When looking back on 2012, it is Hurricane Sandy that will likely define the year. History will certainly remember the destruction, however there are other more important memories that will endure.

On October 29th, Ermelinda and Gennaro Camello of Sheepshead Bay, Brooklyn went with their daughter Frances, who has muscular dystrophy, and is ventilator dependent, to Coney Island Hospital. The next day Hurricane Sandy pounded the shores of Sheepshead Bay and the hospital needed to be evacuated. Ermelinda and Gennaro, both in their mid-80's, boarded the ambulance with their daughter not knowing Yonkers was their destination. After a long ride through stormy streets with only the flashing lights guiding them they arrived at the doors of St. John’s Riverside Hospital.

Immediately upon their arrival, they were greeted by the Emergency Room staff. “Caring for the needs of our Frances with the warmth of a family” as Ermelinda described it. Frances was admitted to the unit led by Donna Pascarelli, R.N., Clinical Nurse Manager. As Ermelinda shared her story she said, “Donna is special, we knew right away. In fact all of St. John’s is special because it made us feel so at home.”

Ermelinda and Gennaro will certainly remember the devastation that night, but more importantly they will remember people all around them rising up and going the extra mile. That extra mile like David Velez and Tara King, AVP, Patient Relations who made them feel at home and came by daily to check on them to assure all their needs had been met.

St. John’s Riverside Hospital received 12 other patients from Coney Island Hospital, and various other facilities. In fact, at the height of the storm St. John’s Riverside Hospital served as a place of refuge for our community, housing over 200 staff, families and community members.

St. John’s Riverside Hospital is made up of ordinary people who will rise up to do extraordinary things in a time of crisis. They are heroes that care about other people far beyond the ordinary.

We are proud of our people, our heroes, for everything they do. We are lucky to have them as our team moving into the New Year.

If I lived in Yonkers, I would only come here.

Ermelinda Camello

We are proud of our people, our heroes, for everything they do.

We are lucky to have them as our team moving into the New Year.

Ron Corti
President and CEO

Keeping in Touch

The New Year is a time to reflect on all that has happened over the past year. 2012 was exceptional for most of us with the arrival of Hurricane Sandy. Although her name speaks devastation and loss, she will be most remembered for reminding us how resilient our community is.

Our community is full of heroes, not the heroes who run faster or score more points, but real heroes—ordinary people who rise up to do extraordinary things in a time of crisis. They do extraordinary things with what they have and care about other people far beyond the ordinary.

Every one of our employees who left their homes to put others first, making sure that anyone in need would be safe and cared for deserves the title of hero.

We are so proud of our heroes—our outstanding staff—who stayed at the hospital to ensure that all our patients received great care.

Let’s use the New Year, not as a time to acknowledge the devastation of Hurricane Sandy, but as a time to celebrate the meaning of community and compassion.

Ermelinda and Gennaro Camello
Many pediatricians will remind parents about the benefits of skin-to-skin contact with their newborn and any new mother can validate the healing power of human touch. Here at St. John’s Riverside Hospital’s Maternity Unit, we also embrace the power of human touch with infant massage therapy programs.

A wonderful gift for new parents, a Newborn and Infant Massage Therapy Class offers more than much-needed bonding time. It boosts a mother’s emotions as she enjoys stress-free time relaxing with her baby and also provides these benefits:

- Diminishes newborn colic and gas
- Helps baby sleep better and relax
- Provides hands-on practice with your baby
- Offers the opportunity to meet other new parents (grandparents welcome too!)

Whether your child is newborn (birth to two months of age) or an infant (two months and older) be sure to contact the St. John’s Riverside Hospital’s Maternity Unit to find out how your baby can benefit from the healing power of human touch. Classes with our knowledgeable instructors are held by appointment only.

“Experience joy and bliss when massaging your newborn!”

Deepak Chopra, MD

Call us today at (914) 964.7301.
Is there really such a thing as a zero-calorie natural sweetener? There sure is, and it has been around since the late 1800s. It’s called Stevia (also known as sugarleaf, or sweetleaf), an all-natural herbal product from the Chrysanthemum family that not only tastes great but doesn’t elevate blood sugar levels or add to your waistline. Does this sound too good to be true? Time to try Stevia in your holiday cooking this year! It tastes great, and is a welcomed ingredient for anyone with Type 1 or Type 2 Diabetes.

