

 Garnet Health.

Gems

Exceptional
Lives Here.

FORE!



*Garnet Health Foundation – Catskills' 43rd Annual Golf Classic
Supports Cardiac Rehabilitation Program*

Garnet Health Earns National American Heart Association Quality Awards

The American Heart Association recently awarded Garnet Health Medical Center and Garnet Health Medical Center – Catskills with its Get With The Guidelines® – Stroke Gold Plus award, an advanced level of recognition acknowledging hospitals for their compliance with the Quality Measures within the Get With The Guidelines program.



Additionally, the GHMC Primary Stroke Center received Target: Stroke Honor Roll Elite, which recognizes a hospital's 60-minutes-or-less door-to-needle time for patients, and Target: Type 2 Diabetes Honor Roll, which aims to ensure that patients with type 2 diabetes receive the most up-to-date, evidence-based care when hospitalized with cardiovascular disease or stroke.

Thank you to our all of staff who are committed to ensuring that all stroke patients have access to best practices and lifesaving care!

Quality Corner

Commit to Key Safety Goals

July was a busy month at Garnet Health. We've been onboarding newly graduated residents and nurses, recovering from the COVID pandemic and strategizing methods for financial improvement. As a result, many leaders have taken on new areas and responsibilities.

This is the ideal time to recommit to key safety goals:

- Accurately identify patients by asking their name and date of birth before every encounter.
- Use tools to communicate and promote teamwork—daily huddles with focus on safety and situation awareness, SBAR to communicate provider to provider, shift to shift, etc.
- Conduct a timeout before every invasive procedure (including bedside) to verify right patient, site and procedure.
- Follow safe medication practices.
- Prevent infections—remove unnecessary Foley catheter and central lines, and promote strict hand hygiene compliance.
- Promote a safety culture using tools, tactics and strategies.

Despite all our priorities and responsibilities, we must remember what's most important to patients is a safe outcome. We need to continually work towards reliable care processes and create a culture of safety that supports the goal of zero harm. If you would like more information on safety goals and tactics, please reach out to mcrittenden@garnethealth.org.

Pictured on the cover (L to R): Jerry Dunlavey, Garnet Health Medical Center – Catskills Chief Operating Officer, Deanna Schultz, Garnet Health Foundation – Catskills Manager, William Dauster, Garnet Health Chief Development Officer & Garnet Health Foundation President, and Pamala Yosh, Garnet Health Foundation Director

Wellness Word of the Month

August: “COURAGE”

cour-age/ˈkərij/ mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”—Nelson Mandela

As we reflect on these past two years as healthcare professionals, we realize how important courage truly is. Every single one of us has displayed elements of courage in some way, making us stronger than before. For that reason, courage is the August Wellness Word of the Month.

No one is born courageous. Fear is a powerful, terrifying emotion. Courage is getting over that fear. Every day we face challenges and uncertainty in various settings. We must find the courage to walk into these situations and handle them. Here are some tips on how to be courageous:

- Don't pay attention to negativity. Focus on positive reinforcement. Practice focusing on positivity and ignore negativity.
- Have a role model who is a symbol of courage and look up to them. Steer your mind towards the role model's behavior and it will help you focus on yourself.
- List all your strengths and weaknesses. Work on your weaknesses constantly.
- Always try to push yourself out of your comfort zone. When you face negative situations, look at them as challenges, not problems. Remind yourself that you will overcome the challenges that you face.
- At work, you need courage to make challenging decisions while practicing sensitivity. Train your mind to be sensitive to yourself and to the situation. This will help you immensely to avoid being impulsive and to be courageous.
- Your happiness is significantly affected by your courage. When you make tough decisions, when you achieve and accomplish difficult tasks, you will feel fulfilled. These elements lead to your growth in life.
- Sometimes courage means apologizing and learning from mistakes. It can also mean to step away or step down from situations.
- Always stand up for others and not just yourself. This builds credibility and trust in relationships.
- True courage is focusing on what matters the most and knowing where you need to spend your energy.



