

June Town Hall with NYP Leaders

NYP President and CEO Steven J. Corwin, MD, and Executive Vice President and COO Laura L. Forese, MD, held a wide-ranging discussion during Town Hall meetings on June 26th. Under a tent in the courtyard outside the Main Lobby, they shared information and insights with nearly 300 employees about the vision for NYP and the Regional Hospital Network, NewYork-Presbyterian Hudson Valley Hospital's achievements and initiatives, and preparing for the adverse impact of new health care legislation.

"The hospital as a whole here is doing terrifically," said Dr. Corwin. "We congratulate you on a lot of positive results. Our regional system is especially doing well and we are clearly the strongest system in this region. Financially, and the level of care here are things to be certainly proud of."

Added Dr. Forese, "There is something about this hospital that when you come in, you feel this connection. For NewYork-Presbyterian as a whole, this hospital really is a flagship. It's not surprising that patients want to come here."

Looking ahead, staff heard about: 1) system-wide integration of the departments of IT, Finance and Human Resources; 2) how telemedicine (and telepsychiatry at NYP Hudson Valley Hospital and other technological innovations) will be essential to reduce the cost of health care; 3) new benefits, including back-up care for employees who are caring for a child or adult family member; and 4) the importance of the "Respect Credo."

The Town Hall with employees was preceded by a visit by NYP leaders to the hospital's new Medical Offices at Cold Spring, which Dr. Forese called "beautiful" and "well-designed." A second Town Hall with physicians was held at The Pataki Center.



Dr. Laura Forese, NYP Executive Vice President and COO, and Dr. Steven Corwin, President and CEO, take questions during the Town Hall with physicians.



(Top) Nearly 300 employees attended the first Town Hall of the day, filling a tent set up in the courtyard.



Dr. Forese with Dr. William J. Higgins, Vice President and Regional Executive Medical Director, NewYork-Presbyterian Medical Group, and Dr. Bobby Janda, Chief Medical Officer, NYP Hudson Valley Hospital.



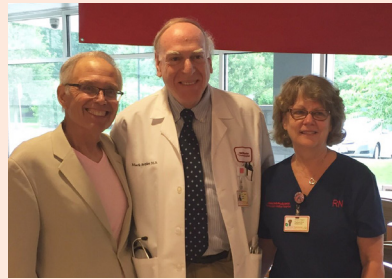
(Below) Andrea Flagg, RN, Radiation Oncology, was among the many who asked questions.

A Celebration of Life

On June 23rd, clinical and administrative leaders, along with staff of the hospital's Cancer Program, honored survivors and their families at a special reception in recognition of National Cancer Survivor Month. "Your courage, determination and resilience to restore your health and continue to lead rich lives make us all feel very privileged to be partners in your care," said Stacey Petrower, President, NYP Hudson Valley Hospital.

"You are all such an amazing group of people," said Patrick Rogers, who spoke to the audience about his own cancer journey with the hospital. "What I do know is that NYP Hudson Valley Hospital is poised for greatness, not only because of the professional, world-class health care we get, it's also because of that caring piece of the puzzle." Mr. Rogers praised the entire cancer care team and those who helped him and his family... his oncologist, radiation oncologist, nurses, financial counselor, and front desk staff among others.

"It is our privilege to honor you today," said Dr. A. Bonnie Corbett, Chief Nursing Officer and Vice President, Patient Services. "And we also honor all those who have lost their lives to cancer. They continue to inspire us to redouble our efforts to prevent cancers that are preventable, cure cancers that are curable and treat everyone with dignity and respect."



