

Garnet Health. Gems

Exceptional
Lives Here.



Enrique 'Rick' Rodriguez



Destiny Arroyo

**Congratulations to our 2024
Employees of the Year**

COMPASSION IN ACTION: Celebrating DAISY Award Winners

Tara Cicchetti, RN, BSN

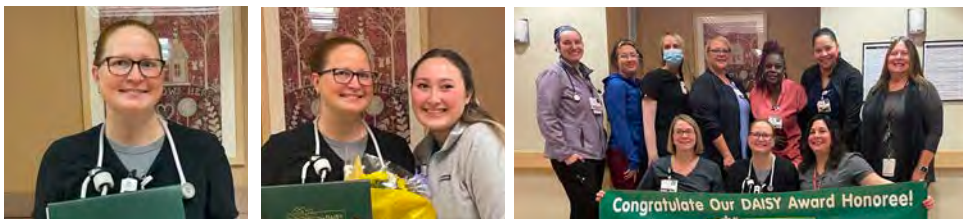
Garnet Health Medical Center – Catskills

Congratulations to Tara Cicchetti, RN, BSN, for being named the second semi-annual DAISY Award recipient for 2024 at Garnet Health Medical Center – Catskills!

Tara exemplifies dedication, compassion, and excellence. Her work is more than a job—it's her passion. She faces challenges with grace, consistently going above and beyond for patients and colleagues. With a calm demeanor and exceptional communication skills, she reassures others and eases anxiety in difficult moments.

Her impact extends beyond professional duties—she makes everyone feel valued and supported. As her nominator shared, "It is a personal honor to nominate her—not just as a nurse but as my mom. Witnessing her kindness firsthand has been inspiring and humbling."

Congratulations, Tara! Thank you for your incredible contributions to our patients and staff!



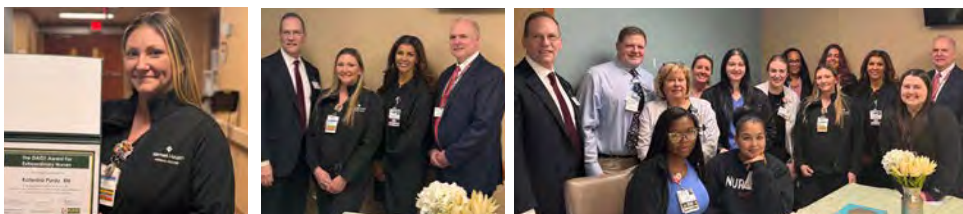
Katerina "Kat" Purdy, RN, BSN

Garnet Health Medical Center

We are proud to recognize Kat Purdy of 4 North for her dedication, compassion, and unwavering advocacy for her patients. Recently, Kat faced a difficult situation with a nonverbal patient who had an intellectual disability and was unable to speak on his own behalf. When his condition suddenly declined, she acted swiftly, escalating care and fiercely advocating to ensure he received urgent attention. Knowing the importance of family in a patient's final moments, she worked to give his loved ones the chance to say goodbye. While waiting for them to arrive, Kat stayed by his side, holding his hand and offering comfort in his final moments—an act of kindness that speaks to her extraordinary care.

Beyond her clinical expertise, Kat's empathy and dedication ensure the best outcomes for her patients while also supporting their families during life's most difficult moments.

Her professionalism and compassion exemplify the very best of nursing. Congratulations, Kat, on this well-deserved honor!



Other Garnet Health Medical Center – Catskills' nominees included:

Crystal Baggatta
Deb Benjamin
Sara Blanton
Jessica Brunner
Adelia Calkin
Priscilla Carcamo
Brian Casta, 10-time nominee
Kristin Conklin
Cinthia Cordoba
Kelly Dietrich
Beth Doyle
Melissa Fanning
Jodi Galvin
Kerry Gladstone
Kathy Hahn
Lacilyn Halloran
Heather Hathaway
Quinn Hofer
Stephanie Johannes
Krycia Jones
Emily Keesler
Morgan Kopf
Todd McKoy
Brenda Nieves
Kim Patten
Jenny Phelps
Abigail Puz
Kelsey Rourke
Jennifer Sherota
Kaitlin Slater
Julie Swendsen
Dan Uebel, 5-time nominee
Sue Vorstadt
Kim Wall
Jacqueline Warring

To nominate a nurse, visit garnethealth.org/about-us/nursing-excellence/nominate-nurse.

