

The newsletter for employees and friends of NewYork-Presbyterian • Volume 13, Issue 4 • April 2011

## Shaping Up for Spring...



A Heart Month  
Zumba class at  
NYP/Weill Cornell  
was a fun way to  
work toward fitness

## ...and Beyond

Inside: Some NYP experts offer their advice

Thank you all for your excellent work and dedication throughout our Joint Commission Mock Survey last month. It was a challenging week but one that made us very proud. This was a return visit for six of the seven Survey consultants, and they were impressed with NYP's progress. They noted the significant, positive cultural change across our Institution and applauded our staff, nurses and physicians for their teamwork and passion about quality and patient safety. They also noted major improvements in facilities, engineering, life safety and emergency management, as well as in our ambulatory and outpatient areas. There is still much to do and you will be hearing more shortly about the Survey findings and recommendations and the specific areas of opportunity that we must continue to focus on in order to provide the highest-quality, safest care and service to all our patients and families. We must do it right for every patient every time — that is the standard we have set for ourselves and what the Joint Commission will expect when they arrive at NYP this spring or early summer.

Also last month, we rolled out the red carpet at each of our campuses for the Patient Centered Care Awards. Congratulations to all of the winners for their efforts in putting patients first! We are particularly proud of our FACE teams who received the Patient Centered Care Team Award at Weill Cornell. Through the Facilities Aesthetic Condition Enhancement program, in full force across all our sites, these teams have been working diligently over the past year to renew our visible facilities and infrastructure, including refurbishing patient rooms and units. Their work is an example of how each member of the Hospital team can impact the experience of our patients, visitors and co-workers.

There are challenges ahead and we face increasingly uncertain times in health care. It is your continued teamwork, commitment to our patients, and understanding that they always deserve the highest-quality, most compassionate care and service that will enable NYP to continue to do amazing things.



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Chief Executive Officer



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Executive Vice President  
and Chief Operating Officer

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# 10 Tips for a He

Patient care is NewYork-Presbyterian Hospital's No. 1 goal. Every day, NYP doctors, nurses and staff work tirelessly to improve the health of our patients. But the time to think about health is not only when we're in the hospital; there are many steps that we as individuals can take each day to try to improve our own health and the health of our families and friends. *NYPpress* asked 10 NYP doctors, nurses and other health professionals to offer their thoughts on how to achieve a healthier life. Here are their suggestions.

## 1 Joan M. Bathon, M.D., Director, Division of Rheumatology, NYP/Columbia

"In almost every study that has looked at healthy living, there are three things associated with longer and healthier lives: not smoking, weight control and regular walking (or other types of exercise). If you can do all three of these, there's no promise that a 'bad' event won't happen, but barring that, you will be much more likely to enjoy a healthier life than you would if you were smoking, sedentary and/or overweight. To the extent that you and your spouse, or you and your friends or children, can engage in these activities together, the motivation for pursuing them will be even greater."



1

## 2 Evelyn Granieri, M.D., Director of Geriatric Medicine and Aging, NYP/Allen

"For older adults, make sure you get a flu shot and a pneumonia shot and take calcium and vitamin D supplements to maintain bone health. Walk regularly if possible. Wear sunglasses all year round, especially if you have lighter-colored eyes, to protect against cataracts. Most important, you need to have a trusted physician or other clinician with whom you can discuss health concerns, so you aren't blindly following every trend you see on television or read on the Internet. Be informed. Know what you want out of your health care and make sure your family and loved ones are aware of your wishes now and in the future. You should appoint one person to speak for you if you are unable to give your doctor information or directions."



2

3 Lisa de Felice, Senior Rehabilitation Specialist, NYP/Westchester  
"Stress, unfortunately, is part of our everyday lives. You can't remove stress completely from your day, but allowing yourself to be ruled by stress is one of the least healthy things you can do. Letting yourself be ruled by stress means running from one stressful situation

1. Dr. Joan M. Bathon with Executive Assistant Erika Marrero 2. Dr. Evelyn Granieri (foreground) with Shelly Dubin, N.P. 3. Lisa de Felice 4. Dr. Darren Schneider 5. Dr. Heakyung Kim (right) with Senior Physical Therapist Dean Morgan

to another, to another. Maybe you were rushed and skipped breakfast to make a meeting and are thinking about skipping lunch to try to catch up on your day. Don't do that. You literally need to stop and schedule 10 to 15 minutes just for yourself. Maybe read something that inspires you or listen to music, or take a walk, or just sit in a quiet place, close your eyes and allow yourself to relax. That little break can reduce your stress level and actually make you a more productive person than someone who is just flying from one appointment to the next."



3

## 4 Darren Schneider, M.D., Director, Center for Vascular and Endovascular Surgery, NYP/Weill Cornell

"Watching what you eat is one of the most effective tools you have in maintaining good cardiovascular health. Avoid eating red meat



4

more than once a week. White meats like pork and chicken are better for you because they are lower in fat and cholesterol, but more often than not, the foundation of your meals should be fruits, vegetables, whole grains and fish. I'm a big fan of broccoli. You

should not be eating meat and potatoes every day. By eating more healthfully you can gain better control of high blood pressure, cholesterol and blood sugar levels, all of which can contribute to heart disease. Excessive alcohol intake is also hard on your heart, so avoid that as much as possible. If you do drink, do so in moderation; red wine may be your best heart bet."

