

AUGUST 2025

Garnet Health. Gems

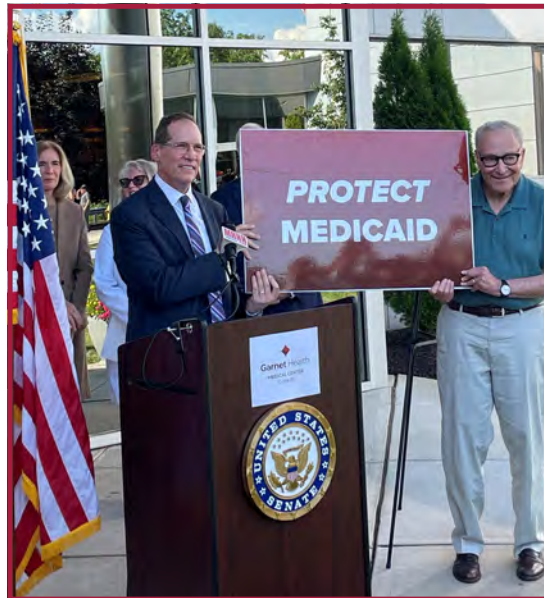
Exceptional
Lives Here.



**Garnet Health Medical Center – Catskills
Hosts Senator Schumer**

Senator Schumer Speaks Out Against Medicaid Cuts

On August 14, Senator Schumer held a press conference in Harris at Garnet Health Medical Center – Catskills to address the Medicaid budget cuts that will have devastating effects, especially on medically underserved communities like Sullivan County. He also introduced the Protecting Healthcare and Lowering Costs Act. The bill aims to reverse the cuts and permanently extend tax credits for individuals covered under the Affordable Care Act, ensuring greater access to affordable healthcare for our community.



Employee Wellness Fair

On July 30, Garnet Health Medical Center – Catskills held a Wellness Fair for all staff to enjoy!

Staff were able to interact and exchange resources with some exciting vendors, services and activities. Participants included Sullivan 180, Hope Not Handcuffs, Alzheimer's Association and many more!

Thank you to all who worked behind the scenes to create such an incredible event for our hospital family!



2025 Annual Education Is NOW OPEN

Deadline to complete is **October 29, 2025**, at 4:00 p.m.

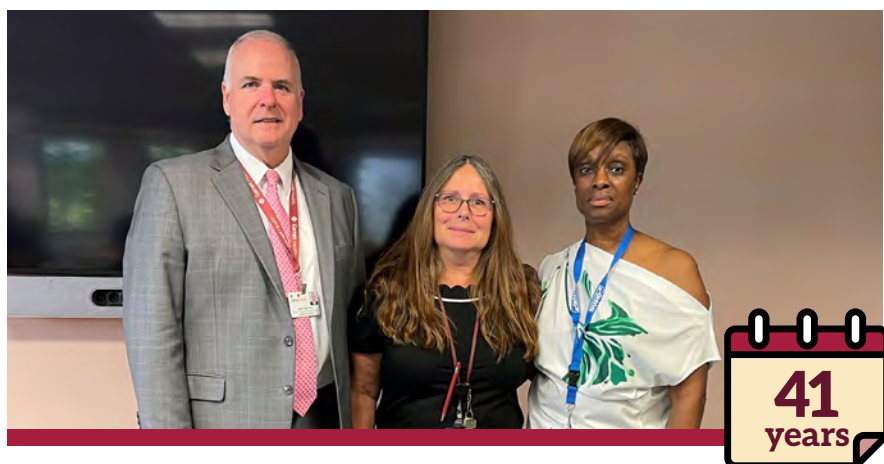
Any employee hired AFTER January 1, 2025, is exempt. Please refer to policy #SM 002 0060 regarding failure to complete.

All-Female Provider Team Recently Represented the Emergency Department

Garnet Health Medical Center's Emergency Department recently had an all-female provider team deliver exceptional care and teamwork throughout their shifts. **Thank you to these incredible women and to all our providers for all that you do!**

Anniversary Luncheon

Garnet Health Medical Center – Catskills recently honored our team members who celebrated service anniversaries from five years to an impressive 40 years! They celebrated with a delicious buffet provided by our outstanding Nutrition & Food Services team. A special thanks to Suzanne Lange-Ahmed, Garnet Health Medical Center – Catskills Chief Nursing Officer and VP of Patient Care Services, and Jerry Dunlavey, Garnet Health Medical Center – Catskills CEO, for their thoughtful planning and support.



