

 Garnet Health.

Gems

Exceptional
Lives Here.



**Geraldine Hughes
Celebrates**

50 YEARS
of Service

Geraldine Hughes Celebrates 50 Years of Service at Garnet Health Medical Center

Geraldine “Gerri” Hughes, began working at Arden Hill Hospital in 1973 beginning her career as a Licensed Practical Nurse. While at Arden Hill Hospital, she worked in ICU, physical therapy, and 3 North. In 2011, Orange Regional opened the new hospital where Gerri worked on 5 South and then transferred into the central monitoring department while providing “helping hands” in the ED on the evening shift after working her regular day shift. Gerri possesses a wealth of knowledge in interpreting cardiac rhythms and is a phenomenal resource to RN’s and new techs learning to read these reports. Peers describe Gerri as one of the most caring, compassionate, funny and hardworking co-workers they’ve ever worked with - truly unforgettable.

Gerri, thank you for the 5 decades of dedication, commitment and loyalty to our organization and our patients! We appreciate you!



FreshRx Produce Prescription Program



Moira Mencher, Garnet Health Director of Strategic Planning and Community Relations and Colleen Monaghan, Executive Director Cornell Cooperative Extension Sullivan County.

Garnet Health and Cornell Cooperative Extension Sullivan County have launched a new FreshRx Produce Prescription Program, which is offered to qualified community members in Sullivan and Orange counties. The program is designed to increase consumption of fresh fruits and vegetables, as well as to educate community members about how to make impactful lifestyle changes that will lead to improved health. Goals are to improve health outcomes in Sullivan and Orange counties, reduce individual and household food insecurity, and reduce healthcare use and associated costs.

Eligible recipients receive a \$20 food voucher redeemable for fresh fruits and vegetables from various local participating farmers markets in Orange and Sullivan counties.

To receive the produce vouchers, eligible participants must:

- Participate in or be eligible for SNAP and Medicaid.
- Live in Sullivan or Orange counties.
- Participate in (or complete) Garnet Health’s Diabetes Prevention Program or one of the approved nutrition or physical-activity classes offered by Cornell Cooperative Extension Sullivan County.

Please visit [Cornell Cooperative Extension](#) for more information about the FreshRx Program or available classes. For those with prediabetes who are interested in learning more, visit [Garnet Health’s Diabetes Prevention Program](#).

Leading the Way



Ashley Dally has joined Garnet Health Doctors as Practice Manager of Behavioral Health. She will collaborate with leadership to develop and implement vision, strategy and objectives for behavioral health outpatient services across the organization. She will provide administrative support and oversight through coordination of clinical, programmatic, regulatory and quality activities.

Ashley previously served as the Program Supervisor for the Integrative Behavioral Medicine program and managed the daily operations of the adult outpatient mental health clinic at Richmond University Medical Center. She earned a Bachelor of Science degree in Child and Family Studies from SUNY Oneonta and a Master of Social Work from Hunter College, and she is also a licensed social worker.

Ashley can be reached at adally@garnethealth.org.



Adrian Paraschiv, MD, FHM, FACP, has been promoted to Garnet Health Doctors Medical Director of Hospitalist Services. He oversees all hospitalist services provided at Garnet Health Medical Center and Garnet Health Medical Center – Catskills.

Dr. Paraschiv has held a variety of leadership positions, most recently as Assistant Medical Director Hospitalist Services and Medical Director Informatics and Physician Advisor for EPIC Electronic Medical Records at Garnet Health Medical Center. He has also served as Vice Chair for the Department of Medicine, Co-Chair for the Transition of Care, Chairman of the EMR Physician Advisory Committee and Physician Advisor.

Board certified through the American Board of Internal Medicine and a Fellow for the Society of Hospital Medicine and the American College of Physicians, Dr. Paraschiv has received many awards for his outstanding service to the health system, including the Physician Leadership Award, Physician Champion in Quality Award, Grateful Patient Award and Quality Patient Safety Award, and he was recognized for his dedication to the EHR initiative.

Dr. Paraschiv can be reached at aparaschiv@garnethealth.org.



Michelle Sentell, RN, MSN, has joined Garnet Health Doctors as Director of Quality and Patient Safety. She is responsible for all GHD quality and safety initiatives, inclusive of value-based payment programs and oversight of the Merit-based Incentive Payment System (MIPS), Patient Centered Medical Home (PCMH) primary care accreditation, patient experience, safety reporting and event reviews, GHD peer-review process and GHD nurse leaders.

Michelle began her career as a registered nurse in the emergency department. She has a wealth of clinical and leadership experience, having served as Chief Clinical Officer and Director of Special Projects in her previous roles at Polaris Healthcare.

Michelle obtained her Bachelor of Arts from Binghamton University and a Bachelor of Science in Nursing from Dominican College of Blauvelt. She earned a Master of Science in Nursing Administration at Regis University.

Michelle can be reached at msentell@garnethealth.org.

