Mount Sinai South Nassau

Breaks Ground for
New Wing and Expansion

Elected and community leaders joined Mount Sinai Health System leaders and the Mount Sinai South Nassau Board of Directors on June 22 to break ground for a new, four-story patient wing that will double the size of the Emergency Department and add nine new operating suites and 40 critical care beds.
Passing the Leadership Baton

From a superstorm to a pandemic, my career at Mount Sinai South Nassau Hospital has been bookmarked by once-in-a-lifetime historical events. I joined Mount Sinai South Nassau just one month prior to superstorm Sandy. The storm that devastated our region also hardened the resolve of our dedicated staff and the community as we worked together to rebuild. Those early days and the relationships that were formed set our hospital on a path to improve health care for the South Shore and helped us focus on the strategic growth that led to where we are today.

We have all been put to the test these past 20 months as COVID-19 changed how we live and work. As I exit the stage at Mount Sinai South Nassau to begin my retirement, my lasting impression will be the courage, dedication, intellect, and compassion that our team of physicians, nurses, and support staff exhibited throughout the darkest days of the pandemic.

I have mixed emotions as I write my final message to you as President and CEO of Mount Sinai South Nassau. I have thought of this hospital as my home for the past nine years, and I treasure the professional alliances and true friendships that I have made. I couldn’t be more pleased, though, to announce that one of my most capable colleagues, Adhi Sharma, MD, became the hospital’s new President on September 1 (see bio on pages 3 and 5).

During my 40 years in health care, I learned early on that leadership matters. Dr. Sharma is a skilled clinician leader and an accomplished administrator who will bring his intelligence, experience, as well as his calm and friendly demeanor, to the task. Our Board, System leadership, and I know he has all the right skills to foster the hospital’s continued growth, success, and tradition of clinical excellence. He shares our vision of expanding specialty services in Oceanside and completing our $400 million in construction projects so our South Shore patients can receive the services they need, close to home. He also is the right leader to continue the hospital’s tradition of outreach and close-knit community ties with programs like the “Vaxmobile”—our mobile COVID-19 unit that has administered more than 7,000 vaccines to hard-hit areas by bringing the vaccines and staff directly to local residents.

As I depart, I know that Mount Sinai South Nassau will be here for you and your family for decades to come, continuing to provide the excellent care that you have come to expect and rely upon. Stay safe and stay well.
Mount Sinai South Nassau Names Adhi Sharma, MD, President
First Physician-Leader in Hospital’s 93-Year History

Adhi Sharma, MD, an experienced Emergency Medicine physician-leader who helped steer Mount Sinai South Nassau’s response to the COVID-19 pandemic as Chief Medical Officer, became the hospital’s new President on September 1.

Dr. Sharma will succeed Richard J. Murphy, who is retiring at the end of 2021 after serving nine years as the hospital’s President and CEO and working in the health care field in leadership roles for more than 40 years.

During the past 18 months, Dr. Sharma served as the clinical quarterback of Mount Sinai South Nassau’s response to the COVID-19 pandemic. Under his guidance, the hospital surged capacity to 500 beds as it cared for more than 5,300 COVID-19 patients over the course of the pandemic. Dr. Sharma also helped devise strategy to meet daily unforeseen challenges, such as redeploying staff to meet the surge in COVID-19 patients, addressing the shortage of equipment, and caring for patients stricken by a disease for which there is no known cure.

“Dr. Sharma has proven he is the kind of leader we need to bring us to the next level,” said Joseph J. Fennessy, Co-Chair of the hospital’s Board of Directors, which conducted a formal months-long search for a new hospital president. “Mount Sinai South Nassau is poised to expand services to the South Shore so our patients and their families don’t always have to travel into the city for the advanced care they need. Dr. Sharma shares the Board’s vision to bring more top-quality care close to home.”

Dr. Sharma said he was honored to be selected and will continue to help the hospital grow into a major regional medical center for the South Shore of Long Island.

