

◆ Garnet Health.
Gems

Exceptional
Lives Here.



Jackie Allen



Jackie Slanovec

Congratulations to our
2025 Employees of the Year

Callicoon Campus Voted Best in Three Categories by River Reporter Readers!

Congratulations to Garnet Health Medical Center – Catskills Callicoon Campus for earning a *River Reporter* Readers' Choice Award and to Garnet Health Doctors Primary Care and Family Medicine, Callicoon for receiving two awards! Your dedication to serving our rural community is truly commendable, and we're incredibly proud of these well-deserved achievements.



Deanna Calabrese, LPN

Garnet Health Doctors, Primary Care and Family Medicine, Callicoon



Christina Wood, FNP

Garnet Health Doctors, Primary Care and Family Medicine, Callicoon



THIRD YEAR IN A ROW



Garnet Health Medical Center – Catskills, Callicoon Campus

BEST Emergency Room in Sullivan County

Garnet Health Doctors Primary Care and Family Medicine: Livingston Manor

Garnet Health Doctors in Livingston Manor is now accepting new patients, providing 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:
36 Pearl Street
Livingston Manor, NY 12758

Book your appointment now by calling (845) 333-6555 or by signing up for MyChart at garnethealth.org/mychart.

Meet the provider:



Brynn Nicole McKeon, PA-C



FRIDAY, JUNE 5, 2026

Mid-Hudson
SPORTING CLAYS

411 NORTH OHIOVILLE ROAD • NEW PALTZ, NY 12561

- 8:30 AM - REGISTRATION BEGINS
- 9:00 AM - INSTRUCTION FOR NOVICE SHOOTERS
- 10:00 AM - TOURNAMENT START
- 1:00 PM - LUNCH WITH REFRESHMENTS

\$250 INDIVIDUAL SHOOTER REGISTRATION INCLUDES:
100 CLAYS, SHELLS, LUNCH, TRAPPER INSTRUCTION, AND GOLF CART

GUN RENTALS AVAILABLE

SPONSORSHIP OPPORTUNITIES AVAILABLE!



SCAN QR CODE FOR MORE INFORMATION AND TO REGISTER!

Garnet Health Congratulates Our 2025 Employees of the Year!

At Garnet Health, we take great pride in recognizing the dedication and excellence of our team members. Each year, we honor two outstanding individuals who have gone above and beyond in their commitment to patient care, teamwork and service to our community. Our two Employees of the Year were selected from 11 Employees of the Month at Garnet Health Medical Center – Catskills and 12 Employees of the Month at Garnet Health Medical Center from 2025, each of whom exemplifies our core values of compassion, excellence and dedication.

We are proud to announce our 2025 Employees of the Year.



Jackie Allen

*Nutrition and Food Service,
Garnet Health Medical
Center – Catskills*

Jackie's compassion and generosity toward others are nothing short of extraordinary. From paying for customers' meals to picking flowers outside for staff, just because. She consistently goes out of her way to brighten someone's day and support those around her.

When Jackie learned that a coworker was without reliable transportation, she refused to stand by. She quietly organized a secret fundraiser to purchase a motor scooter, rallied staff members to contribute and remained determined to make it happen. When the funds fell short, she personally covered the remaining expense to ensure her coworker would have dependable transportation. Thanks to her initiative, a teammate now has greater independence and peace of mind.

Thank you, Jackie, for your selflessness. Your compassion exemplifies the care we strive to offer not only to our patients but to our fellow coworkers.

Jackie was Garnet Health Medical Center – Catskills' June 2025 Employee of the Month.



Jackie Slanovec, RN, CCRN

*Cardiothoracic Intensive
Care Unit – Garnet Health
Medical Center*

Jackie is the kind of person who makes a difference, always offering compassionate care. Her dedication and willingness to go the extra mile make her an essential part of the care team.

From supporting a family facing the loss of a loved one to providing comfort and reassurance during every visit, Jackie's commitment ensures families feel supported during the most difficult times. Without her presence, the family's experience would not be as meaningful or comforting.

