St. Catherine of Siena was recognized at the 2014 International Stroke Conference (ISC), sponsored by the American Heart Association/American Stroke Association, for exceptional stroke care. The 2014 ISC was held at the San Diego Convention Center, February 12-14 and is the world’s largest meeting dedicated to the science and treatment of cerebrovascular disease. St. Catherine’s stroke team presented an abstract of their “Minimizing Door to Needles Times for Administration of IV rtPA in Acute Ischemic Stroke” report. The abstract shared the hospital’s “best practices” in reducing door to needle time for administration of the “clot busting” drug during the very early phase of an ischemic stroke.

“This is a prestigious accomplishment for the stroke program, as only a select group of abstracts are accepted into this conference by the American Heart Association/American Stroke Association,” said St. Catherine’s Stroke Coordinator Catherine Videtto, RN, MSN, CCRN, ANP, CPHQ.

St. Catherine of Siena is a New York State designated Stroke Center and has received Honor Roll recognition for thrombolytic management of acute ischemic stroke (2011 and 2013) and Get With The Guidelines® Gold Plus award for excellence in quality for stroke and TIA management (2010, 2011, 2012 and 2013) from the American Heart Association/American Stroke Association.
A message from the Executive Vice President and Chief Administrative Officer

Paul J. Rowland

Dear Community Member,

In the fall of 2013, I was fortunate to step into the role of Executive Vice President and Chief Administrative Officer here at St. Catherine of Siena. It is with great pleasure that I take this moment to share with you the many happenings that have occurred and are underway at the medical center. My predecessor, Dennis Verzi, now Chief Operating Officer for CHS, along with the corporate team and board are all working together to continue growing and strengthening the services offered here at St. Catherine of Siena.

Like CHS, St. Catherine has a new look and logo which you will see in this newsletter and in future communications from our system. We are proud to be “At the Heart of Health”—in the community and throughout Long Island. As a member of CHS, our patients now have more access to collaborative programs and services.

I would also like to take this opportunity to introduce our new Chief Medical Officer, Jason Golbin, MD. Under the leadership and guidance of Dr. Golbin, St. Catherine will continue to build partnerships with physicians in the community.

I am so impressed with the level of care every health care professional provides at this facility. Our culture of patient safety and the high-quality patient care has helped the medical center build exceptional services—from our internationally recognized, award winning stroke program to the newly accessible “MyChart”, which now offers patients secure instant access to their medical information in the comforts of their own homes.

We are continually challenging ourselves to improve our quality measures and the patient experience—thereby—I am proud to report our “Door-to-Doc” initiative, an innovative methodology that has reduced the time patients wait in the emergency department to be seen by a physician. Immediate bedding is provided so that ambulance crews can return quickly to the community and patients are seen within 20 minutes or sooner—receiving care much quicker. This has translated into improved patient safety, throughput and satisfaction.

I am also happy to share that the New York State Department of Health reported a 56% decrease in our surgical infection rates for colons, hips and hysterectomies for the year of 2013—and continued decreased rates for critical care central line blood stream infections. It is important we share this information with you, so you understand that your community hospital is utilizing best-practices for better patient outcomes.

Our team of experienced physicians continues to grow and we have highlighted a few of the many specialties we offer right here at your community hospital. You can also go to our new website to find a full listing of available specialty physicians ready to assist you with your health care needs. Health care is ever changing, but as a longstanding hospital in this community, we want you to know we are here for you—and encourage you to work closely with your primary care physician (PCP) to maintain your very best health. If you need a PCP—we can connect you with Siena Proactive Internal Medicine or any of our expert physicians on our growing medical staff. Call (631) 870-3444 for more referral information.

Don’t forget to save the date for our annual health fair on Saturday, September 27th, and to keep up to date with the latest news and educational offerings—you can now connect with us on social media, including Facebook and Twitter.

At St. Catherine of Siena, it is our mission to provide the best of the art and science of health and medicine across the continuum of life, and we are happy to serve You and our surrounding communities.

Have a great spring and stay healthy!

