Stem Cell Therapy: Helping to Heal Your Knees Faster

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We Have Top Doctors and Super Doctors, Too | PAGE 8
Beat Your Sugar Addiction Now | PAGE 9

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Follow us http://twitter.com/SouthNassau
How should you choose a hospital? What are the most important criteria to use when making a decision as important as your health or the health of your family?

Certainly, you should look at the caliber of the staff, particularly the nurses who will be caring for you around-the-clock while you are a patient. On page 3, you can read about South Nassau’s recent designation as a Magnet® facility. This honor, conferred by the American Nurses Credentialing Center, has been achieved by only seven percent of hospitals in the United States, as determined by a rigorous application and review process as well as a painstaking site survey.

When selecting a health care provider, you would be wise to examine the credentials of the medical staff. Look for board-certified or board-eligible physicians who are recognized in their fields for innovation, scholarship and experience. Third-party endorsements such as Castle Connolly’s annual “Top Doctors” list, Long Island Business News’ “Health Care Heroes” awards, or Key Professional Media’s “Super Doctor” designations are indications that the professional medical staff is acknowledged to be among the most well-respected in their fields. On pages 8, 10 and 11, you can read about the achievements of several South Nassau physicians and ancillary staff members.

The reputation of a hospital’s clinical programs may help you to select the most appropriate provider. South Nassau recently earned the distinction of being the first hospital in the New York Metro area to earn Joint Commission certification in end-stage renal disease. This honor by a national accreditation agency signifies the Dialysis Program’s quality and commitment to meeting national standards for practice and outcomes. You can read more about this on page 4.

Evidence that a hospital fosters innovation and supports technological advances should also be an important part of the decision-making process when choosing a hospital for your care. On page 6 you can read about the newest advance in the treatment of orthopedic injuries and arthritis, which uses stem cells to help restore healthy function to damaged joints.

Whether during a true medical emergency, or when time permits a more analytical approach to selecting a health care provider, South Nassau is here for you and your family. Thank you for putting your trust in us.

Sincerely,

Richard J. Murphy
President and CEO
South Nassau Hospital has been awarded the American Nurses Credentialing Center’s (ANCC) Magnet® recognition. South Nassau is one of just 397 health care organizations out of nearly 6,000 U.S. health care organizations to earn the prestigious recognition.

Magnet recognition is the highest award a hospital can receive for outstanding nursing services by creating an environment that attracts and rewards outstanding nurses. It’s based on expert patient care, ongoing training and continuing education, teamwork, community involvement and attention to overall patient needs. The recognition is valid for four years, during which time the ANCC will monitor South Nassau and track its performance against several benchmarks to ensure that the hospital remains in compliance with the standards of the program.

To achieve Magnet recognition, South Nassau had to demonstrate qualitative and quantitative evidence that patient and nursing outcomes in several quality and patient safety areas (including patient falls, hospital-acquired pressure ulcers, health care-acquired infections, pediatric pain management and peripheral IV complications) exceed comparative national benchmarks. In addition, South Nassau had to show proof that it exceeds national benchmarks for patient and family satisfaction, as well as nurse satisfaction.

See page 16 for the names of our outstanding nurses who were the force behind the Magnet designation.

Becker’s Names South Nassau Hospital to its List of 100 Hospitals with Great Women’s Health Programs

*Becker’s Hospital Review* has named South Nassau Hospital to its 2014 listing of “100 Hospitals with Great Women’s Health Programs” in the United States.

South Nassau was selected based on its clinical excellence, quality care and awards for women’s health services. The list was developed through extensive research and a rigorous review with peer organizations. *Becker’s Hospital Review* is a bimonthly magazine published by ASC Communications based in Chicago, Ill. The magazine is read by many of the nation’s leading health care executives and policy makers.
South Nassau is First Hospital in N.Y. to Earn Joint Commission Certification in End-Stage Renal Disease

The certification was awarded to South Nassau for its compliance and continuous dedication to the national standards for health care quality and safety as recommended by the commission’s Disease-Specific Care Certification program.

Certification and accreditation by The Joint Commission is recognized nationwide as a symbol of quality that reflects a hospital’s commitment to meeting demanding performance standards. End-Stage Renal Disease certification is available only to dialysis programs in Joint Commission-accredited acute care hospitals.

To earn the certification, South Nassau’s Inpatient Dialysis Unit and Outpatient Dialysis Center in Oceanside, underwent a thorough and rigorous on-site review by surveyors with expertise in dialysis care. The review demonstrated South Nassau’s compliance with standards of care specific to the needs of patients and families, including infection prevention and control, leadership and medication management.

The hospital’s Inpatient Dialysis Unit provides patients with dialysis treatments in a semi-private setting where they can relax in comfortable recliners or beds. South Nassau’s Outpatient Dialysis Center offers 18 patient dialysis stations and patient-centered amenities, including satellite-linked, high-definition television, high-speed Internet, personal telephones and individual lighting and heating control.

