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WE ARE **community** **STRONG**

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Inspiring Health!

Team St. John's wants to inspire our community to take positive steps toward better health. Our goal is to introduce new and simple ways to keep your health in check and elevate your overall wellness. Our expert medical staff will challenge you to incorporate new habits with tips and ideas.

No matter what your wellness level is, we are here to inspire you to continue to take more healthy measures. There is always room for improvement and we know that together, we can achieve a healthier community.

Stay compliant with your annual physical by scheduling with your Primary Care physician's office. If you need a new Primary Care physician call our Physician Referral line at 914.964.4DOC.

Start small by addressing your chronic pain that has been neglected for some time now, perhaps since the pandemic started. Maybe that pain

is orthopedic related? Back pain, knee pain, hip pain, or just regular joint pain? Our Westchester Orthopedic Center is ready with expert care and the latest in robotic technology to provide minimally invasive treatment.

Maybe you or someone you care for suffers from diabetes. We have assembled experts at every level who can not only treat diabetic symptoms but can educate and guide you to thrive under the proper care. A wound that will not heal or a diabetic diagnosis should not stop you from living.

Additionally, we have established relationships with expert specialists from Montefiore Medical Center that allow us to offer renowned Thoracic, Breast, Transplant, Gynecological Oncology and General Surgery care close to home. Save your gas and valuable time by seeing these world-renowned experts at St. John's Riverside Hospital.

The best investment we can make is in our health. Let's get started today. Let's keep our Community Strong by investing in our health together.



NEW DOCTORS



OVER 2,000 MAKOPLASTY® SURGERIES



COMPREHENSIVE WOUND & DIABETIC WELLNESS



HEART HEALTHY RECIPES

HOW TO SCAN A QR CODE



Link to Call for a Physician Referral

1. Open the camera on your smartphone
2. Hover over the QR code until it pulls up a website URL
3. If necessary, press the URL



4 SOUTH NURSES

ANA ANDRONE, MD with patient Ann K., Yonkers

“Extraordinary care (on 4 South) was key to not only (my daughter's) survival but also her miraculous recovery.”
— Edie S., Bronxville

914.964.4DOC | RiversideHealth.org





Powerful Wound Healing

Imagine the feeling you get while listening to a symphony. The collective exuberance. The powerful sounds. A journey that takes you somewhere else. Once experienced, you are better for it and there is no turning back.

For the patients in our community that suffer from hard to heal wounds, they have similar feelings about the St. John's Riverside Hospital's Wound Healing Team and Center. Many patients agree that the Wound Healing Center offers a harmonious solution to this debilitating health challenge. Whether you come to the Wound Healing Center because of a diabetic wound complication or a spontaneous wound that will not heal, you will be greeted and cared for by a passionate, empathetic, and skilled team that understands your needs.

Wounds are complicated and can be dangerous. You need the right people to treat you with the right tools. Not only are the nurses and doctors at St. John's Riverside Hospital highly skilled but they make you feel special and unique while in their care. These teams along with advanced hospital grade tools including our powerful wound vac and hyperbaric units serve to make our patients' recovery seamless.

Mark Cianfaglione, a 69-year-old Yonkers resident believes the wound center team, *"runs a textbook operation where everyone treats all patients and each other with respect. They make it a point to make patients feel valued and loved. This center should be showcased as a 'how-to' for those looking to set up a wound healing center."*



MARK C., wound healing patient, Andrus Pavilion

Sylvia Faulkner, an 83-year-old patient who suffered from a spontaneous ankle wound that would not heal, is incredibly grateful for the wound healing center's power. A woman who has been legally blind since the age of 3, was introduced to the wound center for a quarter-sized ankle lesion that eventually grew to 16cm. x 10cm. Diagnosed with pyoderma gangrenosum, a very rare disease, Sylvia's complex treatment included antibiotics, surgical removal and debriding, use of a powerful wound vac as well as 30 hyperbaric treatments.



SYLVIA F., wound healing patient, Yonkers

"The surgeons and their teams that worked on me were so caring and involved every step of the way. The hyperbaric treatment was life changing. When I heard pyoderma gangrenosum I thought for sure I would lose my leg but the team saved it and returned my sight as a bonus!"

- Sylvia F., wound healing patient

HYPERBARIC OXYGEN THERAPY* is a well-established treatment for infections, bubbles of air in your blood vessels, and wounds that may not heal because of diabetes or radiation injury.

