

 Garnet Health.

# Gems

Exceptional  
Lives Here.



**Garnet Health Residency  
Graduates, Class of 2025.**

**On the cover: This year's graduates from the Garnet Health Medical Center residency program.**

## EMS Appreciation

Garnet Health celebrated our EMS partners during National EMS Week, May 18–24. While we thank and appreciate EMS and all they do for our community daily, EMS Week is an opportunity for us to show a little extra love!



### Garnet Health Medical Center – Catskills

Garnet Health Medical Center – Catskills and Sullivan County's Bureau of EMS hosted local emergency medical agencies at the Harris Campus on May 20 for the annual EMS Appreciation Luncheon. In addition, Garnet Health – Catskill's attendees celebrated peer-nominated awardees. Congratulations to Diana Duffy, RN, for receiving the EMS Education of Excellence Award; Julie Swendsen, RN, for the Registered Nurse of Excellence Award; and Nicki Maxwell, DO, for the Physician of Excellence Award.

*From left to right: Mike Sherwood, Chris Tambini, and Tony LaRuffa (all representing Highland Ambulance Service), Diana Duffy, RN, Alex Rau, Susan Sherwood, Dr. Nicki Maxwell, and Jayden Stephens. Julie Swendsen, RN, not pictured.*

### Garnet Health Medical Center

During National EMS Week, Garnet Health Medical Center showed its appreciation with a BBQ, which was made possible entirely through donated goods. CMO Dr. Pamala Murphy, Dr. Rose Anna Roantree, and EMS Liaison John Nowinski served up grilled favorites and ice cream.



## Emergency Management Team

Garnet Health's Emergency Management team participated in a Mass Casualty Incident (MCI) drill conducted by Orange County. The Multi-Agency Coordinating Entity (MACE) team consisted of several agencies working together to manage a hypothetical plane crash event. Pictured is the MACE team with Miguel Rodrigues (third from left) representing Garnet Health.

## Behavioral Health Department— Tabling in Recognition of Mental Health Awareness Month

In recognition of Mental Health Awareness Month in May, our Behavioral Health Department teamed up with representatives from the Mental Health Association for a special tabling event at our Middletown location. Together, they shared valuable resources, answered questions, and helped raise awareness about the importance of mental wellness in our community. Thank you to everyone who stopped by and showed their support!



*Left to right: Catherine Schmidt, Community Engagement Coordinator at Garnet Health's Mental Health Association; Tomanda Nelson, Garnet Health's Senior Counselor; Nicole Boniello, Community Engagement Coordinator at Mental Health Association; and Ashley Dally, Behavioral Health Outpatient Clinical Director.*

# Welcome

**Aimee Monastero**, CMA, has joined Garnet Health Medical Center as a Breast Cancer Patient Navigator. In this role, she will provide support and guidance to our breast cancer patients from screening and diagnosis to treatment and follow-up.

Aimee began her career in 2015 as an Authorization Specialist. Throughout her profession, she gained experience in radiology and breast oncology. Most recently, Aimee held the position of Patient Navigator at Westchester Medical Center, where she worked under the medical director of the breast center and navigated all newly diagnosed breast center and breast disease patients.

Aimee holds an Associate of Applied Science degree in Cardiovascular Sonography, is a certified Medical Assistant, and received her certification in Patient Navigation from George Washington Cancer Center at George Washington University in Washington, DC. She is currently working on additional certifications through the American Cancer Society LION™ Training.

Aimee can be reached at [amonastero@garnethealth.org](mailto:amonastero@garnethealth.org).



## Mary Kay Donation to Breast Cancer Center

Mary Kay, with the support of individuals who donated funds from our local community, provided 50 care packages to the Breast Cancer Center at Garnet Health Medical Center. These gifts, valued at \$2,500, included skin-soothing and healing products designed to ease irritation often caused by treatment. This heartfelt donation is meant to comfort and support those currently undergoing care.



*Pictured left to right: Aimee Monastero, Breast Cancer Patient Navigator, and Audrey Doller, Executive Senior Sales Director at Mary Kay.*

## Suits in Scrubs

Garnet Health President and CEO Jonathan Schiller spent time with the lab team at our Harris Campus to gain a firsthand understanding of their work.