“It is with great humility and appreciation for the dedicated clinical and support staff at the hospital that I have accepted the role as President of Mount Sinai South Nassau,” Dr. Sharma said. “The hospital is one of the leading facilities on Long Island, and its relationship with the Mount Sinai Health System has only enhanced its standing within the communities it serves. Together with the Board and the clinical leadership, I look forward to setting a vision for the hospital that will carry it well into the 21st century.”

Mr. Murphy praised the selection of Dr. Sharma and said he is working with him to ensure a smooth transition.

“It has been my privilege to serve as President and CEO of Mount Sinai South Nassau. I am appreciative of the Board of Directors and medical staff leadership for the support they have given me through the many challenges we have faced including, most recently, the hospital’s response to the COVID-19 pandemic,” said Mr. Murphy. “The hospital’s staff members are among the most talented and committed individuals you will ever meet, and it’s been my absolute pleasure to support them in their efforts. I have been fortunate to lead the ‘A’ team. Dr. Sharma is an excellent choice to be my successor. He has the confidence of the medical staff and the entire hospital community, including the leadership of the Mount Sinai Health System.”

From 2007–12, Dr. Sharma held senior administrative positions at Catholic Health Services of Long Island, including Chair of the Department of Emergency Medicine at Good Samaritan Hospital Medical Center and Medical Director of its Patient Safety and Simulation Center.

“Together with the Board and the clinical leadership, I look forward to setting a vision for the hospital that will carry it well into the 21st century.”

– Adhi Sharma, MD
President,
Mount Sinai South Nassau

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Mount Sinai South Nassau Breaks Ground

New, Four-Story Patient Pavilion to Better Serve Long Island

Mount Sinai South Nassau broke ground on a $130 million, four-story addition that will double the size of its Emergency Department and add a 40-bed critical care unit and nine new operating suites to better serve the South Shore of Long Island.

Mount Sinai Health System leaders and the Mount Sinai South Nassau Board of Directors joined with local elected officials and civic leaders to mark the start of construction of the 100,000-square-foot J Wing, the cornerstone of the hospital’s ongoing $400 million capital expansion project. The new building, expected to be completed in 2023, will help position the hospital to improve and expand services in the community for decades to come.

“Mount Sinai is proud to serve the Long Island community as a health care leader,” said Kenneth L. Davis, MD, President and CEO of the Mount Sinai Health System. “Every day, our world-class experts are finding new answers to the most challenging health problems, creating greater access to advance medicine and scientific breakthroughs, growing programs locally, and making important investments like this one that better serve this community and improves overall health and outcomes for patients.”

“The extraordinary investment being made on the Mount Sinai South Nassau campus is emblematic of the Mount Sinai Health System’s deep and long-term commitment to providing world-class clinical services to all the residents of Long Island,” said Arthur Klein, MD, President, Mount Sinai Health Network.

“This is a proud and historic day in Mount Sinai South Nassau’s 93-year history,” said Richard J. Murphy, CEO. “This hospital has a legacy of serving our community and providing our patients with extraordinary health care. This once-in-a-generation project will allow us to meet the future needs of the communities we serve along the South Shore of Nassau County for years to come.”

Adhi Sharma, MD, President of Mount Sinai South Nassau, said patients who arrive at the hospital are generally older with advanced diseases requiring more critical care beds. The new addition’s surgical suites also are more spacious to allow for sophisticated diagnostic equipment to be located directly in the operating rooms. The new operating suites also could pave the way for an open-heart program at the Oceanside campus, pending Department of Health approval.

Currently, the hospital’s Emergency Department treats about 65,000 patients annually, but is designed to handle only 35,000. Upon completion of the...
J Wing, the Emergency Department’s square footage will nearly double to the size of a football field and will include separate treatment areas for geriatric and behavioral health patients. The design of the expanded Emergency Department will also feature separate entrances for walk-in patients and patients transported by ambulance, as well as a larger ambulance docking bay to facilitate the triage of patients from ambulances.

