

JANUARY 2026



Garnet Health.

Gems

Exceptional
Lives Here.



A Child's Wish Foundation Donates Gift Baskets

Garnet Health Medical Center recently received holiday gift baskets for its inpatient pediatric patients from A Child's Wish Foundation. A Child's Wish Foundation is dedicated to bringing joy, hope and meaningful moments to children facing life-altering illnesses. Founded by Alice and Arnold Amthor, the foundation was created out of deep compassion and a belief that every child deserves happiness, especially in the midst of profound challenges. By granting heartfelt wishes, A Child's Wish Foundation offers children and their families relief from medical hardships, an opportunity to celebrate joy, and a chance to create lasting memories that provide comfort and strength during difficult times.

We are grateful for their generosity, which puts big smiles on the faces of our littlest patients.

Pictured left to right: Nancy Miller, Member of the Board of Directors for A Child's Wish; Jane Giganti, Systems Administrator for Nursing Professional Development and Organizational Development and Learning; and Michelle Rogers, Nursing Unit Director for 5W Pediatrics.



Garnet Health Doctors Primary Care and Family Medicine: Monticello

Garnet Health Doctors Primary Care and Family Medicine in Monticello is now accepting new patients. We provide high-quality care to keep you on top of your health. Our expert providers deliver compassionate care to all patients, from routine checkups to ongoing wellness needs.

Location: 38 Concord Road, Monticello, NY 12701

Book your appointment now by calling (845) 333-6500 or through MyChart at garnethealth.org/mychart.



David Morcos, DO



Kaitlin Slater, FNP-C



48th Annual Heart-A-Thon Get Geared Up!

Kick off the Heart-A-Thon season by gearing up in this year's t-shirt to show your support on Dress Down Days every Friday in February! T-shirts are \$20. Cash accepted. Please call for other payment options.

All proceeds will support the Heart-A-Thon.

To purchase, please contact your Campus Representative:

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

Garnet Health Medical Center
Catia Pereira-Gentile | 845-333-1214 | cgentile@garnethealth.org

NOTE: Please ensure your department can participate in Dress Down Days according to your area dress code.

Dress down attire must conform with a presentable appearance (i.e. no rips/tears in your jeans, etc.)



In Honor of:
Laura Moos
Gone, but never forgotten

Heart Cards
Red \$1
Gold \$10
To decorate the doors and hallways of our hospitals and practices.

Pledge Cards
\$10+
Opportunity for remarks in memory or honor of a loved one to be read on-air. *
* Pledges over \$10 will be read on air.

Garnet Health Medical Center – Catskills Anniversary Luncheon

On January 16, Garnet Health Medical Center – Catskills honored our team members who celebrated service anniversaries from one year to an impressive 44 years! They celebrated with a delicious buffet of foods prepared by our outstanding Nutrition & Food Service Team. A special thanks to Suzanne Lange-Ahmed, Garnet Health Medical Center – Catskills Chief Nursing Officer and VP of Patient Care Services, and Jerry Dunlavy, Garnet Health Medical Center – Catskills CEO, for their thoughtful planning and support.



Girl Scouts Donate to Infusion Center

Local Girl Scout Troops 277 and 687 recently donated gift bags to patients at Garnet Health Medical Center's Infusion Center as part of a Silver Award project. This donation was made in honor of a troop member's mother who passed away from cancer, and served as a meaningful way for the girls to give back.

Thank you to the Girl Scouts for their kindness and for brightening our patients' day!



Pictured left to right: Lucille "Lucy" Finnerty, Margaret "Maggie" Carberry and Grace Mitteer



Wellness Wednesday Kickoff

Wellness Wednesday kicked off on January 14th with a National Blood Donor Month Resource Fair featuring the Employee Assistance Program, American Red Cross, and the Interdisciplinary Community & Patient Experience Committee. The day also included a Wellness Workshop hosted by 1199SEIU where staff explored positive-thinking strategies to reduce stress and support overall well-being.



Friday, February 6

We invite you to wear red and show your support for the American Heart Association's Go Red for Women Day!