Mr. Rogers, with his wife, Christine, a wound care nurse at NYP Hudson Valley Hospital, and his oncologist, Dr. Mark Stoopler, who is on the faculty of Columbia University Medical Center



Patrick Rogers with Stacey Petrower, President, NYP Hudson Valley Hospital; Dr. Namrata Patel, Medical Director, Cheryl R. Lindenbaum Comprehensive Cancer Center; Dr. A. Bonnie Corbett, Chief Nursing Officer and Vice President, Patient Services; Karen Erickson, Director, Pharmacy, and Interim Director, Oncology Services; and Paul Butler, Chaplain Coordinator

NYP Hudson Valley Hospital Receives Humanitarian Award

On June 15th, NewYork-Presbyterian Hudson Valley Hospital was recognized for its many years of providing medical care to the residents and Friars of St. Christopher's Inn/Graymoor in Garrison, NY. The award was given at the annual Board of Directors dinner, held this year at Gotham Hall in New York City.



Stacey Petrower, President, NYP Hudson Valley Hospital, accepts the Humanitarian Award on behalf of NYP Hudson Valley Hospital from Fr. Bill Drobach, SA, President and CEO of St. Christopher's Inn, and Mark Goldberg, CFO, Rolex Watch U.S.A., and Chairman of the Board of Directors of St. Christopher's Inn. (At right) Attending the dinner event were (seated) A. Bonnie Corbett, DNP, MS, NEA-BC, Vice President, Patient Services and Chief Nursing Officer; Kate Spaziani, Vice President, External Affairs, NYP Regional Hospital Network; Ellen Bloom, Director of Marketing, Development and The Foundation of NYP Hudson Valley Hospital; Angela Gonzalez-Perez, Vice President, Operations; Stacey Petrower, President; and (standing) Sedrick O'Connor, Vice President, Human Resources; William J. Higgins, MD, MBA, Vice President and Regional Executive Medical Director, NewYork-Presbyterian Medical Group; and Bobby Janda, MD, Chief Medical Officer.

A Breakfast Feast for Wine and Dine Vendors



Chef Emilie Berner, Coordinator of the Chef Peter X. Kelly Teaching Kitchen, and Chef Adam Strauss, Director, Food and Nutrition Services

On May 23rd, Chefs Emilie Berner, Coordinator of the Chef Peter X. Kelly Teaching Kitchen, and Adam Strauss, Director of Food and Nutrition at NYP Hudson Valley Hospital, prepared a breakfast feast in the Chef Peter X. Kelly Teaching Kitchen to thank the culinary partners and wine merchants that contributed to the great success of this year's Wine and Dine fundraiser. The event raised record-breaking support for cancer care, and each vendor received a certificate of appreciation for contributing their time, talent and support for the hospital's cancer programs.

Attending the event were representatives of:

- | | |
|--------------------------|----------------------------|
| Division Street Grill | Panio Wines |
| Furci's | Savannah's Southern House |
| G&K Sweet Foods | The Briarcliff Manor |
| Healthy Pantry Picks | Villa Barone Hilltop Manor |
| Hudson Hospitality Group | Xaviars Restaurant Group |
| Little Sorrento | |



Stacey Petrower, President, NYP Hudson Valley Hospital, with Kecia Palmer-Cousins of G&K Sweet Foods



Jamie Lutz of The Briarcliff Manor with Chef Peter X. Kelly of Xaviars Restaurant Group

A Victory for Employee Vaccinations

The Immunization Action Coalition has recognized NewYork-Presbyterian Hudson Valley Hospital for achieving a 95 percent influenza vaccination rate among its employees and has been named to its Influenza Vaccination Honor Roll. Employees who were not vaccinated (5 percent) also complied by wearing masks in all areas of the hospital. The Immunization Action Coalition has worked with the Centers for Disease Control and Prevention for more than two decades to educate health professionals about U.S. vaccine recommendations.

Congratulations and thank you to all of our employees for their ongoing commitment to patient safety and quality care!