**Annual
Education**

2024 Annual Education Is NOW OPEN. Deadline to complete is October 15, 2024.

Any employee hired AFTER January 1, 2024, is exempt. Please refer to policy #SM-002-0060 regarding failure to complete.

Recognizing our Patient Experience Team

We recently celebrated Patient Experience Week, so what better time to shine a spotlight on the Garnet Health Patient Experience Team? Serving as a liaison between patients and caregivers to ensure a patient-centered experience, the Patient Experience Team provides a wide range of services, including coordinating care communication, addressing care concerns, providing solutions to special needs, ensuring patient rights, facilitating visitation and interpretation services.

Jodi Goodman, Director of Patient Experience & Community Service at Garnet Health Medical Center – Catskills, has worked at Garnet Health for 23 years. Jodi oversees patient advocacy, complaints and grievances, interpretation services, clergy and volunteers. She leads many community efforts, including Garnet Health – Catskills Beyond the Walls and Garnet Health – Catskills Comfort Closet, and she is also the liaison for the WSUL Heart-A-Thon. Jodi oversees the hospital patient experience survey and data, and is a RELATE and People Center Communication educator. She has a bachelor's degree in Human Services.

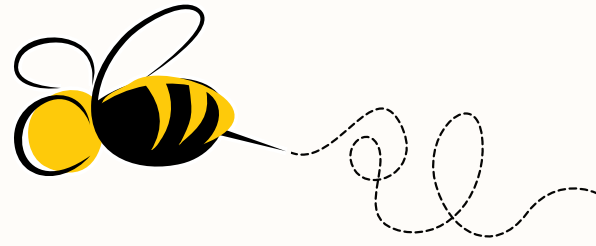
Nick Heitzmann, Manager Patient Experience & Guest Services at Garnet Health Medical Center, started in 2004 in Dietary Services and then moved to Pharmacy. He joined the Patient Experience Team in 2020. Nick served as a Patient Navigator and Patient Coordinator, and is now the Patient Experience Manager. Nick was a Hospital Corpsman in the United States Navy from 2007 to 2012, and earned a bachelor's degree in Aviation Administration.

Tess Costello, Patient Experience Navigator for Garnet Health Medical Center, joined the team as a summer college intern in June 2020. In January of 2021, Tess became a Patient Experience Assistant and was quickly promoted to Patient Experience Navigator. She often works with Garnet Health Foundation to provide clothing to patients in need. Tess holds a bachelor's degree in English.

Lynn Darrigo, Patient Experience Assistant at Garnet Health Medical Center, joined us after a long career in IT at a major insurance company. She began as a volunteer in May 2023.

The Patient Experience Team is a key member of the care team, assisting patients and families to achieve the best care and experience possible. For more information, please contact mcrittenden@garnethealth.org.

BEE AWARDS



April Alvarado
Volunteer Resources Coordinator, Volunteer Services,
Garnet Health Medical Center

April makes all of our lives easier by securing critically important volunteer resources. However, her resourcefulness doesn't stop there. She seems to always go above and beyond.

In September 2022, April helped plan mental health awareness events at both the Middletown and Harris campuses. These events brought together County Mental Health Departments, Children's Services, the Veteran's Administration, EAP and providers to talk with staff who need contacts for assistance. With one highly successful event under her belt, April went on to create and manage others. She helped plan DEI events for Pride Month and Veteran's Day in 2022 and 2023. Movie Night has become a yearslong staple for the volunteers. This year, April coordinated a Community Resource Expo for staff, visitors and volunteers. A diverse group of organizations that included Office for the Aging, DPW, Repair Café and Hope Not Handcuffs participated, alerting people to valuable but often overlooked resources in the county before they need to access them.

Another example showcases April's teamwork. When her leader was out sick, she stepped up to lead a group of staff and volunteers to take delivery of 2,000 pounds of food from the Food Bank for Garnet Health's Food Farmacy. This was only the second delivery of food Garnet Health received, so the whole process was still new, but that didn't stop April from getting every detail sorted out.

Her infectious smile and ability to connect with others demonstrates how much she cares. April's nomination read, "April is not only an asset to Volunteer Services, but to the hospital as a whole."

Thank you, April, for all you do! We appreciate your dedication and commitment to supporting everyone in the organization when they are in need of an extra pair of hands!



Danielle Ladonne,
CT Technologist, Diagnostic Imaging,
Garnet Health Medical Center – Catskills, Harris Campus

Congratulations to Danielle Ladonne for being chosen as Garnet Health Medical Center – Catskills April Employee of the Month. "My mother went to the emergency room with severe chest pain," Danielle's nominating letter began. "It turned out my mother was having a heart attack. I was very nervous and had a lot of questions. Danielle was so kind, answered all my questions without frustration, and overall made me and my mother feel comfortable while there."

Thank you, Danielle, for taking the time to listen, answer questions and demonstrate overall care for our patients. Your time and attention really made a difference in this patient's experience.

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.

Showi



GHMCC Nursing Staff lent a hand to create this beautiful mural!