During his visit, he observed how lab professionals process specimens, run diagnostics, and generate the critical data that supports and drives patient care. This visit highlighted the team's expertise and emphasized their vital role in supporting clinical decisions.



### About Suits in Scrubs

The Suits in Scrubs program is a unique initiative that allows our President and CEO to step into the shoes of frontline healthcare workers by spending a day in various clinical departments. The goal of the program is to foster greater understanding, connection, and appreciation between leadership and staff by offering insight into the day-to-day operations, challenges, and impact of clinical roles.

# BEE AWARDS



**Heidi Hesse**  
**Rehab Services Patient Representative**  
**Garnet Health Medical Center – Catskills, Callicoon Campus**

Heidi received a call from a longtime physical and occupational therapy patient and immediately recognized them over the phone. During their call, Heidi noticed that the patient sounded disoriented and unlike their usual self. Trusting her instincts and ensuring their safety, she immediately contacted EMS, who went to the patient's home to provide the appropriate care.

Heidi consistently goes above and beyond, demonstrating exceptional care and commitment. She pays close attention to the little things, always keeping her patients' well-being at the center of what she does.

**Thank you, Heidi, for being such a strong support to staff and for the care and compassion you provide in every patient experience.**



**Denise Rheel**  
**Nurse Unit Clerk**  
**Garnet Health Medical Center**

Denise graciously took the time to sit with a patient nearing the end of life. The patient came from a nursing home with no family or support system until Denise stepped in. She stayed by their side, offering quiet comfort and gentle care.

She didn't hesitate to show up with kindness and compassion, ensuring that the patient didn't feel alone in their final days. It says so much about her caring heart, and she truly deserves to be recognized for it.

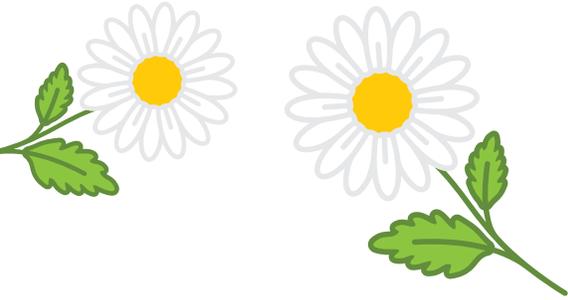
**Thank you, Denise, for your selflessness. This thoughtful act exemplifies the level of care we strive to offer the community we serve.**



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.

# DAISY Awards

Our Winner  
Delivers Much  
More than Babies.



*Left to right: Antonia Duncan, Suzanne Lange-Ahmed, Andrea Whitehead, Jahkeia Rogers, Brenda Nieves, and Katrina Heinle.*

## Andrea Whitehead, RN, Garnet Health Medical Center – Catskills

Congratulations to Andrea Whitehead, RN, for being selected as the semiannual DAISY Award recipient for 2025 at Garnet Health Medical Center – Catskills! Andrea stands out as an exceptional person who demonstrates genuine dedication to both her work and her patients.

Andrea plays a vital role during one of the most vulnerable, empowering, and deeply personal moments a woman can experience—childbirth. With unwavering commitment, she stands beside her patients, providing empathy, compassion, and strength when it's needed the most. Her calm demeanor and genuine care bring peace and confidence to our patients delivering new life.

Andrea is known not only for her clinical skills, but also for the care and patience she brings to every interaction. Whether it's supporting a mother through labor or taking the time to educate new parents on breastfeeding, she consistently goes above and beyond. With a soothing manner and comforting reassurance, she is deeply committed to helping new moms.

Her nomination stated, "Andrea moves heaven and earth to provide the best care for new families starting on our Labor and Delivery unit! Andrea is also very supportive of her colleagues. She is always ready to help out."

Congratulations, Andrea! Thank you for making such a wonderful impact on our patients and staff!

To nominate a nurse at any of our Garnet Health locations, please visit:  
[www.garnethealth.org/about-us/nursing-excellence/nominate-nurse](http://www.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 the age of 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.

