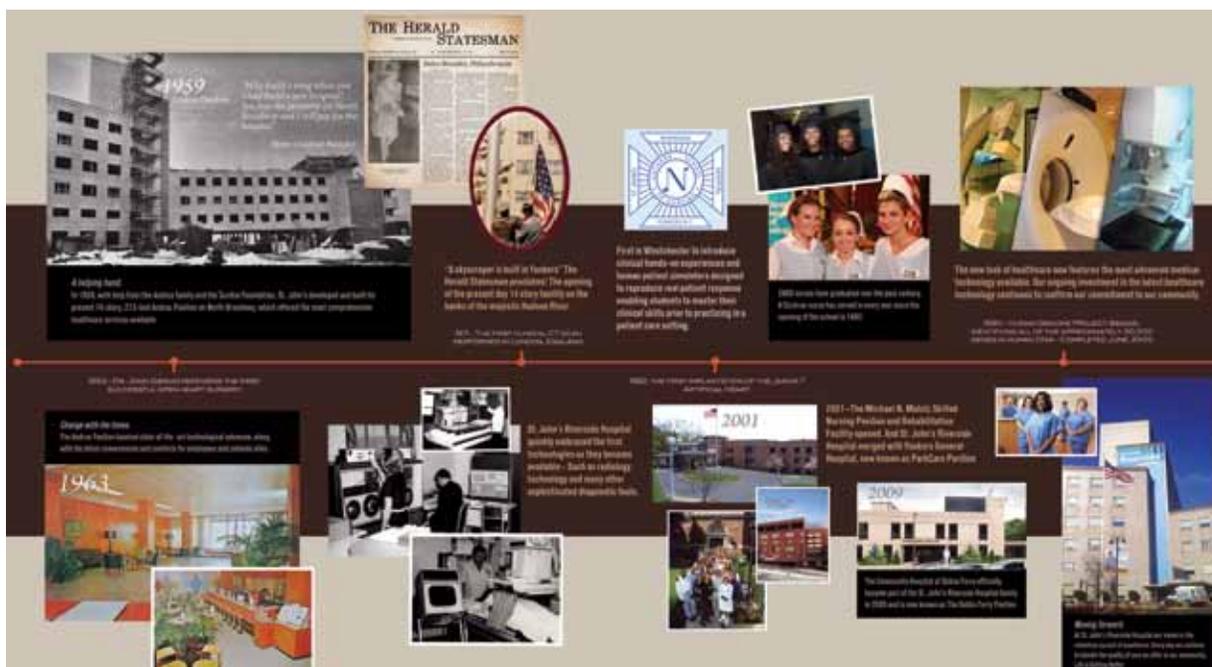


RIVERSIDE

YOUR HEALTHY LIVING COMMUNITY NEWSLETTER • VOLUME SEVEN • FALL 2012

CELEBRATING ST. JOHN'S RIVERSIDE HOSPITAL'S ANDRUS PAVILION'S 50TH ANNIVERSARY



Fifty years ago, St. John's Riverside Hospital opened its present 14-story, 273-bed Andrus Pavilion on North Broadway. Even then, it offered the most comprehensive healthcare services available. As the community grew, it soon became obvious that a larger hospital was needed in order to serve the needs of an expanding, diverse community. So plans were put in place to provide additional services and to add a new wing to the existing location.

On the afternoon of Christmas Eve, the phone of Dr. Rev. Lemuel J. Winterbottom, Pastor of St. John's Episcopal Church in Getty Square and Board Member of St. John's Riverside Hospital, rang as he was preparing for mass. The confident, but unassuming voice of Helen Andrus Benedict said, "Father could you please come over to my house at 4:00. It is important." Slightly exasperated, he said, "Can't it wait? I'm about to celebrate Christmas Eve mass." She replied, "No, please come now."

*Then,
something of
a miracle
happened...*

Rushing over to her home, he was astounded when she said, "I have something for you. Why build a wing when you could build a new hospital. You buy the property on North Broadway and I will pay for the hospital. Here is my check for \$8 million dollars. Merry Christmas."

Thanks to the generosity of the Andrus family and the Surdna Foundation, the vision of elevating St. John's Riverside Hospital is as vibrant as the angel who started it fifty years ago. This summer we installed an impressive history wall display to pay tribute to all of those who helped make it possible. Stop by and take a look at what over a century of caring has done for us and more importantly has done for the patients of St. John's Riverside Hospital.