Garnet Health Medical Center hosted a blessing of the hands in the healing garden during Nurses Week. The blessing of the hands with oils or water is a way to acknowledge the importance of a nurse's touch while caring for patients and of honoring the spiritual aspects found in physical care.



We celebrated National Nurses Week, May 6-12

At Garnet Health, we couldn't deliver quality care without people like our outstanding nurses to provide it. During National Nurses Week, we sincerely thanked all our nurses for their tireless dedication to our patients and to furthering our mission to improve the health of our community.



Garnet Health Medical Center - Catskills Nursing Staff held their annual color war during Nurses Week! Congratulations to the winning departments:

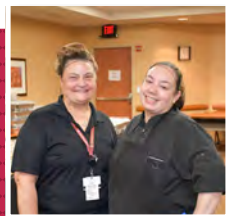
May 6 - "GREEN" - CCU

May 7 - "BLUE" - OR

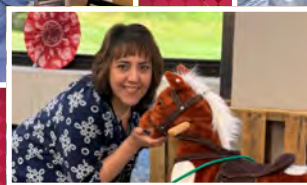
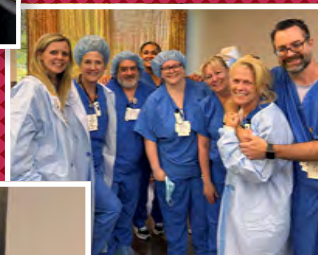
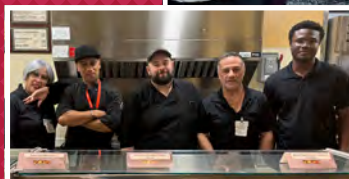
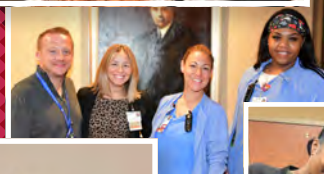
May 8 - "GREY" - Respiratory/Cardiology

May 9 - "BLACK" - 5 East

May 10 - "GARNET" - CCU

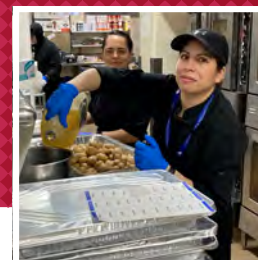
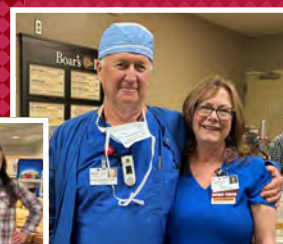


ng our appreciation.



We celebrated National Hospital Week, May 12-18.

When we say Garnet Health provides excellent care, it's really the thousands of exceptional and caring people who make us shine. To each of you who serves our community through your skills and tireless commitment on a daily basis, thank you!



Congratulations



Dr. Anjana Poonthota is pictured with Amanda Langseder, Senior Director of Prevention Programming for Sullivan 180 (left) and Sandra Gerry, Founding Chair of Sullivan 180 (center).

Anjana Poonthota, MD, MPH, MBA, FAAP, Medical Director, Garnet Health Women's and Children's Services and Pediatrics, recently joined the board of directors for Sullivan 180. Sullivan 180 is a not-for-profit organization that works with various community partners and volunteers to address immediate health concerns in Sullivan County.

The organization promotes innovative ways for living a healthier lifestyle by addressing illness prevention, access to healthy food, opportunities for physical activity, achieving a sense of purpose, and connection to family and community. Thank you, Dr. Poonthota, for representing Garnet Health in such a meaningful way!

Out & About



Jessie Moore, DrPH, Garnet Health's Physician Liaison and an Adjunct Professor at Tuoro College, is pictured with Moira Mencher, Garnet Health's Director of Strategic Planning & Community Relations.

On May 2, Moira Mencher, Garnet Health's Director of Strategic Planning & Community Relations, gave the keynote speech to Tuoro College of Osteopathic Medicine's Master of Science for Interdisciplinary Studies in Biological & Physical Sciences Class of 2024 at the Paramount Theater in Middletown. She spoke about the important role we all have in community health and asked each member of the class to decide what role they intend to play.



Paula Pope, RN, Garnet Health Medical Center's Breast Cancer Navigator and a breast cancer survivor, recently represented Garnet Health at the Miles for Hope 20th Anniversary Brunch. Miles for Hope supports services for people affected by breast cancer in the Hudson Valley and the funds they raise here, stay here.

Garnet Health was honored to be part of this year's Cornerstone Family Health Center's Mint Jubilee on May 4, where attendees partied Kentucky Derby-style.

From left: Matt Mencher; Moira Mencher, Director, Strategic Planning and Community Health for Garnet Health; Rob Lanspery; Marcy Manheim, Administrator of Marketing and Corporate Communications for Garnet Health; Cynthia Jimenez, Senior Administrator for Garnet Health Doctors and Mario Jimenez.



Service Awards Held on May 9

Congratulations to all those who reached service milestones during their time at Garnet Health Medical Center!
And a huge shoutout to Geraldine Hughes for 50 years of dedicated service!