*The DAISY Foundation, a not-for-profit organization, was created in memory of J. Patrick Barnes, who passed away at 33 from complications of Idiopathic Thrombocytopenic Purpura (ITP). Inspired by the compassionate care Patrick and his family received, the foundation honors nurses who make a lasting impact on patients and their families. Daisy Award Honorees receive a certificate of commemoration, a hand-carved A Healer's Touch sculpture, and Cinnabon® cinnamon rolls—one of Patrick's favorites.

Garnet Health Congratulates Our 2024 Employees of the Year!

At Garnet Health, we take great pride in recognizing the dedication and excellence of our team members. Each year, we honor two outstanding individuals who have gone above and beyond in their commitment to patient care, teamwork, and service to our community. Our two Employees of the Year were selected from among the 12 Employees of the Month at Garnet Health Medical Center - Catskills and 12 Employees of the Month at Garnet Health Medical Center from 2024, each of whom exemplifies our core values of compassion, excellence, and dedication.

We are proud to announce our 2024 Employees of the Year

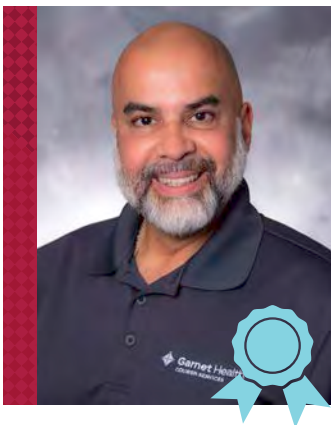


Destiny Arroyo

Medical Assistant, Garnet Health Doctors Monticello Location

Destiny's dedication to her patients is extraordinary. When a patient suffering from lymphedema faced challenges securing compression devices, she refused to give up. For weeks, Destiny searched for vendors, made calls, coordinated orders, and ensured the patient stayed informed. Thanks to her persistence, the patient received the necessary devices, covered by insurance, and continued treatment.

Destiny, your commitment and patient-centered care embody the spirit of Garnet Health. Congratulations on being Garnet Health Medical Center – Catskills' February 2024 Employee of the Month! Thank you for your compassion and determination.



Enrique 'Rick' Rodriguez

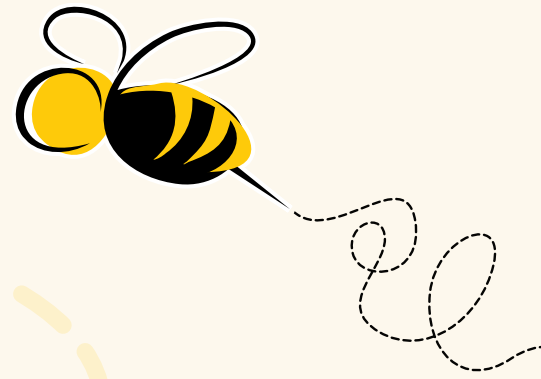
Courier, Courier Services, Garnet Health Medical Center

Rick makes things happen—always with a smile. His flexibility and dedication make him an essential part of Garnet Health. Whether he's coordinating deliveries for the **Beyond the Walls** holiday collection or transporting thousands of pounds of food for the **Food Farmacy**, Rick's dedication is unmatched.

Rick plays a vital role in ensuring patients receive essential resources for recovery after discharge, and his efforts are felt by some of our most impactful community initiatives. His kindness, hard work, and selfless service inspire us all.

Congratulations to Rick, Garnet Health Medical Center's May 2024 Employee of the Month! Thank you for making a difference every day.

BEE AWARDS



Lisa Cumpston, RN
4 East, Garnet Health Medical Center-Catskills,
Callicoon Campus

Lisa's kindness and compassion shined on New Year's Eve. When a patient arrived just before midnight, Lisa went beyond her clinical duties to create a meaningful and memorable moment. She made sure they could watch the ball drop, gathered the team to celebrate, and personally wished them a Happy New Year. Her thoughtfulness continued the next day when she checked in, sharing how much she enjoyed the moment—even telling her husband about the special interaction. Lisa's empathy and dedication make her truly deserving of Employee of the Month recognition.

Thank you, Lisa, for making our patients feel valued and cared for!