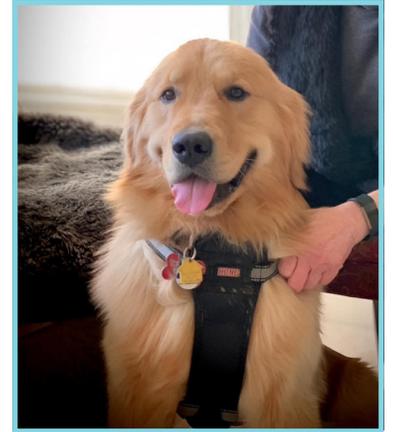
Jackie, your kindness, diligence and selfless service inspire us all. Thank you for making a difference every day!

Jackie was Garnet Health Medical Center's October 2025 Employee of the Month.

When you see Jackie A. and Jackie S., be sure to congratulate them on their well-deserved recognition! Their hard work, compassion and dedication make Garnet Health a better place for our patients, colleagues and community.

Remembering Mishka

It is with a heavy heart that we share the news that Pet Therapy Volunteer Mishka crossed the Rainbow Bridge in January. Mishka was full of joy and shared his unconditional love with our staff and patients. He will be missed.



February Wellness Wednesday

The Wellness Wednesday resource fair on February 11 featured the American Heart Association and Employee Health. Our cardiology team also hosted a bake sale, and the Patient Experience team sold Heart-A-Thon T-shirts in support of the American Heart Association!

And congratulations to our Wellness Wednesday raffle winner, Alixandra Goodell, RN, on 2 South, who received a yoga mat, exercise ball, gym bag and water bottle.



Bible Donation

Garnet Health Foundation – Catskills recently received a donation of Bibles from Gideons International. The donation was collected by Garnet Health Foundation – Catskills' Manager of Philanthropy, Megan Evans (pictured on the left), and Director of Patient Experience, Jodi Goodman (not pictured).



We extend our sincere thanks to Gideons International for its generosity and continued support of our patients!

If you'd like to donate to Garnet Health Foundation – Catskills, please visit garnethealth.org/foundation-catskills.

Garnet Health
MEDICAL CENTER

AMERICAN NURSES CREDENTIALING CENTER
CELEBRATE
CERTIFIED NURSES
MARCH 19

Annual Board Certification & Degree Fair!

WHEN

Thursday
March 19, 2026

DEGREE INFORMATION

A variety of colleges will be present
Conference Rooms 1-3, Ground Floor
9:00 am - 4:00 pm

EVENTS

Board Certification Information, Human Resources, and 1199
Conference Rooms 1-3, Ground Floor
7:00 am - 4:00 pm

Made By Us, For Us: Staff Craft & Bake Fair
Conference Rooms 1-3, Ground Floor
8:00 am - 4:00 pm



SPONSORED BY:

Shared Governance Nursing Congress Officers & Advisors,
Nursing Professional Development Department and the Shared Governance Committees:
Nursing Professional Excellence, Interdisciplinary Community & Patient Experience,
Interdisciplinary Safety and Nursing Unit Coordinators

HEART-A-THON RAISES MORE THAN \$85,000

On February 20, the 48th Annual WSUL Heart-A-Thon held at Resorts World Catskills raised more than \$85,000 for cardiac-related treatment, education and prevention. Garnet Health made a BIG impact, showing up in full force!

Each year, Garnet Health Medical Center – Catskills is proud to be one of the chosen beneficiaries for the annual Heart-A-Thon! This year, proceeds raised will go towards the purchase of telemetry monitors for five cardiac monitoring systems in the Emergency Department and Operating Room. Donations are still being accepted. Please reach out to Jodi Goodman at jgoodman@garnethealth.org if you'd like to donate.

Huge thanks to the many Garnet Health representatives who went on air to discuss cardiology services offered to Sullivan and Orange County communities.



Pictured left to right: Christina Scialabba, Elissa Garbellano, Dr. Aaqib Malik, Adam Wiesenthal, Mary Kate Donahue, and Joyce Timko.

Thank you, Dr. Malik, Garnet Health Doctors new Interventional Cardiologist, for joining us at the Heart-A-Thon.

Special thanks to everyone who came together to honor our very own Laura Moos at this year's Heart-A-Thon. Laura's sudden passing in June 2024 was a profound loss to our community, and her warmth, kindness, and compassionate spirit continue to be deeply missed. We were honored to welcome Laura's family, who shared their love for her on air and reminded us all of the importance of caring for our hearts. Her memory will always be a part of us.