Food Service set up.



GHMC 10 Years Group



GHMC 15 Years Group



GHMC 20 Years Group



GHMC 25 Years Group



GHMC 30 Years Group



GHMC 35 Years — Betty Jo Sweeny



GHMC 35 Years — Colleen Culwell



GHMC 35 Years — Gabriella Baudendistel



GHMC 35 Years — Karen Sherwood



GHMC 35 Years — Linda Schwartz



GHMC 35 Years — Maria Biblis



GHMC 40 Years — Lisa Jewis



Guests attending the Service Awards



Guests attending the Service Awards



Guests attending the Service Awards



Guests attending the Service Awards



HR Staff Emulating the Wizard of Oz Themed Service Awards

Good Catch and Great Save Awards

Garnet Health Medical Center



Mathew Miller, RN, is surrounded by leadership and his fellow team members.

Mathew Miller, RN, from the Cardiac Cath Lab was recently awarded a Great Save. When a patient did not show up for a scheduled Cardiac Cath appointment, Mathew called the patient to make sure they were OK. When the patient explained they were not feeling well, Mathew encouraged the patient to come in as soon as possible. The patient arrived via ambulance, and Mathew immediately initiated care that ultimately saved the patient's life. If Mathew had not called this patient to follow up, the outcome could have been different.



From left: Gregg Hough, Director of Security; Sean Cunnane, Security Officer; Jen Breitenfeld, RN, Emergency Services; Krystal Shorette, RN, Emergency Services; Kristina Pagan, RN, Emergency Services Nurse Manager; Andrew Myles, RN, Emergency Services Director; Mathew Meigh, DO, Emergency Medicine Services; Jonathan Schiller, President & CEO; Nicole Sewell, Chief Nurse Officer and Mary Ellen Crittenden, VP of Quality and Patient Safety Officer.

Congratulations to Security Officer Sean Cunnane, Emergency Services RNs Jen Breitenfeld and Krystal Shorette, and Emergency Services Nurse Manager Kristina Pagan for working together to achieve a Great Save. While leaving their shift one day, Jen, Krystal and Kristina noticed an individual experiencing a medical emergency in their car. As Sean was reporting to work, he noticed the scene and stopped to assist. The group successfully got the person to the Emergency Department for treatment. A huge shoutout to this group of employees who took time before and after their shift to help someone in need. We are so proud!

Garnet Health Medical Center – Catskills



Kudos to Lauree Novogrodsky from Volunteer/Community Services at Garnet Health Medical Center – Catskills, who recently earned a Good Catch Award.



Congratulations to Garnet Health Medical Center – Catskills' Kelli Hessinger who recently received a Good Catch Award.

From left: Michelle Margarum, Manager, Environmental Services; Jerry Dunlavy, CEO; Kelli Hessinger, Recipient, Environmental Services; Suzanne Lange Ahmed, CNO, and Rossella Loguerchio, Director, Environmental Services.

A Good Catch occurs when someone's corrective action and/or timely intervention prevents an incident or medical error.

A Great Save happens when immediate action results in keeping a patient safe.

The Patient Safety Subcommittee reviews the nominees and selects the winners. For more information about the Good Catch Award, email Vice President, Quality/Patient Safety Officer Mary Ellen Crittenden at mcrittenden@garnethealth.org.

National 2024 Laboratory Professionals Week

Celebrated April 14-20

April 14 through 20 was National Lab Week. To celebrate, Garnet Health Medical Center – Catskills Harris Campus lab held a “Decorate Your Own Lab Coat” contest. Congratulations to winner Kait Van Dalen, who was selected by judges Suzanne Lange Ahmed, Chief Nursing Officer and VP Patient Care, and Jerry Dunlavey, CEO.

At Garnet Health Medical Center, Jonathan Schiller, President & CEO, and Joyce Timko, VP, Clinical Support Services, visited the Middletown lab to play some fun and educational games. Joyce also judged the highly competitive Laboratory Mascot Competition! First-place honors went to the Core Lab for its submission, “Cora, the Lab Tech Extraordinaire!” Honorable mention went to the Pathology lab for its submission, “Dr. E.W. Grossman.”

Thank you to all our lab professionals for all they do throughout the year!



From left: Megan Burr, Director of Lab Operations; Geeta Paghdar; Kait Van Dalen and Colleen Corcoran.



Congratulations to Core Lab for its winning mascot submission, “Cora, the Lab Tech Extraordinaire!”



Pathology Lab earned an honorable mention for its mascot submission, “Dr. E. W. Grossman.”



Jonathan Schiller, President & CEO of Garnet Health, with Cathy Ganz, Core Lab Manager, GHMC.



Joyce Timko, VP Clinical Support Services, Garnet Health, with Theresa Dering, Laboratory Senior Administrator, GH.