A natural scientist by the name of Antonio Bertoni first recorded the usage of Stevia by native tribes in Paraguay and Brazil in 1887. Back then it was used to sweeten a native beverage. Stevia has been widely used for decades in Japan as a sweetener and is now being recognized as a safe alternative (dietary supplement) to artificial sweeteners here in the United States. In addition, well known household brands like Smuckers® have launched sugar-free jams using Stevia (under the brand name Rebiana, similar to Truvia).

<table>
<thead>
<tr>
<th>SUGAR</th>
<th>STEVIA EQUIVALENT POWDERED EXTRACT</th>
<th>STEVIA EQUIVALENT LIQUID CONCENTRATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 CUP</td>
<td>1 TEASPOON</td>
<td>1 TEASPOON</td>
</tr>
<tr>
<td>1 TBS</td>
<td>1/4 TEASPOON</td>
<td>6 TO 9 DROPS</td>
</tr>
<tr>
<td>1 TSP</td>
<td>PINCH TO 1/16TH TSP</td>
<td>2 TO 4 DROPS</td>
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</tbody>
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Stevia is significantly sweeter than sugar, so when cooking with Stevia or simply adding to your tea or coffee, keep this conversion chart on hand.

**FUN FACT!** Stevia may actually help to prevent cavities by inhibiting the development of plaque!

As always, check with your doctor before implementing any changes to your diet (and your sweet tooth!)

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**BANANA NUT SMOOTHIE**

[Courtesy of Smoothie-Handbook.com]

- 2 ripe bananas, peeled and frozen
- 1/4 cup raw nuts (pecans, cashews, almonds)
- 1 ripe pear

1. Pour water and Stevia into the blender
2. Place the nuts and pear on the bottom with the frozen bananas and ice on top
3. Blend on low for 10-20 seconds
4. Increase the speed to medium/high until creamy smooth

**BANANA NUT SMOOTHIE**

- 1-2 packets of vanilla Stevia
- 1/2 cup pure water
- 2 ice cube

**FRESH Fact!** Stevia may actually help to prevent cavities by inhibiting the development of plaque!
LEADING THE WAY FOR ORTHOPEDIC CARE FOR TODAY’S PATIENT

When it comes to everyday movement and activity, St. John’s Riverside Hospital believes that everyone should be free of pain. That’s why St. John’s Riverside Hospital offers comprehensive orthopedic services to effectively cure the ailments that often disrupt our busy lives. Whatever your needs may be, St. John’s Riverside Hospital’s patient-centered approach, together with Westchester’s top specialists uniquely positions our Orthopedic Center with the ability to offer you the best possible treatment.

St. John’s Riverside Hospital offers patients convenient access to a full-service orthopedics program. Services include a highly skilled team of professionals that specialize in the diagnosis, treatment, rehabilitation, and prevention of diseases and injuries affecting bones, joints, and ligaments throughout the body.

St. John’s Riverside Hospital is committed to restoring patients’ health so that they can resume their normal routines as quickly as possible. Exceptional care, medical expertise, leading technology, and close doctor-patient relationships all contribute to the healing process at St. John’s Riverside Hospital.

With the addition of MAKOplasty robotic technology, St. John’s Riverside has surpassed most other hospitals in the tri-state area and is leading the way in Orthopedic Care. This early intervention procedure spares patients a total joint replacement of the knee and allows them to walk pain-free in just a few days.

For the Osteoporosis patient, there are also innovative breakthroughs. New techniques now enable surgeons to insert a cement-like substance into deteriorated areas of the spine to reinforce the bone. Now our surgeons are using smaller instruments that require smaller incisions. The result is that the patient experiences much less pain and a remarkably fast recovery.

At St. John’s Riverside Hospital, Orthopedic care is rapidly evolving, and we continue to pursue the latest technology and minimally invasive techniques to focus on our patients’ wellness, mobility, and recovery. You’ll receive the best treatment as the region’s top surgeons and our friendly staff bring you back to a pain-free life, with the personal attention you deserve.

...that is the St. John’s Riverside Hospital difference.

