

Margaretville Hospital & Mountainside Residential Care Center



A Note From Michael Doyle, MD

I hope you are enjoying all that summer offers: lush farm produce, community

Michael Doyle, MD gatherings, swimming, hiking, and biking are just a few joys of summer. Margaretville Hospital workforce and board members are busy attending community events. Look for us at the **Wawaka 5K Race** to support the Halcottsville Fire Department, at the **Pakatakan Market**, the **Delaware County Senior Fun Day**, the **Delaware County Fair** and the **Cauliflower Festival**, just to name a few events. We will be shaking hands and providing health and wellness education to our community members.

One new member of the Margaretville Hospital that you may meet at these events is **Ed McNamara, Executive Director of Margaretville Hospital**. Ed has recently joined our team and looks forward to meeting the community. Ed's role will be managing the day to day operations of Margaretville Hospital.

We continue to expand our clinical services offered at Margaretville Hospital. Pulmonology is now offered at the Margaretville campus, read more about this service and **Barbara Chatr-Aryamontri, MD, FCCP, FAASM** in this letter.

Enjoy the rest of your summer and I look forward to seeing you in the community!

From the Desk of
John Edwards, Jr., LNHA
Facility Administrator at
Mountainside Residential
Care Center

I would like to introduce myself to you. My name is John Edwards and I am the Administrator at Mountainside Residential Care Center (MRCC), a member of WMCHHealth. Mountainside is your community skilled nursing facility and I am always excited to serve the

residents, staff, families of MRCC, as well as this great community.

I have the mission of taking care of everyone I am responsible for while making MRCC a warm and welcoming environment that is a fun place to work. Since taking over as Administrator, MRCC has gone through 2 regulatory surveys and has regained its status as a 5-Star facility.

As a seasoned administrator, I knew it was important to learn about the culture of both the facility and the larger community. So I immersed myself in this community and quickly realized how passionate everyone is. I myself started my long-term healthcare career in 1997. Despite the challenges our industry faces daily, I consider myself blessed to be doing work that brings me happiness.

I was born and raised in Oneida County, NY. I have served in the United States Army. I am married to my wonderful wife Jennifer, who also works in healthcare. Between the two of us we have 3 amazing kids; Nicholas, Aryah, and Emma. We live in Purling, NY. When I am not working, I spend my free time serving on the Board of Governors for Shriners' Hospital for Children in Springfield, MA. I have been a Shriner for 25 years and have served on the Board for the past 6 of those years. Currently, I am serving a 2 year term as the Chairman of the Board for Shriners Children's New England.

Mountainside's Five Star Rating

Mountainside Residential Care Center, a member of the Westchester Medical Center Health Network (WMCHHealth), helps its residents live the fullest lives they can. Currently, Mountainside Residential Care Center received a five-star rating from the Centers for Medicare & Medicaid Services (CMS), which rates nursing homes nationwide that participate in Medicare or Medicaid.

Nursing Home Compare, a resource on the Medicare website, gives each facility a rating between one and five stars. The ratings come from a combination of health inspections, staffing and quality of resident care measures at each specific nursing facility. CMS calculates a star rating for each of these three categories, along with an overall facility rating, with a five-star rating indicating a facility's exemplary care and physical environment.

Mountainside Residential Care Center is Widely Recognized For Its:

- Dedicated staff to assist qualifying residents with the Restorative Nursing Program which has nursing interventions that promote the residents' ability to adapt and adjust to living as independently and safely as possible.
- Advanced technology with a comprehensive electronic medical record that improves the resident's quality of care.
- Collaboration with all members of the interdisciplinary team to ensure the best care possible for each resident.
- Consistent staffing so residents see the same caregivers (registered nurses, licensed practical nurses or certified nursing assistants) almost every time they are on duty to help residents feel comfortable by receiving care from caregivers they know and who understand their personal preferences and needs.

With a friendly, professional staff, the good company of interesting neighbors and so many things to see and do, residents say they feel right at home at Mountainside.



Modernization at Margaretville Hospital

The modernization of the Margaretville Hospital elevator is now complete. Thank you for your patience while we updated our equipment. This modernization was made possible by the Rural Health Grant.

A new machine to measure bone density for osteoporosis and fracture risk has arrived at Margaretville Hospital. Individuals can make appointments by calling **845.586.2631, ext. 3245**.

Margaretville Hospital Welcomes

Barbara Chatr-Aryamontri,

MD, FCCP, FAASM

Pulmonary and Sleep Medicine Specialist



Dr. Chatr-Aryamontri specializes in Pulmonology and Sleep Disorders/Apnea, Asthma, Chronic Obstructive Lung Disease (COPD), Emphysema, Narcolepsy, and Insomnia. She speaks English and Italian.

You can make an appointment with Dr. Chatr-Aryamontri by calling **845.586.3888**.

Accessible 24/7 Addiction Treatment and Support at Margaretville Hospital

Our Services

Margaretville Hospital Emergency Department provides immediate access to buprenorphine, a medication used in the treatment of Opioid Use Disorder. Addiction treatment and recovery support are available to anyone who needs it, wherever they are on their path to recovery. Support is also available for loved ones. Services include:

- Compassionate, non-judgmental addiction treatment and support.
- Peer Recovery Advocate Services provide confidential, compassionate addiction support at the hospital and in the community.
- Addiction psychiatry and outpatient addiction treatment licensed by the New York State Office of Addiction Services and Supports.
- Overdose prevention through distribution of free naloxone kits with instructions for use.

- Seamless referrals to follow-up outpatient care.

Skilled and compassionate follow-up addiction treatment is available through the MidHudson Regional Hospital Turning Point Outpatient Program, which is licensed by the New York State Office of Addiction Services and Supports.

Our Treatment Philosophy

We provide a trauma-informed, whole-patient approach to substance use and recovery. We believe that addiction is a disease that can be managed with a variety of strategies, including abstinence, medication-assisted treatment, counseling, cognitive/behavioral therapies, and coaching from people with lived experience. There are many paths to recovery, and our mission is to support patients as they determine which path is best for them. Our goal is to reduce the harm of substance use by meeting people wherever they are in their recovery with compassion and without judgment.

Access

Addiction treatment is available 24/7 at the Margaretville Hospital Emergency Department. Outpatient follow-up by Turning Point providers can be accessed remotely through personal devices. Peers are embedded in the community to provide addiction support and coaching when and where you need it.

For More Information Contact:

Margaretville Hospital Addiction Treatment Program at **845.586.2631**.

Did you know?

Narcan is available to anyone, 24 hours a day / 7 days a week, 365 days a year. Weatherproof boxes have been installed at the Main Entrance of the Margaretville Hospital for the community to help themselves to a Narcan kit. As always, the Margaretville Emergency Department is available 24/7/365 for emergency needs.

If you would like to receive the newsletter via email or have a question that may be answered in a future issue, please write to **MargaretvilleHospital@hahv.org**.