## 5 Heakyung Kim, M.D., Director, Pediatric Physical Medicine and Rehabilitation, NYP

"Your strength and flexibility go a long way toward both preventing injury and helping the body recover from an injury it has already sustained. An active body is a stronger body, so get out there and get moving. It helps in terms of both prevention and recovery."



5

# Healthier You

**6** Nanabel Lorico, R.N., Manager, Community Health Outreach and Education, NYP/Weill Cornell

“You can prevent the onset of a chronic disease like type 2 diabetes by understanding that the disease is often the result of poor dietary habits. For example, when you get home from work or your kids get home from school, everyone is tired and hungry. Here is an opportunity to do the unhealthy thing, which is to grab fast food or something with a lot of fat or sugar. Fruit will fill that hunger, and in a way that is healthier and cheaper, especially if it’s in season. By planning ahead, having healthy foods in the house, and cooking more, you will be able to have more control over what you and your family



eat and everyone will benefit.

Another area where people often make sacrifices to their health is in the role of caregiver.

All the things you urge the people who you are taking care of to do – eat right, exercise, get sleep – you need to be sure you are doing those things as well. You need to be healthy and take care

of yourself if you want to take care of others. Everything that applies to them applies to you. And, don’t forget that there is support out there for the caregiver. You are not alone.”

**7** Lawrence Stanberry, M.D., Ph.D., Pediatrician-in-Chief, Morgan Stanley Children’s Hospital



“For children, the world is a safer place because of vaccines. In the past 30 years we have doubled the number of childhood diseases that can now be prevented through vaccination. Certainly, the measles, mumps and rubella, tetanus, diphtheria, whooping cough and polio vaccines are ones that people tend to remember. But we also vaccinate against bacterial meningitis, a disease that, while uncommon today, used to fill children’s hospitals with sick children. We all grew

up with the chickenpox, and that, too, has all but vanished from the United States. More recently, the human papilloma virus vaccine can now provide protection against certain kinds of cancer. The deadly diseases that vaccines prevent still exist in the world; vaccines can save lives, but only if children get vaccinated.”

**8** Ana Krieger, M.D., Co-Director, Center for Sleep Medicine, NYP/Weill Cornell

“We need to take pride in our sleep. We’re proud of how hard we work and how well we take care of our families, but it seems the first thing we sacrifice is sleep. Good sleep is as important as a good diet and regular exercise. Go back to the basics – a relaxing environment and a comfortable space where you’re able to get the sleep your body needs.”



**9** Sylvia Gonzalez, R.N., C.N.1, NYP/Columbia

“As a nurse for more than 40 years I have witnessed many amazing things that have happened when patients are emotionally and spiritually supported. I think offering this type of support to family and friends contributes to the health of yourself and others.”



**10** Richard M. Rosenberg, M.D., Attending Gastroenterologist, NYP/Columbia

“Colon cancer is the second leading cause of cancer death among men and women. The great news is that it’s also the most preventable form of cancer. Colonoscopy is the most widely recommended form of cancer prevention in the U.S., but alternatives exist for those unable or unwilling to undergo colonoscopy. These include tests for fecal blood, more-limited sigmoidoscopy exams and CT colonography. Eating a diet rich in calcium and low in fats may further decrease risk. Regular exercise is helpful, especially since obesity has been shown to be an independent risk factor for colon cancer. For those who are able to take a daily aspirin tablet for prevention of cardiovascular disease, this may also help reduce their risk of colon cancer. This is worth discussing with your primary care provider. Almost two-thirds of New Yorkers have been tested. Don’t be left out, make the call, get checked.”



6. Nanabel Lorico (foreground) with Outreach Coordinator Christine Marengo  
7. Dr. Lawrence Stanberry with Janice James Aubey, M.D., M.P.H. 8. Dr. Ana Krieger (foreground) with Certified Sleep Technologists Vladislav Boyarskiy, Mariya Narizhnay and Tomoko Ikuine 9. Sylvia Gonzalez, R.N. 10. Dr. Richard Rosenberg with Health Priorities Specialist Carmen Franco (left) and Sheila Jones, R.N., C.N.1.

# Ace Your Next Health Exam

## NYP Urges Everyone to “Make That Call” for Colon Cancer Screening

Although colon cancer is the second leading cause of cancer death for men and women in New York City, as well as in the nation, it is one of the most preventable types of cancer. In recognition of National Colon Cancer Awareness Month, NYP teamed up with city and state agencies to urge all New Yorkers over age 50 to make an appointment for a colon cancer screening.

Katie Couric joined Dr. Pardes and Mark Pochapin, M.D., Director of the Jay Monahan Center for Gastrointestinal Health at NYP/Weill Cornell, at the Monahan Center on March 1 to launch the “Make That Call” awareness campaign.

A number of businesses, such as Duane Reade and the New York Health and Racquet Club and organizations, such as the New York, Brooklyn and Queens public libraries, joined forces for the campaign.

