



## NLH Winter Coat & Apparel Collection

NLH is collecting gently used or new coats, hats, mittens and scarfs from now through Oct. 28, 2014. These items will be cleaned by Robinson and Smith and donated to local children. Items can be dropped off to Stacey White X 5686 or Roasia Hubiak X 5552 in Patient Financial Services. Any question's please call.

## NYC Shopping Trip Nov. 8, 2014

**\*\*Sponsored by the NLH Courtesy Council\*\***  
For NLH employees, family and friends  
\$38

First-come first-serve payment in full holds your seat.

**\*\*Make checks out to Nathan Littauer Hospital\*\***

*Leave NLH parking lot at 7 a.m. sharp*

*Depart from NYC at 5:45 p.m.*

Tickets are non-refundable after Oct. 1, 2014

Contact Stacey White x-5686 for forms and info

*From the H.I.M. Staff...*

### A Friend in Need NLH Basket Raffle

Sept. 25 & 26, NLH lobby - Drawing: Sept. 26, at 2:30 p.m.  
*Raising money to help department employee Erica Mach*

Erica lost her mother suddenly at the age of 56. Her mother was not ill at the time of her death and she had no life or burial insurance. In this difficult time we are turning to our Littauer family to come together to assist Erica.

Please consider donating a basket to help raise \$2,500 to help offset the funeral cost. Your donation will be accepted with gratitude and sincere appreciation...every little bit helps!

*For more information or to create a basket contact:*  
Talhaim Quick ext. 4351, Judy Cetnar ext. 5510  
Carrie Moxham ext. 5506 or Becky Pettit ext. 4124



## NLH Candystripers recognized at special dinner

**PHOTO:** From the Candystriper Award Dinner: -Sandy La Fountain, left, Jeanne Wilkinson, Carol Sleezer, Mona Capasso, Evelyn McSpirit, Raina Danylak, Emily Marotta, and Susan McNeil

Nathan Littauer Hospital & Nursing celebrated its 37th annual Candystriper/Junior Volunteer 2014 Awards Ceremony Monday, Sept. 8. Raina Danylak, a student at Johnstown High School was the recipient of the Alice Paula Muskin Memorial Award. Raina has volunteered at the hospital and nursing home since 2013, and last year received an Honorable Service Award.

Susan McNeil, Director Volunteer Services addressed the volunteers stating, "You are our leaders of tomorrow. In your service to those in need, you have taken the steps to lead others.."

NLH President and CEO Laurence Kelly, expressed his appreciation for the dedication and time the young adults donated to the hospital and nursing home stating; "I see them helping patients, and in the lobby greeting visitors. It takes a special kind of person to volunteer and these young people are an asset to our volunteer program. They have started the tradi-

tion of giving back to the community. Thank you!"

Also on that day, Honorable Service Awards were given to new candystripers Emily Marotta, Lauryn Pianelli and Juliannah Wilson, who donated over 50 hrs. of service They also received a certificate of appreciation and a gift on behalf of the hospital and nursing home.

In addition to Raina and the Honorable Awards recipients, 2014 candystripers and junior volunteers include; Alexandra Bielli, Hayley Bruse, Brianna Clute, Madeleine Connaway, Natalie DelCostello, Taylor Gifford, Caitlin Lawton, Sarah Lebel, Hanah Mellis, Mikayla Morrison, Brianna Pettit, Molly Woodward. In 2014, these young adults generously contributed approximately 800 hours to the hospital and nursing home.

The Auxiliary sponsors the annual event, which was chaired by Mona Capasso. Auxiliary President Norma Cozzolino presented the award.

September 2014

# VITALsigns

## Summer Reflections, 2014

NLH's busy role in the community

*Congratulations*

**Donita Crankshaw**

*2014 second quarter*

**Goodwill Employee**

*Learn more about the*

**NLH Goodwill Committee**

## FLU SEASON

*NLH Infection Control Preventionist*

**Mary Constantino, FNP-BC**

**Shares the best defense and latest updates**

## Events, Raffles, Donations,

**NLH employees continue  
to make a difference**

## Healthy harvest -

*Farm to table,  
Advice from our own  
Nutritional Services*

*On the cover: Littauer's own apple orchard*

A MESSAGE FROM THE CEO

Throughout the summer we were busy in the community participating in events and health fairs, or by simply taking part in the splendor this area has to offer. Your dedication is commendable, and your outreach touches the heart of our community.

Our second quarter Goodwill Award recipient, Donita Crankshaw, is another example of an honorable Littauer employee. For fifteen years she has been the Primary & Specialty Care Center manager, with an outstanding attitude in an area that has grown tremendously under her watchful eye.

