in April 2022 as the night-shift Administrator Director of Nursing with a wealth of clinical nursing experience as well as managerial and quality-improvement- project experience from other acute care facilities. She is a member of the shared governance and critical care committees. Jennifer obtained her RN and BSN from Villa Julie College, Maryland. She is also flight certified (CFRN). Jennifer can be reached at jvillegas@garnethealth.org.

Congratulations to Our

Congratulations to the 40 Garnet Health Medical Center residents who graduated on June 16, 2023, at the Paramount Theatre in Middletown. We appreciate the opportunity to partner with you in your residency journey and wish you all the best in your future endeavors!

Aditya Agarwal, DO	Zahid Mahmood, DO
Umbreen Ahmad, DO	Zerin Mahmood, DO
Janeah Alexis, DO	Margaret Martinez, DO
Anthony Ascione, DO	Joshua Milliot, DO
Brian Ayotte, DO	Eric Mulkey, DO
Farah Aziz, DO	Titilope Obayomi, MD
John Bessada, DO	Adekunle Oyesile, DO
Ashley Covatto, DO	Li Pan, DO
Sunaina Dias, DO	Neel Patel, MD
Zeinab Eid, MD	Thomas Richter, DO
Ernst Fattakhov, MD	Diana Ruan, MD
Krista Fried, DO	Punik Shah, DO
Eric Ginsberg, DO	Sahil Sharma, DO
Amna Haider, DO	Justin Stufflebeam, DO
Saad Kaif, DO	Rebecca Szer, DO
Joel Klein, DO	Angela Ubanwa, DO
Hsin Li, DO	Michael Vaccaro, DO
Tiffany Lin, DO	Arnavi Varshney, DO
Nicholas Maenza, DO	Cariann Vialva, DO
Sylvan Maginley, MD	Benjamin Yamane, DO



Dr. Frantz Duffoo, DIO



Dignitaries - PD's - Dr. Duffoo



GME Staff



Graduation Ceremony Ending

2023 Graduate Residents



Emergency Medicine Residency Program



Family Medicine Residency Program



General Surgery Residency Program



Internal Medicine Residency Program



Psychiatry Residency Program



Transitional Year Residency Program

PGY-1 Pharmacy Residents Graduate

Congratulations to our FIRST graduating class of pharmacy residents: PharmD's Stephanie Schwartz and Lindsey Galusha. The Garnet Health Medical Center PGY-1 Pharmacy Residency Program is a one-year post-graduate program that allows pharmacists to continue their training and become skilled in diverse patient care, practice management, leadership and education. Pharmacists who complete a PGY-1 residency can provide excellent patient care, seek board certification in pharmacotherapy (BCPS), and pursue advanced education and training. We are getting ready to welcome our next group of residents, PharmD's Chris DiPede and Cesar Ascencio, who will start on July 3.



Pictured (l - r) Maria Russo, Garnet Health Medical Center Pharmacy Director; Lauren Ribaud, Garnet Health Medical Center Pharmacy Residency Program Director; Stephanie Schwartz, Pharmacy Resident Graduate; Jonathan Schiller, Garnet Health President and CEO



Pictured (l - r) Maria Russo, Garnet Health Medical Center Pharmacy Director; Lauren Ribaud, Garnet Health Medical Center Pharmacy Residency Program Director; Lindsey Galusha, Pharmacy Resident Graduate; Jonathan Schiller, Garnet Health President and CEO

Family Medicine Residents Say Goodbye

Saying goodbye to graduates is bittersweet. The Family Medicine clinical team showered the graduates with gifts and good food in our Goshen location. They will be missed!



EMS Week Thank-You



Garnet Health Medical Center – Catskills hosted an “EMS Thank-You Luncheon” for members of the EMS community during National EMS Week held May 21–27. The week celebrates the EMS profession and its dedicated providers.

Heart Walk

Thank you to all who joined us at the Heart Walk on May 20, 2023! Garnet Health was proud to be a sponsor and to use the event to remind our community that in addition to our comprehensive cardiac services, we are also home to the first open-heart surgery program in Orange County!



Stroke Team Out and About

Orange County Office of the Aging hosted a Senior Health and Fitness Day on May 31 at Thomas Bull Memorial Park. Garnet Health's stroke team represented, providing attendees with stroke-awareness education and "Know Your Numbers" information. Pictured from left to right: Becky Orman and Christina Haelen.



