



Mount  
Sinai  
South  
Nassau

Spring 2025

# Healthy Outlook

a health and wellness newsletter

## Mount Sinai South Nassau Opens New Emergency Department After \$50 Million Renovation

Story on page 4 ›



*Joseph Fennessy, center, Member of the Board of Trustees of the Mount Sinai Health System and former Chair of Mount Sinai South Nassau's Board of Directors, cuts the ribbon on the new expanded Emergency Department on Thursday, May 1 along with Adhi Sharma, MD, President, Mount Sinai South Nassau; and Margaret Pastuszko, President and Chief Operating Officer, Mount Sinai Health System. They joined local elected officials, hospital administrators, and staff for the dedication of the new Fennessy Family Emergency Department.*

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Surviving two life-threatening heart emergencies with Mount Sinai South Nassau's help

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36-year-old Greenlawn father defies odds after colon cancer diagnosis

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Debunking measles vaccination myths



**A Message from**  
**Adhi Sharma, MD, President**

# Mount Sinai South Nassau Is at the Heart of Our Community

A motor vehicle accident, an injury on the playground or the tennis court, a life-threatening heart attack...all qualify as medical emergencies and are, by definition, unpredictable. Any of us, whether young or not-so-young, healthy or chronically ill, may at any time find ourselves in need of emergency medical care.

While the time, place, and severity of a medical emergency may be unpredictable, the availability of excellent medical care shouldn't be. With the opening of the Fennessy Family Emergency Department (ED), Mount Sinai South Nassau is ensuring that the highest quality care is always available, whenever and whatever the need may be. Read more about the new ED, including the relocated entrance, in our cover story.

Along with expanding our ED, our medical staff is expanding as well. In this publication, you can read about the latest experts to join our clinical team, including a sports medicine orthopedist, a bariatric surgeon, and a men's sexual health specialist. See page nine for additional details.

In recognition of Colorectal Cancer Awareness Month in March, we're examining the trend toward younger patients being diagnosed with the disease. In this issue of *Healthy Outlook*, you'll meet a young man diagnosed with stage III colorectal cancer at age 36. See page eight to learn what to look for and how to keep yourself healthy through early detection.

February was Heart Month, which we acknowledge with a story on women and heart disease. See page six to learn more about how we participated in Go Red for Women, a special effort to highlight the ways that heart disease in women may differ from men.

There's much more information within these pages to help keep you and those you love as healthy as you can be, and even more on our website at [southnassau.org](http://southnassau.org). Attend a class, join a support group, volunteer, or support one of our special events. Mount Sinai South Nassau is at the heart of our community. We thank you for the privilege of taking care of you.



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**One Healthy Way,  
Oceanside, NY 11572-1551**

**Healthy Outlook** is published four times a year by the External Affairs Department for the communities of Mount Sinai South Nassau.

**President**  
Adhi Sharma, MD

**Senior Vice President of Corporate  
Communications and Development**  
Joe Calderone

**Vice President,  
Public Affairs and Development**  
Dana Sanneman

**Managing Editor**  
Donna Kutt Nahas

**Design**  
Lum & Associates

**Mount Sinai South Nassau  
Department of External Affairs  
and Development**

519 Merrick Rd.  
Rockville Centre, NY 11570

**Phone:** 516-377-5370  
**Fax:** 516-377-5385  
[mountsinai.org/southnassau](http://mountsinai.org/southnassau)

Please email your comments or suggestions to [info@snch.org](mailto:info@snch.org).

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2024 Gold in Writing

# Expanded Fennessy Family Emergency Department Opens After Five-Year, \$50 Million Renovation

Renovation Designed to Reduce Wait Times, Improve Infection Control and Patient Experience; Includes 54 Private Exam Rooms, Separate Areas for Pediatric and Behavioral Health Patients

Mount Sinai South Nassau, the Long Island flagship of the Mount Sinai Health System, welcomed its first patients to an expanded emergency department in March after a \$50 million, five-year renovation that is designed to reduce wait times and improve the patient experience for one of Long Island's busiest emergency departments.