Sincerely,

Paul J. Rowland
Physician Staff News

Jason Golbin, DO, Appointed the New Vice President of Medical Affairs/Chief Medical Officer

Jason Golbin, DO, has been appointed Vice President of Medical Affairs and Chief Medical Officer at St. Catherine of Siena. Prior to joining St. Catherine, he served as associate director of critical care medicine at Good Samaritan Hospital Medical Center in West Islip. Dr. Golbin succeeds Patrick M. O'Shaughnessy, DO, who has been named Chief Medical Officer of Catholic Health Services. Dr. Golbin completed medical school at the New York College of Osteopathic Medicine and excelled in his residency at Lenox Hill Hospital. He then completed specialized training in pulmonology, critical care and sleep medicine at the Mayo Clinic in Minnesota. He believes in fostering strong patient/physician relationships and firmly agrees with Dr. William J. Mayo, who noted in 1910, “the best interest of the patient is the only interest to be considered.”

Richard Ancona, MD, FAAP, Appointed Chief of Pediatrics

Richard Ancona, MD, FAAP, has been Appointed Chief of Pediatrics at St. Catherine of Siena. Dr. Ancona received his medical degree from the University of Bonn Faculty of Medicine, is board certified in pediatrics and completed a fellowship in pediatric hematology and oncology at SUNY Health Science Center at Brooklyn. He has been in practice for 34 years, providing exceptional pediatric care for children in the community, with a clinical specialty in disorders of the blood, spleen and lymphatic system, as well as cancer and other tumors. Dr. Ancona is the president of the American Academy of Pediatrics, New York Chapter 2, and a member of the Suffolk Pediatric Society.

Diana Y. Yoon-Schwartz, MD, Appointed Administrative Director of Reconstructive Microsurgery

Diana Y. Yoon-Schwartz, MD, PhD, is a plastic and reconstructive surgeon who specializes in microsurgery. After graduating from Brown University, Dr. Yoon-Schwartz attended New York University, School of Medicine. She is dual board certified in general and plastic surgery. She is one of a handful of women with skills in complex microsurgery and this gives her the unique ability to utilize ideal solutions for complex reconstructive problems. She enjoys integrating all aspects of the patient’s medical condition, physique, and social issues to determine the most appropriate cosmetic and reconstructive technique. She believes that her patients should feel confident about themselves both inside and out.

To connect with a physician affiliated with St. Catherine of Siena, please call (631) 870-3444 or visit: stcatharines.chsli.org.
Excellence in Neurology

North Shore Nuerological Associates has joined St. Catherine of Siena Medical Staff

Neurologists Bruce Mayerson, MD, Shenley Que, MD, and Richard Pearl, MD, have joined the medical staff at St. Catherine of Siena. The practice is staffed with experts in neurology, including the originator, Richard Pearl, MD, who opened the doors in the community more than 40 years ago. Dr. Pearl has more than 45 years of experience in diagnosing and treating neurological disorders.

Since its opening, Bruce Mayerson, MD, and Shenley Que, MD have joined the well established practice. Dr. Mayerson is the Chief of Neurology/Stroke Program Director at St. Catherine of Siena, and has pioneered the success of the stroke program and its internationally recognized outcomes. Dr. Que has been with the practice for more than 11 years and also specializes in physical medicine.

Drs. Mayerson, Que and Pearl, diagnose, treat, and manage disorders, diseases and injuries of the nervous system. This includes areas such as the brain, spinal cord, nerves and muscles, and diseases such as stroke, epilepsy, Multiple Sclerosis, Parkinson’s disease, clinical neuropsychology and neuromuscular disease.

St. Catherine of Siena has been actively partnering with physician practices in the community to better provide services to patients. This new partnership is most favorable to the patient because it fosters increased quality of care and access to a comprehensive health system.

To connect with Drs. Mayerson, Que or Pearl, call (631) 870-3444. The Office is located at 45 Terry Road in Smithtown. Appointments are available and most insurance plans are accepted.

