

 Garnet Health.

Gems

Exceptional
Lives Here.



**WORLD BREASTFEEDING
WEEK RAISES AWARENESS**

Exceptional Healthcare at Garnet Health

At Garnet Health, it's not just our quality medical treatment that patients appreciate. Each patient's journey is unique and personal, and positive experiences can lead to improved quality outcomes. Through letters, surveys and more, patients tell us the care displayed by every member of our team is a big part of what made their experience at Garnet Health special.

"I was in the hospital for almost a month. I was treated very well. The housekeeper, Carlos, kept my room very clean, and the nursing staff was AMAZING! I wish I could do more to thank everyone!"

(Unit 4 West, GHMC)

"I can't speak highly enough about my experience. The nurses were so caring and helpful, the doctors so great at their job. I had an emergency C-section and I felt so well taken care of. 10/10 would recommend the Harris birthing center!"

(OB, GHMC-C)

"All went smoothly. The highlight of my stay was Jacqueline. She transported me to my swallow test. She is AN INCREDIBLE person/employee/professional."

(Unit 2 South, GHMC)

"Unbelievable experience from start to finish. The nurses on the Labor and Delivery unit and Mother-Baby unit were beyond exceptional. They treated me like family and made me feel so comfortable and safe during such a vulnerable time. As a nurse myself, I can confidently say that the care I received during the birth of my daughter was exceptional and that the nurses who helped me truly make this world a better place. Thank you so much to Jamie from labor and delivery, and Veronic, and Tabia from the postpartum unit."

(OB, GHMC)

"Your ER staff was excellent. I was treated in the OR by your trauma staff; they saved my life. God bless all your people."

(ED, OR, Trauma, GHMC)

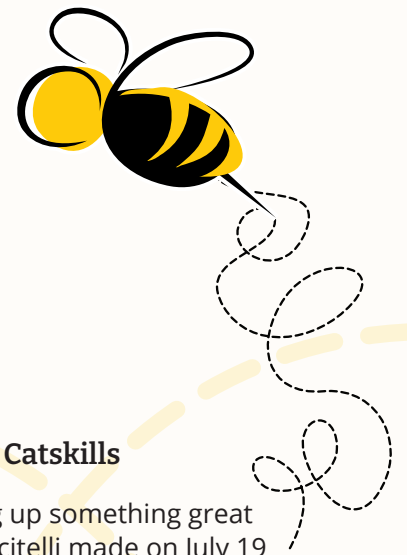
"I was completely blown away by all the nurses. They were so kind, compassionate and patient. It is clear that they care about what they do. I felt this way about the techs as well. It was a scary week for me, and the staff made it possible to get through, especially Nicole and Deb. This goes for every single person I encountered in all of my tests, from MRIs to spinal taps. Everyone was patient with me and took the time to answer every single one of my questions. Staff members reassured me and were always there to hold my hand. I was never made to feel an inconvenience for needing a moment or for crying. I know everyone is super busy, but when they were with me, they were with me, and it made all the difference."

(Unit 2 West, GHMC)

"Chantel was amazing. She continually went above and beyond! Your ED doctors were amazing!" *(CCU, GHMC-C)*

But wait, there's more! Our files are filled with all sorts of wonderful feedback, and we're looking for creative ways to share it. If you have thoughts, we'd love to hear them: mcrittenden@garnethealth.org.

BEE AWARDS



Juliana Piscitelli,
Food Service Worker, Garnet Health Medical Center – Catskills

When you work in food service, you're an expert at cooking up something great from whatever you have on hand. But the effort Juliana Piscitelli made on July 19 was truly special.

That day, the Food and Nutrition Services Department was short staffed. Without fanfare, Juliana stepped in, singlehandedly meeting with patients to fulfill their mealtime needs while continuing to support our cook and tending to all the little things in between. "She's a natural leader," her nominator said. "Juliana shows faithful commitment to getting the job done, works well with others and respects every team member."

