In pursuit of the goal to bring a higher level of care through academic medicine, St. John’s Riverside Hospital is proud to announce that their Internal Medicine Residency Program has been approved by the Accreditation Council for Graduate Medical Education (ACGME). This commitment to academic medicine will continue to enhance patient care for our community. The Internal Medicine Residency Program, with the guidance and supervision of a strong medical school faculty, offers outstanding clinical and research training in many areas of internal medicine. The Internal Medicine Residency Program at St. John’s Riverside Hospital offers both three-year categorical and one-year preliminary pathways which are designed to train knowledgeable, compassionate and efficient physicians.

“Patient satisfaction will be greatly impacted with the presence of more physicians in the units. It also allows us to recruit top-trained physicians.”

- Paul Antonecchia, MD, Program Director of the Residency Program.

The Internal Medicine Residency Program will leverage the extraordinary resources St. John’s Riverside Hospital has to offer and initially host 14 new residents. The selection process was challenging with over 400 potential prospects. “These candidates showcased not only a unique variety in top-tier university medical training but a strong appreciation for our diverse community and a commitment to learning the latest technological advances made in the past few years at St. John’s Riverside Hospital,” said Michael Corvini, MD, Associate Program Director.

“The comprehensive curriculum reflects St. John’s commitment to community-based healthcare and aligns with the hospital’s mission of service to the community. The addition of resident physicians in Internal Medicine will reinforce St. John’s Riverside Hospital’s reputation as a quality hospital that provides outstanding care to its community,” continued, Doctor Corvini.

The Internal Medicine Residency Program joins the Lake Erie College of Osteopathic Medicine (LECOM) program and the Cochran School of Nursing to firmly establish St. John’s Riverside Hospital as an academic medical institution. This residency program and the enhancements to the patient experience it offers, adds to the growth of St. John’s Riverside Hospital. Training the next tier of top physicians is another example of how St. John’s Riverside Hospital is Community Strong.

ST. JOHN’S RIVERSIDE HOSPITAL RECEIVES $16.4 MILLION - ONE OF THE LARGEST GRANTS IN THE AREA [see story on page 2]
CREATING AN INTEGRATED HEALTH CARE SYSTEM

St. John’s Riverside Hospital has been awarded a $16.4 million grant from the NY DSRIP Capital Restructuring Financing Program that will fund the development of a new Medical Village.

The Medical Village will feature an integrated care system that seamlessly transitions individuals to the right level and location of care. It will include the renovation and expansion of the Andrus Emergency Department to be able to rapidly route patients.

St. John’s Riverside Hospital will utilize all three of its campuses to coordinate access to the full spectrum of care including: Primary Care, Emergency Care, Acute Care, Behavioral Care, Specialty Care and Community-based services. The grant will also fund the IT infrastructure expansion needed to connect this network of services.

“The creation of the Medical Village is part of an overall plan to broaden what is included as part of health-care services for those in need,” says Kay Scott, Assistant Vice President. “The goal is to create a social and physical environment that promotes good health for all.” The St. John’s Riverside Hospital’s Medical Village will also include services and community partners such as home health agencies, skilled nursing facilities, community housing, nutritional agencies as well as access to a network of physicians in the community.

The grant funds will also be used to expand the Hope Center as well as integrate the Behavioral Health Crises Stabilization and Respite Program services into the new Medical Village. Clinical care managers, patient navigators and transition coaches will be available to provide assistance.

The Medical Village will connect people to the appropriate level of care in the right setting to meet the needs of the community we serve. St. John’s Riverside Hospital continues to evolve into the area’s leading hospital.

St. John’s Riverside Hospital is Community Strong.

EXCELLENCE IN LEADERSHIP

Richard Komosinski
Newly elected Chairman of the Board

PUTTING THE PATIENT AT THE CENTER OF OPERATIONS

In the relentless pursuit of excellence, St. John’s Riverside Hospital is on a mission to improve the experience by putting the patient at the center of our operations.

At the start of this year, Richard Komosinski was appointed to Chairman of the Board. Mr. Komosinski served as the President and Chief Executive Officer of Yonkers Financial Corp. and Yonkers Savings and Loan Association. “Much like St. John’s, a bank’s success is determined by putting the customer first and understanding the needs of the community you serve,” Mr. Komosinski explained. His extensive background in ‘customer satisfaction’ will create a very positive patient-centric influence at the board level.

