

First Baby of the New Decade Born at Richmond University Medical Center

Anthony Saraceno of Eltingville Born at the Stroke of Midnight



Proud parents Anthony and Michelle Saraceno with new son Anthony, born at the stroke of midnight on New Year's Day at RUMC.

At the stroke of midnight, Anthony Saraceno became the first baby born in the new decade at Richmond University Medical Center. Anthony weighed in at 7 pounds, 9 ounces and is the first child born to proud parents Anthony and Michelle Saraceno of Eltingville. Antony was one of two babies officially born at midnight in New York City.

Anthony's actual due date was not until late January but his parents jokingly said he came early because he did not want to miss his chance at early fame. Dad works for the New York City Department of Sanitation

while mom Michelle works in one of the local branches for Northfield Savings Bank. After spending a day and a half in the Neonatal Intensive Care Unit (NICU), little Anthony was breathing on his own and spent the next full day at his parents' bedside on the third floor of the hospital. The new family went home on January 3.

Over 3,000 babies are welcomed into the world each year on average at Richmond University Medical Center. There are also approximately 600 annual admissions to the hospital's highly acclaimed NICU, which has one of the highest survival rates in the country, 997 out of every 1,000 births. The hospital's board certified, experienced medical team has been able to save babies weighing as little as one and half pounds.

Richmond University Medical Center is also Staten Island's first and only "Baby-Friendly" hospital, a designation awarded by the United Nations' Children's Fund (UNICEF)

and the World Health Organization (WHO) in recognition of the hospital's on-going efforts to implement practices that protect, promote and support breastfeeding. This designation makes Richmond University Medical Center one of only 18 "Baby Friendly" hospitals in New York City and one of only 30 in New York State.

Diehard New York Mets fans, the Saracenos received a great surprise when the team reached out to inform them they will be sending their newest fan a care package as an official welcome into the Mets fan base.

From the President & CEO

Daniel J. Messina, Ph.D., FACHE



First and foremost, happy holidays to you and your families.

This month, my message focuses in part on the final existing priority health need identified through our recently completed community health needs assessment. I previously discussed that we will be applying our extensive resources to continue addressing the borough's excessive nicotine use, while also increasing access to our services that help people manage chronic health conditions such as diabetes and high blood pressure and help with the early detection of cancer. We will also be focusing on preventing mental health issues and substance use disorders.

We are Staten Island's leading provider of behavioral health services for children, adolescents, and adults. We have the resources and experienced medical staff to make lasting impacts on the quality

of life for individuals suffering from addiction. Among the programs and services we have developed, which we will continue to expand over the next three years, are the Medication Assisted Treatment (MAT) program for adolescents and young adults, the Peer Counselor Warm Handoff program for emergency department patients with substance use disorder, the continuation of Naloxone administration training for the appropriate medical staff, and expansion of the Bridges to Wellness

program, which provides individualized treatment for

patients with mental illness. We will also continue collaborating with our community partners to connect people in need to the robust resources at our comprehensive Center for Integrative Behavioral Medicine. We have been, and will continue to be, a source of hope for those coping with mental health disorders and addictions.

The year 2019 ended with two literally lifesaving experiences that truly reflect the caring, compassionate people we work with every day. Both stories were recently featured in the Staten Island Advance.

On Thanksgiving night, our trauma injury prevention coordinator, Dave Briscoe, saved the life of an individual involved in fiery wreck in Brooklyn. Dave saw the accident, stopped, and pulled an unconscious passenger from the car moments before it went up

in flames. For his actions, Dave was honored recently by the NYPD's 72nd precinct. Congratulations, Dave! A well-deserved honor!

