With the New Year now well underway, our medical team, along with our award-winning staff are making headway toward accomplishing new goals in 2012. I am pleased to announce that these goals include continuing the planned improvements to our Emergency Departments at both Andrus and Dobbs Ferry locations.

With the state-of-the-art improvements we have completed to date, we are seeing improved wait times in the ER. As work continues in the ER this year, our overriding goals are to help our teams make more efficient diagnoses and deliver better overall patient experiences.

In addition, we are focusing on several areas of the hospital this year that will truly start to set St. John’s Riverside Hospital apart from the rest. We are in the process of introducing a unique group of surgeons that are leading the field of surgery by focusing on the use of minimally invasive procedures. Minimally invasive procedures allow for the same outcomes but with shorter recovery periods and less risk than typical surgeries – the benefits are numerous.

I am looking forward to sharing our current improvements along with the advancements that are planned for later this year. Once you experience them, I am sure you will share my enthusiasm. Life is getting better.

On behalf of the staff and your friends at St. John’s Riverside Hospital...

Stay well this winter!

RON CORTI | PRESIDENT & CEO

KEEPING IN TOUCH

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RiversideHealth.org
That is how the collective team of nurses at St. John's Riverside Hospital approaches their role. Tara Amerino, Clinical Nurse Manager in the Wound Care Unit can attest first hand to this drive. Tara is a graduate of the Cochran School of Nursing. She began her career 25 years ago on the medical/surgical floors of the hospital.

Having the experience of growing up as a St. John's Riverside Hospital nurse, Tara believes it is the sense of professionalism, team, and empathy that makes a St. John's Riverside Hospital nurse a ‘cut-above.’

There is a natural and mutual respect among the St. John's Riverside Hospital team whether you are a physician, nurse or aide. This helps make outcomes more positive—because they are focused on one outcome—yours. This camaraderie makes for an culture which not only boasts commitment from team members but inspires healing among patients.

When asked, our nurses generally express their love of being with “the patient for the hands-on connection” as their most rewarding role. Tara could not imagine herself in any other career, at any other hospital. At St. John's Riverside Hospital, you have the opportunity to become a great nurse and make a difference.

The love for chocolate goes as far back as ancient times. Early forefathers like Thomas Jefferson caught on to chocolate’s value by proclaiming, “The superiority of chocolate both for health and nourishment, will soon give it the same preference over tea and coffee in America, which it has in Spain.” Even Milton Hershey, founder of the Hershey Chocolate Company, had one of his early Hershey Bar advertisements state “Hershey's: More Sustaining than Meat.” He may have been on to something.

Did you know recent studies have also shown that moderate consumption of dark chocolate could ward off symptoms of heart disease? Rich in fat and antioxidant power, the ingredients in dark chocolate have been found to actually improve vascular health, increasing blood flow to the brain and heart thereby:

- Lowering the risk of stroke
- Lowering blood pressure
- Lowering (LDL) bad cholesterol
- Raising (HDL) good cholesterol

Dark chocolate gets its antioxidant power from flavonoids. This compound is believed to help the body’s cells repair damage from various toxins including environmental contaminants like that of pollution and cigarette smoke.

In addition, dark chocolate is a low-glycemic, monounsaturated fat (MUFA) making it a smart choice for people trying to lose weight and prevent Type 2 Diabetes. Recent published studies have reported the advantages of adding a monounsaturated fat to every meal to combat the “bad” fat in the body (especially around the abdomen). Other monounsaturated fats that complement your healthy eating include olives, peanuts, peanut butter, sunflower seeds, cashews, almonds and avocados.

Make it a resolution for you and your Valentine to enjoy a piece of dark chocolate every night.
The Heart and Soul of Healing

A Good Nurse Is Hard to Find, But at St. John’s Riverside Hospital You Will Find Many a Great Nurse

“It’s different here.” That’s what the nurses at St. John’s Riverside Hospital will tell you. That’s also how you’ll feel once you and your family are in their care.

St. John’s Riverside Hospital nursing staff provides the rhythm and pulse to an entire network of medical professionals and their patients. They do this with a strong emphasis on patient and family-focused nursing care.

What makes the St. John’s Riverside Hospital nursing staff different from those of other hospitals? First, a strong sense of community that dates back to the late 1800s. The nursing staff at St. John’s Riverside Hospital has a unique and long history. In 1869, a community of women from St. John’s Episcopal Church opened St. John’s Invalid Home to care for the poor and sick. Then, in 1870, St. John’s Riverside Hospital was officially incorporated as a charitable institution and became the first hospital in Westchester County. Later, in 1894, the Cochran School of Nursing, the oldest hospital-based school of nursing in the metropolitan area, was founded.

From its inception, St. John’s Riverside Hospital built itself around an early foundation of nursing and community service. “I’ve been at St. John’s Riverside Hospital for over twenty years and became a nurse because I wanted to feel good about what I do every day. Our style of nursing is very patient-centered and family-oriented. In Oncology Nursing, we see our patients over an extended period of time and we get to know them as their nurse as well as their confidant” says Kathy Cronin, Nursing Director of the Medical Unit.

“St. John’s Riverside Hospital is unique in another way with many of our staff starting their careers here, finding a wonderful sense of family and opportunities for career development within the organization,” said Fran Davis. “Starting at St. John’s as an entry level nurse I had the opportunity to grow, develop and fine tune my skills. Now as VP of Nursing, I know what my staff is going through and what they need allowing me to help them be the best they can be. Our great nurses are competent, compassionate, supported by our administration and an integral part of the community.”