“With appropriate screening, colon cancer is often preventable and, when detected early, highly curable,” Ms. Couric said. “We want New Yorkers to ‘Make That Call’ to their doctors to schedule their screening appointment, if not for themselves, then for the people who love them.”



At NYP/Weill Cornell, Corinne M. Meli, M.P.H., of the New York City Department of Health and Mental Hygiene (far left), and Katie Couric, Anchor and Managing Editor of the CBS Evening News, joined Mark Pochapin, M.D. (second from left), and Dr. Pardes in launching the “Make That Call” campaign.



At NYP/Columbia, staff urged employees, patients and visitors to “Make That Call.”

## Free Breast Screenings Offered



Ana Lucia Farinango was one of nearly 100 neighborhood women who turned out for free breast cancer screenings at NYP.

Amate A Ti Misma/Love Yourself Breast Cancer Screenings were offered this year through a partnership of NewYork-Presbyterian, WXTV Univision 41 and the American Cancer Society.

The women screened were responding to a series of public service announcements about free screenings at area hospitals that were aired by WXTV Univision 41. Northern Manhattan residents were referred to the Avon Breast Imaging Center at NYP/Columbia.



(From left) On-air personalities, Sandra O’Neill, Nilda Rosario and Berenice Gartner were on hand to mingle with those receiving mammograms.

## Council Member Endorses Colon Cancer Testing

New York City Council Member Ydanis Rodriguez on March 7 announced a new effort to persuade residents of Northern Manhattan — particularly uninsured men — to undergo testing for colorectal cancer. He and Julian Abrams, M.D., Assistant Attending Physician at NYP/Columbia, spoke about the importance of testing at a press conference at NYP/Columbia.



Joining Ydanis Rodriguez (fourth from left) in his appeal to Washington Heights/Inwood residents to be tested for colon cancer were (from left) Juan Mejia, Director, Clinical Operations; Julian Abrams, M.D.; Karen Schmitt, Manager, Breast Cancer Screening Partnership; Julio Batista, Director, Community Affairs; and Audrey Jimenez, Community Outreach Worker.

## Outreach Raises Pancreatic Cancer Awareness

More than 125 people attended NYP/Columbia’s Pancreatic Cancer Awareness Day, an annual community program, to learn about the disease that is the fourth leading cause of cancer death in the U.S.

For two hours on November 13, NYP physicians and staff, and representatives of community-based organizations and pharmaceutical companies provided the latest information about screening, early detection and treatment options as well as sources of support for patients and their families.

Difficult to diagnose and often undetected in its early stages, cancer of the pancreas is diagnosed in approximately 40,000 Americans each year. Effective early screening methods are especially important for individuals whose family history or chronic or hereditary pancreatitis put them at increased risk.



John Chabot, M.D., Executive Director of the Pancreas Center at NYP/Columbia, was one member of the team that spent part of a weekend providing education about pancreatic cancer.



## Documentary Take Two!

### Tent cards signal filming in progress

Tent cards headlined "Documentary Filmmaking in Action!" have been placed in waiting areas and at information desks throughout NYP. The tent cards inform patients, staff and visitors about the ABC project in both English and Spanish.

The cards' content includes the fact that the crew will not include any patients in the television series without obtaining each patient's voluntary written consent.



The ABC News team filming a prime-time documentary series at NYP met with Executive Producer Terence Wrong (seated at right). The series will air in 2012.

### Frequently Asked Questions

#### Will we be notified prior to the crew visiting a unit for filming?

Not necessarily. The ABC News film crew will be following a particular case in real time so it will be difficult to call ahead of arrival.

#### What happens if The Joint Commission arrives to conduct a survey and ABC News is filming?

The film crew will have access to all communications about surveys via the NYP Infonet, and Public Affairs will keep the film crew informed about any survey activity. Where appropriate, filming will be limited in areas being surveyed.

#### How does ABC News choose the cases they decide to follow?

The crew is looking for dramatic and inspirational stories it can follow from the time the patient arrives at NYP or in the doctor's office. They need the beginning, middle and end to make it work.

#### How will they handle filming in a waiting area?

ABC News will only film in a waiting area if they are following a particular patient or family. There will also be information describing the ABC project posted in waiting areas where appropriate.

#### Does staff have the option to opt out of the project?

Yes. Simply inform a member of the crew or Public Affairs that you do not wish to be filmed. However, if the crew is following a particular patient you are caring for, it is expected that you will allow the crew

to continue filming the care in your area for continuity purposes, and the crew will remove or blur your image in final editing.

#### Do I have the right to tell the film crew that an area is off limits?

NYP has a contract with ABC News to film here, which provides the ABC News film crew with the same 24/7 access as the Public Affairs staff. While any individual can opt out, you may not close your area to filming, and you may not prevent other staff members from participating in filming.

#### How will patients be consented?

The crew will be working in collaboration with Public Affairs and will ask all patients to sign a HIPAA consent form. If a patient does not consent, identifiable footage of that patient will not be aired.

