LISTENING TO YOUR FEEDBACK...ORCHESTRATING CHANGE.

At St. John’s Riverside Hospital, we have been working hard this winter. For the past six months we have been focused on our most valuable asset: you.

We’ve listened to your feedback regarding your ability to get to the hospital more easily, cut down your wait time in the ER, give you a broader choice of highly skilled doctors and improve your experience with our staff. Your feedback has caused us to respond and plan in all areas. Some changes have happened already while some changes require a great deal of coordination—but both are equally important to us.

Our hospital has the feeling of springtime; it is more colorful than in the past and we are bringing a farmers market to three of our sites. There are more great doctors, more caring nurses, and most importantly, there is a new buzz here that makes you feel alive.

There is something about springtime that gives us hope. Often during the long winter months things appear solemn on the surface yet underground there is something wonderful just waiting to bloom. Spring shows us just how temporary the winter doldrums can be...

We are dedicated to making our improvements seamless to our patients resulting in a positive experience for all who visit St. John’s Riverside Hospital.

Our goal is to continue listening and continue improving; it is you, the community, our most important asset that keeps us working hard on making Life Better.

914.964.4DOC | RiversideHealth.org

“SPRING IS A TIME OF PLANS AND PROJECTS.”
- LEO TOLSTOY

KEEPPING IN TOUCH

The great spring weather has set the tone for lots of activity around the hospital. Since our last issue we have been busy adding even more state-of-the-art improvements to continue to elevate your overall patient experience.

At Dobbs Ferry Pavilion we have expanded from three operating rooms to now include five larger, more modern rooms featuring the latest in medical technology. Plans are underway for even more upgrades at the Andrus emergency department by year end.

St. John’s Riverside Hospital has just been granted the Outstanding Achievement Award from The Commission on Cancer,—the only of its kind in Westchester—in recognition of our ability to demonstrate a superior level of compliance in several areas of our cancer program, including: leadership, research, community outreach, and quality improvement.

We are also highlighting unique surgeons that are leading their fields by focusing on the use of minimally invasive surgery designed to get you back to what’s important to you, faster and with a less painful recovery.

Be sure to stop by our Farmers Market during the week and pick up some fresh produce. I always say “eat well, stay well,” I’m certain you will agree—Life is Getting Better.

On behalf of the staff and your friends at St. John’s Riverside Hospital, enjoy spring and be well!!

RON CORTI
PRESIDENT AND CEO

914.964.4DOC | RiversideHealth.org
“Call me Dr. Chi,” or call me Dr. Lau, whatever makes you feel comfortable!” That’s how you’ll first meet Dobbs Ferry resident, Dr. Har Chi Lau, whom you feel comfortable.” That’s how you’ll first meet Dobbs Ferry resident, Dr. Har Chi Lau.

A board-certified surgeon with expertise in Minimally Invasive Surgery, Dr. Lau also instructs laparoscopic surgery methods to other physicians and frequently presents on the subject nationwide. In addition, he’s impressed and won the trust of a tough crowd of his colleagues who personally request Dr. Lau for their surgeries. Not every surgeon is the first choice for the patient. In addition, recovery time is significantly shorter resulting in significant positive changes in a patient’s anxiety. This is not surprising as research has proven that stress impacts the immune system and when holistic relaxation treatments are integrated into the procedure they help the body release hormones to relax the body and decrease the level of stress. They have been successful in reducing anxiety before surgery and also allowing discomfort so the patient requires less pain medication and other post-surgery benefits. These benefits include improved sleep and an adjustment to the immune system which enables the body to heal faster.

“IT IS OUR RESPONSIBILITY TO PUT THE PATIENT IN THE BEST POSSIBLE CONDITION FOR THEIR "HEALTHY RECOVERY" TO OCCUR.” — Har Chi Lau, MD

**PREPARING THE BODY FOR SURGERY**

Dr. Chi, whose son, Touch McKay, MD, St. John’s Riverside Hospital’s Medical Director brides, that encourages his patients to get a massage days before surgery to prepare their bodies and relax them before their surgeries.

A great number of physicians come to me for their hernia repairs. Not every surgeon is the first choice for the patient. In addition, recovery time is significantly shorter resulting in significant positive changes in a patient’s anxiety.