Donita is recognized and respected by her peers for her knowledge, dedication, understanding and compassion.

Fall is here and so too is the threat of the flu. Employee Health is offering two flu shot clinics over nine days to distribute flu vaccine to our employees. The importance of protecting ourselves is paramount as we strive to stay healthy for our patients.

Thank you to our staff for consistently engaging with our community as we continue to provide the best in health care to our area.

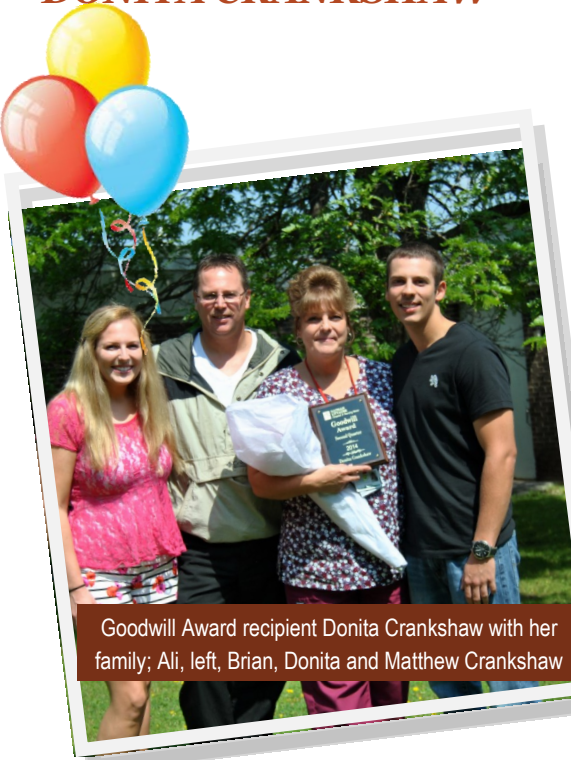
Laurence E. Kelly

Laurence E. Kelly, President and CEO



Littauer staff:  
Your dedication is commendable, and your outreach touches the heart of our community  
- Laurence E. Kelly

2014 SECOND QUARTER  
GOODWILL EMPLOYEE:  
DONITA CRANKSHAW



Goodwill Award recipient Donita Crankshaw with her family; Ali, left, Brian, Donita and Matthew Crankshaw

Primary and Specialty Care Center Manager Donita Crankshaw was awarded the Nathan Littauer Hospital & Nursing Home Goodwill Award recipient for the second quarter.

“Of our 1000 employees, these are people that our employees themselves want to honor” said Littauer CEO Laurence Kelly. “These are the best of the best; they deserve our recognition for their incredible impact on NLH and patient care.”

Mr. Kelly went on to say Donita proved early in her 15 year tenure at Littauer that she was somebody very special.

Donita was nominated by her peers for her respectful demeanor, and vast knowledge, coupled with her compassion, and sincerity while dealing with patients and co-workers. “She is the heart and brains of this organization and a joy to collaborate with” said her co-workers.

Patrice McMahon CMPE, Vice President of Primary Care Services at Nathan Littauer Family of Health Care Services said, “Donita has found,

hired, trained, retrained, corrected, cajoled, retained and listened to each and every one of a most incredible staff at Littauer’s primary care.”

Upon receiving the award Crankshaw humbly thanked her peers. “I share this award with my staff and the providers; they give 100 percent to me, and make me a better person” she said.

The NLH Goodwill award is given out quarterly and once annually to an employee. It recognizes goodwill and promotes “people caring for people.” Crankshaw received a plaque on the NLH Hall of Fame, a monetary award, and a preferred parking space.

Recipients for the award are nominated by NLH employees, providers or patients, and submitted to the Goodwill Committee, where in a blind format they are selected. Quarterly employees are among other nominations for the NLH Goodwill Employee of the Year.

Congratulations  
Donita!



NLH Nursing Supervisor Charmaine Miskinis, left, with daughters Taylor (Mayfield Primary & Specialty Care office coordinator), and Alexia making some healthy selections at Brower’s Farm stand in Mayfield

Fall is here, but there is still plenty of time to take advantage of the fresh fruits and vegetables ripened by the summer sun. In the fall, look for squashes, broccoli, pumpkins, sweet potatoes, and brussel sprouts, along with apples, grapes, pears, and plums.