The opening of the Fennessy Family Emergency Department is part of ongoing capital improvements and expansions at the South Shore campus and is the first phase in the rollout of a newly constructed, four-story Feil Family Pavilion. The new Emergency Department is as long as a football field and has the capacity to see approximately 75,000 patients annually. It features centralized nursing stations for direct oversight of patient rooms, bedside triage, and a trauma unit with an adjoining radiology bay.

With the opening, the Emergency Department's main entrance for self-transported patients has moved from Washington Avenue to the east side of Oceanside Road, south of Oswald Court and north of Nassau Parkway. The entrance for ambulances remains on Nassau Parkway.

Named in recognition of Joseph J. Fennessy, a major benefactor and the hospital's former longtime Board Chair, the modern and expanded emergency department is the cornerstone of the four-story, 100,000-square-foot Feil Family Pavilion, the rest of which will open in the coming months.

The \$50 million Emergency Department renovation was partially funded by more than \$13 million in donations from the local community. The new Emergency Department features separate areas for pediatric and behavioral health patients.

"With this opening, we are taking emergency medicine on the South Shore to a new level," said Adhi Sharma, MD, President of Mount Sinai South Nassau and an emergency medicine physician. "Every aspect of this Emergency Department, from the entrance to the waiting area to the reception and triage areas to the patient treatment rooms, has been designed to



**Joseph Fennessy** is the former Chair of Mount Sinai South Nassau's Board of Directors. The new Emergency Department is named in recognition of his many years of volunteer service to the hospital and a major gift made by Mr. Fennessy and his family.

provide our patients with advanced emergency care and a first-rate experience. From the private exam rooms to a ventilation system that uses outside air, we learned from the pandemic and applied those lessons to the design of this new space."

"Mount Sinai is committed to advancing and improving health in the communities we serve throughout the region. This effort at our Long Island flagship—to integrate world-class programs and research from the Health System combined with an unmatched patient experience provided by a best-in-class workforce—illustrates our continued commitment to advancing health care for our patients and families. Thank you to the Fennessy and Feil families for their support and partnership as we continue our mission in service of our communities," said Brendan Carr, MD, MA, MS, Chief Executive Officer and Professor, the Kenneth L. Davis, MD, Distinguished Chair of Mount Sinai Health System.

"This is a tremendous milestone for Mount Sinai South Nassau that has been years in the making and will transform how we provide emergency medicine for patients," said Anthony Cancellieri, Co Chair of Mount Sinai South Nassau's Advisory Board. "We have all seen Mount Sinai South Nassau grow from a community hospital to a regional medical center to the flagship hospital on Long Island for the Mount Sinai Health System." ■



# Inside the New Emergency Department: Meeting the Community's Physical and Emotional Needs

When emergencies arise, having access to high-quality, efficient, and compassionate care is critical. With the opening of Mount Sinai South Nassau's new, cutting-edge Emergency Department, the South Shore community is poised to benefit from enhanced services, advanced technology, and a patient-centered approach to care.

To help you better understand what this facility offers and its impact, Jay Itzkowitz, MD, Chair, Department of Emergency Medicine at Mount Sinai South Nassau, answers questions about what patients can expect when they visit the new Emergency Department, the upgrades that set it apart, and how it will serve as a vital resource for the community.



**Jay Itzkowitz, MD**

## Q How many patients does the Mount Sinai South Nassau Emergency Department see each year?

We see about 75,000 patients a year in our Emergency Department, and we are a Level II Trauma Center that sees 1,800 patients a year. Patients are immediately assessed, evaluated, and treated.

## Q What typically causes long wait times?

Our Emergency Department triages patients based on the severity of their condition. If you have been waiting in the Emergency Department to be examined, and a patient is brought in ahead of you, it is because their condition requires emergent care. Once we are able, everyone is brought in and seen by the Emergency Room nurse, your health care professional, and the work-up is completed. Then we appropriately discharge the patient to home or safely admit the patient to the hospital, where we have hospitalists, physicians who specialize in the care of hospitalized patients and provide efficient continuity of care 24/7.



## Q What are the special features of the new Fennessy Family Emergency Department?

Our exam rooms have doors and curtains, which are crucial for patient privacy, infection control, security, and efficiency. There is also room for a family member to stay with the patient.