The open and direct lines of communication between nurses and physicians enable these dedicated nurses to give superior care to those who need it most... this is the St. John’s Riverside Hospital Nursing Difference. With a tremendous foundation supporting them, the service that the St. John’s Riverside Hospital Nurses provide is not only the backbone of the hospital, but it’s the heart and soul.

The Cochran School of Nursing was founded in 1894 and has a history of preparing professional nurses who practice with compassion, enthusiasm, integrity and vision. In 1896, the Cochran School graduated its first class. They were the first nursing school graduates in Westchester County and among the first in the nation. Today, more than one hundred years later, we continue to offer one of the largest hospital-based nursing schools in the metropolitan region. That is the main reason why, during an era of chronic nursing shortages, St. John’s Riverside Hospital can fill its nursing positions with top notch nursing talent.

“IT IS NOT HOW MUCH YOU DO, BUT HOW MUCH LOVE YOU PUT IN THE DOING.”

- Mother Teresa

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Riverside Hospital’s Emergency Department offers our community the two most responsive and high quality emergency care services available. Our newly renovated and expanded Emergency Departments at Andrus and Dobbs Ferry Pavilions offer you and your family the best two Emergency Service options in the area—conveniently located when it counts most.

Both locations offer the latest in technology, maximum efficiency and decreased waiting time, along with the compassionate care for which St. John’s Riverside Hospital has long been known. Separate processes have been created for patients entering the ER based on the severity of their condition. By aligning each patient with the proper medical team we have the ability to see patients in a timelier manner. Today, these improvements, including increased staff and more efficient processes have led to an improvement in the overall patient experience—door-to-doctor is now faster.

As an EMS unit, emergency crews need to assess situations quickly and make life saving calls in an instant. Very often this leads them to bring a patient to an appropriate hospital. Marcel Cekuta, Operations Captain for Empress EMS in Yonkers receives plenty of positive feedback from his crews reinforcing the quality care we offer at St. John’s Riverside Hospital. “As a supervisor it’s nice to know that at times of increased call volume I know that I can pull a crew out of these quickly. The staff can be notified about how busy we are and they will make sure that the unit gets triaged, and the patient moved off the bed ASAP so the unit can go out to help someone else.”

“The staff at St. John’s Riverside Hospital is very helpful when one of our crews comes in with an unstable patient. Last year we had a case where a mother told us she was having a high risk breach pregnancy and she was wanting to push. We were met at the ER bay with the ER doctor and they called up to Labor & Delivery and explained the situation which prompted the on-call OB/GYN to come down to meet us as well. I had called ahead and asked for a nurse to help us bring the patient up to Labor & Delivery just to have another set of hands in the elevator. I never expected the ER doctor to meet and escort us, nor expected to be met by the OB/GYN.”

It is clear how important it is to have a solid working relationship between EMS and Emergency Departments. St. John’s Riverside Hospital delivers that time after time.

Our emergency services are ready 24 hours a day. Our highly trained, specialized Emergency Department staff is always available to help you at either location. All members are qualified to provide complete emergency and trauma care for children and adults and have education in Advanced Cardiac Life Support and Pediatric Advanced Life Support.

Why you will love him: Dr. Tergis brings 30 years experience to each of his patients’ cases. He is thorough with every patient and asks, “Do you have any questions?” He continuously seeks to maintain his education in preparation to meet all his patients needs.

Why you will love her: Dr. Androne is an internal medicine physician with a focus on women’s health. She counsels her patients to maintain a healthy weight, which will help to eliminate taking multiple medications. She believes keeping her patients educated and up-to-date on healthy living is central to the prevention of high blood pressure and diabetes.

WE ARE GETTING BETTER FOR YOU

St. John’s Riverside Hospital & Empress EMS

Partnering when it counts most

Sofia Din, MD
Family Medicine

Dr. Sofia Din completed her residency at NYU and is a clinical assistant at St. John’s in family medicine. Dr. Din believes “medicine heals both doubt and disease” and encourages her patients to express their medical concerns and ask questions about their condition and treatments. She prides herself on always being available to her patients whether they are an inpatient, an outpatient, a nursing home resident or someone she only sees in the office.

Why you will love her: Dr. Din believes in putting the human and personal side back into the practice of medicine. She ensures that her patients don’t get lost in the process of healthcare. She is always accessible and treats her patients as though they were family.

Global Medical Services, PC | 914.375.3755
984 North Broadway, Suite L-05, Yonkers

Anas Androne, MD
Internal Medicine

Dr. Anas Androne is an internal medicine physician with a focus on women’s health. She counsels her patients to maintain a healthy weight, which will help to eliminate taking multiple medications. She believes keeping her patients educated and up-to-date on healthy living is central to the prevention of high blood pressure and diabetes.

Why you will love him: Dr. Androne believes in giving her patients extra special attention. She makes herself available to her patients and is dedicated to their well-being. She ends every visit by saying, “See you at your next visit, follow your medication schedule, and stay healthy!”

Hudson Medical Group | 914.909.4522
984 North Broadway, Suite 400A, Yonkers
FEBRUARY IS
HEART MONTH...

Did you know heart disease is the leading cause of death in the United States? The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2011, an estimated 785,000 Americans had a new heart attack according to the American Heart Association.

On a more positive note, the chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of a heart attack are crucial to the most positive outcome afterwards.

For more information on heart disease and stroke, visit RiversideHealth.org and be sure to speak to your doctor this month about maintaining a healthy heart.