1199 Event

Garnet Health Medical Center recently attended the 1199 Nurse of Distinction Awards held every year during Nurse’s Week to honor peer-nominated registered nurses for outstanding achievement and commitment to patient-centered care. This year’s event was held on May 10 at the Marriott in Times Square.

From left: Robin Brennan, Nicole Sewell, Nominee Jennifer Cruger, Nominee Gary Inkwel, Nominee Magalie Jean Francois, Nominee Nicole Dugan, Annmarie Dale, Nancy Folino, Melissa Cirigliano and Kareema Dale.





Tanya Perez,
RN, Critical Care Unit, Garnet Health Medical Center – Catskills
Spring 2024 DAISY Award Honoree

In May, we not only celebrated Nurses Week, but we also shined a light on mental health awareness. So it's appropriate that at Garnet Health Medical Center – Catskills, we're honoring Tanya Perez, RN, not just for her exemplary clinical skills but also for reminding us of the importance of treating the whole person — mind, body and spirit.

Tanya is a nurse in Garnet Health – Catskills' Critical Care Unit (CCU). One evening, while treating a patient, she did more than check vitals and dispense medication; she sat down and talked, and maybe more importantly, she listened. By being in the moment, Tanya was able to help a patient who was going through immense mental distress along a path toward therapy and healing. She did more than tell the patient what to do; she shared a piece of herself. Her empathy and honesty helped the patient get the support they needed at a crucial time.

The DAISY Award is a national recognition program that allows patients to thank nurses for the extraordinary work they do every day. The patient's nomination read, "...therapy is an amazing thing to have, and I feel that now...[but] so is support, and [Tanya has] opened my eyes in a way that imprinted on me. Thank you so much for that wholesome moment."

Everything's coming up daisies.
Four deserving nurses earn DAISY Awards.



Quirsten Jackson,
RN, Float Pool, Garnet Health Medical Center
January 2024 DAISY Award Honoree

"Most of the nurses we have encountered while [my husband] has been here have been wonderful. Quirsten is over and above," Quirsten Jackson's nomination letter read. It came from the wife of a patient with Parkinson's disease and dementia for whom Quirsten cared for. "Because of his illness, my husband does not always understand right away when someone tells him something," the letter continued. "At the same time, when he tries to articulate his needs, it takes time and patience to wait and listen while he searches for the words that are often lost to him. Quirsten has been amazingly patient and respectful. She repeats, rewords and jokes with my husband. Even when I can see that the unit is busy, she makes my husband feel like he is the only one in the hospital. She patiently waits until he communicates his needs — this isn't always easy, but she makes it look like it is — and she makes him feel respected in spite of his illness.

"It isn't just my husband that Quirsten takes care of," the letter continued. "She has also made it her business to make sure that I understand what his options are and to clearly explain those options. When visiting hours came to an end, my husband would sometimes be anxious and would therefore be unable to receive the best care. In those situations, Quirsten advocated for us. My husband and I both trust her, which is so important to his overall care. Her caring attitude has been comforting in an otherwise stressful time."



**Kimberly Soria,
RN, 4 South, Garnet Health Medical Center
February 2024 DAISY Award**

Hospital stays can be scary, but Kimberly Soria made a stressful situation better for one patient and her sister, who sent us a Daisy Award-winning nomination.

"The frustration I experienced in trying to contact several people to coordinate [my sister's] care was almost indescribable," the nominating letter read. "And then along came Kim. ...From the moment she stepped into the room, I knew we had an advocate. Kim was warm, engaging, kind and so incredibly capable. I knew that I could rely on her, and she never disappointed. When I needed to contact a Garnet Health doctor who was hard to reach, she persisted until he called me. When we were arranging for my sister's transfer to a New York City hospital because her condition was worsening and she needed a different level of care, Kim followed through. She maintained contact with me, calling me to report on the status of whatever she was working on at the time — contacting a physician, addressing my sister's needs or ensuring that authorization required for the transfer would be in place.

"I know that all nurses work hard and most often do the best they can. But Kim was a huge cut above. She deserves to be recognized for going above and beyond, and being the kind, caring, giving, supportive, capable, reliable person that she is. I was literally able to take some deep breaths, knowing that she was on top of my sister's care."



**Catherine Lacovara,
RN, Same Day Surgery, Garnet Health Medical Center
March 2024 DAISY Award**

Cathy has one of the biggest hearts, and it shows every time one of her patients arrives in recovery. One of her coworkers wrote a glowing report: "As a coworker, I have never experienced a nurse who leaves such an impact on those she cares for," her colleague began. "Recently, Cathy admitted a patient. She talked with the patient and her husband, connecting with them on the topic of travel. They spoke about dreams and plans to travel to different places in the future. She gave a nervous husband something to keep his mind busy while his loved one was in surgery.

"When the patient was ready to get discharged, Cathy made time to come and see the patient and family off — the way she always does. The family member wanted to show Cathy pictures of a trip to Africa he took, because he had found the pictures while waiting for his loved one in surgery. On this same day, Cathy was saying goodbye to her coworkers, and from down the hall, a patient yells, 'Goodbye, Cathy. Thank you so much!' This is an everyday occurrence. Her patients are always thankful for her care."

