

RIVERSIDE

YOUR HEALTHY LIVING COMMUNITY NEWSLETTER • VOLUME FIVE • SPRING 2012

"SPRING IS A TIME OF PLANS AND PROJECTS."

- LEO TOLSTOY



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*.



RON CORTI
PRESIDENT AND CEO

KEEPING 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!



INTRODUCING DR. HAR CHI LAU

LEADING ST. JOHN'S RIVERSIDE HOSPITAL'S MINIMALLY INVASIVE SURGICAL TEAM

"Call me Har Chi, or call me Dr. Lau, whatever makes you feel comfortable." That's how you'll first meet Dobbs Ferry Pavilion based Dr. Har Chi Lau, and that best describes his unique approachability and the connection he establishes with his patients upon meeting them. It's no wonder since Dr. Lau is a pioneer in this advanced patient-centered surgery.

A board-certified surgeon with expertise in Minimally Invasive Surgery, Dr. Lau also instructs laparoscopic surgery methods to other physicians and frequently

people tell me they are afraid that surgery will change them somehow from what they used to be. In actuality, Minimally Invasive Surgery can bring patients back to their old selves again, and to the quality of life they deserve."

WHAT IS MINIMALLY INVASIVE SURGERY?

Minimally Invasive Surgery (synonymous with laparoscopic surgery) involves cutting a series of smaller incisions to treat a problem instead of cutting a patient wide open. Since less tissue is damaged during the procedure, there is less scarring, less pain, less blood

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 Surgery Residency and Internship at Allegheny University Hospitals
- 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



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 doctors and nurses alike, and with 4,000 surgeries to his credit, it's apparent that Dr. Lau is no ordinary doctor. In fact, he's one of the best surgeons in the tri-state area based on a jury of his peers.

"When I sit down with my patients, we discuss what is important to them. Ninety-nine percent of the time,

loss and most importantly less risk for wound infections. In addition, recovery time is significantly shorter resulting in shorter hospital stays and a better quality of life for the patient.

"A great number of physicians come to me for their hernia repair because they know I will take good care of them."

"I wanted to come to St. John's Riverside Hospital. There is an opportunity to complement an already great staff serving a great community."



PREPARING THE BODY FOR SURGERY

Dr. Oz, whom Ellen McMahon R.N. at St. John's Riverside Hospital Holistic Services once worked for, encourages his patients to get a massage days before surgery to prepare their bodies, relax them and stimulate their immune system.

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 alleviating discomfort so the patient requires less pain medication and other post-surgery benefits. Those benefits include improved sleep and an added boost 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 own healing to occur"

- Florence Nightengale

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.

St. John's Riverside Hospital was the first hospital in Westchester that acknowledged the benefits of this "Holistic Approach" and to offer integrative holistic services free of charge during a patient's stay. Outpatient services are also available for a fee.

Preparing for Surgery is a mind-body packet available through the Holistic department, for a small fee, that teaches stress management techniques. "It will help you manage worry and anxiety and can help promote faster healing with less pain or discomfort," says Ellen McMahon R.N.

For St. John's Riverside Hospital's *Holistic Care Services Department* call 914.964.7301.



STRAWBERRY-LICIOUS SPINACH SALAD

- Baby spinach (as much as wanted)
 - Fresh strawberries (sliced)
 - 1/2 bag almonds (toasted)
- Toss the above ingredients together then mix dressing and add to the salad.
- DRESSING:**
- 1/2 cup olive oil
 - 1/4 cup vinegar
 - 1/4 tsp paprika
 - 1-1/4 tsp worcestershire sauce
 - 1-1/2 tsp minced onion
 - 1 tbsp poppy seeds
 - 2 tbsp sesame seeds
 - 1/3 cup sugar

Try this calcium and vitamin C rich recipe with your fresh produce!

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 FARM is a Community Supported Agriculture (CSA) event designed specifically for the benefit of the St. John's Riverside Community. FROM THE GROUND UP FARM is located in Pawling, NY and is dedicated to helping people eat organic meals free of pesticides and chemical fertilizers.

"We, at FROM THE GROUND UP FARM were so pleased to serve you last summer at our Market Days. We will be back this year with a longer season. As we did last year, we will be bringing the best of our farm's harvest, with an expanded selection of fine Hudson Valley products. In addition to our top-quality, just-picked fruits and vegetables, we also will carry selected products from our valued partners."

THREE LOCATIONS FOR YOUR CONVENIENCE!