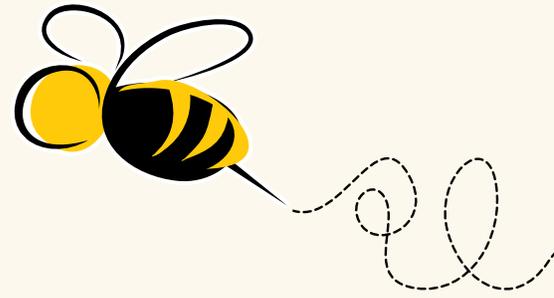
Aquablation Therapy Community Event

Garnet Health Doctors hosted a free Aquablation Therapy Awareness Event on **January 22**, where attendees had the opportunity to speak one-on-one with Garnet Health Doctors urologists Dr. Abourbih and Dr. Galarneau about why it is becoming a preferred treatment option for men with benign prostatic hyperplasia (BPH).

Pictured left to right: Dr. Abourbih, MD, Urologist; Delilah Socci, Community Health Manager; and Dr. Galarneau, MD, Urologist.

Celebrates January Employees of the Month

BEE AWARDS



Julie Swendsen, RN

GME Resident Physician/Surgery, Garnet Health Medical Center – Catskills

Julie is being recognized for her professionalism and compassion while caring for a patient in our Emergency Department. A family member of the patient shared their high regard for the entire team and specifically noted Julie for going above and beyond. Julie remained attentive, supportive and patient-focused throughout the visit, ensuring the family felt cared for during a stressful time.

Congratulations, Julie, and thank you for always leading with empathy and providing high-quality care!



Sandra Rivera

Radiation Oncology Coordinating Clerk, Garnet Health Medical Center

Sandra consistently goes above and beyond for patients, staff and caregivers. On one occasion, she assisted a patient's wife in and out of the restroom while the patient was receiving vital treatment, demonstrating both compassion and attentiveness. She has also received numerous compliments from patients and their families for her professionalism and kindness.

Congratulations, Sandra, and thank you for always putting our patients first!



Team Award

Nutrition and Food Service, Garnet Health Medical Center – Catskills

We are proud to recognize our outstanding Nutrition and Food Service Department, especially Francesca “Fran” Ellert, Lori Ann Fredericks, Vanessa Thornton and Raul Almodovar Santiago, for the vital role they play in bringing our hospital community together. Whether it's supporting meetings, celebrations or special events, they always respond with enthusiasm. During the holidays and Hospital and Nurses Week, they created memorable experiences and engaging activities for staff. Even while helping with celebrations, they return right back to their work to ensure everyone is well fed.

Thank you to our Nutrition and Food Service Department for the positivity, teamwork and dedication you bring to the organization every day!

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.

Compliance STAR Recognition

The Compliance STAR Program recognizes individuals who go above and beyond in "Doing the Right Thing." STARS identify, report, and support Compliance & Ethics concerns, and continually uphold the Garnet Health values of honesty, integrity and transparency in action.

Congratulations to these three Compliance STARS!



Nora Killeen
Executive Assistant, Administration

Nora consistently meets compliance standards through reviews and ensures all processes align with Continuing Medical Education (CME) policy. She always follows up when providers require additional clarification.



Lisa DeSena
Director of Credentialing, Administration

Lisa exemplifies a compliance STAR through her attention to detail and expertise in credentialing, regulations and workflow processes. She always goes above and beyond to ensure providers have proper credentials and that paperwork is completed on time.



Johanna Toledo-Tyson
Director of Credentialing, Administration

Johanna demonstrated compliance awareness by escalating a potential patient-privacy concern to the compliance hotline. Her swift action brought immediate attention to the issue and resulted in a fast solution.

Congratulations, Lisa, Nora and Johanna. You are all true STARS!



We Reached 106 Blood Donations!

Our recent blood drive collected 106 donations, far exceeding its goal of 70! Because one blood donation can help save up to three lives, this effort may help support as many as 318 patients in need.

Thank you to everyone who donated and helped make this blood drive such a success!

2025 Care Clarity Champions!

Congratulations to the 2025 Care Clarity Discharge Lounge and Alcove Use leaders for their efforts to improve patient flow.