“Our goal is to bring additional high-level services to the Oceanside campus so our patients and their families do not have to travel as often to the city for needed care,” said Joseph J. Fennessy, Co-Chair of the hospital’s Board.

At the groundbreaking ceremony, grateful patient Larry Ferazani thanks Mount Sinai South Nassau doctors for saving his life. The Rockville Centre father of three was experiencing chest pains last December while returning home from work on the Long Island Railroad. Doctors at the hospital’s Center for Cardiovascular Health opened a completely blocked artery with a stent, a small tube that restored blood flow to his body.

Mount Sinai South Nassau’s New President

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Designed and implemented by Dr. Sharma, the Simulation Center is utilized by an interdisciplinary team of physicians, nurses, educators, and specialists in ergonomics who work side by side with a focus on patient safety and quality.

Dr. Sharma launched his career in medicine at NYC Health + Hospitals Elmhurst, where he was the Director of the Division of Toxicology and an attending physician in the Emergency Department from 2001–05. He then served as Chair of the Department of Emergency Medicine at the former Victory Memorial Hospital in Brooklyn until 2007.

A member of the American College of Emergency Medicine and American College of Medical Toxicology, serving on the practice and education committees, respectively, Dr. Sharma is a graduate of New York Medical College in Valhalla, New York. He completed a residency in emergency medicine at the Albert Einstein College of Medicine at Jacobi-Montefiore Medical Center and a fellowship in medical toxicology at NYU Langone Health.

He is board certified in both emergency medicine and medical toxicology. Dr. Sharma also holds a master’s degree in health care administration from George Washington University in Washington.)
What’s New at Mount Sinai South Nassau?

Online Maternity Tour
Tour Mount Sinai South Nassau’s Maternity Department without leaving the comfort of your home. The online video will introduce you to the Department’s hotel-like accommodations, spacious in-room birthing and Labor and Delivery suites and a safe and secure Level II Neonatal Intensive Care Unit. You will meet a few members of the Department’s experienced 24/7 obstetric team, along with maternal-fetal medicine specialists, neonatologists, pediatric specialists, certified maternity nurses, and lactation specialists.

TO TAKE A VIRTUAL TOUR, log onto southnassau.org/maternitytour.

Comprehensive Digestive Health Program Moves to Bellmore
Mount Sinai South Nassau’s outpatient Comprehensive Digestive Health Program now has a new home: 2750 Merrick Road in Bellmore. The program brings together specialists from gastroenterology, hepatology, nutrition, and surgery to diagnose and treat a range of digestive disorders.

TO SCHEDULE AN APPOINTMENT, call 877-SOUTH-NASSAU (768-8462).

Allergist and Immunologist Joins Mount Sinai South Nassau Staff
Anne L. Maitland, MD, PhD, an attending physician in the Department of Neurology at Mount Sinai South Nassau and an Assistant Clinical Professor, Medicine, Clinical Immunology at the Icahn School of Medicine at Mount Sinai, has joined the Mount Sinai South Nassau staff.

Dr. Maitland earned a MD/PhD in Immunology at the University of Pennsylvania School of Medicine in Philadelphia. She completed an internal medicine residency at Brigham and Women’s Hospital in Boston and an allergy and immunology fellowship at the Brigham and Women’s Hospital and Allergy and Immunology Division at the Icahn School of Medicine at Mount Sinai. She is board certified in allergy and immunology and internal medicine.

Dr. Maitland now serves as Chair of the American Academy of Allergy, Asthma, and Immunology Mast Cell Activation Disorders Committee and the Mast Cell Disorders Chair for the Ehlers-Danlos International Consortium. She is a Fellow of the American College of Allergy, Asthma and Immunology and a member of the American Academy of Allergy, Asthma and Immunology.