Maternity Staff to Share Our Best Breastfeeding Practices Nationwide

A proposal to improve patient outcomes for both mothers and newborns, submitted by an innovative team of maternity nurses at St. Catherine of Siena Medical Center was selected by the Association of Women’s Health, Obstetric and Neonatal Nurses to be presented at their annual convention this June. “Cultivating Better Outcomes for Mothers and Newborns Through Integrated Best Practice Models” was selected as a final poster presentation among several containing submissions from across the nation. “The importance of being selected for this national conference is that it offers the medical center the opportunity to share optimal health care information that affects women and newborns,” said St. Catherine’s Maternity Nurse Manager Neila Hernandez, RN-C, MSN. “We are also able to network and gain new insight into the latest evidence-based research for improved care for our mothers and newborns.”

For more information about St. Catherine’s Maternity Department, please call (631) 870-3444 or visit stcathertes.chsli.org.
Meet Our Physicians

As a health care resource in the community, St. Catherine of Siena is dedicated to providing the latest treatments and services, close to home. The medical center has been partnering with more physicians to better improve the patient care experience in many disciplines. Here are just some of our growing experts on our medical staff team.

Sultan Mohiuddin, MD
The Vein Center
300 East Main Street
Suite 2
Smithtown, NY 11787
Dr. Mohiuddin is board certified in general surgery and general thoracic cardiac surgery. He also specializes in the laser treatment of venous disease.

Brendan O’Donnell, DO
Obstetrics and Gynecology
1719D North Ocean Avenue
Medford, NY 11763
Dr. O’Donnell is an attending physician of obstetrics and gynecology.

Jill Genua, MD
Colon/Rectal Program
48 Route 25A
Suite 301
Smithtown, NY 11787
Dr. Genua is board certified in general surgery and colon and rectal surgery. She is also the Assistant Medical Director of the Colon and Rectal Program.

Daniel Schwartz, MD
Thoracic Oncologic Surgery
48 Route 25A, Suite 301
Smithtown, NY 11787
Dr. Schwartz is board certified in General Surgery and General Cardiac Thoracic Surgery.

June Lee, MD
Breast Health Center
48 Route 25A, Suite 305
Smithtown, NY 11787
Dr. Lee is board certified in surgery and is the Medical Director of the Breast Health Program. She has a special interest in oncoplastic breast surgery.

Michael Weber, MD
Heart Rhythm Consultants
48 Route 25A, Suite 103
Smithtown, NY 11787
Dr. Weber is board certified in General Internal Medicine, with subspecialties in Cardiovascular Disease and Clinical Cardiac Electrophysiology.

Rashid Khan, MD
Vascular Surgery
48 Route 25A, Suite 301
Smithtown, NY 11787
Dr. Khan is board certified in surgery and specializes in vascular and endovascular surgery.

Need a Physician Referral? Find a physician affiliated with St. Catherine:

Call: (631) 870-3444
Visit: stcatherines.chsli.org

A Century Worth Celebrating
at St. Catherine of Siena Nursing and Rehabilitation Care Center

St. Catherine of Siena’s Resident Council Vice President Sophie Hogan, was pleasantly surprised by fellow residents at the Nursing and Rehabilitation Care Center with a celebration in honor of her monumental 100th birthday on Thursday, March 13th. Her actual birthday was Saturday, March 15th and she will celebrate again with her family and loved ones with another party at the nursing home on that day.

At the birthday celebration, sponsored by the Therapeutic Recreation Department at St. Catherine of Siena, Sophie wore a tiara and pin boasting her proud age, and no detail was spared, even incorporating her favorite color on the cake, which is purple. “It was a lovely surprise and I thoroughly enjoyed the whole thing,” said Sophie.

A special tribute was made to Sophie, including a slide show of pictures celebrating her life from childhood, accomplishments and highlighting her contributions to the nursing home as resident council vice president. Sophie is still an active member of the community at St. Catherine of Siena and she participates regularly in resident fundraisers, making bracelets to sell for different charities. “We love having Sophie as a resident here—she adds to the sense of family and community,” said St. Catherine’s Director of the Therapeutic Recreation Department Mary Sue Schlu, CTRS. “We are thrilled to celebrate this very important birthday with her and look forward to many more.”

