

APRIL 2025

# Garnet Health. Gems

Exceptional  
Lives Here.



## A Spotlight on Mental Health

## On the cover, Members of the Garnet Health Behavioral Health outpatient team.

A heartfelt **thank you** to all members of our outpatient and inpatient Behavioral Health teams for the care and support you provide every day.

# May Is Mental Health Awareness Month

## Take care of yourself and your loved ones.

Mental health issues can affect anyone at any time. Please be sure to take care of yourself —and check in on those who may need mental health support. The following mental health services are available if you are in need:

**Children's Crisis Outreach**  
(845) 701-3777

**Elder Abuse Hotline**  
(844) 746-6905

**Employee Assistance Program**  
1-800-999-7222

**Family Solutions (parent helpline)**  
1-866-372-2336

**Fearless! 24/7 Hotline**  
(abuse, trafficking and sexual violence support)  
(845) 562-5340

**Mobile Mental Health**  
1-800-710-7083 or (845) 790-0911  
(adults 18 and over)

**NAMI (National Alliance on Mental Health)**  
1-800-950-6264

**National Suicide Prevention Lifeline**  
1-800-273-8255

**SAMHSA Helpline**  
(Substance Abuse and Mental Health Services Administration)  
1-800-662-4357

**Textline for Teens**  
(845) 372-1817

**Trevor Lifeline (LGBTQIA+ support)**  
1-866-488-7386 or  
text "start" to 678-678

**Veterans Crisis Line**  
1-800-273-8255 press 1, or text 838255

## What's Coming Up

### Employee Assistance Program (EAP) Representative

Garnet Health Medical Center  
Conference Center Lobby

11:30 a.m.–1:00 p.m.

May 5 | June 2 | July 7

### New York Life Representative

Garnet Health Medical Center  
Conference Center Lobby

11:00 a.m.–2:00 p.m.

May 21 | June 24

# Mental Health Awareness T-Shirt Sales

## Show Your Support for Mental Health Awareness!

Purchase a Garnet Health Mental Health Awareness T-shirt for \$20 and wear it every Friday in May for dress-down day. Please confirm that dress-down is permitted in your department.

For GHMCC, reach out to Jodi Goodman at [jgoodman@garnethealth.org](mailto:jgoodman@garnethealth.org).  
For GHMC, reach out to Catia Pereira-Gentile at [cgentile@garnethealth.org](mailto:cgentile@garnethealth.org).

Thank you to Garnet Health Foundation for their support!

# Healing Through Harmony:

## Behavioral Health Patients Express Themselves Through Songwriting

Creative writing can take many forms—journaling, poetry, and songwriting—and serves as a powerful outlet for those struggling with mental health to express emotions and promote healing. To mark Mental Health Awareness Month in May, a creative writing exercise centered around songwriting was facilitated on Garnet Health Medical Center's inpatient Behavioral Health Unit.

With support from a therapist accompanying on guitar, patients collaborated to craft meaningful lyrics, transforming familiar tunes into therapeutic song parodies. Under the guidance of our dedicated Activity Therapy team—Theresa Rivera, LCAT, Art Therapist, and Matthew Royes, LCAT, Music Therapist—participants explored and discussed words and phrases that reflected key therapeutic themes, including Self-Love, Coping Mechanisms, Gratitude, Positive Affirmations, and Therapeutic Goals.

The lyrics were integrated into existing melodies, sometimes mirroring the original songs' meanings but incorporating the patients' own heartfelt words. These completed works will be proudly displayed throughout the month of May in the gallery hallway by the cafeteria at our Middletown campus.

### My Favorite Coping Skills

(Lyrics sung to the melody from "My Favorite Things")

Listening to nature sounds as mindfulness  
Going for walks to calm my anger  
Listening to country and reggae music  
These are a few of my favorite coping skills

Walking with my mom at Thomas Bull Park  
Deep breathing for my anxiety  
Exercising to increase endorphins  
These are a few of my favorite coping skills

When I'm anxious, when I'm upset  
When I'm feeling sad  
I simply remember my coping skills  
Then I don't feel so bad

Setting boundaries to help communication  
Journaling to release my emotions  
Playing music to increase my mood  
These are a few of my favorite coping skills

When I'm anxious, when I'm angry  
When I'm feeling sad  
I simply remember my coping skills  
Then I don't feel so bad

### All You Deserve Is

(lyrics sung to the melody from "All You Need Is Love")

You know that you matter  
And know that I am worth it  
Living in a stress-free  
Environment

Don't lose faith in yourself  
Building hope into beliefs  
That everything will be  
Alright

I deserve self-love  
I deserve forgiveness  
I deserve happiness  
I deserve a peaceful mind

I know that I can overcome  
Anything in my own path  
Keeping a positive and proactive  
Mindset

I deserve self-love  
I deserve forgiveness  
I deserve happiness  
I deserve a peaceful mind

I deserve self-love  
I deserve forgiveness  
I deserve happiness  
I deserve a peaceful mind

(One more time, everybody)

I deserve self-love  
I deserve forgiveness  
I deserve happiness  
I deserve a peaceful mind

### How Sweet It Is

(Lyrics sung to the melody from "How Sweet It Is")

How sweet it is to love myself  
How sweet it is to love myself

I love how creative I am in every way  
Keeping up my own calm energy  
I know that I'm kind to people  
with a big heart

I want to STOP and thank myself  
I just want to STOP and thank myself

How sweet it is to love myself  
How sweet it is to love myself

I think I have a sense of humor to make  
people laugh  
I'm compassionate, understanding, and try  
to help

How quick I am to adapt, plus my hair  
I want to STOP and thank myself  
I just want to STOP and thank myself

How sweet it is to love myself  
How sweet it is to love myself

### What I Want to Work On

(Lyrics sung to the melody from "Day-O (Banana Boat Song)")

