

Mount Sinai South Nassau Host Nassau Suffolk Auxiliary Council Meeting



On January 16th, Dr. Aaron E. Glatt presented at the Nassau Suffolk Auxiliary Council meeting. He spoke about how the Mount Sinai Health System is investing in Mount Sinai South Nassau, as with all

their campuses, to continuously improve the standard of care offered throughout the system.



Dr. Glatt also touched upon the new services that are growing, such as our cardiac program, and interventional endoscopy.

Dr. Glatt also discussed the benefits of the flu

and shingles vaccine. This topic resonated well with attendees and made for a lively question and answer segment of the presentation.



MISSION STATEMENT

The Auxiliary is a fundraising group of volunteers who assist in the advancement of ideas, plans and projects beneficial to the Hospital.

2020 Meetings

March 18

June 17

September 16

November 18

Events:

Auction, May 8

Mount Sinai South Nassau

Birthday Bash, June 26

Alias Smith & Jones

To Join or to learn about the
Mount Sinai South Nassau

Auxiliary, visit

southnassau.org/auxiliary



WINTER 2020 ISSUE: Volume 4, Issue 1

THE AUXILIAN

"Life's most urgent question is: what are you doing for others?"
- Martin Luther King, Jr.



President's Message

Happy New Year!

A new year, new decade and new opportunities for us as Auxilians to help our hospital grow. We are again supporting the Child and Family Life Program at Mount Sinai South Nassau. In 2019, the Mount Sinai South Nassau Auxiliary raised a total of \$43,500 through our lobby sales and fundraising efforts. We donated \$3,500 to three events: SIBS PLACE Annual Auction, the Golf Tournament and Soiree Under the Stars. The remaining balance was donated to the Child and Family Life Program. Our goal for 2020 is to raise and contribute \$50,000.

Our 2020 calendar of events and lobby sales is complete. We have scheduled 190 lobby sales at the hospital as well as monthly vendor sales in our Hicksville location. On January 15th, we held our first meeting of the year to discuss our fundraising goals. Our fundraisers will be held mostly off-site due to construction and parking constraints that will be on-going throughout the year.

The Auxiliary logo has been updated to reflect the hospital's new name and will be updated on our t-shirts.

The vendors will also be required to purchase new T-shirts, so they have a more uniform look when in our hospital lobby. We will also join the volunteers at their Annual Volunteer luncheon this year in lieu of the Silver Tea. When these plans are finalized, you will receive a letter.

There is no better feeling than working together, giving the most precious gift you can (your time) to make life better for others.

God Bless you all,
Sally Valenti



In 2019, the Mount Sinai South Nassau Auxiliary raised a total of \$43,500 in support of the Hospital.

In this Issue

The Child and Family Life Program ... page 2 • Person of the Quarter Warren Rosenfeld, MD ... page 3 and much more!

The History of The Child and Family Life Program

The Child and Family Life Program at Mount Sinai South Nassau began in 2009 when Dr. Clara Mayoral, Chair of Pediatrics, reached out to SIBS PLACE for help with a young girl who was traumatized by her injuries and extended hospitalization. The Child and Family Life Specialist introduced coping and distraction skills to the child, her family and staff, ultimately allowing her to cooperate with her care and manage her experience successfully.

The benefits of Child Life practice in pediatric patients' compliance, anxiety reduction and overall satisfaction became evident and a pilot program began, staffed by an eight hour a week Child and Family Life Specialist. With the support of the SIBSPlace team, the pediatric nurses and physicians and Mount Sinai South Nassau administration, the hospital was able to provide children, siblings and families with education, coping and relaxation techniques, distraction, emotional support, therapeutic and recreational play and advocacy to minimize the stress and anxiety that accompanies injury and illness. A milieu of creative arts activities was devised to provide interventions to help



foster positive emotional expressions, while promoting normal growth and development in an unfamiliar setting.

With the support of Mount Sinai South Nassau Auxiliary, in 2019 the program expanded to include a full-time Child Life Specialist to accommodate the increase of children being cared for. The goal is to utilize play and psychological preparation as a primary tool in helping children adapt to their medical needs, while working collaboratively with the interdisciplinary team to deliver the highest quality of care.

