

Staff Shout Outs & Recognition Events!



Mary Weidert (left) and Kristen Rund (right) receive their RBJ Healthcare Heroes Awards.

A BIG shout-out to MCH Rehabilitation Director **Kristen Rund** and Admissions Coordinator **Mary Weidert**, for being honored with Rochester Business Journal's Healthcare Heroes awards! Another BIG shout-out to all of our awesome **Spotlight Award** winners, who were honored at a special event with Administration – thank you for the work you do to make MCH special! Shout-outs also going to our amazing **Social Workers** and **Dietitians**, who celebrated their respective months honoring those professions, with a special event where **County Executive Bello** presented both Proclamations and Certificates of Appreciation to recognize your outstanding service! (See the photos on the next page!) Also, MCH celebrated our **Laundry Department** during National Laundry & Linen Week, and we'd like to express sincere gratitude to **Judith Laing Lee** and her team! And let's not forget our amazing **Nurses**, who will be celebrating Nursing Week right when this newsletter comes out – thank you so much for your amazing contributions to MCH!

Also, we would like to welcome all of the following MCH employees to the team:

Ashley Chillson is our new Clinical Nutrition Manager; new Pharmacist **Kathryn Birken**; **Janice Toland** who joins Human Resources at MCH full-time as Senior Personnel Technician, after being our steadfast liaison to downtown Human Resources; and **Patti Comeau** was promoted to Clinical Admission Coordinator.

We would also like to welcome **Scottia Jones** as the new Nurse Manager on Friendship 3

West and **Donna Wang** as the new Nurse Manager on Hope 3. There is also a newer face in Employee Health. If you see **Nancy Davis**, please offer her a warm welcome.

Skilled Nursing Care Week is approaching quickly! Keep an eye out for employee appreciation activities scheduled for the week of May 9th to snag sweet treats, MCH swag and more!



Photos from the first Spotlight Award ceremony.



A Message from Executive Health Director Alyssa Tallo

Dear MCH Family,
Recently we celebrated a milestone 55th Volunteer Recognition Luncheon! As always, it was an honor and a pleasure to recognize our amazing volunteers for their tremendous dedication and commitment to MCH. Special thanks to County Executive Adam Bello for paying tribute to our awesome volunteers with Certificates of Recognition! The event was made even more special, because this was our first time being able to gather together in-person, since the start of COVID. It was so fun to see everyone and be reminded of our genuine camaraderie - these are all truly wonderful, selfless people. We remain grateful for your continued support and service. This time of year, we also celebrate our nurses during National Nurses Week, and our entire team for Skilled Nursing Care Week. Whether it's our wonderful volunteers or amazing staff, we have so many people to be grateful for. Please join me in recognizing everyone who makes MCH a wonderful place to live and work!

Alyssa Tallo

Welcome Back, Donna!

And let's welcome back **Donna Mederios** as our new Nursing Recruiter, who took the time to tell us a bit about her prior service and plans for MCH:

"I began my career here at MCH in August 2017 as Nurse Manager for FR1W and FA4C. I worked to help open up FR1E and then became the NM of FR1W and FR1E. I also helped to oversee HP2 at one point as well. In May of 2020 I joined the upper Administration team as an ADON covering the Faith and Hope buildings. I left at the end of February 2021 for a new adventure but circumstances and happenstance, brought me back to MCH February of 2022 in the role of Nurse Recruiter. Coming back here has felt like coming back home after a long time away. I was met with open arms and hugs, warm welcomes and genuine smiles of happiness; such a good feeling.

My goals are to see that MCH becomes one of the most wanted facilities for nursing personnel to want to work at. MCH is a hidden gem. You can't walk down a hall without



Donna Mederios, Nursing Recruiter

someone you don't even know saying hi to you. There is an air of camaraderie here. This is the place to choose if you want to make a career out of nursing. There are so many opportunities to move up and to move around at MCH. Over the next 6 months my goal will be to close the gap on the CNA holes and bring in dynamic people who will help to make MCH the place that folks want to work at.

MCH is the place to be. There is so much diversity here and all are welcomed and accepted. There is always the willingness of someone wanting to help another person here. When there are circumstances in folks' lives, others gather around and lift them up, whether it be with a hug, a quiet conversation, well wishes, volunteering of someone's vacation to help out an individual who may have a medical condition that may take them out of work for an undetermined amount of time or simply just praying for that person. This is what you will find here at MCH; folks that treat you like your family. It's great to be back!"

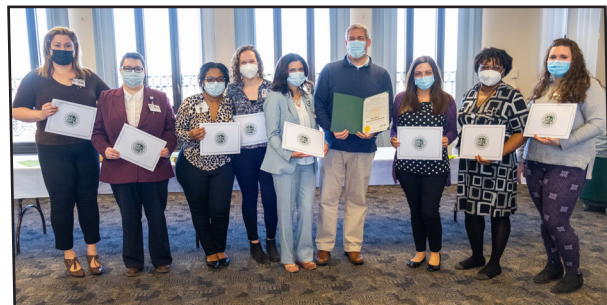


MCH to Become Smoke Free Campus

On May 1st, MCH began transitioning to a completely smoke-free campus for residents. We will no longer be accepting admissions who currently smoke. The residents who were previously approved by MCH to smoke will be grandfathered in and be able to smoke until they either are discharged or they are no longer safe to do so. We will also offer smoking cessation to current smokers, if they are interested.

