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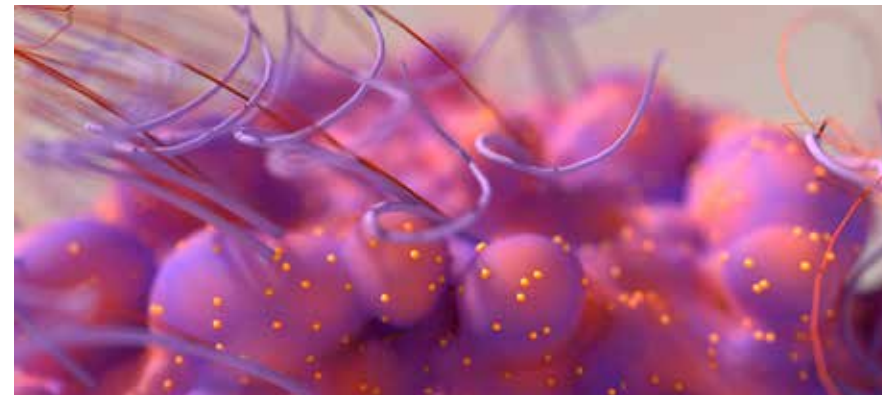
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A MESSAGE FROM THE CEO

My Friends,

As I have said many times, at New York Cancer & Blood Specialists, we do more than say we care like family – we show it. We have built our culture on always striving to do what is right for others. Our colleagues are remarkable and show up in extraordinary ways to provide for the needs of our patients, each other, and the communities we serve.

In this issue of The Specialist, we spotlight some of the many ways our colleagues go above and beyond. Whether that means coming together to raise money when disaster strikes, standing up to New York State legislature or consistently striving for the best possible patient experience, our colleagues exemplify what it means to be a family and take care of others.

These stories of hard work, dedication, and triumph occur across the organization daily. They inspire us to continuously seek opportunities to build on our strengths while informing and empowering our patients. We hope the Patient-Family Advisory Council and the New York Prostate Cancer Advocacy Group will be impactful places for our patients to use their voices.

Our patients are our family, friends, and our neighbors. Not only do we appreciate them every day, but we love to celebrate them. So we are excited to announce this year's Patient Celebration Day will be on September 24th, 2022.

We look forward to seeing everyone there!

Warm regards,

Dr. V



Coming Together in Time of Need



After New York Cancer & Blood Specialists' Unit Coordinator Nicole Myers suffered a devastating house fire, her work family responded by creating a GoFundMe page and sharing it companywide. The fundraiser raised over \$46,000 thanks to donations from CEO Dr. Jeff Vacirca, physicians, administrators, nurses, and other ancillary staff.

*To express her appreciation, in a heartfelt message, Nicole said:
"In ordinary life, we rarely realize that we receive much more than we give, and it is only with gratitude that life becomes rich. I am truly moved by your kindness, prayers, and generosity.*

Although I have lost all tangible possessions, my life has never been fuller. Thanks to all of you, I am getting back on my feet and could not be more proud to be part of the NYCBS family. I love you all."

*Thank you,
Nicole*



Aleksander Vayntraub, MD

Joins New York Cancer & Blood Specialists

New York Cancer & Blood Specialists (NYCBS), one of the leading oncology practices in the nation, is pleased to announce that board-certified radiation oncologist Aleksander Vayntraub, MD, has joined the team of radiation oncologists. He will practice at NYCBS sites in Setauket and Patchogue.

“We are pleased to welcome Dr. Vayntraub to our team of radiation oncologists,” said Jeff Vacirca, MD, Chief Executive Officer of NYCBS. “His dedication to patient care and researching new approaches to radiation oncology will be an asset to our patients and team.”

Dr. Vayntraub strives to form a partnership and provide personalized care to every patient to meet their goals of care. He makes extensive efforts to explain imaging findings and clinical evaluation working alongside a multidisciplinary team to deliver the most precise and accurate radiation therapy.

“I chose to become a physician after seeing my hero, my grandfather, struggle with a medical condition,” Dr. Vayntraub said. “Thanks to his treatments, we cherished more time together, and I was inspired to improve the lives of others like his physicians had done for him.” Over years of study and working with patients, Dr. Vayntraub found the evolving field of cancer care fascinating and his patient interactions deeply rewarding.

Dr. Vayntraub grew up in Bexley, Ohio. He did his undergraduate studies in History and Neuroscience at the University of Miami and then completed medical school at The Ohio State University College of Medicine. Then completed his Radiation Oncology Residency at William Beaumont Hospital in Michigan, where he served as chief resident.