#### Will NYP staff be responsible for obtaining written consent from patients?

No. The ABC News film crew will obtain the written consent. However, it is expected that someone from the medical team will introduce the crew to the patient, and the crew will describe the project and obtain the written consent.

#### Who should I call if I have questions about this project?

The Department of Public Affairs is available 24/7. Daytime phone number is (212) 305-5587 or (212) 821-0560. Public Affairs can be accessed directly nights, weekends and holidays via Bryan Dotson at (917) 690-9929 or Linda Kamateh at (917) 837-4065.

NYP will update readers on the ABC project as it goes forward. (Readers can find the full FAQ on the Infonet.)

# Getting to Know You

Danielle Wood, NYP

**Q: What is your name, and what is your job here at NewYork-Presbyterian?**

**A:** Danielle Wood. I work in the Office of Internal Communications as a Web Editor/Communications Specialist. One of my primary responsibilities is editing the front page of the Infonet. I also provide communications support for Hospitalwide initiatives.

**Q: How long have you been at NYP?**

**A:** My fifth anniversary is in June.

**Q: What's the best part of your job?**

**A:** I really enjoy working on projects that help further "We Put Patients First." For example, I love working on the Schwartz Center Rounds, a forum that helps staff cope with complex emotional and social issues related to caring for patients. Even though I don't provide direct patient care, working at NYP makes me feel like I am making a difference.

**Q: What path did you take to get to your current job?**

**A:** I started my career as a travel writer and also worked in government and nonprofit communications before coming to NYP. I was able to apply my communication skills in a hospital setting.

**Q: What's your favorite type of music?**

**A:** I like pop and R&B.

**Q: Why did you choose NYP as the place you wanted to work?**

**A:** NYP has a great reputation and does such important work. I wanted to be part of a team that was helping people.

**Q: What kinds of vacations do you enjoy?**

**A:** I like vacations that offer a mix of culture and relaxation. I'm planning a trip to Portugal in May, and I am looking forward to touring Lisbon and then hitting the beach.

**Q: What's on your personal to-do list?**

**A:** Getting to the gym more often, and spending more time volunteering within my community.



Danielle Wood

# Teams Take Pride in "Making It Better"

NYP's annual Patient Centered Care Awards recognize excellence and achievement in patient satisfaction. Awards are presented to units, departments, teams, leaders and physicians who support "We Put Patients First" by embodying the NYP Values and creating positive, consistent patient experiences. In February and March of this year, the 2010 award ceremonies were held to celebrate the achievements of individuals and teams that are "Making It Better" at NYP. ■



Leadership Winners	
CAMPUS	LEADER
Allen	David O'Brien, R.N.
Ambulatory/CU	Tracey Lewis, M.P.H.
Ambulatory/WC	Michelle Evangelista, M.H.S.A.
Columbia	Mary Clark, R.N.
MSCHONY	Mely Chua, R.N.
Weill Cornell	Catherine Maguire-Lombardi, R.N.
Westchester	Tim McGarvey, R.N.



Physician Winners	
CAMPUS	PHYSICIAN
Allen	Jonathan Rieber, M.D.
Ambulatory/CU	Royce Chen, M.D.
Ambulatory/WC	Maura Frank, M.D.
Columbia	Paul Lee, M.D.
MSCHONY	Patricia Hametz, M.D.
Weill Cornell	Anthony Mustalish, M.D.
Westchester	Virginia Susman, M.D.



Award Category	WEILL CORNELL	COLUMBIA	MSCHONY	WESTCHESTER
90th Percentile 4th Quarter Award	PED ED 10 South Oncology	McKeen Pavilion	6 Tower	6 North
	4 Central CT Stepdown Unit	Harkness 10	9 North/Central PICU	3 South
	4 South	Cardiac Cath Lab	9 Tower CICU	4 South
	4 West	Interventional Radiology	4 North Periop	5 South
	5 South	Baker 15	Ambulatory Surgery Admitting	
	10 Central Oncology	Interventional Cardiology		
	Inpatient Admitting	Payson 9 Pediatrics		

Team Winners	
Allen	Allen Food & Nutrition 2 River West
Ambulatory/CU	WHFHC - Pediatrics WAHI Asthma Medical Home Team Broadway Pediatric Practice Redesign Team Erroneously Elevated Potassium Lab Project with Farrell Family Medicine Practice
Ambulatory/WC	HT5 Registration & MST Staff
Columbia	6 Hudson South 7 Garden South Interventional Radiology
MSCHONY	6 Central Pediatric E.D. Comfort Committee Palliative Care Consultation Service
Weill Cornell	Pediatric Unit for Procedures & Sedation FACE/Tiger Team
Westchester	4 North 6 North Affective Disorders Program
Corporate	Team We Are Essential Procurement & Strategic Sourcing Patient Communications Strategy Initiative Patient Access Mystery Shopping Team