At St. John's Riverside Hospital, our vision is the continued pursuit of excellence. Therefore our patient and healthcare improvements never stop for our always expanding and changing communities.



RON CORTI
PRESIDENT AND CEO (AND NAVIGATOR)

KEEPING IN TOUCH

I hope everyone had a safe and healthy summer enjoying the warm weather. At St. John's Riverside Hospital we have been busy moving things forward with our vision to be the best hospital in Westchester.

For centuries the great navigators have known one thing is certain, in order to get where you are going you need to rely on the stars. That is exactly what we have been doing here at St. John's Riverside Hospital. Our employee stars are helping patients throughout the hospital and they continue to shine every day. I am pleased to showcase some of our brightest stars in the lobby of each of our facilities along with our impressive history wall installation at the Andrus location. Now when I am asked what it takes to be the best hospital I can simply point to the wall and say "just follow the stars".

A St. John's Riverside Hospital star understands the relentless pursuit of excellence. A great hospital is made of a few thousand stars that always seem to shine when it matters most.

Be sure to stop by and take a look at our stars in the lobby, and be sure to say hello when you spot one in person. It won't be hard to discover a star; they are here, everywhere. Be sure to bring it to our attention when one shines bright for you.

Enjoy the cool Fall and remember we are always here when you need us. Stay well.



A GREAT VIEW OF OUR FIVE-STAR MATERNITY SUITES

The birth of your child is an unforgettable experience. That is why St. John's Riverside Hospital's beautifully renovated maternity department offers patients and their families modern suites in a serene, hotel-like setting.

“Both my children were born at St. John's Riverside. When I arrived at the hospital I was immediately brought into a comfortable room with very nurturing and attentive nurses at my side. My doctors and labor nurses were so encouraging and positive that they gave me the courage and strength to get through what is an exciting and challenging event. We had a wonderful experience bringing our children into the world at St. John's Riverside Hospital.”

Colleen, 38 | Yonkers Resident



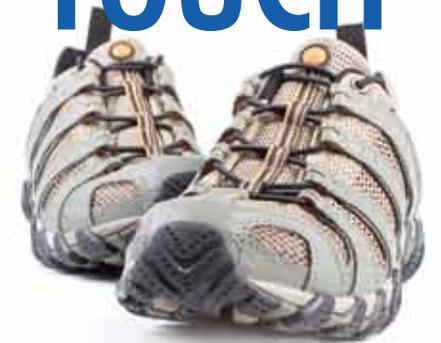
This type of environment is crucial for patients who need the comforts of home with best-in-class prenatal and postnatal care. As a result, St. John's Riverside Hospital's Maternity Department has received a five-star rating in Maternity Services six years in a row. This is no small feat considering that the rating comes from a leading healthcare company that develops and markets quality and safety ratings for five thousand hospitals across the US.

This reputation for excellence has long been recognized by the St. John's Riverside Hospital patient community. St. John's Riverside has delivered more babies than any other hospital in Westchester County and is the leading choice for maternity services and prenatal care.

Best-in-class, superior attention to patient needs and the most chosen hospital in the county—that is the St. John's Riverside Hospital difference.

Contact the Physician Referral line for a world class OBGYN at 914.964.4DOC (4362).

The POWER OF TOUCH



WALK THIS WAY

Walking provides numerous preventative health benefits, reduces stress, and improves your quality-of-life.

Fall is a great time to try walking meditation. Choose a pleasant place to walk, perhaps along the Hudson amongst the colorful foliage. Start slowly, enjoying each step, with no thought of “getting somewhere” other than cherishing right where you are.

Now try coordinating your breathing. As you inhale, step forward with your left foot; as you exhale, step forward with your right foot; and continue in this way. Let your gaze be focused gently on the beautiful scenery, keep it slow and relaxed. Each time you place one of your feet down, imagine that you are painting a picture, with your foot. Walking this way connects us to the beauty of each step.

“I call it free therapy!” says Gayle Newshan, Director of Holistic Services. “Notice how you feel, how this changes the quality of your day.”