- 3 South utilized the discharge lounge 377 times in 2025
- 4 North recorded the highest alcove use with 245 uses in 2025

Across the organization, teams achieved:

- 1,872 total discharge lounge uses
- 927 total alcove use

Collectively, the Care Clarity initiative has reduced ED-to-inpatient wait times by one hour and reduced the number of patients leaving without having been seen from 7% to 3% by November 2025. Thank you to everyone who contributed to this and helped drive meaningful improvements!



3 South



4 North

Celebrating Certified Nurses Day on March 19

March 19 marks **Certified Nurses Day**, a national celebration recognizing the invaluable contributions of board-certified nurses in advancing nursing professionalism, setting higher standards and driving excellent patient outcomes. Certification represents a commitment to continued learning, expertise and providing the highest level of care to patients.

At Garnet Health, we are proud to have nearly **400 board-certified nurses** who exemplify excellence in their specialty areas. Their dedication to lifelong learning and professional growth enhances the quality of care we provide every day.



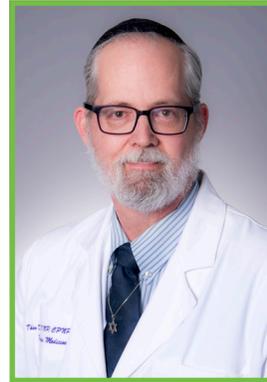
Stefanie Alexander



Crystal Baggatta



Rhonda D'Agostino



Theodore Dage



Sarah Dirie



Kristal Dolson



Diana Duffy



Samantha Duquette



Theresa Eckert



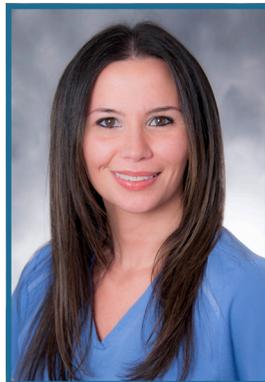
Jane Giganti



Kerry Gladstone



Lacielyn Halloran



Amy Heins



Marlene Josephs



Melissa Kuhn

*If you are a nurse interested in **ANCC certification** or exploring certification opportunities, we encourage you to reach out to your **nurse leader** for guidance and support. Investing in your professional development benefits not only your career but also the patients and families we serve.*

AMERICAN NURSES CREDENTIALING CENTER

CELEBRATE
CERTIFIED NURSES

MARCH 19



Elizabeth Lachenal



Heather Lannen



Alicia Lodico



Pamela Lovell



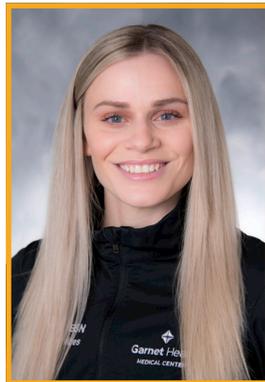
Quinn Lupardo



Alyssa Melvin



Joanne Moss



Jenna Napolitano



Mary O'Shea



Jenny Phelps



Kimberly Rivera



Ethan Seidl



Tammy Shahzad



Lauren Werner



Kimberly Witkowski

Thank you to all our certified nurses for your unwavering commitment to excellence, compassionate care and leadership in the nursing profession.

Those pictured represent just a small portion of nearly 400 certified nurses across the system.

A Spotlight on Certified Nurses

Every year, on March 19, we celebrate **Certified Nurses Day**, recognizing the dedication of **board-certified nurses** in advancing nursing professionalism, excellence and patient outcomes. This national day falls on the birthday of Dr. Margretta “Gretta” Madden Styles, RN, EdD, FAAN, a pioneer in nursing certification.

At Garnet Health, we are proud to have **nearly 400 board-certified nurses** who uphold the highest standards of care. Today, we spotlight six outstanding certified nurses whose dedication enhances patient care and strengthens our healthcare team. Join us in celebrating their achievements and the impact they make!



Daphne Conde MS, RNFA, ACNP-BC, ONP-C



“My philosophy as a Nurse Practitioner is rooted in delivering high-quality evidence-based care. I practice as an Orthopedic Nurse Practitioner with a strong commitment to excellence, teamwork, and lifelong learning. Above all, what I genuinely enjoy about being a Nurse is the constant problem solving, relationships with patients and families, and the energy that comes from being part of a dynamic, hands-on specialty.”