Juliana always comes to work ready and prepared for the day. Her take-charge willingness to do whatever it took was nothing new for Juliana, who always maintains a calm and composed demeanor, even in stressful situations. Her positive attitude and dedication naturally create an encouraging atmosphere in the workplace, especially during challenges.

Thank you, Juliana, for all you do to help care for our patients and for being a proactive team player. Congratulations on this well-deserved recognition.



Julia Galea
Clinical Coordinator, Pharmacy, Garnet Health Medical Center

When a patient needs medication, waiting isn't an option. But with medical pre-authorizations, it's not always easy to ensure patients get access to needed medications seamlessly.

That's where Julia Galea comes in. In a recent case involving a medication that routinely requires a long authorization process, her thoroughness and expert documentation resulted in approval in less than a couple of hours. That same day, she stayed late to help with patients' insulin management. Her determination and promptness with medical reconciliation is amazing to witness.

Julia has been an integral part of the Internal Medicine Department. She's phenomenal with residents and incoming interns, taking time to teach the right way to do things in a simple, easy-to-understand way. Maybe her nomination says it best: "Julia is friendly, warm and welcoming—and offers great insight. She is an asset to this hospital."

Julia, thank you for taking such great care of our patients and helping us to consistently deliver high-quality 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.

Good Catch Award

A Good Catch occurs when someone's corrective action and/or timely intervention prevents an incident or medical error. The Patient Safety Subcommittee judges the nominees. For more information about the Good Catch Award, email Vice President, Quality/Patient Safety Officer Mary Ellen Crittenden at mcrittenden@garnethealth.org.

Garnet Health Medical Center



Pictured from left: Donna Waaland, Samantha Villanueva, Nicole Sewell, Gia Nelson and Nicole Ventre

Garnet Health Medical Center



Pictured from left: Joanne Gilbert, Jonathan Schiller and Patty Metzger

Garnet Health Medical Center – Catskills



Pictured from left: Jerry Dunlavey, Jaclyn Corson and John Pawlowski

Congratulations to Joanne Gilbert of Case Management and Samantha Villanueva of Same-Day Surgery for their recent Good Catch Awards!

Congratulations to Jaclyn Corson, Outpatient Rehab, Speech Therapy, for her recent Good Catch!

Garnet Health Foundation Clay Day Shoots to Success



August 4 was Garnet Health Foundation's Second Annual Sporting Clay Tournament, and we're pleased to say it hit a significant target. The event raised \$10,000 for the Every Minute Counts capital campaign to benefit the expansion of Garnet Health Medical Center's emergency department.

In total, 80 participants competed at the Mid-Hudson Sporting Clays in New Paltz, on a day that featured 17 different sporting clay stations and a barbecue lunch by Big Kev. "This event was so much fun," said Foundation board member Tonia Crown. "It's inspiring to see some really great shooters. They are just amazing to watch."

Team winners included high scorers Rolly Peacock, Marc Baczewski, Adam Wiesenthal, Rich Wiesenthal and Tom Fiomorello (for the second year in a row). Individual high scorers were Anthony Esposito for the men and Jene Shafer for the women. And of course, our sponsors—Clemson Brothers, Hambletonian Auto Spa, Limoncello Restaurant, Pepsi and Resorts World Catskills—have always been winners.

To donate to the **Every Minute Counts** campaign or for other donor opportunities, please visit garnethealth.org/giving/foundation.



Congratulations to the threesome shot team. Pictured from left: Jack Dauster, high individual scorer Anthony Esposito and Garnet Health Foundation board member Tonia Crown.



