

Garnet Health.

Gems

Exceptional Lives Here.



Erini
Christodoulou,
MD, PGY-3
2025 Perfect
Attendance Winner

MISSOURI
 Missouri is a state of opportunity.
 We're making exceptional healthcare.

FIRE PROCEDURE
 SMOKE/COXIDE RISK

1. - Reactor personnel in immediate danger
 2. - Alarm: Pull nearest fire pull station & call TTTT
 3. - Contact: Close all doors and windows
 4. - Evacuate: If practical to evacuate areas

USE OF FIRE EXTINGUISHERS

1. - Pull pin
 2. - Aim nozzle at fire
 3. - Squeeze the handle
 4. - Sweep side to side

Safety Data Sheets (SDS)
 Chemical information on chemical and its hazards
 for you and your colleagues. For more information
 call 1-800-451-6346
 Missouri is a state of opportunity.

© 2025 Missouri
 Safety Services, Inc. All rights reserved. See www.missouri.com for more information.

Saluting Lifetimes of Leadership Garnet Health's 2025 Physician Award Honorees

Doctors provide more than medical care. They are advocates and educators. They impact patients' lives in ways that go beyond diagnosing and treating illnesses. And some of the very best doctors have built Garnet Health into what it is today.

On February 25, we had a chance to express our gratitude by honoring ten exceptional colleagues at our 2025 Physician Awards. They were selected by the Medical Executive Committee at each hospital, based on their commitment to our patients and our community, with each standing out in their respective field. Please join us in saluting Garnet Health's 2025 Physician Award honorees and thanking them for all they have done to keep our community thriving.



Pictured left to right: Ryan Punsalan, MD; Victor Todisco, MD; Ayfer Ekiz, MD; Alan Plumer, MD; Alan Goldfischer, MD; and Sam Berger, FNP. Not pictured: Yaw Baah, MD; Nicky Maxwell, DO; Sandra Sacks, MD; and Gowramma Shivashankar, MD.

Garnet Health Medical Center 2025 Lifetime Achievement Awards



Alan Goldfischer, MD
Gastroenterology



Alan Plumer, MD
Gastroenterology



Sandra Sacks, MD
Retired Plastic Surgeon



Gowramma Shivashankar, MD
Gastroenterology



Victor Todisco, MD
Radiology

Garnet Health Medical Center 2025 Leadership Awards



Yaw Baah, MD
Hospitalist

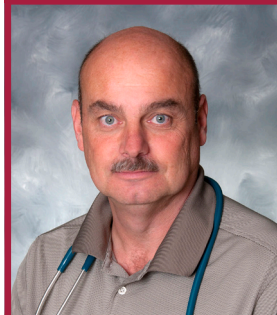


Ayfer Ekiz, MD
Hospitalist



Ryan Punsalan, MD
Hospitalist

Garnet Health Medical Center - Catskills 2025 Lifetime Achievement Award



Sam Berger, FNP
Emergency Medicine

Garnet Health Medical Center - Catskills 2025 Lifetime Leadership Award



Nicky Maxwell, DO
Emergency Medicine

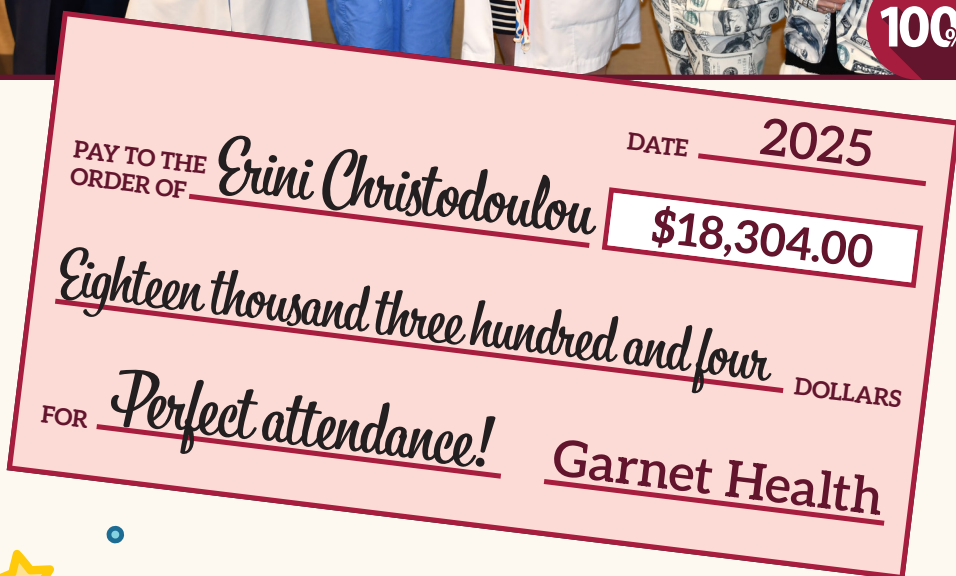
Garnet Health Congratulates Our 2025 Perfect Attendance Winner!