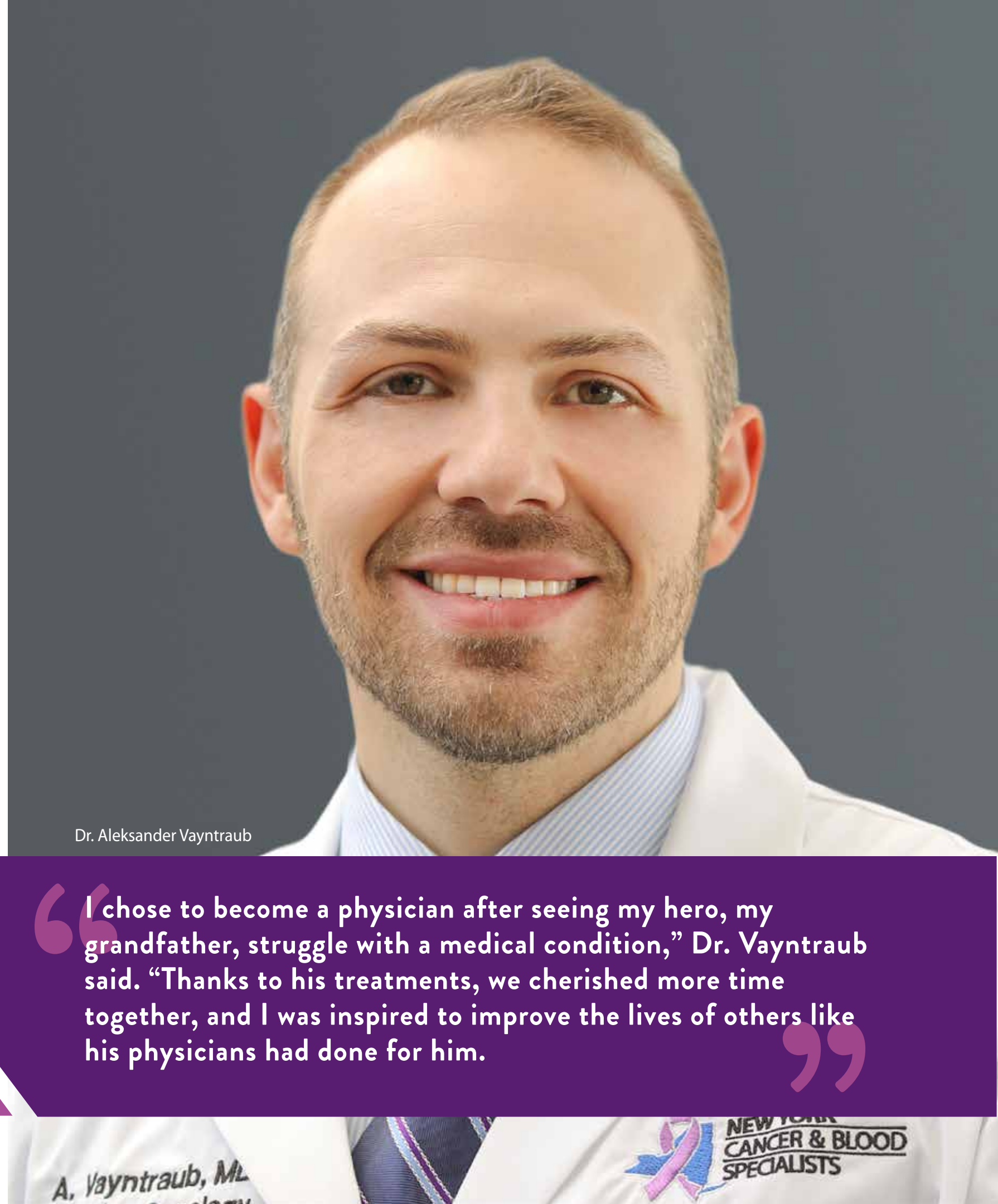
“I am excited to join NYCBS because of the extraordinary culture of collaboration and sense of community,” said Dr. Vayntraub. “NYCBS is a leading-edge cancer network with a team of experienced and exceptional providers combining clinical practice with community outreach.”

Dr. Vayntraub is eager to help make a difference in his patients’ cancer care. He speaks fluent English and Russian. In his free time, he enjoys traveling, photography, playing chess, staying fit, and spending time with his family.

**To make an appointment, please call (631) 751-3000.
For more information, visit nycancer.com.**

Dr. Aleksander Vayntraub

“I chose to become a physician after seeing my hero, my grandfather, struggle with a medical condition,” Dr. Vayntraub said. “Thanks to his treatments, we cherished more time together, and I was inspired to improve the lives of others like his physicians had done for him.”





The Importance of Supporting One Another

By MaryAnn Fragola, DNP, ANPC, ACHPN

When we think of support systems, we don't always think of work-related types of support. However, a vital part of improving care quality is ensuring that those who deliver the care are well looked after themselves. So we also need to encourage support systems within our office environment.

I recently had the opportunity to discuss how important it is for peers to support one another. Understanding the commonality of feelings or experiences is often underestimated. In doing so, we can foster more of a sense of community within each discipline. No matter what role you hold, we are all faced with some element of stress in the healthcare setting. Maybe it is a face-to-face encounter with a patient or family, task-related or even personal, but no matter what the source is, what we do in our day-to-day work/life brings stressors to an already strained environment. We may also encounter physical, mental, emotional, and ethical challenges.