In a hyperbaric oxygen therapy chamber, the air pressure is increased two to three times higher than normal air pressure. Under these conditions, your lungs can gather much more oxygen than would be possible breathing pure oxygen at normal air pressure.

St. John's wound center offers comfortable and relaxing, private hyperbaric chambers that have been proven to heal a multitude of issues the body struggles from.

For the best Wound Healing Center in our area, call us at 914.964.4630 to schedule an appointment or call 914.798.8981 for a Hyperbaric Therapy appointment.

*Source webMD.com



Link to Make a Wound Healing Appointment



Link to Make a Hyperbaric Therapy Appointment

FOCUSED on you.



RON CORTI, CEO with MICHELLE BENJAMIN, MPA, BSN, RN, CCDS
Administrative Manager Occupational Medicine

We pride ourselves on being Community Strong. But it is not a one-dimensional offering of well-trained personnel. Our team understands the symbiotic nature of all of us needing to work together to truly deliver on our Community Strong promise.

This year we established a new Community Garden located on the grounds of the Andrus Pavilion. The abundant fresh fruits and vegetables grown are used for our patients in the hospital along their wellness journey. Our garden tending is a joint effort between the Yonkers Rotary, Interfacility Support Services and Medical Education.

Staying strong requires one to receive regular maintenance and care. For our patients it requires regular check-ups and screenings, medicinal compliance and overall general well-being. For our staff it comes in the form of constant training, advanced degrees, and proper career planning.

My challenge to you today is to let us help keep you healthy and strong. Prevention is key - diagnostic testing,

periodic exams and regular office visits with your doctors are necessary.

There are advantages to having diagnostic tests at our hospital. For an appointment, please call central scheduling at 914.964.4329. Our staff is required to maintain top level credentials, top equipment protocols and our teams have been recognized with national accreditations such as the Women's Choice Award for Best Hospital, the Joint Commission Gold Plus Stroke Award, American Heart Association "Get With The Guidelines-Stroke" Gold Plus Quality Achievement Award, and the American College of Radiology Accredited Diagnostic Imaging Center.

The St. John's Riverside Hospital family is ready to serve you. I just had my yearly check-up with our team and the process was seamless.

Call **914.964.4DOC** to have someone connect you to doctors you may need.

Ronald J. Corti | President & CEO



St. John's Community Garden tended by **TIM HODGES**
(Yonkers Rotary President),
AVP of Interfacility Support & **RICH LITSKY**
Assistant Director Plant Operations

“The power of community to create health is far greater than any physician, clinic or hospital.

- Mark Hyman, MD

Meeting High Standards

At St. John's Riverside Hospital we train and hold our staff to high standards which makes us even prouder when our community recognizes their efforts. Here are just a few of the many comments we have received regarding our staff in the last few months.



JUDITH REYES & DORLISSA COURTNEY

“Both Judith Reyes & Dorlisa Courtney are so sensitive and truly make the anxious patient feel relaxed and “at-home.” And “Gloria Petersen in mammography is so professional and listens carefully to her patient.”

- Carole M., New Windsor



6TH FLOOR NURSES

“I am so appreciative to all the staff at the nurse's station (on the 6th floor). Everybody was so willing and professional to attend to my needs, from the nurses, assistants, interns, cleaning, and meal staff. At the ER at Dobbs Ferry, I was (also) treated professionally and with kind care.”

- Takako T., Hastings-On-Hudson



DOBBS FERRY ER TEAM

It is these efforts, and our community's recognition of them that make us Community Strong. Thank you for recognizing our team.

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community
STRONG**

914.964.4DOC | RiversideHealth.org

WORLD-RENOWN EXPERTISE CL



Identifying a need for expert specialists at St. John's Riverside Hospital, Ron Corti, St. John's CEO and Robert Michler, MD, Professor and University Chairman of the Department of Cardiovascular and Thoracic Surgery at Montefiore developed a strategic partnership that shares Montefiore's surgical talent with our community. This will benefit you by providing expert care close to home.

Ron Corti has been dedicated to ensuring every patient at St. John's Riverside Hospital (SJRH) the best possible healthcare. This includes attracting the best talent while investing and training tomorrow's doctors and nurses through our vast medical education programs.