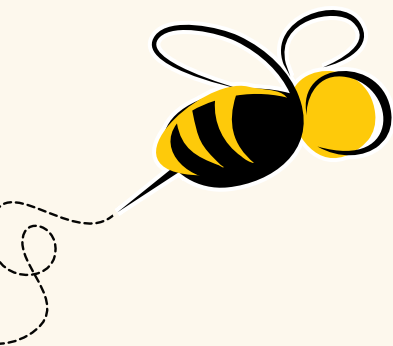
Brenda Williams
Unit Clerk, 4 North, Garnet Health Medical Center

Brenda is a rock star on the 4 North unit! She consistently goes above and beyond, never hesitating to lend a hand to anyone who needs it. Whether it's grabbing supplies when they're running low, answering call bells and phones, or simply being there for her team, Brenda is always on top of it.

She is the definition of a team player—always stepping up when the unit is short-staffed, checking in to see if anyone needs anything, and running errands without a second thought. Not only does she keep everything running smoothly, but she also lifts everyone's spirits—staff and patients alike. Seeing Brenda on the unit is a sure sign that we are in great hands.

Recently, when the nursing night staff arrived to find supplies were short, Brenda immediately jumped into action, retrieving everything needed without hesitation. This is just one of the many ways she shows her dedication every single day. Brenda, you are truly amazing, and we are so lucky to have you on our team!

Thank you, Brenda, for helping to keep the department running smoothly so our patients can receive the best care possible!



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.

Congratulations

Garnet Health Medical Center – Catskills

Callicoon Campus Voted Best in Three Categories by River Reporter Readers

Congratulations to **Garnet Health Medical Center – Catskills Callicoon Campus** for earning **two River Reporter Readers' Choice Awards** and to **Garnet Health Doctors Callicoon Campus** for receiving one! Your dedication to serving our rural community is truly commendable, and we're incredibly proud of this well-deserved achievement.



Christina Wood, FNP
Garnet Health Doctors,
Callicoon Practice
BEST Family Medicine
Provider in Sullivan County



Garnet Health Medical Center — Catskills, Callicoon Campus
BEST Hospital in Sullivan County
BEST Emergency Room in Sullivan County

Congratulations to the Spagnoli Family Cancer Center on Your 5-Star Review



This review is actually from Donna Mihok. (I am using my husband's google account!!) There are not enough gold stars and/or words of appreciation that I can give to Garnet Cancer Center. The staff at Garnet Cancer Center have provided commendable service. The entire team facilitated the process for me and my family during a challenging time. Despite suggestions to seek care in NYC, I followed the great advice of my doctors and friends who were previous patients and chose Garnet. The professional conduct of the entire team is remarkable. I look forward to my follow-up appointments hoping that I see some of you. You are all amazing in what you do! Don't ever change and you totally knocked my socks off! Thank you!

Recognizing Our Care Champions

We kicked off **Certified Registered Nurse Anesthetist Week** on January 20, followed by **Cardiovascular Professionals Week** on February 9 and **National Patient Account Management Week** on February 13. We also honored our hardworking residents on **Thank a Resident Day** on February 28.

March 7 is **National Hospitalist Day**

March 17 kicks off **HR Healthcare Professionals Week**

March 19 is **Certified Nurses Day**

March 20 is **National Marketing Day**

March 26 kicks off **Anesthesia Tech Week**

March 30 is **Doctors Day**



Good Catch and Great Save Awards

Jessica Carbone, RN, BSN, PACU, Garnet Health Medical Center

We're proud to celebrate **Jessica Carbone**, honored with a **Great Save** for her sharp clinical judgment and quick action in a life-threatening situation.

While caring for a critical patient recovering from complex vascular surgery and battling COVID-19, Jessica noticed a subtle but critical change in their mental status. Trusting her instincts, she immediately called a **Code Neuro**, leading to an urgent CT scan.

Thanks to her keen observation and rapid response, a true neurological emergency was identified, allowing the patient to receive life-saving ICU care. Her quick thinking helped prevent a potentially devastating outcome.

Congratulations, Jessica, on this well-deserved Great Save!

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 was taken to keep 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.

Quality Corner

Culture of Safety

On March 3, Garnet Health will launch the Culture of Safety Survey for all staff and providers. This survey gathers critical insights into attitudes and perspectives on safety culture, helping teams identify ways to improve patient safety and processes across the organization.

