



**St. Joseph Hospital**  
**Catholic Health Services**  
 At the heart of health



Christopher Cells, Director Nursing Informatics; Peter Scaminaci, MBA, MS, Executive Vice President & CAO; Barbara Gibbons, RN, MS, FNP, Vice President Patient Care Services; and Robert Ehlers, PT, Director Physical Therapy.

## St. Joseph Hospital Wins HANYS Pinnacle Award for Outstanding Commitment to Care

St. Joseph Hospital, member of Catholic Health Services (CHS), was named by the Healthcare Association of New York State (HANYS) as winner of the 2018 HANYS Pinnacle Award for Quality & Patient Safety. This is the second consecutive year that St. Joseph Hospital has earned this prestigious recognition.

St. Joseph Hospital was again recognized in the "Hospital with Fewer than 200 Beds" category, this year for its safe patient handling initiative. HANYS presented CHS and hospital leadership with the award at its 50<sup>th</sup> Annual Membership Conference held in Saratoga Springs.

"St. Joseph's efforts demonstrate exemplary clinical excellence," said Executive Vice President and Chief Clinical Officer Patrick M. O'Shaughnessy, DO, MBA, FACEP. "Advancing the highest standards in quality, they help to ensure that CHS continues to deliver exceptional patient services."

St. Joseph's project, "The Cultural, Clinical and Operational Benefits of Establishing a Robust Safe Patient Handling Program," submitted by Christopher Cells, MSN, RN-BC, noted that in 2016 in New York State more than 36,300 health care worker injuries

occurred primarily to the individuals involved in the direct daily care of the patient, specifically nursing assistants and registered nurses. To address this issue, the hospital established a multidisciplinary team of physical therapists, frontline nurses, nursing education, environmental services and hospital administration. The group referenced best practices from multiple organizations, focused on safe patient handling and employed Lean methodology, ultimately realizing a 36% reduction in safe patient handling-related injuries.

The successful project was chosen from among 115 statewide nominations by an independent, external panel. Winners were selected in four categories: three for acute care based on bed count and one for post-acute/outpatient providers.

We wish to congratulate fellow CHS entity, Good Samaritan Hospital, which won in the "200 to 500 Beds" category. Good Samaritan's study on avoiding blood culture contamination outperformed the national benchmark.

Last year, CHS's St. Joseph Hospital and St. Catherine of Siena Medical Center were both recipients of the HANYS Pinnacle Award.

### Inside This Issue:

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- Lung Cancer Screening Program
- Good Sam Stroke and Brain Aneurysm Center
- 2018 Derby Gala



## A Message From the Executive Vice President & CAO

As we usher in the summer season, I am excited to share with you some of the latest news at St. Joseph Hospital. This newsletter will provide you with some key hospital updates including

information about the services we provide, our quality achievements, community events and more.

As you will learn, a lot of exciting things are happening at St. Joseph Hospital. While we still have a lot of work to do, our extraordinary progress remains a shining accomplishment that is credited to each member of our organization. As CAO of St. Joseph Hospital, I take responsibility for ensuring that our hospital continues

to grow and we provide exceptional, quality care. Our patients deserve nothing less.

I would like to take this opportunity to express how much I, and the whole St. Joseph Hospital team, appreciate the trust that you have placed in us. It truly is our privilege to care for you or your loved ones and I hope that this shows in all that we do for you.

Wishing you the best of health,

Peter Scaminaci  
Executive Vice President &  
Chief Administrative Officer

### Mission Statement

We, at Catholic Health Services, humbly join together to bring Christ's healing mission and the mission of mercy of the Catholic Church expressed in Catholic health care to our communities.

### Support Groups

**All support groups meet in the hospital.**

Call **(516) 520-2500**  
for information.

#### **Diabetes Support Group**

Meets third Wednesday of the month  
from 1:00 pm – 2:00 pm

#### **Bereavement Support Group**

Six-Week Sessions

[stjosephhospital.chsli.org](http://stjosephhospital.chsli.org)



Rev. Emmanuel Otiaba, a chaplain at St. Joseph, recently traveled to the Vatican, where he personally met Pope Francis and received the Apostolic Blessing on CHS's behalf. During an audience with approximately 550 Missionaries of Mercy, of whom Fr. Otiaba is one, His Holiness invited the priests to encourage penitents to return to the sacraments of the Church and to give them hope.