Congratulations to our Annual 2025 Perfect Attendance winner, **Erini Christodoulou, MD, PGY-3**.

Dr. Christodoulou was awarded **\$18,304** for perfect attendance in 2025. Her dedication and commitment make a meaningful impact on both our team and the patients we serve!

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!**

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 2026.



NOW ACCEPTING NEW PATIENTS



Garnet Health Doctors in Middletown 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:

707 East Main Street
Outpatient Building
Middletown, NY 10940

Book your appointment now by calling **(845) 333-7575** or by signing up for MyChart at garnethealth.org/mychart.

MEET THE PROVIDERS:



**Anila
Khaliq, MD**



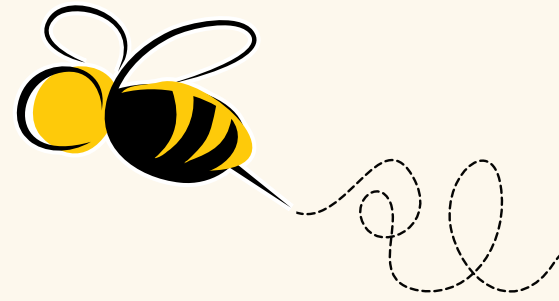
**Stephanie
Rosarion, MD**



**Dawnette
Urcuyo, MD**

Celebrates February Employees of the Month

BEE AWARDS



Brenton Smith, RN

Emergency Department, Garnet Health Medical Center – Catskills

Brenton is being recognized for his compassion while caring for a patient in our Emergency Department. The patient's mother shared that her child always has a difficult time during hospital visits, but Brenton's professionalism and care made a lasting difference. The mother noted that Brenton was the first caregiver who made her child truly feel safe.

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



Jennifer Malinchak, RN, BSN

Manager, Occupational Health & Wellness, Garnet Health Medical Center

Jennifer consistently goes above and beyond for both patients and staff. On one occasion, when a husband and wife came in to donate blood, Jennifer noticed the wife was not feeling well. Jennifer quickly accompanied the couple back to their car and brought them snacks to ensure they were OK. Whether interacting with colleagues, staff members, physicians or patients, Jennifer always ensures that everyone receives compassionate care.

Congratulations, Jennifer, and thank you for your dedication to our patients and team!

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.

Students Spread Love on Valentine's Day

Students from SUNY Sullivan created Valentine's Day cards to help lift the spirits of Garnet Health patients. Lizzie Green, President of the Student Government Association, and Jose Martinez, Vice President of the Student Government Association, delivered the cards to the hospital and are pictured with Garnet Health Medical Center – Catskills' Security Guard, Luis Torres.

Thank you to the SUNY Sullivan students for their kindness and for making a positive difference in our patients' lives.



Celebrating Excellence: Congrats to our DAISY Award Winners!



Dawn Colon, RN

Garnet Health Medical Center

Dawn is admired not only as a colleague but also as a person. During an urgent health concern in Labor and Delivery, she immediately offered assistance to the staff involved. Dawn continues to grow and shine in her role, and her positive attitude makes a meaningful difference for both her colleagues and patients. The team was extremely grateful for her support during a challenging event.



Nadine Howland, RN

Garnet Health Medical Center

Nadine consistently provides compassionate, judgment-free care. In one instance, a patient praised her for taking time to listen and clearly explain what was happening. Her calm, reassuring demeanor immediately put the patient's fears at ease.



Kimberly Jablonski, RN

Garnet Health Medical Center

Kim is a supervisor who demonstrates unwavering support for her nursing team and advocates on their behalf. She is known for supporting her staff while ensuring their voices are always heard, exemplifying what it means to be an exceptional supervisor and nurse. Kim truly embodies the values and spirit of the DAISY award.