Dr. Michler's dynamic leadership has focused his goals on expanding Montefiore Einstein's role at the forefront of surgical innovation. His goal is to build on the rich legacy and renowned expertise at Montefiore and Albert Einstein College of Medicine by assembling an exceptional team of specialists who provide the most current treatment to patients.*

With this vision in place, SJRH's Chief Medical Officer, Paul Antonecchia, MD, MBA, FACP, CPE, and his Montefiore counterparts have been working on selecting the most appropriate sub specialists for the Yonkers and Rivertowns' communities. The initial partnerships have been focused in the areas of Breast Care, Thoracic, Transplant, Gynecological Oncology, Bariatric and General Surgery.

Understanding the importance of breast care to the women of our community, Maureen McEvoy, MD, FACS has joined the SJRH team. Dr. McEvoy has a clinical focus on minimally invasive and oncoplastic treatments to achieve cosmetically acceptable outcomes while treating breast cancer surgically. Joining the SJRH team allows Dr. McEvoy to bring her experience from the academic institution of Montefiore to our community. She works side-by-side with a breast cancer team of world-class specialists, including plastic surgeons, who bring best-in-class solutions to their patients daily.

Dr. McEvoy will not only help you heal but will help to restore your quality-of-life.



MAUREEN P. McEVOY, MD, FACS
Breast Surgery

“We are living in a time of enormous promise and new treatment breakthroughs for patients.”*

- DR. ROBERT MICHLER

NED SPECIALIST CLOSE-TO-HOME

“It is exciting to be part of this important partnership that is not only introducing talented sub-specialists now but will help identify new sub-specialists on a long-term basis through this relationship.”

- PAUL ANTONECCHIA, MD, MBA, FACP, CPE
Chief Medical Officer



BRENDON STILES, MD
Chief of Thoracic Surgery & Surgical Oncology



NEEL CHUDGAR, MD
Thoracic Surgeon



MARC VIMOLRATANA, MD
Thoracic Surgeon



JOSEPH VAZZANA, MD
General Surgeon

Leading cardiothoracic surgeon and researcher Brendon Stiles, MD, Chief of Thoracic Surgery & Surgical Oncology at Montefiore and Albert Einstein College of Medicine, is an additional specialty resource now available at SJRH. Dr. Stiles has built a reputation for his “patient-first” approach, including pioneering the use of minimally invasive surgery for early tumors, such as sub lobar resection for small lung cancers, which preserves vital lung tissue and speeds recovery. Dr. Stiles will also play a key role in addressing well-documented health disparities in lung cancer by increasing the screening of vulnerable populations and conducting more molecular testing to identify and cure early-stage disease.

“We’ve recently learned that women and Black patients are developing lung cancer sooner, regardless of smoking history. This development, coupled with too few cancer screenings, is causing delayed diagnoses, undertreatment, and poorer outcomes. One of the ways we plan to address this disparity is to increase screening in our community so we can diagnose and treat our patients sooner,” said Dr. Stiles.*

In addition to these physicians, SJRH has added a general surgeon and two new thoracic surgeons to the Team SJRH roster.

If you or someone you care for is in need of any of these specialists, call today to schedule a consultation through our Physician Referral line:
914.964.4DOC.

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914.964.4DOC | RiversideHealth.org

*Source Montefiore.org



Live Well.



Summer peeks the senses with the aroma of fresh garden herbs and abundant fresh produce. One of our favorite and most versatile healthy fruits are lemons. The vitamins, fiber, and plant compounds in lemons provide essential health benefits.

Eat Healthy.

Chicken & Spinach Skillet Pasta with Lemon & Parmesan

This one-pan, 4-star, pasta combines lean chicken breast and sautéed spinach for a one-bowl meal that is garlicky, lemony, and best served with a little Parmesan on top. It is a quick and easy weeknight dinner and a simple dinner the whole family will love.

INGREDIENTS

- 8 ounces whole-wheat penne pasta
- 2 tbsp. extra-virgin olive oil
- 1lb. boneless, skinless chicken breast or thighs cut into bite-size pieces
- ½ tsp. salt
- ¼ tsp. ground pepper
- 4 cloves garlic, minced
- ½ cup dry white wine
- Juice and zest of 1 lemon
- 10 cups of chopped fresh spinach
- 4 tbsp. of grated Parmesan cheese



Link to Recipe

DIRECTIONS

1. Cook pasta according to package directions. Drain & set aside.
2. Heat oil in a large high-sided skillet over medium-high heat. Add chicken, salt & pepper; cook, stirring occasionally, until just cooked through, 5 to 7 minutes.
3. Add garlic & cook, stirring, until fragrant, about 1 min. Stir in wine, lemon juice & zest; bring to a simmer.
4. Remove from heat. Stir in spinach & cooked pasta.
5. Cover & let stand until the spinach is just wilted.
6. Divide among 4 plates and top each serving with 1 tablespoon Parmesan.

