SEPTEMBER 2026

Garnet Health

Gems

Exceptional Lives Here.

Garnet Health Foundation's 35th Annual Golf Classic

Tees Up Another Successful Year

ON THE COVER: Volunteers at Garnet Health Foundation's 35th Annual Golf Classic at Resorts World Catskills.
Left to right: Jackie Perez, Patricia Bracken, Pam Yosh, Evelyn Gennodie, and Megan Evans.

Mary Kay Donations to the Breast Center

Garnet Health would like to thank **Audrey Sagala**, executive senior sales director, Mary Kay, for her donation to the Ray W. Moody, M.D. Breast Center at Garnet Health Medical Center!

For four consecutive years, with the help of her friends and customers, Audrey has graciously donated curated gift bags to our newly diagnosed breast cancer patients and patients undergoing radiation therapy. This year, Audrey donated 40 gift bags, each containing an After Sun Gel, which helps skin burns associated with radiation therapy, a fragrance-free Shea Butter Hand and Body Cream and a Shea Butter Lip Balm to soothe stressed and dry lips.

We are extremely grateful for Audrey's commitment to serving our community!

Garnet Health

FREE

MAMMOGRAM SCREENINGS

Garnet Health and the Cancer Services of the Hudson Valley are offering free mammogram screenings to those who qualify.

*Please see bottom of flyer for eligibility requirements.

DATES & LOCATIONS:

October 24, 2026
Garnet Health Medical Center
Outpatient Services Building - Ray W. Moody, M.D. Breast Center
707 East Main Street, Middletown, NY 10940

October 28, 2026
Garnet Health Medical Center - Catskills, Harris Campus
Outpatient Entrance
68 Harris Bushville Road, Harris, NY

SCREENING INCLUDES:

- Mammogram
- Clinical Breast Exam
- Breast Health Education

PLEASE NOTE: Once you book your appointment, your contact information will be shared with Cancer Services of the Hudson Valley. Please expect a call from them to validate your eligibility for this event.

ELIGIBILITY REQUIREMENTS:

- **Women age 40 and older**
- **Must not** have had a mammogram within the past year
- **Uninsured or underinsured** *(includes individuals whose insurance does not cover screening services, such as Emergency Medicaid)*
- **Must be a New York State resident and live in one of the following counties:** Rockland, Orange, Ulster, Sullivan, Dutchess, Putnam or Westchester
- **Must not** be undergoing cancer treatment or receiving coverage through the **Medicaid Cancer Treatment Program (MCTP)**
- **Individuals 65 years or older** are generally eligible for Medicaid and therefore not eligible for CSP (Please contact the **NYSOH Call Center:** 855-355-5777)
- **Men and Women under 40:** May be eligible for services if high risk or symptomatic (Must obtain approval from CSP. **For eligibility, please call:** 855-277-4482)

Questions? Please contact **Delilah Socci** at dsocci@garnethealth.org

SCAN NOW!

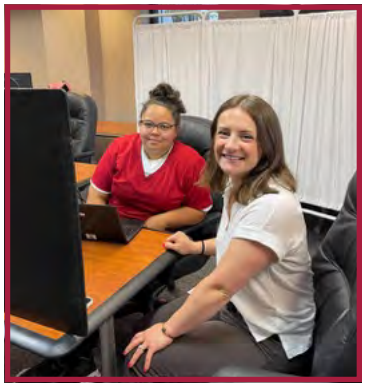
Or visit **garnethealth.org/events** and search for **"mammograms"**

Thank You for Making Our Blood Drive a Success!

A huge thank-you to everyone who donated, volunteered, promoted or supported Garnet Health Medical Center – Catskills' recent blood drive! We collected from 42 donors, including 17 employees, a wonderful reflection of our commitment to giving back to our community.

This blood drive was held in memory of Al "Funzi" Frangipane, a proud U.S. Army veteran, former New York Supreme Court administrator, dedicated blood donor and lifelong volunteer of the American Red Cross.

Special thanks to volunteer **Jeanne Zager** and to Al's family for all your help in making this blood drive a success!