NOTE: This article is the first in an on-going series about the broad spectrum of sub-specialty orthopedic care available at St. John’s Riverside Hospital.
The New Year is a reminder to look forward and know that we are working hard to make the future bright with the investments we are making at the hospital. At St. John’s Riverside Hospital, whether it is an emergency like the recent hurricane, or if it’s your own personal emergency we are there for you.

I am grateful to be surrounded by a team of people who are always thinking about the best way to care for our community. From last minute selflessness in preparing for disaster response, to our physicians and nursing staff who are constantly researching and training on new technologies that will better the lives of the people in our community.

For example, Dr. Lent, from Southern Westchester Orthopedic, had the insight to propel St. John’s Riverside Hospital into the forefront of robotic orthopedic care that now, opens up a minimally invasive procedure enabling many with joint disease to start living pain-free without the need of a full joint replacement.

Donors like Anita & Neal Pilzer and Bruce Bernacchia are making personal commitments to ensure St. John’s Riverside Hospital offers the best healthcare available for you in the future.

All around me, I see people helping people—technology, teamwork, and people caring about making our community better, safer, and healthier.

At St. John’s Riverside Hospital... Life Is Getting Better.

Ronald J. Corti
President and CEO
Varicose veins are a common condition resulting from decreased blood flow from the leg veins up to the heart, with pooling of blood in the veins. The interventional radiologist treatment is to insert a thin catheter into the vein, and then use laser energy on the inside of the vein. By closing the vein with heat, the twisted and varicosed branch veins shrink and improve in appearance.

In more severe vascular cases, the interventional radiologist will insert a catheter and clean out acute blood clots. Traditional methods include the use of blood thinners; however prolonged use of blood thinners may lead to other problems that can compromise a patient's long term health. A similar procedure is also administered in stroke situations enabling the interventional radiologist to quickly remove the blood clot.

For more information on Interventional Radiology visit RiversideHealth.org
ST. JOHN’S RIVERSIDE HOSPITAL

A TIME TO GIVE

“We are grateful to the many community residents who continue to support the hospital”

- Ron Corti

Ron Corti said these words in reference to the generosity of Anita & Neal Pilzer at a recent event. As you read, you will see it applies to many special people who are selflessly putting the community first. In this season of giving we would like to thank some recent donors who have lead the way with donations that will help meet specific needs at the hospital for years to come.

Anita and Neal Pilzer have lived in Dobbs Ferry since 1991. They understand that St. John’s Riverside Hospital in Dobbs Ferry is an integral part of the community. After attending a St. John’s Riverside Hospital gala in 2001 with some friends they learned of the plight of the hospital. They knew something must be done as the loss of the Dobbs Ferry Hospital to the community would have had a serious impact on the health and welfare of the residents. That is when they helped rally the community to save the hospital and they have sustained this level of support and generosity throughout the years since. The hospital has not only been saved but since then has been able to update its ER and Operating Rooms over this past year among other updates.

“You do not fully understand what an incredible resource it is until you need it—it truly is a jewel of Dobbs Ferry”

- Anita Pilzer

Local restaurateur, Bruce Bernacchia suffered from pneumonia that nearly took his life a few years back, Bruce acknowledges that it was the staff and care he received at St. John’s Riverside Hospital that gave him a new lease on life. In an effort to repay St. John’s Riverside Hospital for the fortunate experience he had, this owner of Harvest-on-Hudson decided to develop an on-going annual event to benefit the hospital year after year. Every Columbus Day, Bruce hosts an annual Wine Crush in his outside garden with all proceeds directed to the hospital. We applaud Bruce for his creative model of giving by utilizing his talents and we thank him for his substantial donation.

Three local area nursing homes recently presented the hospital with significant donations at St. John’s Riverside Hospital’s Annual Golf Outing at Ardsley Country Club to benefit the Dobbs Ferry Emergency Room renovation. These nursing homes understand the need for solid community hospital support and appreciate the relationship they enjoy with St. John’s Riverside Hospital. Know that these gifts of investment in the future of St. John’s Riverside Hospital are greatly appreciated.

If are considering a gift or are looking to develop an annual giving strategy personally or on behalf of your company get in touch with our development department at 914.964.4648.