Award Category	WEILL CORNELL	COLUMBIA	MSCHONY	WESTCHESTER	ALLEN	ACNWC	ACNICU
Highest-Rated Unit/Dept.	Interventional Cardiology	Cardiac Cath Lab	9 Tower CICU	4 South	Periop Services	Wright Center	Outpatient Behavioral Peds Hematology/Oncology/Thyroid
Highest-Rated Ancillary Dept.	G3 PACU/OR	Admitting	Ambulatory Surgery Admitting	N/A	EKG	N/A	N/A
Most-Improved Percentile Ranking	Interventional Cardiology	Periop Services	Ambulatory Surgery Admitting	4 North	2 Field East	Women's Health Practice	Hematology/Oncology/Thyroid
Most-Improved Mean Score	10 South	6 Hudson South Periop Services	9 Tower CICU	4 North	Emergency Department	Women's Health Practice	Farrell Family Practice
Most-Improved Ancillary Dept.	Adult ED Radiology	Ambulatory Surgery Admitting Social Work	Ambulatory Surgery Admitting	N/A	EKG	N/A	N/A
Sustained Excellence Award	Adult ED Radiology	Radiation Oncology Kidney Transplant-Outpatient	9 North/Central PICU	6 South	Emergency Department Emergency Department Radiology	Neurology	Rangel



## Alzheimer's Expert Named Chair of Neuro at NYP/C



**Richard Mayeux, M.D., M.Sc.**

**R**ichard Mayeux, M.D., M.Sc., has been appointed Neurologist-in-Chief at NewYork-Presbyterian/Columbia and Chair of the Department of Neurology of the Columbia University College of Physicians and Surgeons.

A highly respected clinician and educator, Dr. Mayeux has, since joining the Hospital in 1978, led research that has contributed enormously to the understanding of the genetic basis and epidemiology of Alzheimer's and other neurodegen-

erative diseases. He is the national director of the National Institute on Aging Family Study of Alzheimer's Disease and one of the leading investigators in the National Institute on Aging Alzheimer's Disease Genetic Consortium.

Dr. Mayeux is the Gertrude H. Sergievsky Professor of Neurology, Psychiatry and Epidemiology. He also is the Director of the Gertrude H. Sergievsky Center, a center devoted to the epidemiological investigation of neurological diseases. With Michael Shelanski, M.D., Ph.D., Chairman, Department of Pathology, Dr. Mayeux co-directs the Taub Institute for Research on Alzheimer's and the Aging Brain.

"My vision for the Department of Neurology is to make it the 'place to go' for any disorder related to the nervous system," Dr. Mayeux says. "I believe that this can be accomplished by integrating the finest clinical care with the ongoing discoveries in translational and basic research within the medical school. Columbia University Medical Center, and NewYork-Presbyterian, working together, can create an unprecedented opportunity to lead the nation in the care and treatment

of nervous system disorders."

Dr. Mayeux has for the past 22 years led the Washington Heights-Inwood Community Aging Project, which uncovered the relationships between Alzheimer's and environmental and medical risk factors. This study has provided information on the rates and risk factors for these diseases in African-American, Caribbean Hispanic and white populations.

Dr. Mayeux is a member of The Institute of Medicine of the National Academy of Sciences. He was the recipient of the 2007 Potamkin Prize from the American Academy of Neurology, the 2008 John Stearns Award for Lifetime Achievement in Medicine from the New York Academy of Medicine, and, in 2009, the Henry Wisniewski Lifetime Achievement Award in Alzheimer's Disease Research from the Alzheimer's Association.

Dr. Mayeux is married to Nancy Green, M.D. (P&S '83), Associate Professor of Clinical Pediatrics and Associate Dean for Clinical Research Resources at Columbia University Medical Center. They have two daughters, Naomi and Sophie, and are avid cyclists.

## New Vice President Assists Employees as They Put Patients First

**M**ary Falkowitz has been promoted to the position of Vice President, Compensation, Benefits and Human Resources Information Systems (HRIS). She will continue to be responsible for overseeing compensation, benefits and human resources information systems for the Hospital.

"I love being a part of this great Hospital and helping to fulfill our vision of 'We Put Patients First,'" Ms. Falkowitz says. "As a Corporate Service Department, my staff and I are committed to providing all employees with excellent customer service so they can focus on our patients."

Ms. Falkowitz joined the NYP staff in 1999 as a Senior Analyst. She was promoted to Manager of Compensation and most recently served as Corporate Director of Benefits, Compensation and HRIS.

In 2009, Ms. Falkowitz received the prestigious President's Circle Leadership Award for her ongoing, outstanding contributions to the Hospital. Before beginning her career at the Hospital, she was responsible for various corporate compensation functions at both The Washington Post Company and US Airways.

A graduate of the State University of New York at Stony Brook, Ms. Falkowitz has earned various certifications in compensation and benefits from the World at Work Society, an elite association of human resources professionals. She is now completing certification in contract administrative studies from Cornell University's School of Industrial and Labor Relations. ■



**Mary Falkowitz (center) conferred with staff members Jane Silberfein, Compensation Analyst, and David Glickman, Project Leader.**

## Play Ball!

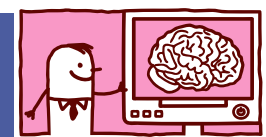
PS. 28 in Washington Heights emerged the champion from this winter's Turn 2 Us Basketball League, made up of eight elementary schools in Northern Manhattan. Through basketball, the League promotes healthy lifestyles and academic and social success.