'Making Strides' Kickoff Breakfast

Garnet Health Medical Center proudly supports the American Cancer Society's Making Strides Against Breast Cancer Walk as an event sponsor, now for 31 years! **Amy Russell-Parliman**, senior administrative director, Diagnostic Imaging at Garnet Health Medical Center, recently spoke at the Kickoff Breakfast, representing our commitment to this important cause.

BEE AWARDS

Celebrates August Employees of the Month

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.

Taneka Snowden

Patient Care Assistant, Critical Care Unit, Garnet Health Medical Center – Catskills

Taneka is being recognized for her exceptionally calm demeanor and professionalism during a challenging situation. She promptly escalated the situation to the Emergency Department charge nurse, allowing protocols to be initiated quickly. Her quick thinking helped support the safety of patients and staff.

Thank you, Taneka, for exemplifying compassion and a strong commitment to excellence in patient care!

Maria Torres Rojas

Phlebotomy Specimen Processing Technician, Garnet Health Medical Center

Maria consistently demonstrates compassion and commitment to exceptional patient care, earning numerous compliments from patients and praise from her co-workers. Maria has quickly learned three new positions and always shows flexibility, reliability and willingness to help wherever she is needed. Her dedication to patients and positive impact on the team make her truly deserving of this recognition.

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

Good Catch and Great Save Awards

We're proud to recognize **Kimberly Budich**, RN, float nurse at Garnet Health Medical Center, who was recently honored with a Great Save Award for identifying a potential patient safety concern, advocating for further evaluation and working with the care team to ensure appropriate steps were taken before discharge. Thanks to her clinical judgment, the patient received the timely care and support they needed.

Thank you, Kimberly, for your quick thinking and commitment to providing high-quality care!

Shout-out to **Eileen Ernst**, volunteer at Garnet Health Medical Center – Catskills, who was recently honored with a Good Catch Award for identifying a potential safety concern and promptly notifying her supervisor. Her quick thinking and proactive response helped ensure it was addressed appropriately and safely.

Thank you, Eileen, for your commitment to safety and for taking quick action!

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**.

35th Annual Golf Classic

Garnet Health Foundation Raises $230,000!

A huge thank you from the Garnet Health Foundation to everyone who made this year's golf tournament an incredible success! On September 14, 231 golfers hit the greens at the Monster Golf Course at Resorts World Catskills. Through sponsorships, player fees, and raffles, the event raised an impressive $230,000!

The day ran seamlessly thanks to our dedicated volunteers, who expertly managed event logistics, coordinated raffles, and distributed golfer gifts. The event concluded with a celebratory reception and awards ceremony.

We extend a special thank you to our event sponsor, Resorts World Catskills, and our lead sponsors: Garnet Health Medical Staff, SCP Health, AJ Gallagher, and Arent Fox.

Limited Raffle Winners

First Place | $5,000
Mike Peters

Second Place | $2,500
David Pinto

Third Place | $1,000
Lisa Sassi

Basket Raffle Winners

1. Best of the Hudson Valley
   — **Nadine Loesel**
2. Date Night
   — **Jo Alequin**
3. Family Fun
   — **Jennifer Pollaro**
4. Girls Night
   — **Samantha Tsang**
5. Golf Foursomes
   — **Jason Pekrol**
6. Apple MacBook Air 13"
   — **Joe Valentine**
7. The Monster Golf Foursome
   — **Chris Costello**
8. Apple iPad and AirPods
   — **Ray Brachfeld**
9. Dallas Cowboys signed football
   — **Charlotte Durma**
10. Giants signed football
    — **Mary Murphy**

Event Volunteers

Jay Anthony – *Garnet Health Board Trustee*

William Bassett – *Foundation Board Emeritus*

Stacey Blustein – *Garnet Health Foundation Board Trustee*

Patricia Bracken

Jacqueline Budakowski

Ann DiAgostino

Megan Evans

Evelyn Gennodie

Jessica Gerlach

Pamela A. Hall

Cari McGinnis

Rachel K. Roeber

Joyce Timko – *Garnet Health Foundation Board Trustee*

Tournament Winners

a.m. Flight:

Ladies' Long Drive:
Nancy Holbrook

Men's Long Drive:
Jacob Kriney

Men's Team (57):
CSI Leasing

Mixed Team One (67):
First Federal Savings of Middletown

Mixed Team Two (64):
Dr. Pam Murphy

Most Honest (80):
Sapphire Nursing

Closest to the Pin Men:
7'9" John Park

Closest to the Pin Women:
17' Nadine Loesel

p.m. Flight:

Ladies' Long Drive:
Maggie Fulmen

Men's Long Drive:
Joey Caster

Men's Team (56):
Media Solstice Marketing and Public Relations

Ladies' Team (77):
Garnet Health Auxiliary

Mixed Team (63):
Guidehouse

Most Honest (87):
R1 RCM

Closest to the Pin Men:
4'10" Mark Fellenzer

Closest to the Pin Women:
16'6" Mia Van Auken

Nephrology Week

This Nephrology Week, **September 13-19**, the Nephrology team at Garnet Health Medical Center celebrated their dedicated nurses and the important work they do to provide compassionate, specialized care to patients requiring dialysis.

Thank you for your commitment to our patients and community!

Welcome!

Amanda Teichman, MD, FACS, recently joined Garnet Health Doctors as the new Trauma Medical Director for Garnet Health Medical Center's Level II Trauma Center.

Dr. Teichman brings extensive experience in trauma, emergency general surgery, and surgical critical care, most recently serving at Robert Wood Johnson University Hospital, where she held leadership roles including Director of Trauma Performance Improvement and Director of Quality for the Division of Acute Care Surgery.

Dr. Teichman can be reached at **ateichman@garnethealth.org**.

Sullivan County Chamber Breakfast

On September 11, Garnet Health Medical Center – Catskills hosted the Sullivan County Chamber Breakfast. The event was a great opportunity to welcome members of the local business community to our hospital.

A special thank you to our Nutrition and Food Services, Environment Services, Security, and Facilities teams for their collaborative efforts in making the event a success. Thank you also to Deija Davis-Montes and Megan Evans for their coordination and dedication to ensuring everything came together and ran smoothly!

Left to right: Megan Evans, Garnet Health Foundation – Catskills Manager of Philanthropy, and Deija Davis-Montes, Marketing and Corporate Communications Specialist.

Spreading Fall Cheer at the Harris Campus

Garnet Health Foundation – Catskills received a beautiful donation of mums from our friends at Sullivan180, who chose to spread some fall cheer at the Harris Campus.

With the help of Megan Evans, Jodi Goodman, and staff across the Emergency Department, Mother Baby Unit, and Infusion Center, the mums were shared with patients to bring a little color, comfort, and joy to their day.

If you would like to support Garnet Health Foundation – Catskills, please call 845-333-8963 or visit **garnethealth.org/giving/garnet-health-foundation-catskills**.

Peace, Love, and Running for a Cause

Garnet Health Medical Center – Catskills team members showed their support at the Allyson Whitney Foundation's Peace. Love. Run. Reunion 5K on September 19! The event supports young adults facing cancer through direct financial assistance and Life Interrupted Grants.

Garnet Health Medical Center – Catskills was proud to sponsor this meaningful event. A big thank you to all the Garnet Health employees who came out to participate and show their support!

Cancer Survivors Day

Garnet Health Medical Center hosted its annual Cancer Survivors Day on September 20 at the Erie Way Park Pavilion, an event that honors cancer survivors, supports those currently facing cancer, and provides education and resources for all who attend. Survivors enjoyed food, music and inspiring words from our very own guest speaker, Amy Russell-Parliman. Thank you to our oncology department for coordinating this event and making it a success.

For more information on volunteering for next year's event, contact Jessica Gerlach at **jgerlach@garnethealth.org**.

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:

- **STARTS: WEDNESDAY, SEPT. 30**
- **ENDS: WEDNESDAY, NOV. 11**

Note: All classes are held on **Wednesdays** from **5:00 pm - 6:00 pm**. Class will **not** be held on **October 14, 2026**.

Where?

Conference Room 2
Garnet Health Medical Center
Ground Floor

All levels of fitness are welcome.
No previous experience with yoga is necessary.

Class size is limited to 10 participants.

Payment Options:

Pay upfront for the 6-week sessions:
$90 payable to Susan Swiat prior to start of first class.