Congratulations to our honorees:

5 years

Carrie Baker, 5 years
Colleen Chudik-Grishaber, 5 years
Sarah Dirie, 5 years
Donna Funcheon, 5 years
Brittany Gamble, 5 years
Lynzee Kelty, 5 years
Michelle Miralle, 5 years
Ijeoma Odemene, 5 years
Diana Presti, 5 years
Marisol Serapio-Mejia, 5 years

10 years

Deborah Benjamin, 10 years
Laura Duncan, 10 years
Maryann Eldred, 10 years

15 years

Tricia Harris, 15 years
Jasmine James, 15 years

20 years

Maria Zavodsky, 20 years

25 years

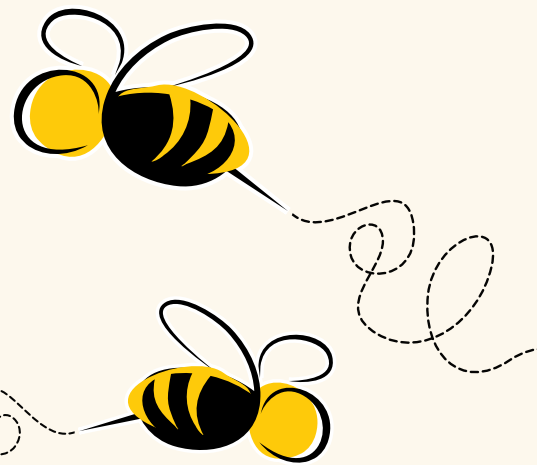
Anne Bennett, 25 years
Olga Dutcher, 25 years
Stacy Jackson, 25 years
Christine Schultz, 25 years

40 years

Andrea Henry, 40 years

Celebrates July Employees of the Month

BEE AWARDS



Elena Byrd

Unit Management Supervisor

Nursing Administration, Garnet Health Medical Center – Catskills

Elena consistently goes above and beyond, especially in her planning of Nurses Week and Hospital Week. The entire nursing team sincerely thanks Elena Byrd for her dedication from raising funds to organizing a lively '80s and '90s dance party, and even welcoming staff outdoors while handing out gifts at the lawn party. Her hard work made these events truly special and memorable for everyone involved.

Elena is the definition of a team player. Taking the time out of her busy schedule to acknowledge her co-workers is what makes her contributions so special.

Thank you, Elena, for your passion and commitment to not only your team but to the organization!



MaryAnne Diana

Lead Food Service Worker

Nutrition & Food Services, Garnet Health Medical Center

MaryAnne is a true example of someone who puts her team first, time and time again. Recently, there was a departmental update requiring slip-resistant shoes in the kitchen, and she took it upon herself to help make the transition easier. On her day off, MaryAnne arrived with a bag full of her own slip-resistant shoes that she no longer needed and encouraged anyone who needed a pair to come and see her. Her thoughtful gesture made a real difference and reflected her commitment to her colleagues.

MaryAnne didn't hesitate to show up for her team, ensuring everyone had what they needed to meet the requirements with ease. It says so much about her heart, and she truly deserves to be recognized for it.

Thank you, MaryAnne, not only for your selflessness but for always putting your colleagues first.

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 and Great Save Awards

Recently, Sara Diehl, RN, was recognized with a Good Catch Award for her attention to detail. During a pre-surgery history and physical, Sara noticed a discrepancy in the notes regarding a patient's procedure. Thanks to her thoroughness, the information was corrected immediately.

Congratulations, Sara, on this Good Catch!

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 keeps 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.

Baby Bunch Meeting Celebrates National Breastfeeding Month



Garnet Health Medical Center's Lactation Consultant and Childbirth Educator, Stephanie Sosnowski, hosted a special Baby Bunch meeting this month in honor of National Breastfeeding Month. During the meeting, moms shared their breastfeeding and pumping journeys, as well as the successes and challenges they've faced along the way. The Baby Bunch Support Group meets on the first Thursday of each month and welcomes caregivers of children ages 0 to 12

months. The group provides a supportive space to connect, share stories, gain knowledge, and ask questions about newborn care. The meeting is also available virtually for those unable to attend in person. To join an upcoming session, visit garnethealth.org/services/maternity-care.