TO SCHEDULE AN APPOINTMENT, call 877-SOUTH-NASSAU (768-8462).
Mount Sinai Doctors – Rockville Centre is located at 242 Merrick Road, Suite 302, Rockville Centre, NY.
Perfecting Vision After Cataract Removal

It was last winter when Patricia Leahy, 71, began to notice changes in her vision. Not only did she find herself straining to read the small print on her TV screen, but colors appeared faded, and the print on road signs looked fuzzy while driving at night.

Concerned, she consulted Richard Nauheim, MD, Director of Ophthalmology at Mount Sinai South Nassau, who examined the retired bank manager and discovered she had cataracts in both eyes.

Ms. Leahy is one of nearly 25 million Americans age 40 and older with the disorder that forms when the normally clear lens of the eye becomes cloudy. By age 75, about half of all Americans have cataracts, according to the American Academy of Ophthalmology.

“As a cataract develops, it scatters and blocks light as it passes through the lens,” explained Dr. Nauheim. “As a result, vision becomes blurry, making it difficult to read and drive a car at night.”

He recommended that she replace her natural lens with the new AcrySof® IQ Vivity™ intraocular lens. Compared to a standard intraocular lens implant, the FDA-cleared lens improves intermediate and near vision and eliminates side effects, such as glare, haloes, and starbursts.

“The lens works by bending light rays to focus on the retina or the back surface of the eye to correct blurry distance vision,” said Dr. Nauheim. “The lens improves vision for reading and writing and vision at arm’s length needed to work on a computer, apply makeup, or shave.” He added that there is also a lens that corrects astigmatism, an irregularly shaped cornea or lens that can cause blurry, fuzzy, or distorted vision.

Following cataract surgery in March and April, Ms. Leahy says, colors are vibrant and she no longer has difficulty seeing small print on a TV screen. Plus, she does not need glasses to drive at night.

“My vision is perfect,” she said. “This is called relief.”

For an Appointment with Dr. Nauheim, call 1-877-SOUTH-NASSAU (1-877-768-8462).

If you have a question about the AcrySof IQ Vivity intraocular lens, ask Dr. Nauheim at facebook.com.

About the Doctor

Richard Nauheim, MD, FACS, is the Director of the Department of Ophthalmology and Ophthalmology Residency Site Director at Mount Sinai South Nassau. He is also an Assistant Professor of Ophthalmology at the Zucker School of Medicine at Hofstra/Northwell.

For nine consecutive years, he has been named a “Top Doctor” by Castle Connolly. Castle Connolly doctors are recognized for their leadership, commitment to patients, and experience and skill.

He earned a medical degree from the University of Buffalo Jacobs School of Medicine and Biomedical Sciences and completed a residency in ophthalmology at Nassau University Medical Center, where he served as Chief Resident. A member of the American Academy of Ophthalmology, he was fellowship trained at The Eye and Ear Institute of the University of Pittsburgh Medical Center.
Mount Sinai South Nassau’s Essential Workers March in New York City’s “Hometown Heroes” Ticker-Tape Parade

Float Team nurse Mariana Peredo, RN; Maintenance Mechanic Michael Watson; and Physician Assistant Hamera Bhutta, along with thousands of other metro area essential workers, were celebrated on July 7 in New York City’s “Hometown Heroes” ticker-tape parade for their heroism and sacrifice during the COVID-19 pandemic. Mount Sinai South Nassau front-line staff members, selected by hospital administrators to recognize their contributions, marched on the iconic Canyon of Heroes parade route in lower Manhattan.

All three essential workers, who were among the 60 employees who rode or marched alongside The Mount Sinai Hospital’s float, say they felt “humbled and honored” to represent Mount Sinai South Nassau and their professions. The trio reflected on the then-16-month-long pandemic and how the event changed their lives for the better.

For Float Nurse Ms. Peredo, the pandemic tested her mettle on the COVID-19 front lines. “The pandemic tested my skills and pushed me to my limit,” said Ms. Peredo, 30, of Valley Stream. “I learned resilience and realized my passion for the field. It made me a better nurse. I feel if I could get through that [the pandemic], I know I can get through anything.”