Dress down in your favorite shade of red, or sport your 2026 Heart-A-Thon T-shirt.

Need Gear?

Shirts can be purchased from:

Jodi Goodman | 845-333-8785

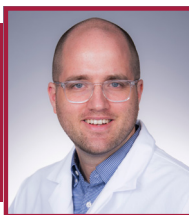
Catia Pereira-Gentile | 845-333-1214

Don't forget to snag a selfie or group photo for a chance to be featured on social media and/or GEMS!

Submit your Go Red for Women Day photos to:
marketing@garnethealth.org

NOTE: Please be sure your department is permitted to participate in Dress Down Days based on the dress code for your area of responsibility. Dress down attire must conform with a presentable appearance (i.e. no rips/tears in your jeans, etc.)

Leading the Way



Douglas James, MD, rejoined Garnet Health Doctors as a Per Diem Trauma Surgeon.

Dr. James is board-certified in General Surgery and Surgical Critical Care, bringing specialized expertise in trauma, acute-care surgery and critical-care management. He completed his General Surgery Residency at SUNY Downstate Medical Center, where he distinguished himself through multiple teaching and clinical excellence awards. Dr. James will provide inpatient trauma and acute care surgery coverage exclusively at Garnet Health Medical Center.

Dr. James can be reached at djames1@garnethealth.org.



Kavneet Kaur, MD, MPH, has rejoined Garnet Health as the Neurology Residency Program Director.

Dr. Kaur previously served as System Medical Director and Chair of Neurology at Garnet Health, as well as Stroke Program Medical Director and was the founding Director of the Neurology Residency Program, where she was instrumental in launching the program. Dr. Kaur is a board-certified neurologist and vascular neurologist with expertise in graduate medical education, physician leadership and quality improvement.

Dr. Kaur can be reached at kkaur1@garnethealth.org.



McCurla Sounou Mensa, FNP-BC, joined Garnet Health Doctors in the Urology practice as a Family Nurse Practitioner. McCurla has been a valued member of the organization since February 2024, serving as an Urgent Care Nurse Practitioner across our urgent care locations. In her new role, she will provide urology services at our Middletown and Harris hospitals.

McCurla can be reached at mmensa@garnethealth.org.



Ammar Rahim, MD, joins Garnet Health Urgent Care as a full-time provider with extensive experience in hospital-based emergency medicine. He is board-certified in Family Medicine and has practiced as an Emergency Medicine attending physician in the inpatient hospital setting. Dr. Rahim will provide urgent-care services to patients across all Garnet Health Urgent Care locations.

Dr. Rahim can be reached at arahim@garnethealth.org.

QUALITY CORNER

Understanding the New CMS Patient Safety Structural Measure

Patient safety is built on the structures, systems and culture that support safe care every day.

Beginning in 2025, the Centers for Medicare & Medicaid Services introduced the Patient Safety Structural Measure (PSSM) to assess how well hospitals have integrated foundational patient-safety practices throughout their organization. The PSSM focuses on preventing harm, rather than only responding after events occur.

KEY FOCUS AREAS:



Leadership Commitment to Safety

Clear accountability, executive oversight and board engagement in patient safety.



Safety Culture & Non-Punitive Response to Error

Promotion of Just Culture principles where staff feel safe speaking up and reporting concerns.



Event Reporting & Learning Systems

Reliable processes for reporting, reviewing and learning from safety events and near misses.



Systematic Improvement & Oversight

Use of data, trend analysis and action plans to drive sustainable improvement.



Patient & Family Engagement

Inclusion of patient perspectives in safety planning and improvement efforts.