This encounter was to be supportive of the responsibility that he had given to the Missionaries of Mercy so that the expression of the "ministry of mercy" that we are called to live, might be improved.

He admonished us to encourage penitents and give them hope, letting them know they don't need to be embarrassed if they need to return to seek reconciliation and mercy through the sacraments as provided in the church.

God bless you.

### Fr. Otiaba Pope Visit

The Missionaries of Mercy met in Rome from April 7-11, 2018 for a few days of prayer and reflection, at the invitation of the Pope and organized by the Pontifical Council for the New Evangelization.

During an audience with some 550 Missionaries of Mercy in the Vatican, Pope Francis reaffirmed our mission of providing a much needed service to the Church with the admonition that the Christian path is an arduous one.

His intention for reconvening

Fr. Emmanuel Otiaba  
Chaplain, St. Joseph Hospital



## Sleep Disorder Services

Throughout his entire adult life, Peter Foley complained about nonrestorative sleep. The Huntington Station resident would retire every night exhausted and sleep through the night, yet awaken feeling fatigued. Finally, his wife suggested he schedule a sleep study at St. Joseph Hospital.

Restful sleep is critical to all major functions of the body. Insomnia, snoring, narcolepsy, sleep apnea and other conditions can make it difficult to maintain a healthy lifestyle. Sleep disorders affect people of all ages and, if untreated, can lead to more serious health issues, including heart failure, high blood pressure, chronic inflammation, obesity and adult Type 2 diabetes. At St. Joseph's Center for Sleep Medicine, patients undergo diagnostic sleep studies, and appropriate treatments are provided to restore their health and quality of life.

The center has six overnight sleep study suites, allowing sleep tests to be scheduled without delay in a comfortable, contemporary setting. The hotel-like suites are equipped with queen-size beds, private baths, flat screen TVs and sophisticated state-of-the-art monitoring equipment. Board certified pulmonary physicians and other highly trained specialists in the field of sleep medicine use the latest technology, with certified technologists monitoring the patient's sleep cycle overnight. Home sleep testing in the comfort of the patient's own home is also available.

"I now use my CPAP machine every night and wake up feeling rested and have much more energy than before," said Mr. Foley. "St. Joseph's Sleep Center was terrific. The techs explained everything, the beds are comfortable, and I felt safe because I was in a hospital—although it had the feel of a very nice hotel. This treatment has truly changed my life."

For more information, please call **(516) 520-2500**.



Patients at St. Joseph's Center for Sleep Medicine receive advanced diagnosis and treatment for a wide range of sleep disorders.



## Patient Praises St. Joseph Cancer Center

Following the opening of the CHS Cancer Center at St. Joseph in 2017, Michael, a Massapequa resident, was referred to the six-bed infusion unit by his primary care doctor. He had undergone hematology infusion at other facilities and was always nervous. However, from the moment he called St. Joseph to schedule an appointment, he was put at ease and was seen the same day.

"Your exceptional staff made me feel so comfortable throughout the whole procedure," Michael said.



"I can and will highly recommend your facility to everyone I know."

St. Joseph's Center offers intravenous therapy in a comfortable and controlled environment, providing specialized,

high-quality, individualized care. Staffed by certified infusion and chemotherapy nurses, along with nurse practitioners board certified in oncology, the facility is under the supervision of CHS's Chair of Oncology Bhoomi Mehrotra, MD, and St. Joseph's Chief of Hematology/Oncology Natalya Krichmar, MD. Treatment is available six days a week, with convenient morning to early evening hours. Physician referral is required.

To learn more, please call **(516) 520-2500**.

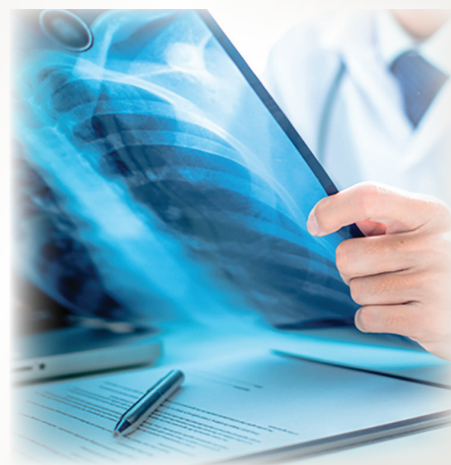
## Spotlight on Lung Cancer Screening Program

Lung cancer is the leading cause of cancer death in the U.S., with most cases not diagnosed until later stages. In conjunction with the American College of Radiology, Catholic Health Services Lung Cancer Screening Program offers low-dose computed tomography (LDCT) testing to those at high risk. LDCT, compared to standard chest X-ray, has been proven effective in detecting lung cancer at its earliest, most treatable stages.