Turn 2 Us was created in 2001 as a collaborative effort among Public School 128M, Morgan Stanley Children's Hospital, and the Turn 2 Foundation. New York Yankee Derek Jeter created the foundation to support programs for young people that promote and reward academic excellence, leadership development and positive behavior.

Turn 2 Us is administered through NYP's Ambulatory Care Network.



**Basketball is an important way to promote healthy lifestyles and academic and social success among Washington Heights and Hamilton Heights students.**



## Volunteers Needed

### Brain Aging and Physical Fitness Study

We are seeking healthy adults between the ages of 60 and 75 to participate in a brain and physical fitness study at Columbia University Medical Center.

Participants must be sedentary and employees, retirees or alumni of Columbia, Presbyterian Hospital or NYSPI.

If you're not yet eligible, get your parents, grandparents or older friends involved!

Qualified individuals will play a scientifically-based video game in our laboratory, exercise at a gym and be tested to determine the effects on attention, memory and cognitive performance.

Participants will be compensated for their time. Contact the Division of Cognitive Neuroscience Study hotline: (212) 851-5590.

## Workers in the Home Have a Day of Their Own



The health fair focused on screening and counseling, but makeup makeovers added a light touch.

More than 150 domestic workers from the Upper East Side, Queens, Brooklyn and the South Bronx on February 14 came to St. Catherine of Siena Church on East 68th Street for an NYP Ambulatory Care Network (ACN)-sponsored health fair.

Nannies, housecleaners, and elder-care providers, both men and women, are among the approximately 200,000 domestic workers who sustain New York's families and homes.

At the health fair the domestic workers learned about diabetes, hypertension, domestic violence, shaken-baby syndrome, cardiovascular and kidney disease, and burn and chronic disease prevention. Nutrition counseling and blood pressure, glucose, cholesterol and other screenings were available, and attendees left with gifts of educational materials, health food treats, and information on makeup makeovers.

Many domestic workers work long hours, are underinsured and have poor access to health care. According to Domestic Workers United, 20 percent earn below minimum wage; 90 percent do not have health benefits; and 36 percent cannot afford medical care when needed.

"We raise awareness of common diseases and identify diseases in their early stages," says Andres Nieto, Director, Community Health and Outreach. "It's gratifying when patients take the next step and see a primary care provider."

## Leaders Consider Budget Cuts and Health Care

Elected officials and community leaders gathered at NYP/Columbia on March 5 to meet with NYP leaders to address proposed federal and state cuts to health care. They discussed how the cuts will impact the ability of academic medical centers and community hospitals to provide vital health care services.

Among these elected officials were U.S. Representative Charles Rangel; New York State Assembly Members Herman D. Farrell Jr., Guillermo Linares and Micah Kellner; New York City Council Member Ydanis Rodriguez; and Democratic District Leader Maria Luna.

Luis Canela, a member of the NYP Board of Trustees, also attended.

Dr. Pardes stated the Hospital's case, saying, "All we want to do is to have enough resources so we can take care of people the right way. We're not interested in turning away people. We're interested in helping people."



Dr. Pardes (front row, third from left) and other NYP leaders met with elected officials and community leaders to discuss the implications of proposed state and federal budget cuts.

## Our Super Bowl Tickets Winner Says Thanks for a Super Time



Good luck brought Monina Velasco, R.N., and her husband, Allan Velasco, "the experience of a lifetime."

Monina Velasco, R.N., and her husband, Allan Velasco, were in Cowboys Stadium in Arlington, Texas, on February 6, watching the Green Bay Packers defeat the Pittsburgh Steelers 31-25 in the 2011 Super Bowl.

NYP had been given a three-day trip to Super Bowl XLV and as a gesture of thanks held a random drawing to award it to a lucky employee. A Clinical Night Manager of the Greenberg 6 West NICU at NYP/Weill Cornell, Ms. Velasco was the winner.

After returning from Texas Ms. Velasco thanked Dr. Corwin "for the experience of a lifetime." She wrote: "Super Bowl XLV was amazing. It was a fun and activity-filled weekend. The high energy at the Dallas stadium was phenomenal. The half-time show was amazing. In short, being at the heart of the action is priceless. As a longtime employee of NYP, we do put patients first 'always.' It is good to know that the leaders of NYP reward their employees for their hard work with such a wonderful opportunity. Again, thank you for giving my husband and me this memorable and priceless trip to Super Bowl XLV."

## In Memoriam



Stu Standerwick

• **J. Stuart Standerwick**, Director, Logistics Operations, in NYP's Department of Procurement and Strategic Sourcing, died after a short illness on March 5. He was 59.

A resident of Norwalk, Connecticut, Mr. Standerwick was a senior executive in purchasing and logistics at Sterling-Sanofi-Kodak Pharmaceuticals before he joined the NYP staff 17 years ago.

He is survived by his wife, Liz; a brother; a sister; and three nieces.

Mr. Standerwick was an avid swimmer and racquet sports enthusiast as well as an accomplished drummer with numerous bands. According to Jack Fleischer, Vice President, Strategic Sourcing, "Stu's keen musicality, laconic ways and, most especially, his unique wit will be missed."