Working in a culture where coworkers act almost as a support team for one another allows for skill building, enhances mental health, decreases stress, and allows employees to feel that they are in a more acceptable environment. In doing so, you will see many positive benefits. Some of the best benefits include higher levels of well-being, better coping skills, and healthier life. For us to thrive, we need a support system to be there when we are in need. A support system has also been proven to reduce depression, anxiety, and stress.

Healthcare leaders should encourage open communication about job stressors by making regular check-ins a more everyday occurrence. For example, the CDC recommends open communication among colleagues to cope with work-related mental health struggles. They also recommend incorporating policies and education on proper sleep and self-care practices, especially during times of crisis. In addition, buddy systems are helpful to ensure staff has someone to turn to during stressful times and should apply to all employees, no matter the job role.

Improving the quality of life of my patients is the ultimate goal of the Palliative and Supportive team but know that it goes beyond only the patients. The staff is just as important; if there is something the team can do to support you, please reach out!

Kalimullah Quadri, MD

Joins New York Cancer & Blood Specialists

New York Cancer & Blood Specialists (NYCBS), one of the leading oncology practices in the Nation, is pleased to announce that Kalimullah Quadri, MD, has joined the team of oncologists-hematologists. He will practice at 447 Atlantic Avenue, Brooklyn, NY 11217, and 121 Dekalb Avenue, Brooklyn, NY 11201.

“Dr. Quadri will make a remarkable addition to our practice,” said Jeff Vacirca, MD, Chief Executive Officer of NYCBS. “His passion for patient care, advocacy, and clinical research will enhance our ability to provide exceptional care to the Brooklyn community.”

Treating patients has always been Dr. Quadri’s altruistic calling. He treats every patient with an individualized and personalized care approach, taking the time to get to know his patients deeply. “Oncology and hematology are fields that integrate all aspects of medicine, an ever-evolving field at the cutting edge of medical innovation of which I am passionate about,” said Dr. Quadri. “The ability to help patients is why I pursued a career in hematology-oncology.”

Dr. Quadri received his Bachelor of Medicine and his Bachelor of Surgery (MBBS) at Shifa College of Medicine. He completed an internal medicine internship and residency at Mather Hospital, where he also served as Chief Resident, followed by a Hematology-Oncology Fellowship at Lenox Hill Hospital. Dr. Quadri speaks fluent English and Urdu. In his free time, he enjoys watching sports, traveling, stand-up comedy, art, and music.

“NYCBS is revolutionizing cancer care in the private sector, working closely with all major institutions in New York,” said Dr. Quadri. “The level of care a physician can provide their patients truly sets it apart.”



Dr. Kalimullah Quadri

“The level of care a physician can provide their patients truly sets it apart.”

Appendiceal Cancer

August is Appendix Cancer Awareness Month. Appendix cancer also called appendiceal cancer, is very rare, affecting about 1 or 2 people per 1 million per year. It is more common in people over the age of 50.

Appendix cancer develops when healthy cells in your appendix mutate and grow out of control, forming a tumor. It's usually found during surgery for appendicitis or when an imaging test is taken for an unrelated condition. Smaller tumors are less likely to spread, while larger tumors generally require aggressive treatment.

There are two main types of appendiceal cancer:

appendiceal epithelial cancer and neuroendocrine appendiceal cancer.

Epithelial appendiceal cancer grows from cells that make up the lining of the appendix. It may also be called adenocarcinoma. These cells help make a jelly-like substance called mucin. Mucin protects the lining of the stomach, intestines, and appendix. Most epithelial appendiceal cancers can lead to a build-up of mucin, which can cause the appendix to rupture. When mucin from the appendix builds up in the abdomen, it causes pseudomyxoma peritonei or PMP.

Mucinous neoplasms are a rare and complex type of appendiceal epithelial cancer. Depending on how the cells look under a microscope, they may be low-grade (LAMN) or high quality (HAMN) and may spread to other body parts.

Neuroendocrine tumors of the appendix grow from enterochromaffin cells (ECs). ECs make chemicals involved in digestion and movement in the intestines. Neuroendocrine tumors of the appendix are the most common type of appendiceal cancer. They are also called carcinoid tumors.

Appendiceal cancer can spread to different parts of the abdomen directly from the appendix, usually when it ruptures. Less often, appendiceal cancer can spread through lymph nodes to areas outside the abdomen.

Symptoms can include:

- Pain
- Feeling bloated or growing abdominal size
- A mass in the abdomen
- Nausea and vomiting
- Feeling full soon after starting to eat

How is appendiceal cancer treated?

Treatment for each patient is individualized and may include surgery or chemotherapy.

Surgery:

You may have surgery to remove the appendix and any other organs and tissue in the abdomen and pelvic area that may be affected. Affected areas may include parts of your intestine, colon, and peritoneum.

Chemotherapy:

When appendiceal cancer has spread to other parts of the abdomen, chemotherapy is used to kill the cancer cells. In some cases, a specific way of giving chemotherapy, called hyperthermic intraperitoneal chemotherapy, or HIPEC, is used. This treatment uses hot chemicals to wash the inside of the abdomen during surgery.

