

Montefiore Update

February 2, 2015 KEEPING ASSOCIATES IN THE KNOW

Montefiore Kicks Off Heart Month

The Montefiore Einstein Center for Heart & Vascular Care launches its annual, month-long roster of Heart Month events today.

Events will be held throughout the month at various campuses and at Montefiore Medical Group (MMG) sites. To kick-off Heart Month on the Moses Campus, on Thursday, February 5, Steven M. Safyer, MD, President and Chief Executive Officer, and other Montefiore senior leaders, physicians and associates, will gather in the main lobby of the Moses Campus at 11:30 am before embarking on the Montefiore Mile, a mile-long walk to emphasize the vital role of exercise in preventing heart disease.

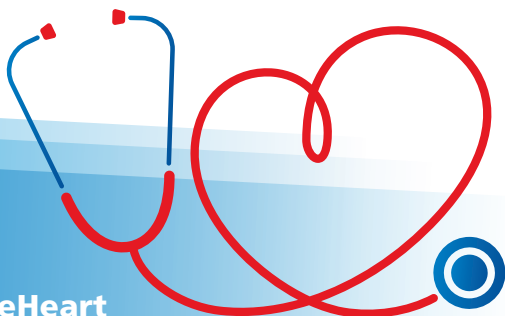
The goal of Heart Month is to promote healthy practices aimed at preventing heart disease. "Rather than just treating heart disease, it's important to adopt heart-healthy behaviors early on to avoid the onslaught of disease," says Mario J. Garcia, MD, Professor and Chief, Medicine (Cardiology), and Co-Director, Montefiore Einstein Center for Heart & Vascular Care. "At Montefiore, during Heart Month and throughout the year, we teach patients and members of the community overall the importance of eating well and getting enough exercise in fending off heart disease," says Dr. Garcia.

Heart Month is also the perfect occasion to inform members of the community about the leading-edge treatments that Montefiore offers for heart and vascular care, says Robert E. Michler, MD, Surgeon-in-Chief, Professor and Chair, Cardiothoracic & Vascular Surgery and Surgery; and Co-Director, Montefiore Einstein Center for Heart & Vascular Care.

"At Montefiore, we offer the most advanced treatments for a wide range of heart conditions, and Heart Month gives us the opportunity to let members of the community know about these options," says Dr. Michler.

Heart Month events include food demonstrations, informational seminars and workshops, as well as blood pressure screenings. **For more information and to view a full calendar of events, visit the intranet and montefiore.org.**

#MonteHeart



Montefiore School of Nursing Holds Commencement Ceremony



On December 22, Montefiore School of Nursing awarded Associate of Science degrees to 28 nursing students. This was the second group of graduates from the School since it joined Montefiore Health System in January 2014.

Montefiore to Move to Single Patient Billing Model

As part of the implementation of Epic@Montefiore, the health system will be moving toward a single patient billing model. Under this new consolidated billing model, which will begin rolling out in April, patient balances will transition to a single patient statement for all Montefiore Medical Center facilities, employed physicians, and other employed professional providers.

Montefiore's facilities and physicians will continue to adopt this single billing model throughout 2015 and 2016, as part of the Epic@Montefiore rollout. A key advantage of this new consolidated model is that all charges will be clearly identifiable and listed individually on a single patient statement.

"Under the existing billing system, patients are frequently confused because they receive separate bills for hospital, primary care and specialty care visits. They often have to call multiple phone numbers to address billing inquiries," says Marji Karlin, Vice President, Finance, Montefiore.

With the adoption of the single billing model, all balances will be consolidated onto a single statement, with one dedicated billing inquiry phone number, resulting in greater efficiency.

"The new single billing model improves the overall patient experience, which is one of Montefiore's primary objectives," says Ms. Karlin.

EPIC@Montefiore

Montefiore Mount Vernon & Montefiore New Rochelle Receive Green Business Award

Montefiore Mount Vernon and Montefiore New Rochelle each received a Certificate of Recognition from the Westchester Green Business Challenge. The award, given by the Westchester County Government in partnership with the Business Council of Westchester, is designed to help companies reduce greenhouse gas emissions, while improving operational performance and saving money.