Developed by GNYHA, the survey aims to:

- Raise awareness about patient safety
- Assess the current safety culture
- Identify strengths and areas for improvement
- Track trends in patient safety culture over time
- Evaluate the impact of safety initiatives and interventions

Your feedback is essential in fostering a safer environment for patients and staff.

What are the key features needed of a culture of safety?

- ✓ **Teamwork** – A multidisciplinary approach to achieving patient care goals.
- ✓ **Evidence-Based Clinical Care** – Delivering care based on the latest evidence and clinical expertise.
- ✓ **Collaboration** – Working across departments to find solutions to patient safety issues.
- ✓ **Just Culture** – A blame-free environment that promotes accountability for safe practices.
- ✓ **Organizational Commitment** – Allocating resources to address safety concerns.
- ✓ **Patient-Centered Care** – Providing compassionate, empathetic care while engaging families in the process.

We encourage everyone to take the survey to help us identify our strengths and build on them, as well as recognize opportunities for improvement and address them. Our goal is to foster a culture where safety is the top priority.

The survey is anonymous and will be open from March 3–27, 2025. Look for email communication as to how to take the survey.

For more information, contact mcrittenden@garnethealth.org.

Garnet Health Medical Center – Catskills

Sullivan County Student Government Spreads Love

A heartfelt thank you to the Sullivan County Student Government class for the beautiful handmade Valentine's Day cards! Your kindness and creativity brought joy to our patients and staff at Garnet Health Medical Center – Catskills. Your thoughtfulness is truly appreciated!



DON'T MISS THE 2025 Annual Board and Certification Degree Fair

AMERICAN NURSES CREDENTIALING CENTER
CELEBRATE CERTIFIED NURSES
MARCH 19

Garnet Health
MEDICAL CENTER

Annual Board Certification & Degree Fair

ACKNOWLEDGING MORE THAN 400 CERTIFIED NURSES!

When
Wednesday
March 19, 2025

Events
Board Certification Information, Human Resources and 1199
Conference Center Lobby, Ground Floor
7:00 am - 4:00 pm

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

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

Garnet Health Medical Center

Heart-A-Thon

Raises More Than \$80,000

On February 21, the 47th Annual WSUL Heart-A-Thon at Resorts World Catskills raised more than \$80,000 for cardiac treatment, education and prevention. Garnet Health made a BIG impact, showing up in full force!

Each year, Garnet Health Medical Center - Catskills is proud to be one of the chosen beneficiaries for the annual Heart-A-Thon! This year, proceeds raised will go towards the purchase of state-of-the-art cardiology equipment.

Donations are still being accepted. Please reach out to Jodi Goodman at jgoodman@garnethealth.org if you'd like to make a donation.



Huge thanks to the following team members who went on air to discuss cardiology services offered to the Sullivan and Orange County communities by Garnet Health: Structural Heart Interventional Cardiologist Mahesh Madhavan, MD; Marco Veintimilla, Jr., PA-C, Structural Heart Services Clinical Coordinator and Physician Assistant; Ellen Oehrlein, BSN, RN-BC, Cardiothoracic Surgery Patient Care Coordination & Navigator Director; Jerry Dunlavey, Garnet Health-Catskills CEO; Suzanne Lange Ahmed, Garnet Health - Catskills CNO; Jodi Goodman, Garnet Health -Catskills Director Patient Experience and Heart A Thon Liaison; Jonathan Schiller, Garnet Health President & CEO; Mary Kate Donahue, Cardiology Administrator; Christina Haelen, BSN, RN, Cardiothoracic Surgery Program Director, and Adam Wiesenthal, Chief Physician Assistant.



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

GO RED Spirit

Several employees wore red on Friday, February 7, in support of Go Red for Women, the American Heart Association's national movement to end heart disease and stroke in women. This initiative is recognized each year on the first Friday of February.