Ayyyy oooooo ayyyy oooooo  
"What I want to work on for myself" (2x)

Being more positive for myself  
"What I want to work on to feel at paradise"  
Don't let the small things get to me  
"What I want to work on to feel at peace"  
Not letting stress get the best of me  
"What I want to work on to feel myself"  
Not letting people walk over me  
"What I want to work on to feel at peace"  
Unpacking my emotions collectively  
"What I want to work on to feel at paradise"

Ayyyy oooooo ayyyy oooooo  
"What I want to work on for myself" (2x)

It's progress  
It's improvement  
It's bettering ourselves!  
"What I want to work on for myself"

Ayyyy oooooo ayyyy oooooo  
"What I want to work on for myself" (2x)

Not beating myself all the way down  
"What I want to work on to feel at paradise"  
Changing my core beliefs positively  
"What I want to work on to feel at peace"  
Giving myself time to react  
"What I want to work on to feel like myself"  
Allowing myself to feel and less numb  
"What I want to work on to feel at peace"  
Being kind is timeless and free  
"What I want to work on to feel at paradise"

Ayyyy oooooo ayyyy oooooo  
"What I want to work on for myself" (2x)

### What Makes a Wonderful World

(Lyrics sung to the melody from "What a Wonderful World")

Getting nails done with my mom  
then going out to eat  
Playing with my dog, chasing squirrels  
and hiking  
And I think to myself  
What a wonderful world

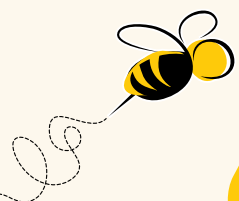
Phone calls with my niece, making cupcakes  
And playing games with our funny dog  
And I think to myself  
What a wonderful world

Playing pranks and dancing  
with my two daughters  
Going to Joyce Leslie with my grandma  
And I think to myself  
What a wonderful world

Making bad popcorn with my growing son  
Seeing him come into his own skin  
Caring for those who depend on me  
Spending time with my wife and friends,  
practicing my hobbies

Being alive and experiencing emotions  
Because we're human  
and are allowed to feel  
And I think to myself  
What a wonderful world

# BEE AWARDS



**Paul Dumenigo**  
EVS Team Member,  
Garnet Health Medical Center – Catskills

We're proud to recognize Paul Dumenigo from EVS as our Employee of the Month. From day one, Paul has gone above and beyond—taking pride in his work and setting a strong example through his attention to detail, initiative and dedication.

His polite, helpful nature and commitment to maintaining a clean, safe environment have not gone unnoticed. Paul's strong work ethic and awareness truly make a difference, and we're grateful to have him on our team.

Thank you, Paul, for your daily commitment to keeping our facility in top shape for both patients and staff.



**Angel Santana Jr.**  
Lead Switchboard Operator, Communications,  
Garnet Health Medical Center

We're proud to recognize Angel as the March Employee of the Month. Known for his positivity, kindness and compassion, Angel consistently goes above and beyond—staying late, coming in early, keeping the office stocked and supporting colleagues without being asked.

His professionalism, generosity and uplifting spirit make him a valued presence and role model throughout the hospital. Even after nearly 10 years of service, Angel's commitment to others continues to inspire.

Thank you, Angel, for all you do to support communication across our organization!

## **Award-Winning Care, Twice in a Row!**

Congratulations to Garnet Health Medical Center – Catskills Wound Healing and Hyperbaric Center on receiving the RestorixHealth Wound Center of Excellence Award for both 2024 award periods—earning the distinction of a 2024 Distinguished Wound Center of Excellence.

This honor recognizes outstanding performance in clinical outcomes, operations, and patient satisfaction for two consecutive award periods. Many thanks to our wound and hyperbaric center staff for your consistent, exceptional care.

For more information, call 845-333-8430.



# With Spring Come DAISYs



## Honoring Nurses Who Go Above and Beyond

As we welcome the change of season and prepare to celebrate Nurses Week, we're proud to recognize three outstanding nurses recently honored with the DAISY Award—an acknowledgment that reflects the heart of nursing: compassion, dedication and excellence in patient care. Join us in celebrating these extraordinary caregivers who make a lasting impact every day.



**Herminia "Hermi"  
Paulovici, RN**

**Outpatient Infusion,  
Garnet Health  
Medical Center**

Herminia Paulovici is an exceptional outpatient infusion nurse known for her reliability, compassion and empathy. Recently, she cared for a chemotherapy patient facing a sensitive personal situation. While others had concerns, Hermi worked with her directly to ensure the patient received care with dignity and comfort.

Despite the patient's distress, Hermi showed unwavering kindness and respect. During several hours of isolation, she remained attentive—offering support, resources and reassurance without judgment. When the patient experienced respiratory distress, Hermi acted quickly, followed protocol, and kept her stable and safe. The gratitude in the patient's eyes said it all.

This is just one example of Hermi's dedication. She often goes above and beyond to help patients access food, clothing and support services. She is a true DAISY nurse!



**Dalia Reyes, RN**

**Emergency Department,  
Garnet Health  
Medical Center**

With 27 years of nursing experience—many at the bedside and now in leadership—I've learned to stay calm in stressful situations. But when it came to my daughter, that calm was hard to find.

A few months ago, my 20-year-old daughter developed flu symptoms that quickly worsened. Despite alternating Tylenol and Motrin, her fever spiked to 104.7, and she became confused and shaky. In a panic, I rushed her to Garnet Health Medical Center.

The ED was packed, and the wait only added to my anxiety. That's when we met Dalia Reyes in the Children's ED. From the moment she entered the room, Dalia brought calm, warmth and reassurance. She spoke gently, kept us informed and involved me in every step—sensing how scared I was.

She cared for my daughter with skill and compassion, administered fluids and medication, and even made her laugh. We felt like her only patients. I was shocked to learn she was a novice nurse, with less than a year of experience.