Other additions to the board include, Jonathan Bauman MD, Chief of Anesthesiology, Joseph DiSalvo, ESQ, and Pamela Barnes, former CEO of Engender Health.

Donna McGregor, newly appointed COO

Additionally, Donna McGregor former Co-Chief Executive Officer of Health Quest Hospital System, joined the St. John’s Riverside Hospital Executive team as the COO. Her goal is to make structural and process improvements that focus on the patient. “In addition to creating efficiency and excellence, we are integrating compassionate care throughout every aspect of the hospital,” said Ms. McGregor.

Ms. McGregor is joining a great team, as St. John’s Riverside Hospital is experiencing above average patient satisfaction scores that are some of the highest in the county today.

Thanks to these great additions to the team, St. John’s Riverside Hospital is getting even stronger.
THE EXTRAORDINARY
Walshin

Marty and Iris Walshin were long term Yonkers residents who were caring people dedicated to improving the lives of others in the community around them. The life story of Marty and Iris Walshin is nothing short of remarkable. After suffering the loss of their daughters Donna and Helen, from two separate tragedies, Marty and Iris made giving to others their life’s focus and became extraordinary philanthropists. During their lifetime, the generosity of Marty and Iris Walshin touched the lives of countless individuals. Their legacy continues today through the Marty and Iris Walshin Foundation.

St. John’s Riverside Hospital is one of many fortunate organizations to benefit from their generosity. The Marty and Iris Walshin Foundation continues to support our community through their charitable gifts to St. John’s Riverside Hospital over the years.

The foundation recently provided a donation for the renovation of two solariums on the 7th and 8th floors in support of St. John’s Riverside Hospital’s Building on Excellence Campaign. In honor of the Walshin family, the solarium on the 8th floor will be named the “Marty and Iris Walshin Solarium”. The 7th floor solarium will be named the “Donna and Helen Walshin Solarium” in memory of the Walshin’s daughters.

Both solariums feature spectacular panoramic views of the Palisades and the Hudson River. These solariums provide a place of solitude and rejuvenation for patients and their families during their stay at the hospital. The bright and sunny atmosphere of these rooms perfectly reflect the vibrant personalities of the Walshin family.

This is just one of the many gifts from the foundation that St. John’s Riverside Hospital has benefited from over the years. The foundation’s generous support has also enabled the expansion of the Marty and Iris Walshin Emergency Room at Andrus Pavilion and the Cochran School of Nursing.

Marty and Iris were unique, caring people who were dedicated to improving the lives of the community. Their daughters, Donna and Helen left us much too early. They were an extraordinary family and we are forever grateful to them for making St. John’s Riverside Hospital a priority through the Marty and Iris Walshin Foundation. Their legacy lives on in the great work of the private foundation they established over 15 years ago. To learn more about the Marty and Iris Walshin Foundation, visit their website at martyniriswalshinfoundation.com

Gifts like these play a vital role in St. John’s Riverside Hospital’s ability to meet challenges and provide solutions so our community members can lead healthier lives. Please consider making a donation to St. John’s Riverside Hospital today.

To learn more or make a charitable gift to St. John’s Riverside Hospital, call: 914.964.4648 or visit RiversideHealth.org

THE HEALING
POWERS OF TUMERIC

Turmeric is a ginger-colored spice that’s been a part of Middle Eastern and East Asian cooking for centuries. The warm and flavorful bitter taste is frequently used in curry dishes. Turmeric however is also widely known for its health benefits and has garnered the attention of nutritionists and physicians worldwide. Curcumin, turmeric’s most active and healing compound, is a powerful antioxidant and anti-inflammatory which has contributing factors in combating osteoarthritis, heart disease and digestive issues.

Turmeric is proven to treat arthritis as it helps reduce joint inflammation according to a recent study. A study by the Nirmala Medical Center provided evidence that curcumin is as effective as anti-inflammatory drugs at reducing swelling and tenderness of joints in patients with rheumatoid arthritis.