CELEBRATING CERTIFIED NURSES DAY ON MARCH 19

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

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



Nicholas Acierno



Jomol Areechira



Melissa Beck



Stephanie Bonanno



Laurie Brockner



Helen Burke



Paula Coleman



Danielle DiFazio



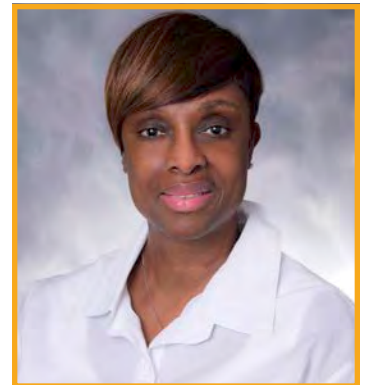
Diana Duffy



Jane Giganti



Kerry Gladstone



Marlene Josephs

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

AMERICAN NURSES CREDENTIALING CENTER
CELEBRATE
CERTIFIED NURSES
MARCH 19



Lynette Kravitz



Suzanne Lange Ahmed



Maria Lasofsky



Michelle Mootz



Mary O'Shea



Yesenia Sanz



Trish-Anne Sewell



Tammy Shahzad



Jessica Verblauw



Emani Wilmore



Christina Wood

Pictured are just a few of the **more than 400 certified nurses** who call Garnet Health home!

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

A SPOTLIGHT ON CERTIFIED NURSES

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

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



Lashay Houston MSN, RN, CMSRN, CCRN



"Continued education has always been important to me. As a leader, advocating and being an example of continued education inspires others to prioritize professional growth. Each new learning opportunity has provided me the ability to improve my skills so that I can provide the best patient care experience and encourage others to do the same. Learning is a lifelong process that I look forward to continuing."

—Lashay Houston

Stephanie Gliedman BSN, RN, PCCN, CEN, TCRN



"I have always been passionate about caring for others and love that nursing is a constantly evolving field. There is always more to learn and opportunities to grow. I recently accepted a position as an ED Nurse Manager and am excited to continue my journey and advance my career at Garnet Medical Center."

—Stephanie Gliedman

- 2017** Started as an Admitting Specialist at St. Anthony's Community Hospital; cross-trained as an ED Tech.
- 2016** Earned an A.S. in Nursing from SUNY Orange and began as a Float RN at Good Samaritan Hospital, caring for cardiac telemetry and step-down patients.
- 2017** Transitioned to critical care at Good Samaritan Hospital; earned a B.S. in Nursing (3.8 GPA) from Chamberlain University.
- 2018** Joined Garnet Health Medical Center as a Medical ICU RN; earned CMSRN certification.
- 2022** Promoted to Administrative Director of Nursing.
- 2023** Advanced to Nursing Unit Director, 3 North Progressive Care Unit, later opening the step-down unit. Joined Shared Governance Nursing Congress and became Nurse Leader Advisor for the Community & Patient Experience Committee.
- 2024** Earned CCRN certification; promoted to Nursing Unit Director of Critical Care, overseeing Medical and Surgical ICUs.
- 2025** Earned M.S. in Nursing Leadership & Administration (4.0 GPA, Capella University); currently preparing for Nurse Executive Board Certification and applied for a Doctorate of Nursing Practice (DNP) at Capella University.

- 2017** Graduated from Mount Saint Mary College with a Bachelor of Science in Nursing.
- 2018** Began working at New York-Presbyterian Hudson Valley Hospital in the progressive care unit.
- 2019** Earned Progressive Care Certified Nurse (PCCN) certification.
- 2022** Joined Garnet Health Medical Center in the emergency department.
- 2023** Earned Certified Emergency Nurse (CEN) certification.
- 2024** Earned Trauma Certified Registered Nurse (TCRN) certification.
- 2025** Promoted to emergency department manager at Garnet Health Medical Center.

If you're a nurse interested in ANCC certification, reach out to your nurse leader. Thank you to all our certified nurses for your commitment to exceptional patient care!

Theodore R Dage DNP, CPNP-AC



"A quote often attributed to Rabbi Tarfon in the Pirkei Avot says:

'Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now. The work is not yours to complete, but neither are you free to ignore it.'

When I reflect on this alongside another teaching from the Talmud:

'Whoever saves a single life saves

the world entire' — it reinforces my belief that my work is part of something greater. Compassion is my duty, and service is my calling.

I feel truly blessed to express this through caring for children. It has been, and continues to be, both a privilege and a joy."