## Quality Corner

# 2025 DNV Survey Success: High-functioning Facility with a Great Culture



We are pleased to announce our GH hospitals had very successful DNV surveys! We were able to close all nonconformities (findings) from the previous year's surveys. Even challenging areas of medication titration, time-critical medications, and informed consent were found to be fully compliant! Surveyors conducted tracers on patient care units, ancillary department areas, and off-site outpatient sites. Surveyors noted an engaged staff and leaders committed to compliance with the DNV and ISO standards, with a focus on good patient outcomes. Throughout the survey, they repeatedly noted how impressed they were with the many performance improvement initiatives, including Care Clarity and Grand Central. The Life Safety Surveyor conducted a building tour of all three hospitals, appreciating how well the buildings are maintained, also noting a "sparkling" cleanliness throughout.

Surveyors were highly complimentary of our organization, noting we are a high-functioning facility with a great culture. All three surveyors shared compliments like this, but one of their comments was particularly impressive: "I really mean that you all are good, and I don't say this with most hospitals." The annual survey cycle ensures that actions initiated in response to survey activities are making a difference in the care provided to patients. CEO Jonathan Schiller noted, "The survey outcome reflects the great work, excellent care, and commitment to our values here each and every day."

## 2025 Culture of Safety Survey

In March and April of this year, more than 1,600 GH clinicians and staff members participated in taking the Culture of Safety Survey. The survey provides clinical units and the organization with critical information about attitudes and perspectives on safety culture. These results help teams understand ways in which they can improve patient safety processes locally and throughout the organization. The top domains scoring favorably against the Greater New York Hospital Association (GNYHA) benchmark include:

- Supervisor, Manager, Clinical Leader Support for Patient Safety
- Communication Openness
- Number of Events Reported
- Teamwork

The survey helps the organization become aware of strengths so we can continue to build on them and learn about our opportunities and improve them. Our goal is a culture in which people regard safety as the highest priority before any other consideration. Our next steps include sharing survey results with clinicians and staff and action planning to improve!

For more information, contact Mary Ellen Crittenden at [mcrittenden@garnethealth.org](mailto:mcrittenden@garnethealth.org).

## July Recognition Days 2025

Garnet Health is committed to being an inclusive organization that supports growth and innovation by providing an environment where employees, patients and visitors feel they belong. We also recognize that having diverse backgrounds among our staff and providers contributes to better patient care. Please join us in acknowledging the following national and/or worldwide recognitions.

### July is Disability Pride Month.

July celebrates the achievements and contributions of people with disabilities. This month also includes significant cultural and national observances that promote equality and inclusion.

---

### July 4

#### Independence Day

This day marks the adoption of the Declaration of Independence in 1776, when the U.S. declared freedom from British rule.

---

### July 25

#### Guanacaste, Costa Rica (Independence Day)

Guanacaste is a day of commemoration in Costa Rica. On July 25, 1824, Costa Rica claimed its independence and ended a civil war against Nicaragua.

---

### July 26

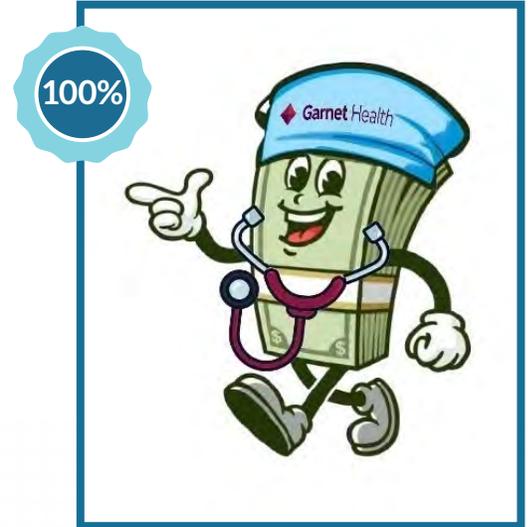
#### National Disability Independence Day

This day commemorates the signing of the Americans with Disabilities Act (ADA) into law in 1990 and celebrates progress made in ensuring that equal opportunities, access, and inclusion for all people exist in employment and public spaces.