Taline Guekjian, FNP-BC, Employee Health Services (center), with Mary Kincart, Vice President, Quality and Patient Safety, and Sedrick O'Connor, Vice President, Human Resources

A Helping Hand

Robert Lovett, a student intern, is on the job with Joe Smith of Facilities. Robert's internship came about through a partnership of NewYork-Presbyterian Hudson Valley Hospital and CAREERS for People With Disabilities, a not-for-profit organization that assists individuals to find jobs or internships with numerous organizations and employers in Westchester and Putnam Counties. Angela Gonzalez-Perez, Vice President, Operations, and Sedrick O'Connor, Vice President, Human Resources, offered praise to James Pappalardo and the entire Facilities team for introducing Robert to new skills and providing him with a great experience.



Safety First and Always

On Thursday, June 22nd, NewYork-Presbyterian Hudson Valley Hospital demonstrated another level of commitment to providing the safest environment in which to work by holding its second annual Employee Safety Fair in the Main Lobby. More than 150 employees visited exhibits prepared by 17 departments. "A fair is a great way to learn about information. Rather than just reading, you are talking with experts and being very interactive. We all value our 'culture of safety' and care about our patients a great deal," said Taline Guekjian, FNP-BC, Employee Health Services, who co-organized the fair with Carolyn Padial, Director, Centers for Rehabilitation.



(Left) Carolyn Padial, Director, Centers for Rehabilitation, is joined by Ron Sanders, Account Executive, Getinge Group, for a patient safety demonstration (Right) Taline Guekjian, FNP-BC, and Kristin McCartney, RN, of Employee Health Services

Patient & Family Partnership Council

Work by the Patient & Family Partnership Council is well underway. The group's members – administrators, employees, volunteers and patients – are collaborating to identify needs of our patient and family population and offer recommendations and insights that enhance quality of care.

(Front row) Melanie Ello, Inpatient PT Supervisor, Centers for Rehabilitation; Adelaide Flanagan, Public Member and Hospital Volunteer; Barbara Schore, Public Member; Kevin Roth, RN, 3South; Arleen Jamison, Unit Secretary, 2South; Emma Walters, Public Member; Nadine Kwebetchou, Manager, Patient Centered Care, and Council Chair

(Back row) Sedrick O'Connor, Vice President, Human Resources; Angela Gonzalez-Perez, Vice President, Operations, and Executive Chair; Thomas J. Flanagan, Public Member and Hospital Volunteer; Mary Kincart, Vice President, Quality and Patient Safety; Catherine Maroney, Manager, Marketing; Patrick Bolbrock; Susan Sheehy, Coordinator, Patient Services



In and Around the Community

NYP Hudson Valley Hospital Hosts Hudson Valley Gateway Chamber of Commerce

NewYork-Presbyterian Hudson Valley Hospital hosted the Hudson Valley Gateway Chamber of Commerce on May 4th for its monthly Business Council Breakfast. The two organizations have jointly served the surrounding communities for more than 100 years. Stacey Petrower, President, NewYork-Presbyterian Hudson Valley Hospital, and Dr. William J. Higgins, Vice President, Regional Executive Medical Director, NewYork-Presbyterian Medical Group, shared information with the 90 attendees about the hospital's growth, including physician recruitment in collaboration with ColumbiaDoctors, the faculty practice of Columbia University Medical Center.

Deborah Milone, Executive Director, Hudson Valley Gateway Chamber of Commerce, with Dr. William J. Higgins, Vice President and Regional Executive Medical Director, NewYork-Presbyterian Medical Group



Yorktown Fair Promotes Wellness

On May 26th, NewYork-Presbyterian Hudson Valley Hospital co-sponsored the Yorktown Wellness Fair with New York State Senator Terrence Murphy. Hospital staff provided information on stroke awareness and orthopedic injury prevention, and conducted blood pressure screenings for the many senior citizens in attendance.