According to the Medicare-approved criteria, eligible participants must be 55–77, have a smoking history of at least 1 pack per day for 30 years (or 2 packs daily for 15 years), be currently smoking or have quit smoking within the last 15 years and without current signs or symptoms of lung cancer. The painless, non-invasive LDCT scan takes just 10–15 minutes to complete and does not require fasting, injections or medications. Most insurances and Medicare cover annual screening for eligible patients.

CHS's multidisciplinary team offers education and support services, as well as coordinating follow-up care. The program's nurse navigators answer questions and determine whether screening is appropriate on a case-by-case basis. LDCT screening is provided at convenient locations across Long Island: St. Catherine, St. Charles, Good Samaritan, **St. Joseph**, Mercy, St. Francis Diagnostic (East Hills) and St. Catherine & St. Charles Center for Health & Wellness (Commack).

To learn more, please call **(631) 775-5864** or email **LUNG@chsli.org**.



## St. Joseph Hospital is Connected with Good Samaritan's Stroke & Brain Aneurysm Center

### On the Cutting Edge of Health Care

Recent studies have demonstrated the impact of minimally invasive stroke surgery on relieving stroke symptoms and improving the chance of survival after a stroke occurs. Research has additionally shown that patients who receive stroke surgery increase their life expectancy by five years more than patients who do not receive this specialized treatment. Good Samaritan's Stroke & Brain Aneurysm Center treats the most complex stroke cases by combining the most advanced imaging capabilities in the area, including a 512 speed low-dose CT scanner, a biplane angiography system.

Under the direction of Kimon Bekelis, MD, Director of the Stroke & Brain Aneurysm Center at Good Samaritan, Chairman of Neuro-interventional Services at Catholic

Health Services and Director Population Health Research Institute of New York at Catholic Health Services, following procedures, patients will be transported to a dedicated five-bed Neuro-intensive Care Unit. The unit provides close monitoring by a multidisciplinary team of subspecialty-trained board certified physicians, nurses and other professionals. The unit will also contain four stepdown beds, allowing for the same advanced team to care for you throughout your stay.

### Stroke by the Numbers

**Every 40 seconds** someone has a stroke in the U.S.

**130,000** The number of Americans killed by strokes annually

**1.9 Million** The number of neurons a stroke patient loses each minute if treatment is delayed

**#5** Fifth leading cause of death in the U.S. and the leading cause of long-term disability

**\$34 Billion** Direct and indirect costs of strokes in the U.S.

**+5 years** Patients who receive stroke surgery increase their life expectancy over those who do not receive neuro-intervention treatment

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# Nurse of Excellence Award 2018 Nassau-Suffolk Hospital Council

"Outstanding contributions to the nursing profession and to the field of health care must be demonstrated." By working extensively in advancing the care delivered to our patients and investing heavily in our emergency room nurses and their working environment, Michele Abbatiello, RN, BSN Director of Emergency Department is St. Joseph's Nassau-Suffolk County Nurse of Excellence.

To survive as a nurse in the emergency room, you have to be a certain type of clinician. With nearly twenty-five years of service to the emergency department, Michele not only fits the mold, but rather her dedication, calm demeanor and ability to excel in a fast-paced critical environment is paramount to the success of being an excellent leader. She has facilitated sustainable change

towards improvements regarding patient experience, patient mortality, employee engagement and employee retention. She has created a supply budget that saved over one million dollars, allowing for capital money to be freed up for the purchase of upgraded, state-of-the-art equipment. Michele is working with members of an architectural firm to develop a blueprint for the Emergency Department that is conducive to safe, efficient and patient-focused nursing care. A driving force behind the opening of the Clinical Decision Unit (CDU), a short stay Observation Unit within the Emergency Department, there has been a 34% reduction in door-to-floor time for patients and a cost savings for the hospital.