About the DAISY Foundation

The not-for-profit DAISY Foundation was established by family members in memory of J. Patrick Barnes, who 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 (titled A Healer's Touch) and Cinnabon cinnamon rolls, one of Patrick's favorites.

Garnet Health welcomes any current or past patients to nominate a nurse who has gone above and beyond their daily duties to make a profound difference in the lives of patients and/or patients' families. Visit garnethealth.org and enter the search term "nominate a nurse."

Board of Directors Announcements



Virginia Rizzo, Chair
Garnet Health Board of Directors
May 1, 2024 – April 30, 2026

Virginia “Ginny” Rizzo is the retired owner and president of Eclat, a management and human-resources consulting firm. She is also Vice President of Rizzo, Inc., a commercial moving company, and has served as a Director for Orange Bank and Trust Company for 18 years. Throughout her career, Mrs. Rizzo has put her experience and expertise to good use, working on a volunteer basis with various Orange County nonprofits, including Leadership Orange, Cornell Cooperative Extension and Women of Achievement, as well as by supporting the Girl Scouts of America and the YMCA.

Mrs. Rizzo spent 24 years with International Paper’s Corporate Research Center in Tuxedo, New York, a Fortune 50 corporation and the world’s largest paper company, retiring as Laboratory Director. She previously served as Chairwoman of the Board for Garnet Health Medical Center and Garnet Health from 2008 to 2010, and was Chairwoman when Garnet Health Medical Center — formerly known as Orange Regional Medical Center — broke ground for the new hospital.



Bonnie Orr, CPA, Vice Chair and Treasurer
Garnet Health Board of Directors
May 1, 2024 – April 30, 2026

Bonnie J. Orr has over 40 years of experience in tax and accounting, and is a Partner with PKF O’Connor Davies LLP and PKF O’Connor Davies Advisory LLC. Previously, she was a shareholder of JGS, CPA, P.C.

In addition to providing tax and accounting advice to a wide range of closely held businesses, Ms. Orr specializes in estates and trusts. She works closely with clients and their attorneys, providing estate and personal tax-planning strategies to help maximize the transfer of wealth to future generations, without losing sight of a client’s current financial needs.

Ms. Orr has worked extensively in the complex areas of the generation skipping tax, living trusts, life insurance trusts, personal residence trusts, charitable remainder trusts, special needs trusts and family limited partnerships.

Currently serving as an officer and board member of several local charities, Ms. Orr is also a past president of the Hudson Valley Estate Planning Council.



Phillip L. Massengill, MD, FACS, Treasurer
Garnet Health Medical Center Board of Directors
May 1, 2024 – April 30, 2028

Phillip Massengill, MD, is past chair for Garnet Health Board of Directors. He joined the Medical Staff at Garnet Health Medical Center’s Horton Campus in 2006 and is a partner at ENT and Allergy Associates, LLP in Middletown, New York. Dr. Massengill graduated from Boston University School of Medicine, performed his Surgical Internship at Walter Reed Army Medical Center in Washington, D.C., and served as Chief Resident at the Madigan Army Medical Center in Tacoma, Washington. After completing his residency, Dr. Massengill was assigned to Fort Bragg, North Carolina, and subsequently deployed as the Battalion Surgeon for the 3/504 Parachute Infantry Regiment, 82nd Airborne Division in support of Operation Iraqi Freedom.

Dr. Massengill is board certified in Otolaryngology–Head and Neck Surgery and is a Fellow of both the American Academy of Otolaryngology–Head and Neck Surgery and the American College of Surgeons. He is a Board member of the New York State Society of Otolaryngologists and is also a member of the Medical Society of Orange County, New York. Dr. Massengill has several published works, honors and military awards.



Elizabeth “Lisa” Sassi, DNP
Garnet Health Board of Directors
May 1, 2024 – April 30, 2027

Elizabeth (Lisa) Sassi DNP, RN, is the District Nursing Coordinator for the Monroe–Woodbury Central School District. She also serves as the Monroe–Woodbury medical coordinator districtwide for the Emergency Response Team and Healthy Schools Committee, and is a former chairperson for the K–6 health-education department, for which she serves on the Institutional Review Board.

Dr. Sassi is a member of the Orange County Crisis Team for Critical Incident and Stress Management, as well as a former member of the Orange County Medical Reserve Corps. She has been a registered nurse since 1983 and has worked as a clinical instructor and as a member of the adjunct faculty at Orange County Community College School of Nursing. Dr. Sassi is a former ICU and recovery-room nurse who worked in Orange and Rockland counties, as well as on Staten Island. She also worked as a nurse practitioner in occupational medicine practices. She is a New York State school-nurse teacher and an adult and pediatric nurse practitioner.