—Daphne Conde

Kaitlin Slater MSN, RN, FNP-C



“Becoming a Family Nurse Practitioner allows me to care for patients not just in moments of illness, but across their entire health journey. It’s a privilege to serve with compassion, skill, and purpose, and to provide exceptional care to the community I call home.”

— Kaitlin Slater

- 2004** Completed her Associate’s degree at SUNY Rockland Community College and began her career as a Staff Nurse in the Emergency Department at Jersey City Medical Center.
- 2007** Worked as a travel Emergency Department nurse in Florida, then later in an Intensive Care Unit at Providence St. Peter Hospital in Olympia, WA, and St. Joseph Medical Center in Tacoma, WA.
- 2009** Returned to Jersey City Medical Center as a Charge Nurse, Clinical Educator, Nurse Manager, Med-Surg, while completing her Bachelor of Science in Nursing at Felician University.
- 2011** Completed her Master of Science (MS) in Nursing at Rutgers University and joined North Jersey Brain and Spine Center as a Neurosurgical Nurse Practitioner.
- 2012** Began as the Nurse Manager at St. Luke’s Cornwall Hospital.
- 2014** Started as the Trauma Nursing Director at Garnet Health.
- 2017** Transitioned to Trauma Nurse Practitioner at Garnet Health, and later specialized in Orthopedic Trauma. She also completed her Registered Nurse First Assistant (RNFA) through the National Institute of First Assisting.
- 2021** Completed her Post-Master’s Certificate at Duke University in Orthopedic Surgery and obtained an Orthopedic Nursing Board Certification (ONP-C).

Where she’s headed: Today, Daphne continues to strive for excellence and is always looking for opportunities for continuing medical education. She will continue to work with our Orthopedic Department to expand the services we offer in our community and to educate our patients on how to live fuller, healthier, more independent lives.

- 2015** Started as a Nursing Assistant at Catskill Regional Medical Center while also going to RN school.
- 2016** Completed her Associate in Applied Science in Nursing at SUNY Delhi and began her career as a Med-Surg Telemetry Nurse at Catskills Regional Medical Center.
- 2018** Earned her Bachelor of Science in Nursing from SUNY Delhi.
- 2019** Began her career in the Progressive Care Unit (PCU) at Orange Regional Medical Center.
- 2020** Worked as a Critical Care RN at Garnet Health Medical Center – Catskills, managing cardiac and respiratory patients.
- 2021** Started as an RN at Sullivan Correctional Facility while working at Catskill Regional Medical Center, providing emergency and chronic care.
- 2022** Joined Bon Secours Hospital as a Nursing Supervisor, overseeing hospital-wide operations.
- 2024** Completed her Master of Science in Nursing (MSN) Family Nurse Practitioner at Mount Saint Mary College.
- 2025** Joined Garnet Health Doctors in Sullivan County as a Family Nurse Practitioner (FNP-C) in Primary Care.

Where she’s headed: Kaitlin is focused on strengthening her work in primary care, building long-term patient relationships, and expanding her role in preventive and community-based health.

A Spotlight on Certified Nurses



Angel Beebe MSN, RN, ANP-BC, COHN-S



"Occupational Health nursing is a unique opportunity and privilege that allows me to help healthcare workers prioritize their own well-being. Safe and healthy employees impact patient care in a positive way. Caring for employees is a win-win for everyone. It is very rewarding to follow an employee's journey back to the work they miss. This was never more evident than during the pandemic. I am

humbled to help healthcare workers continue do what they do best, care for people."

—Angel Beebe

Stephanie Martir BSN, RN, CRNFA, CNOR



"Nursing is a career built on service and responsibility as we are entrusted with human lives, safety, comfort, and dignity. It is emotionally demanding work but deeply meaningful. We are driven by empathy and a commitment to support people during life's most critical and meaningful moments. I can think of no other career as rewarding as nursing."

— Stephanie Martir

- 1985** Graduated with a Bachelor of Science in Nursing from Binghamton University.
- 1985** Began as a staff RN for Arden Hill Hospital.
- 1987** Worked as an RN Vascular Technologist for a private lab that Horton Hospital eventually purchased.
- 1994** Earned her Master of Science in Nursing (MSN) from SUNY Stony Brook and Adult Nurse Practitioner board certification (ANP-BC).
- 1996** Served as an Adult Health Nurse Practitioner in Sullivan County, NY.
- 1997** Joined Garnet Health Medical Center as an Occupational Health Nurse Practitioner.
- 2021** Received certification as an Occupational Health Nurse – Specialist (COHN-S).

