Welcome to the first edition of Riverside... Riverside Health and Wellness Newsletter is brought to you compliments of St. John’s Riverside Hospital. The Riverside Health and Wellness Newsletter has been developed to keep you and your family informed on health and wellness information that matters most. Through informative topics, suggestions and resources, Riverside provides you with valuable health news and will continue to provide relevant health care topics with several issues over the year.

St. John’s Riverside Hospital is committed to continually elevate the quality of services offered. Riverside Health and Wellness Newsletter will help support St. John’s Riverside Hospital in its goal of increasing the overall quality of life in our community.

St. John’s Riverside Hospital, with its comprehensive health care network, provides services from Yonkers to the Rivertown communities of Hastings-on-Hudson, Ardsley, Irvington and Dobbs Ferry. These resources provide our community with quality, efficient and patient-centered care.

Riverside is our way to say thank you for choosing us, as we will provide helpful information to get you on your way to a healthier lifestyle. St. John’s Riverside Hospital is committed to delivering the most sophisticated care in our area.

See how Life is Getting Better...
WE CARE
WE ARE COMMITTED TO PROVIDING YOUR FAMILY A COMFORTABLE & FIRST QUALITY HEALING EXPERIENCE

St. John’s Riverside Hospital is there for you throughout your entire lifetime. From the very onset of life, St. John’s Riverside Hospital has been providing exceptional maternity care to mothers and their babies for more than a century and has delivered more babies than any other hospital in the county. Our experienced maternity staff and personalized care offers a unique and comfortable environment even for the newest members of our community. The maternity department features all new and beautiful private suites with views of the majestic Hudson River providing a serene, healing environment.

MAJESTIC VIEWS OF THE HUDSON RIVER PROVIDE A BEAUTIFUL AND SERENE HEALING ENVIRONMENT.

St. John’s Riverside Hospital is only minutes away. We are here for you if the need arises for Emergency Care or same day surgery. In addition, we offer Westchester’s leading Breast Care program and soon will be introducing Westchester’s leading Joint and Orthopedic Care program and the new Skilled Nursing Pavilion, celebrating 10 years of Service Excellence. Here, we provide our residents with specialized medical and nursing care, long and short-term rehabilitation and activity services, as well as support with day-to-day living functions.

In the event you require stroke or cardiac care, you can rest assured some of the best doctors and technology are available. St. John’s Riverside Hospital is a Westchester Designated Stroke Center and we have added a new Cardiac Catheterization Lab. These, combined with our other leading medical and surgical services, provide a continuum of care for your entire family.

We also proudly feature the Michael N. Malotz Dialysis Nursing Pavilion, celebrating 10 years of Service Excellence. Here, we provide our residents with specialized medical and nursing care, long and short-term rehabilitation and activity services, as well as support with day-to-day living functions.

Highly skilled medical professionals such as occupational and physical therapists are available on-site. Our facility provides comprehensive care in keeping with our goal of being your extended family home.

This is what we like to call best-in-class care. We are here for you when you need us most.

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We are expanding other areas, including the Wound Healing Center that has added a hyperbaric treatment unit to its list of services.

THE POWER OF TOUCH

The concept of using touch as therapy to control physical and emotional symptoms and speed up the recovery process is not new. However, a hospital providing relief from physical and emotional symptoms by including touch, reflexology and acupuncture in partnership with administering medication is truly progressive to say the least.

Did you know that St. John’s Riverside Hospital was the first hospital in Westchester to include touch therapy services over 12 years ago? As pioneers, St. John’s Riverside Hospital was quick to see the benefits of touch therapy as a treatment for the alleviation of pain and general discomfort. In addition, research has proven that touch therapy goes way beyond pain relief. The higher-order benefits to touch therapy includes the reduction of stress, simulation of the immune system and improvement of circulation. Touch therapy may also increase levels of melanin and the feel-good hormone serotonin, providing an overall sensation of wellness.

“Touch therapy helped me get to a better place so that I wasn’t feeling pulled apart by anxiety, pain or discomfort,” John B.

Patients who receive touch therapy experience accelerated healing. The benefits of these therapies can be dramatic. In one study at a healing hospital, found that cancer patients reported a 50 percent reduction in symptoms such as pain and stress after one 20-minute massage session. Today, research is increasingly focused on whether or not touch therapy can improve the progress of a number of diseases, including depression and cancer. What is clear is that touch therapy is a much needed sophisticated tool in healing than previously thought and St. John’s Riverside Hospital will continue to be on the forefront of these advancements.

For more information or to schedule an appointment for a patient, please call the Department of Holistic Care Services at (914) 964-7398.

Summertime activities are the most effective and enjoyable ways of staying healthy!

Time to head outside and enjoy the many activities that summer has to offer like playing with grandparents and taking a walk with a loved one. Experts recommend light to moderate activity most of the days of the week to help you stay mobile and independent. Exercise even has mental health benefits. Walking, for example is a great way to clear your head and also keep your joints active.