Outpatient Dialysis
3618 Oceanside Rd., Oceanside
Hours: Mondays – Saturdays: 5:00 a.m. to 12 midnight
Closed Sundays

FOR MORE INFORMATION or TO SCHEDULE AN APPOINTMENT, call 1-877-South-Nassau (1-877-768-8462).

South Nassau Hospital has received accreditation in vascular testing by the Intersocietal Accreditation Commission. The IAC grants accreditation only to those facilities that are in compliance with national standards. The accreditation is valid for three years.

To earn the accreditation, a panel of experts conducted a comprehensive onsite review of the operational and technical components of South Nassau’s Peripheral Vascular Lab. The accreditation covers the areas of peripheral arterial testing, peripheral venous testing and extracranial cerebrovascular testing.

FOR MORE INFORMATION or TO SCHEDULE AN APPOINTMENT, call 1-877-South-Nassau (1-877-768-8462).
She was only 8 years old when she learned that her big brother Billy had cancer. “My parents were honest with me and told me how serious his condition was,” recalled Gabi Cohen, now 18. “I was very scared.”

Over the next six years, Ms. Cohen’s parents focused their attention mostly on their sick son. “My parents would say ‘Billy’s getting our attention because he’s sick,’” she recalled, “so we can’t spend time with you’ and they would give me a toy I wanted and spoil me.”

“I was going through middle school and pretending everything was okay,” she continued. “My mother couldn’t take care of me, and I had to put my big girl shoes on.”

One day, Ms. Cohen’s mother learned about a free program at South Nassau Hospital called SIBSPlace, for children ages 5 to 17 who are living with a sibling or parent with a life-threatening illness. She started attending SIBSPlace once a week, where she mingled with other children who were trying to cope with a sick sibling or parent. “SIBSPlace became a haven for me,” she said. “It was so refreshing to have so much care and attention... we became each other’s siblings.”

But SIBSPlace offered her much more than socialization. She had help with her homework, participated in therapeutic and creative arts activities, talent shows and drama workshops, while licensed mental health professionals, an art and music therapist and specially trained volunteers helped her express her feelings, become more self-aware and develop coping skills, explained Suzanne Kornblatt, director of the program.

“A devastating illness affects not only the sick child but the entire family,” Ms. Kornblatt said. “It’s very difficult for the well child to accept and adjust to family members focusing their attention on, and giving their support to, the sick sibling; it often results in a well child’s sense of loneliness, decreased self-esteem, sadness and even anger. This creates a stressful situation that’s not easy to adapt to.”

After her brother Billy passed away last year at the age of 23, her parents continued to attend weekly sessions of the parents’ support group at SIBSPlace to help them cope with their son’s untimely death.

As for Ms. Cohen, who’s a freshman at SUNY Buffalo studying environmental design, there’s “no place like SIBSPlace.” “Without SIBS, I don’t think I could have gone on and gone to college,” she said. “I would have been hung up on my brother’s death. I want to live for my brother. I want to live the life he didn’t get to live.”
If you have ever torn your meniscus, the C-shaped cartilage that acts as a shock absorber between the thighbone and shinbone, caused by trauma, forceful twisting or the ordinary stresses placed on the joint from walking, running or climbing, then you’re familiar with the symptoms: pain, swelling and stiffness, catching or locking of your knee and decreased range of motion.

While some tears of the meniscus can be treated with physical therapy and muscle strengthening, very often they require surgery, such as the commonly performed procedure called arthroscopy. At South Nassau, surgeons performing this minimally invasive procedure that involves inserting tiny surgical instruments through small incisions to trim or repair the meniscus have an additional therapeutic tool at their disposal that reduces pain and speeds healing: stem cells.

“These stem cells are injected directly into the injured or damaged area in the operating room immediately following the surgery and help the knee to heal faster with less pain,” explained Craig Levitz, M.D., chair of orthopedics at South Nassau Hospital. Once in the tissue, the stem cells then release growth factor proteins that enhance healing and help rebuild tissue with less pain.
Safeguard Your Knees

Follow these tips from the American College of Sports Medicine to help head off injuries to your knees. However, it is recommended that you check with your physician and fitness expert before beginning any activity.

- Incorporate stretching into your exercise regimen. Stretch the hip and thigh muscles, specifically the gluteal and groin muscles and the quadriceps and hamstring muscles before and after your exercise routine.
- Strengthen the same hip and thigh muscle groups. Use weight machines or resistance tubing.
- Avoid overtraining. Whether it’s walking, running or swimming or any other exercise, start slowly and fit in a day of rest between each exercise session.
- Always use proper technique. Get instruction, if needed.

Once in the tissue, the stem cells then release growth factor proteins that enhance healing and help rebuild tissue with less pain.

Research shows that stem cell therapy is safe and that complications are not common. “There have been no adverse problems reported with this therapy,” he said.

Candidates for the procedure have a tear of the meniscus due to injury or arthritis. “Virtually anyone can be a candidate for stem cell therapy,” Dr. Levitz said. He added that the procedure is not covered by insurance unless it is performed in conjunction with arthroscopic knee surgery.