Congratulations to Garnet Health Medical Center's laboratory team for receiving accreditation from the College of American Pathologists. This achievement reflects their unwavering commitment to quality and patient care.



September 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.

September is National Recovery Month

This recognition helps to promote the available treatments and mental health services for those suffering from substance abuse.

September 3 Yamashita Surrender Day

recognizes Japanese General Tomoyuki Yamashita who surrendered in WWII. The Philippines celebrates this day in commemoration of their freedom from tyrannical Japanese rule.

September 10 World Suicide Prevention Day

recognizes those struggling with the pressures of life. This year is about creating hope through action.

September 11 Patriot Day

is the anniversary of the September 11 attack, which remembers those who perished as well as 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 both Hispanic and Latino Americans.

September 29 National 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.

Recognizing Our September Care Champions

September 8

Kicks off National Environmental Services Week.

September 15

Begins ACDIS CDI Week.

September 15

Celebrates Security Officer Appreciation Week.

September 15

Starts Nursing Professional Development Week.

September 15

Kicks off National Rehab Week.

September 15

Marks the start of National Surgical Tech Week.

September 16

Recognizes IT Professionals Day.

Meet the team!



George Chen, DO
Physical Medicine
& Rehabilitation



George Gombas, MD
Physical Medicine
& Rehabilitation



Bindu Pathrose, DO
Physical Medicine
& Rehabilitation



Selcen Senol, MD
Physical Medicine
& Rehabilitation

Did You Know?

Garnet Health Doctors' Physical Medicine & Rehabilitation (PM&R) services, also known as Rehabilitation Physicians, specialize in restoring function and improving quality of life for adult patients with acute or chronic musculoskeletal or neurological conditions, as well as physical impairments or disabilities, without the use of narcotics. PM&R providers evaluate and treat a wide range of conditions affecting the brain, spinal cord, nerves, muscles, bones, and joints, helping patients regain mobility, reduce pain, and achieve the highest possible level of independence and quality of life.

Services offered include:

- Joint injections and soft-tissue injections for acute and chronic musculoskeletal conditions
- Bracing and prosthetic management
- Trigger-point injections
- Spasticity management
- Botox injections for migraine management
- And so much more

Visit garnethealth.org/pmr or reach out to the PM&R team to learn more.

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!



Upcoming things to know:

Employee Assistance Program (EAP) Representative

Garnet Health Medical Center Conference Center Lobby

11:30 a.m. – 1:00 p.m.

September 8 | October 6 | November 3

New York Life Representative

Garnet Health Medical Center Conference Center Lobby

11:00 a.m. – 2:00 p.m.

September 17 | October 28

Quality Corner

Addressing Social Determinants of Health: Advancing Equity Through Food Security

At Garnet Health, advancing health equity is not just a goal; it's a responsibility. Guided by the CMS Framework for Health Equity, we are taking meaningful steps to ensure that every patient, regardless of background or circumstance, has a fair and just opportunity to achieve their best health.

One of the key ways we support this effort is by identifying and addressing social determinants of health (SDoH), the nonmedical factors that influence health outcomes, such as access to nutritious food, safe housing, reliable transportation and economic stability.

Screening for Food Insecurity: A Gateway to Impact

Food insecurity continues to be one of the most prevalent challenges among our patient population. By routinely screening patients for food insecurity during their hospital visits, our care teams gain real-time insights into barriers that affect recovery, adherence and long-term well-being. Our process not only identifies those in need but also allows us to stratify food insecurity data by demographic and geographic variables, which helps us better understand where gaps exist, monitor trends over time, and strategically focus resources on areas with the highest need.

The Food Farmacy: Turning Data into Action

One of the most impactful responses to our SDoH screening efforts has been the growth of our Food Farmacy program. This initiative provides eligible patients and families with:

- Free, nutritious food tailored to their clinical needs
- Personal hygiene items
- Education on healthy eating
- Local resources for long-term food access

Since its launch, the Food Farmacy has expanded significantly, thanks in part to the data we've gathered through our SDoH screening. This growth reflects not only the need in our community but also our commitment to respond in sustainable and meaningful ways.