Nicole Napolitano, RN

Garnet Health Medical Center

Nicole went above and beyond to ensure a patient received thorough care and felt seen, heard and valued. Her attentiveness and compassion made a meaningful impact, helping the patient feel acknowledged and supported during a vulnerable time. Nicole's dedication to quality care reflects the kind of nurse patients will remember for a lifetime.



Danielle Schott, RN

Garnet Health Medical Center

Danielle always provides excellent patient care. On one occasion, she made it a priority to ensure that a new mother was able to spend time with her new baby in the NICU prior to the baby being transferred to another unit. Despite carrying a high-acuity assignment, Danielle coordinated with her colleagues to ensure coverage, so she could personally escort the mother to see her baby. Danielle made a lasting and meaningful impact on this patient and family.



Tanya Sutherland, RN

Garnet Health Medical Center

Tanya is a steady and calming presence on 2 South. Her gentle disposition and compassionate approach create a positive environment for patients and staff. Through her professionalism, kindness and consistency, Tanya serves as a role model and an example of excellence for nurses across the unit.



To nominate a nurse at any of our Garnet Health locations, please visit 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. Patrick died at age 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 their patients and patient families.

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



March Wellness Wednesday

The Wellness Wednesday resource fair on March 11 featured representatives from the Employee Assistance Program (EAP), Interdisciplinary Community & Patient Experience Committee, and Cornell Cooperative Extension Orange Food/Nutrition, providing staff with helpful information and wellness resources.

Pictured left to right: Donna Bochman, Nutrition Program Educator of Cornell Cooperative Extension Orange County, and Ilana Dunner, Anthem Employee Assistance Program (EAP) Representative



Volunteer Week

At Garnet Health, our volunteers work alongside staff to live out our **TEAM motto: Together Everyone Achieves More.** During National Volunteer Week, April 19–25, we proudly recognize and celebrate our volunteers and their contributions to the Garnet Health system.

Volunteers provide comfort and compassion in our Emergency Departments, assist at the food pantry, support nursing units, and welcome patients and families through Guest Services. Many are also gaining experience while serving departments such as Bio-Med, Human Resources, IT and more.

In 2025, more than **220 volunteers**, including eight four-legged friends, contributed nearly **18,000 hours of service**, representing an estimated **\$700,000 in volunteer time.**

They also played a pivotal role in our Food Farmacy program, supporting food-insecure patients, and helped enhance care for our geriatric population through emergency-department support and Age-Friendly Initiatives that bring comfort and connection. This year also marks the return of volunteers supporting our youngest patients through the Baby Cuddlers program, which has been on hiatus since 2020.

Thank you to all our volunteers for the time and dedication you bring each day!



Out and About



2026 Leaders Retreat

Recently, leaders gathered to discuss and plan Garnet Health's business strategy for the future. Thank you to Jonathan Schiller, President & CEO; Ford Koles, Advisory Board; David Smith, Chief Planning Officer; and Moira Mencher, Administrator, Planning & Community Relations, for leading an informative discussion.

2026 Chamber's Choice Awards Masquerade Ball



Garnet Health representatives recently attended the Orange County Chamber of Commerce's Annual Gala. This year was a Masquerade theme.

Garnet Health is a member of the Chamber and was a sponsor of the event. It provided an opportunity to network with other local businesses and promote the services we offer.



Psychiatry Team Supports Crusaders Committed to Education Day

Garnet Health physicians and residents from the Psychiatry Department came together to support Crusaders Committed to Education Day at Monroe-Woodbury High School on Wednesday, March 4. They presented on "Mental Health Matters," emphasizing the importance of caring for your mental health and overall well-being. The team was proud to engage with students and help raise awareness about topics that support the health and future of our community's youth.

Pictured left to right: Chidimma Madu, MD (Psychiatry resident, PGY-1); Cassandra Garnere, PsyD (Clinical Psychologist); Cole Schmid, DO (Psychiatry resident, PGY-2); Brian Gindoff, MD (Psychiatry resident, PGY-2); Nia Childs, MD (Psychiatry resident, PGY-1); and Hadiqua Ali, MD (Psychiatry resident, PGY-2)



Leapfrog: Sustaining Our Momentum Toward an "A"

Over the past year, our organization has made significant progress in enhancing patient safety, as reflected in our current Leapfrog Hospital Safety Grade of "B." This achievement represents the collective efforts of our teams and our shared commitment to providing safe, reliable care.