## APRIL IS DONATE LIFE MONTH

As the leading transplant center in the nation, NewYork-Presbyterian Hospital is committed to raising awareness that organ donation saves lives. Each year, across our nation, more than 100,000 men, women and children need lifesaving organ transplants. Yet, in 2010, fewer than 30,000 trans-

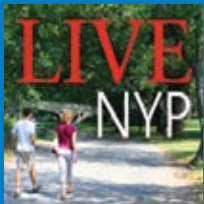
plants took place.

In an effort to increase awareness of the importance of organ donation, the Hospital is working with the New York Organ Donor Network to share information with staff and visitors. During the month of April, Donate Life Month representatives from the New York Organ Donor Network will be staffing tables in public areas across the Hospital to distribute materials, including information on how to become a donor.

In addition, NYP is currently working with the New York Giants to raise awareness about organ donation among fans across the country. Both organizations share a desire to further public education for this important issue. Together, we have set a goal of registering 100,000 new organ donors. Last fall, at the New Meadowlands Stadium, NYP and the New York Organ Donor Network held a pre-game event where long lines of fans waited to receive autographed photos of their favorite Giant and to learn more about how to become an organ donor.

To learn more, visit [www.nyp.org/transplant](http://www.nyp.org/transplant) or [www.donatelife.net](http://www.donatelife.net).

## you work in the city, why not live in the city?



NewYork-Presbyterian offers housing options at both NYP/Weill Cornell and NYP/Columbia that meet each employee's needs at ideal locations. All housing is located near Hospital campuses, offering both convenience and affordability.

You can find all this at NewYork-Presbyterian, so commute less, enjoy more and live more.

For more information, look at the NYP housing website at [www.nyprealestate.com](http://www.nyprealestate.com); e-mail [nyphousing@nyp.org](mailto:nyphousing@nyp.org); or call (212) 746-1968 at NYP/WeillCornell or (212) 305-2014 at NYP/Columbia.

## calendar



- **April 1-30** — Occupational Therapy Month
- **April 20** — Literature at Work, open to all NYP/Columbia staff members, will meet from 12 to 1 p.m. in the Hamilton Southworth Conference Room, PH 9 East, Room 105.
- **May 1-7** — Corporate Compliance and Ethics Awareness Week. In the lobbies of the main Hospital sites Compliance Office staff will distribute copies of the Code of Conduct and sign up contestants for raffle prizes.
- **June 11** — The First Avenue Fair will take place between East 68th and East 79th Streets on First Avenue from 11 a.m. to 6 p.m.
- **June 16** — The J.P. Morgan Corporate Challenge will take place in Central Park at 7 p.m.

# Health & Wellness

S E M I N A R S  
NEWYORK-PRESBYTERIAN HOSPITAL AND WEILL CORNELL MEDICAL COLLEGE SEMINAR SERIES • SPRING 2011

**APR 26**  
**MANAGING YOUR ARTHRITIS:**  
Ways to Ease the Pain  
Joan M. Bathon, M.D.  
Jeffrey Radecki, M.D.

**MAY 3**  
**PERIPHERAL ARTERY DISEASE:**  
How Early Detection Prevents Strokes and Heart Attacks  
Roan Pastor, R.V.S.  
Darren B. Schneider, M.D.

**17**  
**PERSONAL ENHANCEMENT THROUGH THE YEARS:**  
Surgical and Non-Surgical Ways to Look and Feel Your Best  
Lane Dailey, R.D., C.D.N.  
Robert T. Grant, M.D.

**24**  
**CARDIAC HEALTH:**  
Innovative Surgical Therapies for the Treatment of Heart Disease  
Charles A. Mack, M.D.  
Arash Salemi, M.D.



SPRING IN CENTRAL PARK

**Time:**  
All seminars will begin at 6:30 pm.

**Place:**  
All seminars held at:  
Uris Auditorium  
Weill Cornell Medical College  
1300 York Avenue (at 69th Street)

**Web:**  
[www.weill.cornell.edu/seminars](http://www.weill.cornell.edu/seminars)  
For more information or if you require a disability-related accommodation, call: 212-821-0888. All seminars are **FREE** and open to the public. Seating is available for 250 people on a first-come, first-served basis.



Weill Cornell Medical College

**NewYork-Presbyterian**  
The University Hospital of Columbia and Cornell



**COMPLIANCE HELPLINE**  
To report fraud or violations of NYP's Code of Conduct, call the Compliance Helpline at (888) 308-4435.  
*Anonymous calls are accepted.*



## Benefits Corner



### REMINDER: HEALTH CARE SPENDING ACCOUNT REIMBURSEMENT

The deadline to submit eligible expenses for reimbursement is April 30, 2011.

Requests for reimbursement of expenses for your 2010 Health Care Account must be submitted to P&A. Reimbursement forms are available on the NYP Infonet. On the *For Employees* page, click on *Benefits Forms*. If you have questions or need additional information, call P&A directly at (800) 688-2611.