# Perfect Attendance Incentive Program

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.

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 runner-up winners, one from each entity, will receive a reserved parking space for three months.



## TO DATE

Maintain perfect attendance throughout 2025 for a chance to win a growing **POT OF GOLD!** As of March 31, the annual pot of gold is up to:



## SYMLR WORKFORCE MOBILE APP

### Shift Trade Can Help You Achieve Perfect Attendance!

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

- 1,219 unique employees have already signed in
- 329,951 screen views logged
- 460 logins on average every day
- 34 shift-trade requests initiated in just the first few weeks

### Did you know...

Every successful shift trade helps ensure better coverage and care for our patients—and fewer unscheduled absences for you! Remember, avoiding unscheduled absences makes you eligible for the monthly Perfect Attendance Incentive Raffle, which averaged \$1,492 in payouts for the first three months of 2025.

## DOWNLOAD THE APP

Scan the QR codes below or search "Symlr 1. Workforce" in your app store.

### Log in.

Step-by-step instructions on Intranet at <http://garnetinfo/Files/API/>.

### Use shift trading.

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



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

# CONGRATULATIONS TO OUR 2025 Graduate Residents

Congratulations to all 33 Garnet Health Medical Center residents who graduated on June 13, 2025, at Villa Venezia in Middletown, NY. We appreciate the opportunity to partner with you in your residency journey and wish you all the best in your future endeavors.



EMERGENCY MEDICINE GRADUATES



FAMILY MEDICINE GRADUATES



GENERAL SURGERY GRADUATES



INTERNAL MEDICINE GRADUATES



PSYCHIATRY GRADUATES



TRANSITIONAL YEAR GRADUATES



# 2025 Graduates

- Nadia Abdulwahab, MD
- Swokiya Bhandari, DO
- Nadia Bhuyain, DO
- Justin Chen, MD
- Fariha Chowdhury, MD
- Samantha Cook, MD
- Demetrius Durham, MD
- Heather Galindo, MD
- Nicholas Gatto, DO
- Yusif Rebhi Hasan, MD
- Tyra Lee, DO
- Brenten Marshall, DO
- Shilpa Mathew, DO
- Emilia Mironovici, DO
- Colin O'Donnell, MD
- Meenu Prasad, DO
- Mohammad Rahman, DO
- Nishath Rahman, DO
- Sara Rubino, MD
- Ajith Saju, DO
- Luna Samman, DO
- Raheel Shah, DO
- Krishna Sheth, DO
- Michael Sinclair, MD
- Nelly Singh, DO
- Anna Skakodub, MD
- Brian Van Doren, DO
- Austin Vaughan, DO
- Levi White, MD
- Zola Wilkerson, DO
- Nontapoth Wongkittiarkorn, DO
- Pouria Yazdian Anari, MD
- Maryam Yousefi, DO

*Special thanks to our incredible Graduate Medical Education staff and faculty for your commitment and dedication to the program. And, to our keynote speaker, Steve M. Neuhaus, Orange County Executive, we appreciate your time in addressing the 2025 graduating class.*

# Stroke Awareness Month Tabling Event



Garnet Health Medical Center recognized Stroke Awareness Month by hosting an educational tabling event. Stroke team leaders and frontline staff shared information on prevention, rehabilitation, and support services. Visitors also honored stroke survivors by writing names on ribbons, which will be displayed on the Middletown stroke unit.

## Congratulations

Congratulations to Brynn McKeon, PA-C, of Garnet Health Doctors, who served as the keynote speaker at the White Coat Ceremony on June 10. A highly regarded preceptor for the Touro University PA Program, Brynn is known for her dedication, insight, and mentorship. Her presence was an inspiration to those about to begin their journey in medicine.



*Thank you, Brynn, for sharing your wisdom and helping shape the next generation of healthcare professionals.*



## Are You a Patient of Any Garnet Health Service?

As ambassadors of our health system, we should share our Garnet Health experiences with the community. We have a lot to be proud of! If comfortable doing so, upon conclusion of your patient visit, please visit [garnethealth.org/locations](https://garnethealth.org/locations) (or scan the QR code), select the location you visited, and click on the “Review Us on Google” button!