Appendiceal Cancer Screening:

No standardized process or testing exists to diagnose or screen for appendix cancer. If your doctor suspects you may have appendix cancer, they will order further tests to help make an accurate diagnosis, such as imaging tests or a biopsy. Imaging tests can reveal the presence of tumors on your appendix, while a biopsy removes small tissue samples to test for cancerous cells.

New York Legislative Updates

By David Eagle, M.D.

New York Cancer & Blood Specialists

Chair of Legislative Affairs and Patient Advocacy

SCAN ME
TO MAKE YOUR
VOICE HEARD

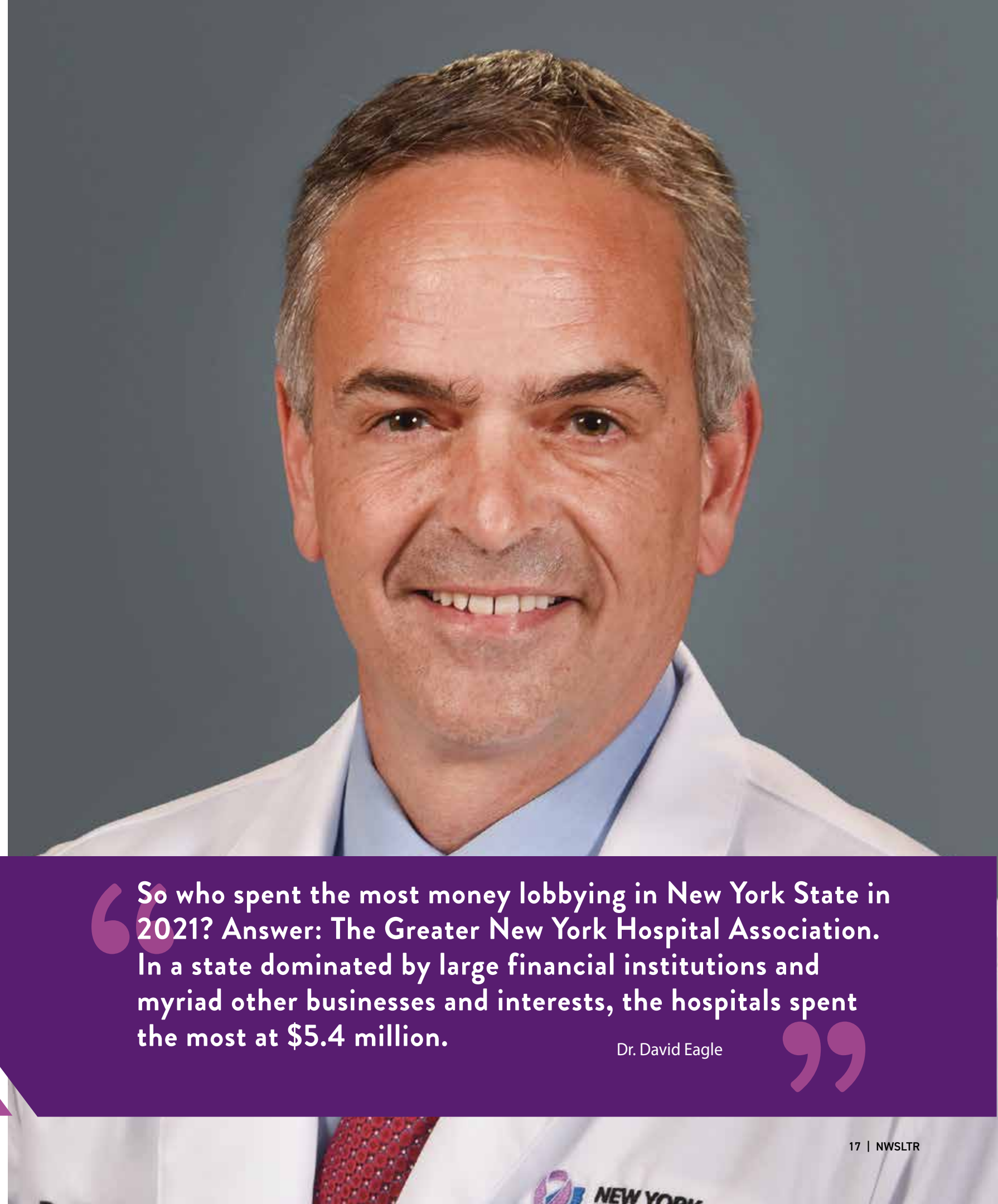
A recent article on lobbying in the state of New York highlights that the government has invited itself into healthcare and is not going away. So who spent the most money lobbying in New York State in 2021? Answer: The Greater New York Hospital Association. In a state dominated by large financial institutions and myriad other businesses and interests, the hospitals spent the most at \$5.4 million.

I found this amazing at first, but it makes a lot of sense when you think about it. Healthcare has consolidated into fewer and fewer players over the past decade. The policies set by federal and state governments shape the entire playing field, pick winners and losers and determine who gets paid how much and for what. While many may think lobbying dollars are a waste of resources without meaningful impact, smart and sophisticated players know that it can produce the best returns on investment imaginable. They wouldn't spend the money otherwise. Who else was in the top ten? The New York State Nurses Association with \$1.7 million, and the New York State Trial Lawyers Association with \$1.4 million. These groups get it too.