Sophie enjoys reading current novels, knitting and attending numerous programs. She especially enjoyed visiting the Resorts Casino in the summer of 2013 and is looking forward to going back again this year.

For more information about St. Catherine of Siena Nursing and Rehabilitation Care Center, please call (631) 870-3444.

The Siena Voice, Community Newsletter, Spring 2014
Free Community Support Groups

- Breast Cancer Support Group
- General Bereavement Group
- Palliative Care Support Group
- Diabetic Community Education Group
- Bariatric Support Group
- Caregivers of People with Dementia
- Parkinson’s Young Onset
- Parkinson’s (General)
- Life After Stroke Education Group

Support group meeting locations and times are available upon registration.
Please call (631) 870-3444 or visit stcatharines.chsli.or for more information.

Maternity Support Services for You & Your Baby

To schedule a tour of the Maternity Department and to register for You and Your Baby support classes, please call (631) 870-3444.

- New Beginnings Informational Sessions
  Everything you need to know to prepare you for a family-friendly, rooming-in experience at St. Catherine. Includes a tour of St. Catherine’s Maternity Department and pre-admission registration.

- Prenatal Breastfeeding Class
  Everything you need to know to begin breastfeeding. Facilitated by International Board Certified Lactation Consultant (IBCLC).

- Lactation Support Group/Private Lactation Consultations
  Everything you need to know about advanced breastfeeding support. * Facilitated by an IBCLC.

- Infant Care Class
  Everything you need to know about caring for your newborn.

- Family and Friends CPR (Infant Only)
  Everything you need to know about the lifesaving procedure.

- Grandparent Class
  Everything you need to know about being a new grandparent, with updates about caring for the baby.

- Mothers’ Circle of Hope: Postpartum Depression Support Group for Perinatal Mood Disorders
  A 10-week program, along with peer support for women experiencing pregnancy and postpartum depression/anxiety/OCD. The free support group hopes to provide emotional support and education information.

Upcoming Events

Free Smoking Cessation Program
Quit Now. Quit for FREE!
Six-Week Program Begins Monday, June 30th
Time: 6:00 PM
Where: Siena Village, 2000 Bishops Road Smithtown, NY

Board “Walk” Your Way to Wellness at Sunken Meadow State Park
Join us at Sunken Meadow Beach on the following dates:
Tues. July 1st, Tues. August 5th and Thurs. Sept. 4th
Time: 5:00 PM - 7:00 PM
If you are thinking about getting fit, St. Catherine of Siena will be on-site at Sunken Meadow Beach to help encourage you to walk your way to wellness. With advice from our health care professionals, you will have the extra support you need to spring into wellness. Bring the entire family and meet us on the boardwalk!

Annual Health Fair: Under the Big Tent
Saturday, September, 27th
Time: 10:00 AM - 2:00 PM
Where: St. Catherine of Siena Medical Center

Winter Gala
Friday, November 14th
Begin at 6:30 PM
Where: Villa Lombardi’s, Holbrook, NY

Call (631) 870-3444 to register for these events.
News from CHS

St. Francis Open Heart Surgery Program at Good Samaritan Hospital Launched

While Americans gain greater awareness of heart disease during Heart Month in February, Good Samaritan Hospital in West Islip is focused on aggressively treating it through the new St. Francis Open Heart Surgery Program at Good Samaritan Hospital. This unique program brings the world-class cardiovascular surgical care for which St. Francis is known to residents of Suffolk County by relocating an entire clinical team from St. Francis to Good Sam.

As members of Catholic Health Services, both Good Samaritan and St. Francis are known for their commitment to compassionate care and patient safety, along with superior clinical outcomes. Through this collaboration, an experienced team from St. Francis’s open heart surgery program, including cardiothoracic surgeons, anesthesiologists, registered nurses, physician assistants, nurse practitioners and perfusionists, are on site at Good Sam.

