

I - Innovation

ST. JOHN'S ICARE FOUNDATION PURCHASES \$20,000 IN EQUIPMENT FOR THE NEW CLINICAL LEARNING CENTER

The officers of the St. John's ICARE Foundation approved \$20,000 from this year's Golf Tournament proceeds to purchase equipment for the new Clinical Learning Center (CLC). The equipment purchases include:

- **Ultrasound** - A fully functional ultrasound system with a probe and stand to train learners on ultrasound skills, line placement, and various ultrasound uses in clinical and procedural settings.
- **PICC Line Man** - A sonogram-viable, fully vascular line placement trainer sufficient for teaching Midline and PICC line skills.
- **Lumbar Puncture Trainer** - A lower torso trainer for use in a variety of lumbar puncture-related skills for various learners.
- **Headwalls** - Oxygen and Suction headwalls for use in trauma and OR sim rooms to increase realism/fidelity and allow for the incorporation of additional skills.
- **Crash Cart** - A full-sized crash cart complete with code scenario supplies to allow for a greater range of sim scenarios.
- **Suzie Simon** - A full-body training Manikin for use by various learners to improve patient skills.

"We thank the donors of the St. John's ICARE Foundation for this generous and thoughtful contribution of \$20,000 towards desperately needed simulation equipment. This will greatly benefit the CLC here at St. John's Episcopal Hospital," said Eric W. Stern, MS, CHSE, Director of Simulation.

Episcopal Health Services (EHS), in partnership with Ross

University School of Medicine, held a ribbon-cutting ceremony on September 14 to mark the completion of a new CLC. The CLC, located at 19-09 Plainview Avenue on the St. John's Episcopal Hospital Campus, will provide an innovative learning environment, including the latest teaching technologies and much-needed meeting space for medical students who train at the hospital.

The CLC features state-of-the-art simulation labs to support medical training. Each sim lab is equipped with standard furniture and equipment found within a hospital facility, from computer technology to diagnostic tools. There are sophisticated mannequins controlled by an operator to emulate situations our medical students will face in the real world. There is also a skills lab where students can learn the basics and hone their skills along with a Scrub Sim area to teach good practices for the OR.

In addition to being a teaching facility, the CLC will be home to the St. John's Ambulatory Clinic, currently located on the 5th floor of St. John's Episcopal Hospital, a Medical Library, and the organization's Information Technology Department.

"This building is extremely important to EHS," said the CEO of Episcopal Health Services, Jerry Walsh. "We are a growing organization and expanding not only in terms of care but by educating tomorrow's medical leaders. When looking at our strategic priorities, we look at how we can enhance the experience of patients, our students, and our team members. This building reflects this priority!"



CEO Gerard Walsh leads Executive Leadership team and others in a ribbon-cutting ceremony at the new Clinical Learning Center



Cancer survivor, Andrea, and her amazing team from New York Cancer & Blood Specialists at St. John's Episcopal Hospital

C - Compassion

FROM THE KITCHEN TO THE HEART – ANDREA'S JOURNEY OF COOKING, CARING AND COURAGE THROUGH BREAST CANCER

"I have a lot of feeding left to do," says Andrea, 41, a mother of four and a private caterer who honed her culinary skills in her grandmother's kitchen, drawing inspiration from her rich Guyanese heritage—flavors of the Caribbean, infused with a unique food style all her own. But in October 2022, a sudden discovery changed the course of her life.

"I felt a lymph node in my armpit," she explains. "One day, a big lump suddenly appeared."

Andrea immediately made an appointment with her primary care physician, who referred her for a sonogram and mammogram. The results prompted a biopsy, followed by the shocking news of a breast cancer diagnosis, a disease that Andrea says runs in her father's side of the family.

Scared of the unknown, Andrea sought treatment with New York Cancer & Blood Specialists at St. John's Episcopal Hospital and met oncologist Dr. Joshua Harris.

"Dr. Harris explained the entire process, outlining every step he intended to take," she recalls. "I realized he knew what he was doing, and I had the confidence that he was the doctor who would be there to guide me through this journey."

Andrea underwent 17 rounds of chemotherapy, experiencing symptoms such as nausea, fatigue, and hair loss. She says, "I felt like a boss when I cut my hair."

In September 2023, Andrea underwent a double mastectomy and is currently on the road to healing. With 30 days of preventive radiation treatment on the horizon, she anticipates her return to the company she holds dear once she has made a full recovery.