“Stem cell therapies hold great promise for many more clinical applications in orthopedics,” he said, “and one day will become the standard of care.”

Craig Levitz, M.D.
is chair of orthopedics at South Nassau Hospital, director of orthopedic surgery and oversees South Nassau’s Shoulder Center. He is one of few physicians nationwide who is board-certified and fellowship-trained in sports medicine and is nationally renowned for his use of minimally invasive arthroscopic procedures for repair of knee and shoulder injuries.

Dr. Levitz was recently listed for the eighth consecutive year in New York’s “Top Doctors” in orthopedic surgery published by Castle Connolly and has also been recognized by Castle Connolly as one of the top surgeons in the U.S.

FOR MORE INFORMATION or TO SCHEDULE AN APPOINTMENT, call 1-866-32-ORTHO or 1-866-326-7846.

If you have a question about stem cell therapy, ask Dr. Levitz at http://www.facebook.com/SouthNassau
South Nassau Physicians Named to “Top Doctors” List

More than 40 South Nassau Hospital physicians have been selected for inclusion in the annual edition of “Top Doctors: New York Metro Area.” Doctors listed in its “Top Doctors” series of guides are selected after peer nomination, extensive research and review and screening. The Castle Connolly physician-led research team reviews the medical education, training, hospital appointments, disciplinary history and more of each nominee. Doctors do not pay to be included in a Castle Connolly guide.

Castle Connolly’s “Top Doctors” has named the following South Nassau physicians to its prestigious guide:

Cardiology
Andrew D. Berke, M.D.
Kul Chadda, M.D.
Timothy T. Chen, M.D.
Sanjay Kirtane, M.D.
Andrew Lituchy, M.D.
George A. Petrossian, M.D.
Ira L. Weg, M.D.
Jerome B. Zisfein, M.D.

Diagnostic Radiology
Abraham Port, M.D.
Matthew Rifkin, M.D.
Sydney Yoon, M.D.

Endocrinology
Steven Lomasky, M.D.

Dermatology
Mark K. Silverman, M.D.

Family Medicine
Neil Soskel, D.O.

Gastroenterology
Meyer Blumstein, M.D.

Internal Medicine
Michael Goodman, M.D.
Edward Hotchkiss, M.D.

Medical Oncology
Leonard Kessler, M.D.

Neurological Surgery
Stephen T. Onesti, M.D.

Neurology
Lewis A. Levy, M.D.

Obstetrics and Gynecology
Joan Haselkorn, M.D.

Ophthalmology
Alexander Hatsu, M.D.
Richard Nauheim, M.D.

Orthopedic Surgery
Craig L. Levitz, M.D.
Jonathan B. Ticker, M.D.

Otolaryngology
Dennis L. Draizin, M.D.
Louis M. Rosner, M.D.

Plastic Surgery
Kaveh Allzadeh, M.D.
David K. Funt, M.D.
William E. Groeger, M.D.
Martin Kessler, M.D.

Psychiatry
Jovita M. Crasta, M.D.

Pulmonary Disease
Jonathan D. Altus, M.D.
Alan I. Blum, M.D.
Benjamin J. Leeman, M.D.
Steve A. Mermelstein, M.D.
Rita B. Schulster, M.D.
Henry A. Zupnick, M.D.

Radiation Oncology
Edward E. Mullen, M.D.

Radiology
Matthew D. Rifkin, M.D.

Rheumatology
Daniel H. Cohen, M.D.

Surgery
Rajiv V. Datta, M.D.
Dean Pappas, M.D.

Thoracic and Cardiac Surgery
Shahriyur J. Andaz, M.D.

Urology
Steven M. Harris, M.D.

South Nassau Physicians Named “Super Doctors”

Rajiv Datta, M.D., F.A.C.S., chair of the department of surgery and medical director of the Gertrude & Louis Feil Cancer Center, and Stephen T. Onesti, M.D., F.A.C.S., chief of the division of neurosurgery, have been named 2014 “Super Doctors®.” No more than 5 percent of physicians in the New York metro area have achieved this designation, which is given by Key Professional Media, a leading research and medical ranking organization.

A Castle Connolly “Top Doctor” for seven consecutive years, Dr. Datta’s areas of expertise include cancers of the head and neck, upper gastrointestinal and colorectal procedures.

Stephen T. Onesti, M.D., an attending neurosurgeon with Neurological Surgery, P.C., is a Fellow of the American College of Surgeons. He specializes in surgery of the spine and has published more than 70 peer review journal articles, book chapters and abstracts on spinal surgery and related topics.

He was previously selected as a “New York Super Doctor” and has been named a Castle Connolly “Top Doctor: New York Metro Area” and a “Best Doctor in America.”

“Super Doctor” candidates undergo a rigorous multi-step process designed to identify physicians who have attained a high degree of peer recognition and professional achievement, according to the publication’s website.
I consume calcium-rich foods like dairy and orange juice with added calcium and take a calcium supplement daily. Can it lead to calcium deposits in my arteries and increase my risk of heart disease?

