

## A Message From Our Leader



**Dr. Gerard Galarneau**  
CEO & CMO

Thank you to all who participated in our recent Employee Engagement Survey. Our Hospital continues to see favorable results from this survey and it's because employees, like you, help us gauge how well we are doing collectively to improve our work environment. Our Grand Mean improved in 2016 from 4.00 to 4.08. Since our first survey in 2011 we have seen a significant increase in engagement, from 3.49 to 4.00.

Employees will see their team results and, as in past years, will develop an action plan to work on throughout the year. The goal is to execute your action plans so we can continuously improve Catskill Regional as a place to work and also contribute to the overall excellent patient experience we hope to provide. If you've not yet seen your team's results, please ask your leader. At Catskill Regional, we value staff input and want our workplace to be one where everyone feels like they are contributing to the best of their abilities.

Increasing overall employee engagement allows us to continuously improve our workplace and ultimately brings us closer to fulfilling our mission. For more information, contact your Leader or Director Organizational Development and Learning, **Betsy Kennally**, at 333-0227 or [bkennally@ormc.org](mailto:bkennally@ormc.org).

Sincerely,



Gerard Galarneau, MD  
CEO & CMO

## Foundation Supports Breastfeeding Moms With Breast Pumps



**Clinical staff happily accepted the Catskill Regional Medical Center Foundation's gift of five new hospital-grade breast pumps.**

At Catskill Regional Medical Center, there is a team devoted to ensuring new mothers have access to both the education and the tools they need to initiate and continue breastfeeding.

To support the team's efforts, five new hospital-grade breast pumps were purchased by the Catskill Regional Medical Center Foundation. Foundation President Joan Farrow supported this much needed investment for our newborn patients. Necrotizing enterocolitis (NEC), a disease that affects the intestine of premature infants, is the number two killer of premature babies and the number ten killer of all babies. Exclusive breastfeeding or feeding of breast milk can

lower the risk of NEC by 79%. This is why it is critical for new mothers, particularly those of premature or low birth weight babies, to have access to a hospital grade breast pump so that they can express colostrum, baby's first superfood, and establish a milk supply.

Catskill Regional is a proud member of the Sullivan County Breastfeeding Coalition, which also includes Maternal Infant Services Network Inc., Public Health, several health and human service providers and local breastfeeding mothers.

To keep up with what's happening in our birthing center, visit [www.crmcny.org/birthingcenter](http://www.crmcny.org/birthingcenter).

# Update



**Doctor Abdul Shahzad**

Dr. Shah,

*"I have no words that can express the amount of gratitude I feel towards you for everything you have done for me and my entire family. Please know that your guidance and compassion through every medical situation I have faced has not and will not go unnoticed. Being a member of our small community, I have come to realize that all people respect you in the medical field, and rightfully so. However, I do not feel that is a good enough measure of the man you truly are. In my last conversation with my father, that Sunday morning, over a cup of coffee in his driveway, he explained to me that as talented as you are as a surgeon, the one thing that makes you special is that you have a great heart. For that he respected you and trusted you. The respect and admiration that he portrayed when he spoke of you didn't come lightly. In my 38 years of listening to my father speak of other people; he never spoke of anyone with complete distinction and admiration as he spoke of you. The friendship and close bond he felt with you made you more like family than a "family friend."*

*Over the past couple of years, through both your medical advice and apparent ability as a surgeon, you have helped and saved many people in my family, myself included, for that I humbly thank you. Even while on vacation in the Dominican Republic you came to my father's rescue, giving us an extra 10 months with him... that alone I could never thank you enough. One could only imagine the daunting task it was to give him strict instructions on lifestyle changes and yet you did. Although he took your medical advice as if it were gospel, he made a few lifestyle adjustments according to the "Gospel of John... Bernas."...*

Matt Bernas & Family

## GHVHS Medical Group Holiday Dinner

Our GHVHS Holiday/Quarterly Dinner took place on December 16 at West Hills Country Club. It was a great evening of socializing and holiday cheer for all.



## CRMG and CRMC Team Up for Wear Your Heart On Your Sleeve Challenge

CRMC's Wear Your Heart On Your Sleeve campaign is a four week wellness challenge that creates awareness of healthy blood pressure levels through screening and education, while also engaging healthcare associates in a fun, fruits and vegetables eating contest. Each team will track the number of fruit and vegetable servings they eat everyday over four weeks and check their blood pressure during the competition.

Each member will have their blood pressure checked and logged for tracking by a medical staff member at Catskill Regional Medical Group's Primary Care office.

When we work together, great things happen.





**George Rivera** has been appointed as Emergency Management & Safety Manager. He is responsible for the coordination of all Emergency Management and Safety policies at Catskill Regional Medical Center and assists with training on areas related to Emergency Management for the Greater Hudson Valley Health System.

