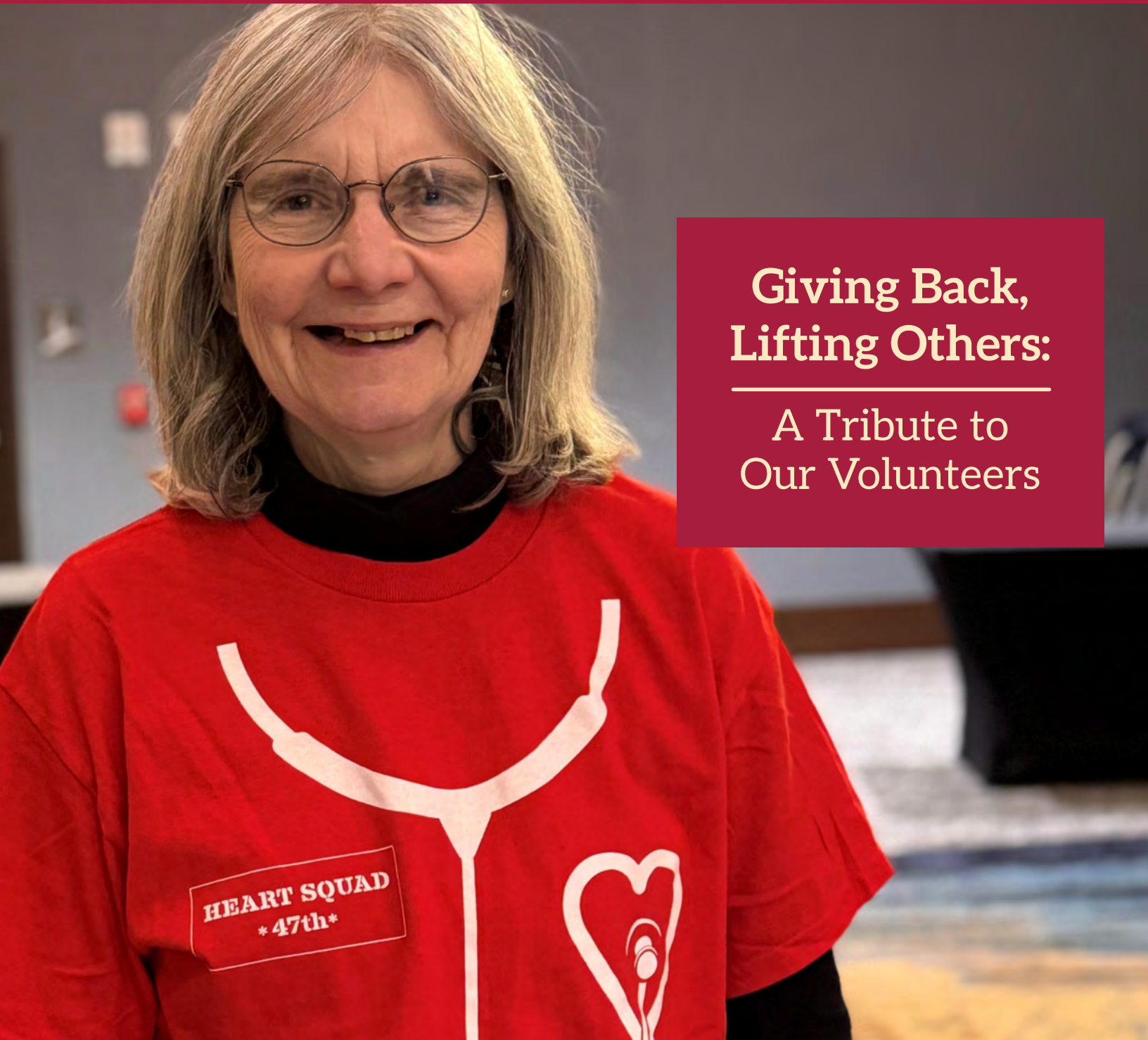


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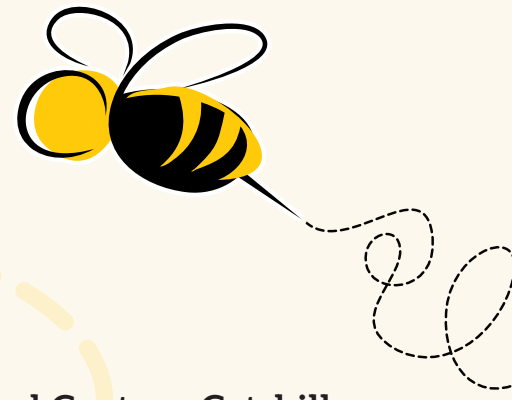
Gems

Exceptional
Lives Here.