For twenty weeks beginning May 31st, you can join the "Farm to Fork" 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 Andrus from 11 am 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, peaches, 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 pineapple, oranges, grapes, apricots, raspberries and apples can all help prevent pre-surgery jitters. So browse the delicious organic produce the St. John's Riverside Hospital's Farmers Market has to offer and find the super foods that will boost your immunity—but remember, always follow your physician's advice.

See you at the St. John's Riverside Hospital's Farmers Market!

THE COCHRAN SCHOOL OF NURSING A NURSING SCHOOL AS OUTSTANDING AS YOUR FUTURE



At the renowned Cochran School of Nursing, patient care is at the heart of how we teach nursing care.

You can pursue your dream of helping people and serving the healthcare needs of your community. An integral part of St. John's Riverside Hospital, Cochran's focus is on clinical practice experience and preparing our graduates for employment. Computerized learning is integrated into all aspects of your education to enrich and expand your knowledge.

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START TODAY! OPEN HOUSE:
 THURSDAY APRIL 19 | 7:00 PM
 THURSDAY JUNE 14 | 7:00 PM
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"A vision is not a dream; it is a reality that has yet to come into existence."
 - Warren Bennis

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.

Today, at St. John's Riverside Hospital the vision is alive and well—*Life is Getting Better.*

Join me in welcoming the future of surgery,

Ronald J. Corti
 President and CEO

REDEFINING THE ART OF SURGERY FOR TODAY'S PATIENT

"I'm afraid I'll never be myself again. I'm worried about the anesthesia. I'm just plain scared."

These are common and very normal thoughts that run through a patient's mind when they are faced with the possibility of surgery. The thought of having surgery or receiving general anesthesia may be frightening to those who never had any previous medical conditions. As a result, patients try to avoid the inevitable and postpone surgery "for a rainy day." Delaying a surgery due to fear of the unknown can subsequently cause a condition to worsen, thus complicating the health of the patient.

One consultation, face-to-face with the doctors of the St. John's Riverside Hospital's Minimally Invasive Surgical Team will put your fears to rest. Our doctors understand a patient's concerns and have the competence and expertise to instill confidence in a patient and lead them to a new and improved frame of mind when it comes to surgery. Recent developments have changed the playing field when it comes to medical procedures, and St. John's Riverside Hospital's Minimally Invasive Surgical Team is on the

front line with the latest technology, equipment and expertise to offer a new quality of life to all patients.

Why should you trust Minimally Invasive Surgery? *"It's a very patient-centered method to performing surgery,"* says MI surgeon Dr. Har Chi Lau, *"with proven benefits and far less complications."* Those benefits include:

- **LESS INFECTIONS** | wound infections and complications have significantly decreased with far less blood loss and less trauma to the body
- **LESS ANESTHESIA** | MIS is ideal for patients with sensitivity to anesthesia.
- **LESS SCARRING** | MIS procedures require small incisions resulting in less noticeable scars
- **DECREASED SURGERY TIME** | superior and precise technology have decreased surgery time
- **LESS PAIN** | MIS procedures result in less post-operative pain and discomfort
- **FASTER RECOVERY | SHORTER HOSPITAL STAYS** | with MIS procedures, you will go home sooner!

ADDRESSING HEALTHCARE PATIENT-BY-PATIENT | Our doctors counsel their patients on what to expect before, during and after the MIS procedure. Often times, your surgery may be a scheduled outpatient visit. Regardless of your medical condition, our expert surgeons tailor your Minimally Invasive Surgery to your needs. Some common conditions and areas eligible for MIS are, but are not limited to:

- Vascular
- Gall Bladder
- Hernia
- Abdomen
- Colon Cancer | Diverticular Disease
- Appendix
- Bariatric/Weight Loss
- Thyroid
- Spleen

"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 better.

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

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.

DR. GARY TANNENBAUM | Vascular Surgery

Westchester Surgical Specialists is a multi-specialty surgical group founded by Dr. Gary Tannenbaum, and including his partners, Dr. Andrew Monteleone and Dr. Nirav Patel who have the goal of bringing patients up-to-date, surgical treatment in a caring, personal atmosphere. Dr. Tannenbaum focuses on providing the most current treatments utilizing state-of-the-art equipment to diagnosis and repair both vascular and general surgery issues.



Westchester Surgical Specialists | 914.965.2606
984 North Broadway, Suite 501, Yonkers

DR. DOMINICK ARTUSO | Bariatric Surgery

Dr. Dominick Artuso's New Image Surgical Weight Loss Center, is performing the most gastric banding surgeries in Westchester County, NY dedicated exclusively to the care and treatment of Bariatric patients. Their goal is to enhance your ability to achieve significant weight loss and to provide you with the support and comfort that you need during that process.