Walk-ins or pay as you go:
$15 payable to Susan per each single class you attend.

**proration price per class also available*

Cash or check is accepted.

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

Live Well, Be Well

Questions? Email **Jennifer Malinchak** at **jmalinchak@garnethealth.org**

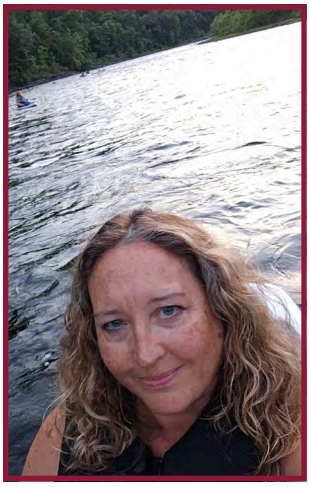
Get Out and Move Challenge

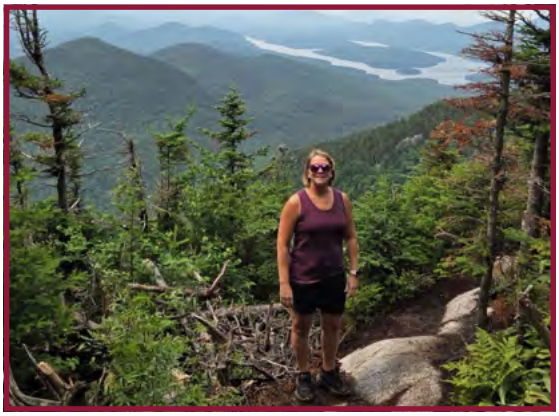
This summer, Garnet Health Medical Center employees showed us how they Get Outside and Move! From walks in the park and beach days to kayaking and other outdoor adventures, our staff found plenty of ways to stay active and enjoy the season.

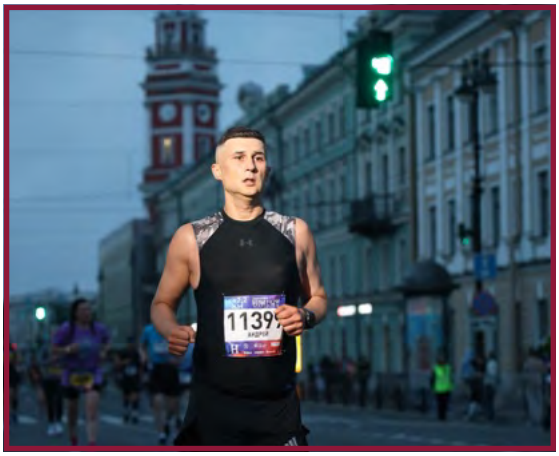
Thank you to everyone who submitted photos and participated! We loved seeing our employees getting active and spending time outdoors.

Congratulations to **Allison Charles**, RN, from 4 South at Garnet Health Medical Center, the winner of the Wellness Self-Care Basket raffle!

Winner of the Raffle Basket!







Food Farmacy

Garnet Health

We Need Your Help!

