

# RIVERSIDE

YOUR HEALTHY LIVING COMMUNITY NEWSLETTER • VOLUME FOUR • WINTER 2012

## FEBRUARY IS HEART MONTH IN SO MANY WAYS



### GOING ABOVE AND BEYOND THE EXPECTED

On the walls of St. John's Riverside Hospital hangs a beautiful passage about nurses, penned by an anonymous author: *"The definition of a nurse: To go above and beyond the call of duty. The first to work and the last to leave. The heart and soul of caring. A unique soul who will pass through your life for a minute and impact it for an eternity. An empowered individual whom you may meet for only a 12 hour period, but who will put you and yours above theirs."*

February is Heart Month. What better time for us to show our appreciation for the heart and soul of our hospital—our nurses. We have dedicated this issue to show our enduring support for our nurses who commit their lives to making your life better.

A key aspect of our commitment to the high standard of nursing care we provide is our Cochran School of Nursing. For more than 100 years, we have been providing some of the best caregivers. One of the advantages of an onsite

nursing school is the ability to mentor these fine young nurses from textbook to real-life experience.

To the patient, the nurse is their trusted partner in time of need. To the physician, they are their eyes and ears. To other nurses, they are a team and to the hospital, they are simply our heart and soul.

**“A nurse will always give us hope,  
an angel with a stethoscope.”**

-Carrie Latet

Read on to learn more about our wonderful nurses and see how you can keep your heart healthier during February, heart month.

You can also view St. John's Riverside Hospital's 'Tribute to Nurses' TV commercial at [RiversideHealth.org](http://RiversideHealth.org).



RON CORTI | PRESIDENT & CEO

### KEEPING IN TOUCH

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!**



**“YES, WE CAN DO JUST ONE MORE THING...TO MAKE YOU BETTER.”**

- Nurses of St. John's Riverside Hospital

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 22 years ago on the medical/surgical floors of the hospital.

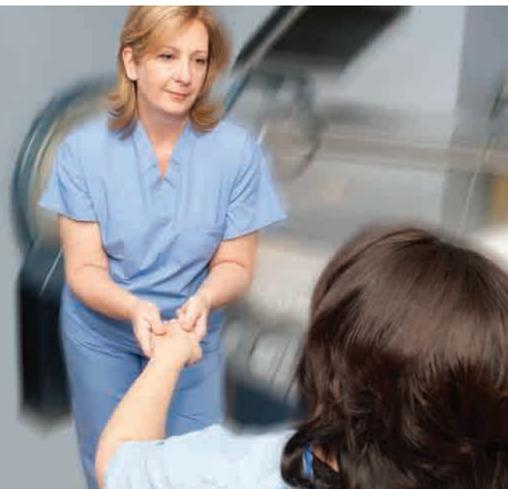
There is a natural and mutual respect among the St. John's Riverside Hospital team whether you are a physician, nurse or aide. This helps make outcomes more positive—because they are focused on one outcome—yours. This camaraderie makes for an ideal culture which not only boasts commitment from team members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

Having the experience of growing up as a St. John's Riverside Hospital nurse, Tara believes it is the sense

When asked, our nurses generally express their love of being with *“the patient for the hands-on*

*“You start with a surgical site or wound, but quickly you realize that with each patient these are people, human beings that you are emotionally connected to. The wound part is the easy part to heal—the rest is a labor of love.”*

- Tara Amerino  
Clinical Nurse Manager | Wound Care Unit



of professionalism, team, and empathy that makes a St. John's Riverside Hospital nurse a 'cut-above.' This is also why Tara has never considered leaving and has been inspired by both team members and patients alike to continue her nursing growth.

*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 POWER OF TOUCH

### THE HEART AND SOLE OF REFLEXOLOGY

Reflexology is based on the premise that the hands and feet are miniature maps of the body. The hand and/or foot is divided into specific areas or zones that reflect back to every gland, organ and part of the body. Reflexology is not massage but it uses gentle pressure to the specific zones, called reflex points, on the hands and/or feet to help relax and balance the body. It is believed that by improving circulation the body's own healing abilities are supported and stimulated.