Pictured from left: Rolly Peacock, Marc Baczewski, Adam Wiesenthal, Rich Wiesenthal and Tom Fiomorello



Pictured from left: Touro College of Osteopathic Medicine students Marianna Catege, Nataliya Makhdumi and Johnna Caputo (Chinwe Abaraoha not pictured)

Garnet Health Medical Students Represent at National Poster Contest

Four exceptional students from Touro College of Osteopathic Medicine represented the Emergency Medicine Residency Program at the 2023 ACOEP Spring Conference Poster competition. Marianna Catege, Johnna Caputo, Chinwe Abaraoha and Nataliya Makhdumi presented unique cases and facilitated engaging dialogues among fellow participants from all over the nation. Dr. Michael Mascola, Dr. Laryn Cura, Dr. Austin Vaughan and Dr. Thomas Liu guided the team of students and helped with their preparation.

Special recognition to student doctor Nataliya Makhdumi, Dr. Mascola and Dr. Liu. Their presentation titled "Unsuspected Ingestion from Garden Plant Could Have Been Fatal" won second place in the competition.

Congratulations to all for their noteworthy contributions and for making Garnet Health proud!

Garnet Health Doctors Earns New Accreditation

Earning accreditation from the Intersocietal Accreditation Commission (IAC) demonstrates quality patient care and a continuous effort toward making quality improvements. Thanks largely to the efforts of Kaelee Lynch, RDCS Echocardiographer, and Brianna Sell, RVT, Register Vascular Technician, in shepherding the process, Garnet Health Doctors' echo and vascular labs have earned renewed accreditation from the IAC, good for the next three years.

Located in the Outpatient Services Building in Middletown, Garnet Health Doctors' echo lab offers both full and follow-up echocardiography studies as well as both stress echoes and non-imaging stress tests. The vascular lab, also located in Middletown, offers a variety of ultrasounds, including fistula, carotid, lower-extremity venous and arterial, PVR, venous reflux, aorta, mesenteric and vein mapping.



Garnet Health Medical Center Celebrates Nursing Certification

We would like to recognize registered infusion nurse Nicole List for obtaining her board certification in oncology nursing (OCN).

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 reach out to nfolino@garnethealth.org.

Garnet Health Medical Center Recognizing World Breastfeeding

World Breastfeeding Week (WBW) is a global campaign to raise awareness of breastfeeding benefits and to galvanize action that benefits mothers, families and babies everywhere. On Aug. 3, Garnet Health Medical Center joined in the celebration with an event in the garden on our main campus. Healthcare professionals and community organizations were on hand providing educational and learning opportunities, including screenings, fun raffles and more. Staff, including lactation consultants from the Rowley Family Birthing Center, were there to meet and greet dads, moms and babies, and to speak on the topic of breastfeeding, with support from Garnet Health's Community Health Department.

We'd especially like to thank guest speaker Inaudy Gil, Executive Director for the Orange County Human Rights Commission, along with the staff from Mother-Baby, Community Health, Marketing, Environmental Services, Security and Grounds, and Volunteer departments, for helping to make this event a remarkable success. We also extend special thanks to our many vendors for their invaluable support:

A Med Supplies
Access Physical Therapy
Bella Baby Photography Collaborative
Cornell Cooperative Extension, Orange County

Fidelis Care
GHMC Car Seat Safety
Hampton Home Care
Hudson River Doulas/
Hudson River Placenta Services

MidHudson Chocolate Milk
New York Statewide Breastfeeding Coalition
New York State Department of Labor

Orange County Department of Health, Mothers, Infants & Children Health
YMCA of Middletown



On the cover from left:
Stephanie Sosnowski, BS, IBCLC, ICCE, Lactation Consultant and Childbirth Educator, Emily Rynd, RN, Community Health Clinician
Jessie Moore, DrPH, MPH, CHES, Physician Liaison, Kristin Mecocci Walicki, MSN, RNC-MNN, IBCLC, Nurse Lactation Education Specialist
Lisa Michalczuk, MPH, MSN, RN, RNC-NIC, Garnet Health Medical Center Senior Nursing Director, Rowley Family

Cancer Survivors Day Picnic

Surviving cancer is worth celebrating every day, but some days are extra special. On July 22, Garnet Health's annual National Cancer Survivors Day event was back live and in person for the first time since the COVID pandemic, in an event held at the Erie Way Park Pavilion in downtown Middletown.