—Theo Dage

- 1996** Worked as a paramedic in Hillsborough and Pinellas counties, Florida, and on pediatric critical care transport.
- 2008** Became a critical care RN in the pediatric intensive care unit/pediatric congenital heart unit at Shands Children's Hospital at the University of Florida.
- 2017** Earned a Doctorate in Nursing Practice in acute care pediatrics from the University of Florida in Gainesville.
- 2017** Completed a clinical residency in the pediatric congenital heart surgical ICU at Nicklaus Children's Hospital in Miami.
- 2018** Earned a certificate in acute care pediatric nursing practice from the Pediatric Nursing Certification Board.
- 2020** Became a pediatric nurse practitioner at Mount Sinai Hospital in New York City.
- 2022** Joined Garnet Health Doctors as a pediatric hospitalist.

Where he's headed: Retirement, eventually – but I plan to keep taking care of children as a bedside provider and adding to my knowledge and learning every day for as long as I can!

Alyssa Melvin FNP-BC



"I love being a Nurse Practitioner and working directly with my patients. While working as a Registered Nurse I realized I wanted to make more of an impact on my community. I decided to pursue my Masters of Science in Nursing as a Family Nurse Practitioner. I then transitioned into my role as a Nurse Practitioner with Garnet Health Doctors after eight years of clinical experience as a staff nurse. Working as a Nurse

Practitioner allows me to build long term relationships with my patients, collaborate with the health care team and combine my passion for nursing with advancing clinical practice."

—Michelle Alexis

- 2012** Joined Garnet Health Medical Center as a float nursing assistant.
- 2013** Graduated with a Bachelor of Science in Nursing from Mount Saint Mary College and became an RN in the physical medicine and rehabilitation unit. Maintains Certified Rehabilitation Registered Nurse (CRRN) certification.
- 2016** Transferred to the progressive care unit as an RN.
- 2016** Served as adjunct nursing faculty in the undergraduate nursing program at Mount Saint Mary College until 2021.
- 2019** Graduated with a Master of Science in Nursing from Mount Saint Mary College, specializing in the family nurse practitioner program. Became board-certified with the American Nurses Credentialing Center.
- 2021** Began as a nurse practitioner with Garnet Health Doctors in cardiology at the Harris location, where I currently practice.

Where she's headed: I am happy to remain a part of the Cardiology Department with Garnet Health Doctors.

If you're a nurse interested in ANCC certification, reach out to your nurse leader. Thank you to all our certified nurses for your commitment to exceptional patient care!

Katherine Menges
 RN, OCN



"I never knew that my passion would be in Oncology until I started in the Infusion Center. Obtaining a board certification assured my patients that I was knowledgeable and competent in the oncology world."

—Katherine Menges

Joanne Moss
 RN, CMSRN



"I have always felt a connection with the patients and their families that trust me to care for them. For more than 40 years, I have had the privilege to work as a Med-Surg RN. 30 years ago, I obtained my board certification in Med-surg nursing. I feel that this certification has sharpened my skills and has improved my critical thinking."

—Joanne Moss

- 1996** Graduated from Sullivan County BOCES as a licensed practical nurse (LPN).
- 2009** Graduated from Sullivan County Community College with an Associate of Applied Science in Nursing through the LPN Bridge to RN program.
- 2009** Began working at Garnet Health Medical Center – Catskills in the Outpatient Infusion Center.
- 2011** Earned Oncology Certified Nurse (OCN) certification.

Where she's headed: I'm continuing the path I've taken with my patients. For most of my career as a Registered Nurse, I've had the privilege and honor of caring for Oncology patients. The nurse-patient relationship is always unique, but in Oncology, it's especially intense. These patients face one of the toughest diagnoses—cancer. This work allowed me to truly know my patients and their families. I always encouraged questions of any kind, judgment-free communication, and taking things one day at a time. I loved the social interaction while providing specialized care in their time of need. There have been ups and downs, but I wouldn't change a thing.

- 1981** Earned Bachelor of Arts from SUNY Binghamton.
- 1984** Graduated with Nursing degree from Orange County Community College.
- 1984** Started working as a Med-Surg RN at Garnet Health Medical Center-Catskills.
- 1995** Obtained board certification in Med-Surg Nursing (CMSRN).
- 2024** Started as a tele-medicine RN at Garnet Health Medical Center – Catskills.

Where she's headed: Despite more than 40 years of nursing, there is no actual retirement plan in place. I feel honored to be a resource and provide support for the wonderful Med-Surg team. I would like to stay working as a tele-medicine RN.