Be sure to visit your local farmers markets to get the very best prices, as well as support your local farms. Also, if you haven’t already, visit the Mohawk Harvest Cooperative Market on Main Street in Gloversville for a huge selection of fruits and vegetables, a café and bakery, as well as cooking classes! For more information about your local farmers markets, visit [www.fultonmontgomeryfarmersmarket.org](http://www.fultonmontgomeryfarmersmarket.org).

With fall comes colder weather and family gatherings, as well as cravings for comfort foods. Moderation is key, and remember to practice your portion control. Keep half of your plate fruits and or vegetables, a quarter lean protein (think chicken, fish, eggs, turkey, pork), and a quarter whole grains (whole wheat pasta, brown rice, whole grain bread). This will help keep you happy and healthy, all year round!

Thank you NLH Courtesy Council!  
NLH Ice Cream Social

August 14,  
NLH Auxiliary Reflection Garden



Welcome Make-A-Wish recipient  
Tim Monette of Northville!

# Still “WOW-ing” the staff

***WOW Tickets continue to recognize the efforts of NLH employees***

JUNE:Alice Ferrara, Amandalynn Wilcox, Amber Miller, Amy Christiano, Andrea Becker, Andrea Patterson, Ann Brown, Ashley Valik, Barney Brower, Bob Flower, Bob Shwajlyk, Bonnie Burroughs, Brenda Hammons, Brittany Chatterton, Candy Wilson, Carol Walker, Cathy Caringi, Chris Buyce, Christine Akowicz, Chuck Pettit, Cindy Jablonski, Claudette Royal, Coleen Toor, Corrine Ricciardi, Crystal Baker, PA; Deb Roice, Deb Siwik, Deborah None, Debra VanDeusen, Diane Riscen, Donna Mullins,

Dorothy Laporta, Dr. Farwa, Dr. Harbeck, Dr. Husson, Dr. Nguyen, Dr. Pesses, Dr. Shnaidman, Dr. Werblin, Electa Chaffin, Erica Mach, Faith Schmidt, Francine Cast,

Gail Rogers, Garret Heitkamp, Gloria Kline, Greg Costello, Jacob Dutcher, James Pike, Jamie Hickey, Jenn Elmendorf, Jessica Brothers, Jessica Vickerson, Karen Martin, Kate Seney, Katelyn Holmes, Kelly Perham, Kelly Priddle, Kim Hohenforst, Kirk Watkins, Kris Allen, Krista Walker, Kristi Ruggerio, Laureen Steenbergh, Laurie Mickel,

Linda Davis, Linda Sweet, Lori Lewis, Lynn Kaiser, Martina LaBlond, Maureen Mosher, Meegan Goodman, Melissa Lefflear, Melissa Naumann, Mike Kilmartin,

Mindy Morrison, Nancy Abrams, Nancy Havelly, Nicole Cleary, Nicole DiMaio, Noreen Weil, Rebecca Pettit, Renee Norris, Rev. Bonnie Orth, Rhonda Snell, Rob Alund, Samantha Murphy, Sanela Bostandzic, Scott Hojohn, Sherry Hayward, Steve Mancini, Sue Fazio, Sunshine Edgar, Tafhaim Quick, Tammy Merendo, Tara Keane, Theresa Araiza, TJ Dufel, Tracie Bartow

JULY: Alicia Opalka, Almata Reid, Alysha Mraz, Bonnie Wollard, Bradley Stewart, Brian Rubscha, Brittaney Adams, Bruce Jones, Byren Bellen, Carla Kolbe, Carol Silveria,

Cathy Burek, Cathy Caringi, Cathy Walker, Chris Johnson, Chris Stevens, Christina Cassaro, Christine Bornt, Chuck Pettit, Cindy Dunham, Colleen Maas, Connie Simonds, Danielle McDurfee, David Cary, PA; Deb Blayzor, Deb Lawrence, Deb Perham, Derrek, Douglas, Devan Rowe, Diane Bradshaw, Diane Gaudons, Diane Swartz,

Don Bennett, Dorothy Esposito, Dr. Lataillade, Dwayne Eberle, Eileen Spannbauer, Florangel, Delacruz, Greg Costello, Heidi Blackford, Jackie Ruggeri, Jeannine Spraker, Jen Hart, Jerrica Smith, Jessica Hilll, Jim Morrey, Joe Giardino, Joe Sovack, John White, Kara Aird, Karen Lawson, Kari Roblee, Kate Sullivan, Kathy Cook, Kayla Bellinger, Kayla Ellis, Kelly Lane, Kim Cowles, Kristen Cruthers, Kristina Costello, Lauren Brown, Laurie Rose, Linda Hidde, Marie Lauria, Marie Wilson Mary Johnson,