## Q What do you think improves the quality and experience of the Emergency Department?

Upgrading the Department improves the patient experience and helps reduce patient stress. A new and modern Emergency Department can improve the well-being of patients by providing them with a comfortable and more supportive environment. As a result, patients feel a greater sense of control and confidence in the care they will receive. In addition to an X-ray suite, we have CT, ultrasound, and laboratory services available 24/7. Whatever a patient needs, we are able to provide for them.

## Q Who is the first person patients will meet when they enter the new Emergency Department?

The first person patients will meet when they come into the Emergency Department is a nurse. The nurse will take some basic information and find out why they are here and prioritize what they are coming in for. If it's an emergency, you are immediately seen by one of the health care providers. If your complaint is minor, the health care professional can see you in the triage room and even discharge you right away. If we feel you need more of a work-up, we can get the work-up started there and get lab and radiological studies completed until we can move you to a room.

*continued on page 11* ➤

# The Fennessy Family Emergency Department



## » Triage Bays Help to Reduce Wait Times:

The ground floor of the Fennessy Family Emergency Department houses three triage bays, seven secured treatment spaces, and a radiology suite. The triage bays, where health care professionals assess patients and determine priority of care, are enclosed by "switch" glass, which can transform from clear to frosted with the flick of a switch, providing privacy on demand. The switch glass is also a safety glass with built-in soundproofing.

Mount Sinai South Nassau's Fennessy Family Emergency Department, located on the ground floor of the Feil Family Pavilion, houses 54 private exam rooms, including triage areas, a dedicated pediatric space, a separate and secure behavioral health care space, and a radiology suite. It is designed to provide high-quality, timely care in a modern, patient-centered environment. Featuring advanced technology, expanded and private treatment areas, and seasoned staff, the hospital is committed to delivering high-quality care when every minute counts.



» Treatment Rooms Provide More Privacy, Reduce Noise: Fully equipped and comfortable treatment rooms feature advanced medical technology and ergonomic furnishings designed to provide efficient care and ease for patients, family members, and their visitors.



» Secure Treatment Rooms for Behavioral Health Patients: The staff is ready to provide expert emergency behavioral health care 24 hours, seven days a week, to patients in crisis. The department provides a separate entrance and secure treatment rooms that are designed to keep patients safe. The compassionate, professional staff treats patients with dignity and respect and welcomes input from family members, the patient's personal physician, therapist, or case manager.



» New Radiology Suite: The Fennessy Family Emergency Department's radiology suite provides immediate imaging care for both adult and pediatric patients and includes dedicated X-ray imaging, CT scanning, and ultrasound.

# Valley Stream Grandmother Again Turns to Mount Sinai South Nassau for Cardiovascular Care More Than 30 Years After Her First Heart Attack

Anita Rothenberg, 70, was only 37 and raising two children in 1993 when she experienced her first heart attack. With help from Mount Sinai South Nassau physicians and staff, she survived and thrived, living a full life in Valley Stream.

Doctors prescribed the nursery schoolteacher medication, a heart-healthy diet, an exercise program, and recommended regular cardiac check-ups.

Then almost 30 years later, in November 2022, Ms. Rothenberg experienced another life-threatening encounter with heart disease.

"I went to feed my cat, and my husband found me on the floor. I was dazed and incoherent," she recalled. "He dialed 911, and I was taken to Mount Sinai South Nassau's emergency room in Oceanside."

Athanasis Smyrlis, MD, a board certified cardiologist who specializes in invasive cardiology, diagnosed

Ms. Rothenberg with ischemia (a condition that deprives the heart of adequate blood flow caused by a blocked coronary artery) and performed an angiogram, which revealed three blocked arteries.

"Dr. Smyrlis recommended surgery," she said, "since stenting the arteries was too risky."