Walking is an effective way to lower blood sugar levels, reduce body fat, lower blood pressure, improve bone density and keep you “regular”. Walking promotes blood circulation and helps to prevent joints and muscles from seizing up. Recent studies also show that walking can significantly reduce the risk of heart attack or stroke. Even more astonishing is that women who walk regularly after being diagnosed with breast cancer have a greater chance of survival than those who are inactive.

Be sure to ask a friend to join you, as combining walking with social interaction also promotes good mental health.

As you progress in your walking program consider extending to an exercise program. The Holistic Services Department at St. John's Riverside Hospital offers classes in Zumba—a fun combination of dance and exercising that will help you to achieve even more health benefits.

It is important to note that you should always consult your physician before you begin any exercise program.

For more information call St. John's Riverside Hospital Holistic Care Services Department at 914.964.7301.



Try these Great White Vegetables to Continue a Fall of Healthy Living!

THE “GREAT WHITES”

Life-enhancing nutrition isn't always what we think of when we hear the expression, “great whites.” However, when it comes to fruits and vegetables, the great whites include super foods that pack a powerful punch in the world of nutrition and your overall health.

Often overlooked during this colorful time of year because of their “bland” color, the great whites of nutrition (garlic, potatoes, onions, cauliflower, and bananas) provide a multitude of health benefits that equal if not surpass their more vibrant counterparts. They can reduce your risk of stroke, help ward off certain cancers as well as promote strong bone and cardiovascular health. Make sure you include these great whites in your next meal as you enjoy the rest of the season's fall colors:

- **GARLIC** | Aside from urban legends, the health benefits of garlic are immense as their antioxidants help prevent cancer, heart disease, and certain infections. They also help regulate blood sugar levels.
- **POTATOES** | Lowering blood pressure and improving cardiovascular health are just two of the many benefits of this vitamin-packed great white.
- **ONIONS** | Recent studies have shown that onions help to facilitate detoxification and act as powerful antioxidants, stimulate immune responses and reduce inflammation. In addition, onions have been found to reduce the risk of osteoporosis in women.
- **CAULIFLOWER** | This great white contains ingredients that can ward off cancer-growing elements in the body, as well as protect against rheumatoid arthritis and promote cardiovascular health.
- **BANANAS** | They have the reputation of giving us all a potassium boost, but bananas can also improve bone health. They naturally give the body a stronger ability to absorb calcium.

Remember that steaming or stir-frying your great white is best (boiling can often diminish the nutritional value). Then, take a bite into the “great whites” of nutrition as you strengthen your body, health and immune system for the upcoming holiday season and for always.

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



The Cochran School of Nursing prepares graduates for employment in the rewarding field of nursing care.

At the renowned Cochran School of Nursing, patient care is at the heart of how we teach nursing care. An integral part of St. John's Riverside Hospital, our focus is on clinical practice experience and preparing graduates for employment.

AFFILIATED WITH THE MOUNT SINAI HOSPITAL

COCHRAN SCHOOL OF NURSING

START TODAY! OPEN HOUSE:
 THURSDAY OCTOBER 11 | 7:00 PM
 THURSDAY NOVEMBER 15 | 7:00 PM
914.964.4296
admissions@cochranschoolofnursing.us



967 North Broadway | Yonkers | NY | 10701
cochranschoolofnursing.us

THE ER IS GETTING BETTER

OPTIMIZING COMMUNICATION THROUGH TECHNOLOGY AND COMFORT SIGNIFICANTLY IMPROVES

Quadruple board certified Dr. Mark Silberman, Medical Director of Emergency Medicine at St. John's Riverside Hospital knows a thing or two about communication. He's successfully spent the past fifteen years running the St. John's Riverside Hospital, Dobbs Ferry Emergency Department and consistently receives patient satisfaction scores in the top ten percent. Most of us who have been in an emergency room situation know this is no easy task. For Dr. Silberman though, one thing is certain: communication is a key component to successfully improving the patient experience. Dr. Silberman is now implementing this vision at St. John's Riverside Hospital's ED with the enthusiasm of a leader, the conviction of a healer, and the intellect of a world-class physician.

“Optimize the communication amongst the team and you optimize the outcome for the patients.”

