

# Montefiore Update

January 19, 2016 KEEPING ASSOCIATES IN THE KNOW

## Cardiac Care at Core of Montefiore's Heart Month Festivities

In honor of American Heart Month, Montefiore has a full spectrum of events planned throughout February. These events showcase the wide range of programs the health system offers to prevent and treat heart disease and other cardiovascular conditions. The Montefiore Einstein Center for Heart and Vascular Care will offer free educational lectures, screenings to check blood pressure, healthy eating demonstrations and workshops, as well as Heart Month Kick Off events with prizes and giveaways.

"Since Montefiore began participating in Heart Month, the calendar of offerings has steadily grown, as more associates pitch in to host events and help raise awareness," says Don Stark, Director, Cardiology, Montefiore Einstein Center for Heart and Vascular Care. "The various informative and engaging events across multiple campuses serve to promote Montefiore's services aimed at fostering heart health."

Heart disease is currently the leading cause of death in the United States, which is why Montefiore is committed to innovation through extensive clinical research in order to constantly expand its care options, ranging from Transcatheter Aortic Valve Replacement (TAVRs) to Mechanical Assistance Devices.

All events—including blood pressure screenings, food demonstrations and lectures—are free and open to Montefiore associates. Some of the events and screenings are open to the public, as noted in the calendar. Heart Month kick off events will be hosted at the Wakefield and Einstein Campuses on Tuesday, February 2, and at the Moses Campus on Thursday, February 4.

### Heart Month Events

#### Walk with a Doc

Tuesdays, February 2, 9, 16 and 23 | 5:30 – 6:30 pm  
210<sup>th</sup> Street Entrance, Moses Campus

#### Heart Healthy Cooking

Wednesdays, February 3, 10, 17 and 24 | 10:30 am  
MAP 8, Waiting Room B, Moses Campus

#### Blood Pressure Screening

Wednesday, February 10 | 10:00 am  
Lobby, Westchester Square

#### National Wear Red Day #GoRed

Friday, February 5  
Lobby, CHAM

For a full calendar of events, please visit  
[www.montefiore.org/HeartMonth](http://www.montefiore.org/HeartMonth).



## Montefiore Patients Get TLC From Canine Volunteers and Their Companions

Montefiore's Volunteer and Student Services Department is launching its new Pet Enhancement Therapy (P.E.T.) Program this February. The program aims to use volunteer service dogs to provide company, affection and unconditional love to patients, caregivers and hospital employees in the way only a loveable pooch can. Studies have shown that spending time with animals can increase positive mood, decrease loneliness, anxiety, depression and stress, and help temporarily shift a patient's focus away from any pain they may be experiencing. With two new canine volunteers and their owners trained, tested and credentialed with their very own Montefiore IDs, the P.E.T. program officially kicks off February 15. Both the dogs and their owners will be under direct supervision of Montefiore staff at all times during their visits.

The P.E.T. program is not currently accepting new applications for therapy animals or staff hosts. However, if you know of a previously credentialed cuddly friend who could brighten a patient's day and would like to be added to the wait list, contact Volunteer and Student Services at 718-920-4191.



Pictured left to right: Volunteer and former Montefiore associate Sandra Goodman and her husband Sandy with their Poodle mix Hank, and volunteer Betty Roveto with her Chihuahua mix Gracie.

## Epic Awareness Kick-Off



Pictured from left to right: Westchester Square associates Maurice DePalo, Pharmacist; Dorothy Aye-Boafu, Supervisor, Food and Nutrition; Matthew Glasheen, Senior Associate, Radiology; Kareem Brown, Chief Technologist, Radiology; Teresa Mandarin, Senior Director, Ambulatory Services; Eric Levy, CT Tech, Radiology; Kelly Heckmann, RN, Ambulatory Surgery; and Jackie Serrano, RN, Ambulatory Surgery, take a moment to learn about Epic@Montefiore.

The Epic project team held several events during the second week of January to kick-off preparations for the January 30 go-live of Epic@Montefiore. Each of the sites to go-live in January—the Einstein, Hutchinson and Westchester Square Campuses—featured a table offering informational materials and giveaways to show appreciation to all associates who helped prepare for this momentous event.

Inpatient Workflow Dress Rehearsal (WDR) demos were held at the Montefiore Einstein Campus for associates to witness their peers using Epic firsthand through role-playing exercises. The exercises were actual simulations where clinical users followed scripts to document test patients in the Epic test system.

For more information, visit [Intranet/Epic](#).