New Image Weight Loss Center | 914.693.0055
128 Ashford Avenue, Dobbs Ferry

DR. HAR CHI LAU | General Surgery

Dr. Lau is from the renowned Hudson Valley Surgical Group, offering a comprehensive approach to general surgery with unsurpassed superior service. Hudson Valley Surgical Group has provided quality care to the Rivertown Communities for over 20 years. Staffed by three Board Certified surgeons, Hudson Valley Surgical Group offers minimally invasive and traditional surgical treatment for a variety of conditions.



Robert John Raniolo, MD, FACS | Har Chi Lau, MD, FACS | Michael Weitzen, DO, ABOS

Hudson Valley Surgical Group | 914.631.3660
777 N. Broadway, Suite 204, Sleepy Hollow



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.

ST. JOHN'S RIVERSIDE HOSPITAL

THIS HOSPITAL HAS IMPROVED 100%

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%."

THE CHANGES ARE EVERYWHERE

"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."

ADMISSION TIME HAS IMPROVED

Three years ago was a different story for Mrs. Pidel. She experienced delays in admissions due to some administrative problems. "Now," Joyce explains, "admissions takes half the amount of time that it took several years ago. They were just great. I had a friend who recently went into St. John's for a test and she couldn't believe how quickly she was in and out of the hospital."

NURSES PROVIDE GREAT CARE

"One of my friends was in the hospital recently. She was in terrible pain and screamed all night but the nurses never left her side. Her children told me that they felt their mother couldn't have gotten better care anyplace else. They were so impressed and never had seen such great care from a nursing staff. The nurses on the 4th floor were and continue to be a class act."

A NEW PERSONALITY

"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.



"This hospital has come a long way," concludes Mrs. Pidel.



LAWRENCE F. Neshiwat, MD
Endocrinology

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 that 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 him you are not a number, but a person in need of a diagnosis and treatment. He ends each visit by saying, "Take care and have a nice day; I will see you next visit."

914.237.1941 | 1019 Yonkers Ave., Suite 4, Yonkers



MANUEL TEJERA, MD
Internal Medicine

Dr. Tejera has been practicing Internal Medicine for 20 years—his father, brother and seven cousins are physicians. His priority is to treat his patients just as he would treat his family. It is especially satisfying for Dr. Tejera to see his patients back on the path to wellness, and believes in following his patients closely and preventing future medical issues.

Why you will love him: Dr. Tejera's approach with his patients is informal—he wants them to feel comfortable and to know that they can talk to him about most anything and that he will answer their questions. He wants his patients to feel confident that they are getting the best of care.

914.457.9140 | 1019 Yonkers Ave., 1st Floor, Yonkers



JACK GOLDMAN, MD
Gastroenterology

Dr. Jack Goldman is 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 very 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.

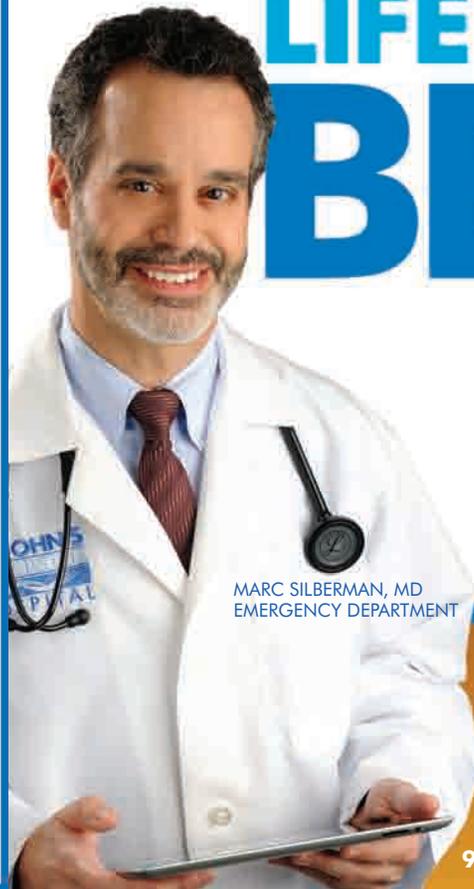
Why you will love him: Dr. Goldman prides himself on knowing his patients really well and giving them the time and attention they need. He is a "hands-on" doctor who is always there to provide personal care.

914.237.8686 | 750 McLean Avenue, Yonkers

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MARC SILBERMAN, MD
EMERGENCY DEPARTMENT

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

“DOOR-TO-DOCTOR
IS NOW
FASTER”

RICHARD MARINO, MD
EMERGENCY DEPARTMENT



914.964.4DOC | RiversideHealth.org

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