St. Francis is known as The Heart Center® for its unrivaled experience in providing more cardiac surgeries than any other hospital in New York. Over the last decade, St. Francis surgeons have performed more than 16,000 open heart procedures. In addition to being New York’s only specialty designated cardiac center, St. Francis was once again top-ranked on Long Island for 2013-2014 and eighth in the nation for cardiology and heart surgery by U.S. News & World Report.

Good Samaritan has earned numerous regional honors, including being ranked among the top Long Island hospitals by U.S. News & World Report for 2013-2014. Good Sam and St. Francis are Magnet® designated hospitals, among just 7% of U.S. hospitals to have earned this recognition for nursing excellence.

The program’s first patient was Holtsville resident Alfonso Sterlacci. When doctors at St. Francis determined that the 68-year-old needed immediate open heart surgery, Mr. Sterlacci and his wife, Lynn, were relieved to learn that he could receive St. Francis care close to their home. On January 21, Christopher La Mendola, MD, chairman of the Department of Cardiothoracic Surgery and director of the St. Francis Open Heart Surgery Program at Good Samaritan Hospital, performed a quadruple bypass on Mr. Sterlacci.

A window washer who scales Manhattan skyscrapers by trade, Mr. Sterlacci was up and walking just one day after open heart surgery and released four days later to continue his recovery at home. “I had complete confidence in Dr. La Mendola and his cardiac team,” said Mr. Sterlacci. “I could not imagine receiving better care.”

“It is an honor to be associated with St. Francis and Good Sam—two hospitals that are renowned for delivering superior cardiac care,” said Dr. La Mendola. “Our entire team is committed to bringing the quality of St. Francis’s surgical program to residents of Long Island’s south shore.”

Photo (L-R): Alfonso Sterlacci, the first patient in the St. Francis Open Heart Surgery Program at Good Samaritan, with his cardiothoracic surgeon Christopher La Mendola, MD, Chairman of the Department of Cardiothoracic Surgery and Director of the St. Francis Hospital Open Heart Surgery program at Good Samaritan.

Students “Explore” Health Care Career Options

St. Catherine of Siena’s Health Care Career Exploration and Internship Program (HCEIP) has officially kicked off and students from Commack High School, Smithtown High School East and West, are now exploring and learning with experienced professionals. The 16-week program, which runs from January to June, offers students the opportunity to take part in 90-minute workshops/presentations from professionals at both the hospital and nursing and rehabilitation care center. During the semester the students commit 30 hours of volunteer work outside of their school hours. The program meets all New York State Education Department guidelines, and after completion, participating students receive half a health credit. The HCEIP initiated through a partnership with the Smithtown Industry Advisory Board to offer high school students the opportunity to earn credits while gaining hands-on experience.

For more information, visit: mychart.chsli.org
Do you need a Primary Care Physician?

Siena Proactive Internal Medicine has you covered and is now accepting new patients at many convenient locations! For more information, please call (631) 870-3444 or visit: stcatherines.chsli.org.

Farzana Aziz, MD  
Internal Medicine  
994 Jericho Turnpike, Suite 201  
Smithtown, NY 11787

Deborah Blenner, MD  
Internal Medicine  
323 Middle Country Road  
Smithtown, NY 11787

Dara Brener, MD  
Internal Medicine  
48 Route 25A, Suite 303  
Smithtown, NY 11787

Paul Cohen, DO  
Family Medicine  
994 Jericho Turnpike, Suite 201  
Smithtown, NY 11787

Dennis O’Brien, MD  
Internal Medicine  
403 Lake Avenue  
St. James, NY 11780

Bruce Thompson, MD  
Internal Medicine  
403 Lake Avenue  
St. James, NY 11780

Board "Walk" Your Way to Wellness!  
at Sunken Meadow State Park  

Join us on the following dates:  
- Tues. July 1st, Tues. August 5th and Thurs. Sept. 4th  
- Time: 5:00 PM - 7:00 PM

If you are thinking about getting fit, St. Catherine of Siena will be on-site at Sunken Meadow Beach to help encourage you to walk your way to wellness. With advice from our health care professionals, you will have the extra support you need to spring into wellness. Bring the entire family and meet us on the boardwalk!