NYCBS is committed to succeeding in this endeavor. We appreciate the generous support that we have received so far but know we have far more to go. If nurses can be in the top ten, how can any doctor justify not donating something? A related issue and example of the importance of government are oral dispensing through the New York State managed care plans. NYCBS began receiving denials for dispensing supportive care drugs and oral oncolytic a few years ago. When we asked about the plans, we were told it was due to the "reinterpretation of existing rules." Senator James Skoufis has passed legislation mandating open networks and anti-steering for oral dispensing by the state Medicaid plans. Unfortunately, the Governor vetoed this legislation last year. NYCBS remains a supporter of Senator Skoufis and all of the great work that he does. We hope this legislation survives in the future.

Also related to oral dispensing for Medicaid patients is an upcoming provision that may block our ability to dispense entirely. Beginning in September, dispensing physicians must be individually enrolled as physician dispensers. The problem: at the moment, there is no procedure in New York state for physicians to enroll. You read that right - the state requires us to do something but is making it impossible to do so. Our law firm, Frier Levitt, is working on getting an audience with the New York Department of Health. If this fails, additional legal remedies may need to be considered.

We keep up the good fight. Despite the routine obstacles that you face daily, your work for cancer patients is some of the most important work that anyone can do.



“So who spent the most money lobbying in New York State in 2021? Answer: The Greater New York Hospital Association. In a state dominated by large financial institutions and myriad other businesses and interests, the hospitals spent the most at \$5.4 million.”

Dr. David Eagle



Dr. David Eagle



Brittany Kaliscik



Rose Gerber

The (CPAN) New York Prostate Cancer Advocacy Group was established under the initiative of David Eagle, MD, Chair of Legislative Affairs and Patient Advocacy for New York Cancer and Blood Specialists, which launched in June 2022.

After the initial kick-off event, the group hosted its second virtual summit on July 14, 2022, welcoming new patient advocates to the group. This meeting served as an introduction to patient advocacy and the significance of the patient voice. During the meeting, Dr. Eagle provided insight into prostate cancer patients' advocacy concerns, and Rose Gerber, Director of Patient Advocacy and Education, Community Oncology Alliance (COA), discussed the background of the advocacy partnership between COA and NYCBS.

As therapeutics and diagnostics continue to evolve rapidly, it is crucial that we consistently raise awareness of issues that affect the quality and accessibility of cancer care at the local level. Prostate cancer survivors have the opportunity to share their personal stories to ensure that government policymakers are keeping pace with the scientific advances that benefit prostate cancer patients. Unfortunately, policymakers often do not understand the needs of prostate cancer patients—this is where YOU come in!

The patient voice is the most impactful, as you have first-hand experience navigating the healthcare system. Join us to stay up-to-date with the latest issues impacting prostate cancer patients while striving to make a difference. The CPAN New York Prostate Cancer Advocacy Group is a great opportunity for patients to be informed and empowered. It is open to all prostate cancer advocates in New York.

If you are interested in joining this advocacy group, please contact Brittany Kaliscik, Director of Patient Experience, at BKaliscik@NYCancer.com.

Consero Patient Experience Forum

Director of Patient Experience Brittany Kaliscik spoke at the Consero Patient Experience Forum, an invite-only executive conference held in California. Executives from across the nation had the opportunity to connect and discuss shared experiences, challenges, and successes within the patient experience and healthcare realm.

Fellow patient experience leaders joined Brittany to share best practices in patient-provider communication, where she shared her personal and professional experiences with the group. As a patient herself, every patient-provider interaction experience has been made or broken by the provider's ability to communicate effectively.



"There is no better way to connect with our patients on a human level than communicating with them on a personal level with an empathetic lens," Brittany said. While she acknowledges that every person is different and, therefore, perception of effective communication will differ from patient to patient, we most commonly want to feel heard and seen as human beings. "Our physicians are delivering life-changing news day after day. It's nearly impossible not to have compassion and connection with patients and their loved ones throughout these experiences."

Brittany also spoke as part of another panel, discussing the multi-experience in patient care. She elaborated on how to maximize both the employee and patient experience. Brittany said, "It's essential to include our employees and patients in the conversation. What does a positive experience look and feel like to them? What matters most?" Finding ways to bring them to the table to ensure their voices get heard is essential. Likewise, a strong employee experience is vital to an organization's ability to provide an exceptional patient experience, ultimately our goal at NYCBS. NYCBS is committed to providing the highest quality care to patients throughout their health care journey.

The conference allowed Brittany to connect with colleagues at a national level and learn about their unique journeys across the healthcare continuum. "It was an incredible experience, and I am truly grateful for the opportunity to share my story and insights with others," Brittany said. She is eager to continue her work and is optimistic about the future of patient experience at NYCBS.