**Giving Back,
Lifting Others:**

A Tribute to
Our Volunteers



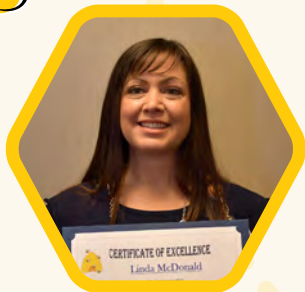
BEE AWARDS



Lauren Licata, MD

General Surgery, Garnet Health Medical Center – Catskills

Dr. Licata's dedication to patient care is truly exceptional. Frequently called upon for support on BHU, she responds with compassion, patience and respect in every situation. Her commitment to staff collaboration, thorough assessments and reducing mental health stigmas reflects her unwavering focus on dignified, comprehensive care. With clinical excellence and a warm demeanor, Dr. Licata sets the standard for patient care. We are deeply grateful for her service. Congratulations on this well-deserved recognition!



Linda McDonald

Executive Assistant, Garnet Health Doctors

Nominated by four team members, Linda McDonald is the heart of Garnet Health Doctors Administration. Known for her kindness, professionalism and can-do attitude, she's a go-to problem solver who fosters a welcoming workplace through celebrations, onboarding support and making everyone feel valued. Her generosity and selflessness extend beyond the office, leaving a lasting impact on colleagues, patients and visitors. Congratulations, Linda, and thank you for all you do!



CONGRATULATIONS ON A LASTING LEGACY

In March, we celebrated Ronald Israelski, MD, Garnet Health's first Designated Institutional Official, whose vision transformed us into a teaching institution. His leadership was instrumental in building our Graduate Medical Education (GME), Undergraduate Medical Education (UME) and Continuing Medical Education (CME) programs. Faculty and staff presented Dr. Israelski with a personally engraved chair, honoring his enduring impact on medical education. Dr. Israelski continues to serve as a valued member of our board of directors. Thank you for your unwavering commitment and incredible legacy!

April Champions: Celebrating the People Behind the Care

April is **National Occupational Therapy Month**.

March 30 kicks off **Anesthesia Tech Week and Healthcare Access Professionals Week**.

April 6 starts **Occupational Health Nurses Week**.

April 7 launches **National Cancer Registrars Week**.

April 18 begins **Health Information Professionals Week**.

April 20 kicks off **National Medical Laboratory Week and Volunteer Appreciation Week**.

April 23 celebrates **Administrative Professionals Day**.

April 29 starts **Patient Experience Week**.

Celebrating National Thank a Resident Day with a Gratitude Tree



On February 28, the GME Department honored **National Thank a Resident Day** with the debut of a **Gratitude Tree**, a heartfelt tribute to our dedicated residents.

Leading up to the celebration, staff, faculty and colleagues wrote messages of appreciation on leaf-shaped notes, which were collected in designated hospital locations. Residency Program Coordinators also helped diligently gather notes, and the overwhelming response is a testament to the impact our residents have on patient care and medical education.

On Thank a Resident Day, the Gratitude Tree—filled with handwritten messages—was unveiled in the GME Suite, serving as a powerful symbol of support and appreciation. Thank you to everyone who helped make this initiative a success!

Your words of kindness made this celebration truly special.

Announcing Garnet Health Medical Center's 2025 Nurse of Distinction Nominees

Garnet Health Medical Center and 1199 SEIU United Healthcare Workers proudly celebrate our 2025 Nurse of Distinction Award nominees. Selected by their peers—with support from 1199 RN leadership and nursing management—these outstanding nurses embody integrity, teamwork and excellence in patient care.

Recognized for their dedication, clinical skills and commitment, each nominee makes a meaningful impact on patients, colleagues and the community. Colleagues celebrated their nominations with heartfelt, photo-worthy moments. The Annual Nurse of Distinction Award Ceremony will be held in New York City on May 9, 2025 where a winner in each category will be announced from nominees all over the state. Congratulations and good luck to all our nominees.



Novice Nurse

Dalia Reyes, BSN,
Emergency
Department



Preceptor

John Duffy, RN,
CEN, TCRN



Nurse Leader

Kareema Dale, RN,
BSN, CMSRN,
Float Pool Nurse
Director



Nurse of Distinction Hospital Setting

Kathy Lucchese,
RN, FNP, NICU



Nurse of Distinction Advanced Practice Registered Nurse

Emani Wilmore, RN,
MSN, FNP, Garnet
Health Doctors



Nurse of Distinction Community Setting

M'Lissa Dick, RN

Great Save Award



Julie Roper Garnet Health Medical Center

Interventional Technologist Julie Roper was recently awarded a Great Save for her quick thinking during a medical procedure. After a successful AV fistula graft declot, she noticed swelling of the patient's chest. Her immediate response led to the identification of an arterial bleed, allowing for rapid intervention and a successful outcome. Julie's vigilance and swift action prevented serious complications, and demonstrate her dedication to patient safety. **Congratulations!**

A 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, email Vice President, Quality/Patient Safety Officer, Mary Ellen Crittenden, at mcrittenden@garnethealth.org.