WHAT THIS MEANS FOR OUR TEAMS:

- Speaking up about safety concerns and near misses
- Participating in event reviews, debriefs and improvement efforts
- Using standardized processes and escalation pathways
- Supporting a respectful, non-punitive approach to error

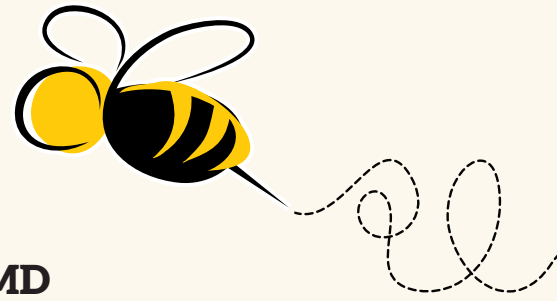
Patient safety structures are only effective when they are actively used.

OUR COMMITMENT

Ongoing focus on Zero Preventable Harm, Just Culture and High Reliability through commitment to learning, transparency and continuous improvement.

Celebrates December Employees of the Month

BEE AWARDS



Dr. Erini Christodoulou, MD

GME Resident Physician/Surgery – Garnet Health Medical Center

Dr. Christodoulou always goes above and beyond for her patients, taking time to ensure they feel informed, supported and cared for. She thoroughly answers any questions that staff, family members or patients might have, and is always willing to assist where needed. From complex dressing changes to ensuring every patient's comfort, Dr. Christodoulou consistently advocates for what is best for her patients. Her compassion and professionalism are frequently praised by both patients and staff; when she's on the unit, everyone knows patients will be well cared for.

Congratulations Dr. Christodoulou and thank you for always putting our patients 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.

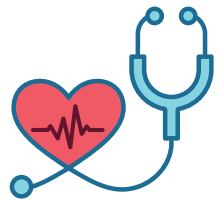
Good Catch and Great Save Awards



Recently, Tess Costello, Patient Experience Navigator, was honored with a Good Catch Award for demonstrating exceptional judgment during a critical patient follow-up. While responding to an online message, she noticed signs of distress and an immediate safety risk. Tess escalated the situation to leadership, who contacted emergency services and ensured the patient received timely assistance.

Congratulations Tess on this Good Catch!

National 'Thank a Resident Day' is February 27



Thank a Resident Day, observed annually on the last Friday of February, is a time to recognize and celebrate our residents' incredible dedication.

Across our seven residency programs, 111 residents are integral to our healthcare team, bringing compassion, resilience and excellence to patient care every day. Plus, they balance long hours, ongoing education and excellent patient care.

While this day gives us a special opportunity to say thank you, we appreciate our residents every day. Their contributions strengthen our healthcare community and inspire excellence in all that we do.

On February 27, please take a moment to thank a resident personally!

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.

Thank You to Our Teams!

Throughout the challenging weather, our hospital staff remained on-site and ready for incoming patients. Thank you to our Emergency Room teams, Environmental Services, Emergency Management, care team providers, Facilities, Food and Nutrition Services, who also supported staff by providing nearly 700 free breakfast meals across our hospital campuses, and all those working behind the scenes to keep Garnet Health hospitals operational. Some team members even slept at the hospital to ensure care could continue.

Because of you, we're here **24/7/365** for our patients and community. ALWAYS.



Recognizing Our February Care Champions

February is **National Heart Month**

February 1
kicks off **National Patient Recognition Week**

February 7
starts **Cardiovascular Professionals Week**

February 9
begins **Ambulatory Care Nurses Week**

February 27
celebrates **GME: Thank a Resident Day**

November 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 **November 2025 Perfect Attendance winner, Lauren Boland, RN**, Float Nurse, at Garnet Health Medical Center. Lauren was awarded \$1,506 for achieving perfect attendance in November's monthly incentive program!



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 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.

To Date: Maintain perfect attendance throughout 2026 for a chance to win a growing **POT OF GOLD!** Through November, the annual pot of gold is up to



Symplr Workforce Mobile App

Shift Trade Can Help You Achieve Perfect Attendance!

Are you part of our clinical staff? If so, have you heard about the Symplr app? This tool makes shift trading simple, helping you avoid unscheduled absences and stay eligible for the monthly Perfect Attendance Award. Scan the QR code to get started today!



DOWNLOAD FROM THE APP STORE

Cashanova, the 2026 Perfect Attendance Incentive Program's mascot!