This is a very timely question, in light of the recent studies that have been published on the topic. In February, the United States Preventive Services Task Force recommended that postmenopausal women refrain from taking supplemental calcium and vitamin D. After reviewing 1,535 studies, they said there was little evidence that these supplements prevent fractures in healthy women. As for men, the jury is still out on the benefits of calcium supplementation. A recent study from the National Institutes of Health suggests there is an increased risk of heart attack, stroke or other cardiovascular diseases for men taking calcium supplements. But more research is needed.

The safest and probably most effective source of calcium for strong bones and overall health is diet, not supplements. Some calcium-rich foods include low-fat cheese, milk and yogurt; canned salmon; almonds; and dark, leafy green vegetables such as kale, spinach and collard greens.

I would suggest that you consult with your physician or other health care provider to determine your individual need based upon your age and dietary intake.

Email Linda Efferen, M.D., South Nassau’s chief medical officer, at info@snch.org and write “Ask the Doctor” in the subject line.

Beating a Sugar Addiction

If you’re wondering how to get off sugar, you are not alone. A “sweet tooth” is an extremely strong urge, especially when the taste of sugar releases the feel-good chemicals like serotonin and endorphins that offer a natural “high.” Indulging your sweet tooth every now and then is not a problem, but over-consuming is, especially since sugar is added to many processed foods, including breads, yogurt, juices and sauces.

Here are some tips to help you tame those cravings:

- **Eat a small amount** of what you’re craving, maybe a small cookie or mini candy bar
- **Chew some gum.** If you want to avoid giving in to a sugar craving completely, try chewing gum
- **Get up and go.** When a sugar craving hits, walk away. Take a walk around the block or office. A change of scenery can help to take your mind off your craving
- **Reach for fruit.** You’ll get fiber and nutrients along with something sweet
- **Eat regularly.** Waiting too long between meals may also cause you to choose sugary, fatty foods that cut your hunger. Instead, eat every three to five hours to help keep blood sugar stable. Best bets? Protein, fiber-rich foods

*Source: [webmd.com](http://webmd.com)*
Business Magazine Recognizes Two South Nassau Health Care Professionals

*Long Island Business News* has named Margaret Hempstead, R.N., Nurse Hero, and pharmacist Carl Zipperlen Health Care Professional Hero. They were recognized on Nov. 7, at a breakfast reception at the Crest Hollow Country Club in Woodbury. The award honors health care professionals in Nassau and Suffolk counties for their outstanding leadership and commitment.

As nurse manager of South Nassau’s IV team, Ms. Hempstead has instituted procedures to help eliminate central line-associated blood infections and developed an educational training program to reinforce critical care EMTs’ use of aseptic technique in the insertion of IVs in the field. She also formed a committee to ensure that discharged patients and outpatients with surgically implanted infusa-ports would receive regular catheter maintenance while receiving medical treatment at home.

Her contributions to nursing practice have been recognized by Tangent Medical, a manufacturer of IV therapy products, which selected Ms. Hempstead as a national finalist of the 2013 Nurses’ Choice awards. She was also nominated for Nurse.com’s Nursing Excellence “GEM” (Giving Excellence Meaning) Award in the Clinical Nursing Inpatient category.

For nearly 30 years, she has volunteered as an emergency medical technician for the Woodmere Fire Department and has received fire district citations and service awards for her dedicated and brave service.

Clinical pharmacist Carl Zipperlen’s contributions to the hospital practice of pharmacy have been recognized inside and out of South Nassau. The 2011 Employee of the Year at South Nassau was one of six New York State pharmacists honored by *Drug Topics* magazine as “Pharmacist of the Year” for championing a pharmacy influenza and pneumonia immunization program at the hospital. In 2005, he won the One-to-One American Pharmacists Association’s Counseling Recognition Program for demonstrating outstanding “pharmacist-to-patient contact” that resulted in optimized medication regimes and improvement in patients’ physical and emotional well-being.

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**Medical & Surgical, Pediatrics, Critical Care, Maternity/GYN**
Visitors welcome 24 hours, seven days, at the patient’s discretion

- We appreciate your help in limiting visitors to two at a time
- Children under 12 must be accompanied by an adult
- Remember, do not visit if you are sick

**Behavioral Health (D – 4)**
Visitors under age 16 permitted on
Saturday, Sunday and holidays only from 1 – 2 p.m.
Monday – Friday: 1 – 2 p.m. & 7 – 8 p.m.
Saturday, Sunday & Holidays: 1 – 3 p.m. & 7 – 8 p.m.
State, County Emergency Services Groups Honor South Nassau’s Emergency Medicine Chair

Joshua Kugler, M.D., chair of the department of emergency medicine at South Nassau Communities Hospital, has been named the recipient of the 2013 Physician of Excellence Award from the New York State Emergency Medical Services Council and Nassau County Regional Emergency Medical Services Council.

