



## A Message from Executive Health Director Alyssa Tallo

Dear MCH Family,

Happy fall everyone! There is a crispness in the air, the leaves are changing and, as always, there's lots going on at MCH! We are so excited to continue celebrating employees – most recently we had another chance to recognize staff excellence with our Spotlight Awards, we're in the midst of our Employee Appreciation Fall Fest, and the Longevity Awards are right around the corner. Let me take a moment to express to each and every one of you, how much I appreciate your hard work day after day. Your dedication to MCH is what makes us an excellent home for our residents to live in and receive top quality care. You should be proud of yourselves for your outstanding contributions.

Friendship Place Garden is now underway, and the MCH Thrift Shop will soon be re-locating to the first floor! In this newsletter, we've highlighted some other great updates that are happening around the grounds from our awesome Facilities Department. We also highlighted results from the last staff survey, and we have another survey out right now, which I'm asking that you take a moment to fill out and submit to us. The feedback in these surveys is very important to us. Administration meets and goes over all of the submissions to identify areas for improvement and formulate action plans to make MCH the best possible environment for you to work. So please, get us your survey today!

Thank you so much to all of you – residents, employees, volunteers and supporters – who care about MCH's success and help make us shine! We are grateful for your continued dedication. Please let me know if there's anything special you'd like to hear about in our next issue. Enjoy this beautiful weather we're having, snow isn't far behind!

*Alyssa Tallo*

## Staff Shout Outs

A big shout-out to **Maria McCracken** and the rest of the team in **Nursing**, who collaborated on Camp Friendship! Camp Friendship, a 5-day summer camp for our pediatric residents on Friendship 1 East, took place in July and featured fun activities like trips to the Seneca Park Zoo and a Red Wings game, and other outdoor activities including creating tie-dye tees to wear to the game, a bonfire with s'mores, and a concert. Our kids had such a wonderful time! Thank you to the **MCH Auxiliary**, our friends at the Zoo, and UR Doctor **Brett Robbins** for their support – and again, to our awesome staff who planned all of these great events!

We'd like to send a shout-out to the entire **Physical Therapy** department, as well as everyone in **Food & Nutrition**! We are celebrating **National Physical Therapy Month** and **Food Service Worker Week** during October – thank you so much for your amazing contributions to MCH!

Finally, a huge shout-out to our director **Alyssa Tallo**, who is being recognized by the Rochester Business Journal's Power 30 Healthcare List for the second year in a row! This exclusive list highlights those who play a significant role in helping improve the health of our community. As we all know, Alyssa has worked tirelessly, guiding MCH through one of the most turbulent times in our history, and continues to maintain and improve operations as we navigate the effects of the COVID-19 pandemic. We are very proud of you, Alyssa!



*This summer, pediatric residents took a trip to catch a Rochester Red Wings game during Camp Friendship at MCH!*

# Celebrating MCH!

As usual, there have been lots of fun events and activities going on here at MCH! Just in the last few months, the MCH Foundation held their Cornhole Tournament, we honored employees at our Spotlight Awards, celebrated summer with our spectacular Fireworks Festival and Summer Concert Series, and enjoyed some seriously delicious cookouts thanks to the hardworking folks in Food & Nutrition!

Also, some of you may have noticed that we have hosted several tours for our NY State elected representatives. It was a great opportunity to continue to raise our profile and share with our legislators the many unique benefits that MCH brings to our community, and the fact that between residents and employees, more than one thousand of their local constituents are directly impacted by MCH operations every single day. We appreciated the opportunity to demonstrate our impact and tremendous community value, and we thank State Senator Samra Brouk, Assemblymembers Harry Bronson, Jen Lunsford, Sarah Clark and Steve Hawley for their time, interest and support.



Ruby Shooz Performing in Central Park at MCH



Soul Express at the Summer Concert Series at MCH



MCH Spotlight Awards Recognition



Staff Appreciation Event on National Cheese Pizza Day!



Tailgate Cookout Sponsored by MCH Food Services



Pediatric Unit Tour with State Assemblymember Steve Hawley



State Assemblymembers Jen Lunsford and Harry Bronson



State Senator Samra Brouk and Assemblymember Sarah Clark

## Staff Survey Results

What are some reasons you remain working at MCH?