Michael Watson, a Maintenance Mechanic since 2016, says even though he was selected to represent his department in the parade, “everyone on staff” has an important role to play. “Whether you change the ceiling tiles or you’re a doctor or a nurse, we are all important,” said the East Rockaway father of three.

Critical Care Physician Assistant Hamera Bhutta, 29, who cared for the sickest COVID-19 patients, said it was emotionally “painful” for her and her colleagues to have to stand in for families who could not visit their loved ones due to coronavirus restrictions. “We had to be their family to help them through that,” recalled the Commack resident. “We would FaceTime families for the patients. I will never forget some of those [touching] conversations.”

Said Ms. Peredo about the parade: “This was a great way to start a new chapter in New York. It [the pandemic] was a rough time, but it’s starting to feel like we’re healing.”

Mount Sinai South Nassau’s “Hometown Heroes.” From left, Michael Watson, Maintenance Mechanic; Hamera Bhutta, Physician Assistant, Critical Care; and Mariana Peredo, RN, Float Team, were honored in New York City’s ticker-tape parade to recognize the contributions of essential workers who brought New York through the worst of the COVID-19 pandemic.

Do You Still Need a COVID-19 Vaccine?

The Vaxmobile is bringing COVID-19 vaccines to a community near you. Vaccines are available for adults and children aged 12-plus. Boosters or additional doses of the mRNA COVID-19 vaccine are also available to those who qualify.

Go to the Mount Sinai South Nassau website at southnassau.org/sn/vaxmobile or call 516-377-5333 for more information.

Children under 18 require consent from a parent or guardian. Please bring documentation showing proof of age to the appointment.
“Louie” Helps Autism Patients Feel At Home

Mount Sinai South Nassau Partners with RVC Blue Speaks to Train, Equip Emergency Department Staff to Provide Better Care for Patients on the Autism Spectrum.

Call for “Louie!”
That has become a common request among Mount Sinai South Nassau’s Emergency Department staff and other clinical managers when a patient with autism spectrum disorder (ASD) needs help adjusting to an unfamiliar hospital setting.

The Vecta Deluxe Mobile Sensory Station, known as “Louie,” has been making the rounds for several months at Mount Sinai South Nassau, quickly turning any treatment area into a more relaxing and empowering multi-sensory room that helps put patients with autism spectrum disorder or with other special needs at ease.

“Communication, environment, safety, and transition are the core elements of the program,” said AnnMarie DiFrancesca, Director of Child-Life Services. “We adapt to how each patient communicates, whether by speech, sign language, pictures, writing, or facial expressions, and set up environments that are specific to the needs of each patient so we can safely provide them with the care they need and minimize the psychological trauma.”

RVC Blue Speaks, a grassroots autism charity based in Rockville Centre, donated more than $20,000 to support the expansion of Mount Sinai South Nassau’s Child Life program and the acquisition of two Vecta Sensory Systems. The specialized equipment includes a bubble tube, MP3 CD player, aromatherapy diffuser, fiber optic tails and a SNAP Projector wheel. The transitioning LED lights allow patients to choose the color, red, yellow, green, and blue, that glows in the Hurricane Tube.

The hospital also established a training program to educate Emergency Department staff in techniques to communicate with patients with autism spectrum disorder and build their understanding of the special needs of these patients and their families.

Anthony Cancellieri, Co-Chair of Mount Sinai South Nassau’s Board of Directors and a founder of RVC Blue Speaks, said he and his wife, Mary Lou, had a negative experience at a different hospital’s emergency room when their grandson, who is a person living with ASD, needed medical attention. They vowed to help others and wanted to be certain Mount Sinai South Nassau staff had the training and equipment to help patients with autism and make certain “we provide a more comfortable and stress-free environment for patients with ASD and other special needs.”