Scan the QR code.

## Upcoming Things to Know

### Employee Assistance Program (EAP) Representative

Garnet Health Medical Center Conference Center Lobby

11:30 a.m.-1:00 p.m.

July 7  
August 4  
September 8

### New York Life Representative

Garnet Health Medical Center Conference Center Lobby

11:00 a.m.-2:00 p.m.

July 23  
August 20  
September 17

# Out and About



## Know Your Numbers

Garnet Health showed its support for the community by providing “Know Your Numbers” health screenings at the Office of the Aging Senior Health and Fitness Day, held at Montgomery’s Thomas Bull Park. The event promoted wellness and healthy living for local seniors.

*Pictured left to right: Yaryna Hrynyukh, Neurology Resident; Rebecca Orman, RN; and Jemima Debras, Stroke Coordinator.*



## Orange County Partnership

Garnet Health recently represented at the Orange County Partnership’s MVP Dinner that honored Maureen Halahan, who is retiring as president and CEO of the Partnership after 24 years.

*Pictured front row from left to right: Marcy Manheim, Administrator, Marketing & Corporate Communications, and Maureen Halahan. Back row left to right: Bonnie Orr, Garnet Health board member; Moira Mencher, Administrator, Planning & Community Outreach; and Dominic Del Rosso, PKF O’Connor Davies, LLP.*



*Pictured from left to right: Jill Cappa, Physician and Community Liaison (Wound Care); Rajan Singh-Smith, Intern; Delilah Socci, Community Health Manager; Angelika Lenz, RN, Wound Care Program Director; and Jessica Gerlach, Radiation Oncology & Clinical Trials.*

## SUNY Community College Men’s Health Fair

Garnet Health was proud to participate alongside other community vendors at the SUNY Orange Middletown Men’s Health Fair to support local health and wellness initiatives. Events like this provide a valuable opportunity to engage with the community, raise awareness about critical health services, and promote the importance of men’s health and preventive care.



## IT Volunteer Outing

As part of the IT Engagement Committee’s ongoing efforts, Katie Correa, Imaging Systems Manager, and Tara Heguy, IT Project Coordinator, organized the department’s second outing to support the Regional Food Bank. After a successful first event, they wasted no time coordinating another opportunity, this time at the food bank’s new location in Montgomery.

# IT Department Mascot Challenge Sparks Team Spirit

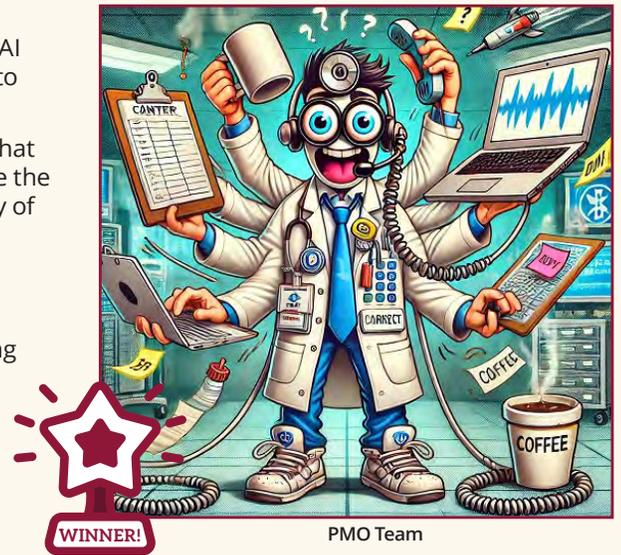
During a recent IT Engagement Committee meeting, a creative suggestion sparked a fun and friendly competition. After one of the 23 teams in IT used AI to generate a unique mascot for themselves, they thought it would be great to see what the other teams could come up with.

The challenge quickly gained momentum as each IT team created a mascot that best represented their group's responsibility, team spirit and creativity. While the mascots won't be used in any formal capacity, the activity brought out plenty of collaboration and team pride.