Where she's headed: Angel is continuing her career as an Occupational Health Nurse Practitioner at Garnet Health Medical Center.

- 1996** Graduated with a Bachelor of Science (BSN) in Nursing from Indiana University of Pennsylvania. Upon graduation, she commissioned as a Second Lieutenant in the U.S. Army Nurse Corps, serving with the 67th Combat Support Hospital in Germany.
- 2000** Began working at Arden Hill Hospital as a Registered Nurse.
- 2010** Transferred to work in the Quality/Clinical Documentation Department, conducting chart reviews.
- 2017** Enrolled in an Operating Room Residency Program and completed the Perioperative 101 training program.
- 2019** Became a Certified Nurse in the Operating Room (CNOR).
- 2020** Completed the Registered Nurse First Assistant (RNFA) Program from the University of Rochester.
- 2022** Worked as an RNFA with the OB-GYN group for Garnet Health Doctors.
- 2023** Began working as the Operating Room Manager at Garnet Health Medical Center.
- 2024** Started as an RNFA in the surgicalist group.
- 2025** Became a Certified Registered Nurse First Assistant (CRNFA).

Where she's headed: Today, Stephanie hopes to continue to serve Garnet Health Medical Center as a CRNFA across numerous perioperative services until retirement.

A Spotlight on Certified Nurses



Tanya Gushin BSN, RN, CEN



"As I begin my 19th year in nursing, I reflect with deep gratitude on a career that has shaped who I am. From the Pediatric ICU to the Emergency Department and flight nursing, each role has challenged me, strengthened me, and reaffirmed my commitment to compassionate, skilled care. Earning my CEN in 2015 marked an important milestone, but the true honor has always been the

privilege of serving others in their most vulnerable moments. I am proud to be a nurse, humbled by the trust placed in me, and grateful to continue serving my community with dedication and heart."

—Tanya Gushin

Michelle Mootz BSN, RN-CMSRN



"I have the privilege and honor of being present for countless critical moments in the Operating Room at Garnet Health Medical Center – Catskills, where dedication to the profession is both required and expected. Providing comfort and support during someone's most vulnerable moments is the true art of nursing, and I will continue to do so with passion, love, and commitment."

— Michelle Mootz

- 2008** Completed her Associate's degree at SUNY Orange and began her career at Westchester Medical Center in the Pediatric Intensive Care Unit.
- 2010** Transitioned to the Pediatric and Adult Emergency Department at Westchester Medical Center.
- 2015** Completed Certified Emergency Nurse (CEN) certification and neonatal/pediatric transport training, and began working in air medical transport.
- 2018** Began working at Garnet Health Medical Center – Catskills as a nurse in the Emergency Department.
- 2023** Graduated with a Bachelor of Science in Nursing (BSN) and worked in Labor and Delivery and the Emergency Department at Vassar.
- 2025** Started working at Garnet Health Medical Center – Catskills, Callicoon Campus, as a staff RN.

Where she's headed: Tanya plans on starting Nurse Practitioner school this fall and hopes to work in emergency medicine.

- 1987** Earned a Bachelor of Science in Nursing (BSN) from Stony Brook University and started as a Graduate Nurse on a Medical Unit at Community General Hospital in Harris.
- 1990** Joined the Surgical Unit, caring for pre- and post-operative patients.
- 1995** Earned board certification in Medical-Surgical Nursing. (RN-CMSRN)
- 1996** Transferred to Surgical Services to begin working in the Operating Room and develop skills across all aspects of this dynamic area of the hospital.

Where she's headed: After 39 years at Catskills, Michelle looks forward to continuing a career in Operating Room nursing, while remaining dedicated to Catskills and to always putting others first.

Congratulations!

We are pleased to announce the promotion of three exceptional leaders:

Lauren Carberry, SHRM-CP, to Chief Human Resources Officer; **Joyce Timko**, MBA, CRA, RT(R)(M)(CT), to Chief Operating Officer; and **Craig Filippini**, MBA, to Chief Information and Integration Officer.