Throughout it all, Andrea always remained optimistic. Even when she was terminated from her employer

of eight years and no longer had a source of income. "Every time I looked at my children, I'd think, there's no time to give up."

Thanks to Andrea's wonderful husband of 18 years and amazing support system, surrendering was never an option. "Dr. Harris and his team are great. All of the nurses, Nina, Roman, and Ray," she relayed.

"Throughout Andrea's entire treatment, she always came in with a smile and rarely complained," said her nurse Nina. "We are so happy to see Andrea restored to the happy, positive, beautiful person that she is. We are so proud of her and all our patients who are so strong and persevere."

The St. John's ICARE Foundation also extended a helping hand in providing valuable resources for her children, such as school supplies and gift cards.

"Cancer changes you. It pushed me in the right direction for a lot of things," said Andrea. Now, she looks forward to her new normal when she can go on a weekend getaway with her husband and get back to doing what she enjoys most. "I absolutely love cooking. I was born to do that."

A - Accountability

ANNUAL COMMUNITY & BACK-TO-SCHOOL WELLNESS EVENT

St. John's ICARE Foundation hosted its seventh annual Community & Back-to-School Wellness Event on Friday, August 18th, on the grounds of St. John's Episcopal Hospital. Because of this event, hundreds of kids who may have gone without vital school supplies could start the school year with new backpacks filled with notebooks, folders, markers, crayons, and more. Parents, students, community members, healthcare organizations, and elected officials were all invited. The event distributed 700 backpacks to children and offered health screenings, pediatric wellness appointments, information on health insurance, and mental health services information for parents. Children also enjoyed participating in fun activities such as the basketball



Team Members from External Affairs and St. John's ICARE Foundation help distribute backpacks

throw, story time with Donna's Hope, featuring the book "I Want to Be," and spinning the wheel for additional school supplies and copies of the book. They were also treated with snow cones to enjoy.

Many sponsors and community partners, such as The National Grid and Peninsula Nursing and Rehabilitation Center, handed out backpacks and other supplies. The Department of Public Service handed out coloring books on gas safety, and the EHS Mobile Unit provided health screenings and information pamphlets.

"We are so grateful to our sponsors and the numerous individuals who have supported our 7th annual Community & Back-to-School Wellness Event, said Nancy Leghart, Executive Director of St. John's ICARE Foundation. "With each passing year, an increasing number of people demonstrate their deep concern for education, health, and wellness by contributing to the young students in the Rockaway community. Thank you to the generous individuals who purchased backpacks through our "Buy a Backpack" Campaign. We are thrilled with the outcome of this beautiful event."

Thank you to the sponsors involved with this year's annual event:

A • Entertainment Sponsor: *Peninsula Nursing and Rehabilitation Center*

The 3 "R's" Sponsors: *Healthfirst, the Church of the Ascension - Rockville Centre, Annette & Daniel Kasle*

Bus Stop Sponsors: *National Grid, Kitty & Ed Lynch, the Episcopal Church of Grace and Resurrection, St. John the Evangelist Episcopal Church in Lynbrook*

Healthy Big Apple Sponsors: *Karyn & Gerard Walsh, South Shore Pulmonary Medicine, the DeMatteis Family Foundation, ICON Contracting, St. David's Episcopal Church*

Community Partners: *Beacon Rehab & Nursing, Donna's HOPE, Greater Allen A.M.E. Cathedral of New York Helping Hand Ministry, Department of Public Service*

R - Respect

FROM PACKING UP TO GIVING AWAY – FIRST DISTRIBUTION OF SELF-CARE BAGS BENEFITS 200 TEENS

In late September, the St. John's ICARE Foundation, team members, volunteers from National Grid, and the St. John's Hospital Auxiliary began assembling 200 of the 1,000 self-care bags to be distributed to teenagers in the Rockaways. The ICARE Teen's Hygiene Project was funded by the Amazin' Mets Foundation, which consists of a reusable duffel bag filled with items such as a bath towel, shampoo, conditioner, soap, toothbrush, and toothpaste for each teen. In addition, each bag has a luggage tag with a QR code linking to vital information about depression, bullying, addiction, nutrition, and more.

The first bag giveaway was held outside St. John's Episcopal Hospital in October. Episcopal Health Services Population Health and the Behavioral Health Departments were also on hand with important information for our teens. Our next distribution will be in January.