Additionally, Brittany leads the NYCBS Patient-Family Advisory Council and serves as the CPAN State Chapter Leader for NYCBS. If you are interested in participating in these groups or would like to learn more, please contact her directly at BKaliscik@NYCancer.com.



The New York Cancer & Blood Specialists Mentoring Program

The Mentoring Program at New York Cancer and Blood Specialists was implemented a couple of years ago but has recently been more formalized, so every new doctor that joins the practice gets assigned a senior physician. We hope to build mutually beneficial relationships based on truth, respect, and open communication.

In the program, senior physicians help provide a smooth transition process from training or other practices to our practice. New physicians will also be introduced to other physicians that are trained in the hospital environment, allowing them to see a new perspective and gain trusted confidants. It is important that we inculcate our practice values and educate new physicians on our electronic medical records system. Our policies and procedures, particularly our emphasis that patient care comes first.

The new physicians work with diverse doctors to standardize their interactions. Mentors demonstrate best practice safety, a safety culture, and a patient-first emphasis, which can be a growing and rewarding experience for the mentor and mentee. These mentorship opportunities can lead to long-term bonds and trusting collaborative relationships.

The New York Cancer & Blood Specialists Fellowship

The New York Cancer & Blood Specialists (NYCBS) joint Hematology-Oncology Fellowship Program with John T. Mather Memorial Hospital began three years ago.

NYCBS and Mather's oncology fellowship program strives to engage and educate oncology-hematology trainees, emphasizing the provision of cancer care within the community setting. Dr. Jeff Vacirca inspired this unique initiative and enabled fellows to build their skill set while exploring the opportunities community oncology offers.

The fellows in the program include Martin Barnes, MD, Victoria Schuster, MD, and Dipen Patel, MD. As they complete their three-year oncology and hematology fellowship, the goal for physicians is to train in a diverse environment, being exposed to various patient demographics and communities while receiving excellent instruction from board-certified hematologist-oncologists. The selection process is very rigorous, requiring academic records, letters of recommendation, and an interview.

As a result of participating in research projects and clinical trials, the fellows enhance their level of education while promoting study among other providers. The fellows benefit from the training, and the doctors and nurses benefit from the fellows because the programs we set up for lectures are shared with the entire staff.



Matthew Comito, MD

New Radiologist Brings Expertise to Practice

Board-certified Radiologist Dr. Matthew Comito has experience in all facets of advanced abdominal and pelvic imaging. He specializes in hepatobiliary, genitourinary, pancreas, and prostate imaging. Additionally, Dr. Comito has extensive training and expertise in MRI for rectal cancer staging, lymphoma, and inflammatory bowel disease.

Dr. Comito completed a Diagnostic Radiology residency at Stony Brook University Hospital, serving as the chief resident. After residency, he completed a fellowship in Abdominal Imaging and Intervention at Duke University Medical Center, where he trained with world experts in prostate, hepatobiliary, and pancreas imaging. As a multidisciplinary team member at Duke's nationally-ranked urological oncology program, Dr. Comito has gained extensive experience in even the most complex prostate cancer imaging.

We are delighted to have Dr. Comito join our radiology department.



NYCBS Patient-Family Advisory Council

The NYCBS Patient-Family Advisory Council gathered at the Executive Building, where they had the opportunity to meet with Paige Montana, Project Manager of the New York Cancer Foundation team. The New York Cancer Foundation is a nonprofit organization that offers financial assistance to the Greater Metro area (within the counties of New York City, as well as Nassau and Suffolk) who have a cancer diagnosis.

Each year, New York Cancer and Blood Specialists hosts "Patient Appreciation Day," a day dedicated to patients and their loved ones. This free patient event typically includes carnival games, painting, food, music, and more! All proceeds benefit the New York Cancer Foundation. This year, the Patient-Family Advisory Council was invited to provide feedback on previous events and spent time sharing their ideas on what they felt would make this event a day to remember.

One change has already been made post-council meeting - we are thrilled to call this event "Patient Celebration Day" moving forward! While we don't want to spoil the surprise, here's a sneak peek at what you can expect at the upcoming event on Saturday, **September 24th**, at the **Long Island Community Hospital Amphitheater**:

- **Pumpkin Patch**
- **Painting**
- **BBQ by Felico's**

The Patient-Family Advisory Council is scheduled to meet again in September and welcomes new council members. If you are interested in joining this council, please contact Brittany Kaliscik, Director of Patient Experience, at BKaliscik@nycancer.com.