If you're a nurse interested in ANCC certification, reach out to your nurse leader. Thank you to all our certified nurses for your commitment to exceptional patient care!

Garnet Health Medical Center

New Technology to Treat AFib

We're excited to announce that Farapulse is now available at Garnet Health Medical Center, bringing cutting-edge technology to our cardiovascular care. This advanced pulsed-field ablation system is transforming the treatment of atrial fibrillation (AFib) by providing a safer, more precise, and minimally invasive solution.

Pulse-field ablation delivers targeted treatment for irregular heart rhythms with unparalleled accuracy, significantly reducing the risk of damage to surrounding tissues and organs. Patients can expect faster recovery times, improved outcomes, and an enhanced quality of life with this groundbreaking innovation.

At Garnet Health, we're proud to offer state-of-the-art cardiovascular care, ensuring our community receives the best possible treatment close to home.

Visit garnethealth.org/pfa for more information on this new and innovative technology.



Pictured are Chris Keefer, CVT; Mike Maggi, RN; Eric Tracy, Boston Scientific EP Clinical Manager; Stan Youmans, CVT; Dr. Paul Eugenio, Electrophysiology Medical Director; Chris Sabatello, Boston Scientific - AF Solutions Territory Manager; Katrina Grandolfo, NP Clinical Program Manager; and Matt Esposito, RN.



Out & About

On January 25, Moira Mencher, Garnet Health's Director of Planning & Community Outreach, represented Garnet Health at Monroe School District's Coffee and Chat event, hosted at North Main Elementary School. The event aimed to connect with English as a New Language families and educate them about the school and community resources available to them.

Garnet Health

LEADING THE WAY



Fred Conklin, CMSRN, CPHQ, has rejoined the organization as Director of Quality & Patient Safety for Garnet Health Doctors.

Fred first joined Garnet Health in 2006, serving as Director of Medical Staff Services and later as System Director of Quality until 2022. During his time away, he worked as Manager of Accreditation & Regulatory Compliance at Bon Secours Charity Health System.

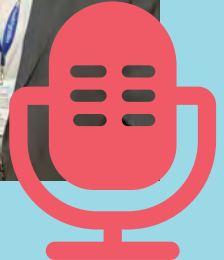
In his new role, he will collaborate closely with practice leaders and medical directors to establish and achieve quality and safety goals for Garnet Health Doctors and Garnet Health Urgent Care. He will report directly to Dr. Izabela Nowosielski.

Fred can be reached at fconklin@garnethealth.org.

CEO JERRY DUNLAVEY CO-HOSTS MONTHLY RADIO SHOW

Did you know? Garnet Health Medical Center – Catskills CEO Jerry Dunlavey co-hosts a monthly radio show on Bold Gold’s Catskills News Talk with Paul Ciliberto. In addition to reporting the weather, Jerry discusses the services provided by Garnet Health and often invites guests to join the conversation.

Pictured here is Jerry (center) with News Talk Morning DJ and host Paul Ciliberto (left) and Evaristo Akerele, MD, a Garnet Health Doctors psychiatrist (right), who joined the show to discuss outpatient behavioral health services available through Garnet Health in Sullivan and Orange counties.



Cafeteria Reopens with a Make-Over

After a brief January closure for repairs, Garnet Health Medical Center’s cafeteria reopened with a fresh look, fun raffles, and free donuts.



Garnet Health Medical Center

Pavilion Café Closes

For nearly 24 years, Chef Supervisor Keren Stephens and Food Service Counter employee Dawn Dembeck have been the heart of the Pavilion’s Crystal Café. Their dedication, warm smiles, and ability to anticipate every “make it the usual” request — from scooping out the inside of a bagel to crafting the perfect oatmeal — made each visit special.

While we’ll miss the Café, you can still find the dynamic duo at the Middletown campus cafeteria, continuing to serve great food with the same heartfelt hospitality!



Super Bowl NFL Day

Game Day Spirit at Garnet Health!

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

No matter who you’re rooting for on game day, one thing’s for sure — our Garnet Health team is always a winning team.



Upcoming Things to Know

Employee Assistance Program (EAP) Representative

Garnet Health Medical Center
Conference Center Lobby

11:30 a.m.–1:00 p.m.