Improving circulation not only affects the flow of oxygen and nutrients to the tissues, it also assists the body to eliminate toxins. Reflexology is used to support an overall state of well-being and improve the flow of vital energy throughout the body. This improved ability to rebalance and restore is especially helpful during stress.

***“Reflexology is a compelling means for calming the mind, inducing relaxation, and allowing stress to fade away.”***

- Ellen McMahon, R.N. Holistic Services

Benefits of reflexology include a decrease in muscle tension, a decrease in anxiety, and many patients report that it is helpful for improving sleep. New research shows that reflexology makes a difference in how individuals handle pain. With even more research being undertaken, more benefits are continually being uncovered by the scientific community every year.

Both in-patient and outpatient services are available at St. John's Riverside Hospital. We offer customized treatments to address the whole person.

To schedule appointments contact the Holistic Care Services Department at 914.964.7301



## DARK CHOCOLATE

### *Healing the Broken Heart*

Chocolate will forever be known to heal matters of the heart. It's widely perceived that chocolate consumption can send “feel good” chemicals called endorphins to the brain (the same feelings of being in love), thus forever linking chocolate and Valentine's Day together.

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 taste 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

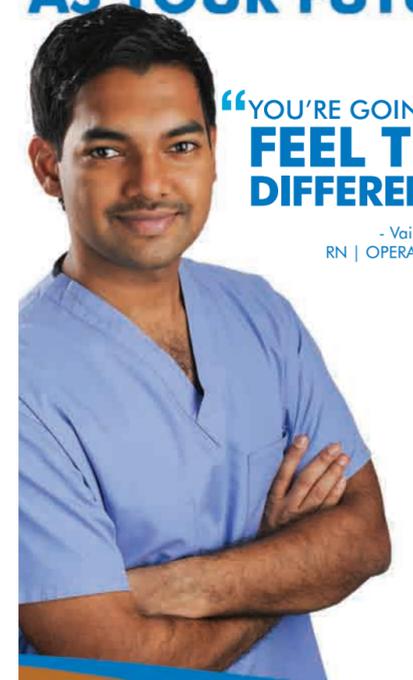


Dark chocolate gets its antioxidant power from flavonoids. This compound is believed to help the body's cells repair damage from various toxins including environmental contaminants like that of pollution and cigarette smoke.

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. *Enjoy!*

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



**“YOU'RE GOING TO FEEL THE DIFFERENCE”**

- Vaibhav Dingare  
RN | OPERATING ROOM

## THE COCHRAN SCHOOL OF NURSING

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 to all aspects of your education to enrich and expand your knowledge.

Contact us today!  
Call 914.964.4296 or email  
[admissions@cochranschoolofnursing.us](mailto:admissions@cochranschoolofnursing.us)



AFFILIATED WITH THE MOUNT SINAI HOSPITAL  
HOME OF THE COCHRAN SCHOOL OF NURSING  
967 North Broadway, Yonkers, NY 10701  
[www.cochranschoolofnursing.us](http://www.cochranschoolofnursing.us)

# 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



**1896**

1ST GRADUATING CLASS

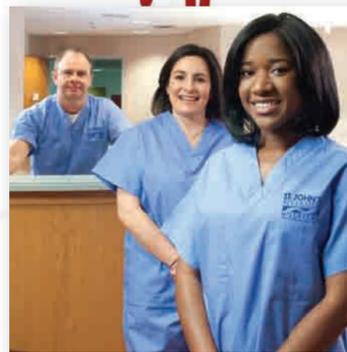
**1963**  
ST. JOHN'S OPENS STATE-OF-THE-ART  
HOSPITAL | NURSING STAFF OF 140



**1930**

NURSING QUARTERS EXPANDED

**2012**  
TODAY, ST. JOHN'S RIVERSIDE  
HOSPITAL | NURSING  
STAFF OF 648



*“If love  
can't cure  
it, nurses  
can.”*

- Anonymous



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

- MOTHER THERESA

Everytime I think of our nursing staff at St. John's Riverside Hospital, I am reminded by this quote. Having been around a bit I can honestly say the nurses we have are encouraged to focus on the patients, the way a loving friend would. I hear many stories each day of patients and their family members showering accolades on our nursing staff for consistently going the extra mile to comfort, guide and heal.