Dalia's empathy, confidence and emotional intelligence were remarkable—and unforgettable. She even inspired my daughter, who's now in nursing school with dreams of becoming an ED nurse. Thank you, Dalia, for being our angel that night.



**Shaylyn "Shay"  
Wood, RN**

**Labor and Delivery,  
Garnet Health  
Medical Center**

I'm incredibly grateful to have had Shay by my side during labor and delivery. I've known her as a coworker for years and always admired her passion for caring for laboring patients—it's truly inspiring.

When I arrived as a patient, Shay greeted me with a warmth and calm that immediately eased my anxiety. My room was thoughtfully prepared with soft lights, a galaxy projector, lavender oil and affirmations—all from the labor coping cart she created to support patients. Her presence and preparation helped my labor progress smoothly.

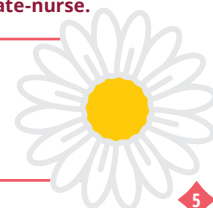
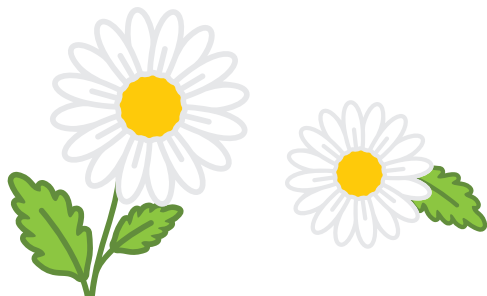
She talked me through every contraction, coached my husband and stayed past her shift—despite a chaotic day—just to be there for my delivery. When my baby's heart rate dropped, Shay acted with calm, confident urgency to ensure a safe delivery. Moments later, my daughter was in my arms.

What made it even more meaningful is that this wasn't special treatment—this is how Shay cares for every patient. I'm forever thankful for her exceptional care and know it will shape how I support my patients in the future. Thank you, Shay!

**To nominate a nurse at any of our Garnet Health locations, please visit [garnethealth.org/about-us/nursing-excellence/nominate-nurse](https://garnethealth.org/about-us/nursing-excellence/nominate-nurse).**

**About the DAISY Foundation** The not-for-profit DAISY Foundation was established by family members in memory of J. Patrick Barnes, who died at the age of 33 from complications of idiopathic thrombocytopenic purpura (ITP). The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of patients and their families.

Honorees receive a certificate of commemoration, a hand-carved sculpture called *A Healer's Touch*, and Cinnabon® cinnamon rolls—Patrick's favorite.



# Leading the Way



Deborah Hill, MSN, RN, C-EFM, has been appointed Nurse Director of the Rowley Family Birthing Center, overseeing Labor and Delivery, Mother-Baby and the NICU.

Deb joined Garnet Health Medical Center in 2022 as Clinical Coordinator of Same-Day Surgery and became the Nursing Professional Development Practitioner for Obstetrical Services in 2023. Before that, she served as Nurse Manager of Obstetrics at Good Samaritan Hospital for seven years. With over 20 years of experience in obstetrics, Deb has also taught future nurses as an instructor at Mount Saint Mary College.

In her new role, she will lead daily operations, performance improvement, financial management, and patient and staff satisfaction.

You can reach Deb at [dhill@garnethealth.org](mailto:dhill@garnethealth.org).



Delilah Socci has accepted the position of Community Health Manager. With over 20 years of experience in medical and human service settings, she is deeply committed to improving the health and well-being of underserved populations.

In this role, Delilah will lead community events that support key health initiatives and promote engagement across the region. She brings a strong commitment to service and a deep understanding of how to meet community needs with compassion and purpose.

Before joining Garnet Health, Delilah managed an adult social day program, coordinating goal-oriented, member-centered activities that empowered participants. Her career has also included roles in marketing, outreach, entitlements, intake and advocacy, case management, public speaking, and leadership—shaping her expertise in program development and community engagement.

She holds a bachelor's degree in public relations and communication as well as an MBA from Mount Saint Mary College.

Delilah can be reached at [dsocci@garnethealth.org](mailto:dsocci@garnethealth.org).

## Good Catch and Great Save Awards

### Garnet Health Medical Center – Catskills

**Kimtam Vaugeois, DO**, Hospitalist, was recently recognized with a Good Catch for his swift action and support during a Code Gray involving an agitated and combative patient. When efforts to reach the attending psychiatrist for medication orders were unsuccessful, Dr. Vaugeois—on BHU for a routine consult—overheard the situation and stayed on the unit.

Recognizing the urgency, he provided necessary medication orders and completed a face-to-face assessment. His quick response helped de-escalate the situation and ensured the safety of both the patient and staff.

Following the incident, Dr. Vaugeois checked in with BHU staff to offer support and assistance. Though not required to intervene, he went above and beyond, reflecting a deep commitment to safety and compassionate care.

*Good Catch occurs when someone's corrective action and/or timely intervention prevents an incident or medical error. Great Save happens when someone's immediate action was taken to keep a patient safe during an event.*

*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](mailto:mcrittenden@garnethealth.org).*



## May Recognition Days 2025

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 diverse backgrounds among our staff and providers contributes to better patient care. Please join us in acknowledging the following national and/or worldwide recognitions.

**May is Mental Health Awareness Month**, a time to raise awareness for those living with mental and behavioral health challenges and to support the families and communities affected by them.

May also recognizes **Jewish American Heritage Month**, honoring the history, culture and contributions of Jewish Americans throughout the nation's history.

**Asian American and Pacific Islander Heritage Month** is also celebrated in May, recognizing the rich heritage and lasting contributions of people with Asian and Pacific Island ancestry

### May 5 | Cinco de Mayo

A Mexican American holiday that commemorates Mexico's victory over the French army.

### May 17 | Armed Forces Day

Honoring the brave men and women who serve in our military.