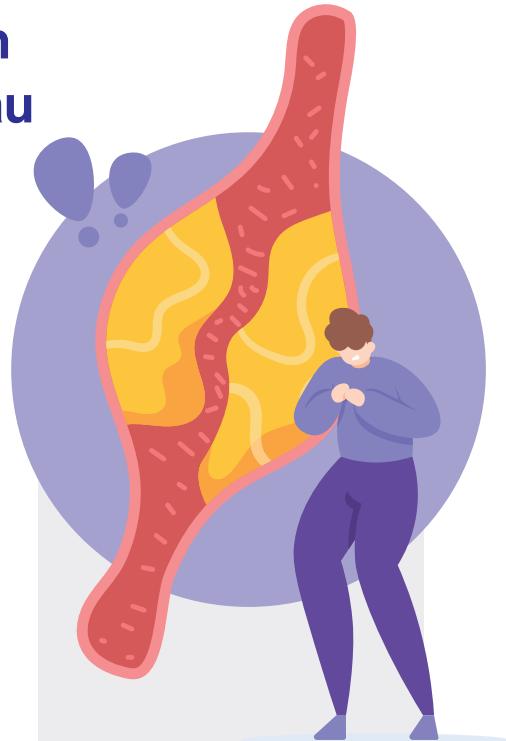
Ms. Rothenberg was referred to cardiovascular surgeon Robin Varghese, MD, MS, FRCSC, Associate Professor of Cardiovascular Surgery at the Icahn School of Medicine at Mount Sinai in Manhattan. A few days later, she underwent triple bypass surgery with Dr. Varghese at Mount Sinai Fuster Heart Hospital in Manhattan.

Now, Ms. Rothenberg is enjoying retirement and life as a grandmother of three while she continues to depend on the hospital for follow-up care.

"The care you are given is so much a part of the healing process," she said. "I asked a thousand questions, but they were so there for me. From the guy who took me to radiology to the nursing staff—they were all amazing. It plays a big part in how you feel there in the hospital." ■



With Mount Sinai South Nassau's help and the support of her husband, Robert Rothenberg, Anita Rothenberg is enjoying retirement and life as a wife, mother, and grandmother of three.



## Know the symptoms

Women often experience more subtle symptoms of heart disease than men. While men may have classic chest pain, women may have:

- Shortness of breath
- Nausea and vomiting
- Indigestion
- Fatigue
- Dizziness
- Back, neck, or jaw pain

**Unlike men, women's risk factors include:** hormonal changes experienced during menopause; pregnancy-related conditions like preeclampsia and gestational diabetes; and autoimmune diseases like lupus and rheumatoid arthritis.

## Meet the Doctors



**Athanassios Smyrlis, MD, FACC**, specializes in invasive cardiology and is board certified in cardiology, echocardiography, nuclear cardiology, and internal medicine. He

was fellowship trained in interventional cardiology at Winthrop University Hospital (now NYU Langone Hospital-Long Island) and completed cardiovascular disease training at the Western Connecticut Health Network (now Nuvance Health). He earned a medical degree from the University of Ioannina Medical School in Greece, where he ranked in the top one percent of his class, and completed an internal medicine residency at the Albert Einstein Medical Center in Philadelphia.



**Robin Varghese, MD, MS, FRCSC**, is Associate Professor in the Department of Cardiovascular Surgery at the Icahn School of Medicine at Mount Sinai and

Director of Cardiovascular Critical Care at Mount Sinai. Dr. Varghese earned a medical degree and completed a residency in cardiac surgery at the University of Western Ontario in Ontario, Canada, where he served as Chief Resident. After he graduated from Stanford University with a Master of Science in clinical epidemiology, he completed a fellowship in critical care at the University of Western Ontario. Following a fellowship in cardiac surgery at The Mount Sinai Hospital, Dr. Varghese joined the staff at the Icahn School of Medicine in 2010 an Assistant Professor of Surgery at Mount Sinai. He specializes in several cardiac procedures, including multi-arterial coronary bypass surgery, mitral and tricuspid valve repair, aneurysm repair, and aortic root surgery.

### TO SCHEDULE AN APPOINTMENT

with Dr. Smyrlis or Dr. Varghese, call  
877-SOUTH-NASSAU (877-768-8462).

## About Mount Sinai South Nassau's Cardiac Program

Mount Sinai South Nassau's clinical and interventional cardiac program is one of the busiest in New York State, experiencing a high volume of patients who undergo cardiac catheterizations and percutaneous coronary interventions, along with electrophysiology procedures, including ablations. The cardiac unit is the only one on Long Island affiliated with the prestigious Mount Sinai Fuster Heart Hospital program in Manhattan. Mount Sinai South Nassau plans to further expand its cardiovascular services and has applied to the New York State Department of Health for certificates of need necessary to start an open heart surgical program.