April 7
May 5

New York Life Representative

Garnet Health Medical Center
Conference Center Lobby

11:00 a.m.–2:00 p.m.

March 25
April 22

Come One, Come All— Join Us for a Wellness Event!

Co-hosted by SEIU 1199 and Garnet Health's
Occupational Health & Wellness Department

Wednesday, April 2

Garnet Health Medical Center
Conference Rooms 1, 2, and 3

Free screenings | Wellness information
Employee Assistance Program Details | Healthy
Wage Step Challenge Sign-up | And more!



Mask Up Please!

We continue to experience a significant increase in respiratory illnesses in our community, resulting in a surge of respiratory illness cases in our hospitals, urgent care locations, and doctor's offices. This has continued to impact our total number of hospitalized flu positive patients and staff over the last few weeks.

For the health and safety of our staff and patients, we strongly recommend masking for all clinical and non-clinical employees, providers, volunteers, contractors, students, and clergy across all Garnet Health sites.

Thank you for supporting the safety and health of our patients and your colleagues.

SPRING FORWARD



Don't forget to set your clocks ahead one hour on Sunday, March 9, at 2 a.m. While we may lose an hour of sleep, we gain more daylight in the weeks to come.

March 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 recognition.

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

Feb 28 - March 29 Ramadan — The start of Islam's sacred month. During this time, Muslims abstain from eating and drinking from dawn until dusk.

March 5 Ash Wednesday

March 8 International Women's Day — A day highlighting the political, social, cultural and economic achievements of women.

March 14 Holi, the Festival of Colors — This Hindu holiday is celebrated each year on the full moon of the Hindu month of Falgun.

March 17 St. Patrick's Day — The feast day of a Catholic saint who inspires cultural and religious celebrations around the world.

March 21 International Day for the Elimination of Racial Discrimination

March 31 Trans Day of Visibility — A time to celebrate transgender and nonbinary people and raise awareness of the discrimination they face worldwide.

WORD OF THE MONTH FOR MARCH: CONSISTENT

Being consistent is doing something the same way over time for fairness, accuracy, or reliability.

Consistency is the key to growth, trust, and success. It's about showing up with **reliability, integrity, and dedication**—even when challenges arise. Small, repeated efforts lead to big achievements over time. By being consistent, you develop discipline, enhance your skills, and inspire confidence in others, ultimately leading to greater success, deeper connections, and a more fulfilling life.

HOW TO STAY CONSISTENT:

SET TANGIBLE GOALS.

Focus on one at a time.

UNDERSTAND YOUR WHY.

Know why the goals matter in your life.

BREAK IT DOWN.

Turn big goals into smaller, manageable steps.

CREATE AN ACTION PLAN.

Create a schedule to achieve goals and stick to it.

EMBRACE SETBACKS.

Learn from them, forgive yourself, make adjustments and keep going.

PRACTICE PATIENCE.

Stay calm, trust the process, and give things time to unfold.

REMOVE DISTRACTIONS.

Stay focused on your plan.

CELEBRATE PROGRESS.

Recognize small wins and thank those who support you.

Consistency isn't about perfection—it's about building strong habits.

By committing to one **positive, steady action**, you'll feel more accomplished and inspire others to do the same. **What's one way you can be more consistent this month?**

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 March Auxiliary Vendor Sales

March Vendor Dates

Want to do some shopping and some good at the same time? Throughout March, we're welcoming vendors to showcase their merchandise. A percentage of vendor sales will support the Garnet Health Medical Center Auxiliary, a group of community volunteers dedicated to enhancing patient programs and services at the hospital. All vendors will be located in the lobby of the ground-floor level unless otherwise noted.

3/04 Your Nutz	3/20 Scrubs Nyack
3/10 A Stylish Bling	3/21 Scrubs Nyack
3/11 Simple Treasures	3/24 Your Nutz
3/12 Personally Yours	3/26 Silver Dollar Boutique
3/13 Teddies Jewelry	3/27 Eleanor Jewelers
3/14 Med Shoes	3/27 John's Jewelry Box – Pavilion
3/17 Devilish Dog Lovers	3/28 Personally Yours
3/18 Sew E-Z Creations	3/31 John's Jewelry Box
3/19 Mary Kay Cosmetics	

Gems Newsletter

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

garnethealth.org