Another amazing fact about Turmeric is that it can be used to treat wounds, cuts and rashes. Life Sciences concluded that topical application of curcumin has a great therapeutic effect on skin wounds and also concluded that it accelerates wound healing. Add to this its heart health benefits and improved digestion and you can be on your way to better health with just a spoonful of turmeric a day.

What is the best way to incorporate this super spice into your diet? Simply sprinkle it on your favorite foods along with a little black pepper to aid with absorption. You can reap these health benefits with a teaspoon of turmeric on salads, soups, and dressings. You can even rub it on your favorite steak before grilling!

Turmeric owns the reputation of a powerful anti-inflammatory that can reduce arterial plaque buildup, accelerate wound healing and relieve joint pain. That’s a good reason to spice things up a little when cooking at home! As always, check with your St. John’s Riverside physician before making any changes to your diet and health plan!
The center brings together the best orthopedic surgeons in the area with the most advanced technology available. The Westchester Orthopedic Center was built based on leading studies, new robotic technology and most importantly patient feedback. Research provided the basis for the center’s new groundbreaking approach to orthopedic care which is centered around the patient experience. Top orthopedic surgeons, award winning nurses, patient education, personal navigators and rehabilitation coaches create an orthopedic team that helps patients with everything from paperwork to a full recovery. “Educating the patient and their rehabilitation coach on the entire process makes a significant difference on the patient’s recovery,” says Nancy Gomez, RN.

Joint replacement patients benefit from the center’s hospital based location featuring comprehensive orthopedic services. A team of leading orthopedic physicians available throughout Westchester, skilled nurses and clinical experts have created a superior orthopedic destination for the community. Equipped with new operating suites and the most advanced robotic technology, patients are cared for by a dedicated orthopedic team.

This becomes very obvious, as the first step for all patients is a preadmission education class. Patients and family members come to the center and receive education materials on what to expect and how family and coaches can aid in a quick recovery. Classes include a question and answer session to allow patients to inquire and become comfortable about their procedure or follow-up care. Upon arrival for the procedure, patients are greeted by the team and settle into their private, reserved room. The Dobbs Ferry location provides a welcoming boutique-like setting that allows for very personalized care.

The center provides patients a personal plan designed by the physician tailored for each patient’s success. The center is also a leader in advanced orthopedic technology. It was the first hospital in the area to offer MAKOplasty®, a robotic technology that allows precision placement for partial knee and hip replacements. Many patients have benefited from MAKOplasty, as the recovery times are significantly shorter and result in far less complications, thus improving a patients quality-of-life sooner.

After the procedure, healing begins immediately in a private room. After just a couple of hours, the dedicated staff will have you dressed in comfortable clothes and starting your rehabilitation program. You will be walking before most patients in the larger hospitals get assigned a room.

And finally, most patients go home in only a few days or less. Patients and family members are prepped with at-home rehabilitation information and start their quick journey back to a full recovery. Back to the simple pleasures of everyday life, pain free.

The Westchester Orthopedic Center at St. John’s Riverside Hospital: A team of orthopedic specialty experts dedicated to your recovery is the standard. Living pain-free and enjoying the simple pleasures in life is now easier.

PLAY AGAIN. LIVE AGAIN.

INTRODUCING THE NEW WESTCHESTER ORTHOPEDIC CENTER IN DOBBS FERRY

St. John’s Riverside Hospital has made a multi-million dollar investment to create the new comprehensive Westchester Orthopedic Center.

The center provides patients a personal plan designed by the physician tailored for each patient’s success. The center is also a leader in advanced orthopedic technology. It was the first hospital in the area to offer MAKOplasty®, a robotic technology that allows precision placement for partial knee and hip replacements. Many patients have benefited from MAKOplasty, as the recovery times are significantly shorter and result in far less complications, thus improving a patients quality-of-life sooner.

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THAT’S COMMUNITY STRONG!

ARE YOU READY TO LIVE PAIN FREE AGAIN?

866.732.9650
CRESTINA’S STORY

“My first hip replacement was done by a very large hospital with the reputation of being the best. However, my experience was not a very good one and I would rate the entire experience negatively.