The cardiac unit is the only one on Long Island affiliated with the prestigious Mount Sinai Fuster Heart program in Manhattan.

**Mount Sinai South Nassau Heart has earned the following honors:**

- Rated "High Performing" in heart failure and heart attack 2024–2025 by *U.S. News & World Report*®.
- A recipient of the 2025 Healthgrades Excellence Award for Coronary Intervention.
- Received a Five-Star rating for coronary interventional procedures.
- Earned a place on the Healthgrades listing of the top 10 percent in the nation for coronary interventional procedures.
- Designated a four-star achiever by the American College of Cardiology.



# Thirty-Six-Year-Old Diagnosed with Colon Cancer Beats the Odds



**Matthew Barbato** is now cancer-free, thanks to Mount Sinai South Nassau doctors. He is joined by his wife, Jessica, and their three children.

Matthew Barbato was just 36 when he noticed blood in his stool. At first, the advertising executive chalked up the cause to hemorrhoids, but when it didn't improve after a couple of months, he contacted a Mount Sinai South Nassau primary care physician who referred him to a gastroenterologist at Mount Sinai South Nassau.

"I had a colonoscopy and the doctor said it looked like I had a precancerous tumor in the lower sigmoid colon (a part of the large intestine that connects to the rectum)," recalled the father of three. "When I was working from home on January 3, 2023, the doctor told me the pathologist said it was cancer...I was in shock."

The news rocked the Greenlawn resident's world, said Mr. Barbato, who added that he ate clean, kept his weight in check, never smoked, hardly drank alcohol, and worked out several times a week. "I did everything right."

According to the American Cancer Society, 20 percent of colorectal cancer diagnoses in 2019 were in patients under age 55, which is about double the rate in 1995,

## Meet the Doctors



**Frank Gress, MD**, is Chief of the Division of Gastroenterology and Hepatology and Chief of Interventional Endoscopy at Mount Sinai South Nassau. He is board certified in gastroenterology and specializes in interventional gastroenterology and therapeutic and advanced endoscopy procedures. Dr. Gress earned a medical degree from the Icahn School of Medicine at Mount Sinai and completed residency training in internal medicine at Montefiore Medical Center and two fellowships, one in gastroenterology and one in hepatology, at SUNY Downstate Health Sciences University/The Brooklyn Hospital Center. He was also trained in advanced therapeutic endoscopy at Indiana University Health in Indianapolis.



**Frank Caliendo, MD, FACS, FASCRS**, is Director of Colorectal Surgery at Mount Sinai South Nassau. Dr. Caliendo graduated from Finch University of Health Sciences, Chicago Medical School, and completed a surgical residency at Long Island Jewish Medical Center/

Northwell Health. He was fellowship trained in colon and rectal surgery at the University of Medicine and Dentistry, Robert Wood Johnson Medical School in New Brunswick, New Jersey. He is board certified in surgery and colon and rectal surgery.

**I TO SCHEDULE AN APPOINTMENT** with Dr. Gress or Dr. Caliendo, call 877-SOUTH-NASSAU (877-768-8462).

and rates of advanced disease increased by about 3 percent annually in people younger than 50.

Mr. Barbato was referred to Frank Caliendo, MD, a Mount Sinai South Nassau colorectal surgeon, who recommended he undergo an MRI and CT scans. Tests revealed that he had a rectal tumor that was

**According to the American Cancer Society, 20 percent of colorectal cancer diagnoses in 2019 were in patients under age 55.**

close to the anus, which meant that immediate surgical removal could complicate wound healing, compromise defecation function, and leave cancer cells behind. The goal: shrink the tumor with eight rounds of

chemotherapy and nearly a month of radiation along with oral chemotherapy.

On August 30, 2023, four weeks following Mr. Barbato's final radiation treatment, Dr. Caliendo removed the stage III tumor along with a foot of his intestine. To allow time for the bowel to heal, he also created an ileostomy, a temporary opening in the small intestine to allow for stool to pass out of the body and into a bag. Within three months, Dr. Caliendo reversed the ileostomy.

Mr. Barbato, now 38 and a father of three, is cancer-free. He is grateful for the support he received from his family and his team of experts at Mount Sinai South Nassau.