Here's a good book to read about courage: *Daring Greatly* by Dr. Brené Brown.

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.

Celebrating Certifications

Board certification is a way to advance your nursing practice and to continue to provide an exceptional patient care experience. For more information on becoming board-certified, contact Ashley Miller at amiller1@garnethealth.org.



Excellence in Hand Therapy

Please join us in congratulating Natalia Zhivkovich, OTR/L, who has earned her Certified Hand Therapist (CHT) credential! The CHT credential is one of the most difficult certifications to earn as a therapist and is recognized as a benchmark of excellence in the field of hand therapy.

A certified CHT has obtained experience and advanced study in upper limb rehabilitation, and has also successfully passed a comprehensive test of advanced skills. Natalia works in the Outpatient Rehab Department located in the Pavilion. To make an appointment, please call 845-333-7300.

Labor and Delivery Recognizes Nine(!) Newly Certified Nurses



We are excited to announce that nine OB nurses have received their Certification in Electronic Fetal Monitoring (C-EFM). Congratulations to Rebecca Munkelt, Kaitlin Wickes, Sandra Jimenez, Alexis Vinciguerra, Melissa Cirigliano, Dionne Curtis-Hamilton, Michelle Prada, Liz Zimmerman and Laura Abkarian!

Nurses who hold a C-EFM help to ensure that our patients will benefit from having a nurse at the bedside who has proven expertise in fetal monitoring and is able to provide the highest standard of care to our patients.



We Have a New Certified Medical-Surgical Registered Nurse!

We are thrilled to announce Shari Wagner, Float RN and Nurse Preceptor, recently received her Certified Medical-Surgical Registered Nurse (CMSRN) board certification.

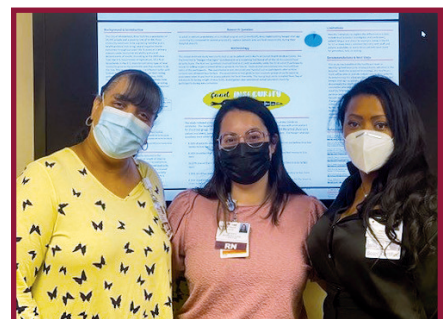


Cleveland Clinic Nurse Presentation

Two Garnet Health Medical Center nursing research projects were presented at the virtual Cleveland Clinic 17th Annual Clinical Nursing Research Conference 2022, April 25–26, 2022.

Ebony M. Samuel-Bakpessi, MSN-Ed., RN, NPD-BC, and Judy Maloy, AASCAM, presented a study on resilience titled “The Effect of Aromatherapy to Decrease Perceived Stress during the COVID-19 Pandemic.” It offered opportunities for guided imagery and aromatherapy to decrease stress. The results of this study have led to continued support for using aromatherapy to promote wellness.

Nicole Steinberg, BSN, RN, and Tanya Camacho, BSN, RN, OCN, led a poster presentation on “Hunger Vital Signs: A Good Beginning to End Food Insecurity.” The study provides assistance for identifying the best time to discuss food insecurity with patients, while revealing how appreciative patients are of the consideration of their well-being post-discharge. Tanya and Nicole are officers of the GHMC Shared Governance Nursing Research and EBP Committee.



GHMC-C Golf Outing



GHMC-C Golf Outing Raffle Winners!

We are pleased to announce the 43rd Annual Golf Classic event was a great success largely due to the contributions and support of our Garnet Health team. Thank you for your participation and the very generous raffle basket donations!