Congratulations to the **PMO Team**, whose mascot earned them the top spot—and a team lunch, courtesy of the committee's engagement funds!

The IT Engagement Committee meets monthly and welcomes ideas that bring teams together.

*Does your department engage in team activities? If so, submit your photos or images along with a write-up to [dmontes@garnethealth.org](mailto:dmontes@garnethealth.org).*



PMO Team

## And The Nominees Are...



"GAMMA"  
Ambulatory Team



"IRA" Epic IRIS ODBA Team  
"Research Assistant Mascot"



"OLLIE"  
Orders Team



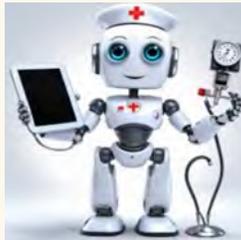
"REVVY" Ninja  
Revenue Cycle Team



Network & Security Team



"PROFESSOR HOOT"  
Training Team



"BYTE" Bot  
The ASAP Team



Beaker Team



My Chart Team



Cyber Security Team



Interfaces Team



Willow Team



Care Everywhere Team



Regulatory Team



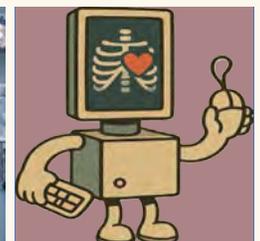
"STERN the Courier Pigeon"  
The Data Courier Team



"MEDIBIT"  
IT Management Team



"OCTOBYTE"  
ClinDoc Team



Radiant Team



Infrastructure Team



"BusyB"  
Cadence & Referrals Team



"Boots" On the Ground  
NIT Team



BI Team

# Sporting Clay Tournament

Thank you to all who made Garnet Health Foundation's Annual Sporting Clays Tournament a success. This exciting and impactful fundraiser supports the Garnet Health Foundation Fund. Participants enjoyed a dynamic experience shooting clay targets from multiple stations. The event plays a vital role in the Foundation's ongoing fundraising efforts.



**JENE SHAFER, HIGH GUN FEMALE WINNER**



**Congratulations to Jene Shafer for winning high gun female!**

*Pictured left to right: Bill Ebbecke, Jene Shafer and Joe Macerone.*



**ROLLY PEACOCK, HIGH GUN MALE WINNER**



**SPORTING CLAYS TOURNAMENT COMMITTEE**



**Congratulations to Rolly Peacock for winning high gun male!**

*Pictured left to right: Pamela Yosh and Rolly Peacock*

**Special thanks to the Sporting Clays Tournament Committee for your hard work and dedication in making this fundraiser a success!**



Save  
the date

# Staff Wellness Fair

Wednesday,  
July 30 from  
10 a.m. until 2 p.m.

The event will take place on  
the ground floor of the Garnet  
Health Medical Center –  
Catskills, Harris Campus,  
outside of the cafeteria.

# Use Your Voice, Be the Change.

What changes would help your family and  
community thrive?

Your feedback will help guide local programs,  
services, and policies to better meet the real  
health needs of our community.

Scan Now!

- ✓ 100% Anonymous
- ✓ Open to Community Members 18+



[gnyhasurveys.org/CHNA](https://gnyhasurveys.org/CHNA)



Public Health  
Prevent. Promote. Protect.  
Sullivan County  
Department of Public Health

Brought to you by:



  
**Garnet Health**  
MEDICAL CENTER  
Catskills

## 46th Annual Golf Classic at Garnet Health Medical Center – Catskills

We are excited to announce the **Garnet Health Medical Center – Catskills 46th Annual Golf Classic** on Wednesday, July 16, 2025, at Tarry Brae Golf Course, South Fallsburg, NY.

All proceeds will benefit the Patient Experience program at **Garnet Health Medical Center – Catskills**. This program is creating a sustainable fund to help patients and their families with basic needs at vulnerable times. The goal is to ease the patient experience, encourage a smooth recovery and ensure peace of mind. In addition, the fund helps equip our staff with essential tools and resources needed to provide exceptional care.

To learn more about the event or to donate, please call 845-333-8236 or visit [www.garnethealth.org/catskillsgolfclassic](https://www.garnethealth.org/catskillsgolfclassic).