"My advice is not to take your symptoms for granted," he said. "It could have been worse had I waited to see the doctor." ■

## Know the symptoms

Colon cancer is highly treatable when caught early. Contact your health care provider if you have any of the following signs and symptoms of colorectal cancer.

- Rectal bleeding.
- Persistent changes in bowel habits, such as diarrhea, constipation, or narrowing of stool lasting more than a few days.
- Dark, tarry or bright-red stools.
- Abdominal pain, cramps, or bloating.



## Practice Highlights

### Mount Sinai South Nassau Adds the Following Specialists:

#### Bariatric Surgery



**Dessislava Stefanova, MD**, is board certified in general surgery. Her areas of expertise include bariatric and general surgery, minimally invasive and robotic surgery, including hernias and reflux. Dr. Stefanova earned a medical degree from Drexel University College of Medicine in Philadelphia. She completed a general surgery residency at New York Presbyterian Hospital-Weill Cornell Medical Center and an advanced GI MIS/bariatrics fellowship at Mount Sinai Health System. She is also a member of several professional organizations, including the American College of Surgeons and the Society of American Gastrointestinal and Endoscopic Surgeons.

#### Sports Medicine Orthopedics



**Dillon Sedaghatpour, MD**, specializes in orthopedic sports medicine. He received a medical degree from SUNY Upstate Medical University in Syracuse, and completed an orthopedic surgery residency at SUNY Downstate Health Sciences University in Brooklyn. He was fellowship trained in sports medicine at Lenox Hill Hospital, Northwell Health. A prolific researcher, Dr. Sedaghatpour has presented his posters at multiple scientific conferences and research colloquiums. He is a member of the American Academy of Orthopedic Surgeons and the American Orthopedic Society for Sports Medicine.

#### Men's Sexual Health

##### Breaking the Silence: Understanding and Treating Erectile Dysfunction

Erectile dysfunction. Just the mention of ED can cause some with the condition to shrink from embarrassment or shy away from intimate encounters. Mount Sinai South Nassau's Director of Male Sexual Health, Mahyar Kashani, MD, can provide personalized treatment options to address a variety of male sexual health issues.



Dr. Kashani earned a medical degree from SUNY Downstate Health Sciences University in Brooklyn, where he also completed a residency in urologic surgery and served as Chief Resident. He was fellowship trained in male sexual health and reproductive medicine at Lenox Hill Hospital, Northwell Health.

**FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT** with Dr. Stefanova, Dr. Sedaghatpour, or Dr. Kashani, call 877-SOUTH-NASSAU (877-768-8462).

## Health Matters

# Debunking Measles Vaccination Myths

**With the highest number of measles cases reported in the United States since the disease was declared eliminated a quarter-century ago, vaccination is crucial for stopping outbreaks from spreading.**



According to Aaron E. Glatt, MD, Chief of Infectious Diseases at Mount Sinai South Nassau, the vaccine that prevents measles, mumps, and rubella (MMR) is safe, effective, and vital to public health. Two doses of the MMR vaccine in childhood are about 97 percent effective at preventing measles, providing long-term and possibly lifelong immunity. However, false claims about the vaccine are a leading topic of safety concerns. Below Dr. Glatt dispels common misconceptions about the vaccine.

### **MYTH: The MMR vaccine causes autism.**

**FACT:** Many studies have found there is no connection between the vaccine and autism. A large Danish study found that the vaccine “does not increase the risk for autism, does not trigger autism in susceptible children, and is not associated with clustering of autism cases after vaccination.”

**MYTH: The spread of measles can be controlled with proper sanitation.**

**FACT:** While better sanitation decreases the rates of other disease spread through food and water, it has a minimal effect on measles, which is spread person to person through the air.

### **MYTH: The measles vaccine can be deadly.**

**FACT:** The current measles vaccine has been around since 1967, and it is extremely safe in healthy children and adults. While there have been rare deaths from the vaccine among children who are severely immune compromised, it is not recommended that such patients get the vaccine. Vaccines undergo a scientifically rigorous research and vetting process before they are approved. Vaccination is much safer than contracting measles. More than 100,000 people worldwide died of measles in 2023, and this number will likely rise if vaccination rates continue to drop.

### **MYTH: The measles vaccine can cause the measles.**

**FACT:** Although the vaccine is made from a live virus, it is weakened so it doesn't cause the disease. Instead, it causes the immune system to recognize the virus and develop immunity to it.