While we should take pride in this progress, our work is not finished. Advancing to an "A" grade remains a strategic priority for our organization in 2026.

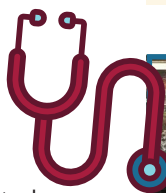
Leapfrog is more than a letter grade. It's a nationally recognized measure of how well we protect our patients from harm. It reflects performance in key areas, such as infection prevention, medication safety, communication and adherence to evidence-based practices. Most importantly, it reflects the reliability of our everyday work.

Sustained improvement requires sustained focus and consistency. Preventing harm, following established safety protocols, maintaining strong hand hygiene and speaking up about risks all directly influence our performance. These actions not only impact our Leapfrog grade but, more importantly, protect our patients and each other.

Our journey from a "B" to an "A" will require engagement at every level of the organization. Every team member plays a role in strengthening our culture of safety and ensuring that high-reliability practices are consistently followed.

Together, through accountability, teamwork and a shared commitment to excellence, we can continue building on our progress and achieve our goal of becoming a Leapfrog "A" hospital, demonstrating to our patients and community our unwavering commitment to safe, high-quality care.

Celebrating National Thank a Resident Day



On February 27, the GME Department proudly celebrated 111 residents in recognition of Thank a Resident Day, honoring the dedication, compassion and commitment they bring to patient care, education and our community each day. Residents play a vital role in our hospital, balancing rigorous training while providing high-quality care to the patients we serve.

As part of the celebration, a gratitude wall shared the message "Residents Lift Us Up." Notes of appreciation were collected from colleagues across the organization and displayed on the wall, which our Residency Program Coordinators thoughtfully organized to highlight the meaningful impact residents have throughout the hospital, as well as the important contributions they make every day.

Thank you to everyone who helped make this initiative a success!

Leading the Way



**John T. Gallagher
MSN, FNP-BC**

has joined Garnet Health Doctors as an Inpatient Nurse Practitioner in the Critical Care Department. He has previously served as a Registered Nurse in the Emergency Department at Garnet Health from 2022 through 2024. Gallagher will

provide inpatient-only critical-care services to the Intensive Care Unit at Garnet Health Medical Center in Middletown.

He can be reached at jgallagher@garnethealth.org.



**Aaqib Malik
MD, MPH, FACC, FSCAI**

joined Garnet Health Doctors as the new Interventional Cardiologist. Dr. Malik is fellowship-trained in Interventional Cardiology and brings extensive experience in advanced cardiovascular care, general

cardiology and inpatient medicine. He most recently practiced as a Hospitalist at Garnet Health Medical Center. Dr. Malik will provide interventional cardiology services three days per week at Garnet Health Medical Center, and general cardiology care two days per week at Garnet Health Doctors in Harris.

Dr. Malik can be reached at amalik4@garnethealth.org.



January 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 January 2026 Perfect Attendance winner, Scott Gavin, Security Officer, Garnet Health Medical Center – Catskills, Callicoon.**

Scott was awarded **\$1,555** for achieving perfect attendance in January'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 2026. Additionally, three runner-up winners, one from each entity, will receive a reserved parking space for three months.

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



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



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



Spotlight on the Laboratory



During Lab Week, April 19-25, we recognize our laboratory professionals for their expertise and dedication in supporting accurate, high-quality patient care. In celebration, Garnet Health Medical Center's lab is hosting a new toy drive. Please join them in honoring their work by donating a new toy.

Donations will be accepted now through April 25. Please donate new, unwrapped toys in original packaging only. Donations can be placed in the collection baskets located in the Laboratory Administrative Office. All donations will benefit the Garnet Health Foundation in support of our pediatric patients.



Garnet Health
MEDICAL CENTER
Catskills

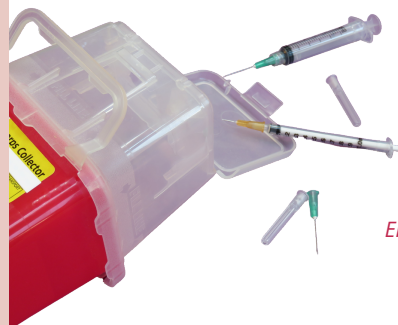
SHARPS Disposal

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.