Looking Ahead: Equity in Every Encounter

As we continue to align with the CMS Health Equity Framework, our efforts will focus on:

- Expanding SDoH screenings across more care settings
- Strengthening referral partnerships with community-based organizations
- Using stratified data to close equity gaps

By weaving equity into the fabric of everything we do, from clinical care to community partnerships, we're helping to create a healthcare system where outcomes aren't predetermined by ZIP code or socioeconomic status. Together, we can continue building a healthier, more equitable future for all.



Food Farmacy

We Need Your Help!

Across the system, our Food Farmacy has provided food to inpatients and outpatients who have been screened as food insecure.

Garnet Health's Food Farmacy Program is an official member of the Hudson Valley Regional Food Bank and has received over 5,000+ pounds of food to support the growing demand.

However, the Food Bank cannot always provide personal care items, bottled water, toiletries, etc.

Please consider the donation of:

Cases of 16oz bottled water
Feminine hygiene products
Deodorant
Shampoo
Conditioner
Soap
Toilet paper

For more information, please contact:
Delilah Socci at dsocci@garnethealth.org

Donation Contacts:

Garnet Health Medical Center
Maureen Roche | 845-333-0213 | mroche1@garnethealth.org

Garnet Health Medical Center – Catskills
Jodi Goodman | 845-333-8785 | jgoodman@garnethealth.org

SCHOOL SUPPLY DRIVE

Garnet Health Medical Center and Garnet Health Medical Center – Catskills partnered with the Town of Wallkill Boys & Girls Club to host a school supply drive benefiting families and children in Orange and Sullivan counties. The Boys & Girls Club collects applications from families and distributes backpacks filled with school supplies to those approved.

Thanks to the staff and community, Garnet Health Medical Center and Garnet Health Medical Center – Catskills collected a total of 18 boxes filled with essential school supplies. These donations included pencils, notebooks, binders, lunchboxes, and more, helping local students start the school year prepared.

To support this great cause or learn more about the Town of Wallkill Boys & Girls Club, please visit bgcorange.org.



GHMC



GHMCC

Making Strides Against Breast Cancer

Garnet Health is proud to be a sponsor of the 2025 Making Strides Against Breast Cancer walk on October 19, from 7:30 a.m. to 12:00 p.m., at Woodbury Common Premium Outlets, 498 Red Apple Court, Central Valley, NY 10917.

Please join us in the nation's largest breast cancer movement by creating a team of your own or by joining one of the existing Garnet Health teams.

Questions? Contact Jessica Gerlach at jgerlach@garnethealth.org.



Garnet Health Medical Center Wound Healing and Hyperbaric Center Team



Garnet Health Medical Center – Catskills Wound Healing and Hyperbaric Center Team

Garnet Health's Wound Healing and Hyperbaric Center Staff

Sometimes wounds don't heal as quickly or effectively as they should; that's where our expert Wound Healing and Hyperbaric Center staff comes in. Our wound care team makes the difference, because they have a true passion for helping patients heal. To make a wound care appointment or for more information, visit garnethealth.org/woundhealing.

FREE
Prostate
Screenings



Garnet Health Medical Center and Garnet Health Doctors are teaming up to offer free prostate cancer screenings on Thursday, September 25, and Friday, September 26, at the Outpatient Services Building. Pre-registration is required.

Visit garnethealth.org/prostatescreening or contact Jessica Gerlach at jgerlach@garnethealth.org for any questions.

June Perfect Attendance Winner

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

Congratulations to our June 2025 Perfect Attendance winner, **Brianna Ognibene**, Accounts Payable Supervisor at the Middletown Campus. Brianna was awarded \$1,579 for achieving perfect attendance in June's monthly incentive program. Thank you, Brianna, for your commitment and reliability—we truly appreciate your dedication to showing up and making a difference!

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



Meet Cashanova

The 2025 Attendance Incentive Program's mascot!

Garnet Health's Attendance Incentive Program provides 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 previous month 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.



SYMLR WORKFORCE MOBILE APP

Shift Trade Can Help You Achieve Perfect Attendance!

Since our May 1 launch, our employees have been busy exploring the new Symlr Workforce mobile app and the numbers prove it:

- **127 shift trades** requests initiated since launch

DID YOU KNOW ...