Dr. Silberman's Three-Part Plan for Optimizing Communication and Improving the ED Patient Experience:

1 | LEVERAGING TECHNOLOGY TO KEEP PHYSICIANS AT THE BEDSIDE

St. John's Riverside Hospital's ED Physicians are now using cutting-edge voice recognition software which will allow them to create and update all patient medical records in record time. Physicians will document their patients' health records in the most accurate and efficient method available today, thus creating a better bedside experience as St. John's Riverside Hospital's Physicians can spend more time communicating with their patients. Electronic health records are a federal mandate. Not only is St. John's Riverside Hospital stepping up to the latest technology, but stepping beyond what is expected.

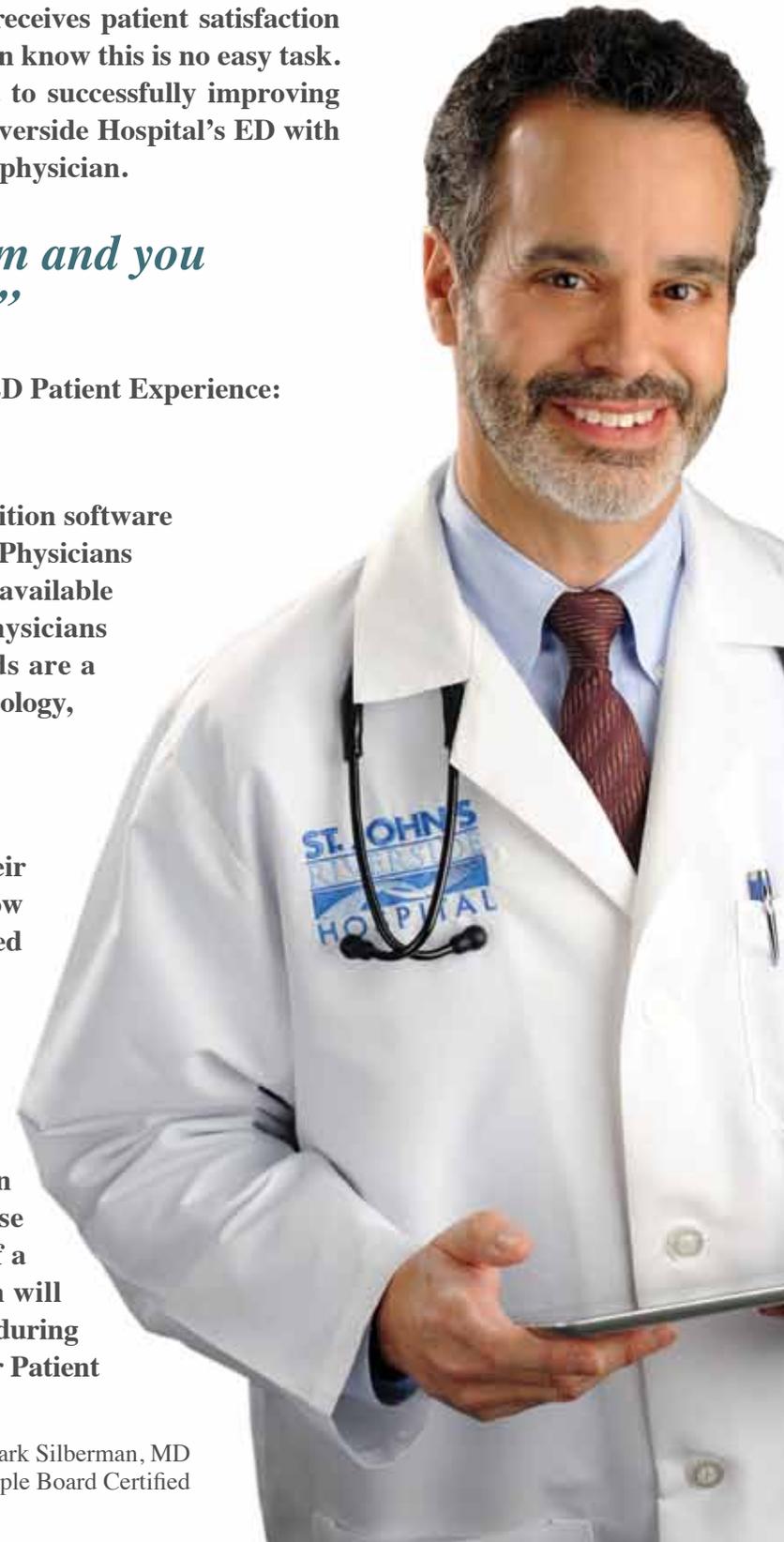
2 | TREATING STAFF AS FAMILY

Dr. Silberman inspires, coaches, and treats all of his teammates to imagine each of their patients as a beloved family member for whom they are responsible. His teammates follow the example he leads of respect, compassion and care. He refers to his staff as his extended family and often takes time out of his busy schedule to show his appreciation and offer his support.