Today, we are actively working with our leadership and emergency department team to address the unique developmental and cognitive needs of patients diagnosed with an autism spectrum disorder and anxious children. Social stories and photo preparation books are being created to help



Kerri Wagner and AnnMarie DiFrancesca

explain procedures in appropriate language and rehearse coping techniques.

The pediatric floor houses a playroom with toys and crafts to meet all developmental stages and allow for participation in peer socialization and relaxation. It is a conduit for exploration and desensitization of medical procedures and equipment, while practicing ways to get through painful and scary procedures. The Child and Family Life Program is reliant on philanthropy to succeed, as it is not reimbursable through insurance. The donations of toys and crafts help to sustain the needs of the playroom and provide a small token gift to each child admitted. Most important is the funding of the Child Life specialists' salaries in order to provide the person power that makes the program so successful. Our goal continues to seek funding from foundations, organizations and individual donors to continue to provide the highest quality of psychosocial support to families seeking care at Mount Sinai South Nassau.



The Volunteer Services Department of Mount Sinai South Nassau recognized the selfless service of our Veterans. Anne Fernandez, Director, accepts gifts for our veteran employees and volunteers from Shulamith School for Girls.



Volunteer Services presented handmade patriotic blankets to Chief Nursing officer, Stacey Conklin. We would like to continue to offer red, white and blue blankets to our patients who are veterans. Donations of blankets [36 x 48, crocheted or knitted] or yarn would be greatly appreciated.



Volunteers gathered on November 22nd for a potluck Thanksgiving feast.

Person of the Quarter



Warren Rosenfeld, MD
Chair of Pediatrics

Dr. Warren Rosenfeld, Chair of Pediatrics, has been a wonderful source of information regarding the Child and Family Life Program. Dr. Rosenfeld, who was born at South Nassau Communities Hospital, attended New York Medical College, and completed his pediatric residency at Montefiore Hospital and his neonatal fellowship at Mount Sinai. Previously he was Chairman of Pediatrics at Winthrop Hospital and, after a short attempt at retirement, he joined Mount Sinai South Nassau. Dr. Rosenfeld believes that mothers and babies are the lifeblood of any general hospital making Pediatrics a crucial service to develop at Mount Sinai South Nassau. Pediatric services are expanding rapidly making the Child and Family Life program, generously supported by the Auxiliary, even more important to providing the best experience for children while at Mount Sinai South Nassau Hospital.

Kerri Wagner is the Child and Family Life Specialist for SIBS PLACE. She received her Master of Arts, Creative Arts Therapies at Hofstra University. Her diverse background in art therapy and child life prepared her for her position as art therapist at SIBS PLACE. She creates and facilitates therapeutic art directives for children who have a sibling or parent with a life-threatening illness, as well as bereavement support groups. In 2009, Ms. Wagner joined with the Mount Sinai South Nassau's Pediatric Department to initiate a Child and Family Life Pilot Program. In her role as the Child and Family Life Specialist she has provided services to protect and enhance the social, cognitive and emotional integrity of children and families undergoing anxiety related to illness, injury and hospitalization. Ms. Wagner educates physicians, nurses, students and volunteers and has presented at medical and nursing grand rounds on the impact of hospitalization and traumatic medical illness on the family system.

AnnMarie DiFrancesca, the newest member of the Child Life team, is passionate about helping children and families cope successfully with their hospital experience. With many years of experience designing, implementing and evaluating child life programming, she will help children adapt to their illness and hospitalization through normalizing the hospital environment. AnnMarie enjoys training and mentoring child life and creative art therapies staff, interns, fellows and volunteers. Her master's degree in Child Life and Family Centered Care from Wheelock College in Boston had led her to intern with pediatric and adult hospice patients. Supporting children and families during fast paced, high stressed emergency room visits as a certified child life specialist at local Children's Hospitals prepared her for leadership roles. As a former director of local child life programs, she looks forward to developing our child life program and advocating for Mount Sinai South Nassau's youngest patients and their families.