Family Donates Coloring Supplies

Garnet Health Medical Center – Catskills recently received a thoughtful donation from the Pantaleone family, filled with coloring books and crayons for our patients. We are grateful for their kindness and generosity.

If you'd like to donate to Garnet Health Foundation – Catskills, please call (845) 333-8962 or visit garnethealth.org/foundation-catskills.

SAVE THE DATE

2nd Annual Staff Wellness Event | April 8

Wellness Fair

Conference rooms 1, 2, 3, 7 and the Conference Center Lobby
• 10:00 a.m. – 2:00 p.m.

Stop by the Conference Center Lobby to enjoy:

- Blood pressure screenings
- Reiki
- Cornell Cooperative Extension
- YMCA
- Fearless!
- Raffles
- Narcan Training
- Tea action station
- And so much more!

Thoughtful Thursday | April 9

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.

Nursing Professional Excellence Bake Sale | April 13

Garnet Health Medical Center, Conference Center Lobby

- 11:00 a.m. – 3:00 p.m.

Garnet Health Step Challenge April 13

Garnet Health is partnering with HealthyWage to bring you the Spring 2026 Step Challenge: a fun, 60-day challenge where you WIN CA\$H PRIZES for hitting your step goal!

Sign up today at:

healthywage.com/steps/garnethealth/.

SUNY Orange Ensemble April 28

Garnet Health Medical Center, POB Lobby
• 12:00 p.m. – 1:00 p.m.

Recognizing Our April Care Champions

APRIL

is **National Occupational Therapy Month**

April 5

kicks off **Healthcare Access Professionals Week and Occupational Health Nurses Week**

April 6

kicks off **National Cancer Registrars Week**

April 12

celebrates **Radiological and Imaging Nurses Day and Wound, Ostomy, and Continence (WOC) Nurse Week**

April 19

kicks off **National Medical Laboratory Week and Volunteer Appreciation Week**

April 20

begins **Health Information Professionals Week**

April 22

is **Administrative Professionals Day**

April 27

begins **Patient Experience Week**



Award-Winning Emergency Care!

Congratulations to Garnet Health Medical Center – Catskills, Grover M. Hermann Hospital Emergency Department, on receiving the Professional Research Consultants (PRC) Excellence in Healthcare and Five-Star Award for ranking in the top 10% nationally for Overall Quality of Care.

We're proud of our team for this outstanding achievement!



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



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

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



Liberty Elks Lodge 1545 Brightens Patients' Day

The Liberty Elks Lodge 1545 donated gifts of roses to Garnet Health Medical Center – Catskills during its Annual Valentine's Day Rose Bouquet campaign. The flowers were shared with patients and staff throughout the hospital to help brighten their day.

We graciously thank the Liberty Elks Lodge 1545 for its generosity!

April 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.

April 1-9

Passover celebrates the Israelites' liberation from Egyptian slavery.

April 2

World Autism Awareness Day promotes awareness, acceptance and support for those with autism.

Memorial of Jesus' Death is an annual observance held after sunset, where Jehovah's Witnesses commemorate the death of Jesus Christ.

April 5

Easter commemorates the resurrection of Jesus Christ.

April 14

Vaisakhi (or Baisakhi) marks the founding of the Khalsa for Sikhs, and the spring harvest in many parts of South Asia.

April 22

Earth Day celebrates our planet and raises awareness about pollution, climate change and conservation.

Garnet Health Medical Center April Auxiliary Vendor Sales

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

April Vendor Dates

4/1	Cookie Creations
4/2	Ott'rageous Cookie Co
4/3	A Stylish Bling
4/6	Roses Til Dawn
4/7	Northern Medical
4/9	Personally Yours
4/10	Northern Medical
4/14	Teddies Jewelry
4/15	Arlene's Hair Accessories
4/17	Med Shoes
4/20	Your Nutz
4/23	John's Jewelry Box
4/24	Farmhouse Sourdough Breads
4/27	Eleanor Jewelers
4/28	Delancey Street
4/29	Personally Yours
4/30	Devilish Dog Lovers

Gems Newsletter

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

garnethealth.org