**EPIC@Montefiore**

### Look and Feel Your Best with Montefiore Aesthetics

Montefiore Aesthetics is officially open for business. "This unique multidisciplinary program is one of the first of its kind, where patients can consult with various experts ranging from plastic surgery, facial plastic surgery, oculoplastic surgery, dermatology and vascular surgery. Our team is excited to offer world-class cosmetic surgery to our local and surrounding communities at the perfect home for this, the new Hutchinson tower," says Oren Tepper, MD, Craniofacial Surgeon, and Director, Montefiore Aesthetics. Visit the new website to schedule a consultation for the wide range of services offered, including facelifts, rhinoplasty, breast augmentation and varicose vein removal, among others. Montefiore Aesthetics' board-certified surgeons are leaders in their fields, and provide a supportive, professional environment to deliver personalized care with a consistent focus on expertise.

## Montefiore *Aesthetics*

Associates who schedule consultations before March 1, 2016 are eligible for a 20 percent associate discount on their procedure.

For more information, or to schedule a consultation, call Caroline Barrett at 929-263-3000, or visit the website [www.montefiore.org/aesthetics](http://www.montefiore.org/aesthetics).

### 2016 Annual Review Now Available

The 2016 Annual Review is now available to associates through the Talent Management system. The Annual Review must be completed each year by all associates, with completion records tracked and monitored. Associates hired in the current calendar year will receive similar information as part of their New Associate Orientation and therefore will not need to complete the Annual Review online this year. In addition, providers are sent the Provider Version and therefore do not need to complete the Annual Review in Talent Management.

For most associates, the Annual Review has been assigned and will appear on their "To Do" list as a requirement. Associates will need to select the correct version (Clinical, Non-clinical, Home Health Care Clinical or Home Health Care Non-clinical).

For instructions, please see the Talent Management FAQs on the intranet. If you require further assistance with the Annual Review, contact the Learning Network at [LearningNetwork@montefiore.org](mailto:LearningNetwork@montefiore.org) or 718-920-8787.

### Clinical Trial Spotlight

#### Helping Teens and Families Better Manage Type 1 Diabetes: A Randomized Control Trial

This study is designed to evaluate the effectiveness of a new intervention in improving health outcomes in type 1 diabetes in teens. The study aims to target thoughts and feelings in teens that contribute to difficulties in managing diabetes and includes a parent component to help families communicate more effectively with one another about diabetes management.

Ages Eligible for Study: 13 to 18 Years

Genders Eligible for Study: Both

To learn more about this study contact Becky Hashim Lois, PhD, at 718-696-3041 or [ProjectADDAPT@montefiore.org](mailto:ProjectADDAPT@montefiore.org).

To search for other clinical studies being conducted at Montefiore, visit [www.montefiore.org/clinicaltrials](http://www.montefiore.org/clinicaltrials).

### Montefiore Celebrates the Spirit of Three Kings Day



Montefiore associates and representatives from the NYPD, New York State of Health, Bronxworks and UnitedHealthcare come together to celebrate the spirit of Three Kings Day.

On January 6, Montefiore joined the 52 Precinct of the NYPD, UnitedHealthcare, BronxWorks and New York State of Health to host a celebration for the more than 60 grandmothers who participate in the Love Over Violence program, a support group led by Inspector Nilda Hoffman, the 52 Precinct's commanding officer, which aims to keep kids off the streets and away from violence. CMO, Montefiore Care Management associates purchased, wrapped and donated nearly 150 gifts for grandmothers who are raising their grandchildren. The event was also supported by Montefiore's Community Relations Department and the Suzanne Pincus Family Learning Place at the Children's Hospital at Montefiore.

## EVENTS

### Dining to Donate

Dine at Applebee's on Monday, January 18 and 10 percent of your bill will be donated to the Montefiore Medical Center NICU upon presenting the flyer, which is available on the Intranet.

**Monday, January 18**

**Applebee's**

**1776 Eastchester Road**

**Bronx, New York**

For more information, visit the [Intranet](#).

### Heart and Soul: Relaxation Retreat

Experience a moment of relaxation at "Heart and Soul." Create a special Valentine's Day card for a colleague or loved one, receive a gift of rose petals for aromatherapy or just sit and unwind with gentle music, a cup of herbal tea and a brownie.

**Tuesday, February 9**

**Stop by any time between Noon and 2:00 pm.**

**Grand Hall, Moses Campus**

For more information, contact [HealingArts@montefiore.org](mailto:HealingArts@montefiore.org).