He earned the awards for his commitment to excellence and leadership in emergency medicine and dedication to emergency medical services as they pertain to local and state pre-hospital emergency care.

Emergency Department Nurse Recognized by County EMS Council

Fran Stevens, R.N., assistant nurse manager of South Nassau’s Emergency Department, is the recipient of the Nassau County Regional Emergency Medical Services Council’s Nurse of Excellence Honorable Mention award.

On the staff at South Nassau for nearly 30 years, Ms. Stevens was recognized for her collegial relationship with Emergency Medical Service providers and her expertise in Emergency Department management as well as her service to the communities served by the hospital.

the WORD game

Would you like to WIN A $50 GIFT CARD?

Answer the three questions below and your name will be entered into a drawing.

Submit your answers online at www.southnassau.org/theWord or mail them to South Nassau Hospital, Department of External Affairs, One Healthy Way, Oceanside, NY 11572 before Thursday, June 26 at 11:59 p.m.

The winner will be notified by Monday, June 30. Good luck!

Please note: Duplicate entries are not permitted and will result in the disqualification of the contestant. Please, only one entry per household.

1) A commonly performed procedure used to treat a meniscus tear is called? (Answer is one word long)

2) What is the c-shaped cartilage that acts as a shock absorber between the thighbone and shinbone? (Answer is one word long)

3) Once in the tissue, the stem cells release what? (Answer is three words long)

Community Service Plan Available

New York hospitals are required by both state and federal governments to conduct a community health needs assessment every three years and, as a result of that assessment, develop a Community Service Plan to respond to the community’s health needs with a strategy to address them.

To review the hospital’s plan, you may either access it at www.southnassau.org, listed under the tab, “Healthful News and Resources,” as Community Service Plan, or you may pick up a printed copy from the hospital’s External Affairs office in Baldwin at 2277 Grand Avenue.
Promoting Healthy Eating at Maple Pointe

Assisted Living Center

Jan. 23 – Gina Kearney, R.N., director of community education at South Nassau, and Dena Alberti, R.N., staff educator at the hospital, presented “Healthy Eating… A Healthy You” to residents at Maple Pointe in Rockville Centre.

Standing, from left, Rhoda DePietro, recreation aide at Maple Pointe; Ms. Kearney; and Dena Alberti, R.N., staff educator. Seated, residents Annette Lax and Caroline Gilman.
South Nassau Selected Business of the Year

Feb. 8 - The Oceanside Chamber of Commerce presented South Nassau with their Business of the Year award. The chamber recognized the hospital’s numerous contributions to the Oceanside community in the form of free education lectures, health screenings and donations of clothing, gift cards and toys to needy families. The presentation was made during the chamber’s annual Installation Dinner Dance at the Oceanside Jewish Center.

First Baby of 2014!

Little Kayden Villegas helped Mom Astrid Herrera, of Freeport, ring in the New Year, arriving on Jan. 1 at 1:40 a.m. Baby Kayden, who tipped the scales at 9 pounds, 13 ounces, has two older sisters and playmates at home, 4-year-old Kayllis and 3-year-old Emelyn.

Community Health Partnership Forms on Long Island

The Nassau-Suffolk Hospital Council, which represents all Long Island hospitals, has launched the Long Island Health Collaborative (LIHC), a bi-county partnership to help Long Islanders improve their health.

The collaborative, composed of Long Island hospitals, the health departments of Nassau and Suffolk counties, community-based organizations and academic institutions, aims to help Long Islanders achieve optimum health. A key component of LIHC’s work is a comprehensive website that provides residents with health promotion and disease prevention information and links them to clinical and social services.

LIHC formed in February 2013 in response to state and federal government regulations requiring that health care providers, local health departments and community based organizations work together to improve health in their communities and address unmet health needs.

To access the LIHC website, go to nshc.org/long-island-health-collaborative/
For more than 85 years, South Nassau Hospital has been providing award-winning care to Nassau County’s South Shore. As featured on page 3, South Nassau recently received Magnet® recognition by the American Nurses Credentialing Center. This prestigious honor confirms what we already know—that our nurses are committed to excellence and provide compassionate care to the communities we serve.

South Nassau prides itself in providing the gold standard of care to meet the ever-changing needs of our community. With the impact of superstorm Sandy and the closure of a neighboring hospital, South Nassau has experienced an 8.5 percent increase in patient volume to our Emergency Department. In an effort to manage the upward trend, this year South Nassau will begin construction to expand the Emergency Department. Please consider making a tax-deductible donation to support this most valuable community asset.

Steven Gold
Chair, Development Committee and Member, Board of Directors

TO MAKE A TAX-DEDUCTIBLE GIFT, go to www.southnassau.org and click on Gift Giving or mail your donation to South Nassau Communities Hospital, P.O. Box 843, Baldwin, NY 11510.

FOR MORE INFORMATION, call 516-377-5360. Thank you!