“IT IS OUR RESPONSIBILITY TO PUT THE PATIENT IN THE BEST POSSIBLE CONDITION FOR THEIR "HEALTHY RECOVERY" TO OCCUR.” — Har Chi Lau, MD

**WE CARE IMPROVING FOR YOU**

**LEADING ST. JOHN’S RIVERSIDE HOSPITAL’S MINIMALLY INVASIVE SURGICAL TEAM**

**DR. LAU’S IMPRESSIVE CREDENTIALS INCLUDE:**

- Earned his medical degree from the Medical College of Pennsylvania
- Attended the Nuclear Engineering Graduate Program at the University of Wisconsin
- Completed his Surgical Residency and internship at Ahmayer Veterans Hospital
- Resident Assistant at the Department of Nuclear Engineering at the University of Wisconsin
- Fellow of the American College of Surgeons (General Surgery)
- Member of the Medical Society of the State of New York, Westchester Surgical Society, Virginia Medical Society, American Medical Association and Pennsylvania Medical Society
- Fluent in English and Chinese

**ST. JOHN’S RIVERSIDE HOSPITAL’S FARMERS MARKETS BRINGING LOCALLY GROWN ORGANIC PRODUCE RIGHT TO YOUR DOORSTEP!**

The St. John’s Riverside Hospital’s Farmers Market, brought to you by FROM THE GROUND UP FARMS is a Community Supported Agriculture (CSA) event designed specifically for the benefit of the St. John’s Riverside Community. FROM THE GROUND UP FARMS is located in Pawling, NY and is dedicated to helping people eat organic meals free of pesticides and chemicals for themselves.

“IT IS OUR RESPONSIBILITY TO PUT THE PATIENT IN THE BEST POSSIBLE CONDITION FOR THEIR "HEALTHY RECOVERY" TO OCCUR.” — Har Chi Lau, MD

**THREE LOCATIONS FOR YOUR CONVENIENCE!**

For twenty weeks beginning May 31st, you can join the “From the Ground Up” movement with our flexible schedule. The St. John’s Riverside Hospital’s Farmers Market will be at ParkCare on Tuesdays 9am to 12pm and at Dobbs Ferry on Tuesdays 1pm to 3pm. On Thursdays, the Farmers Market will be at Armona from 1pm to 3pm.

**THE NUTRITION AND SURGERY CONNECTION**

Fresh produce is always, as Martha Stewart would say, “a good thing,” but it can also be a great boost for a patient before and after surgery. Watermelons, peppers, and cucumbers keep the body well hydrated and are usually found at the Farmers Market. Vegetables, legumes and prunes help your system stay regulated and mouth-watering fruits like pineapples, oranges, grapes, apricots, raspberries and apples can all help prevent pre-surgery jitters. So browse through the farmer’s produce and select fruits and vegetables that will help the body release hormones to relax the body and decrease the level of stress. They have been successful in reducing anxiety before surgery and also allowing discomfort so the patient requires less pain medication and other post-surgery benefits. These benefits include improved sleep and an adjustment to the immune system which enables the body to heal faster.

**STRAWBERRY-LICIOUS SPINACH SALAD**

**BRINGING LOCALLY GROWN ORGANIC PRODUCE FREE OF PESTICIDES AND CHEMICALS FOR YOURSELF.**

For example, numerous studies show that a simple hand massage five minutes prior to surgery resulted in significant positive changes in a patient’s anxiety. Music therapy has also shown similar results as well as Aromatherapy when administered post-surgically to help patients with nausea and pain. For example, numerous studies show that a simple hand massage five minutes prior to surgery resulted in significant positive changes in a patient’s anxiety. Music therapy has also shown similar results as well as Aromatherapy when administered post-surgically to help patients with nausea and pain.

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Here at St. John’s Riverside Hospital we have embarked on a vision—to behave ethically and responsibly in everything we do and to hold ourselves accountable. To bring respect, openness and honesty to our patients, families and co-workers, and support the well-being of the communities we serve.

Our vision is not a dream; it is becoming reality every day. As part of this vision, we proudly introduce a team of surgeons who through their leadership in the field of Minimally Invasive Surgery has advanced St. John’s Riverside Hospital forward. This team has fundamentally redefined surgery and represents the future of surgery, and best of all it is available at St. John’s Riverside Hospital today.

In addition, there is our wide range of patient-centric services offered through our Integrative Holistic Services Department who pioneered the “Holistic Approach” to surgery over a decade ago. Both focused on you—the patient, so you will have a better experience with less pain and a quicker recovery.

For more information about Minimally Invasive Surgery, please contact (914) 964-4DOC (4362).

“Will I ever feel like myself again?” Absolutely.