This decision was made because we are striving to create a safer, healthier campus for all residents, visitors, and staff, and this is the next step towards that goal. We will be working to relocate the resident smoke hut to the east side of the campus in the next month!

MCH received funds last year to create a secured, enclosed courtyard in the area sometimes referred to as "Pigeon Alley." Once the smoke hut is relocated, we will begin working towards renovating and enclosing this space so that residents have a safe space to be outdoors, as well as those with wandering behaviors to access outdoor space without constant in-person supervision.



Monroe County Executive Bello visited MCH to recognize our Social Work Department staff and the MCH Dietitians during National Social Work Month and National Nutrition Month in March.

MCH Crooner Andy Nahas Continues to Warm Hearts

For years, Andy Nahas has entertained us here at MCH, most recently for a Valentine's Day concert, where he again left everyone smiling. What follows is an interview with the man who makes a point of connecting with our residents and staff, and brightening our days.

You use your talents to reach people – especially those who would otherwise be unable to see you, like those confined in long term care settings who cannot get out to see concerts or other events. What compelled you to want to do this, and what do you get out of the experience?

In 1994, I was looking to do some type of community service. Meanwhile I had been singing at some clubs at night, which I didn't enjoy much because I didn't feel much purpose in it, singing for people who were there for drinking alcohol. Then it hit me! What if I could combine my love for singing with community service? I asked

Singing at places like MCH is the most important thing I do, lifting people's spirits through songs, humor, and interaction.

a friend of mine who was on the Board of the Episcopal Home, "What goes on at a nursing home?" I decided to volunteer there for nine months, escorting residents to whatever entertainment was going on each week. Not only did I get comfortable around people living in nursing homes, but I loved helping out and keeping people company. And by watching all the other entertainment, I got many ideas for what I thought the ideal entertainment should look like.

You have performed at MCH many times. What is your favorite thing about it? What do you love about our audience? Can you think of a particularly memorable experience you had while performing here, or a time you interacted with a specific resident that stayed with you?



Andy Nahas on stage in the MCH Auditorium during his concert this year.

I still vividly remember the first couple of shows I did because I saw behaviors in people that I hadn't seen at the other shows I brought people to. First of all, no one fell

asleep, which was highly unusual for people in their

locking arms and kicking their legs up like the Rockettes. I felt that this whole thing was something big and I went on to perform hundreds more shows at similar venues over the years. Singing at places like MCH is the most important thing I do, lifting people's spirits through songs, humor, and interaction. It makes me feel like I'm making a big difference with my life.

I've been singing at MCH for over 25 years. It's no exaggeration that I'd rather sing

80s and 90s, especially right after lunch.

Staff members told me they didn't see one woman ever smile, but she was smiling during the show. One woman slowly got up from her wheelchair and began swaying to the music, after which the staff told me they never knew she could stand! Even the staff started dancing as I sang New York, New York,



Andy always takes time to talk with the residents following his shows.

UPDATES

Improvements Everywhere.

The MCH Facilities Department, led by Rob Cammilleri, has been hard at work making improvements all over campus. Here are just a few of the updates you may have noticed, or that are currently underway:

Energy savings related to new lighting, and interior improvements on resident units:

In total, over 500 LED light fixtures have been installed in the past 12 months resulting in approximately 60% reduction in energy usage. These improvements have also had a significant impact on the overall appearance of the units resulting in increased resident and staff satisfaction.

- All common areas in Hope now have new ceilings, LED lights and fresh paint. All carpet at the nurses stations have been replaced with new flooring.
- All common areas in Friendship now have new LED lights and all carpets at the nurses stations and resident lounges are being replaced with new flooring. We hope to be completed with all floors before the end of June 2022.
- All common areas on Faith 5 now have new LED lights installed.

Security upgrades: We have replaced approximately 100 of the 165 cameras throughout the hospital campus with high definition cameras. Many of our cameras were non-functional or had very poor resolution. This has significantly improved resident, staff and visitor safety. Project to be completed in July 2022.

Relocation of Human Resources: Human Resources recently moved into their newly renovated space located on Faith 1 East. The space was renovated because the department had outgrown their previous area.

Stan Yale Pavilion roof replacement: The failing asphalt roof on the Stan Yale pavilion was replaced with a metal roof with a lifetime warranty.



Photos of the Stan Yale Pavilion, located on the northeast corner of the campus, before and after the new metal roof was installed.



Andy tells the audience that he learned to play the ukulele during the Pandemic.

Andy Nahas *(continued)*

at MCH than Vegas or Madison Square Garden! What I love about MCH is that many residents are there for years so I get to know them well, and they are so good about expressing their gratitude. It feels like a show among family. The Executive Director at MCH has historically been very encouraging too, and I especially appreciated Alyssa Tallo's support during my last show, after a pandemic induced pause in concerts.

There are so many memorable moments from singing at MCH. I'll mention one. There was a roughly 40 year old resident named Lydia who was completely paralyzed from head to toe. She couldn't even blink her eyes. I often ask my audience, "What's the secret to a happy life?" Lydia's mother Rose, who was sitting by Lydia's side and was a resident too, raised her hand and answered, "Being grateful for what you have". To this day that remains the most powerful thing I've heard anywhere, and surely important wisdom we can all benefit from, regardless of situation.

I love bringing entertainment to the people who need it most. It turns out that this may be what I need most too. I want MCH residents to know that I appreciate them, I remember each of them, and I very much look forward to seeing them every time I perform at MCH.