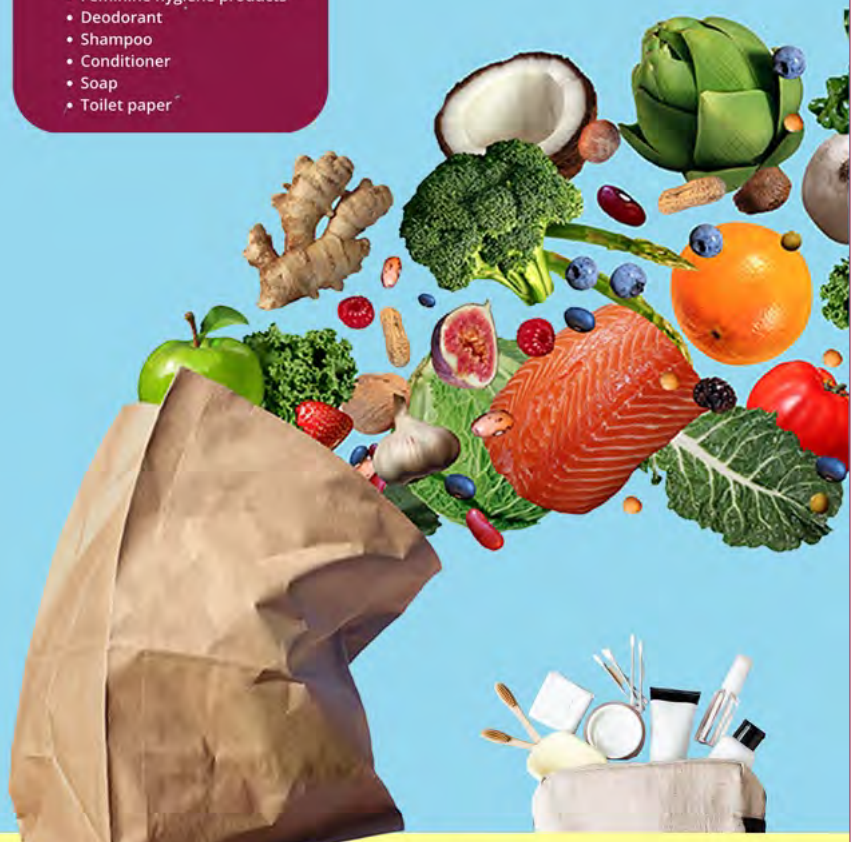
Across the system, our Food Farmacy has provided food to inpatients and outpatients who have been screened as food insecure.

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

Making Strides Against Breast Cancer

Garnet Health is proud to be a sponsor of the 2026 Making Strides Against Breast Cancer walk on October 18 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.

Register today by visiting **makingstrideswalk.org/garnethealth**.

Questions?
Contact Jessica Gerlach at **JGerlach@garnethealth.org**.

DID YOU KNOW? Garnet Health Doctors Provides Newborn and Pediatric Care

Garnet Health Doctors Family Medicine providers care for newborns. Our Family Medicine team provides care from a baby's first days through childhood and into adulthood.

Newborns should be seen within 72 hours of leaving the hospital. We reserve appointments for newborns and make every effort to schedule your baby's first visit within three days of discharge.

WE PROVIDE

- Newborn care and your baby's first well visit
- Well-child exams and preventive care
- Immunizations
- Growth and developmental monitoring
- Sick visits for common childhood illnesses and minor injuries
- Daycare, school, sports and camp physicals
- Care for children, adolescents and young adults through age 21 and beyond

If specialized pediatric care is needed, we'll coordinate referrals while continuing to provide your child's primary care.

To book an appointment, call 845-333-7575 or visit **garnethealth.org/familymedicineproviders**.

QUALITY CORNER

Every Handoff Matters: Communication as a Patient Safety Tool

Every transition in a patient's care is an opportunity to strengthen safety. Whether during shift change, transfer between departments or transition to another care setting, an effective handoff ensures the right information reaches the right person at the right time.

Our 2026 Culture of Safety Survey highlighted strengths in teamwork, communication openness and reporting patient safety events. It also reinforced the importance of continually strengthening handoffs and information exchange across our organization.

A safe handoff is more than giving a report; it is a patient safety intervention. Clear communication about a patient's condition, medications, risks and plan of care helps prevent errors and delays. Engaging patients and families and encouraging questions further strengthen this process.

As we advance toward high reliability and zero preventable harm, every team member has a role: communicate clearly, confirm understanding and speak up when something is unclear.

Every patient. Every transition. Every handoff matters.

Garnet Health
MEDICAL CENTER
Catskills

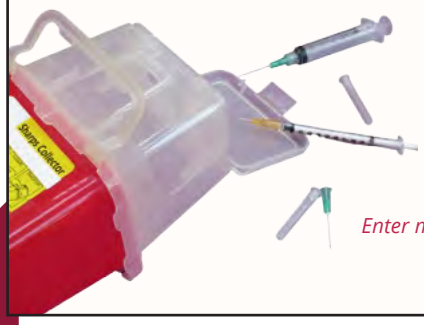
SHARPS Disposal

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.