Lauren Carberry, SHRM-CP

Chief Human Resource Officer

Lauren brings more than 20 years of experience in Human Resources, including a decade at Garnet Health. She joined the organization in 2015 as a Senior Human Resources Business Partner and has since advanced through a series of leadership roles, including Manager, Director, and Administrator of Employee & Labor Relations. Most recently, she served as Senior Administrator, Human Resources. In her new role, Lauren will continue the important work of supporting the workforce, strengthening organizational culture and living the organization's values.



Craig Filippini, MBA

Chief Information and Integration Officer

Craig joined the organization in 2016 as Administrator, Information Technology, and has served as Chief Information Officer for the past six years. In his expanded role, he will establish a formalized project management infrastructure across Garnet Health and position the organization for advanced integration opportunities over the coming months and years.



Joyce Timko, MBA, CRA, RT(R)(M)(CT)

Chief Operating Officer

Joyce has been with Garnet Health's leadership team since 2016. She joined the organization as Director of Diagnostic Imaging at Garnet Health Medical Center and has since held multiple leadership roles, most recently serving as Vice President of Clinical Support Services. Now, Joyce will provide executive oversight for multiple areas of operations and will lead efforts to formalize and expand several key service lines, supporting the organization's growth and commitment to high-quality, patient-centered care.

**Please join us in congratulating
Lauren, Joyce and Craig on their well-deserved promotions!**

Quality Corner

Partners in Quality: Putting Patients and Families at the Center of Excellence

Patient experience is a critical dimension of quality, and meaningful patient and family engagement is essential to achieving reliable, safe care. In 2026, our organization is strengthening its commitment to patient-centered care through a focused, systemwide Patient Experience Plan designed to improve communication, reliability and compassion at every point of care while actively engaging patients and families as partners in this work.

This year's priorities emphasize:

- Leadership engagement
- Frontline accountability
- Meaningful connection with those we serve

Through expanded executive and leader rounding, we are listening directly to patients and families, addressing concerns in real time and using their feedback to guide improvement efforts.

Re-implementing the No Pass Zone and promoting quiet and healing environments reinforces teamwork and respect for patient needs. Simple actions like responding promptly, offering assistance and creating calm spaces make a meaningful difference.

Clear, compassionate communication remains a cornerstone of our strategy. Targeted ED initiatives will focus on wait times and provider and nurse communication, which are two key drivers of patient satisfaction.

Every role contributes to the patient and family experience. Through partnership, empathy and reliability, we will continue building a culture where every patient feels valued, respected and confident in their care.

Recognizing Our March Care Champions

March
is **National Social Work Month**

March 4
kicks off **International Board-Certified Lactation Consultant Day**

March 11
is **National Registered Dietitian Nutritionist Day**

March 16
begins **HR Healthcare Professionals Week**

March 20
is **National Marketing Day**

March 5
celebrates **National Hospitalists Day**

March 15
starts **National GI Nurses & Associates Week**

March 19
celebrates **Certified Nurses Day**

March 30
celebrates **National Doctors Day**

March 31
begins **National Anesthesia Tech Week**



SAVE THE DATE

Wellness Wednesday | March 11

National Nutrition 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)
- Interdisciplinary Community & Patient Experience Committee
- Cornell Cooperative Extension Orange Food/Nutrition

Thoughtful Thursday | March 12

Mediation 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.

New York Life Representative | March 17

Garnet Health Medical Center,
Conference Center Lobby

- 11:00 a.m. – 3:00 p.m.

FREE Colon Cancer Awareness Health Fair | March 30

Resorts World Catskills
888 Resorts World Dr., Monticello, NY 12701

- 10:00 a.m. – 1:30 p.m.

Hear from expert physicians on colon cancer prevention, screening and treatment, while also taking part in interactive and educational activities like an inflatable colon, chair yoga, free blood-pressure screenings, nutrition education and more!

To learn more or register, visit garnethealth.org/loveyourgut.

DECEMBER 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 **December 2025 Perfect Attendance winner, Elizabeth Gomez**, Food Service Worker, Garnet Health Medical Center – Catskills. Elizabeth was awarded \$1,467 for achieving perfect attendance in December'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.

WHO WILL WIN THE 2025 PERFECT ATTENDANCE HONOR?

The 2025 Perfect Attendance Winner will be announced in March and presented with the 2025 Pot of Gold worth



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



Find Your Zen

Yoga Classes Led by Susan Swiat,
Physical Therapist & Certified Yoga Instructor

Why Yoga?