"It's an honor and privilege to receive this award from the Westchester Green Business Challenge, in recognition of our commitment to sustainability," says Anthony Alfano, Vice President and Executive Director, Montefiore New Rochelle.

The health system is currently in the process of becoming Westchester Green Business-certified, which entails filling out an extensive application, including such details as energy usage, purchasing strategies and waste generation.

"By joining the challenge, we are demonstrating a commitment to the environment and to the community," says Jeff Hogan, LEED GA, EMIT, Energy and Sustainability Manager, Montefiore. "In taking the next step and starting the certification process, we are enhancing that initial commitment."

Various initiatives at Montefiore Mount Vernon will help in the certification process, including the installation of energy-efficient chillers, expanding recycling efforts, and installing LED lighting throughout the facility, says Mr. Hogan.

"Montefiore Mount Vernon, as well as the entire health system, is committed to employing environmentally-sound business practices, and we are grateful to be recognized for our efforts," says Jaccel Kouns, RN, NEA-BC, FACHE, Vice President and Executive Director, Montefiore Mount Vernon.

Clinical Trial Spotlight

Bacterial Vaginosis (BV) Research Study

Bacterial Vaginosis (BV) is the most common form of vaginal infection. The most common symptoms are:

- Thin white-grey vaginal discharge
- Unpleasant odor

If you have these symptoms, call 718-430-3253 or email microbicide@einstein.yu.edu to learn more about a clinical research study at Albert Einstein College of Medicine and Montefiore. Reimbursement will be provided.

One-on-One Nutrition Counseling

Set up an appointment with one of our Associate Wellness Dietitians to help you plan your individual nutrition goals for 2015. All associates are entitled to at least one appointment each year. Appointments at Moses, Einstein, Wakefield and Yonkers campuses. E-mail to set up your free nutrition consultation today: WellnessRD@montefiore.org.

Weight Loss Alliance (WLA)

Join other Montefiore associates for support and motivation on your 2015 weight loss or maintenance goals. WLA is a once a month, dietitian-led group meeting where the focus is on learning new strategies and tools to lose or maintain your weight. Meetings are held at Moses, Yonkers and Wakefield campuses. E-mail with questions or to sign up: WellnessRD@montefiore.org.

Professional Development Seminar

Interested in developing your career at Montefiore?

Human Resources is offering a four-day seminar, designed to help determine career interests and goals and foster professional growth, which is free and open to all associates. All sessions held on Moses Campus.

Next Session: March 10, 18, 25 & April 3 | 10 am to Noon

📞 718-920-8440 by March 6 to register

Healing Loss: A Workshop Retreat for Montefiore Associates Wednesday, March 25 – Friday, March 27 Stony Point Retreat Center, Ossining, New York

This powerful experiential program offers participants the opportunity to work through and let go of some of the grief, loss and other burdens that caregivers often experience. It is led by experienced facilitators in a safe, supportive and confidential setting. The workshop is free; \$50 refundable deposit is required. Continuing education credits are available. Apply at www.montefiore.org/healingarts-events.

📞 718-920-6576 or HealingArts@montefiore.org

Interested in Learning More About Bioethics?

Learn more about Einstein-Cardozo bioethics programs. Offerings include graduate coursework, a certificate program and individual courses and seminars. Applications for the master's and certificate program are now being accepted. Application deadline is February 18 for the fall 2015 semester. For more information, visit www.einstein.yu.edu/bioethics or email bioethics@montefiore.org.

Heart Month Kick Off (Einstein Campus)

Tuesday, February 3 | 2 pm
Tenbroeck Entrance, Weiler Hospital

The Einstein Campus kick-off features a Montefiore Mile, a mile-long campus walk, as well as the inaugural Tree of Life, a tree located in the cafeteria from which associates can select heart-healthy challenges. Associates can then log their progress on the To Your Health! website.

National Wear Red Day

Friday, February 6 | 11 am
Children's Hospital at Montefiore (CHAM) Lobby, Moses Campus

For a full listing of Heart Month events, visit the intranet.