Dress Blues Garnet Health Medical Center

Staff at Garnet Health's Harris and Middletown campuses stepped out on March 1, wearing various hues of blue in full support of Colorectal Cancer Awareness Month!

LEADING THE WAY



Selin Tekin, MSN, RN, FNP-BC has rejoined Garnet Health Medical Center as Nurse Unit Director for 3 North Progressive Care/Step-Down Unit. Selin began her Garnet Health Medical Center career in 2015 as a Progressive Care Unit staff nurse, later transitioning to the critical-care float pool and Medical ICU. Most recently, she served as Nursing Director at Delaware Valley Skilled Nursing and Rehabilitation.

In her new role, Selin will oversee daily operations, performance improvement, financial management, and staff and patient satisfaction. A dedicated leader with extensive critical-care expertise, she is committed to excellence in nursing.

Selin can be reached at stekin@garnethealth.org.

Garnet Health is

Celebrating National Volunteer Week

April 20-26, 2025

At Garnet Health, we're proud to honor the extraordinary impact of our volunteers. From nursing units and Guest Services to the Emergency Department, pet therapy and food support, their dedication shines through.

In 2024, 221 human and eight pet-therapy volunteers dedicated nearly 19,000 hours—equal to over \$700,000—in time. They also helped collect and distribute 15,000 pounds of food for our Food Farmacy, which supports food-insecure patients after they are discharged. Their impact is immense. A heartfelt thank you to all our volunteers for the time, care and dedication they provide. We truly couldn't do it without you.

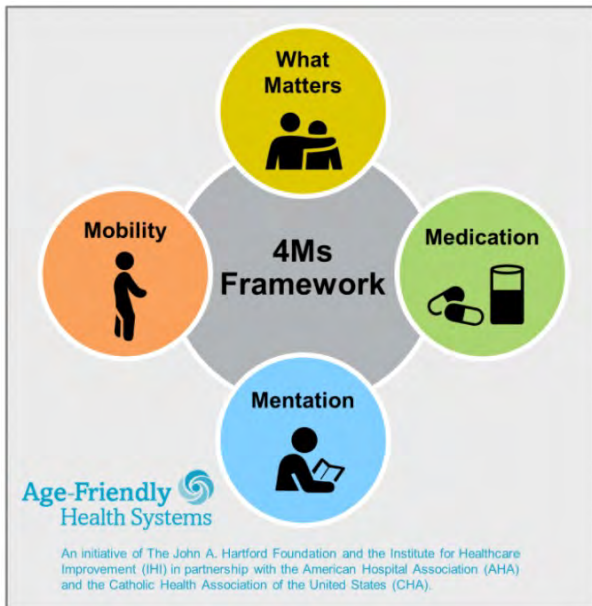


123 Adults • 33 College • 65 Junior/High School
8 Pet Therapy Volunteers



Advancing Age Friendly Care

Garnet Health is prioritizing Age-Friendly Care in 2025, ensuring that older patients receive personalized, high-quality care through the 4Ms framework (see chart below). Our older patients are at high risk of harm and more vulnerable to poor health outcomes. This targeted approach helps align care with patients' needs and wants, addresses their goals and reduces safety risks.



What matters:

Identify and align care with each older adult's specific health-outcome goals and care preferences, including but not limited to end-of-life care and across settings of care.

Medication:

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility or Mentation across settings of care.

Mentation:

Prevent, identify, treat and manage dementia, depression and delirium across settings of care.

Mobility:

Ensure that older adults move safely every day so that they maintain function and do What Matters.

While aspects of the Age-Friendly Care framework will be implemented hospitalwide, a 4Ms pilot program will launch in 4 North & 5 North (Middletown), ICU (Harris) and Swing Unit (Callicoon).

Supported by a \$10,000 HANYS grant, these units will lead the initiative in providing enhanced care for older adults. Additionally, Garnet Health Medical Center – Catskills' Emergency Department is working toward Bronze-Level Geriatric Emergency Department Accreditation (GEDA) this spring. Congratulations to the teams driving this effort! For more information, contact mcrittenden@garnethealth.org.

April Recognition Days 2025

Garnet Health is committed to fostering an inclusive environment where employees, patients and visitors feels they belong. We recognize that diverse backgrounds among staff and providers lead to better patient care. April is Celebrate Diversity Month—a time to honor unique cultures and traditions that enrich our community. Join us in recognizing these observances:

April 2 | World Autism Awareness Day

Promoting awareness, acceptance and support.

April 6-7 | Chaitra Navratri (Hindu)

A festival honoring the goddess Durga and the Hindu New Year.

