

Montefiore Update

February 1, 2016 KEEPING ASSOCIATES IN THE KNOW

New Year, New You: ToYourHealth! Associate Wellness Program

This year, Montefiore's ToYourHealth! Program is making it easier for associates to keep their New Year's resolutions, thanks to a range of new wellness options to help you stay in shape, quit smoking, and eat more healthily, among others. The various ToYourHealth! programs, such as the interactive Associate Wellness Portal, Employee Assistance Program, Smoking Cessation Program, Weight Watchers, Fitness Facility Discounts and free Nutrition Counseling and Classes, are available to associates and aim to create a workplace culture that supports the physical and mental well-being of associates, encouraging healthy lifestyle choices.

Montefiore has partnered with the YMCA to bring their Diabetes Prevention Program to associates. The program—available to associates who are pre-diabetic or at risk for diabetes—is based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention. In this 16 week program, a trained lifestyle coach teaches associates the following: healthy eating habits; how to start an easy-to-follow exercise regimen and how to overcome stress and stay motivated. New classes begin in late February at the Moses, Einstein and Wakefield campuses, and are free to associates.

ToYourHealth! has also joined with Weight Watchers to bring their brand new program, Beyond the Scale, to Montefiore. Weight Watchers has completely revamped their points system, incorporated fitness and fulfillment components into their program, shifting from a focus on weight loss to holistic health. In addition, Montefiore offers the Weight Watchers® for Diabetes program that provides consultations with a Certified Diabetes Educator. Associates receive a 50 percent discount upon sign up for both online and in-person memberships, with additional discounts available for meeting attendance. Meetings occur at five Montefiore campus locations: Einstein, Moses, Wakefield, Yonkers and Fordham Plaza.

Additionally, the ToYourHealth! program has recently secured discounted membership rates for associates at CRUNCH, Equinox and New York Sports Club. Associates can also receive special rates at the Mosholu Montefiore Community Center's Fitness Center at the Moses Campus, and at the Falk Recreation Center/Friedman Athletic Center at the Einstein Campus.

For more information on any of the ToYourHealth! programs or to sign-up, visit www.mymontebenefits.com/to-your-health or e-mail: toyourhealth@montefiore.org.

CHAM Connections: A New Place for Insights From Our Experts

Have you read the new Children's Hospital at Montefiore blog? If not, take a moment to check out this feature of the new www.cham.org website.

The *CHAM Connections* blog is a great place to learn about a range of pediatric medical topics, research innovations spearheaded within the institution and much more. Best of all, articles featured are typically authored by a member of our own team of experts.

Visit www.cham.org/about-cham/cham-connections today.



Montefiore Study Shows Migraines Worsen as Women Approach Menopause

According to a new study from researchers at the Montefiore Headache Center, Albert Einstein College of Medicine and the University of Cincinnati, migraine headaches tend to increase in frequency and intensity as women approach menopause. The findings were recently published online in *Headache: The Journal of Head and Face Pain*, a publication of the American Headache Society.

Montefiore's researchers, led by **Richard Lipton, MD**, Director, Montefiore Headache Center; Edwin S. Lowe Chair in Neurology; Vice Chair and Professor, The Saul R. Korey Department of Neurology; Professor, Psychiatry and Behavioral Sciences and Epidemiology & Population Health, Einstein, **Jelena Pavlovic, MD, PhD**, Montefiore Headache Center; Assistant Professor, Neurology, Einstein, and **Dawn C. Buse, PhD**, Director, Behavioral Medicine, Montefiore Headache Center, and Associate Professor, Clinical Neurology, The Saul R. Korey Department of Neurology, Einstein, authored the study in conjunction with researchers from the University of Cincinnati and Vedanta Research, Chapel Hill, North Carolina.

The Montefiore team identified a group of women aged 35 to 65 from the American Migraine Prevalence and Prevention study, a longitudinal, six year study of 24,000 people with severe headaches, for the cross-sectional analysis.

The risk of high frequency headaches, defined as 10 days of headaches per month, increased by 60 percent in middle-aged women during perimenopause—the transitional period into menopause marked by irregular menstrual cycles—as compared to normally cycling women. About 12 percent of the U.S. population experiences migraine, with women suffering three times more frequently than men.

An Additional 5,000 Associates Go-Live with Epic@Montefiore

More than 5,000 associates at Montefiore's Einstein, Hutchinson and Westchester Square campuses, as well as those at all outpatient radiology sites, are now live with Epic@Montefiore.

To assist associates in adapting to this new electronic health record system and its fully integrated components—including scheduling, billing, ambulatory and perioperative applications residing on more than 2,000 tested workstations—hands-on support is being provided by more than 900 Montefiore Super Users, members of the Montefiore Epic project team, consultants and more than 300 Epic team members.

"Montefiore is truly reaping the benefits of this integrated system, as it allows associates to increase efficiency and productivity through enhanced workflows," says Michael Prilutsky, Executive Director, Epic@Montefiore. "Epic also provides the tools with which to transform the interactions of our care teams across the entire Montefiore Health System, as well as the delivery of patient care through immediate access to clinical information and results."