Every successful **shift trade** helps ensure better coverage and care for our patients and fewer unscheduled absences for you! Remember, avoiding unscheduled absences makes you eligible for the monthly Perfect Attendance Incentive Raffle, which averaged \$1,524 in payouts for the first six months of 2025.

Stay in the running—download the app and shift-trade today.

DOWNLOAD FROM THE APP STORE

DOWNLOAD THE APP

Scan the QR codes below or search "**Symlr Workforce**" in your app store.

LOG IN.

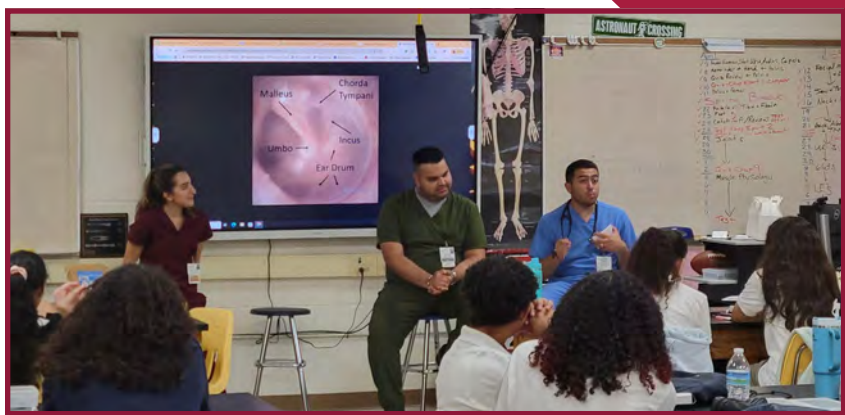
Step-by-step instructions on intranet at garnetinfo/Files/API/.

USE SHIFT TRADING.

Swap your shift to build a schedule that works for you and keep your perfect-attendance streak alive!



Garnet Health Residents Share Hands-On Learning with Aspiring Students



Garnet Health residents Bridget Alaimo, DO; Daniel Levy, DO; and Tyler Gopee, DO, were invited to speak with high school students at Pine Bush's Summer Medical Academy. The goal was to help students see that a career in medicine can be fun, achievable and fulfilling.

Each resident led hands-on activities, covering topics such as ear anatomy and how to use certain clinical tools. Students also learned how to perform a general physical exam, collect patient history and navigate the path to medical school.

This was an opportunity not only to teach and answer questions but also to educate students about Garnet Health's residency programs, which include Emergency Medicine, Family Medicine, General Surgery, Internal Medicine, Neurology, Psychiatry and Transitional-Year Internship. These programs are designed to prepare residents and students to be excellent physicians by educating them in the fundamental concepts, knowledge and practical applications of skills taught by a team of dedicated medical professionals.

For more information on our residency programs, please visit garnethealth.org/medicaleducation.



Jerry Dunlavy on Bold Gold Radio

Jerry Dunlavy, Garnet Health Medical Center – Catskills CEO, at Bold Gold Radio for his monthly segment, where he shares updates on all the great things happening at Garnet Health. Jerry's next radio co-hosting appearance is on September 23. Tune in to Catskills News Talk 92.5 and 94.9 at 7am!



Heart-A-Thon Supports Garnet Health Medical Center – Catskills

Les Kristt, 98.3 WSUL's Heart-A-Thon Committee Chair, and Dawn Ciorciari, Bold Gold Media Group General Manager, presented a \$50,000 check to Garnet Health Medical Center – Catskills from the proceeds of this year's 47th Annual WSUL Heart-A-Thon, which took place on February 21 at Resorts World Catskills. Each year, Garnet Health Medical Center – Catskills is proud to be one of the chosen beneficiaries of the annual event. Benefits raised will go toward the treatment, education and prevention of heart disease in Sullivan County. A portion of this year's proceeds will support the funding of telemonitor transmitters, a central monitoring system and bedside monitors.

We are deeply grateful to WSUL, Bold Gold Media Group, and their continuous generosity to our organization, which helps us provide vital care to our community.