More than 100 guests attended the free event for cancer survivors—defined as anyone diagnosed with a cancer at any stage. Survivors and their families enjoyed fun, music, great food, amazing desserts and giveaways in a stellar location donated by our friends at the City of Middletown and the Business Improvement District.

A shoutout to those who generously donated to the event: ALPHA-Lit Mid-Hudson Valley, Joe Anesi, Rose Baczewski, Pam Murphey, Shannon's Eyes on the Pies and Jonathan Schiller. The event couldn't have happened without an awesome team of volunteers: Tatiana Ali, Rose Baczewski, Jay Belcher, Regina Bueno, Jane Capozella, Kathy DeRosa, Jessica Gerlach, Ali Monell, Allison Roche and Jessica Verblaauw. And last but not least, a big thanks to our guest speakers: Maryann Kubik and Regina Toomey Bueno.



Prepare to Tee Off at Garnet Health Foundation's 32nd Annual Golf Classic

The 32nd Annual Golf Classic will take place on Monday, September 18, 2023, at two locations:

The Golf Club at Mansion Ridge in Monroe, NY, and The Tuxedo Club – Golf Clubhouse in Tuxedo Park, NY.

Registration:

Mansion Ridge – 9:30 a.m.

Tuxedo Club – 10:00 a.m.

Cocktails and dinner will be served at 5:00 p.m. in the main clubhouse of the Tuxedo Club. Proper attire preferred. All proceeds from the golf tournament benefit the Every Minute Counts fundraising campaign.

For more information, please contact the Garnet Health Foundation at (845) 333-2333 or visit garnethealthclassic.org.

Do You Have Your Raffle Tickets?

The Garnet Health Foundation is raffling off amazing gift baskets. Tickets are only \$2 each!

Eight baskets are filled with amazing prizes, including gift certificates, hot-air balloon rides, Apple products, a golf experience and more. Plus, there's a limited raffle for a cash giveaway. First prize is \$5,000, second prize is \$2,500 and third prize is \$1,000! Tickets are \$50 each and only 500 will be sold.

Proceeds will benefit the Every Minute Counts Campaign to renovate and expand Garnet Health Medical Center's Emergency Department.



**VISIT GARNETHEALTHCLASSIC.ORG OR SCAN THE
QR CODE TO SEE THE FULL LIST OF AVAILABLE PRIZES!**

Accepting Sharps Disposals

Garnet Health Medical Center - Catskills is 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.



Back-to-School Backpack Supply Drive a Success

A huge thanks to all who donated to the Boys & Girls Club's Backpacks for Hope drive at Garnet Health Medical Center - Catskills. Your generosity helped to supply many children in our community with needed back-to-school supplies.



Save the Date

28th Annual Making Strides Against Breast Cancer Walk

Sunday, Oct. 15, 2023 | 7:30 a.m.

Woodbury Common Premium Outlets

498 Red Apple Court, Central Valley, NY 10917

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 with in-person and hybrid options. For more information, call (845) 333-2705.



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.



Connect with the Community at Your Local Farmers Market!

Interested in engaging with the community and presenting the benefits of your service line to market attendees? Sign up to attend a market today! Contact Emily Rynd at erynd@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.

Garnet Health Housewide Annual Education 2023

Deadline:

Wednesday, September 27, 2023 • 4:00 p.m.



Mammography Patient Donates Creation

Carol Ferguson, mammography tech at the Harris Campus, recently received a handmade wreath in the shape and color of a pink ribbon, signifying breast cancer survivorship.