## Out and About in the Community



Andrew Knauer, DO, Surgeon; Rebecca Byam, PA-C; and Moira Mencher, Administrator of Planning & Community Health, recently joined Paul Ciliberto on *Catskills News Talk* to discuss the signs and symptoms of colon cancer and the importance of early screening.



Delilah Socci, Community Health Manager, and intern Laura Avelino delivered an educational presentation to seniors at Mulberry House in Middletown. Their session on chronic disease management sparked meaningful dialogue and encouraged healthier lifestyle choices.



Marcy Manheim, Administrator of Marketing & Corporate Communications (left), and Moira Mencher, Administrator of Planning & Community Health (right), represented Garnet Health at the 2025 Orange County Chamber Gala. They joined in celebrating County Executive Steve Neuhaus (second from left), alongside Assemblyman Brian Maher.



Garnet Health representatives on the Hill in D.C.



Garnet Health representatives and Congressman Riley.



Garnet Health representatives and Congressman Ryan.



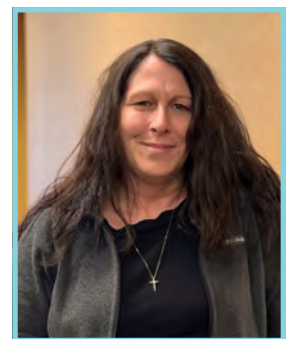
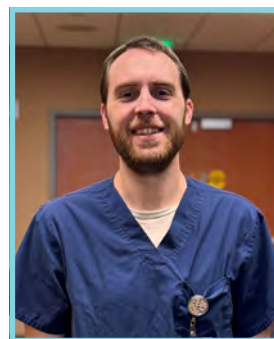
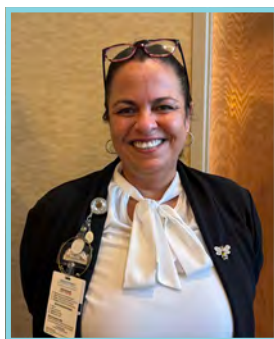
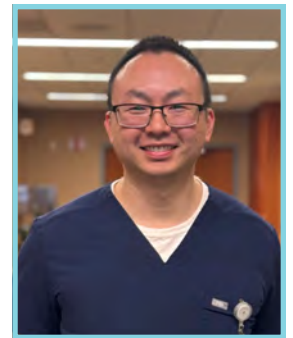
Delilah Socci, Community Health Manager, connected with local professionals during the Sullivan County Chamber of Commerce's April networking breakfast.

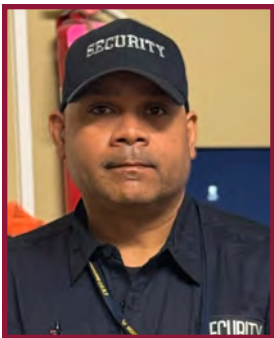
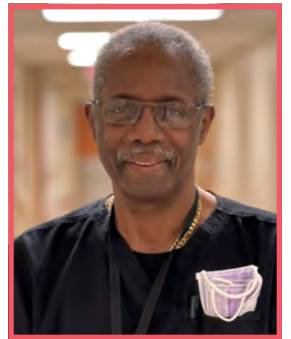
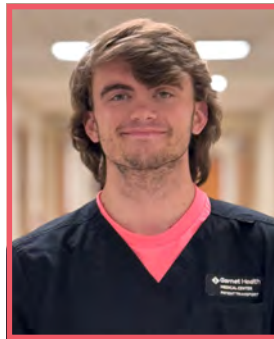
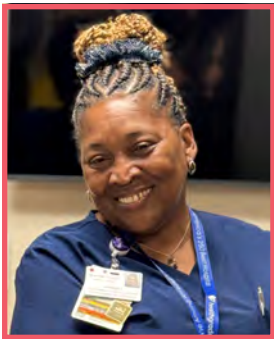
In April, Garnet Health President and CEO Jonathan Schiller, Garnet Health – Catskills CEO Jerry Dunlavy, and Administrator of Planning & Community Health Moira Mencher traveled to Capitol Hill to advocate for the healthcare needs of our region. They met with members of congress to ensure our community's voice is heard at the national level.

# Celebrating YOU During National Hospital Week 2025

This National Hospital Week, we celebrate you—your compassion, resilience and dedication to our patients and to each other. Thank you for the incredible care you provide every day. You are the heart of our hospital, and we're grateful for all that you do.

**May 11-17**





Those pictured represent the more than 4,200 dedicated professionals who choose Garnet Health as their place of employment.

## Quality Corner

# Garnet Health and Exceptional Healthcare

Creating a positive patient experience takes commitment from every team member—from arrival to discharge. Each patient's journey is personal, and even small interactions can make a big impact. A great experience often leads to better outcomes, and patients frequently share how certain staff and providers made their stay more comfortable and meaningful.

**Here's a sampling of what our patients are saying:**

All of the RNs and NAs who helped me during my stay were more than I expected. They are the best! I would give them a 10 out of 10. If possible, please thank them for me.

(Unit 2 South, GHMC)

I strongly feel my hospital stay was excellent. The nursing staff, my doctors, the cleaning staff—all were excellent and helped with my recovery. Thank you! Even the staff who provided meals were great!

(Unit 2 South, GHMC)

I can't thank the nurses enough for their amazing care during my stay. Every nurse and doctor—from the moment I arrived in Labor and Delivery until I went home—was kind and had an amazing bedside manner.

(Rowley Family  
Birthing Center, GHMC)

**Your nurses are  
the absolute  
best. Positive,  
caring and very  
attentive.**

(Unit 3 South, GHMC)

Special thanks to ANNA—she was a kind and devoted nurse who truly went out of her way to help me! I also want to give a big shoutout to JUDITH and MARLENE. Thank you for your kindness. May God bless you!