The 2022 Raffle Prize Winners:

Grill Masters:

Kirk Medina, GHMC-C

Golf Sullivan County:

Ron Greysen, Event Participant

Life is Better with Chocolate:

Robert Ernst, Event Participant

The Eldred Preserve:

Mark Soirefman, GHMC-C

Resorts World Catskills:

Rossella Loguercio, GHMC-C

Forestburgh Playhouse:

Will Scheuermann, GHMC

Campire:

Donna Feeney, GHMC-C

Visit Jeffersonville:

Robert Ernst, Event Participant

The Best Part of the Pizza is the Dough:

Peter Leszczak, Event Participant



8th Annual

Research Poster Competition



Dr. Ismael receiving prize from Dr. Frantz Duffoo, GHMC Designated Institutional Official

L to R: Dr. Santikul, Dr. Ismael, Dr. Duffoo, Dr. Feketeova



Dr. Szer receiving prize from Dr. Frantz Duffoo, GHMC Designated Institutional Official

L to R: Dr. Santikul, Dr. Punsalan, Dr. Szer, Dr. Duffoo, Dr. Feketeova



Nurse Melissa Villamil receiving prize from Dr. Frantz Duffoo, GHMC Designated Institutional Official.

From left to right: Dr. Santikul, Nurse Villamil, Dr. Duffoo, Dr. Feketeova



Nurse Michele Olszanecki receiving prize from Dr. Frantz Duffoo, GHMC Designated Institutional Official.

On May 20, 2022, GHMC held its annual poster competition to highlight scholarly activities, promote research and engage residents and students. Residents, medical students and nurses presented research projects and case reports, virtually, to a panel of judges that included faculty from Touro College of Osteopathic Medicine and Garnet Health Doctors, nurses and administrative staff. Poster criteria were originality, significance, presentation and clinical impact. The GHMC Medical Executive Committee provided monetary prizes for the winners—First Place: \$300, Second Place: \$200, Third Place: \$100. Congratulations to all the winners, and thank you to everyone who participated in this event.

The Case Reports Winners:

- **First Place:** Brittany Zaita, OMS-II; Aditya Singh; Isha Gupta, MD; Gurjinder Kaur, PhD (no photo)
- **Second Place:** Mohammed Ismael, DO; Nicholette Ivezaj, OMS-III; Leydrich Saint Louis, OMS-III; Douglas James, MD
- **Third Place:** Dr. Rebecca Szer, DO; Gabriel Purice, MD

The Research Posters Winners:

- **First Place:** Aldo Salgado Hernandez, MD; Leandra Trydal, DO; Ryan Chipman, OMS-III; Lorina Bolea, OMS-III; Cristian Castro-Nunez, DO
- **Second Place:** Melissa Villamil, MSN, RN, CMSRN; Sunceray Clarke-Velez, MBA, MSN, RN, NEA-BC; Dawn Baldwin, MBA, BSN, RN
- **Third Place:** Michele Olszanecki, MSN, RN, CCRN-K, TCRN, CMSRN; Melissa Beck, BSN, RN, CMSRN; Ebony M. Samuel-Bakpessi, MSN-Ed., RN, NP-BC

BEE AWARDS

Garnet Health Celebrates Our Employees of the Month



Garnet Health Medical Center – Catskills names Imran Ahmed, MD as its June Employee of the Month.

The care that Dr. Ahmed, Garnet Health Doctors, exhibits toward his patients also extends to his staff. He continuously goes out of his way to help others. Recently, Dr. Ahmed went above and beyond the call of duty when he demonstrated extreme kindness and caring to a staff member.

**Thank you, Dr. Ahmed,
for your commitment and compassion
towards everyone you work with!
We appreciate you!**



Garnet Health Medical Center announces Esma Djoni, Nursing Assistant of 5 South, as its June Employee of the Month.

Esma is known for going above and beyond for her patients and colleagues. During a recent code blue, Esma gathered staff to assist the patient and remained calm the entire time. Even after working eight shifts in a row, Esma gives her best and is kind to everyone she interacts with. She is often the first one to respond to emergencies and provides the highest quality of care to all her patients. Staff say that she is the “hardest-working person” they know, both inside and outside the hospital. She is truly a wonderful asset to our hospital and we are so lucky to have her!

Thank you, Esma, for everything 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.

Reminder: Take the Public Health Survey

<https://tinyurl.com/hvscri>

Please consider taking a few minutes to complete the regional survey, which is part of our Community Health Assessment. Results of the survey are used to develop an improvement plan to address the healthcare needs of our community.