Patient Feedback



Dr. Shreya Prasad Goyal

"Dr. Goyal was very pleasant and informative. The reception was easygoing and professional. Michelle was very comforting and attentive when asking questions and drawing blood. I would recommend this doctor and her team to others." ★★★★★



Dr. Meytal Fabrikant

"Dr. Fabrikant is amazing, very thorough, and has a genuine great bedside manner. Everyone in the office is helpful and kind." ★★★★★



Dr. Li-Teh Wu

"They just don't make them like Dr. Wu anymore! Doctor Wu took the time to actually teach me about my condition. He also explained the reasons why he was giving me the treatment that he gave me. Doctor Wu was very thorough in his consultation with me and answered all my questions. The staff is exceptional, from the front reception to the nurses in the back. They are all so gentle and informative and patiently nice. They greet you with a smile, as does Doctor Wu." ★★★★★



Dr. Deepali Sharma

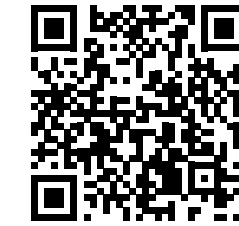
"Dr. Sharma was attentive and explained everything thoroughly. I would highly recommend her. The office was clean and well-run. The front staff was friendly and efficient." ★★★★★



Dr. Brenda Panzera

"Dr. Panzera is so friendly and caring! She made me feel at ease and has such a warm presence. Definitely recommend!" ★★★★★

Volunteering at NYCBS EVENTS



To sign up and help at an event, scan the QR code!

New York Cancer & Blood Specialists is fortunate to have many wonderful staff members who have volunteered for our events. Through these volunteering experiences, you have connected with different people in different fields and offices. All while giving back to our community.

The importance of volunteering is engaging with our community and our colleagues. For example, many team members volunteered for the Great South Bay Festival. This four-day weekend festival combined love for jam bands and food at Shorefront Park in Patchogue.

The event allowed our staff to listen to live music while volunteering at the NYCBS tent.

Volunteering will enable you to combine a passion you may have with giving back, such as enjoying live music, animals, food, and sports. This is a reward in itself, but we also proudly offer points through the Volunteer Incentives Program. When you participate in company-wide events, you'll earn additional benefits through our incentives, meaning your involvement now will reap the rewards later for some really cool prizes.

Our mission is to provide patients with cancer and blood disorders world-class, patient-centered affordable care in their own communities, close to family and friends. In conjunction with this mission, we believe that our staff can make a profound impact within their hyper-local community. With this in mind, please reach out to Candice Hulse at chulse@nycancer.com should any of the following events pique your interest.





W E L C O M E S S

COOKING WITH YOUR ONCOLOGIST

“Cooking With Your Oncologist” was held on June 22nd and was a huge success. We made several plant-based dishes and highlighted the importance of good nutrition. Everyone was engaged the entire time and stayed after to eat, chat and mingle. Our patients thanked us tremendously and can’t wait for more cooking events. The night was incredibly special and certainly proved that a healthy dietary pattern where you don’t have to sacrifice taste is possible! Participants took home over-the-top swap bags, which included some ingredients to re-create the zucchini brownies. The evening concluded with a few words from a patient of Dr. Nouri’s, who was presented with flowers.

A big thank you to Candice Hulse, PCMH CCE, who was very instrumental in helping with the success of the evening, and the night’s two amazing volunteers, Betsy Segovia and Sydonnahea Gapour.



ROASTED CHICKPEAS

SNACK Serves: 8 Prep Time: Cook Time:

INGREDIENTS

- 2 (15-ounce) cans chickpeas, drained and rinsed
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 2 teaspoons spices such as chili powder, curry powder, garam masala, cumin, smoked paprika

PREPARATION

1. Arrange a rack in the middle of the oven and heat to 400°F.
2. Pat the chickpeas very dry with a clean dish towel or paper towels. They should be matte and feel dry to the touch.
3. In a large bowl, toss the chickpeas with the olive oil and salt.
4. Spread out in an even layer on a rimmed baking sheet.
5. Roast, stirring the chickpeas or shaking the pan every 10 minutes. A few chickpeas may pop – that’s normal. The chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle. 20 to 30 minutes total.
6. Sprinkle with spices if desired.

KALE SALAD WITH ROASTED CHICKPEAS & LEMON-TAHINI DRESSING

LUNCH Serves: 4 Prep Time: Cook Time:

INGREDIENTS

- Kale Salad
 - 1 bunches of kale, stemmed and shredded
 - 1/2 small red onion, sliced
 - 1/2 carrots, peeled and chopped
 - 1 cup cherry tomatoes, halved
- Tahini Miso Dressing
 - 1/4 cup tahini
 - 1/4 cup fresh lemon juice
 - 1/4 cup tahini paste
 - 1/4 cup water
 - 1/4 tsp salt
- Roasted Chickpeas
 - 2 (15-ounce) cans chickpeas, drained and rinsed
 - 2 tablespoons olive oil
 - 1 teaspoon kosher salt
 - 2 teaspoons spices such as chili powder, curry powder, garam masala, cumin, smoked paprika

PREPARATION

Kale Salad

1. Add kale to a large bowl. Massage kale for about 2-3 minutes or until soft and bright green.
2. Add onion, carrots, and tomato to kale. Toss well.
3. Drizzle salad with dressing and toss well before serving.
4. Top with a sprinkle of roasted chickpeas (recipe below) for added crunch.