(OB, GHMC - Catskills)

Amazing caregivers. I was treated like royalty. I was a little difficult, and everyone still made me feel better. Nurses are stars!

(Unit 3 West, Pod 1, GHMC)

Everyone at Garnet Health took excellent care of our mom and treated our family with kindness. Dr. Gilani and all the ICU nurses were incredible. Thank you for all you did for my mother!

(Unit 3 East, Pod 3,  
GHMC)

**From beginning  
to end, my  
experience with  
everything and  
everyone was great!**

(Unit 5 North, GHMC)

All the staff—nurses, doctors, therapists, kitchen staff and maintenance—were very kind and treated me well during my stay. I truly appreciate all their work and kindness.

(Grover M. Hermann Hospital)

All the staff were excellent at both the Middletown and Harris facilities. I especially want to thank Dr. Fiona Siobhan Gibney and nurse Kevin Ramirez Morales at the Harris Emergency Room. Both were incredibly attentive and made decisions that saved my life. I am forever grateful.

(Unit 2 West, GHMC  
and Emergency Department,  
GHMC - Catskills)

I had a very positive experience at Garnet. The nurses and doctors were eager to help and took the time to answer my questions. Dr. Ekiz went above and beyond—she thoroughly explained my diagnoses and made sure I was connected to the right doctors for aftercare. She turned a stressful situation into something manageable. The nurses, Tanya and Zenzi, were also amazing—always there when I needed help and happy to offer support.

(Unit 2 South,  
GHMC)

I was in CDA 8, and Meaghan was my RN. She was absolutely fantastic—supportive, attentive and caring. After so many tests, she helped ease my stress. Thank you so much. I truly hope she is recognized for the fantastic job she does.

(CDA, GHMC)

**My nurses were  
unbelievable. I  
love them all for  
taking such good  
care of me.**

(Unit 4 South, GHMC)

I am extremely satisfied with my care at Garnet in Middletown. All staff—from the ER through surgery, post-op and during my stay—were professional, patient and helpful. Housekeeping and transportation staff at discharge were exceptional as well. Thank you all!

(Unit 2 South, GHMC)

My hospital stay was comforting and well received. Thank you to all the staff who cared for me—the doctors, manager, nurses, aides, food services, janitors and everyone else. A special shoutout to the nurses who attended to me. Thank you for your love, goodness and kindness during my time of severe pain. May the Good Lord bless your healing hands. 3 North, you deserve a star! You are my number one—the best!

(Unit 3 North, GHMC)

# PERFECT ATTENDANCE WINNER\$

At Garnet Health, we're deeply grateful for the team members who show up every day to keep our organization running smoothly and support one another. That's why we're proud to offer a **Perfect Attendance Incentive Program!**



Congratulations to our January 2025 winner, **Ashly Perez**, Nursing Assistant, 5 West Pediatrics, who earned **\$1,447** for achieving perfect attendance.



Congratulations also to our February 2025 winner, **Adrian Costillo**, RN, Cardiac Universal Bed Unit, who received **\$1,449** for his perfect attendance.

Thank you, Ashly and Adrian, for your **dedication, reliability and commitment** to making a difference!

Garnet Health's Perfect Attendance Incentive Program offers all full- and part-time employees the opportunity to earn extra cash for perfect attendance. Each month, \$1 per employee who had perfect attendance the month prior will be added to an incentive pot. By random drawing, 50% of the monthly pot will be awarded to one of the employees who had perfect attendance. The remaining 50% will be contributed to the annual prize for those with perfect attendance throughout 2025. Additionally, three runners-up, one from each entity, will receive a reserved parking space for three months.



**Meet  
Cashanova**

The 2025 Attendance Incentive Program's mascot!

## TO DATE

Maintain perfect attendance throughout 2025 for a chance to win a growing **POT OF GOLD!** Through February, the annual pot of gold is up to



**\$2,895!**

# Congratulations Garnet Health Medical Center 1199 Members on Your 2024 Perfect Attendance

## 2 East BHU

Juliana Baez  
Kelli Brink  
Anne Close  
Daniele Conroy  
Stephanie D'Angelo  
Diogo De Botti  
Ligaya Duncan  
Nicole Kothe  
James McKenzie  
Cindy Shufelt-Boyce  
Alexandra Sullivan  
Jana Todd  
Linda Williams  
Pauline Wilson

## 2 North

### Cancer Care/Ms

Jessica Celzo  
Mary Miraglia  
Tania Ortiz  
Pretika Patel  
Doris Prudencio

## 2 South MS

Hanna Gallagher  
Christine Ji  
Stacey Palmer

## 3 East MICU

Zoe Boniface  
Itzel Castellanos  
Jennifer Greer  
Kristen Heuberger  
Kubahki Jones  
Samantha Krunfol  
Kristen Marino  
Soila Narcelles  
Matthew Nelson  
Kaylene Sauschuck  
Nicole Swendsen

## 3 North PCU

Aimee Bilancione  
Cristina Cibu  
Jessie Garziona  
Nicole Green  
Taylor Gurda  
Lachae Ray  
Lorraine Rodriguez  
Connie Ruiz  
Nicholas Simpson  
Yoriko Tange-Campell  
Kara Zwart

## 3 South PCU

Kristi Babcock  
Cassandra Benz  
Amanda Castillo  
Sumaida Cecato  
Megan Genao  
Elizabeth Lachenal  
Natalia Valencia Hinga

## 3 West SICU

Pamela Beaudette  
Andrew Gonzalez  
Sandra Schwinzer

## 4 East Rehab

Jennifer Johnson  
Kiersten Lee  
Robert Lotz

## 4 North MS

Joan Cavender  
Theresa Eckert  
Emily Edwards  
Lynora Freeman  
Aimee Meehan  
Stacy Miller  
Dagney Saja  
Jacqueline Sanok