### SERVICES REQUIRING OUTPATIENT PREAUTHORIZATION

Effective June 1, 2011, the Empire EPO & PPO medical plans will require preauthorization for the following services:

- Genetic testing for cancer susceptibility
- Endoscopic sinus surgery
- Nasal surgery
- Breast procedures
- Surgery for clinically severe obesity

- Spinal cord stimulator surgery
- Cochlear implant surgery
- Air Ambulance

Please discuss the preauthorization requirement with your physician if you should need one of these services as of June 1. If you have questions or need additional information concerning preauthorization, call (800) 952-7695.



### SPECIAL ENROLLMENT FOR INFOARMOR

During Annual Benefits Enrollment, a new voluntary plan, InfoArmor, was announced. InfoArmor services include a comprehensive program to counteract fraud and resolve identity theft problems.

If you missed the chance to participate, there is a special enrollment period now through May 31.

All NYP benefit-eligible employees and dependents can purchase this comprehensive identity monitoring program. The cost is \$8.95 per person a month, or you can purchase an annual (12-month) membership for a one-time payment of \$89.95.

For more information and to enroll, go to [www.InfoArmor.com/NYP](http://www.InfoArmor.com/NYP), or call Customer Service at (800) 789-2720.

## Employee Activities and Services

### TICKETS AVAILABLE AT ERRAND SOLUTIONS

Movie tickets and the sports and family entertainment tickets listed below are available for purchase at your site's Errand Solutions Desk. Tickets can be purchased by check, money order, cash or major credit cards. You will be required to present your NewYork-Presbyterian employee ID when purchasing tickets.

For discounts on additional sports and family entertainment tickets, contact Plum Benefits, Monday through Friday, from 9 a.m. to 5 p.m., at (212) 660-1888, or log on to [www.plumbenefits.com](http://www.plumbenefits.com).

If you have any questions, please e-mail [activities@nyp.org](mailto:activities@nyp.org).

**Please note:** All tickets are limited to four per NYP employee. Tickets will not be held and are available on a first-come, first-served basis.



### Jersey Boys

Thursday, April 14  
Wilson Theatre  
Mid-Mezzanine  
8 p.m.  
\$62 per ticket  
(adults and children 2 years and older)



### Madagascar Live!

Sunday, April 17  
Radio City Music Hall  
2nd Mezzanine  
5 p.m.  
\$45 per ticket  
(adults and children 2 years and older)



### Wicked

Wednesday, May 18  
Gershwin Theatre  
Rear Mezzanine  
8 p.m.  
\$46.25 per ticket  
(adults and children 2 years and older)



### New York Mets vs. Philadelphia Phillies

Sunday, May 29  
1:10 p.m.  
Section 137 / Left Field  
\$43.20 per ticket  
(adults and children 2 years and older)

## errand solutions at NYP

Spring is officially here, so stop by Errand Solutions to find out how they can help you have more free time to enjoy the warm weather.

If you need help with your spring cleaning, Errand Solutions can assist you by locating local home cleaning companies.

If you are interested in starting a garden, Errand Solutions staff can help you find local gardening classes and tips.

If you are making plans for a vacation or spring-break getaway, your site representative can help with flights, hotel reservations and activities to do while you are away.

Visit Errand Solutions any time of the year to drop off your dry cleaning, pick up stamps, or schedule an automotive service appointment. While you're there, be sure to ask about all of the other services they offer to save you time at no charge.

Errand Solutions is also here for patients and their loved ones. You can reach Errand Solutions by dialing \*99 from any Hospital telephone.

## GREEN PAGES CONTACT INFORMATION



**Benefits Corner**  
(212) 297-5771  
[BenefitsBridge@nyp.org](mailto:BenefitsBridge@nyp.org)



**Employee Activities**  
(212) 746-5615  
[activities@nyp.org](mailto:activities@nyp.org)

**Other Green Pages News:**  
[hrweb@nyp.org](mailto:hrweb@nyp.org)



# Heart Month

February was Heart Month, and NewYork-Presbyterian celebrated it in every way imaginable, from art exhibits, fashion displays and exercise classes to education, screenings and cooking lessons.

Prompting the varied activities was a harsh fact: Heart disease is the leading cause of death in the United States and a major cause of disability.

But individuals can take steps to reduce their chances of developing heart disease, and NYP's Heart Month festivities promoted the best weapons available to fight it — healthy diets and lifestyles.

Here are some highlights of Heart Month as it was celebrated at NYP/Weill Cornell's Ronald O. Perelman Heart Institute and NYP/Columbia's Vivian and Seymour Milstein Family Heart Center. ■



1) Zumba dance-fitness classes got employees moving to Latin and other international music. 2) Yoga participants saluted the sun. 3) Holly Andersen, M.D., Director of Education and Outreach for the Perelman Heart Institute, talked with fifth-graders from P.S. 183 who created heart-focused art. 4) Staff members from the restaurant Rouge Tomato showed how to make heart-healthy snacks. 5) Employees worked out to Nintendo's Wii Fitness Console. 6) ... and learned meditation techniques. 7) The structure of the heart was explained. 8) Designer red dresses worn by celebrities during NYC Fashion Week to show their support for women's heart disease awareness were displayed. 9) Heart-healthy nutrition was in the spotlight for much of the week.