When it came time to do my second hip replacement, I choose the Westchester Orthopedic Center. I felt welcomed and comfortable from the first meeting with the staff of the Orthopedic Center. I was impressed with the efficiency and caring attitudes of everyone from admitting, pre-op, and radiology. From my first experience with Dr. Lent, he had a positive, caring demeanor. The nursing care was outstanding. It was such a good, stabilizing feeling to see so many qualified, attentive nurses.

“I received such excellent care and personal attention, I would rate the total experience on a scale from 1 to 10, a 12.”

— Crestina A., hip replacement patient

The training was so thorough, and everyone was attentive to my own specific needs and desires. Nancy Gomez was so informative and supportive. I felt so prepared for my upcoming surgery thanks to her comprehensive training program, much more than my last unfortunate experience. I was so impressed to see the social worker and anesthesiologist at the training class. Every aspect of care was reviewed.

I received such excellent care and personal attention by everyone. The entire program is a well-oiled, efficient machine. I would highly recommend orthopedic surgery at the Westchester Orthopedic Center at St. Johns Dobbs Ferry Pavilion. I was a well-cared for fish in a little pond as opposed to my first hip experience...lost and mistreated in a big pond.”

St. John’s Riverside Hospital’s vision to be a superior health-care provider in Westchester continues to evolve. The new Internal Medicine Residency Program is an incredible achievement that continues to elevate St. John’s Riverside Hospital to a true academic hospital. Patients will benefit from having an additional level of care from these impassioned medical residents and their educators. Our commitment to academic medicine adds more physicians to the bedside as well as enhances the patient care for our community.

We are also excited to announce the NY DSRIP Capital Restructuring Financing $16,400,000 grant that will provide funding for a New Medical Village. The Medical Village will help connect people to the right level of care which will better meet the needs of the St. John’s Riverside community. The expansion of the Emergency Department at Andrus will be at the center of the program enabling us to continue to better serve our patients.

Other notable achievements happening at St. John’s Riverside Hospital’s Dobbs Ferry location include the opening of the new Westchester Orthopedic Center which includes access to orthopedic physicians throughout Westchester. In addition, Dobbs Ferry is the fastest ER in Westchester, getting patients door-to-doctor within minutes during normal patient volume times.

Academic leadership, the new Medical Village, expanded emergency care, and the new Westchester Orthopedic Center are more ways St. John’s Riverside Hospital continues to expand and keep our Community Strong.

Ronald J. Corti
President and CEO
PARTNERING WITH THE DOBBS FERRY SCHOOL SYSTEM
PROTECTING OUR FUTURE

As part of St. John’s Riverside Hospital’s continuing effort to keep the community informed on important healthcare topics, Dr. Michael Corvini, Director of Dobbs Ferry Emergency Department, has been invited to sit on a panel along with other Dobbs Ferry administration and staff including Dr. Lisa Brady, district superintendent. The panel is called District Dialogue and will discuss much needed information on health topics for the students, parents and faculty of the Dobbs Ferry School system. The roundtable format features a broad array of newsworthy and provocative guests including key community leaders, politicians and non-profit organizations, as well as teachers and staff. The program offers an in-depth look at what role these various people play in the school community and beyond, highlighting informative content and key partnerships.

Concussions, the first topic of the series to be addressed is a very hot subject in high school sports today. The roundtable included the Dobbs Ferry School physician, Dr. Katherine Hough, the district athletic trainer, Alexandra Perry, and Eric Schwabe, a local physical therapist specializing in head trauma and parent of a student athlete. The faculty at Dobbs Ferry understands that it is critical that coaches, players, and parents are aware of the inherent dangers and how to properly perform, a concussion evaluation.

“The American Academy of Pediatrics has reported that emergency room visits for concussions in kids ages 8 to 13 years old has doubled, and concussions have risen 200% among teens ages 14 to 19 in the last decade,” said Dr. Corvini. Providing health management information in these interactive forums will better equip the faculty, parents and greater community with the appropriate actions needed to heal a concussion.

The high school health series of moderated discussions will include various topics relevant to high school students and they will be broadcast on cable TV and online.

High school healthcare information series is another way St. John’s Riverside Hospital is Community Strong.