Congratulation also to Janyce Paglio, office manager for our vascular surgeon Dr. Xin Li. One of his patients, Giuseppe Mastropaulo, weighed 491 pounds this time last year. Depressed about his obesity and worried about developing diabetes, Giuseppe felt he had nowhere to turn and was afraid of weight loss surgery. Janyce suggested he look into our National Diabetes Prevention Program, or NDPP, to provide some structure to his diet and lifestyle. Today, thanks to Janyce and the NDPP team, Giuseppe is down almost 170 pounds, is motivated to keep losing weight, has not developed diabetes and has a new lease on life. To Janyce and the NDPP team, way to go! All of you are life savers!

You can read more about the Dave Briscoe and Janyce Paglio stories by visiting www.silive.com and typing their names into the search feature.

In closing, thank you for the continued dedication, commitment, and compassion you show every day. With a new emergency department underway, a new parking lot, and the expansion of our exceptional medical staff, I have no doubt that 2020 will be the start of many new milestones for our hospital, our staff, and our community in the new decade ahead. A Happy New Year to all of you! Thank you for all that you do!

**Remember the Power of One —
You Make A Difference!**

Sincerely,

A handwritten signature in black ink that reads "Daniel J. Messina". The signature is fluid and cursive, with a large, stylized 'D' and 'M'.

Patient Satisfaction: *A Note of Thanks*

Dear Dr. Messina,

On Saturday, November 16, I was brought to the emergency room by ambulance after a rather concerning fall. Through it all, please know that each and every one of your staff, including physicians, nurses, accounting staff, transport, and technicians did everything possible to extend to me their care, courtesy, patience, and expertise. I recognize the challenges that the staff and hospital may face in extending critical care to everyone, especially under trying circumstances. I commend and thank each and every staff member for continuing to extend the necessary care that is so important to the mission of quality and compassionate healthcare.

Again, many thanks.

Sincerely,
Helene S.

Thank you to all the Labor and Delivery nurses for all the help on the birth of our daughter. You are all amazing!!

Sincerely,
The DiGiorgio Family



Giving Local Court Employees Peace of Mind



A RUMC lab technician draws blood from a court employee for a Prostate-Specific Antigen (PSA) test. The test is used to screen for the presence of prostate cancer.

Recently, Richmond University Medical Center supported the health of court employees by providing prostate cancer tests and colon cancer screenings at the court house, located at 26 Center Street in St. George. The screenings and tests were arranged in partnership with the New York State Court Officers Association.

Over 70 court employees were tested for prostate cancer or had colon cancer screenings. Individuals found to be at high risk for colon cancer were provided with take home FIT kits. In addition to the screenings, Richmond University Medical Center's board certified chair of urology, Joseph Motta, MD, provided a seminar on common urological conditions, prostate cancer, and treatment for male sexual health issues.

According to the American Cancer Society, from 2011 to 2015, Staten Island has had the highest rate of new cancer cases in New York City. However, the death rate from cancer is similar to the rest of New York City and in fact lower than the national rate, suggesting that in Staten Island cancers are being diagnosed early and effectively treated.

"We commend the New York State Court Officers Association for taking the steps to ensure its members had access to screenings that may save their lives," president of Richmond University Health Network and chief administration officer, Richard Salhany, MBA, FACHE, said. "It is an honor to partner with them and to provide peace of mind to those who had screenings and tests conducted."

Meet our Trustee Gina Gutzeit



Gina Gutzeit is senior managing director with FTI Palladium Partners, New York. She has more than 20 years of experience in operational and financial restructuring, interim management, bankruptcy proceedings, and litigation services. She has served as financial adviser to numerous companies experiencing financial and operational changes and advised on all aspects of financial restructurings, cash flow management and revenue enhancement programs. She has also provided companies with assistance in preparing financial projections,

implementing accounting reform and investor protection compliance procedures, negotiating with lenders and creditors, assessing divestiture and consolidation scenarios. Ms. Gutzeit is a certified public accountant in New York, a certified insolvency and restructuring adviser, and a certified fraud examiner.