Summer is also a great time for the freshest, fastest foods nature has to offer which makes it easy to follow a healthy diet. Fruits and vegetables are at optimal flavor, quality and abundance this time of year, so they cost less at the grocery store or farmer’s market.

Research has shown that the lycopene in tomatoes may even boost immunity and help fight degenerative diseases, as well as reduce the risk of prostate cancer. Broccoli is also a great choice because it’s loaded with beta-carotene, which may help prevent arthritis. Strawberries are ripe this time of year, satisfying your sweet tooth and easing inflammation.

Soaking up a little sunshine is the best way to get Vitamin D, an essential component for maintaining strong bones and decreasing the risk of osteoporosis. Vitamin D also plays a key role in the prevention of cardiovascular disease, diabetes and other ailments.

To get enough Vitamin D from the sun, you need to spend about 5 to 15 minutes outside of the shade, three times each week without sunscreen. Too much sun can cause sunburn and increase the risk of skin cancer, so be sure to limit your exposure.

St. John’s Riverside Hospital was quick to step outside and start living a little healthier! Summertime is the best time to step outside and start living a little healthier! St. John’s Riverside Hospital was quick to step outside and start living a little healthier!
convenient
WE ARE RIGHT HERE FOR YOU

St. John’s Riverside Hospital is a hospital rich in history. Generations have trusted their care to us. A leading medical facility right in the heart of the community. You don’t have to travel to NYC for the finest medical care. We are right here in your neighborhood.

Feel the difference
To express our gratitude, our valet service will handle all of your parking needs. You are St. John’s Riverside Hospital’s highest priority. From the moment you arrive, you will feel the difference.

faster
EFFICIENT.

We have redesigned our emergency room to be best-in-class. Gore is the process of one size fits all approach. Our renovations and additional staff are designed to enhance our patients’ experience. Come discover for yourself that St. John’s Riverside Hospital is where the patient always comes first.

Advanced care
Today, we are providing personalized health care services that are truly focused on your specific needs when you need it most. Our processes are faster, smarter and better which means you can now experience the most advanced care in the area.

newer
BIG PLANS.

St. John’s Riverside Hospital has knocked down walls for you literally that is. In order to accommodate these big changes, we’ve moved some rather large obstacles out of the way. You will see these changes in a more efficient emergency department, on our medical and surgical floors, in the addition of new private maternity suites, and more inviting lobbies. All updated to provide a first rate medical environment for you.

A welcome change
Our architects and engineers have designed a more comfortable environment conducive to health care service excellence and a better patient experience.

updated
OUT WITH THE OLD.

Be a part of St. John’s Riverside Hospital’s history as we move into a new era of advanced medicine. We are continuing our journey of creating the most sophisticated hospital in the area by investing in the latest medical technology available.

The future is now
St. John’s Riverside Hospital’s future is investing in advanced medical equipment designed to support our relentless pursuit of early detection and illness prevention. Having the most sophisticated technology gives us the ability to see sooner and cleaner to the benefit of our patients.

more
PEOPLE HEAL PEOPLE.

Today, we have added thirty more caregivers to the bedside to be sure you are comfortable and cared for. We are in the business of care. Compassionate care. Our job is to make you better; your job is to get better. Simple.

Our passion
Our patients are our number one priority. When you need us, we’ll be there and you’ll be delighted by what we have done for you already. We are in business for one reason only - Getting you better.

As CEO, I am committed to service excellence and continuous performance improvement. As a community health care provider, we remain attentive to the health and well-being of those we serve.

As the leader of this organization, I present to you my plan for improving St. John’s Riverside Hospital and making sure it offers the most sophisticated care available.

Our staff of highly qualified nurses and leading physicians are committed to exceeding the expectations of those served, ensuring that each patient receives professional care that is personalized and patient-centered. We will invest in new technology as it continues to redefine our ideas about health care.

St. John’s Riverside Hospital has acknowledged our potential and things are getting better. Join me on our journey as we provide the community with the highest quality and compassionate health care possible.

Ronald J. Corti
President and CEO

PROMISE TO THE COMMUNITY

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President and CEO
Physical activity is necessary as you get older for maintaining your strength, flexibility and overall mobility. It is especially important in maintaining your independence. It keeps the body limber, lessening aches and pains, and reduces the risk of falls and orthopedic injuries. With age, bone mass and density decreases, which increases susceptibility to fractures, joint inflammation and cartilage degeneration that often leads to arthritis.

A safe, effective exercise program can help reduce some of the aches and pains that are a part of getting older. Regular workouts can help slow down the progression of conditions associated with aging. Even if you don’t normally exercise, it’s never too late to start. Thirty minutes of physical activity a day can help individuals feel good and prevent some medical conditions. workout with chronic conditions, such as arthritis, can benefit from a balanced fitness program.