Stephen Scott
Garnet Health Board of Directors
May 1, 2024 – April 30, 2027

Stephen Scott is the Executive Vice President & Chief Operating Officer for Walden Savings Bank and has nearly 20 years of experience in the banking industry. Prior to joining Walden Savings Bank, Mr. Scott served as Chief Operating Officer of Salisbury Bank & Trust, based in Lakeville, Connecticut.

Throughout his career, Mr. Scott's responsibilities have included business planning and implementation; coordinating and directing daily activities of multiple banking departments, such as loan administration and servicing; deposit operations; information technology; customer support; retail operations and more. Mr. Scott has experience managing 14 full-service retail-bank branch locations across Connecticut, Massachusetts and New York.



Frederick A. Watson, Treasurer
Garnet Health Medical Center – Catskills Board of Directors
May 1, 2024 – April 30, 2026

Frederick A. Watson is the founder of Three Cities Management LLC and Watson Services, Inc. He has more than 35 years of highly diversified and successful food-service- management experience and has a wide range of clients included the United States Military Academy, Cadet Mess at West Point, the Army National Guard Professional Education Center at Camp Joseph T. Robinson, North Little Rock, Arkansas, and the United States Coast Guard, Fort Macon/Atlantic Beach, North Carolina.

Mr. Watson received his master's degree in Food Service Administration from New York University and his bachelor's in Dietetics and Institutional Management from Virginia State University. He is a graduate of the Advanced Minority Business Executive Program and the Minority Business Executive Program from the Amos Tuck School at Dartmouth College. He served as an Adjunct Professor at Long Island University, C.W. Post Campus. Mr. Watson currently serves as the Chairman of the Board for the Orange County Community College Board of Trustees and as a Voting Member of New York Community College Trustees, He is also a Member of the Board of Directors for the Boys and Girls Club of Newburgh, Inc.

Wellness Word of the Month

Mindful

conscious or aware of something.

“Mindfulness is a deceptively simple way of relating to all experience that can reduce suffering and set the stage for positive personal information.” —Siegel

Mindfulness is being aware of the moment and observing your thoughts and feelings without getting caught up in them. Practicing mindfulness breaks your usual thought patterns, and many who practice it find it decreases anxiety and stress. Here are some tips for being mindful:

- When you wake up in the morning, take 10 minutes to lay quietly and focus on your breathing.
- Turn off all screens — TV, phone and computer — when you wake up.
- Stay calm and say your affirmations.
- Focus on your schedule and tasks for the day and plan your time.
- Make sure you stay on task and focus on the present. Right before you step into work, switch off your thinking about everything else.
- Once you are done with work, switch off work and focus on your evening at home.
- Take a walk, listen to music and have a good conversation with your loved ones about the day.
- Be mindful that others could have had a bad day and ask them if you can help them.
- Once you're done with chores, try to focus on relaxation and meditate for a few minutes.
- Journal your thoughts of gratitude. Also journal if any thoughts bother you.

Try to be mindful and focus on a healthy mind, body and soul.

Anjana Poonthota MD, 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.

Diversity, Equity and Inclusion | June 2024 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 more diverse backgrounds among our staff and providers contributes to better patient care. Please help share in acknowledging the following national and/or worldwide days of recognition.

LGBT Pride Month.

Pride Month recognizes LGBT people and their positive impact on the world. June was selected to commemorate the Stonewall riots, which took place in New York City in 1969.

June 2 – The Indian Citizenship Act of 1924 gave Native Americans U.S. citizenship; however, they didn't earn the right to vote until 1957.

June 9 – The National Puerto Rican Day Parade demonstrates cultural pride and seeks to raise awareness of issues in the Puerto Rican community.

June 14 – June 19
The Hajj begins the annual pilgrimage to Mecca that all Muslims must take once in their lives if they are physically and financially capable.

June 19 – Juneteenth commemorates the occasion when the last African Americans learned of the Emancipation Proclamation, more than two years after it was originally issued.



Thank You to Our Supporters

Our 2024 Honorees were:

Leadership in Philanthropy
Jay Anthony
Garnet Health Foundation
Board of Trustees Chair

Volunteer in Philanthropy
Jane Crosby Dever
Garnet Health Employee

Community in Philanthropy
SCP Health
Hospital Medicine Services

Matthew O'Brien Memorial Scholarships were awarded to:

Logan Morris
Presented by Colleen O'Brien and Family

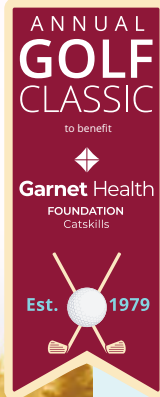
Kailani Martinez & Lana Tate
Presented by Colleen & Michael O'Brien

Commitment to our patients, philanthropy and mission were all themes at the annual Gratitude Reception for 300 Garnet Health Foundation donors on April 11 at The Barn at Villa Venezia.

The event celebrates the generosity of all Garnet Health donors. The power of giving has driven the growth of patient care by supporting programs, services and equipment needs, as well as by helping to provide compassionate care to all the patients and families we serve. Thank you to all who give unselfishly to help provide quality patient care.