Mary Valachovic, Matt Tino, Melissa Radnai, Melissa Walker, Michael Nickerson, Michelle Beckley, Michelle Drake, Michelle Hallenbeck, Michelle Wilson, Monte Esposito, Moshgan Jones, Naomi Falcon, Nicole Cleary, Nikki DiMaio, Pat Brooks, Penny May, Robin Winchell, Rodney Schuyler, Ronda Warner, Sandy Ostrander, Sari Stewart, Scott Hojohn, Scott Norris, Shantilal Ramani, Steve Mancini, Sue Cridland, Susan Holland, Tammy Gerdes, Tammy Lasher, Theresa Araiza, Tom Dufel, Vanessa Lopez, Wendy Chirieleison

AUGUST: Alice Ferrara, Alicia Palmateer, Almata Reid, Alyssa Soto, Amanda Senese, Amber Miller, Amos Adjei Mensah, Amy Ellsworth, Annette Looman, Bernie Evens,

Bradley Stewart, Brandi Maye, Candice Ruszkowski, Carl Tubbs, Carrie O'Dell, Chris Snell, Chris Stevens, Christine Ney, Chrystie O'Connor, Cindy Dunham, Cindy Newton, Claudette Royal, Colleen Emerick, Connie Simonds, Deb Clemons, Deb Noone, Deb Perham, Deb Roice, Deb Siwik, Deb Trumbull, Deb VenDeusen, Deb McGrail,

Deidre Yusko, Delilah Reynolds, Diane Gaudons, Don Bennett, Dr. Horowitz, Dr. Husson, Dr. Mycek, Dr. Waldman, Electa Chaffin, Elisheba Frasier, Florangel Delacruz,

Gail Rogers, Heather Murphy, Heather Souza, Hope Stewart, James Morrey, Jay Holz, Jaye Kaye VanValkenburgh, Jazmyn Calhoun, Jen Williams, Jenn Heffernan,

Jenna Stewart, Jim Morrey, Jodi Bronk, Joe Slovack, Karen Lawson, Kathy Cook, Kayla Ellis, Kelly Bochenek, Kelly Colby, Kelly Cooper, Kelly Walsh, Kirsten Lennon,

Kristi Ruggerio, Kyla Santiago, Lenore Deillenbeck, Linda Davis, Linda Fleming, Lisa Chatterton, Lisa Langlois, Lori Talcott, Lorrie Elmendorf, Lucy Davis, Lucy Ferrara, Marcia Hallenbeck, Margie Edwards, Maria Douglas, Martina LaBlond, Marty Waite, Mary Johnson, Mary Valachovic, Meegan Goodman, Melissa Buanno,

Melissa Elmendorf, Melissa Nauman, Melissa Walker, Michael Nickerson, Michelle Drake, Michelle Isabella, Michelle Jones, Mike Hillock, Mike Kilmartin, Mike Lavallee, Mindy Rorick Sylvia, Mindy Ellis, Mr. Ramani, Nadine Gifford, Nancy Abrams, Nicole Cleary, Nicole Clemons, Pam Roblee, Paula Costello, Priscilla Person, Rachel Posillico, Rebecca Callahan, Renee Norris, Ronda Barclay, Rhonda Snell, Ronda Warner, Ruth Ann Craven, Sally Clemente, Sandy LaFountain, Sandy Rodriguez, Sara Schrum, Shannon Teater, Shantal Mathias, Sharon Drozinsky, Sheena Glionna, Shelly Watkins, Stacey Palmer, Stacy Dado, Tammy Merendo, Terry Darby, Thresa Araiza,

Tina Ambrosino, Tina Ryan, Veronica O'Rourke, Veronica Thomas, Yesesnia Crisafulli

SEPTEMBER: Erica Mach, Judy Cetnar, Louise Hornung, Marie Lauria, Michelle Doane, Michelle Kuebaugh, Nancy Davison, Paula Baurle, Rachel Veltri, Susan Winters

PLEASE NOTE - Most recent list at time of publication.

## Nathan Littauer Nursing Home

### RESIDENTS RECOGNIZED



#### JULY RESIDENT

Betty Fraker



#### AUGUST RESIDENT

Richard Flood



#### SEPTEMBER RESIDENT

Marietta Bonker



for those who cannot receive a shot. Although the State Health Commissioner has not mandated the flu mask policy, it could go into effect any time.

The very young and very old are most susceptible to the flu, but health care workers are also at a higher risk of exposure. Unless you have a fever or an existing allergy to the serum, you are encouraged to get the flu shot. It is safe for all ages, and safe for pregnant mothers.