## Healthy Recipe

### Guilt-Free Mac and Cheese

This healthy mac and cheese is a lighter version of the classic recipe with added fiber from butternut squash. It's still creamy and comforting but with a fraction of the fat and calories.

#### Ingredients:

- 8 ounces whole-grain or gluten-free uncooked pasta
- 1 tablespoon margarine
- 1 tablespoon whole wheat or gluten-free flour
- 2 cups cubed frozen butternut squash, thawed and drained
- ½ cup reduced-fat or fat-free shredded cheddar cheese
- Pinch of sea salt, to taste
- Pinch of paprika, to taste



#### Preparation:

**Step 1:** Cook pasta according to box directions.

Drain and reserve 2 cups pasta water.

**Step 2:** In a deep saucepan over medium heat, cook margarine with flour for 1 to 2 minutes. Whisk in 1 cup pasta water.

**Step 3:** Add squash to saucepan and mash until smooth.  
(Note: Add more pasta water as needed for a smooth consistency). Add cheese and stir until melted.

**Step 4:** Fold in cooked pasta until combined. Season with salt and paprika, if desired.

**Servings:** 4

*Recipe courtesy of Mount Sinai South Nassau's Diet Technician Rachel Bottarini.*

### ► New Fennessey Family Emergency Department

*continued from page 4*

#### Q What makes the Mount Sinai South Nassau Emergency Department staff stand out?

We have first-rate emergency medicine providers. The physicians are all board certified and fellowship trained in emergency medicine. Our physician assistants and nurses are also specially trained in emergency medicine.

All of our staff members are here to care for you—not only for your physical needs, but to listen, to talk to family, and to make you feel comfortable. Rest assured that we have an appropriate ratio of staff to patients to handle your emergency care safely and effectively.

#### Q How would you characterize the nurses in the Emergency Department?

Our emergency nurses are compassionate and empathetic; they are top-notch clinicians who are calm under pressure and pay close attention to detail.

#### Q What is the goal of the dedicated behavioral health treatment area?

Off of the main Emergency Department, we have a dedicated, separate area for behavioral health needs that is quiet with less stimulation. It is staffed by a psychiatric team, so we can provide patients with the appropriate care.

#### Q What is the purpose of the dedicated pediatric treatment area?

This can be a very stressful and trying time for our pediatric patients. Children typically don't like doctors because they associate them with shots and other negative things. The dedicated pediatric treatment area is also off the main Emergency Department. We have a Child Life Specialist who can support the child and/or the parents, if need be. If a child needs to be admitted to the hospital, we have a dedicated pediatric space with specially trained pediatric nurses and in-house pediatricians on duty 24/7, so they can be cared for at all times. Our goal is to provide top-quality care and also to make the experience for both the child and parents as stress-free and comfortable as possible.

#### Q How does the Emergency Department care for pediatric patients who have special needs?

The hospital provides specially trained staff along with a child life specialist who can assist special needs children and their parents. The hospital also has acquired the Vecta Deluxe Mobile Sensory Station, known as "Louie," a distraction device donated by the nonprofit RVC Blue that helps soothe and relax children by engaging their senses. ■



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Please reduce, reuse, and recycle

## Navigating Parking Changes as Garage Construction Begins



As part of Mount Sinai South Nassau's ongoing effort to create more on-campus parking for employees, patients, and visitors, construction has begun on the hospital's new parking garage. The garage will add 800 spaces for employees and will ease parking issues in the neighborhood surrounding the hospital.

During the ongoing construction, parking locations have changed. Patients and visitors may park in Lot 3, Lot 6, and Lot 7A.

The hospital appreciates your patience and understanding as it works to improve its facilities.



A rendering of the hospital's new parking garage.

### Save The Date

## Soirée Under The Stars

SATURDAY,  
OCTOBER 4

The Lannin, Eisenhower Park



All proceeds will benefit the expansion of cardiac services at Mount Sinai South Nassau.

For more information, call 516-377-5360.

To find a doctor, visit [mountsinai.org/southnassau](http://mountsinai.org/southnassau).

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Read *Healthy Outlook* online at [mountsinai.org/southnassau](http://mountsinai.org/southnassau).