Barbara Reynolds, RN, Staff Development Coordinator, Education; Patti Pelican, Coordinator, Community Outreach; Carolyn Padial, Director, Centers for Rehabilitation; Senator Terrence Murphy; Eileen Donatelli, RN, Coordinator of the Institute for Wound Care and Hyperbaric Medicine; Susan Schwerner, RN, Stroke Coordinator; and Kevin Roth, RN, 3South

No Child Wet Behind



On May 21st, NewYork-Presbyterian Hudson Valley Hospital was a proud sponsor of the Northeast Douglas' Annual No Child Wet Behind Diaper Drive and Fundraiser. Sedrick O'Connor, Vice President, Human Resources, and his son Bailey, Ellen Bloom, Director of Marketing and Development, and Bolivar Hernandez, CT Tech, Radiology, were on hand collecting diaper donations for the Westchester Diaper Bank.

Recognizing Volunteer Contributions

NewYork-Presbyterian Hudson Valley Hospital held its annual Volunteer Spring Luncheon at Ceola Manor in Jefferson Valley on May 11th to thank and celebrate the more than 200 individuals who serve our patients and families with their time and dedication. "Volunteers are such special members of our caregiving team and they help us advance our person-centered culture one patient at a time," said Sedrick O'Connor, Vice President of Human Resources. "Each of them are extensions of our hospital in our community and with the neighbors we serve."



Carolyn Padial, Director, Centers for Rehabilitation, and Kevin Murphy, Vice President, Finance, NYP Hudson Valley Hospital, join Frank Thomas, at right, who has been a volunteer for more than 40 years.



(Standing) Tommy Lepore, Director, Engineering/Plant Maintenance, NYP Hudson Valley Hospital, and Tonja Inlaw, Director, Volunteer Services, NYP Hudson Valley Hospital, enjoy lunch with volunteers Robert Innes, Frank Jackson, Verna Thorn and (seated) Sister Mary McCaffrey, Sister Patricia Burke and Sister Mary Nestor.

FOR VOLUNTEER OPPORTUNITIES

The hospital welcomes volunteers of all ages, and our Auxiliary offers another way to help. If you would like to refer family members and friends to volunteer opportunities at our hospital, please ask them to call 914-734-3244.

Auxiliary Awards Student Scholarships

Five local high school students interested in the healthcare profession have been awarded scholarships of \$1,000 each by our hospital's Auxiliary. The students were selected based on essays they submitted about their interest in the field of healthcare, and their display of motivation, character, and scholastic achievement. Congratulations to Emily Sullivan and Deepa Mistry, Hendrick Hudson High School; Mohamed Gewida, Lakeland High School; Brittney Pauta, Peekskill High School; and Brenda Tintin, Walter Panas High School.

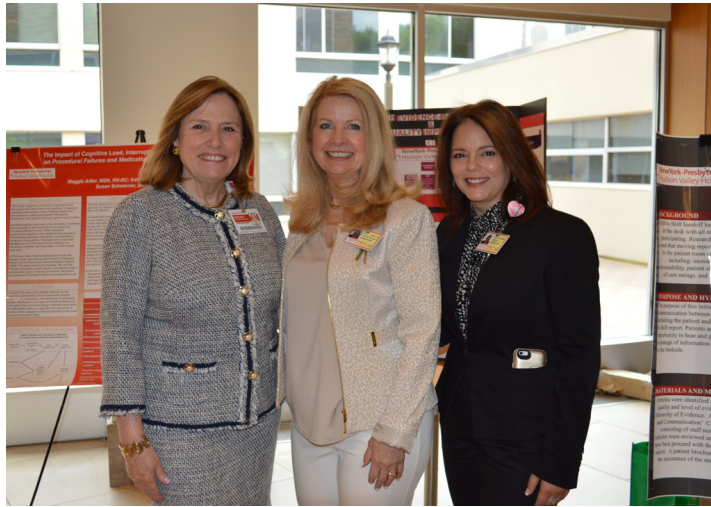
Grazie!