# Diaper Drive

Garnet Health's Community Health Department recently partnered with the Diaper Bank of Orange, Ulster and Sullivan on a successful diaper drive.

Delilah Socci, Community Health Manager, organized the drive with support from the Facilities and Courier Services teams. Facilities staff managed collection box placements, and Couriers retrieved filled boxes from Middletown, Harris and Callicoon.

The donated diapers are being distributed to food pantries serving families with infants and toddlers, including Country Kids in Washingtonville, the Rondout Valley Food Pantry in Stone Ridge, the Monticello Food Pantry and Fearless in both Orange and Sullivan counties.

Thanks to the generosity of Garnet Health employees, more than 50 boxes of diapers and 20 boxes of adult briefs were collected across Middletown, Catskills and Callicoon.

For more information, visit [www.hvdiaperbank.org](http://www.hvdiaperbank.org).

**Thank you to everyone who supported this effort!**



Pictured from left to right: Enrique Rodriguez, Evelyn Gennodie, Delilah Socci, Jane Dever, Vincent Corsello and Brian Platero.



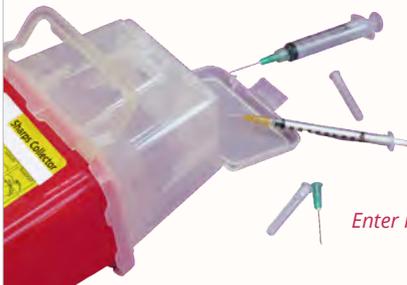
## SHARPS Disposal

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.*



## 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](mailto:mroche1@garnethealth.org)

Garnet Health Medical Center - Catskills  
Jodi Goodman | 845-333-8785  
[jgoodman@garnethealth.org](mailto:jgoodman@garnethealth.org)

For more information, please contact: **Delilah Socci** at [dsocci@garnethealth.org](mailto:dsocci@garnethealth.org)

## WORD OF THE MONTH FOR JULY:

# CALM

Calm is defined as a state of peace, free from stress or intense emotion.

We cannot fix everything, and many sources of stress are beyond our control. But in the face of adversity, our greatest strength can be staying calm and embracing the art of stillness—an approach that not only eases the mind but also prevents long-term effects of chronic stress such as poor sleep, high blood pressure, inflammation and a weakened immune system.

**“MISTAKES AND PRESSURE ARE INEVITABLE; THE SECRET TO GETTING PAST THEM IS TO STAY CALM.”**

—TRAVIS BRADBERRY

### SIMPLE WAYS TO FIND CALM:

- Start your day with a few deep breaths before getting out of bed.
- Savor your first morning beverage in a calm and quiet space.
- Start your morning with simple pleasures—listening to birdsong, watching the sunrise, listening to raindrops, or taking in the beauty of flowers and greenery.
- If under a lot of stress, treat yourself the way you would treat a friend in need.
- Lead with compassion. Lend a hand to your colleagues and support one another throughout the day.
- Volunteer to make a difference and build lasting friendships.
- Surround yourself with people who bring you peace. Even one good friend can make all the difference.
- Meditation and journaling can offer healing and help you find peace within.
- Quiet the what-ifs. Train your mind to turn from negativity and lean into the positive.
- Exercise and nourish your body.
- Find calm in hobbies like music, an instrument, painting or gardening.

Let's practice staying calm in all areas of life.

*Anjana Poonthota, MD, MBA, MPH, FAAP, is Medical Director, Garnet Health Women's and Children's Services Program and Pediatrics, and Director of Wellness, Garnet Health. She is enthusiastic about sharing tips about our health and wellness.*

## Garnet Health Medical Center July Auxiliary Vendor Sales

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

### July Vendor Dates

7/1	All Care	7/18	Arlene's Head Accessories
7/3	All Care	7/21	Your Nutz
7/10	Scrubs Nyack	7/25	Sew E-Z Creations
7/11	Scrubs Nyack	7/28	A Stylish Bling
7/14	Simple Treats		

## Gems Newsletter

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

[garnethealth.org](http://garnethealth.org)