Girls on the Run Provide Handmade Get-Well Cards for Patients

Garnet Health Medical Center – Catskills received handmade get-well cards for our patients crafted by the Girls on the Run Team from Goshen Intermediate School. These girls were super excited to make the cards and donate them! Thank you to this great group of young ladies for sharing their compassion with our patients.



Garnet Health Medical Center – Catskills Welcomed Senator Oberacker

Senator Peter Oberacker is serving his second term representing the 51st Senate District. He recently stopped by the Harris Campus for a tour, lunch, and to meet with leaders and staff. He was warmly welcomed by Garnet Health Medical Center – Catskills' Chief Medical Officer Leroy Cordero Floyd, MD; Chief Nursing Officer & Vice President of Patient Care Services Suzanne Lange Ahmed; and CEO Jerry Dunlavy.

Celebrating Pride Month: Prideful Stories

Pride month is celebrated every June to recognize the historical impact that the LGBTQ+ community has had on society and to support LGBTQ+ rights. Garnet Health's LGBTQ+ Resource Team is a multidisciplinary team of individuals whose mission is to address issues that impact the quality and safety of the care provided to LGBTQ+ patients and employees—to better care for our diverse community. Our aim is to be a role model for the delivery of safe and competent care to the LGBTQ+ population every day.

In honor of Pride month, a few of our colleagues shared their prideful stories.



Daniel P. Conroy, BSN, RN, PMH-BC
Behavioral Health Unit,
Garnet Health Medical Center

“Being part of the LGBTQ+ community as a gay man, I have learned the importance of being visible, being out, and being proud of who I am. I came out and began to accept myself in my early 20’s. It wasn’t an easy process. I was fortunate to have a roof over my head, family and friends who didn’t shun me, and the support of a terrific LGBTQ+ social group here in Orange County. I say fortunate because many people in the LGBTQ+ community still do not have what I had—a SAFE SPACE.

Early in my career, I was hired at Arden Hill Hospital. Eventually, I felt safe to let my coworkers know who I was. Now, 35 years later, I still feel accepted. Garnet Health is a safe space and place, and gives me the freedom to be me. When I can be my true self, I am a better nurse and team member. The challenges I have faced have made me a better caregiver and colleague because I can empathize with those who maybe struggling with their identity or anything else standing in the way of allowing them to be their true self. Throughout my career, I have realized that healing comes in many forms. I have listened to others and shared my story in hopes of inspiring, supporting, and/or celebrating them.

I strongly encourage people to be someone’s safe space if that someone comes out to you. Listen to them. Don’t judge them. Offer emotional support. By creating a safe space, you could be saving their life. Unfortunately, many LGTBTQ+ members try and or succeed at committing suicide because they don’t feel accepted, or have been pushed away, or shut out.

I continue to be fortunate as I share my life with my partner, Steven, who I’ve been with for more than 25 years. I am glad that Garnet Health and our society has chosen to celebrate Pride Month.”



Elizabeth Bruinix-Parris, LCSW, Behavioral Health Services Clinician, Garnet Health Medical Center (pictured right)

“As a proud member of the LGBT community, I was not always open about my life. And, for much of my life, I kept my personal feelings deep inside. I did not accept myself fully until I graduated with my degree and started working at Garnet Health Medical Center, actually. I was slow to tell people about my relationship, but when I did, I was met with a lot of love and support. The openness of my colleagues helped me feel comfortable to be my true self at work. And it still does eight years later.

It was not until I met my partner in 2017, that I started to accept and live my life fully, out loud and proud. This acceptance allows me to come to work and be my true self for my patients and coworkers. Being out and proud and accepted by people allows me to better help and support others. Self-disclosing is not always appropriate in social work; however, when I think my story will truly make a difference for patients, I will share. I want to help anyone who may be struggling to accept their identity or who has not received a lot of support from others.

My wife and I married in September of 2019, and we have grown so much together. We love to travel, go to pride events with our puppy, and spend time with family. We are big believers of being authentic and ourselves, as we both wish we had more LGBTQ+ role models growing up.”

Wellness Word of the Month

Creativity

Creativity is the tendency to generate or recognize ideas, alternatives, or possibilities that may be useful in solving problems, communicating, and entertaining ourselves and others.

“Creativity is intelligence having fun.” — Albert Einstein

Creativity is a gift that brings joy and helps with our well-being. It allows us to break from our routines and strive for something unique and exceptional that truly makes us happy. One does not have to be talented to be creative.