Thoughtful Thursday

Meditation and Mindfulness with Danielle Moser, Orange County Department of Health, Community Health Outreach
Garnet Health Medical Center, Conference Room #7

Each session will have 6-8 spots.

Available times:

10:15 a.m., 11:00 a.m.,
11:45 a.m., 12:30 p.m., 1:15 p.m.

To sign up, please email
**VolunteerResourceDept@
garnethealth.org.**



Wellness Wednesday

American Heart Month Resource Fair
Garnet Health Medical Center, Conference Center Lobby
11:00 a.m. – 2:00 p.m.

Stop by the Conference Center Lobby to connect with this month's featured participants:

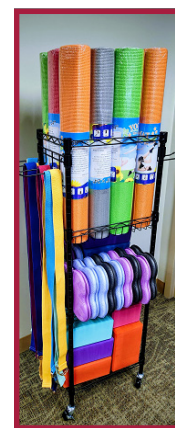
- Employee Assistance Program (EAP)
- American Heart Association
- Interdisciplinary Community & Patient Experience Committee



New York Life Representative

Garnet Health Medical Center, Conference Center Lobby
11:00 a.m. – 3:00 p.m.

Stop by from 10:00 am-2:00 pm to purchase baked goods in support of the American Heart Association, along with a Heart-A-Thon t-shirt!



FREE Yoga Classes for Cancer Patients

Thanks to the vision of Aimee Monastero, Patient

Navigator, the Spagnoli Family Cancer Center at Garnet Health Medical Center is now hosting free yoga classes for cancer patients. To support the program's launch, Aimee recently received donated yoga supplies, helping ensure a comfortable experience for patients.

February Recognition Days 2026

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.

February is **Black History Month**, chosen primarily because the second week of the month coincides with the birthdays of both **Abraham Lincoln** and **Frederick Douglass**. Lincoln was instrumental in the emancipation of enslaved people, while Douglass, a former slave, became a prominent abolitionist leader and advocate for ending slavery.

February 2

Imbolc is a traditional Celtic festival that marks the beginning of spring and honors Brigid, a goddess of healing, fertility and creativity.

February 15

Nirvana Day is an annual festival that remembers the death of the Buddha after reaching nirvana (*Parinirvana*)

Maha Shivaratri is a major Hindu festival honoring Lord Shiva, observed through fasting, meditation and prayer.

February 16

Presidents' Day

was first established to recognize George Washington, the nation's first president; it has since become a federal holiday designed to honor all U.S. presidents.

February 18

Ash Wednesday is a day of prayer and fasting that begins the Christian season of Lent.

February 19

Ramadan is a holy month in Islam focused on fasting, prayer and spiritual reflection.



CUB SCOUTS FIRST-AID TRAINING

THANK YOU to residents Drs. Massoud Aman, Hannah Terlep, Khanh Tran and Heather VonHegel, who attended the recent Goshen Cub Scout Pack 62 first-aid training session, where scouts learned hands-on skills and enjoyed one-on-one interaction with true clinical professionals.

Sharing your knowledge with the children of our community leaves a lasting impression that helps guide and inspire the next generation.

Garnet Health Medical Center February Auxiliary Vendor Sales

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

February Vendor Dates

| | |
|------|---------------------------|
| 2/2 | Northern Medical |
| 2/3 | Your Nutz |
| 2/4 | Cookie Creations |
| 2/5 | Eleanor Jewelers |
| 2/6 | Arlene's Hair Accessories |
| 2/9 | John's Jewelry Box |
| 2/10 | Personally Yours |
| 2/11 | Silver DollarBoutique |
| 2/12 | Teddies Jewelry |
| 2/13 | Delancey Street |
| 2/16 | Carol's Handmade Designs |
| 2/18 | Northern Medical |
| 2/20 | Carol's Handmade Designs |
| 2/23 | A Stylish Bling |
| 2/24 | Your Nutz |
| 2/25 | Northern Medical |
| 2/26 | J's Divine Jewelzz |
| 2/27 | Med Shoes |



Gems Newsletter

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

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