Source: Eating Well



Link to Nutritional Webinar with Silvia Hawkins, RD, CDN



DID YOU KNOW?

Lemons contain about 31 grams of Vitamin C, which is nearly double the amount of Vitamin C needed in your daily diet. Studies have shown that along with boosting immunity, this burst of Vitamin C can reduce your risk of stroke and heart disease.

Lemons also contain a high level of dietary fiber, which can reduce risk factors for heart disease by lowering LDL or bad cholesterol.

Lemon water is often advertised as an effective tool in weight loss and weight management.

Some studies have also shown that the citric acid in lemons may help prevent the formation of kidney stones.

Source: WebMD



Fruit Infused Water

Do not underestimate the power of throwing a bit of fruit into your water.

Infused water is a great way to make your normal glass of water a bit more exciting while keeping things healthy. It's super easy to make and seriously refreshing.

Source: Entity

10 YEARS... AND 2000 MAKOPLASTY® ASSISTED SURGERIES LATER



KEVIN K., Double Knee Replacement Patient

There is no question, St. John's Orthopedic Team led the way 10 years ago when they invested in the MAKOplasty® robot for partial and full, knee and hip surgeries. As the first hospital outside NYC in the tri-state area to have this technology, MAKO assisted surgery has offered patients a real advantage to traditional knee and hip surgeries. The MAKO assisted surgery is muscle sparing, GPS precision guided for accuracy, and offers a longer-lasting, more natural feeling replacement.

Kevin King, one of the first patients to receive a double partial MAKOplasty knee replacement, 10 years ago at St. John's Riverside Hospital shocked many at his job with his speedy recovery.

"It feels very natural, like I never had the surgery at all (and) with no pain!"



To Learn More About
MAKOplasty Assisted Surgery
at St. John's Riverside Hospital
Scan Here

He was back at work for the Port Authority after just three days post-surgery. Kevin was able to drop 70 lbs. since he gained back both his motivation and ability to move after surgery. Kevin says, "I am MAKOplasty's biggest fan and am happy to share my outcome with others."



DAVID LENT, MD | Orthopedic Surgeon

Tri-State Leader in MAKOplasty Robotic-Assisted Surgeries

PERFECTING JOINT REPLACEMENTS

The Team at St. John's Westchester Orthopedic Center in Dobbs Ferry is providing you with the most advanced joint replacements available in your neighborhood.

RENOWNED ORTHOPEDIC TEAM

- Comprehensive skeletal, clinical and radiological diagnostics
- Muscle sparing surgery
- Precise robotic-assisted implant alignment
- Joints that work in harmony with your entire body
- 99% patient satisfaction*

*Source based on WOC follow-up survey



EVAN GAINES, MD



HOWARD LUKS, MD



VISHAL MEHTA, DO



**DANIEL SHEIN, MD
FAAOS**



**DAVID SHEIN, MD,
FAAOS**



**ERIC SPENCER, MD
FAAOS**



**MARIO VOLOSHIN
DPM, FACFAS**

NOT SHOWN:
PATRICK MURRAY, MD
PAUL RAGUSA, DO

Call the Physician Referral line to find a joint expert at **914.964.4DOC** or go to WestchesterOrthoCenter.com



Link to Find a
Joint Expert

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Save-the-Date: 10/28/22

For our Annual Gala with Chairman's Award Honoree Robert C. Murray and the Helen Andrus Benedict Community Strong Award Honoree, NYS Assemblyman Nader J. Sayegh. For more information call 914.964.4648.

Your Support Makes a Difference

Supporting St. John's Riverside Hospital means...

- Our physicians and staff can provide care for you, your family, and friends, from a routine test or a procedure during an unexpected crisis.
- We can use our resources to deliver integral services that are needed most in our community.
- You can choose a hospital that approaches healthcare on a human level and has served generations of families for over 150 years.

Please consider sending a donation today:

<https://riversidehealth.networkforgood.com>



Link to Donate



Link to Sign-up for Health & Wellness Communications

Sign-up for our future newsletters, e-newsletters, or educational health and wellness webinars by emailing info@riversidehealth.org or link through our QR code.



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