Have you ever felt that your daily routine is so mundane that you want to break the pattern? Well, then here are some tips on how to be creative:

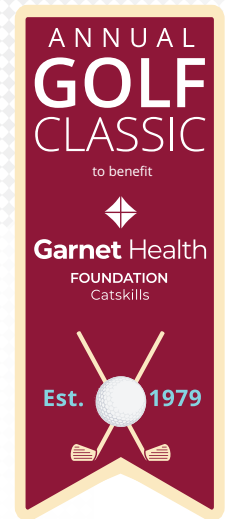
- Change your daily routine. Instead of rushing in the mornings, build in time to enjoy the sunshine while sipping on your coffee.
- Daydream/meditate. After a hectic day, schedule time to sit, close your eyes, breathe deeply, and ponder or imagine. Daydream about anything that makes you smile.
- Listen to soothing music. This can lead to creating new things or solving problems.
- Pick up a pen and a paper and start doodling during your leisure time. Studies have shown that this helps foster creativity.
- Take it easy on yourself when things don't go as planned. Accept your mistakes, learn from them, move on, and start creating new things.
- Find your passion. It could be painting, coloring, writing, singing, gardening, etc. When you work on your passions, you will create something beautiful.
- Plan a group project with your children. Teach them to be creative with you, and once the project is done, enjoy the happiness they will feel in being part of the creation.
- Don't dwell on your problems. Try to reframe your thoughts to generate ideas to solve them. Being creative brings positive changes. And when others see you being creative, it can motivate them too.

Be curious, strive to discover, learn new things and be creative. This helps our brains to remain active and makes us happy!

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.

44th Annual Golf Classic to Benefit Patient Experience Fund at Garnet Health Medical Center – Catskills

Our excitement is building as Garnet Health Medical Center – Catskills' 44th Annual Golf Classic quickly approaches. Scheduled for Wednesday, July 19, 2023, at Tarry Brae Golf Course, South Fallsburg, NY, proceeds raised at this event will benefit the Patient Experience fund at Garnet Health Medical Center – Catskills. Through fundraising, the Patient Experience program is creating a sustainable fund to help patients and their families, if and when needed. This fund intends to reduce stress related to basic needs, contributing to overall healing and wellness. To learn more about the event or to donate, please contact the Foundation Office at (845) 333-8962 or visit garnethealth.org.



Registration and Sponsorships Now Available for the August 4 Sporting Clays Tournament

Garnet Health Foundation will host a Sporting Clay Tournament Friday, August 4, 2023, at Mid-Hudson Sporting Clays in New Paltz, NY. Cost is \$250 per individual shooter and includes 100 clays, golf cart, shells and lunch. Gun rentals are available. To register, visit garnethealth.org/sportingclays.



The tournament will benefit the Every Minute Counts capital campaign to expand and renovate the Emergency Department at Garnet Health Medical Center. Learn more at garnethealth.org/everyminutecounts.

Fly-Fishing Was a Catch!

We welcomed over 80 participants, staff, and volunteers at Garnet Health Foundation – Catskills Fly Fishing clinic on June 15, 2023, hosted by the Catskill Fly Fishing Center and Museum in Livingston Manor, NY. The clinic included instruction for fly-rod casting, fly tying, and fly-fishing fundamentals, along with a bamboo-flyrod handcrafting studio and museum tour. Participants enjoyed sunny weather, music and lunch provided by the Neversink General Store.

We are so fortunate to have so many caring friends and neighbors helping us to provide excellent healthcare for our community. Thank you to all who supported in some way!



Food Farmacy



The Garnet Health Food Farmacy has received an **abundance of donations** and we are so grateful for our staff's dedication to providing food security for inpatients in need of food upon discharge from any of our hospitals.

As we keep good health in mind, we are in need of the following items:

- Brown Rice
- Canned Chicken
- Canned Green Beans (No salt added)
- Canned Green Peas (No salt added)
- Canned Peaches (No sugar added)
- Canned Pears (No sugar added)
- Canned Tuna
- Low Sodium Chicken and Rice Soup
- Low Sodium Chicken Noodle Soup
- Low Sodium Soup
- Plain Rice Cakes
- Pretzels
- Raisins
- Whole Grain Cereal
- Whole Grain Crackers
- Whole Wheat Pasta



Donation Locations:

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.

Note: Once donation location boxes are full, please contact **Moira Mencher** to arrange a pick-up.

Community Outreach Prevention and Education

Diabetes Prevention Program

Are you at risk for diabetes? Garnet Health offers a free, scientifically proven and effective lifestyle program that can help prevent Type 2 diabetes. The program is available in person or hybrid in English and Spanish. For more information, call (845) 333-2705.