59% of respondents selected "I love the residents I serve"  
57% of respondents selected "The benefits and pension are good"  
43% of respondents selected "My co-workers keep me here"

During our last staff survey, we asked employees, "What are some reasons you remain working at MCH?"

The top answer given was, "I love the residents I serve." Respondents also selected "The benefits and pension are good" and "My co-workers keep me here." (Please see the snapshot above highlighting results from the most recent staff survey.)

As Alyssa noted in her greeting, we have another survey out right now, and would really appreciate it if you take a few moments to tell us about your MCH experience. For more information, contact HayleySpellman@monroehosp.org.

## SafeGait Webinar

In the spring, Physical Therapist **Anthony Porreca** was selected by SafeGait to demonstrate its technology during a live webinar presentation to dozens of attendees entitled "Treatment Ideas for Patients with Neuro Diagnoses: An Introduction to SafeGait 360."

Anthony provided more than 100 registered clinicians with actual treatment scenarios for patients with various neurological diagnoses, demonstrating with patients he has personally treated with Safegait here at MCH.

Safegait was impressed, and thanked our team for allowing others the opportunity to benefit from Anthony's expertise and treatment recommendations. Anthony has been a Physical Therapist at MCH for 5 years and provides services to both our short term rehab patients and our long term care residents. He is an everyday MCH Shining Star!



# Welcoming Incoming Employees

We would like to welcome all of the following MCH employees to the team! **Tuong Diep**, Chief Pharmacist; **Karie Mann**, Hospital Finance Administrator and **Todd Cramer**, Director of Cardiopulmonary Services; and **Donna Mederios** who is transitioning from Nurse Recruiter to Nurse Manager.

We'd also like to welcome our new Director of Resident Programs **Aimee Bodine**, who took the time to tell us a bit about herself and her plans for MCH:

*Tell us a bit about your professional background, and why you're passionate about the field of Recreation:*

My very first job when I was 16 was working in a Nursing Home Kitchen. After my shift, I would go up to the floors and talk with the residents. I loved getting to know them and hearing their stories, and they loved reminiscing. I went back to school in 2011 as a Human Services major at MCC. When it came time to choose an internship I knew immediately that I wanted to work in senior care/living. So I went to an assisted living facility and worked under the administrator. There I discovered Recreation Therapy and was instantly drawn to it. After completing my Associate's degree I went to Brockport and received my Bachelor's degree in Recreation and Leisure Services. After graduation, I started as a Recreation Therapist at St. Ann's Community in their long-term care facility. I loved working there and with such a close

team of talented people. I made many strong connections with friends that I still spend time with today. I was there for 6 years and learned a lot about person-centered care, and what a benefit recreation can bring to people living in long-term care situations. In 2019 I started as the Activities Director at Geneva Living Centers. The department had many people retire, so I was tasked with reinventing the entire department and reviving it.

I'm passionate about Recreation because it is such a powerful thing. It can rebuild skills, improve mood, boost the quality of life and strengthen social connections. There are so many facets to it, something as little as spending time talking with someone, to having a large event can produce the same results. I have a quote in my office that reminds me of why I decided on this career. "The word recreation is really a very beautiful word. It is defined in the dictionary as 'the process of giving new life to something, of refreshing something, of restoring something.' This something, of course, is the whole person."

—Bruno Hans Geba

*What has most impressed you about your*



Aimee Bodine

*team, and what are you most excited to bring to Resident Programs?*

The creativity they have! They are all so talented in many different ways and bring so much to the table. Most of all you can tell how much they love what they do, and they always bring their A-game to any event or program. They are truly here for the residents. I'm excited to bring what I have learned from working in so many different types of senior living to MCH.

*What drew you to MCH, and what do you love about working here (so far)?*

I wanted to work in my community again. Working in the community that I live in has always been important to me. I like the feeling of giving something back and seeing it in my day-to-day. Plus the commute is better! I love working here because I am learning something new every day, and MCH has shown how much they value the recreation department and the skills they bring to work every day.

*Anything else you want to say to the MCH community?*

Thank you for welcoming me with open arms! I was amazed at the support I have gotten since I started. I was very lucky to be able to work with Donna before her retirement and I feel I gained a wealth of knowledge about the work culture at MCH. This was the smoothest job transition I have ever experienced.