Exercise is critical for building stronger muscles as these stronger muscles provide added protection to your joints. Regular exercise may also prevent or delay diabetes and heart trouble, as well as reduce depression, anxiety and arthritis.

Working out doesn’t have to be a chore. Simple activities that you enjoy such as walking, jogging or swimming will all help slow down the process of aging joints. Taking the dog for a walk, carrying groceries from the store and working in the garden are also effective ways to exercise.

Weight loss through bariatric surgery increases mobility, improves your ability to participate in physical and recreational activities and gives you an overall sense of well-being. Although a custom plan needs to be designed for each patient’s needs, it typically involves 76 pounds overweight with no medical comorbidities. Despite the advancement of bariatric surgery and with medical conditions, the criteria could be as low as 50 pounds overweight. Dr. Tannenbaum’s approach in bariatric surgery is the longest-term solution. They offer everything from weight-loss surgery, pre-surgical education, nutrition and lifestyle counseling, to medical support. Patients are treated with compassion and respect in a comfortable and reassuring atmosphere through every stage of the program.

The St. John’s Riverside Hospital Orthopedic Team recommends the repetitive motion of exercise to promote the body’s natural process of lubricating joint surfaces. This may help lessen joint stiffness and aching. Medical research shows that physical activity is both safe and beneficial for people with arthritis, osteoporosis, and other chronic conditions of bones and joints.

ST. JOHN’S RIVERSIDE HOSPITAL ORTHOPEDIC TEAM

- Southern Westchester Orthopaedics & Sports Medicine
  - Dr. David Cohen, M.D.
  - Dr. Robert M. Davis, M.D.
  - Charles DiBenedetto, M.D.
  - Dr. Peter Fagan M.D.
  - Dr. John Milone, M.D.
- Baccaro Hill Orthopaedics
  - Alex Abramchik, M.D.
  - Dr. Mark Benvenuto, M.D.
- POMW Orthopaedics
  - Nicholas Bui, B.D.
  - Dr. Craig David, M.D.
  - Dr. Donald G. Lee, M.D.
  - Dr. Lella Steinman, A.A.
- 128 East Avenue, Dobbs Ferry
  - (914) 693-2207
- Cohen and Kramer M.D. F.C.S.
  - Orthopedic Surgery
  - Dr. Mark Kramer, M.D.
- 128 East Avenue, Dobbs Ferry
  - (914) 327-6556
- Jean Katsane, M.D.
  - Orthopedics
- 128 Ashford Avenue, Dobbs Ferry
  - (914) 964-3437
- New Image Surgical Weight Loss Center
  - Dominick Ardusso, M.D.
  - 128 Ashford Avenue
  - (914) 964-0055
  - (914) 693-0055

ST. JOHN’S RIVERSIDE HOSPITAL’S ER

WHEN IT’S YOUR BEST FRIEND, EVERY MINUTE COUNTS

“Jeanette, you need to go to the ER right now.” This was not exactly what I was expecting to hear when I volunteered to drive my dear friend to her regular scheduled doctor’s visit.

Jeanette needed to be rushed from her doctor’s office to the emergency department at St. John’s Riverside Hospital. Diagnosed with hypertension, unprepared and anxious, we were not sure what to expect. The thought of an ER experience was overwhelming. However, I originally drove Jeanette to provide moral support and now it was more important than ever.

Upon our arrival, the ER staff quickly responded to a potentially serious situation and also gave us wonderful immediate attention. The attending doctor in the ER was so knowledgeable in so many disciplines, and his staff paid attention to the little things with comforting and upbeat personalities. They were great in coordinating Jeanette’s heart monitor, IVs, chest x-ray, CT scan and ultrasound which I stood by holding her hand. When all initial tests were completed, she was in the ICU comfortably where she remained until the following week.

During my visits to the ICU to see Jeanette, she smiled and told me she was being attended to a timely fashion throughout her entire visit. I cannot stress enough how exceptional the care I received at St. John’s is regardless of the time of day.”

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During my visits to the ICU to see Jeanette, she smiled and told me she was being attended to in a timely fashion throughout her entire visit. I cannot stress enough how exceptional the care I received at St. John’s is regardless of the time of day.” Jeanette would tell me on my regular visits.
CONGRATULATIONS!
LIFE IS GETTING BETTER.

One of the leading hospitals has just moved into the area. Well, sort of. St. John’s Riverside Hospital has been in the area for 150 years, but it sure does feel new. We mean new as in new management, new ideas, new equipment and our all new positive outlook.

We eliminated some things too. We knocked down walls, added suites, and affiliated with The Mount Sinai Hospital. Soon you will see our new look and better yet, you will feel the difference.

Come on in and look around. We have a preview of the changes inside.