3 | PATIENT COMFORT IS MOST IMPORTANT

What is the patient's comfort level? Has the patient received the attention he or she needs and deserves? Dr. Silberman's vision takes the concept of the hands-on physician to the next level. Today, on the floor of the ED you will find a Patient Liaison whose sole purpose is to continually be available to provide support to patients in need. If a patient has questions on insurance or other healthcare services, the Patient Liaison will look into it. If medical terminology needs explaining, they are there for you. If perhaps during your stay in the ED you just need a friend for a moment or two to help pass the time, our Patient Liaison is there.

Mark Silberman, MD
Quadruple Board Certified



R. MUCH BETTER.

TECHNOLOGY, TEAMWORK, THE PATIENT EXPERIENCE

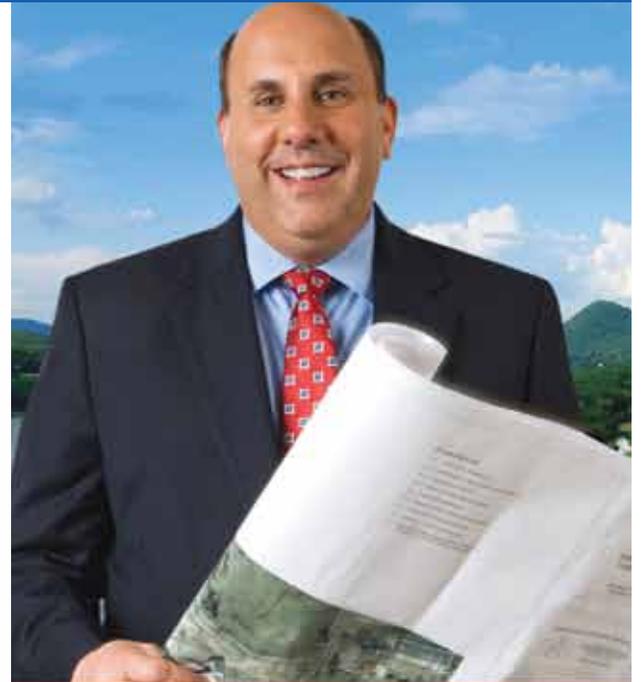
From the greeting a doctor shares when a patient first enters the ED to the time when discharge papers are signed, physicians and nurses will be communicating with their patients. In addition, new electronic systems will track data regarding turnaround times and response times to have a greater impact on our success overall.

Dr. Silberman is now focused on expanding his team of talented physicians and is clear what the requirements are: *“All the physicians that work in our Emergency Departments are Board Certified and in some cases in multiple specialties including critical care, pulmonary and emergency medicine. Furthermore, many are the same doctors that practice emergency medicine at some of the biggest and best hospitals in New York City.”*

For Dr. Silberman one thing is certain: *“Everyone is a key player on our ED team. Admissions will be easier, nurses will attend to their patients sooner, the doctors will sit with patients longer, the diagnostics will come faster and everyone will be seamlessly connected and therefore better connected to the patient.”*

Improving the patient experience in the ED is another example of how St. John’s Riverside Hospital never stops in the vision of the continued pursuit of excellence. The highest quality emergency care—that is the St. John’s Riverside Hospital’s difference.

For more information about Emergency Care or for a referral to one of our leading physicians visit RiversideHealth.org or call 914.964.4DOC (4362).



PATIENT SATISFACTION SCORES ARE UP!

St. John’s Riverside Hospital is working hard every day to improve its services and the care that it offers to its patients. In keeping with this goal, St. John’s Riverside Hospital has appointed Dr. Mark Silberman Medical Director of Emergency Medicine to oversee both St. John’s Riverside Hospital network of Emergency Departments (ED).

Dr. Silberman brings sterling credentials to this role including holding four board certifications in emergency medicine, critical care, internal medicine and pulmonary medicine. He currently holds the position of Assistant Professor of Clinical Medicine at Columbia University Medical Center, College of Physicians and Surgeons where he teaches emergency medicine.