April 13-20 | Passover (Jewish)

Celebrating the Israelites' liberation from slavery.

April 20 | Easter (Christian)

Commemorating the resurrection of Jesus Christ.

April 22 | Earth Day

Celebrating and protecting our planet.

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 | June 2

New York Life Representative

Garnet Health Medical Center
Conference Center Lobby

11:00 a.m.–2:00 p.m.

April 22 | May 21

OUT AND ABOUT



On March 7, **Nicole Sewell, CNO, and VP of Patient Care Services** at Garnet Health Medical Center, delivered the keynote address at **SUNY Orange's Sojourner Truth Awards Program** to 300 students and their families. This annual event honors underrepresented students in grades six through 12 for achievements in academics, athletics, creative arts, citizenship and more. Nicole's speech celebrated perseverance, effort and personal resolve—especially among students recognized outside of academics—as the true markers of success in the face of adversity.

Garnet Health Medical Center – Catskills' **Karenza Mingione Jansen, LMHC-D**, recently joined **CEO Jerry Dunlavey** as a cohost on Catskills News Talk on Bold Gold Radio with host Paul Ciliberto. The two-hour show discussed Garnet Health Medical Center – Catskills' behavioral health services and what it offers to the community. Learn more at garnethealth.org/services/behavioral-health.



On February 26, Garnet Health's Administrator, Planning and Community Relations, **Moira Mencher**; Chief Strategic Planning Officer **David Smith**; and Garnet Health Medical Center – Catskills CEO **Jerry Dunlavey** represented Garnet Health at the New York State Capital, advocating for legislative action on crucial healthcare matters. They were joined by assembly members Kay and Eachus.



Your Commitment Counts! Get Rewarded for Perfect Attendance.

In 2024, we launched a Perfect Attendance trial program for Garnet Health Medical Center's 1,199 employees—successfully reducing unscheduled absences.

Eligible employees will receive a letter outlining their achievement and sick-time conversion options. If you believe you qualify, but you haven't received a letter, contact your leader and HR Business Partner by March 30.

Thanks to its success, the program is expanding in 2025 to include all full-time and part-time employees across Garnet Health Medical Center, Garnet Health Medical Center – Catskills and Garnet Health Doctors.

The enhanced program features monthly and annual financial incentives, as well as random daily flash prizes. Each month, \$1 per eligible employee is added to a prize pot. One winner will receive 50% of the monthly pot, with the rest saved toward an annual grand prize.

Three runners-up in the annual drawing—one from each entity will also earn a reserved parking space for three months.

Your commitment matters, and now it's more rewarding than ever!



Meet Cashanova

To kick off the 2025 Attendance Incentive Program, we've named our mascot—Cashanova!

Congratulations to Karina Rivera from Nursing Administration for the winning name. She'll receive a reserved parking spot for one month in the lot of her choice.

PHRASE OF THE MONTH FOR APRIL:

INNER PEACE

Inner peace is a state of calm and acceptance, where you feel in harmony with yourself and the world around you. It's a mindset you can cultivate, even in the face of stress.

BE PRESENT.

Start your day with deep breaths and gratitude.

PRIORITIZE WELL-BEING.

Be mindful of your time, health and daily choices.

UNPLUG AND CONNECT.

Avoid screen time in the morning. Enjoy nature, fresh air and/or a warm drink.

SET HEALTHY BOUNDARIES.

It's OK to say "no" and protect your peace.

ADDRESS STRESS EARLY.

Acknowledge challenges before they build.

RELEASE NEGATIVITY.

Steer clear of things that drain your energy.
Focus on what uplifts you.

FIND YOUR OUTLET.

Journaling, movement and/or quiet time can help you reset.

Embracing inner peace brings clarity, emotional balance and resilience. It helps us manage stress, stay focused and build stronger relationships. A calm mind encourages mindfulness, boosts productivity and nurtures self-acceptance—laying the foundation for greater joy, well-being and a more fulfilling life. Listed are some tips for achieving inner peace.

"INNER PEACE BEGINS THE MOMENT YOU CHOOSE NOT TO ALLOW ANOTHER PERSON OR EVENT TO CONTROL YOUR EMOTIONS."

—ANONYMOUS

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 April Auxiliary Vendor Sales

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

April Vendor Dates

4/10	Simple Treasures	4/24	Eleanor Jewelers
4/14	J's Divine Jewelzz	4/25	John's Jewelry Box
4/15	Arlene's Hair Accessories	4/28	Joint 2 Jewelers
4/16	Mary Kay Cosmetics	4/29	Your Nutz
4/17	Tupperware	4/30	Silver Dollar Boutique
4/21	Magnolia Label Design	4/30	Teddies Jewelry
4/23	A Stylish Bling		

Gems Newsletter

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

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