SAVE THE DATE

Wellness Wednesday | October 14

Wellness Fair National Breast Cancer Awareness Month

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:

- Atabey Botanicals
- Cornell Cooperative Extension Orange County – to discuss Parent Infant Feeding Curriculum (PIFC).
- Employee Assistance Program (EAP)
- Miles of Hope
- Ray W. Moody, M.D. Breast Center at Garnet Health Medical Center

New York Life Representative October 22

Garnet Health Medical Center Conference Center Lobby

11:00 a.m. – 3:00 p.m.

Bake Sale | October 23

Garnet Health Medical Center – Catskills,
Harris Campus, Cafeteria

8:00 a.m. – 1:00 p.m.

All funds raised will support the Nurses' Excellence Fund at Garnet Health Medical Center – Catskills.

Interested in participating? Please contact **Megan Evans** at **mevans@garnethealth.org** or 845-333-8958.

John's Jewelry Box

John's Jewelry Box will be at Garnet Health Medical Center – Catskills, Harris Campus, Thursday, October 22! Stop by, browse the collection and find something you love.

And the best part? A portion of sales will benefit Garnet Health Foundation – Catskills Patient Experience Fund, helping us create a little extra comfort and kindness for our patients and families. Come shop, treat yourself and support a great cause!

July 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 **Perfect Attendance Incentive Program**!

Congratulations to our July 2026 Perfect Attendance winner, **Lourdes Cuenca**, Phlebotomy Specimen Processing Technician, Laboratory Department, Garnet Health Medical Center. Lourdes was awarded $1,613 for achieving perfect attendance in July's monthly incentive program!

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

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.

October 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.

October is **Global Diversity Awareness Month**, which aims to promote knowledge and respect for various cultures.

October is **National Disability Employment Awareness Month**, which advocates for people with disabilities and their inclusion in the workforce.

October 2-4 | Shemini Atzeret and Simchat Torah are joyous Jewish holidays that immediately follow the festival of Sukkot.

October 10 | World Inclusion Day encourages inclusive practices and environments for all.

World Mental Health Day raises global awareness, reduces social stigma, and mobilizes support for mental health care.

October 12 | Indigenous Peoples' Day (United States), also known as Columbus Day, honors the Indigenous people of North America.

October 18 | Kati Bihu is a cultural holiday for India, signifying prosperity and hope for a brighter future.

October 28 | National Immigrants Day celebrates the long history of welcoming immigrants from around the world.

October 31 | All Hallows' Eve, internationally known as Halloween, recognizes Allhallowtide, the time in the liturgical year dedicated to remembering the dead, including saints, martyrs, and all the departed.

Garnet Health Medical Center October Auxiliary Vendor Sales

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

October Vendor Dates

10/1	Teddies Jewelry
10/2	Northern Medical and Atabey Botanicals
10/5	Ott'rageous Cookie Co.
10/6	Your Nutz
10/7	John's Jewelry Box
10/8	Scrubs Nyack
10/9	Scrubs Nyack
10/12	Northern Medical
10/13	Arlene's Hair Accessories
10/14	Northern Medical
10/15	Eleanor's Jewelry
10/16	Med Shoes
10/19	Silver Dollar Boutique
10/20	Sew EZ Creations
10/21	Cookie Creations
10/23	J's Divine Jewelzz
10/26	Wieber's Warehouse
10/27	Your Nutz
10/28	Bitachon
10/29	Personally Yours
10/30	Farmhouse Sourdough Breads

Recognizing Our October Care Champions

October is Fire Prevention Month and Physical Therapy Month

October 4 begins National Midwifery Week, Healthcare Food Service Workers Week and National Healthcare Supply Chain Week (SC Week)

October 5 starts Pediatric Nurses Week

October 6 kicks off National Physician Assistant Week

October 10 celebrates Perinatal Nurses Week

October 11 marks Sterile Processing Week, Emergency Nurses Week and National Case Management Week

October 16 is Boss's Day

October 18 begins Healthcare Quality Week, National Pharmacy Week, Infection Prevention Week, Pastoral Care Week and National Patient Account Management Week

October 21 is Medical Assistants Recognition Day

October 25 celebrates National Respiratory Care Week and National Healthcare Facilities Week

October 26 starts National Orthopedic Nurses Week

Gems Newsletter

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

garnethealth.org