**FTI PALLADIUM
PARTNERS**

New Directors Hired for Rehabilitation, Food & Nutrition Services



Kristine Delgado, MA, CCC-SL

Last month, Richmond University Medical Center announced Kristine Delgado, MA, CCC-SL, as its new administrative director of rehabilitation. Also announced was the hiring of Michael DeFilippo as the hospital's new director of food and nutrition services.

Delgado joined Richmond University Medical Center in 2013 as a speech pathologist where she later served as

a lead therapist responsible for the implementation of the pediatric rehabilitation program, the head and neck oncology program and several other patient-focused initiatives.

Kristine has 13 years of experience in the field of rehabilitation, specializing in swallowing disorders and medically complex ventilator-dependent patients. In her professional career, Kristine has worked as a speech pathologist in the brain trauma unit at JFK Medical Center in Edison, New Jersey, and as the senior speech pathologist at Eger Healthcare and Rehabilitation Center in Staten Island. Kristine graduated with an MA in speech pathology from St. John's University in Jamaica, Queens and a BA degree in speech pathology from St. John's University in Staten Island.

DeFilippo graduated from the Culinary Institute of America in 1983. After graduation, he entered the workforce as an executive chef in the hospitality industry. In the 1990s, the healthcare industry began focusing on food service as part of patient care and as an opportunity to improve patient satisfaction. It was during this time that Michael made the move

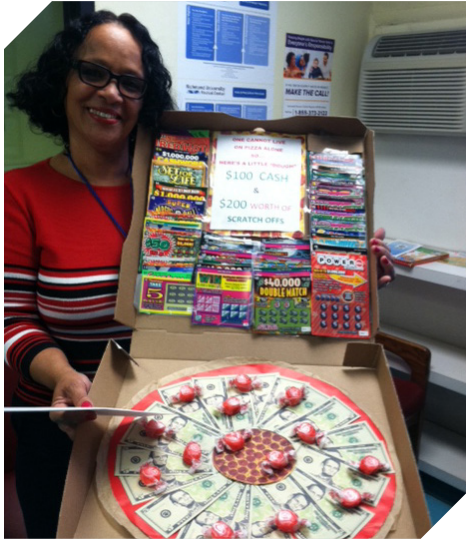
from hospitality to healthcare food services.

DeFilippo's previous experience includes being part of food service teams at Memorial Sloan-Kettering and New York Presbyterian. He also worked in the kitchen at Richmond University Medical Center until late 2016.



Michael DeFilippo

RUMC Auxiliary News



The Auxiliary is happy to announce that the winner of the pizza box scratch-off lottery raffle was Yolanda from Staten Island Mental Health Society. In addition to the \$100 cash prize, she also won an additional \$199 in scratch-off cash. Thanks to everyone who supported this raffle.

The Auxiliary would also like to announce that its third annual designer purse bingo will be held on Sunday, May 31, at the Staaten. Mark your calendars and watch for more information.

Rep. Rose Secures \$2.2M for Staten Island Mental Health Society Head Start Programs



Rep. Max Rose secured \$2.2 million in federal funding for Staten Island Mental Health Society, a division of Richmond University Medical Center, to support its Head Start programs.

"Once again, I am pleased to see the administration making this investment in Staten Island's future," Rose said. "Earlier federal funding of \$1.8 million allowed Staten Island Head Start to expand its programs, I can't wait to see what they will be able to achieve this time around, with even more resources for our children's education."

The additional funding, provided by the U.S. Department of Health and Human Services (HHS), comes after Rose announced over the summer a \$1.8 million grant from HHS allowing the Staten Island Mental Health Society to expand its programs to begin working with toddlers.

The \$2.2 million award will support the Mental Health Society's Head Start and Early Head Start programs. The Staten Island Mental Health Society runs four Head Start and Early Learning Centers, which serve more than 300 children between the ages of 3 and 5 each year. Pre-K is offered at each Head Start center. This year, Staten Island Mental Health Society merged with Richmond University Medical Center, making the hospital Staten Island's leading provider of behavioral health programs for children, adolescents, and adults.