The hospital’s Vecta machine is named after the Cancellieri’s grandson, Louie. About one in 54 children in the United States has autism spectrum disorder, according to the Centers for Disease Control and Prevention. Studies have found that children with autism spectrum disorder are 30 percent more likely to visit an emergency department than children without autism, according to the Organization for Autism Research in Arlington, Virginia.

Left: Anthony Cancellieri, Co-Chair, Mount Sinai South Nassau Board of Directors, and his wife, Mary Lou, founders of RVC Blue Speaks, a grassroots autism charity in Rockville Centre, pose with the Vecta Deluxe Mobile Sensory Station that helps patients with autism cope with a visit to a hospital emergency department.

In Memoriam

Harry Kassell, Former Chair, Mount Sinai South Nassau Board of Directors, 100

Harry Kassell, of Hewlett Harbor, a former kosher beef wholesaler and emeritus Chair of the Board of Directors of Mount Sinai South Nassau, died on June 29. He was 100.

Mr. Kassell was appointed to the Board of Directors in 1994. By 1998, he was elected Board Chair and served in that role until 2004. As Chair, he worked diligently to grow the hospital’s Board into a dynamic and cohesive governing body that reflected the needs of the residents of the South Shore communities.

He continued as an active director of the hospital’s Board of Directors and worked tirelessly towards its eventual partnership with the Mount Sinai Health System. In 2019, he retired from the Mount Sinai South Nassau Board after 25 years of service. During his tenure, he selflessly gave of his time to numerous hospital committees and was a generous donor and fundraiser.

“We will forever remember and be thankful for Harry’s service, commitment, loyalty, and leadership as Board member and Chair,” said Joseph Fennessy, Co-Chair of the Mount Sinai South Nassau’s Board of Directors. “His legacy of giving of his time, talents, and leadership will serve as an enduring inspiration for the Board of Directors as it continues its dedicated work of providing the vision, innovation, and strategic guidance that empowers Mount Sinai South Nassau to fulfill its mission of providing high-quality, accessible health care to the residents of Long Island.”

Mr. Kassell is survived by his wife, Zeena; daughters Wendy, Lisa (Mitchell Winter); and son Richard (Penny Venetis); and five grandchildren.
Mount Sinai South Nassau Named Among Best Regional Hospitals


Mount Sinai South Nassau ranked among the “Best Regional Hospitals” in the metro area and earned eight “high performing” badges for specific service areas, according to the latest U.S. News & World Report 2021-22 “Best Hospital” rankings.

The eight areas rated “high performing” at Mount Sinai South Nassau are: chronic obstructive pulmonary disease, diabetes, heart attack, heart failure, kidney failure, orthopedics, stroke, and urology. The U.S. News rankings are independently conducted by the magazine’s editorial staff and are among the most recognized hospital scorecards in the nation.

“Mount Sinai South Nassau’s patients are the ultimate judges of how we are doing, and they have increasingly been putting their confidence in us to provide them with the health services they need,” said Richard J. Murphy, Mount Sinai South Nassau’s CEO. “These rankings are an affirmation of what we already know—that Mount Sinai South Nassau is among the very best hospitals in our area, especially on the South Shore of Long Island.”

To be ranked in “Best Hospitals” for the New York Metro area, Mount Sinai South Nassau had to achieve a top rating in at least six types of care—a feat achieved by barely 10 percent of United States hospitals.

The metro area rankings are relevant to a much wider range of health care consumers. They are aimed primarily at consumers whose care may not demand the special expertise found only at a nationally ranked “Best Hospital.” Patients and their families have a far better chance of finding a U.S. News-ranked hospital in their health insurance network and might not have to travel to get care at one of the nationally ranked hospitals.

Mount Sinai South Nassau has launched a print, radio, social media, and cable TV marketing campaign about the latest U.S. News ratings to help guide residents in the hospital’s service area who need high-level care because they face difficult surgery, a challenging condition, or added risk because of other health problems or age.