$23K Gift Supports Breast Cancer Services for Underserved Women

The Long Island 2 Day Breast Cancer Walk (LI2DAY) has awarded the Center for Breast Health at South Nassau Hospital’s Gertrude & Louis Feil Cancer Center with a $23,000 gift in support of its screening, early detection and diagnostic services for medically underserved and low-income patients with suspected or confirmed breast cancer. This is the sixth consecutive year that LI2DAY has supported the program for a combined total of $173,500.

Nearly 400 walkers participated in the 2013 LI2DAY walk held June 8 to 9, raising more than $525,000 that is donated back to selected Long Island hospitals and community-based grassroots organizations.

For information about the Gertrude & Louis Feil Cancer Center or to schedule an appointment, call 1-877-South-Nassau.

New York Community Bank Foundation Donates $100K to Support Cardiovascular Services

Richard J. Murphy, president and CEO of South Nassau Hospital, receives a check from Marian Conway, executive director of the New York Community Bank Foundation, for $25,000, part of a $100,000 gift that will be distributed over four years to benefit South Nassau’s cardiac diagnostic and treatment services. Looking on are Blossom Regan, senior director of corporate, foundation and government relations at South Nassau Hospital, left, and Elizabeth Nardone, vice president of development at South Nassau Hospital.
South Nassau Names Ambulatory Surgery Center for Late Ophthalmology Chief

South Nassau Hospital has named the Center for Ambulatory Surgery for the late Martin E. Greenspan, M.D., F.A.C.S., former chief of ophthalmology, thanks to a generous gift from the Greenspan family. Members of the Greenspan family attended the ribbon-cutting ceremony on January 24. Dr. Greenspan was a member of the medical staff for nearly 45 years and served as chief of ophthalmology from 1977 to October 2006. He was named physician emeritus in 2009.

The Martin E. Greenspan, M.D., F.A.C.S. Center for Ambulatory Surgery features three modern operating rooms and up to 14 recovery beds. Each year, more than 3,000 patients undergo surgical procedures from cataract removal and lens implants to lumpectomy and bunion surgery.

Casino Royale Supports Emergency Department Expansion

South Nassau Hospital’s Casino Royale on March 6 at the Coral House in Baldwin raised more than $142,000 for expansion of its Emergency Department.

The event benefitted South Nassau’s Department of Emergency Medicine, a New York State Department of Health regional stroke center and a Level II trauma center. The Emergency Department’s expansion project, set for completion in December 2015, will nearly double the size and accommodate a projected 80,000 patient visits a year.

Casino Royale’s honoree was Ethel Simmons, past president and a member of South Nassau’s Auxiliary. Ms. Simmons also serves on the board of directors of the Oceanside Counseling Center, is a member of South Nassau’s Community Advocacy Committee and its Volunteer Services Department.

The event offered an array of casino games and special prizes, including two tickets to a Billy Joel concert at Madison Square Garden and a 42-inch high-definition flat screen television.

Silvian Foundation Promotes Healthy Lifestyles in the Community

South Nassau is a recipient of a grant of $15,000 from The Slomo and Cindy Silvian Foundation, Inc. The funds will support South Nassau Hospital’s CATCH (Check in and Take Charge of Your Health) program, which provides outreach, education, assessment and support services to promote healthy lifestyles and reduce risks related to obesity, diabetes and heart disease.

A previous grant from the Silvian Foundation, awarded in 2011, provided funding to support diabetes patient education. A diabetes education video produced under that grant is on the hospital’s website.

Gift from Astoria Federal Supports Perinatal Services for Medically Underserved

Astoria Federal Savings has made a $7,500 donation in support of a program offered by South Nassau Hospital’s Family Medicine Center that is designed to combat the elevated health risks and poorer health outcomes, including infant mortality, of medically-underserved pregnant women and their newborns.

“This is the third consecutive year that Astoria Federal Savings has made a generous gift in support of South Nassau’s mission to provide programs and services that address the range of health issues and problems facing the residents and communities we serve,” said Elizabeth Nardone, vice president of development at South Nassau.

From left: Richard Nauheim, M.D., chief of ophthalmology; Richard J. Murphy, president and CEO; Gail Greenspan; Linda Greenspan; Alexander Greenspan; and Mitchel J. Greenspan at the dedication ceremony.

From left, Richard J. Murphy, president and CEO; honoree Ethel Simmons; and Elizabeth Nardone, vice president of development.

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Congratulations to Our Nurses for Achieving Magnet Recognition

The Magnet Recognition Program® is a prestigious designation recognizing health care organizations for quality patient care, nursing excellence and innovations in professional nursing practice.

South Nassau has been recognized by the American Nurses Credentialing Center (ANCC) as a Magnet-designated hospital after demonstrating excellence in more than 35 areas of focus throughout the hospital.

The hospital is pleased to recognize and congratulate our exceptional nursing team on the outstanding effort they have made in demonstrating the remarkable care they provide to our patients every day.