"Staten Island Head Start is thrilled to continue its early childhood services to the community, which began in The Berry Homes in 1965," said Roseann Catania, Head Start program director. "With this new grant we are able to expand our services to assist toddlers and their families. We now have a total of five Early Head Start classrooms serving 2-year-old children and 13 preschool classrooms serving 3 and 4-year-olds. We thank Congressman Rose for his continued support of Head Start and early childhood education for all young children."

Save the Date

5K

Saturday, April 4, 2020
Clove Lakes Park

Richmond University
 **Medical Center**

RUMC RUN WALK

To benefit the Neonatal
Intensive Care Unit (NICU)
Big Journeys Begin
with Small Steps

For more info, contact
Gina Ferreri: 718-818-2106
GFerreri@RUMCSI.org



December New Hires — Welcome to RUMC!

Kristina Barone, *Clinical Resource Manager*

Jaime Buttacavoli, *RN*

Khadiya Collymore, *Unit Clerk*

Maria Cortes, *Building Service Worker*

Toni Curtis, *Support Staff*

Ashley D'Amato, *Clerk/Receptionist*

Lizzette Daley, *RN*

Hope Iliceto, *VNA President*

Alissa Kochav Braunstein, *DRT*

Jillian LaFata, *RN*

Lia Levine, *OT*

Christopher Link, *Pharmacist*

Hailey Lopez, *Clerk/Receptionist*

Klara Manelli, *Medical Assistant*

Samantha Maniglia, *Sr. Clerical Receptionist*

Lidia Mina, *Medical Assistant*

Gbenga Odunaike, *MHT*

Oladoyin Olaitan, *Unit Clerk*

Debora Perez, *Registrar*

Nicole Prota, *RN*

Frank Rubino, *Manager*

Farah Sherine, *Anesthesia Tech*

Robert Sullivan, *EMT*

Tanya Vignapiano, *Medical Assistant*

Kayla Williams, *Unit Clerk*

David Wotoe, *Anesthesia Tech*

TJC Readiness

We need to be sure that we are still adhering to the hospital dress code.

This includes appropriate hospital ID, clothing, shoes, and nails.



Orthopedic Specialists Share Tips for Preventing Common Cold-Weather Injuries



Mark Brandon, MD

Winter offers an opportunity to participate in a range of fun sports and seasonal activities, but it's also a time of year when people can be particularly prone to injury, for a number of reasons.

"In addition to the hazardous conditions created by ice and snow, changes in temperature can cause cracks to form in the sidewalk and street, which can be dangerous for people to navigate," said Mark Brandon, MD, board certified orthopedic surgeon and sports medicine specialist. "At the same time, cold temperatures can cause our neck and lower back muscles to tighten up which can also affect our proprioception, or sense of body position in space."

Some of the most common wintertime injuries Dr. Brandon treats stem from slips and falls on ice. "These can lead to wrist fractures and sprains, shoulder and collarbone fractures, patella (knee) fractures, and hip and pelvic fractures," he said. "Some of the more serious injuries that can occur include head and neck injuries, cervical spine fractures, especially

if you have an arthritic neck, and cranial hemorrhages and bleeds on the brain, especially for those on blood thinners like aspirin or Plavix."

The process of shoveling snow also can lead to injury. According to orthopedic surgeon Mikhail Khaimov, DO, common snow-shoveling injuries include low back pain and spasm and shoulder/rotator cuff injuries and tears from engaging muscles that have not been used or properly warmed up. "Symptoms can include pain, swelling, bruising, and point tenderness," Dr. Khaimov said.

Following any of these injuries, "It's important to get an X-ray as soon as possible at a primary care facility, emergency room or orthopedist's office," Dr. Khaimov said. "A displaced fracture needs to be addressed

sooner rather than later before it swells and potentially causes the need for a larger surgery or the risk of post-surgical complications." While he acknowledged that some wintertime injuries may heal on their own and do not require surgical intervention, the symptoms can be deceiving. "Just because you can walk or move an extremity doesn't mean it's not fractured or broken," he said.