To produce the rankings, U.S. News evaluates data on approximately 5,000 hospitals in 16 adult specialties, nine adult procedures and conditions, and 10 pediatric specialties. To be nationally ranked in a specialty, a hospital must excel in caring for the sickest, most medically complex patients.
Health Matters

Is Needle Phobia Keeping You From Getting a COVID-19 or Flu Vaccine?

Does the thought of getting a COVID-19 or flu vaccine drive up your heart rate and blood pressure or even trigger panic?

If extreme dread and anxiety has caused you to skip the vaccines, you’re not alone. It is estimated that about 25 percent of American adults have a fear of being pricked by a hypodermic needle, according to the Centers for Disease Control and Prevention.

“Consider the consequences of not being vaccinated,” advised Janet Kahn-Scolaro, PhD, Administrative Director of Behavioral Health, Family Medicine, and Internal Medicine at Mount Sinai South Nassau. “If you contract the virus and become seriously ill, the interventions you may need in a hospital would be far more invasive than a three-second injection. Try to focus on the benefits of getting the vaccine and how it will help protect your health and the health of your loved ones.”

Dr. Kahn-Scolaro recommends these tips to help you cope with needle phobia:

- **Get a buddy to accompany you** on the day of your shot. Go with someone you trust and that you are accountable to and who is accountable to you.
- **Plan to go to a vaccination site that you feel comfortable and safe in** and avoid sites that make you wait on a line.
- **Inform your health care provider about any fears you have about vaccination.** You may benefit from a prescription for anti-anxiety medication that can get you through the door.
- **Distract yourself.** Listen to music or play a video on your phone.
- **Practice deep breathing** and mindfulness meditation.
- **Ask if you can be vaccinated privately** so you don’t have an audience.
- **Do not look at the needle.** Also avoid watching others get immunized.
- **Finally, reward yourself for getting the vaccine.** Plan a celebration afterward with friends and family.

“Consider the consequences of not being vaccinated: if you contract the virus and become seriously ill, the interventions you may need in a hospital would be far more invasive than a three-second injection...”

– Janet Kahn-Scolaro, PhD

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**Chai Banana Pancakes**

Give your morning an autumn boost by cozying up to chai banana pancakes. It is the ultimate comfort food that provides vitamins, fiber, and energy to get your day going.

**Ingredients:**

- 1 cup whole wheat flour
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- ½ teaspoon ginger
- ¼ teaspoon cardamom
- ¼ teaspoon allspice
- 1 large egg
- 1 cup buttermilk
- 2 tablespoons olive oil
- 2 tablespoons pure honey
- ½ cup chopped bananas
- ½ cup sliced bananas, ¼ cup roughly chopped toasted walnuts, and pure maple syrup for serving

**Preparation:**

- In a large bowl, combine the first 8 ingredients. In another bowl, whisk egg, buttermilk, oil, honey, and vanilla extract until blended. Add to flour mixture; stir until moistened (batter will be lumpy).
- Lightly grease a griddle or large nonstick skillet; heat over medium heat. Stir ½ cup bananas into batter. Pour ¼ cup of batter onto griddle or skillet. Cook until bubbles on top begin to pop and bottoms are golden brown. Turn; cook until second side is light brown.
- Serve with warm maple syrup, banana slices, and toasted walnuts.

**Servings:** 12
WE FIND A WAY

The Mount Sinai Health System Unveils New Brand Campaign

The Mount Sinai Health System has kicked off a new brand campaign showcasing the expertise of its nationally recognized physicians, researchers, and clinical experts to advance medicine and health. The tag line, “We Find a Way,” spotlights how Mount Sinai’s innovative health care professionals can overcome challenging and complex medical and scientific problems to help patients live longer, healthier lives.

The campaign is launching in national and regional print, television, radio, and online media outlets. Later this fall, Mount Sinai will use additional media to extend the campaign’s reach.