The hospital's Auxiliary held their annual Italian Night Dinner fundraiser on June 15th at Frankie and Augie's in Jefferson Valley. Through a generous donation from Drum Hill Senior Living Community, the crowd of nearly 50 guests was entertained by Frank D'Ambrosio, singer and guitarist.



(From left) Dinner Co-Chairs, Jeanette Altamura and Marie Murphy, with Committee Members, Rita White and Gloria Boyd. (Not pictured are Joy Chiulli, Auxiliary President, and Peg Ryan.)

Nurses in the News



Throughout the week of May 6th, NewYork-Presbyterian Hudson Valley Hospital celebrated its Magnet nurses with special events. Capping these celebrations on Friday, May 12th, was the Nurses Awards Ceremony at which several individuals were recognized for nursing excellence. Peggy McSherry Martino, RN, MSN, MBA, NEA-BC, Chief Nursing Officer, NewYork-Presbyterian Regional Hospital Network, joins A. Bonnie Corbett, DNP, MS, NEA-BC, Vice President, Patient Services and Chief Nursing Officer, and Stacey Petrower, President, NewYork-Presbyterian Hudson Valley Hospital, for the May 12th Nurses Awards Ceremony.

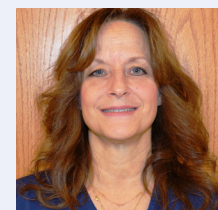


Congratulations to the following nurses who were selected by their nursing peers for *Transformational Leadership Awards*, from left, Matthew Esposito, Emergency Department, *Novice/Beginner Nurse*; Kevin Roth, 3South, *Community Outreach Nurse*; Laura O'Grady, Emergency Department, *Nurse Scientist*; Juan Gonzalez, IT, *Friend of Nursing Award*; and Julia Gorman, Ambulatory Surgery, *Clinical Practice Nurse*

Community Accolades for NYP Hudson Valley Nurses

New York State Senator Terrence Murphy hosted the first annual Nurses of the Year celebration on Thursday, May 18th at the Westchester Medical Center. The ceremony recognized the many contributions made by 17 nurses in the 40th Senate District, particularly in their roles as volunteers, mentors, and departmental leaders. Two NewYork-Presbyterian Hudson Valley Hospital nurses – Dana Annacone, Emergency Department, and Kevin Roth, 3South – were among the honored recipients.

Ms. Annacone and Mr. Roth, along with Eve Holderman, Surgical Services/PACU, were also finalists in *Hudson Valley Magazine's* "Top Nurse" award.



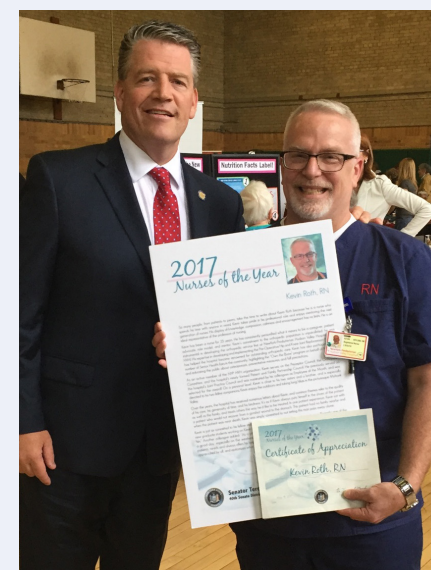
Eve Holderman



The hospital's first DAISY Award, in which patients nominate nurses demonstrating extraordinary patient care, was presented to Agnes Montemayor, RN, Ambulatory Surgery. Agnes was among 13 nurses nominated by patients for the award.



Dana Annacone with her husband, Scott, and Senator Murphy



Kevin Roth with Senator Murphy

“Every nurse here is a leader and you are leaders because you are Magnet nurses. It means remaining in the forefront to bring patients to their optimal health. You do that by giving the highest quality health care, for every patient, in every environment.”