Improving community awareness of the wonderful care we provide at St. Joseph Hospital is an important focus for Michele. She



**Pictured left to right: Barbara Gibbons, Vice President Patient Care; Michele Abbatiello, RN, BSN Director of Emergency Department; Peter Scaminaci, Executive Vice President/Chief Administrative Officer.**

has been involved and volunteered for many community events such as "Massapequa Career Day", "SIM Lab Career Day", "Girl Scout Babysitting/First Aid Class", "EMS Great Saves Dinner", "Volunteers in ED" and the "Teddy Bear Clinic", just to name a few.

By demonstrating collaboration, compassion, inclusion and diversity, as well as high standards of excellence, we are proud to call Michele Abbatiello, our Nurse of Excellence.

## Newly Renovated Entrance at St. Joseph Welcomes Outpatient Services Patients



An unpredictable and lengthy winter may have slowed down the construction schedule, but it did not stop the progress on the new Outpatient Services entrance. The old entrance was plagued by wind, and temperature extremes, depending upon the weather.

Located on the northeastern side of the building, the new awning clearly designates the entrance and is easily accessible to hyperbarics/wound care, the CHS Cancer Center and central registration. The new design offers:

- Handicap accessibility
- A climate-controlled enclosed entrance
- A convenient patient pick-up area
- State-of-the-art design
- Aesthetically pleasing décor



## St. Joseph Hospital's 2018 Derby Gala

St. Joseph Hospital's 2018 Derby Gala was truly a night to remember! Over 350 guests, many of whom joined us in their dapper Derby attire and donning fancy Derby hats, enjoyed a fun-filled evening in the impressive grand ballroom at the Crest Hollow Country Club.

The gorgeous centerpieces donated by New Island Diagnostic Imaging added a beautiful "run for the roses" touch to the event.

In addition to our renowned casino games provided by Classic Casino Productions, this year guests also had the opportunity to enjoy an evening at the races. Live horse races were displayed on plasma screens and guests had the opportunity to cheer for the winners! The legendary East Coast Band kept the dance floor filled all night.

This year's honorees, Dr. Mathew Chengot, Dr. John Mathew and Dr. Patrick O'Shaughnessy helped make this a remarkable evening. All proceeds from this event will be used for emergency department improvements!



Pictured left to right: Alan D. Guerci, MD, President & CEO, Catholic Health Services; Honorees: Mathew T. Chengot, MD, Patrick M. O'Shaughnessy, DO and John A. Mathew, DO; Adam M. Carpentieri, DO, Medical Staff President; Peter Scaminaci, EVP & CAO, St. Joseph Hospital.

## Doctor's Day Celebration 2018

Doctor's Day is a national celebration held on March 30<sup>th</sup> each year to recognize the immense contributions physicians make to the communities they serve.

St. Joseph Hospital recognized these important members of our team with a special breakfast and gift as a token of our appreciation.





### St. Joseph Employee Lives CHS's I-Care Values For A Healthier Community



Central Sterile Technician Dalida Calderon (left) was recently recognized for her extraordinary commitment to the community through Healthy Sundays and other programs by St. Joseph's Vice President Patient Care Services Barbara Gibbons (right).

St. Joseph Central Sterile Technician Dalida Calderon has always felt a strong commitment to helping others. Originally from a underprivileged town in Ecuador, Ms. Calderon was determined to get an education; she succeeded, earning a master's degree before coming to the U.S. Motivated by gratitude for the many blessings she has received, she has been involved in various charitable enterprises and currently volunteers, supporting CHS's efforts to improve Long Islanders' health.

Exemplifying CHS's I-CARE values—integrity, compassion, accountability, respect and excellence—Ms. Calderon is an outstanding volunteer for Healthy Sundays and other community outreach events. With her warm personality, she engages members of the public, especially the medically underserved, putting them at ease. A staunch Healthy Sundays volunteer, Ms. Calderon embodies the spirit of the program, now in its 13th year. Whether assisting guests who don't speak English, performing body-mass index (BMI) screenings or helping with registration, she offers invaluable on-site support to Healthy Sundays Coordinator Sandie Huertas and other community health staff. Over the last 12 months, Ms. Calderon has volunteered at 7 Healthy Sundays events, in addition to donating her time and energy to St. Joseph's various initiatives.

Community Health Improvement Week, observed June 3-9 this year, provides a special opportunity for CHS to celebrate the work of Ms. Calderon and all of the dedicated professionals and volunteers across the system. Please consider giving a few hours of your time to help those in need. For information, please call CHS's Manager of Community Outreach Tish Gilroy at **(516) 705-2595**.