Our goal is to bring the whole St. John’s Riverside Hospital’s Emergency Department up to the same performance level that we achieved at our Dobbs Ferry location. There, under Dr. Silberman’s leadership we consistently rank in the top ten percent of patient satisfaction scores and I know with our expanded team of medical and nursing professionals we will deliver this level of service to our Yonkers community as well.

Optimizing our patients’ experience through technology, teamwork, and comfort is just our first step in optimizing our patients’ outcomes.

At St. John’s Riverside Hospital... *Life Is Getting Better.*


Ronald J. Corti
President and CEO



PIONEERS IN ADVANCED BREAST CARE

St. John's Riverside Hospital has achieved national accreditation by providing the highest quality care to patients—and offering a comprehensive range of breast care services.

St. John's Riverside Hospital's caring and experienced staff pride themselves on giving patients access to the latest and most advanced breast care medical technology.

Recently, The American College of Surgeon's Commission of Cancer (CoC) granted St. John's Riverside Hospital an Outstanding Achievement Award. This award is only given to a select group of accredited and newly accredited cancer programs across the US that were surveyed in 2011. St. John's Riverside Hospital is the only hospital in Westchester to be included.

The Ashikari Breast Center at St. John's Riverside Hospital not only treats breast cancer patients, but routinely screens high risk patients and manages benign breast disorders as well. The Ashikari Breast Center is headed by renowned surgical oncologist Roy H. Ashikari, M.D., FACS, the former Chief of Breast Service at Memorial-Sloan Kettering Cancer Center. He is in partnership with his son, Andrew Ashikari, M.D., FACS and Pond Keleman M.D., FACS both renowned surgical oncologists.

"We were the first nationally accredited breast center in the Metropolitan area." Dr Andrew Ashikari said. "We have also been lucky to have a great group of nurses, anesthesiologists, plastic surgeons, radiologists, and pathologists to complement our services to provide the best breast care in the region."

Andrew Ashikari, M.D. along with Andrew Salzberg, M.D. pioneered the one-stage nipple sparing prophylactic subcutaneous mastectomy with



immediate reconstruction, which has resulted in excellent outcomes with high-risk patients. Pond Keleman M.D., FACS has led clinical research in the field of Intraoperative Radiation Therapy. He is responsible for the introduction of this new, one-time radiation treatment technology to St. John's Riverside Hospital.

St. John's Riverside Hospital is teamed with another leader in the field, Dr. Martin G. Wertkin. Dr. Wertkin is past president of the Westchester Chapter of the American College of Surgeons and the Westchester Division of the American Cancer Society.

Wertkin is a senior attending surgeon at St. John's Riverside Hospital and is also Clinical Assistant Professor of Surgery at The Mount Sinai School of Medicine. Wertkin is one of only a few surgeons in Westchester County who is qualified and experienced in all of the following up-to-date breast services: Stereotactic needle biopsy, Targeted breast ultrasound,

Ultrasound-guided needle biopsy, and Sentinel lymph node biopsy.

"The physicians at St. John's Riverside Hospital who treat breast cancer patients function as a team," Wertkin said. "The surgeons, medical oncologists, and radiation oncologists are in close contact with one another, and treatment plans are closely coordinated."

National Accreditation, Outstanding Achievement Award from the Commission on Cancer and a team of leading breast care surgeons; St. John's Riverside Hospital —providing you the best possible breast care available.



THE LANDSCAPE OF MEDICINE IS CHANGING...

...and Dr. Jacob Gabrael is changing the landscape of medicine at St. John's Riverside Hospital.

Interventional Radiologists like Dr. Gabrael, have been responsible for much of the medical innovation of minimally invasive procedures that are commonplace today. Dr. Gabrael uses images to direct instruments throughout the body using narrow tubes called catheters rather than by making large incisions into the body as in traditional surgery.



"Many conditions that once required surgery can now be treated utilizing image-guided procedures. The benefit is it minimizes the physical trauma to the patient, reduces infection rates and shortens recovery time"

- Dr. Gabrael, MD

St. John Riverside Hospital now offers new treatment options for the oncology patient as part of their comprehensive cancer care. Dr. Gabrael is able to inject chemotherapy into a cancer tumor which kills the tumor inside the body while sparing the patient many side effects of traditional chemotherapy. Another procedure is an ablation, which increases the temperature within the tumor tissue and results in destruction of the tumor.