Yoga is a powerful tool that can help regulate your nervous system and improve overall energy and health.

6-Week Sessions

Join Susan Swiat for weekly, 1-hour yoga sessions on:

- ◆ March 4, 2026
- ◆ March 11, 2026
- ◆ March 25, 2026
- ◆ April 1, 2026
- ◆ April 8, 2026

\$90 payable to Susan is required prior to start of first class.

Cash or check is accepted.

Payment can also be submitted to:
Jennifer Malinchak in Occupational Health

NOTE: All classes are held on Wednesdays from 5:00 pm - 6:00 pm.

All levels of fitness are welcome.

No previous experience with yoga is necessary.

Class size is limited to 10 participants.

Live Well, Be Well

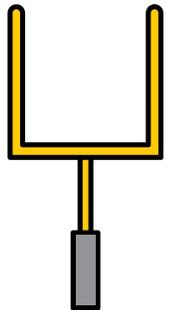
Questions? Email Jennifer Malinchak at jmalinchak@garnethealth.org

Super Bowl NFL Day Game Day Spirit at Garnet Health!

On February 7, our team kicked off the Super Bowl excitement in style, rocking their favorite jerseys and **bringing the team spirit** to work! From die-hard fans to casual supporters, everyone got in on the fun and represented their favorite teams with pride.

No matter who you rooted for on game day, one thing's for sure:

Our Garnet Health staff is always a winning team!



March 2026 Recognition Days

Garnet Health is committed to being an inclusive organization that supports growth and innovation by providing an environment where employees, patients and visitors feel they belong.

We also recognize that having diverse backgrounds among our staff and providers contributes to better patient care.

Please join us in acknowledging the following national and/or worldwide recognitions.

March is **Women's History Month**.

The United States first observed National Women's Day in 1908, followed by International Women's Day in 1911. In 1978, the National Women's History Alliance launched Women's History Week, later expanding the celebration to a full month to coincide with the week of March 8, when International Women's Day is observed.

February 17 - March 19

Ramadan is the start of Islam's sacred month. During this time, Muslims fast from dawn until dusk.

March 4

Holi, the Festival of Colors, is a Hindu holiday that is celebrated as the Festival of Colours, Love and Spring. It falls each year on the last full moon day of the Hindu luni-solar calendar month.

Hola Mohalla is a three-day Sikh festival that features martial arts, mock battles, parades and spiritual gatherings, all to celebrate strength, courage and community.

March 8

International Women's Day highlights the political, social, cultural and economic achievements of women.



March 17

St. Patrick's Day is held on the traditional death date of Saint Patrick, the patron saint of Ireland. Also known as the Feast of Saint Patrick, it's a Catholic holiday that inspires cultural and religious celebrations around the world.



March 21

The International Day for the Elimination of Racial Discrimination was declared by the United Nations in 1966 as a day to redouble efforts to eliminate all forms of racial discrimination.

March 31

Trans Day of Visibility is a time to celebrate transgender and nonbinary people, and also raise awareness of the discrimination they face worldwide.

SPRING FORWARD!

Don't forget to set your clocks ahead one hour on Sunday, March 8, at 2:00 a.m.! While we may lose an hour of sleep, we gain more daylight in the weeks to come!



Garnet Health Medical Center March Auxiliary Vendor Sales

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

March Vendor Dates

- 3/2 A Stylish Bling
- 3/3 Northern Medical and Ott'rageous Cookie Co
- 3/4 Arlene's Hair Accessories
- 3/5 DandD Jewelers
- 3/6 Magnolia Label Designs
- 3/9 Northern Medical
- 3/10 Your Nutz
- 3/11 Carol's Handmade Designs
- 3/12 Scrubs Nyack
- 3/13 Scrubs Nyack
- 3/16 Teddies Jewelry
- 3/19 Sew EZ Creations
- 3/20 John's Jewelry Box
- 3/23 Northern Medical
- 3/24 Arlene's Hair Accessories
- 3/25 Cookie Creations
- 3/26 Tupperware
- 3/27 Ott'rageous Cookie Co
- 3/30 Silver Dollar Boutique
- 3/31 Your Nutz

Gems Newsletter

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

garnethealth.org