Firehouse Challenge

Garnet Health has partnered with Sullivan 180 and Assemblywoman Aileen Gunther to bring educational health and wellness conversations to our firefighters. Would you like to present the benefits your service line offers to our firefighters? If so, please contact dbyrd@garnethealth.org.

Support Groups

Support groups offer individuals strength, collaboration and emotional resilience to help improve well-being. Garnet Health offers several support opportunities. Visit garnethealth.org/supportgroups for more information.

This Month's Spotlight:

Alzheimer's Support Group

June is Alzheimer's and Brain Awareness Month. Meeting every fourth Tuesday, this group is a space open to the caregivers, family and friends of patients with Alzheimer's Disease. Connecting with others who have experience with the disease may help you or others put their own experiences in perspective, as well as provide you with the support and encouragement necessary to move beyond your diagnosis. To find out more information or register for this support group, please visit garnethealth.org/events.

Save the Dates

Farmers Market Season Is Here

Interested in engaging with the community and presenting the benefits of your service line to market attendees? Sign up to attend a market today! List of locations and dates can be found below. Contact Domonique Byrd dbyrd@garnethealth.org for more information.

Garnet Health Medical Center – Catskills, Harris Campus
First Friday of Every Month, 11:30 a.m. – 1:30 p.m.

Monticello Thursdays, 10:00 a.m. – 1:00 p.m.

Middletown Saturdays, 8:00 a.m. – 1:00 p.m.

Port Jervis Saturdays, 10:00 a.m. – 1:00 p.m.

New York Blood Center Blood

July 10, 2023

1:00 p.m. – 3:00 p.m.

Garnet Health Medical Center
Conference Rooms 1, 2 and 3

To sign up, call (800) 933-2566 or visit nybc.org/garnethealth.

Riverfest 2023

July 23, 2023

10:00 a.m.– 4:00 p.m.

Main Street
Narrowsburg, NY

Delaware Valley Arts Association will host the 33rd annual Riverfest, a celebration of art, music and ecology along the Delaware River in Narrowsburg, NY. Save the date and stop by to visit Garnet Health Medical Center – Catskills' Callicoon Campus. Staff members will be on hand to meet and greet the crowd.

Garnet Health Medical Center – Catskills Grover M. Hermann Auxiliary Health Fair

September 9

Delaware Valley Youth Center
8 Creamery Road
Callicoon, NY

For more information, call (845) 932-8104 or (845) 887-5839.

Garnet Health Foundation's 32nd Annual Golf Classic

September 18

Mansion Ridge and The Tuxedo Club

For more information, please contact Pam Yosh at (845) 333-2333.

Garnet Health Medical Center – Catskills, Harris Campus

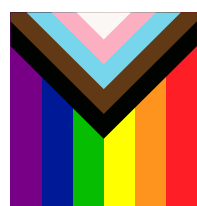
Accepting Sharps Disposals

We're providing used sharps disposal for community members, free of charge. Used sharps must be properly placed in puncture-proof containers, such as sharps containers, laundry- detergent bottles or bleach bottles. Screw-on caps are to be tightly secured, and bottles are to be marked with "Contains Sharps."

Drop-offs will be accepted from 8:00 a.m. to 8:00 p.m., seven days a week, at:

**68 Harris Bushville Road
Harris, NY 12742**

No appointment is required. Questions? Call (845) 333-8870.



Diversity, Equity and Inclusion—July 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 more diverse backgrounds among our staff and providers contributes to better patient care. Please help share in acknowledging the following national and or worldwide recognitions.

July 7 **The Hajj (Islamic):** The annual pilgrimage to Mecca that all Muslims must take at least once in their life.

July 19 **Hijri New Year:** This day marks the start of the Islamic New Year.

July 25 **Guanacaste, Costa Rica (Independence Day):** Guanacaste is a day of commemoration in Costa Rica. On July 25, 1824, Costa Rica claimed their independence and ended a civil war against Nicaragua.

Garnet Health Medical Center July Auxiliary Vendor Sales

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

7/14 Teddie's Jewelers

7/14 Cedar Hill Botanicals
Café @ Pavilion 75 Crystal Run Road

7/17 Your Nutz

7/24 Arlene's Head Turners

7/28 John's Jewelry Box

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

Gems Newsletter

Produced by Garnet Health Marketing & Corporate Communications.
For more information, email mmanheim@garnethealth.org or call (845) 333-2391.

garnethealth.org