What makes me even prouder is that our St. John's Riverside Hospital nurses are best-in-class professionals through and through. It is also quite commonplace for our nurses to have grown up with us here at St. John's Riverside Hospital—to have 20, 30 or even more years with us is not unusual. And for that, I am grateful.

To all our wonderful and dedicated nurses, we recognize the love you bring to your work and we appreciate it.

*Ronald J. Corti*  
Ronald J. Corti  
President and CEO

**“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.

## FOUNDED IN 1894

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.



# ST. JOHN'S RIVERSIDE HOSPITAL'S ER

St. John's Riverside Hospital 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.

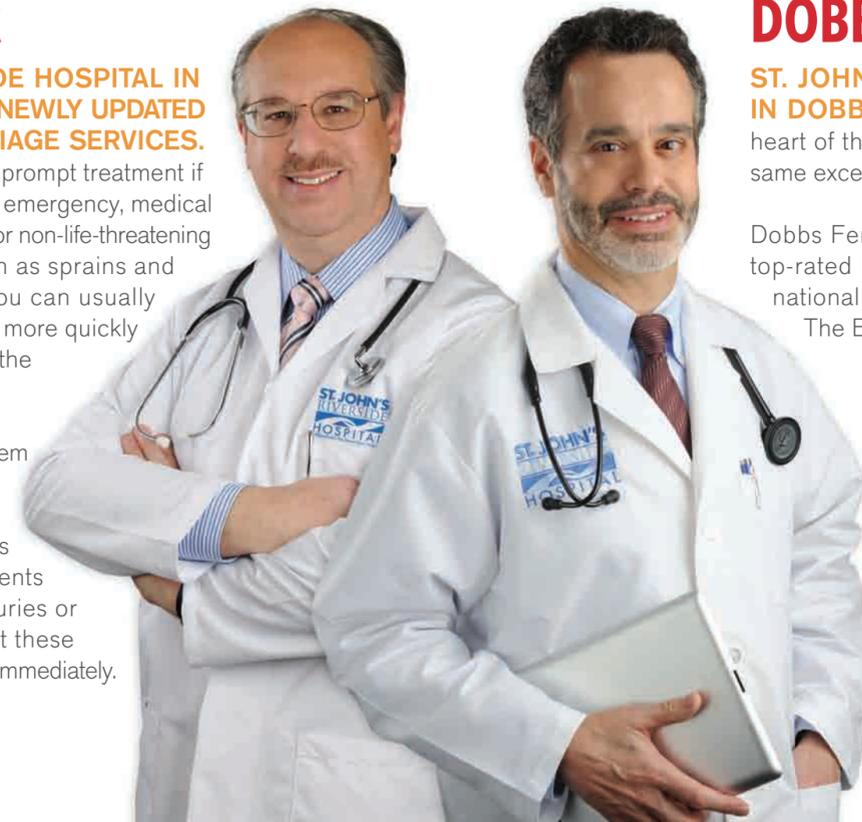
Both locations offer the latest in technology, maximum efficiency and decreased waiting time, along with the compassionate care for which St. John's Riverside Hospital has long been known. Separate processes have been created for patients entering the ER based on the severity of their condition. By aligning 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.

## YONKERS ER

**ST. JOHN'S RIVERSIDE HOSPITAL IN YONKERS FEATURES NEWLY UPDATED FAST TRACK AND TRIAGE SERVICES.**

Our "Fast Track" assures prompt treatment if you need immediate, non-emergency, medical care. If you need services for non-life-threatening injuries or illnesses, such as sprains and fractures, colds or flu, you can usually be examined and treated more quickly in the Fast Track area of the Emergency Department.

In addition, the Triage system established in St. John's Riverside Hospital's Emergency Department is designed to identify patients with the most severe injuries or illnesses and ensure that these patients receive treatment immediately.