— A. Bonnie Corbett, DNP, MS, NEA-BC

3South Presented with Kay McNamara Award

The Kay McNamara Dare to Soar Award was created in memory of Kay McNamara, a Clinical Nurse Manager for the 2South Unit. Kay believed in delivering excellent patient care and was an advocate for both her patients and her nurses. The award is bestowed each year on a nursing unit that has made strides in improving the quality of care on their unit and reflects the dedication that Kay believed in. Congratulations to 3South on achieving this important recognition. In photo below, Stacey Petrower, President (third from left); Karen Westervelt, Senior Vice President and COO,

NewYork-Presbyterian Regional Hospital Network (fourth from left); A. Bonnie Corbett, DNP, MS, NEA-BC, Vice President, Patient Services and Chief Nursing Officer (second from left); and Sedrick O'Connor, Vice President, Human Resources (fourth from right), join Francine Revella, Clinical Nurse Manager, 3South, who displays plaque in accepting the Kay McNamara Dare to Soar Award on the unit's behalf; Bindu Cherian, Nursing PI Council Representative for 3South, with the award certificate. Included among the many well-wishers are members of the orthopedic unit staff.



Employee of the Month



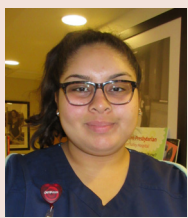
May 2017
Erick Reyes
Security Officer

The Reward & Recognition Team is pleased to announce that Erick Reyes has been chosen as the Employee of the Month for May 2017.

May is a very good month for Erick Reyes! Joining NYP Hudson Valley Hospital in May 1992, Erick just celebrated his 25th employment anniversary this May 2017, the very same month that he was selected as our May 2017 Employee of the Month!

Working as a Security Officer on the 11 pm to 7 am shift, Erick is a trusted and dedicated employee known for his gentle guidance and calm demeanor. He demonstrates empathy in all situations, especially with patients experiencing a time of crisis. His #1 priority is always the safety and well-being of our employees, our patients and our visitors. Most importantly, Erick embodies our Core Value of Respect. Management and colleagues can always rely on Erick to serve as a role model as well as being a wonderful mentor to new staff.

Congratulations Erick and thank you for your dedicated service!



June 2017
Natasha DeCastro
Patient Care Technician, 4 South

Natasha joined NYP Hudson Valley Hospital in 2015 and has significantly impressed management and colleagues with her exceptional team ethics and commitment. Natasha "Puts Patients First," and patients consistently acknowledge that Natasha goes above and beyond the call of duty to meet their needs. A co-worker recently said, "Natasha cares about the patient, not just for the patient." Others have noticed that she embodies the "Respect Credo" and sets a wonderful, caring example. Always with a smile and a pleasant manner, colleagues enjoy being on shift with her. Many have commented that Natasha tends to her team's own well-being in addition to patient care.

Congratulations, Natasha. It is our privilege to name you June 2017 Employee of the Month!

Welcome Our New Employees!



Milane Soto, Thomas Watson, Angela Schenk, James Taddeo, Lisa Montalto, Lucinda Dansoh, Lisa Montalto, Kyra Scaglione, Haeyoung Hwang, Talia Bartelini, Theresa Ryan, Holly Frank, Jaclyn Cameron, Tuyen Nguyen, Ryan Moynihan and Kelly Hart

3 South

Montia McGregor
Noemi Valentin

4 South

Hope Wilkinson

Cardiac Rehab

Stephen Kahrs

Dietary Services

Richard Garvey
Jose Quezada
Milanee Soto

Dispatch Services

Herlin Nova

Education

Cheryl Thomas-Harcum

Emergency Room

Bartholomew Murphy III

Employee Health

Kristin McCartney

EMS

Chanz Estrada

Environmental Services

Carlos Rosario

Infusion Center

Brandy Jones

Laboratory

Renee Napoletano

Marketing

Meaghan Doherty

Maternity

Melissa McCann

MIS

Michelle Braganza

Nursing Administration

Junie Jeudy-Cox
Folasade Owopetu

Paramedic Institute

Samantha Morales

Pharmacy

Karen Cabuhat
Stevon Khan

Quality Assurance

Amy Greer

Receiving and Stores

Daniel-John Perez

Security

Christopher Wylie

Welcome to a culture of "Putting Patients First." We look forward to your contributions.