Winter sports also can lead to a range of common seasonal injuries. For example, "Skiers can sustain ACL tears in the knee and resultant swelling and pain while standing, and snowboarders can suffer from clavicle fractures and sprains of the AC joint at the end of the collarbone from falling onto the side of their shoulder," Dr. Brandon said. "Both skiers and snowboarders can be at risk of fractures of the wrist and lower leg bones from rigid boots that don't disengage quickly."

"Among hockey players, we commonly treat cervical spine fractures and head injuries and concussions, while ice skaters are at risk of wrist and shoulder fractures as well as PCL (knee) sprains," Dr. Brandon said. Clavicle and AC joint fractures can also occur from playing hockey or football and may be addressed with a sling treatment to support the weight of the arm for several weeks, followed by physical therapy and progressive range-of-motion exercises.

Overall, "It's wonderful that we live in an area of the country that experiences four beautiful seasons," Dr. Brandon said. "Get out and enjoy yourself this winter. Just do it safely and be aware of possible hazards to avoid common injuries."

Dr. Brandon and Dr. Khaimov's office is located at 11 Ralph Place, Suite 102, Staten Island, NY 10304. To make an appointment, call (718) 447-6545.

This article can be found on SLive.com and was written by Susan Bloom.



Mikhail Khaimov, DO

Over 200 Employees Honored for Years of Service, Assistant Director of Nursing Marks 50th Anniversary



Assistant Director of Nursing Dale Weber (center), surrounded by senior administration and Board of Trustees Chair Kathryn K. Rooney, was honored for 50 years of service at Richmond University Medical Center.

Assistant Director of Nursing Dale Weber walked through the doors of Richmond University Medical Center as an employee 50 years ago. It would be hard to place a number on how many patients and colleagues she has touched over those years. On December 5, Weber was honored by the hospital for her years of service at its annual holiday party and employee service awards ceremony. She joined over 200 of her fellow employees also honored for their years of service.

In addition to Weber, 17 employees celebrated 40 years of service or more, including Venise Johnstone,

Debra Letendre, and William Langley who marked 45 years of service. All of the employees were thanked for their commitment and dedication by president and chief executive officer, Daniel J. Messina, PhD, FACHE; executive vice president Pietro Carpenito, MD; chief operating officer and chief nurse officer, Rosemary Stazzone, RN, MS, CNE; and president of Richmond University Health Network and chief administration officer, Richard Salhany, MBA, FACHE. Also on hand to show her appreciation on behalf of the hospital's board of trustees was chair Kathryn K. Rooney.

In 2019, the following service milestones were reached:

50 years: 1 employee	25 years: 17 employees
45 years: 3 employees	20 years: 36 employees
40 years: 14 employees	15 years: 25 employees
35 years: 12 employees	10 years: 77 employees
30 years: 39 employees	

Local Students Help Usher In the Holiday Season

Students from PS 29 in Castleton Corners joined hospital staff on December 10 to light the hospital's Christmas tree. The annual lighting has become a hospital tradition, with staff and patients on hand to listen to holiday songs — this year sung by the students — and to be on hand for the moment the tree is lit. As in past years, ornaments on the tree depicted the names of loved ones, physicians, nurses or caregivers. Patients, staff, and the public were invited to purchase ornaments and have names added as a unique way to remember loved ones or thank a member of the medical staff. Proceeds from the sale of the holiday ornaments will go to supporting services provided by the department of pediatrics. In addition to the tree, the hospital lobby was decorated for the holiday season with symbols of Christmas, Hanukkah, and Kwanzaa.



Volunteer of the Month



Congratulations to Employee of the Month, Mary-Jo Clark. Mary-Jo volunteers in the emergency department. She was congratulated recently by hospital president and CEO, Daniel J. Messina, PhD, FACE.

Richmond University
Medical Center