### A Big "Thank You" to our Volunteers

April is National Volunteer Recognition Month and St. Joseph Hospital hosted a luncheon on April 18th to celebrate our dedicated volunteers. A delicious meal was served by our own Nutritional Services department and members of the executive team joined in the festivities to show their appreciation.

St. Joseph Hospital is proud of the volunteers who have been with the hospital ranging from new members to those with 30+ years of outstanding service. As a thank you gift for all they do, volunteers received beautiful grey fleece jackets, which they wear proudly.

For more information on volunteering at St. Joseph Hospital, please email Elizabeth Schwind: [elizabeth.schwind@chsli.org](mailto:elizabeth.schwind@chsli.org)





**St. Joseph Hospital**

**Catholic Health Services**

At the heart of health

4295 Hempstead Turnpike

Bethpage, NY 11714

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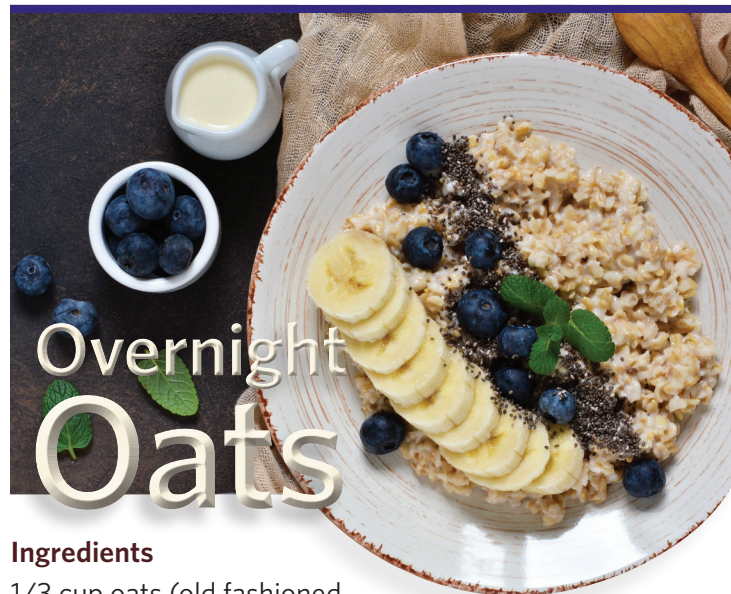
## Healthy News

### WHAT'S INSIDE:

- Visit to the Vatican
- Lung Cancer Screening Program
- Good Sam Stroke and Brain Aneurysm Center
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Join us on Facebook, Twitter, and Google+

Visit [www.stjosephhospital.chsli.org](http://www.stjosephhospital.chsli.org) and click through.



## Overnight Oats

### Ingredients

1/3 cup oats (old fashioned or quick)

2/3 cup unsweetened almond milk (or soy or 1%)

1/3 cup blueberries

1/3 banana, diced

1 tsp chia seeds

1 tsp cinnamon

1 tsp vanilla extract

1 packet or 1 tsp sweetener of choice (e.g. Truvia)

### Directions

1. Mix the ingredients in a covered container and let them sit in the fridge overnight.
2. In the morning, stir, add 2 Tbsp chopped pecans or walnuts, and enjoy!

Makes 1 serving.

### Nutrition Facts/serving

Calories 395

Carbohydrate 38 g

Fiber 71 g

Protein 7 g

### Stroke & Brain Aneurysm Center...

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The Stroke & Brain Aneurysm Center's neurosurgeons, neuro-interventionalists, neuro-intensivists, neurologists, nurse practitioners, physician assistants and nurses with extensive training in neurological critical care, and the use of advanced monitoring technology, will provide comprehensive and continuous bedside care to patients during their recovery. Thorough diagnostic evaluation, careful monitoring, and innovative treatment techniques will help our team ensure the best possible outcome for each individual patient.

## SAVE THE DATE!

### St. Joseph Hospital GOLF CLASSIC

Monday, September 24, 2018



Cold Spring Country Club  
1:00 p.m. Shotgun

*Honoring an  
Esteemed Member  
of our Medical Staff*

**Lee Stein, MD**  
Co-Director, Radiology

**Proud  
Tournament  
Sponsor**

**Progressive**  
EMERGENCY PHYSICIANS