Local teens receive hygiene bags outside St. John's Episcopal Hospital

E - Empathy

CROWDFUNDING AMBASSADORS STEP UP TO SUPPORT THOSE AFFECTED BY CANCER

Throughout the month of October, 46 of our male team members from EHS joined Real Men Wear Pink Ambassadors from across the nation by wearing pink to draw attention to the breast cancer fight and raise funds for The American Cancer Society. Through various activities such as crowdfunding, a Real Men Wear Pink Fashion Show, and a custom Real Men Wear Pink 2024 Calendar, the EHS ambassadors raised close to \$12,000 for the cause. Congratulations!

In November, St. John's ICARE Foundation started crowdfunding for "Hope and Healing" Chemo Care Kits during the 2023

Giving Tuesday campaign. These kits aim to bring relief to cancer patients receiving infusion treatments at St. John's Episcopal Hospital and will include items such as lotion, hats, teas, aromatherapy, and more. The goal is to raise \$30,000 and assemble 1,500 bags in time for when the new Ambulatory Pavilion opens with 17 new infusion chairs. We are grateful to our crowdfunding ambassadors: team members Deborah Mackler-Gordon, Ceallaigh Watts, and Sam Acquilino, Hospital Auxiliary member Sheryl Edwards, and Jzan Sr. Vice President, Joe Caraccia.

Giving Tuesday is a national day of giving and a social movement established in 2012 as a way to begin the giving season. This year it was held on November 28th. The Giving Tuesday movement encourages people to give back by donating to charitable organizations.

GIVING TUESDAY

To contribute to our "Hope and Healing" Chemo Care Kits campaign, please visit sjicarefoundation.org/chemo.

Cancer is unfortunately a disease that affects everyone in some way. According to the American Cancer Society, an estimated 1.9 million

people were diagnosed with cancer last year. While this number has decreased over the years, it is still alarming to see how many people continue to fight this battle.

Fundraising ambassadors for cancer play a crucial role by not only raising funds, but also showing empathy and compassion towards those affected by the disease. We applaud them and are incredibly grateful for their support and dedication.

Corporate Support

⚡ NATIONAL GRID – A POWERFUL PARTNERSHIP

When we think of a great corporate sponsor, National Grid immediately comes to mind. Over the past two years, National Grid has provided much needed grant support to many ICARE initiatives and shown a commitment to making a difference in our community through volunteering.

One of the standout events that National Grid has supported is our Community & Back-to-School Wellness Event. This event provides essential health information, school supplies, and resources to families in need. National Grid also partners in our Annual Toy Event and is a valuable supporter of our Golf Tournament, which raises funds for various ICARE programs. National Grid's financial involvement has helped us reach even more families and make a greater impact in their lives.

National Grid's partnership with ICARE goes beyond financial support. Their employees have also given their time to make a difference. Whether it's helping at our events or, most recently, assembling new mother/



Crowd funder and Director of Construction Project Management, Deborah Mackler Gordon



Amandrya Santiago & Isha John, from National Grid, help assemble teen hygiene bags

baby bags or hygiene bags for teenagers, National Grid employees have shown a true dedication to giving back and we consider them part of our ICARE family.

We are incredibly grateful for National Grid's partnership. We look forward to continuing our relationship of working together to create positive change for many years to come.

📅 ICARE SIGNATURE EVENTS – SAVE THE DATES

**Together We Rise
Blue Phoenix Gala**

Thursday, May 16, 2024
Village Club at Lake Success

**27th Annual Invitational
Golf Tournament**

Monday, October 7, 2024
North Hills Country Club

ST. JOHN'S ICARE FOUNDATION OFFICERS

Renee Hastick-Motes, President

Diane McCarthy, Treasurer

Bertrand Batista, Secretary

Nancy Leghart, Executive Director

❤️ THANK YOU FOR MAKING YOUR COMMUNITY A BETTER PLACE

To learn more about our events, programs, or to become an Auxiliary member, please visit sjicarefoundation.org. Scan the QR code to donate.



S T . J O H N ' S
ICARE
FOUNDATION

Making A Difference, Together

Every dollar helps to save lives, comfort people, and provide essentials in the Rockaway community.

📞 718.869.8062 | 🌐 www.sjicarefoundation.org | 📱 @sjicarefoundation

🏠 377 Oak Street, Suite 209, Garden City, NY 11530