## 4 South PCU/ Med Tele

Svitlana Baranovych  
Nicole Hildebrandt  
Maria Lora  
Madilyn McGuire

Myles Ottens  
Lorenzo Perez  
Genevieve Pierre-saint  
Dana Reeves  
Frances Rolon

## 4 West MS

Brian Burke  
Celeste Chavez  
Vanessa Collins  
Ashley Lewis  
Bichara Paul  
Carmen Riley

## 5 North MS

Mark Barnhart  
Jessica Ferrer  
Tiffany Fortuna  
Mary Gardner  
Amber Hammond  
Nicole Steinberg  
Sara Westphal  
Stephanie Wheeler

## 5 South MS

Esmá Djoní  
Megan Rodriguez

## 5 West MS/PEDS

Jessica Ewanciw  
Tina Harris  
David Klussman  
Jennifer Schmalz  
6 North/South NICU  
Toni Ann DeRose  
Luce Henry-Saturne-  
Stephens  
Sarah Lazar  
Tatyna Myshkovskiy  
Fatima Thompson

## 6N/6S RFBC

Morgan Arrison  
Edilyne Delima  
Kristen Ferrier  
Renee Hawkins  
Ashley Kerstanski  
Diana Labar  
Elizabeth Magariello  
Isaura Mendoza  
Jeane-Marie Oehme  
Alexis Vinciguerra  
Alexandria Walker  
Kaitlin Wickes

## Behavioral Health Access Center

Alanna Alfonso  
Margaret Hasson-Hallihan  
Harold Robinson  
Glynis Selman  
Ernest Uduehi  
Elida Vargas

## Blood Bank

Brenda Duff  
William Keller  
Alyson Rutigliano  
Jennifer Stein

## Breast Center - POB

Lori Burns  
Susan Davis  
Karen Downing  
Megan Fisher  
Debbie Jennings  
Dina Kamrowski  
Dawn Klotz  
Lisa Shand  
Sherri Terracino

## Cafeteria

Frank York Jr.

## Cardiac Cath Lab

Michelle Degraff  
Matthew Miller  
Edward Schuk

## Cardiac Rehab

Karen Harvey Chase  
Jodi Nelson

## Cardiac Surgery Operations

Stephanie Acosta  
Emily Betro  
Corinne Manger

## Cardiac Universal Bed Unit

Erin Kirwan  
Lauren Reiser  
Nicole Trejo

## Case Management

Shelley Caterina  
Debra Condon  
Kimberly Jordan  
Alexandria Legendre  
Lynn Matthews  
Karen Stryeski

## Cat Scan

John Basilio  
Faith Castro  
Kelly Delacruz  
Keith Downing  
Russell Furman  
Paul Higby  
Lisa Krakowski  
Lisa Waldron

## Catskill Clinical

## Documentation Integrity

Donna Ferguson

## Central Stores

Angel Gondre  
Jorge Gonzalez  
Brendan Kuras  
Wisher Roberts  
Armando Vasquez

## Central Telemetry

Shannel Lebron  
Zachary Ortega  
Devonne Washington

## Centralized Scheduling

Josmeile Paniagua  
Elizabeth Thorpe

## Clinical Doc Integrity

Jennifer Losardo  
Sue Sturtz

## Coffee Shop

Yuk Lee

## Coffee Shop/Gift Shop

Dawn Dembeck

## Communications

Joann Coleman  
Nicholas Lanza  
Diane Missailidis

## Courier Service

Enrique Rodriguez

## Credit

Sheerra Knight

## Diagnostic Imaging

Kimberly Andrew  
Briana Belladone  
Nicole Corletta  
Eileen Cudmore  
Robert Kelly  
Mary Manoy-Walsh  
Sherife Miftari  
Kelly Paterno  
Terri Risko  
Mircea Samoila  
Angelina Schiaffo  
Terry Terracino  
Robert Yates

## ECHO

Malika Lawson

## Emergency Services

Gianna Conde  
Michelle Constable  
Danielle DiFazio  
John Duffy  
Stephanie Gliedman  
Elvira Ortiz-Perez  
Dalia Reyes  
Victoria Schmidt

Jessica Smedley  
Brian Whitehead  
Joy Williams  
Lauren Winston  
Jennifer Zink

## Endoscopy

Pamela Conklin  
Megan Heckman  
Dominique Nutt

## Environmental Services

Erik Boyd  
Carlos Castro  
Hanford DeGroat  
Diana Suarez-Colon

## Environmental Services - POB

Dax Allen Kruger

## Grand Central Station

Deirdre Colarietti  
Dashawnda Dennison

## Health Information Management

Deborah Colley  
Nicole Defendini  
Dorothy Garlinghouse

## Hemodialysis

Maribelle Bulayo

## LAB

Devin Benavides  
Richard Carozza  
Maria Diaz  
Melissa Hart  
Erica Karl  
Jennifer Karram  
Daniel Maxwell  
Ishmael Michel  
Sue Ellan Pascal  
Joseph Rampe  
Jason Sergeant  
Donna Smith  
Angela Soto Avendano  
Jennifer Vaughn

## LAB BACT

Laura Eismont  
Korie Hilsman  
Christina Peters  
Samantha Savaglio  
Teresa Stanton-Sellers  
Neelam Vohra

## Lab General

Lourdes Cuenca  
Lucy Giron  
Sandra Gray  
Christena Kishore  
Roxanne Myruski  
Keijah Perry  
Karen Sherwood  
Sherborne Singh  
Donna Tyrell-Green

## Lactation

Stephanie Sosnowski

## MRI

Eduardo Amaral  
Beth DiNardo  
Cleveland Forde  
Sergio Gonzalez  
Lionel Oquendo  
Ruben Ramos  
Michael Zaccagnino