## May We Have a Word?

*A conversation with Janet Allardice, Merchandiser for the Tapestry Gift Shop at MCH*

*How long have you & Corky been running the Tapestry Gift Shop and how did you get involved?*

Corky and I began volunteering in the Tapestry Gift Shop in 2005. We had just retired from our business and needed something to fill our time. We had previously been involved with the hospital through volunteering for the annual MCH Golf Tournament, Wine Tasting Event as well as our business working on the MCH's Giving Tree project at Christmas time.

In 2010, I became the Merchandiser of the Gift Shop and Corky became a member of the Auxiliary Board for MCH where he currently holds the position of President. Corky is a huge part of Tapestry also. Not only does he volunteer for MCH, but he supports me in shopping

(at least two trips to wholesale stores in the Rochester area per week!), rearranging the shop – and the best person that I could ask for to bounce ideas off of.

*What's your favorite part about your job? Do you have a memory with a particular resident or employee that sticks out?*

Running Tapestry over the past ten years has allowed me many rewards. I have met so many wonderful staff members and residents. I have become very attached to MCH and the thought process of the hospital; I appreciate and enjoy the many hours of work that go into making this a HOME for our residents!

Early on, my favorite part of my job was my three annual shopping trips to New York City, where I try to identify fun, unique & stylish items for our customers. I would attend trade shows and work

*Continued on Next Page*

# Improvements Everywhere You Look

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:

- All common area lighting throughout Friendship, Hope and Crossover have been updated to energy efficient LED. This will result in a 50-60% reduction in energy cost and a significant reduction in maintenance cost and recycling cost.
- Created a large central laundry service area on Friendship 2 Center that includes 2 washers, 2 dryers, folding tables and a large TV. We also installed a security camera and a phone in case of an emergency.
- Replaced 110 of 160 cameras throughout the complex and also increased the number of monitors to allow for more cameras to be viewed on a 24/7 basis.
- Removed approximately 30 trees and also 10 bushes. Many were determined to be in danger of falling and others were causing harm to the building and impeding egress. We also trimmed the remainder of the trees for increased security and overall health of the trees.

*In response to feedback from residents, a new spacious central laundry room was created on the Friendship 2 Nursing Unit.*



## May We Have a Word? (continued)

with wholesale dealers to bring back the best deals on purses, jewelry, hats, scarves, and other accessories. I worked hard to ensure that Tapestry could offer goods at a price point that's as low as possible, which visitors, staff & residents alike could all afford.

These days, shopping trips are a thing of the past, and I find myself doing purchasing primarily online.

You know how that goes: sometimes a blouse will come in and I say to myself, "what was I thinking?" Ha! It is a challenge not being able to see and touch things in person, but I do my best & sincerely hope that you all enjoy the wide selection we offer. Please don't hesitate to email me at JAllardice@monroehosp.org with ideas or requests – your feedback is appreciated!

***Tell us something about the "behind the scenes" operation of the shop that's interesting or may even surprise people?***

In March of 2020 when COVID hit, Tapestry closed for 3 months. By June, I was given the go ahead to open, but I could not have any volunteers. I could continue to open the shop because I was a contractor and had to follow the same rules as the rest of the hospital staff, but I would be entirely on my own! I was okay with this, and remember to this day, a resident saying to me, "having the gift shop open is the best pill anyone could have given us, thank you". That really made my day and is a fond memory I'll always carry with me.



*Corky and Janet Allardice receiving recognition for their work in the Tapestry Gift Shop at MCH.*

lack of visitation to the hospital greatly decreased the need for all items, negatively impacting our sales drastically. We have had to be very creative on our purchases. Just recently, we put in two fully-stocked refrigerators and a freezer, giving both residents and staff options when the cafeteria is not open. However, one thing remains the same. I like to make sure that Tapestry looks and smells of the current season and/or holiday. Corky and I have always been ones to "do it up" when it came to decorating, and we bring that sensibility here to MCH – we hope it brings you all as much joy as it does us! The residents' favorite holiday here is definitely Halloween. Come October 1, they are already asking "where is the big guy?," referring to an animated butler that talks as you walk in. They love that butler along with other motion activated decorations, witches and ghosts.

***Anything else you'd like to share with the MCH community?***

There is nothing better than loving the job you do, I thank all the residents and staff for making my job so enjoyable.

Due to COVID, the

***The MCH Minute*** is a periodic newsletter to keep you informed about Monroe Community Hospital.

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