Marking Employee Milestones

The values of responsibility, excellence and teamwork were on vivid display during Employee Appreciation Day, held June 13th. The event recognized 221 employees for perfect attendance and 176 were congratulated for years of service, from five to 40 years.



(Far right) Stacey Petrower, President, NYP Hudson Valley Hospital, and (left) Sedrick O'Connor, Vice President, Human Resources, join in honoring many of the hospital's long-time employees, including, Catherine Bischoff, Laboratory, 40 years; Corrine Poons, Patient Accounting, 20 years; Eileen Yorgensen, Health Information Management, 25 years; Betty Bennett, Laboratory, 25 years; Dana Annacone, Emergency Room, 20 years; Margaret Tetro, Purchasing, 30 years; L. Ron Diller, Radiology, 20 years; Mary Alfaro, Surgical Services, 30 years; Barbie Morgan, Recovery Room, 20 years; Susan Lepore, Administration, 35 years; Judith Hayes, Emergency Room, 20 years; Kenneth Whalen, Emergency Room, 40 years; and Louise Murray, 2 South, 20 years.

Employee Appreciation Day

Employee Appreciation Day on Wednesday, June 28th, provided the opportunity to celebrate and thank all NewYork-Presbyterian Hudson Valley Hospital employees for their commitment, dedication, professionalism and for always 'Putting the Patients First.' Special thanks to Chef Adam Strauss, Chef Tom Schassler, Joseph Malota and the entire Food and Nutrition Department for a delicious lunch and dinner. Said Sedrick O'Connor, Vice President, Human Resources, on behalf of Core Leadership, "It is true, AMAZING things are happening here and we thank all for their hard work as we together achieve our organizational goals."



NYP Opportunities for Growth



(From left) Sedrick O'Connor, Vice President, Human Resources; Mary Kincart, Vice President, Quality and Patient Safety; Stacey Petrower, President; Eric Schore, Director, Supply Chain, Logistics and Technology, NYP; Kevin Murphy, Vice President, Finance; Anna Slempla, RN, Manager, Nursing Administration; Fran Revella, RN, Clinical Nurse Manager, 3South; and Casey Forde, RN, Clinical Nurse Manager, Maternal Child Health

Colleagues turned out on Friday, June 8th, for a "Promotion Celebration" in the Courtyard of NewYork-Presbyterian Hudson Valley Hospital in honor of Eric Schore, Director, Materials Management, who has been named Director of Supply Chain, Logistics and Technology for NewYork-Presbyterian. Eric was praised by speakers for his excellence, dedication, and work ethic, and Stacey Petrower, President, NewYork-Presbyterian Hudson Valley Hospital, shared that all were very proud that "NYP has recognized one of our own."

Meet Our New Practitioner



Caryl Harris, FNP
Gastroenterology
NewYork-Presbyterian Medical Group Hudson Valley
2050 Saw Mill River Road, 1st Floor
Yorktown Heights, NY 10598
TEL: (914) 233-3008
FAX: (914) 233-3011

NewYork-Presbyterian Hudson Valley Hospital

Lunch & Learn Lecture Sitting is the New Smoking



Nicole Belkin, MD
ColumbiaDoctors
NewYork Presbyterian
Medical Group Hudson Valley

Office locations:
35 S. Riverside Ave. Ste. 102A
Croton-on-Hudson, NY 10520
914-233-3022

1985 Crompond Rd. Bldg. A
Cortlandt Manor, NY 10567
914-930.2007

Dr. Nicole Belkin, a Columbia University Medical Center orthopedic surgeon with NewYork-Presbyterian Medical Group Hudson Valley, will address how the key to health and longevity is maintaining an active lifestyle and arthritis pain should not stand in the way as treatments and cures for arthritis exist.