## Nuclear Medicine

Mark O'Brien  
Alina Truszkowska

## Nurse Floats

Rosemary Allette  
Kelly Bell  
Ji Hyun Buchanan  
Dale Davidson  
Gianfranco Delacerda  
Hailey Filipkowski  
Narubi Greene  
Jelani Julien  
Brianna Maysonet  
Jennifer Medina

Xiara Perez  
Susan Spinato

## Nutrition Counseling

Amber Belizaire  
Lisa Eden  
Theresa Ercolino  
Tamara Krasinski  
Aradhna Pal  
Barbara Scardefield

## Nutrition Food Service

Kathleen Barone  
Deanna Cherry  
Suzanne Colombo  
Leanna Courtney  
Carlo Criscuolo  
Mary Anne Diana  
Marc Ellison  
Danilda Feliz  
Antonio Fernandez  
Pauline Flickenschild  
Kimberly Flieger  
Destiny Garzon  
Audrey Gentile  
Miguel Gil-Mendez  
Joseph Glasgow  
Michael Granucci  
Scott Hamilton  
Joseph Horton  
Maria Laveglia  
Francisco Mateo  
James McCoy  
Levaughn Mitchell  
Samantha Mongelli  
Jerica Moreno  
Cally-Anne Poltorack  
Walther Quintana-Molina  
Yolanda Quioto  
Jose Ramirez Huerta  
Lamar Robinson  
Elicia Rosario  
Renzo Sanchez  
Comfort Simon-Masak  
Jessica Soriano  
Jessica Sullivan  
Anthony Tavormina  
Rosa Torres  
Veronica Valerio  
Shaniece Wiggerton

## Off Site Rehab

Emily Ampel  
Jennifer Dunn  
Janus Musico  
Gregory Redding  
Natalia Zhivkovich

## Oncology Services - CC

Kathleen Joy  
Mary Struk  
Christine Szulwach

## OP Observation Unit

Kathryn Clark  
Ashley DiBisceglia  
Elissa Guzzo  
Donna Massie  
Tracie Newkirk  
Stephen Zechmeister

## OT

Rhonda Gorish

## Patient Access Management

Kerrie George  
Sharitta Ghee  
Jazzlyn Jimenez  
Joanna Lajara  
Taina Lamarque  
Olga McWatt  
Irene Romero  
Judith Vanderlaan  
Nichele Watson  
Lynn Weed  
Christine York

## Patient Access Management - POB

Christopher Focarile

## Patient Accounting

Astry Castane  
Zelma Melendez  
Lolita Persaud  
Cheryl Reymaniak

## Pet Scan - POB

Osei Akoto

## Pharmacy

Tracy Denticio  
Margery Fellenzer  
Stephen Hom  
Samourra Joseph  
Akinwunmi Makinde  
Dawn Picard  
Michael Reilly  
Robert Rubinstein  
Christopher Shea  
Alicia Trapaga  
Kristi Tudor  
Anthony Walrath  
Jimmy Yang

## Post Anesthesia Care Unit

Maria Vitoria Bernardes - Rivera  
Anita Capochino  
Kaitlyn Churchwell  
Christine Rauschenbach  
Margaret Swyka  
Katy Williams

## Pre-Surgical Testing - POB

Tiffany Beam  
Stefania Chmura  
June Maniaci  
Jennifer Pollaro

## PT

Andrea Assante  
James Green III  
Thomas Mirra  
Luz Ricardo-Torres  
Kristi Ross  
Derek Willis

## Quality Services

Rosemarie Corigliano

## Radiation Oncology - CC

Marie Demartini

## Same Day Surgery

Nancy Crespo  
Zuzanna Crisafi  
Wendy Mack  
Rosanne Ocampo  
Paula Valentine  
Samantha Villanueva

## Sterile Processing

Frances Nalback  
Charles Salamone

## Surgical Services

Alexis Alois  
Brittany Burke  
Brittney Dissinger  
Adrienne Figueroa  
Michele Hossink  
Lisa Jacke  
Shenae Josephs  
Patrick Kerrigan  
Marcelo Marrero  
Elaine Nelting  
Bridget Osofsky  
Keith Parks  
Vivian Vega  
Jose Zacatelco

## Surgical Services Admin

Susan Muller  
Judith Spina  
Flor Whiteman

## Telesitter

Rosa Robles

## Ultrasound

Jaime Batewell  
Kate Franke  
Brooke Jimenez  
Kimberly Reichard  
Wendy Tevenal

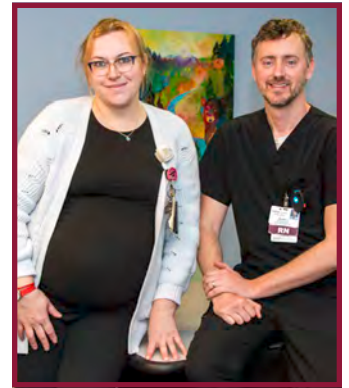
# CELEBRATING NATIONAL NURSES WEEK 2025

May  
6-12

We extend our heartfelt appreciation to the incredible nurses at Garnet Health. You are the heart of our healthcare system—bringing skill, compassion and resilience to every patient, every day.

In moments of challenge and calm, your unwavering support makes a lasting impact on patients and families. Your dedication does not go unnoticed, and we are truly grateful.

This National Nurses Week—and every week—we celebrate and honor your vital role in the lives you touch.



*Those pictured here represent the more than 1,200 dedicated nursing professionals who choose to provide quality care at Garnet Health.*

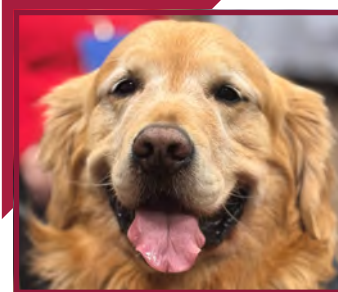
## Employee Wellness Fair

# Supporting Those Who Care for Others

On April 2, Garnet Health Medical Center hosted a Wellness Fair for all staff to enjoy!