If you would like to donate, visit www.garnethealth.org/foundation or call the Foundation office at (845) 333-2333.

Garnet Health Medical Center – Catskills



45th Annual Golf Classic

to benefit Healing Environment Fund
at Garnet Health Medical Center – Catskills

Wednesday, July 17, 2024
Tarry Brae Golf Course

All proceeds raised at this event will benefit the Healing Environment Fund at Garnet Health Medical Center – Catskills. The role of the healing environment is to evoke feelings of serenity and calm, to create a supportive space for healing to occur, and to accelerate recovery. By focusing on the relationships we develop with our patients, we achieve measurable success in the quality of care and promote a sense of well-being. The Healing Environment Fund is our way of constructing and maintaining the physical care setting to uphold our mission to improve the health of our community by providing exceptional healthcare.

To learn more about the event or to donate, please contact the Foundation Office at (845) 333-8962 or visit www.garnethealth.org.



Garnet Health

FOUNDATION

SPORTING CLAYS TOURNAMENT

MID-HUDSON SPORTING CLAYS

411 North Ohioville Road • New Paltz, NY 12561

Friday, June 28, 2024

9:00am Registration

10:00am Tournament start

1:00pm Lunch with refreshments

Registration includes:

100 clays, golf cart, shells and lunch

\$250 individual shooter



Proceeds benefit Garnet Health Medical Center's Every Minute Counts Campaign.

Sponsorship Opportunities Available
Gun Rentals Available

Garnet Health is Among the First in the Hudson Valley to Offer Aquablation Therapy

Aquablation therapy is the first and only image-guided, heat-free robotic therapy for treatment of Benign Prostatic Hyperplasia (BPH). This advanced, minimally invasive treatment uses the power of water delivered with robotic precision to provide long-lasting BPH relief, without compromise. We are proud to announce that this new minimally invasive surgical treatment for lower urinary-tract symptoms (LUTS) is now available from two Garnet Health Doctors urologists and surgeons, Drs. Abourbih and Galarneau.

BPH, or an enlarged prostate, is a noncancerous condition where the prostate has grown to be larger than normal. Aquablation therapy is the only BPH surgical procedure that integrates ultrasound imaging with the standard camera (called a cystoscope). This enables the surgeon to see the entire prostate in real time, allowing them to map which parts of the prostate they want to remove and which parts they want to avoid.

If you or someone you know is having prostate issues, call Garnet Health Doctors at (845) 333-7575 in Orange County or (845) 333-8909 in Sullivan County to make an appointment with Dr. Abourbih or Dr. Galarneau or **visit garnethealth.org/aquablation** for more information.



Dr. Samuel Abourbih,
Urologist, Garnet Health Doctors



Dr. Gerard Galarneau,
Urologist, Garnet Health Doctors

Fallsburg High School Comes Up Big for Little Babies



Jodi Goodman is pictured with the generous donation from the Leo Club.

Garnet Health Medical Center – Catskills welcomed a generous gift from the Fallsburg High School’s Interact and Leo Club. Students worked together to prepare adorable bags filled with diapers, wipes and bottles for newborns and their parents.

Sponsored by the Town of Fallsburg Lions Club, the Leo Club student organization is part of Lions Clubs International and provides youth volunteer opportunities for students to grow, learn and contribute to their community.

A great big thank you to the Fallsburg High School students for their support in helping us uphold our mission to improve the health of our community by providing exceptional healthcare.

To learn more about ways to support Garnet Health Medical Center – Catskills, please visit garnethealth.org.

UPCOMING | Things to know.

Meet with Employee Assistance Program Representatives

Garnet Health's Employee Assistance Program (EAP) is a free support and resources service offered to employees 24/7. It can help with counseling services, elder and childcare, legal and financial issues, and well-being. Learn more and meet program representatives at Garnet Health Medical Center, Conference Center Lobby, on **June 13, 2024, from 11:30 am to 1:00 pm.**

To speak with an EAP, please call (800) 999-7222, or visit anthemEAP.com and use Garnet Health login.

Garnet Health Golf Classic September 23



Garnet Health
FOUNDATION

Garnet Health Foundation and
Garnet Health Foundation - Catskills

SAVE THE DATE

Garnet Health Medical Center June Auxiliary Vendor Sales

June Vendor Dates

Want to do some shopping and some good at the same time? Throughout June, we're welcoming vendors to showcase their merchandise for sale. 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.

6/3	A Stylish Bling	6/18	Arlene's Hair Accessories
6/5	Silver Dollar Boutique	6/19	John's Jewelry Bob
6/6	Mary Kay Cosmetics	6/20	Eleanor Jewelers
6/7	D&D Jewelry	6/21	New York Life
6/10	J's Divine Jewelz	6/24	Glitz and Glam
6/11	Your Nutz	6/25	Your Nutz
6/12	J.M. Stern Sports	6/26	Glitz and Glam
6/14	Glitz and Glam	6/27	Personally Yours

Gems Newsletter

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

garnethealth.org