Don’t wait for a small problem to become larger and more complicated, elect to have your surgery in the timeframe specified by your doctor. With the expertise and competence of St. John’s Riverside Hospital’s Minimally Invasive Surgical Team, you’ll be on your way to a newer, even better you. We know what you are going through and we strive to make you feel better.
MEET THE MINIMALLY INVASIVE SURGICAL TEAM

Individualized Attention, Care, and Service

Committed to putting you first, these surgeons are genuinely concerned about meeting your needs and are always willing to answer your questions and explain your condition in terms that you can understand.

ST. JOHN’S RIVERSIDE HOSPITAL

LAPAROSCOPE
HIGH DEFINITION SURGERY

Your doctor may recommend minimally invasive surgery—also called laparoscopic surgery—for several conditions. In minimally invasive procedures, your doctor makes one or more incisions, each about a half-inch long, to insert a tube. The number of incisions depends on the type of surgery. The tube or tubes let the doctor slip in tiny video cameras and specially designed surgical instruments to perform the procedure.

The use of a laparoscopic camera and smaller incisions often result in shorter hospital stays or allow for outpatient treatment.

The laparoscope, or the tiny video camera, projects high definition images of the interior of the body on TV monitors. The laparoscope can be moved around within the body’s interior freely to give the surgeon several different views. This enables the surgeon to easily view and assist in diagnosing as well as enable the surgeons to view the procedure on large screen. Being able to view the procedure on large screens improves the overall outcome.

Laparoscopic Surgeons require specific training and superior hand eye coordination.

Yonkers resident Mrs. Joyce Pidel is certainly tied into the pulse of her community. Besides being a wife, mother and grandmother, she’s also part of the Yonkers Historical Society, Garden Club and is quite the philanthropist. Between managing her own healthcare and visiting friends who have been ill, Mrs. Pidel is an integral part of the community who feels the hospital has “improved 100%.”

“Life is getting better,” Mrs. Pidel told Riverside: “They are updating everything. The new CEO is wonderful, there is a new foyer to the hospital and the big signs on the building look great, even at night. They widened the entrance and exit to the hospital and repainted the crosswalks, the bus system is wonderful, and we are very happy with the new technology.”

“I remember the day when things changed and it was about a year ago. I walked into the hospital and I noticed something right away. Everyone smiled. Everyone said hello. Everybody was happy. This had such a calming effect on me. I had never, ever seen this before at St. John’s. That impressed me more than anything.”

Mrs. Pidel is looking forward to more upgrades as the hospital plans to add more personnel to the ER, and provide elderly patients with on-staff patient advocates that will accompany seniors throughout the hospital. They will also provide a follow-up phone call when they get home.

Lawrence F. Neshiwat, MD

Dr. Lawrence Neshiwat is a people person doctor. As a medical intern he spent a great deal of time in a diabetes outpatient clinic and knew then endocrinology was the specialty that he wanted to pursue. Dr. Neshiwat’s goal is to help his patients manage their diabetes in order to live happy and productive lives.

Why you will love him: Dr. Neshiwat provides personal care on an individual basis. With you he is not only a person in need of a diagnosis and treatment. He ends each visit by saying “take care and have a nice day” to see you next visit.

1.437.9149 | 1019 Yonkers Ave., Suite 4, Yonkers

Jack Goldman, MD

Jack Goldman is a Board Certified in Internal Medicine and Gastroenterology and is on staff at St. John’s Riverside Hospital. He has been treating patients in Yonkers for over 40 years and is a believer in performing a thorough exam while gaining the trust of his patients. Dr. Goldman is proud of his patients, many of whom have been with him since he opened his practice.

Why you will love him: Dr. Goldman prides himself on knowing his patients really well and giving them the time and attention they need. He is a “hands-on” doctor who is always there to provide personal care.

1.437.8866 | 750 Mclaren Avenue, Yonkers

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INTRODUCING THE TWO MOST RESPONSIVE AND CONVENIENT EMERGENCY CARE SERVICES AVAILABLE IN THE AREA.

Newly renovated and expanded, the Emergency Departments at Andrus and Dobbs Ferry Pavilions offer you and your family the best two Emergency Service options in the area.

RICHARD MARINO, MD
EMERGENCY DEPARTMENT

MARC SILBERMAN, MD
EMERGENCY DEPARTMENT

AT ST. JOHN’S RIVERSIDE HOSPITAL
LIFE IS GETTING BETTER

“DOOR-TO-DOCTOR IS NOW FASTER”

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