Team members connected with a variety of vendors, services and activities—including chair yoga, Reiki, health screenings, and Narcan® training. Participants also included Mental Health Associates of Orange County, Paws for a Cause and more.

Thank you to everyone who helped make this special event possible for our hospital family!



### Congratulations to the winners of the **FREE** Wellness Fair raffles:

#### **Reve Facial Bar:**

Amy Russell-Parlman (DI)  
and Mary Connors (Endo)

#### **Adam's Gift Card:**

Jackie Pritchard (IT)

#### **Blu Esthetics Hydro Facial:**

Alison Mayo (RN Float)

#### **C'est la Vie:**

Lisa Missailidis (Gift Shop)

## APRIL IS ORGAN DONOR AWARENESS MONTH

On April 9, Garnet Health Medical Center – Catskills proudly raised the *Donate Life America* flag to honor and raise awareness for organ donation.

This meaningful gesture highlights how one selfless decision can change the lives of the 100,000-plus people currently waiting for a lifesaving transplant.

Organ, eye and tissue donations rely on the generosity of donors—yet the need continues to outweigh the supply.

Thank you to Elena Byrd for coordinating this important moment of awareness.



# Recognizing Our May Care Champions

May is Better Speech and Hearing Month.

**May 06 | Teacher's Day**

Celebrated by Graduate Medical Education.

**May 06 | Starts Nurses Week**

**May 11 | Starts Hospital Week**

**May 11 | Launches Neuroscience Nurses Week**

**May 19 | Begins Outpatient Behavioral Health and Substance Abuse Counseling Wellness Week**

**May 19 | Kicks off Biomedical Engineering Week**

**May 23 | Celebrates Medical Coder Day**

## SHARPS Disposal

Garnet Health Medical Center - Catskills, Harris Campus is accepting **used sharps** for disposal, 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 am - 8:00 pm, 7 days a week.**

**No appointment required.**



### Drop-off Location

68 Harris-Bushville Road  
Harris, NY 12742  
845-333-8870

*Enter main lobby and report to security.*



## Your primary care is our top priority.

Garnet Health Doctors Primary Care providers offer expert care to keep you on top of your health. Most importantly, they partner with you to ensure your voice is a priority.

### Our Services Include:

- ◆ Adult Internal Medicine (18+)
- ◆ Family Medicine (All ages)
- ◆ Women's and Pediatric Care
- ◆ Diagnostic Services
- ◆ Screenings & more!

## Locations

Offers Family Medicine Urgent Care Available  
 Offers Women's Health

### Callicoon:

8881 State Route 97  
Callicoon, NY 12742  
845-333-6860



### Goshen:

102 Clowes Ave  
Goshen, NY 10924  
845-333-7200



### Livingston Manor:

36 Pearl Street  
Livingston Manor, NY 12758  
845-333-6555



### Middletown:

707 East Main Street  
Middletown, NY 10940  
845-333-7575



### Monroe:

475 New York 17M  
Monroe, NY 10950  
845-333-7830



### Monticello:

38 Concord Road  
Monticello, NY 12701  
845-333-6500



Looking for a  
primary care provider?



Scan the QR code  
for more details!



# Garnet Health

FOUNDATION

## SPORTING CLAYS TOURNAMENT

### MID-HUDSON SPORTING CLAYS

411 North Ohioville Road • New Paltz, NY 12561

**Friday, June 13, 2025**

- 9:00am** Registration Begins
- 9:30am** Instruction for novice shooters
- 10:30am** Tournament start
- 1:00pm** Lunch with refreshments

### Registration includes:

100 clays, shells, lunch, trapper instruction, and golf cart.

**\$250 individual shooter**

**Sponsorship Opportunities Available**  
Gun Rentals Available

WORD OF THE MONTH FOR MAY:

# CONTENTMENT

**Contentment is a state of peaceful satisfaction**—feeling grateful for what you have, without restlessness or worry. It doesn't mean a lack of ambition, but finding calm, joy and meaning in the present moment.

Practicing contentment can reduce stress, strengthen relationships and improve your overall well-being. It helps us appreciate life as it is and leads to a more balanced, fulfilling existence.

**“HEALTH IS THE  
GREATEST GIFT,  
CONTENTMENT THE  
GREATEST WEALTH.”  
—GAUTAM BUDDHA**

## SIMPLE WAYS TO CULTIVATE CONTENTMENT:

- Start your day with a smile and greet loved ones warmly.
- Reflect on what you're grateful for.
- Let go of the past and learn from it.
- Show appreciation to others—no occasion needed.
- Practice affirmations and take pride in who you are.
- Spend time with positive, like-minded people
- Enjoy life's little moments: coffee, a birdsong, a sunny day.
- Make time for what brings you joy—gardening, dancing, cooking.
- Focus on the good and treat setbacks as lessons.

By focusing on health, gratitude and meaningful connections, we move closer to contentment—and to a deeper appreciation for the gift of life.

*Anjana Poonthota MD, MBA, 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.*

## Garnet Health Medical Center May Auxiliary Vendor Sales

Want to shop and do some good at the same time?

Throughout May, we're welcoming vendors to showcase their merchandise. A percentage of vendor sales will support the Garnet Health Medical Center Auxiliary, a group of community volunteers dedicated to enhancing patient programs and services at the hospital. All vendors will be located in the lobby of the ground-floor level unless otherwise noted.

### May Vendor Dates

5/1	Teddies Jewelry	5/23	Scrubs Nyack
5/2	Personally Yours	5/27	Simple Treasures
5/19	Arlene's Hair Accessories	5/28	A Stylish Bling
5/20	Your Nutz	5/29	John's Jewelry Box
5/22	Scrubs Nyack	5/30	Personally Yours

## Gems Newsletter

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

[garnethealth.org](http://garnethealth.org)