Nyree Abner
Jini Abraham
Minimol Abraham
Salomy Abraham
Leticia Acevedo
Bindu Achenkunju
Maria Adames
Michelle Addario
Adeniran Adeeye
Nancy Adler
Merlyn Adversalo
Lourdes Agosto
Cecilia Aguaviva
Chona Alasaas
Alice Alba-Dumlao
Elena Albert
Dena Alberti
Aleli Alcala
Susan Alejandro
Anna Alexander
Lisa Alexinas
Maria Alisie-Sabau
Janice Alkire
Maria Alte
Myrna Alvelo
Jennifer Amankwah
Maryjean Amitrano
Kelly Amore
Robin Ananicz
Gladys Grace Andres Llaguno

Christina Angellillo
Ma-Phoebe Angelitudo
Anu Antony
Reena Antony
Arlene Aragona
Patricia Arana
Jesus Rey Arboleda
Karen Arcamona
Corinne Arcuri
Jessica Arroyo
Linda Artusa
Amelia Atienza
Siju Augustine
Melissa Auletti
Karina Austin
Soumia Avarachan
Milarose Avila
Sarah Avis
Betsy Babukutty
Jolene Bacchus
Liz Bachoo Garib
Michelle Baek
Patricia Baex
Eunice Bagajo
Karen Bailey
Melinda Balbontin
Martha Baracaldo
Sandra Baracaldo
Shari Baudone
Belen Bautista

Angela Baval
Bethuel Bayawa
Richard Bednarik
Joanne Beksinski
Lashanda Belfort
Angelica Bellen
Cesar Bellen
Marie Christine Beltran
Ana Bencosme
Nimcy Benly
Ebonique Bennett
Bittu Benny
Latoya Benwarisingh
Roseann Berges
Arlene Bernhard
Melissa Bernholz
Farah Berrios
Lynn Bert
Palwinder Bhatti
Erin Bile
Marlene Bilello
Victor Carlo Bisa
Ianna Blair
Caroline Bobko
Lovely Boby
Laurel Book
Katherine Borodina
Gail Bosch
Emily Boudiette
Rhonnie Bowerbank

Kathleen Boyle
Ellen Brady
Lori Ann Brady
Janine Brandt
Marion Brandt
Margaret Breig
Charmaine Brereton
Gailyn Faith Brillantes
Paula Brooks-Obas
Noreen Brophy
Catherine Brown
Lillian Brown
Deborah Browne
Wynette Bruno-O’Connell
Arlene Brust
Nadine Brutus-Hughes
Cristina Buenesuco
Christine Burd
Lisa Burger
Zapora Burillo
Lisa Busso
Eileen Cacchioli
Helen Caffray
Maria Calapati
Jane Caligiuri
Nancy Callaghan
Allison Callahan
Janice Campbell
Maureen Campbell
Christine Campisi
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Kudos to Our Nurses