Previously, Mr. Rivera was a member of the Security Department at Orange Regional Medical Center. Prior to that, he worked for the Federal Emergency Management Agency (FEMA) as a Disaster Recovery Regional Manager. George is retired from the New York Police Department as a Detective 1st Grade assigned to the NYPD Intelligence Division, Anti-terrorist Task Force Unit. He was also assigned to Protection Detail for Mayor Rudolph Giuliani. George can be reached at 794-3300 x3711.



Our **laboratory** has been fully accredited by the College of American Pathology (CAP). It is also accredited by the American Association of Blood Banks (AABB) and is licensed by the New York State Department of Health (NYSDOH). Each section of the laboratory is directed by a supervisor who meets New York State Department of Health supervisory requirements. Recording results are integrated into our hospital-wide computerized electronic health record, which is accessible to healthcare professionals both inside the hospital and in the community. Way to go!

## CRMC Receives Donation from SYDA Foundation



**Catskill Regional Medical Center Chief Nursing Officer, Rolland Bojo; SYDA Foundation Manager, Kevin Meconi; SYDA Foundation Manager, Margaret Kraseski; and Catskill Regional Medical Center Foundation President, Joan Farrow.**

The SYDA Foundation donated \$1,000 to Catskill Regional Medical Center to benefit healthcare in Sullivan County. The SYDA Foundation makes an annual donation to Catskill Regional as part of its community contribution program in the areas of health, safety and education. The Foundation has been a supporter of Catskill Regional since 1991.

The SYDA Foundation is a not-for-profit organization based in South Fallsburg, NY that makes Siddha Yoga meditation available to students around the world.

## 2017 Heart-A-Thon



The 39th Annual WSUL/WVOS Heart-A-Thon took place on Saturday, February 11. Both radio stations broadcasted live from 8:00 a.m. to 5:00 p.m.

Members of the community stopped in throughout the day to make donations, listen to guest speakers, receive information and hear tips about heart health. Radio listeners also showed their support by calling in their pledges and participating in heart health trivia. In addition, thousands of tribute hearts were sold in honor or in memory of loved ones who have been afflicted with cardiac related conditions.

To date, the Heart-A-Thon has raised nearly \$67,000, with donations being accepted through the end of the month. Our goal is to raise \$80,000 to fund a stress test system, portable Doppler ultrasound and portable fetal monitor to better serve the community. To learn more or to make a contribution, visit [www.crmcny.org/heart-a-thon](http://www.crmcny.org/heart-a-thon).



## Little Hats, Big Hearts

Catskill Regional Medical Center, in partnership with the American Heart Association (AHA) and The Children's Heart Foundation, helped raise awareness of congenital heart defects through the "Little Hats, Big Hearts" program. Every baby born at Catskill Regional during the month of February received a little red hat.

February is American Heart Month, which aims to raise awareness of heart disease, the number one killer of American men and women. Congenital Heart Defects (CHD) Awareness Week, held each year from February 7-14, focuses on congenital heart defects, the most common type of birth defect in the country.

The AHA put a call out to knitting and crocheting enthusiasts in December and little red hats came pouring in from all over the region. Some donated hats in honor of children born with congenital heart defects or in memory of those lost to heart defects.



Catskill Regional Medical Center was proud to help raise awareness of congenital heart defects through the "Little Hats, Big Hearts" program throughout the month of February.

## Catskill Regional Medical Center "Goes Red"



On February 3, Catskill Regional staff "went red" in support of the American Heart Association's Wear Red Day. Supporting the fight against women's heart disease and stroke is a long standing tradition at Catskill Regional.

## Save the Date

### Walk A Mile In Her Shoes Fundraiser

The Walk a Mile in Her Shoes® event to raise funds for RISE - Rape, Intervention, Services & Education will be held from 9:00 a.m. to noon on April 22 at 100 North Street in Monticello, NY.

Men, women and children – many of them wearing red shoes – participate in this fun-filled annual event, which takes a light-hearted approach to a very serious subject. The walk increases awareness of how sexual assault impacts individuals and families in Sullivan County. The event coincides with Sexual Abuse Awareness Month. We encourage hospital employees and volunteers to participate in this unique and exciting event. Departments can walk together, as well as raise funds together; it is a great opportunity for team-building while also supporting one of Catskill Regional's services.

For more information about RISE or the Walk a Mile in Her Shoes® event, contact **Debbie O'Malley** at x2440 or visit [crmcny.org/rise-walk](http://crmcny.org/rise-walk).

### Celebrate Life Half Marathon

Want to be a part of a "Feel Good Race" in Sullivan County? The Celebrate Life Half Marathon honors, remembers and celebrates those who have fought against cancer. The race annually raises funds to assist cancer patients with their financial needs, donating 100% of proceeds to patients in treatment.

The event will be held on Sunday, March 12 in Rock Hill, NY. For more information, visit [www.celebratelifehalfmarathon.com](http://www.celebratelifehalfmarathon.com).