Sullivan 180 Turtle Award

Sullivan 180 hosted a special evening recognizing the amazing work of community school systems in Sullivan County. Garnet Health Medical Center – Catskills was a proud sponsor of this event. Congratulations to all the recipients of the Turtle Awards at the Healthier Generation celebration and awards ceremony!

Get Your Fresh Produce at the Harris Farmers Market!

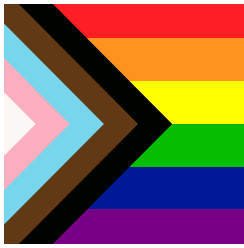
Our Harris Campus hosts a great Pop-Up Farmers Market in partnership with Cornell Cooperative Extension. It takes place the first and third Tuesday of every month through October, rain or shine. Visitors and staff can select from a wonderful assortment of farm-fresh fruits, vegetables, meats, dairy and eggs. A huge thank-you to our Community Health and Employee Health staff for all their hard work in making these markets possible, and to the Sullivan Fresh Mobile Market van for providing all the food.

We hope to see you there!



Cash, credit card, SNAP/EBT, FMNP and checks are accepted forms of payment.





PRIDE Month Photo Contest Winners



Congratulations to our winners!

Catskills PRIDE—Amazing GHMC-C staff

Patient Access PRIDE—Jeannie Marino and Liana Ortiz

Provider PRIDE—Dr. Morcos

Cupcake PRIDE—Tammy Jollie

Night Shift PRIDE—Nicole Zsebehy and Victoria Tyles



Shingles Vaccines Now Available at Garnet Health Doctors

The CDC recommends healthy adults over age 50 get two doses of the FDA-approved vaccine called Shingrix to prevent severe symptoms and complications associated with shingles. Make an appointment today with a Garnet Health Doctors Primary Care provider at garnethealth.org or call 845-333-7575.

SAVE THE DATES!

WORLD BREASTFEEDING WEEK CELEBRATION—“LATCH ON IN THE GARDEN”

Friday, August 5 (rain date August 9)
9:30 A.M. –11:30 A.M.

Garnet Health Medical Center Healing Garden
707 East Main Street, Middletown, NY 10940

Friday, August 12 (rain date August 16)
9:30 A.M.–11:30 A.M.

Garnet Health Medical Center – Catskills
Woodland Wildlings Garden
68 Harris Bushville Road, Harris, NY 12742

The Latch On event raises awareness of the importance of breast milk and its positive nutritional impact on infants. It will include time to share experiences with fellow new mothers who are also breastfeeding or pumping.

To register to attend this event, please visit garnethealth.org/events.

FREEDOM FROM SMOKING WORKSHOP

September 20 5:30 P.M.
\$25 for 7 sessions; offered in-person and virtually.

Register at garnethealth.org/events.

GARNET HEALTH FOUNDATION 31ST ANNUAL GOLF & TENNIS CLASSIC

September 26, 2022

The Golf Club at Mansion Ridge
Tuxedo Club, Tuxedo Park

For more information, visit garnethealth.org/giving/events.

SHOP LOCAL!

Garnet Health Medical Center Auxiliary is hosting vendor sales in August in the lobby area on the ground floor (unless otherwise noted).

August 1	Kid's Stuff
August 5	Teddy's Jewelry
August 8	Pampered Chef
August 11	John's Jewelry (Pavilion Café, 75 Crystal Run Rd)
August 12 and 15	Scrubs Nyack
August 19	John's Jewelry
August 22	J and M Sterns Sports
August 26	Lisa Anderson Designs
August 29	Leslie's Jewelry

A percentage of vendor sales supports the Garnet Health Medical Center Auxiliary, a group of community volunteers dedicated to enhancing programs and services. Since 1975, the Auxiliary has given over \$2 million to Garnet Health Medical Center.



Time Clock Reminder



Per policy, all Employees must swipe in at the time clock nearest their workstation or department.

Gems Newsletter

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

garnethealth.org