Women with uterine fibroids are also candidates for a widely available nonsurgical option that blocks the blood flow to the fibroid tumor. In addition, vascular disease or clogged veins is an area Dr. Gabrael specializes in that results in saving men and women from future strokes or heart attacks.

Dr. Gabrael is on the forefront of medical innovation. He possesses in-depth knowledge of minimally invasive treatments coupled with diagnostic and clinical experience across most specialties.

For more information on Interventional Radiology visit RiversideHealth.org

ST. JOHN'S RIVERSIDE HOSPITAL **CARE** QUALITY



HARVESTING THANKS ON THE HUDSON

They say there is always a story behind every bottle of wine; it is the harvest of wonderful memories that goes into every bottle that is equally as important as the grapes.

Once autumn arrives, grapes are the result of one man's passion and commitment to care for his crops from early spring through fall harvest. The grapes represent acknowledgment for this dedication and the earth's return for that labor of love. From there the grapes change hands to the winemaker and the miracle of wine continues. "You add grapes, some yeast, and plenty of memories," says Bruce Bernacchia, owner and winemaker at Harvest on Hudson. Bruce would know, as he has been running the annual Harvest Wine Crush Event at his restaurant, Harvest on Hudson since 1988.



Bruce Bernacchia | Harvest on Hudson

Now Bruce adds a little something extra into every bottle of wine they make at the event.

In 2004, Bruce was stricken with pneumonia and admitted to St. John's Riverside Hospital where he spent over three months fighting for his life. "I am forever thankful for the quality care I received from everyone at St. John's Riverside Hospital. Every day I am aware that they saved my life."

This year will be the 8th year that Bruce will have donated the proceeds from the Harvest Wine Crush to St. John's Riverside Hospital. "The event now is so much more meaningful to everyone involved." Bruce proudly says, "The staff is even more passionate about being part of the event knowing the proceeds will help other people in need." It is a wonderful thing to be able to use your passion and have that effort be part of something so rewarding. "Using grapes to reciprocate, seems like we completed the cycle."

"The amount of the donation over the past eight years has been significant to our hospital," says Ronald Corti, CEO of St. John's Riverside Hospital. "Each time you fill a glass or take a sip, you'll know that lives are being saved."

Harvest on Hudson holds their Wine Crush Event on Columbus Day each year. If you plan on going to the event, reserve early, as last year over 800 guests attended. Also, be sure to stop by a few weeks before the event to see the grapes stored in the lobby.

Harvest on Hudson | 1 River Street, Hastings | 914.478.2800



MARIO SPAGNUOLO, MD

Rheumatology

Dr. Spagnuolo is board certified in Internal Medicine and specializes in Rheumatology. He came to the United States from Italy in 1956 pursuing research. After ten years at NYU in research, publishing over 50 papers and text-book chapters and serving as Assistant Professor in Rheumatology, Dr. Spagnuolo decided it was time for a new challenge. In 1970, Dr. Spagnuolo started in private practice in Yonkers and was appointed to St. John's Riverside Hospital's staff. He has served the hospital as both Director of Medicine and Chief of Staff.

Why you will love him: Dr. Spagnuolo practices "optimism" with his patients. He focuses on wellness, not illness and this helps his patients maintain a positive outlook.

914.968.5574 | 944 N. Broadway, Suite 201, Yonkers



MARK SANDIGURSKY, MD

Internal Medicine

Dr. Sandigursky first watched his grandfather practice medicine and was attracted by the doctor patient relationship and the ability to help people improve their lives. Dr. Sandigursky chose to practice Internal Medicine because he found it to be more profound and challenging than simply focusing on one area.

Why you will love him: Dr. Sandigursky is from Eastern Europe, understands the Eastern European culture and relates to the challenges of being new to this country. Dr. Sandigursky speaks multiple Slavic languages including Russian and Ukrainian. He concludes each visit by encouraging his patients to make healthy decisions for their lives and reminds them to schedule their next appointment.