Pictured left to right: Les Kristt, 98.3 WSUL's Heart-A-Thon Committee Chair; Dawn Ciorciari, Bold Gold Media Group General Manager; Suzanne Lange-Ahmed, Garnet Health Medical Center – Catskills Chief Nursing Officer; Jodi Goodman, Garnet Health Medical Center – Catskills Director of Patient Experience; and Jerry Dunlavy, Garnet Health Medical Center – Catskills CEO

Healthy Living

September 20, 2025 | 1:00 pm - 4:00 pm

Where?

Garnet Health Medical Center - Catskills,
Grover M. Hermann Hospital,
Callicoon Campus
Front Parking Lot and Green Space

JOIN US FOR A
**FREE DAY OF
HEALTH & FUN!**

Vendors!

Hospital Auxiliary
Know Your Numbers
Natural Remedies
Upper Delaware Ambulance
Mobile Market

Diabetes Education
STD, Tick & Lyme Disease Awareness
Air Lift Helicopter
Healthy Eating Cooking Demo
Mental Health Education

& MORE!

Questions?

Contact Eva Edwards at Eedwards1@garnethealth.org or 845-333-6807

Introducing

On My Way!

A new way to experience
Garnet Health Urgent Care



CHECK WAIT TIMES

NOTIFY YOUR TIME OF ARRIVAL

& MORE!



Garnet Health Urgent Care's **NEW**
online feature that allows you to
view wait times and communicate
time of arrival for all locations.

Scan Now!



Note: Patients will be prioritized in order of condition severity.

Garnet Health's IT department recently went live with a NEW feature for Garnet Health Urgent Care:

1. Wait times are now posted, so patients can decide which location they'd like to use.
2. On My Way, an optional feature that allows community members to let staff know they are on their way and why they are seeking urgent care services.

We're excited to introduce this new feature designed to improve the patient experience. Scan the QR code or visit garnethealth.org/UrgentCareWaitTimes to access these features.

YOU ARE CORDIALLY INVITED TO ATTEND

National Cancer Survivors Day

September 07, 2025 | 11:00 am to 1:00 pm



Recognizing **Cancer Survivors**. Supporting **Cancer Patients**.
Educating the Community.

Join us at Garnet Health Medical Center's **FREE National Cancer Survivors Day Event** at the Erie Way Park Pavilion, 1-31 Union Street in Middletown, NY. There will be lunch served, music and guest speakers!

Please register by emailing jgerlach@garnethealth.org - using the *name of the Survivor* and select the number of tickets needed. Your group must be registered before 9/01/25.

If you have any questions please contact **Jessica Gerlach** at (845) 333-1133 or jgerlach@garnethealth.org

 **Garnet Health.**
MEDICAL CENTER



 **Garnet Health**
FOUNDATION



AMAZING BASKETS Raffle Prizes!

ENTER TO WIN! \$2 PER TICKET!

Now through September 25, 2025

Questions? Please email: foundation@garnethealth.org
To enter, please scan the QR code.



Golf Basket Raffle

WORD OF THE MONTH FOR AUGUST:

PEACE

Peace is defined as a state of harmony and freedom from conflict or disturbance.

Peace can feel different for everyone. It could be a sense of balance or of being in control of your life. When you're at peace, you can think more clearly, handle situations better, and connect with others in a healthier way.

Simple ways to find peace:

- Spend quiet time alone to recharge.
- Practice gratitude daily.
- Let go of grudges and forgive where you can.
- Limit exposure to negative news or social media.
- Surround yourself with supportive, uplifting people.
- Create a calm environment at home.
- Practice mindfulness or meditation.
- Keep your schedule realistic to avoid burnout.
- Spend time in nature.
- Do activities that bring you joy and fulfillment.

Let's carry peace into everything we do.

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.

"When the power of love overcomes the love of power, the world will know peace."

—JIMI HENDRIX



Garnet Health Medical Center September Auxiliary Vendor Sales

Want to shop and do some good at the same time? Throughout September, 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.

August Vendor Dates

9/2	Northern Medical	9/19	Cookie Creations
9/4	All Care	9/22	All Care
9/5	A Stylish Bling	9/23	Personally Yours
9/9	All Care	9/24	J's Divine Jewelzz
9/11	Delancey Street	9/25	Mary Kay Cosmetics
9/12	John's Jewelry Box	9/26	Med Shoes
9/15	Arlene's Hair Accessories	9/29	Your Nutz
9/16	Your Nutz	9/30	All Care

Gems Newsletter

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

garnethealth.org