**Two flu clinics are being offered to NLH staff. The first clinic starts Tuesday, Sept. 30 through Friday, Oct.3; the second clinic runs from Monday, Oct. 6 through Friday, Oct. 10. The hours will be 7 a.m. to 3:30 p.m. in the Employee Health office, located on Littauer’s second floor.**

If you have any questions please feel free to call the employee health department at 773-5518.

## The Goodwill Committee and Award

### Meet the NLH Goodwill Committee:

The Goodwill Committee is made up of NLH employees. Current members are: Lauren Brown, Dwayne Eberle, Brenda Hammons (Chair), Dorothy LaPorta, Linda LeBarron, Charmaine Miskinis, Mary Nelli, Priscilla Person, Cindy Stagliano, Linda Sweet, and Lana Wydra.

The mission is to recognize goodwill and promote the “People Caring for People” environment toward coworkers, patients, and the community of Nathan Littauer Hospital & Nursing Home.

Each quarter/year the Goodwill Committee gets together to review nominations submitted by employees, providers and/or patients and vote for the Employee of the Quarter/Year.

### How the voting system works:

Once the deadline for the quarter has passed, the chair of the committee compiles all the nominations. Names of all nominees are submitted to Human Resources to ensure a nominee is eligible (i.e. no corrective actions, etc.). Members of the Goodwill Committee are not eligible.

The Chair then puts together all the nominations in a “blind” format, removing the nominee’s name at the very least, and if at all possible any information such as gender pronouns, department name references, etc. that may “give away” who the nominee is. This is the most fair and equitable way for the committee to vote.

Each nominee is scored by each member of the Committee on a scale of 1 to 5. Once all members have made their votes they are tallied. The nominee with the highest score is the *Employee of the Quarter*

After the votes are tallied the committee is then informed of who the winner is as well as the other individuals who were nominated for that particular quarter.

Voting for the *Employee of the Year* is handled in the same manner, with the only difference being that the winners of each of the four quarters for the year are also included in the nominations. Second and third place winners are also awarded for *Employee of the Year*.

That is why it is so important when you make your nomination that you tell us what really sets your nominee head and shoulders above all others. Be specific. Give examples.

Nomination forms are located at the boxes located in the lobby, nursing home, and the corridor opposite the cafeteria. They can be placed in the box or sent via interoffice email to the committee chair. You can also send your nomination via email/MOX mail to the Committee Chair.

The Goodwill Award recipients typically receive a plaque, parking for the quarter or the year, and a monetary gift.

The Goodwill Committee is seeking new members. If you are interested please send an email to GoodwillChair@nlh.org.

(Submitted by the NLH Goodwill Committee)

## Flu Season

### NLH offers the best defense

“Last year’s flu season was a bad one” states Mary Constantino, NLH Infection Control Preventionist. “With flu cases still prevalent through June of this year, the State Health Commissioner maintained the flu mask policy in place for all health care workers not vaccinated with the flu serum until that time.”

The best defense against the flu is a flu shot. Our Primary & Specialty Care Centers have already started dispensing the vaccine. Nathan Littauer Hospital & Nursing Home will be holding clinics with vaccine available for all employees. There is a limited supply of inter-nasal inoculations

Third  
quarter nominees being  
accepted until  
Tuesday, Sept. 30!

# 2014 Summer Reflections

Employees of Nathan Littauer Hospital & Nursing Home kept active throughout the summer with community and health related events.

## NLH and Centro-Civico team up for Summerfest—August 22



## Adirondack Challenge—July 18 Speculator, New York

Adirondack Challenge Golf Tournament :

Included 52 golfers, 12 volunteers, and support from Fulton, Hamilton, and Essex Counties with 23 raffle prizes, 12 golf prize donors, and 4 refreshment donors—all in support of the Speculator Primary & Specialty Care Center



## July 28 - Healthlink's 18th annual "Images of a Woman" wellness conference

Congratulations to Sue Cridland Director of Community Education HealthLink Littauer and her entire team for one of the most successful women's conferences in the 18-year history of the event. Almost 200 women participated in the conferences held at the Johnstown Holiday Inn on July 28. The Images of a Woman conference is held annually in July.



PHOTO:

**NLH Hospitalist Program Director  
Dr. Jonathan Waldman  
paddleboards on the  
Great Sacandaga Lake**



## Fulton County OFA annual Summer Picnic August 7

Thanks to the Healthlink and Life-line teams who represented NLH so

well at the annual Fulton County Office of the Aging summer picnic