To view the concussion roundtable video visit: https://ensemble.lhrice.org/Watch/t9F8RpLj

““We are going to get you to a doctor in fifteen minutes or less,” says Michael Corvini, Director of Emergency Medical Services. That’s faster than any other hospital in Westchester. “Some hospitals claim faster times, but they are talking about the time it takes to get you in an exam room.” Dr. Corvini stated this while making it clear the St. John’s Riverside Hospital ER at Dobbs Ferry was getting you actually seen by a doctor in that timeframe.

Equally important is the quality-of-care at the Dobbs Ferry ER. Dr. Corvini is a graduate of Yale Medical School. It is a comforting notion that you have Ivy League doctors, right in your backyard. Combine speed, the best trained medical team and a focus on compassionate care and you will be reminded why the Dobbs Ferry hospital is considered the “Jewel” of the Rivertowns.

“We live in Bronxville,” says Judy C., a recent patient. “Last month my husband required emergency medical services so we went to the hospital closest to us. We sat there a long while as he was bleeding and no one seemed to care. So we drove up to Dobbs Ferry because we heard such great things about the hospital. As soon as we walked into the Dobbs Ferry ER, we were greeted by a team that really cared about our situation. We were brought directly to an exam room along with the doctor who began cleaning and treating my husband’s wounds immediately. Everyone was super caring, efficient, knowledgeable, and kind,” Judy wrote in a letter to the CEO.

“Judy and her husband’s experience is typical of what happens every day at the St. John’s Riverside Hospital at Dobbs Ferry ER.” Dr. Convini said. To keep the community informed, the St. John’s Riverside Hospital website now posts the average wait time so you can check before you go.

RIVERSIDE HEALTH | WE ARE COMMUNITY STRONG

914.964.4DOC | RiversideHealth.org

That’s Community Strong.
The Changing Face of Heroin Addiction

A college student, a security guard and a lawyer - John Slotwinski, Director of Clinical Services describes a few of the patients he is treating for heroin addiction at St. John’s Behavioral Health Services.

The heroin epidemic is expanding across all demographics, and middle class suburbia is no exception. Counties north of NYC have experienced a 222% increase in admissions to opioid treatment clinics over the last ten years. Recent studies concluded that 50% to 80% of new young IV heroin addicts started out by using prescription opioid painkillers. Percocet and Oxycontin pain medicines are found in almost every medicine cabinet. “Although these are pharmaceutical drugs that are very effective at treating severe acute pain, they are an opioid that when misused, have the same addictive consequences as heroin.”

John’s patient, David, injured his leg in a sporting accident while in high school. His doctor prescribed Percocet for a few weeks to aid in his recovery. First, one a day as prescribed, then became two, then three a day. Not only was the pain going away, but the euphoria caused by the increased use of the drug seemed to be helping David through his adolescent struggles and everyday stress of being a teenager. When the prescription ran out, the cravings for opioids continued. Percocet can be bought on the street but the pills are expensive, heroin however is very cheap. For a fraction of the cost heroin, which is readily available, becomes a solution. Heroin is often used first by inhalation and then by needle as the brain increases its tolerance and stronger and more frequent use is needed. David like many people went from the medicine cabinet to a full-on heroin addict in a very short period of time.

St. John’s Riverside Hospital’s Behavioral Health Services opened the first methadone maintenance clinic in the county and has been treating heroin addiction patients since the sixties. “St. John’s Behavioral Health Services is one of the few treatment centers that provide comprehensive services for opioid addicts.” says Dr. John Slotwinski.

To help combat opioid abuse in Westchester County, the center has trained the medical personnel at all of the St. John’s Riverside Hospital locations to handle opioid overdose situations and regularly provides community forums to inform the public on opioid prevention and treatment options.

If you know someone who may be dependent on opioids, let them know there is hope at St. John’s Riverside Hospital’s Behavioral Health Services by calling 877-944-CARE (2273).

To view the full heroin video visit: https://youtu.be/Wc6m65NI00s
Surprise Visit from Hillary Clinton

While on the campaign trail, Secretary Clinton took time to thank the St. John’s Riverside Hospital staff for their hard work and acknowledged their commitment to our community. She reiterated the importance of healthcare as part of a strong community throughout her presidential campaign.