For more information about Epic@Montefiore, visit the intranet.

EPIC@Montefiore

Awards & Honors

- **Janice F. Bistriz, DNP, PNP**, Pediatric Clinic, Montefiore New Rochelle, gave a poster presentation at the New York Academy of Health on Therapeutic Hypothermia in Children After Cardiac Arrest, which was published in a recent issue of *Pediatric Emergency Care*.
- **Andrew Racine, MD, PhD**, System Senior Vice President and Chief Medical Officer, Montefiore Health System, joined a panel of healthcare leaders on *The Stoler Report* for a provocative and informative discussion on key issues and their impact on major medical institutions across the country. The panelists all represented highly advanced medical centers which continue to invest in new technology to deal with new paradigms in medicine.
- **Department of Bariatric Surgery at Montefiore New Rochelle** has received reaccreditation from the American Society for Metabolic and Bariatric Surgery and the American College of Surgeons as a comprehensive bariatric center. This marks the 10th year in a row the department has been certified and was the first in the region to receive this designation.



New Roles

- **Colleen M. Blye** was appointed Executive Vice President and Chief Financial Officer of Montefiore. Ms. Blye, who brings more than 25 years of leadership in large, complex, healthcare organizations, is responsible for financial strategy, financial reporting, investments and performance, revenue cycle and supply chain across Montefiore and Albert Einstein College of Medicine.
- **John M. Finger** was appointed Senior Vice President of Strategic Planning and Business Development of Montefiore. Mr. Finger comes to Montefiore with more than 20 years of combined experience from the Einstein Healthcare Network in Philadelphia, Pennsylvania and Mt. Sinai Hospital in New York.

Montefiore School of Nursing Graduates the Class of 2015



On December 15, the Montefiore School of Nursing held its pinning and commencement ceremony for the December 2015 Montefiore School of Nursing graduates at Iona College in New Rochelle, New York. Twenty-six students earned their Associate in Science Degree in Nursing and are now eligible to sit for the registered nurse licensing exam. Neveta James, one of the graduates, was the pinning ceremony speaker, and Joan O'Brien, MSN, RN, Director, Nursing, Wakefield, delivered the commencement address. Class Valedictorian Lorraine Jaysura was the graduation speaker.

The Montefiore School of Nursing is hosting its next open information session on February 25 at 1:00 pm and 6:00 pm at 53 Valentine Street, Mount Vernon.

Clinical Trial Spotlight

ACE - Understanding Autism in the African American Population

African American children with autism are vastly underrepresented in autism research. Hoping to reduce this disparity, investigators at Montefiore Health System and Albert Einstein College of Medicine are conducting a research study examining the genetics of autism, as well as access to evaluations and care, in the African American population. Deepening the understanding of the genetic aspects of autism may lead to earlier diagnosis and better treatment options for African Americans.

Families are invited to enroll their child if they:

- Are three years and older
- Identify as African American
- Have or are strongly suspected of having Autism, PDD-NOS, or Asperger's Disorder

Participating children will receive autism diagnostic and cognitive testing, and participating family members will be asked to provide a blood sample. Families will be compensated \$150.00 for time and travel.

For more information, contact Margot Gardin at margot.gardin@einstein.yu.edu or 718-862-1860.

To search for other clinical studies being conducted at Montefiore, visit www.montefiore.org/clinicaltrials.

EVENTS

February is Heart Month at Montefiore

Heart Month Kick Off – Wakefield Campus
Tuesday, February 2 | 10:15 am
Lobby, Montefiore Mile
600 East 233rd Street

Heart Month Kick Off – Moses Campus
Thursday, February 4 | 11:30 am
210th Street Entrance
111 East 210th Street

Associates only. No registration required.

Heart Month Kick Off – Einstein Campus
Tuesday, February 2 | 3:00 pm
Emergency Department (ED) (West)
Entrance, 1600 Tenbroeck Avenue
 Associates only. No registration required.

National Wear Red Day –
Children's Hospital at Montefiore
Friday, February 5
Lobby, 3415 Bainbridge Avenue
#GoRed

Dining to Donate at Applebee's

Dine at Applebee's and 10 percent of your bill will be donated to the Montefiore Medical Center NICU upon presentation of the event flyer. The flyer can be found on the events section of the intranet.

Monday, February 15
Any Westchester or Bronx Applebee's locations

Visit applebees.com for Bronx and Westchester locations.

Introduction to Knitting

Learn the basics of knitting to create a handmade baby blanket. Interested participants may donate their blankets to babies in Montefiore's Neonatal Intensive Care Unit. Advanced knitters are also welcome. What to Bring: Up to three balls of soft yarn and one pair of knitting needles (size nine recommended).

Thursdays, January 28–March 3
1:00–2:00 pm
Moses Campus, TLCS

For more information, contact healingarts@montefiore.org.

Heart and Soul: A Relaxation Retreat for Associates

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
Moses Campus, Grand Hall

For more information, contact healingarts@montefiore.org.