914.237.0959 | 875 Yonkers Avenue, Yonkers



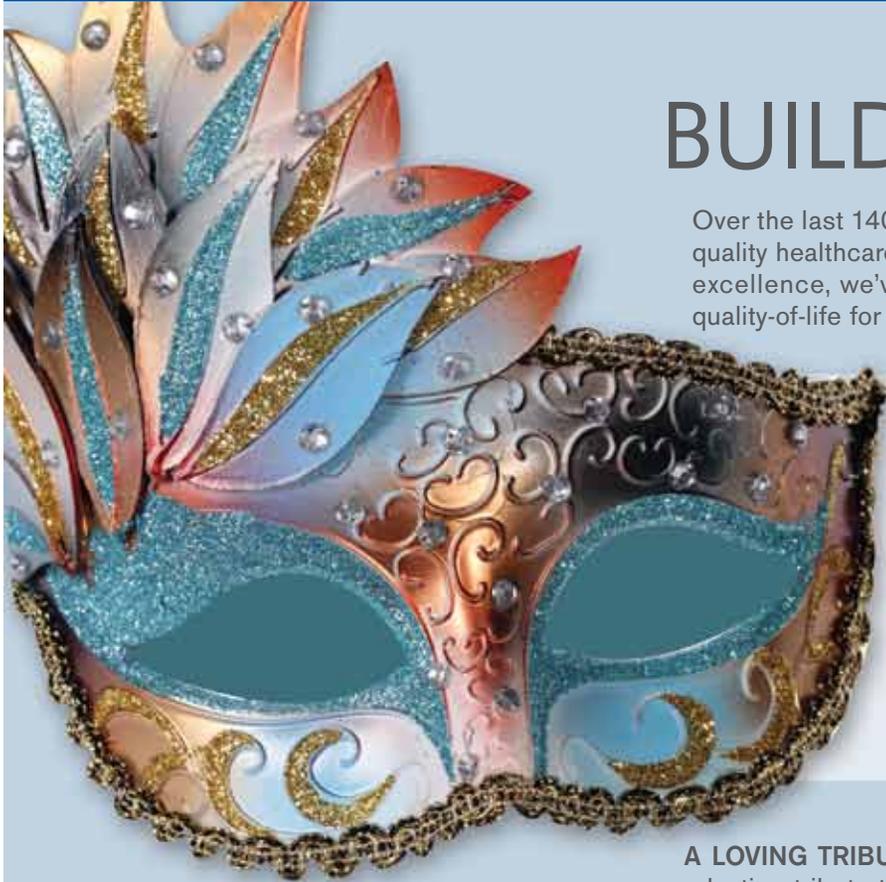
RICHARD WEINSTEIN, MD

Orthopedic Surgeon

Dr. Weinstein is a board certified Orthopedic Surgeon, specializing in arthroscopic minimally invasive surgery of the knee and shoulder. He graduated from NYU Medical School and did his Residency and Fellowship in Orthopedic Sports Medicine. He works with professional and non-professional athletes and at ringside with professional boxers.

Why you will love him: "I like keeping active people active and making people better." His philosophy is to be excellent at surgery, but to know when to and when not to perform it. He prides himself in treating patients quickly, seeing emergencies the same day and not keeping his patients waiting.

914.684.0300 | Bone & Joint Associates
7 Reservoir Road, White Plains



BUILDING ON EXCELLENCE.

Over the last 140 years, St. John's Riverside Hospital has built a solid foundation of the highest quality healthcare services for an evolving and growing community. To keep up with our vision of excellence, we've embarked on a sustainable plan that will result in a new and even better quality-of-life for our St. John's Riverside Hospital's community.

The Auxiliary of St. John's Riverside Hospital Carnival

COCKTAIL BUFFET | CASINO | DANCING | SILENT AUCTION | GRAND PRIZES

Benefiting St. John's Riverside Hospital Emergency Department

FRIDAY, OCTOBER 26, 2012 | 7:00 PM - MIDNIGHT
GLEN ISLAND HARBOUR CLUB | NEW ROCHELLE, NY
FOR MORE INFORMATION, CALL 914.964.4648.

A LOVING TRIBUTE | A donation is a meaningful gesture to honor someone special and create a lasting tribute to that individual. Not only is it an excellent opportunity to leave a legacy of your family name but also a way to help others. We have naming opportunities to honor individuals and families in our patient rooms and on specialized floors including our new Emergency Department.

For more information, call 914.964.4648.

914.964.4DOC | RiversideHealth.org

**ST. JOHN'S
RIVERSIDE
HOSPITAL**

Affiliated with The Mount Sinai Hospital

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