Dr. Richard Marino | Andrus Emergency Department | Dr. Mark Silberman | Dobbs Ferry Emergency Department

**OUR EMERGENCY SPECIALISTS 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.**

## DOBBS FERRY ER

**ST. JOHN'S RIVERSIDE HOSPITAL IN DOBBS FERRY, ER** is located in the heart of the Rivertowns and provides the same exceptional level of medical care.

Dobbs Ferry is in a class by itself as the top-rated ER in the area based on their national scores for patient satisfaction. The ER doctors are all board certified.

**"DOOR-TO-DOCTOR IS NOW EVEN FASTER"**



## ST. JOHN'S RIVERSIDE HOSPITAL & EMPRESS EMS

# PARTNERS WHEN IT COUNTS MOST

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 there 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 also 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.



Marcel Cekuta | Operations Captain | Empress EMS



**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 health care. 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



**DORIAN TERGIS, MD**  
Family Medicine

Dr. Dorian Tergis chose to practice family medicine out of admiration for his own childhood doctor. He reflected on having the measles and how his doctor took the time to come to his home. Once Dr. Tergis reached medical school he found he had an interest in everything and family medicine allows him the opportunity to indulge those many interests.

**Why you will love him:** Dr. Tergis brings 30 years experience to each of his patients' issues. 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.

**914.693.1982**  
28 Main Street, Hastings-on-Hudson



**ANA S. ANDRONE, MD**  
Internal Medicine

Dr. Ana 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.

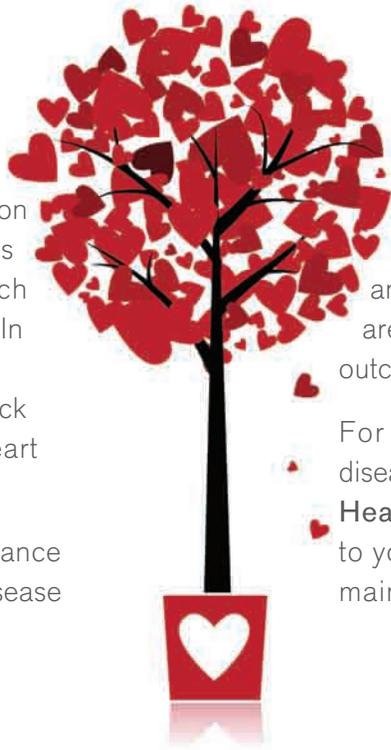
**Why you will love her:** Dr. Androne believes in giving her patients extra special attention. She makes herself available to her patients and is dedicated to their well-being. She ends every visit by saying, "See you at your next visit, follow your medication schedule, and stay healthy."

**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



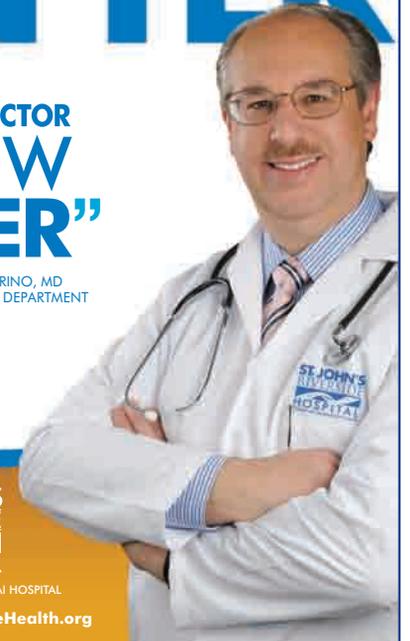
can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of a heart attack are crucial to the most positive outcome afterwards.

For more information on heart disease and stroke, visit [Riverside Health.org](http://RiversideHealth.org) and be sure to speak to your doctor this month about maintaining a healthy heart.

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

**“DOOR-TO-DOCTOR  
IS NOW  
FASTER”**

- RICHARD MARINO, MD  
EMERGENCY DEPARTMENT



**ST. JOHN'S  
RIVERSIDE  
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914.964.4DOC | [RiversideHealth.org](http://RiversideHealth.org)

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