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Fe Jaurigue
Portia Javillo
Danielle Jean
Daniah Jean-Francois
Yveta Jean-Jacques
Anney Johnson
Leena Jojo
Debbie Jonason
Mi-Suk Joo
Julia Jordan
Mercy Joseph
Mini Joseph
Nadia Joseph
Roshini Joseph
Ihuoma Joshua
Ju Youn Jung
Barbara Kaempf
Maureen Kallman
Susan Katchmar
Michael Kates
Diane Katz
Kerry Katz
Avnit Kaur
Gurpreet Kaur
Rajpal Kaur
Parbati KC Bom
Gina Kearney
Rosemarie Keating
Dawn Keiley
Kathleen Kellar
Claire Keller
Elizabeth Kellihier
Catherine Kelly
James Kelly
Patrice Kelly
Shelley Kelly
Jung Hee Kim
James King
Sheila Kitt
Ingrid Klass
Lawrence Klein
Jennifer Ann Koczko
Shobin Kovoor
Rosanne Kravis
Dina Kret
Gretchen Kretkowski
Nicole Kruger
Joan Kuchmak
Joanne Kuplicki
Dalia Kurian
Arianna Kurtin
Deidre Kuster
Julie Kuzhiyelie
Gum Ho Kwon
Christina Kyriacou
Staci Labohm
Elise Lafemina
Ancella Laiman
Geninfa Lancero
Paula Larocchia
Caroline Larosa
Olivia Latimer
Erin Leahy
Nicole Leandre-Boco
Kathleen Lehmann
Gladyss Lemanya
Dorothy Leong
Michelle Levkove
Una Lewis
Corcelie Lizares
Ofelia Llaguno
Heather Lonigro
Gloria Lopez-Marin
Marie Louis
Keisha Lucas
Samorra Lucas
Susan Ludwikowski
Tetla Lyn
Jennifer Lynch
Evelyn Lypnik
Kesha Lyte
Catalina MacDonald
Francisco Machado
Tara Madden
Arlene Magcal-Mendana
Jane Concepcion Magno
Joanne Magrino
Catherine Maguire
Judith Jewel Mag-Uyon
Eileen Mahler
Meridith Maiorino
Grace Malewicz
Jeremias Mallari
Kathleen Malone
Stephanie Malone
Gaillard Manay
Daya Mannadhan
Tiffany Manragh
Anne Manson
Nancy Manz
Grace Manza
Regina Marascia
Leonardo Maravilla
Mitchel Maravilla
Jennifer Marcellino
Robert Marino
Gilbert Marquez
Theresa Marra
Catherine Martin
Sanamta Martin
Nicole Martinez
Cheryl Marx
Ivonne Mateo Bonilla
Anitha Mathew
Reema Mathew
Somi Mathew
Nicole Mattis-Catlin
Barbara Matulich
Claudia Mayorga
Luann McCann
Millicent McCaw
Regina McCormack
Diane McDvitt
Teresa McDowell
Grace McGloine
Maureen McGovern
Barbara McHale
Conrad McKnight
Neasha McMeo
Carrie McMichael
Eve McNamara
Khadeen McNeal
Opal McPartlin
Louise McPherson
Chelsea McShane
Marlo Meehan
Janine Melisi
Uttrawattie Merai
Nancy Mercurio
Stephanie Mesiti
Joyce Meyers
Joanna Midy
Regina Milito
Josephine Miller
Misako Miller
Catherine Miranda
Donna Moeller
Lauren Mohr
Kathleen Monahan
Laura Monet-Diaz
Christine Monsour
Helen Montano
Argyle Monteverde
Jacqueline Moore
Letty Morales
Christine Moran
Dorothy Mueller
Jensen Mugar
Martha Muldoon
Elizabeth Muller
Patricia Mulvaney-Roth
Teresita Munoz
Cassie Murphy
James Murray
Jennifer Murray
Bilikisu Mustapha
Dawn Myers
Abbe Nadel
Susamma Nair
Raymond Nalpant
Guadalupe Namocatcat
Renee Nathan-Mirando
Juliet Navo
Jacqueline Nedab
Margaret Neenan
Carolyn Nelson
Elizbeth Newbery
Joanne Newcombe
Maureen Nicoletti
Vassiliki Dimit Nikaki
Marsha Niles
Marsha Niles
Raghu Ninan
Virginia Noble
Bridget Nolan
Margaret Nyland
Genna O’Brien
Patricia O’Brien
Nancy Anne O’Brien
Homer Ocampo-Ymaz
Maureen O’Connell
Josephine O’Connor
Claire Odayan
Margaret O’Donnell
Susan O’Donnell
Monica O’Flanagan
Laura O’Hagan
Philomena Okeke
Samantha O’Leary
Patricia Oliver
Deborah Opperman
Alyson Ormstein
Charlene Ortega
Isabel Osorio
Luhette Otero Calderon
Florence Padilla
Ronald Padilla
Marjune Palencia
Donna Pandolfi
Diana Papaliberos
Emerita Paragana
Diana Parasciver
Donnet Pareedon
Lilith Parke
Christine Parks
Ilene Parman
Joseph Pasaao
Johanna Pastore
Amita Patel
Emily Paul
Pretty Paul
Nancy Peck
Joan Pellegino
Randy Pellows
Susan Penque
Sandra Peralte
Edwin Perez
Inellys Perez
Jeanne Perrone
FOR MORE INFORMATION about nursing at South Nassau, go to www.southnassau.org/nursing
In this issue, Healthy Outlook spotlights two of its Community Education support groups. For the complete list, go to www.southnassau.org and then select the Health Events and Support Group schedule option under the Healthful News and Resources tab. You can also call the Department of Community Education at 516-377-5333.

**Bereavement Support Group**

A support group to help community members cope with the loss of a loved one. Whether you have lost a parent, child, spouse or friend, navigating the waters of grief can be very difficult.

Meets 3 p.m. – 4 p.m., second Monday of each month (June 9, July 14, Aug. 11, Sept. 8, Oct. 13 and Nov. 10) at South Nassau Hospital, Conference Center C

For more information or to register, call 516-377-5400 and ask to speak to a supervisor.

**Caregiver Support Group**

This group provides information and support to caregivers of patients with chronic and/or serious illnesses. Being with other caregivers can be helpful and informative. Open to visitors, patients, employees and medical staff.

Meets each Tuesday from 4:00 p.m. – 5:00 p.m. at South Nassau Hospital, Conference Center A or Conference Room 2

For more information regarding the location, as rooms will alternate, or to register, call 516-632-4219 or email kathleen.morse@snch.org

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**Roll Up Your Sleeves:**

**DONATE BLOOD**

South Nassau’s Third Blood Drive of 2014

**WHEN?** Thursday, July 10, 7 a.m. to 9 p.m.

**WHERE?** South Nassau’s Albert Conference Room

**FOR MORE INFORMATION or to register, call South Nassau’s Department of Human Resources at 516-632-4080.**

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**Letters of Praise**

Frequently, South Nassau Hospital receives letters of praise and thanks from patients, their families and friends. To see a sampling of letters we’ve received, go to www.southnassau.org/lettersofpraise

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**Parent/Child Education Programs** 516-377-5310

**SIBSPlace®** 516-374-1923