Dr. Belkin earned her Bachelor of Science Degree and her Medical Degree from the University of Florida. Dr. Belkin completed her Orthopedic Surgery Residency at the University of Pennsylvania and recently completed of a Fellowship in Sports Medicine and Shoulder Surgery at the Hospital for Special Surgery. Dr. Belkin has served as Assistant Team Physician for the New York Giants, Associate Team Physician for Iona College athletics, and Orthopedic Consultant to New York Public School Athletic League.

A complimentary light lunch will be served.

Date: Thursday, August 17, 2017

Time: Noon — 1:00 p.m.

Location: Ground Floor Conference Room
NewYork-Presbyterian Hudson Valley Hospital
1980 Crompond Road, Cortlandt Manor, NY 10567

Please register by calling 914-734-3159.

This community education lecture is offered at no charge.

NewYork-Presbyterian
Medical Group Hudson Valley
in collaboration with ColumbiaDoctors

Cooking with Your Cardiologist



Dr. Craig Hametz, Cardiologist, NewYork-Presbyterian Medical Group Hudson Valley Cardiology, joined Chef Emilie Berner of NewYork-Presbyterian Hudson Valley Hospital's Chef Peter X. Kelly Teaching Kitchen for a special "Physician in the Kitchen" lecture for the community on "Cholesterol and Heart Health," on Friday, July 7th.

"Physician in the Kitchen" is a unique program that is part of the hospital's lecture series. Offered once a month, the program features one of the hospital's doctors who lectures on a health topic alongside Chef Berner, who aligns a cooking class to reflect the topic.

For his lecture, Dr. Hametz discussed why cholesterol matters and what lifestyle changes one can implement to improve cholesterol levels. A light lunch was prepared together with Dr. Hametz, Chef Berner and 20 attendees from the community.

Teaching Kitchen Calendar — August 2017



Savory Spanish Tapas

Friday, August 4, 11 am to 12:30 pm

Summer Recipes to Beat the Heat

Monday, August 7, 3 to 4:30 pm

Plant Power: Anti-Inflammatory Cooking

Wednesday, August 9, 5:30 to 7 pm

Cholesterol and Heart Health

Friday, August 11, 10 to 11:30 am

Positively Grilled: Vegetarian Version

Monday, August 14, 11 to 12:30 pm

Light and Fast Dinners

Wednesday, August 16, 5:30 to 7 pm

Cooking from the Garden

Tuesday, August 22, 3 to 4:30 pm

Best of Vietnamese Cooking

Wednesday, August 23, 5:30 to 7 pm

Essentials of Tuscan Cuisine

Friday, August 25, 11 am to 12:30 pm

Summer Seafood

Monday, August 28, 3 to 4:30 pm

All lectures \$15. To register, call (914) 734-3780 or email teachingkitchen@hvhc.org

Kohl's Volunteers Dig In



(From left) Donald Liebel and Joan Lyons, Kohl's volunteers; Loretta Bowen, NYP Hudson Valley Hospital volunteer; Chef Emilie Berner, Coordinator, The Chef Peter X. Kelly Teaching Kitchen; Theresa McGarvey, NYP Hudson Valley Hospital volunteer; Lidia Loja, Kohl's volunteer; and Les Skoski, NYP Hudson Valley Hospital volunteer

Volunteers from Kohl's Department Store in Cortlandt Manor gathered with hospital volunteers in June in the on-site organic garden for a Spring weeding and planting outing. Crops included tomatoes, corn, beans, and squash, sprinkled with marigolds and sunflowers. The team also harvested some fresh strawberries. Thank you to Kohl's for their commitment to the community and donation to the garden.