Garnet Health Foundation Vendor Dates

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

September 8 – John’s Jewelry Box

September 27 – Kids Stuff

September 11 – Your Nutz

September 28 – Kids Stuff

September 11 – John’s Jewelry Box
Café @ Pavilion, 75 Crystal Run Road

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September 28 – JM Stern Sports

September 15 – D&D Jewelry

September 29 – J&M Sterns

September 18 – Krafty Kandles

Café @ Pavilion, 75 Crystal Run Road

September 19 – Eleanor Jewelers

September 29 – Simple Treasures

September 20 – Mary Kay

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

September 21 – Arlene’s Hair Accessories

September 26 – Your Nutz

Wellness Word of the Month

Compose

To be calm and show no nervousness or agitation.

In times of turmoil or chaos, it can be challenging to remain calm. But staying composed in stressful situations lets you control the level of stress or anxiety you may be feeling, and staying in control allows you to think more clearly and more logically, and helps you make better decisions. “The nearer a man comes to a calm mind, the closer he is to strength,” the Roman emperor Marcus Aurelius is reported to have said.

How do you achieve composure? Here are some tips:

- Wake up with relaxation exercises for your mind and body. Stretch and practice deep breathing.
- Avoid morning rituals like watching or reading the news, as this can cause anxiety.
- Avoid social media at the beginning of your day, since it could cause stress and negatively impact your day.
- Check your calendar and plan your activities accordingly. Preparing for tasks ahead of time can help you avoid stress and panic.
- Be mindful of what is happening around you. In a stressful situation, try not to react. Instead, practice responding with a calm and composed mindset.
- Deliver your messages with a calm voice. This also sets an example for those around you.
- When angry and loud people are around, remove yourself from the situation. Spend a few minutes to rest your mind. Practice relaxed breathing to bring your heart rate down. Then mentally prepare for the scenario and visualize expressing yourself with a calm demeanor.
- Focus on and learn from mentors and leaders who appear composed in emergencies and stressful scenarios.

Remaining composed attracts people and garners respect. Practice being calm and composed, be mindful of your surroundings and strive to be an example for others. Soon, people will seek you out for advice.

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.



Are You a Patient of Any Garnet Health Service?

As ambassadors of our health system, we should share our Garnet Health experiences with the community. We have a lot to be proud of! If comfortable doing so, upon conclusion of your patient visit, please visit garnethealth.org/locations (or scan the QR code), select the location you visited and click on the "Review Us on Google" button!

September 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 worldwide recognitions.

September is National Recovery Month. This recognition helps to educate those with substance abuse about available treatments and mental health services.

- SEPTEMBER 3:** Yamashita Surrender Day recognizes Japanese General Tomoyuki Yamashita, who surrendered in WWII. The Philippines celebrate this day in commemoration of their freedom from the tyrannical rule of Japan.
- SEPTEMBER 6 AND 7:** Birth of Lord Krishna, also called Janmashtami, celebrates the birth of one of the most popular deities in the Hindu faith. As an incarnation of the Hindu god Vishnu, Lord Krishna is one of the faith's most revered deities.
- SEPTEMBER 7:** Superhuman Day honors people with disabilities who face and overcome the challenges they experience.
- SEPTEMBER 10:** World Suicide Prevention Day recognizes those dealing with the strife of living.
- SEPTEMBER 11:** On the anniversary of the September 11 attack, we remember those who perished and those who survived yet gained horrid afflictions on this historic day.
- SEPTEMBER 15 THROUGH OCTOBER 15:** National Hispanic Heritage Month honors the culture and contributions of Hispanic and Latino Americans.
- SEPTEMBER 15 THROUGH 17:** Rosh Hashanah celebrates the Jewish new year, a time for reflection in the faith of Judaism.
- SEPTEMBER 19:** Ganesh Chaturthi is a festival celebrating the birth of Lord Ganesh, the god of new beginnings and a fresh start.
- SEPTEMBER 29:** Veterans of Foreign Wars Day commemorates the hard work and sacrifice of veteran men and women who have selflessly served the United States of America.