Tahini Miso Dressing

1. Add all ingredients to your blender and process until creamy. Add water as needed to thin.

Roasted Chickpeas

1. Arrange a rack in the middle of the oven and heat to 400°F.
2. Pat the chickpeas very dry with a clean dish towel or paper towels. They should look matte and feel dry to the touch.
3. In a large bowl, toss the chickpeas with the olive oil and salt.
4. Spread out in an even layer on a rimmed baking sheet.
5. Roast, stirring the chickpeas or shaking the pan every 10 minutes. A few chickpeas may pop – that’s normal. The chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle. 20 to 30 minutes total.
6. Sprinkle with spices if desired.

ZUCCHINI BROWNIES

DESSERT Serves: 16 Prep Time: Cook Time:

INGREDIENTS

- 2 cups zucchini, cut into chunks, lightly tamped down
- 3 tablespoons cocoa or avocado oil
- 3 large eggs
- 1/4 cup (1.6oz) unsweetened sugar
- 2/3 cup (5.3oz) unsweetened cocoa
- 1/2 Dutch-process or natural cocoa powder
- 1/4 teaspoon salt
- 1/4 cup white wheat or all-purpose flour
- 1/4 cup bitteryweet chocolate chips
- 1/4 cup heavy cream or 3 tablespoons (4oz) milk

PREPARATION

1. Preheat your oven to 350°F. Lightly grease a 9" square pan.
2. Combine the zucchini, oil, eggs, and vanilla in the work bowl of a food processor, and process until smooth.
3. Add the sugar, cocoa powder, baking powder, salt, and flour; process briefly, just until well combined.
4. Add the chips, and pulse several times to break up the chips just a bit.
5. Pour the batter into the prepared pan.
6. Bake the brownies for 25 to 30 minutes, until a toothpick inserted into the center comes out clean, or with a few moist crumbs clinging to it; you shouldn't see any signs of wet batter. Remove the brownies from the oven and allow them to cool completely before frosting.
7. To make the frosting: Combine the chocolate chips and milk or cream in a microwave-safe bowl or small saucepan. Heat until the milk is steaming, and the chips are soft. Remove from the heat and stir until smooth.
8. Spread the frosting atop the brownies. Place them in the refrigerator for an hour or so to set, then serve them at room temperature, covered, for several days.

COLLARD WRAPS WITH ROASTED RED PEPPER & SUN-DRIED TOMATO SPREAD

LUNCH Serves: 6 Prep Time: Cook Time:

INGREDIENTS

- Collard Wraps
 - 6 collard leaves, large
 - 2 cups water
- Sun-Dried Tomato Spread
 - 1 (15.5oz) can white beans, drained and rinsed
 - 1/4 cup sun-dried tomatoes packed in oil, drained
 - 2 roasted red peppers (recipe below) or 1/4 cup jarred roasted red peppers, drained, and sliced
 - 1 clove garlic, minced
 - 1/4 teaspoon salt
 - 1 cucumber, seeded, sliced thinly
 - 1 carrot, peeled and thinly sliced
 - 1/4 cup basil
- Roasted Red Peppers
 - 2 red peppers, core and stemmed

PREPARATION

Collard Wraps

1. To crush stems of collards: Lay collard leaf on flat surface. Place the back of a chef's knife on lower part of collard spine -- place pressure on flat part of knife until spine is crushed, lightly tapping if necessary.
2. Place 2 cups of water in a shallow sauté pan. Bring to a boil, then reduce to a simmer. Using tongs, plunge collard leaves, one at a time, in the water for 30 seconds until soft and bright green. Remove leaves to paper towel-lined plate to dry.
3. Prepare vegetables according to directions.

Sun-Dried Tomato Spread

4. Add beans, sun-dried tomatoes, and garlic to food processor. Pulse until just smooth with some texture.
5. Season with salt.
6. Place one collard wrap on a flat surface and place 1/4 cup of spread on the top two-thirds. Top with vegetables and roll wrap once, tucking in one end, then complete wrap. One end will remain open.

Roasted Red Peppers

7. Place peppers on an aluminum foil lined baking sheet.
8. Roast peppers until skin is charred and puffed but flesh is still firm, 4-10 minutes.
9. Transfer roasted peppers to bowl, cover with plastic wrap, and let steam until skins peel off easily, 10-15 minutes.

Summer Recipes

The summer months are filled with long days at the beach, breezy summer music, and relaxing moments. As the temperatures rise, ice-cold beverages and lighter meals are more appealing. Backyard gardens are flourishing, and farm stands have beautiful sweet smelling fruits. Below are two refreshing side dishes using in-season fruits. They can be perfectly paired with marinated chicken or turkey burgers fresh off the grill.

If you are looking for more of a dessert option, grilled peaches or pineapple topped with whipped cream is an easy and sweet alternative to fruit salad.

Watermelon Salad

By Michelle Slowey MA, RDN, CDCES, CDN

3 cups of cubed watermelon
½ cup fresh chopped mint
1 cup crumbled feta cheese
2 tbsp white peach-infused balsamic vinegar
salt
pepper

Add watermelon, mint, and cheese into a bowl. Sprinkle with a touch of salt and pepper. Add a complementary flavor of fruit-infused balsamic vinegar, such as peach or citrus. Mix gently, cover, and refrigerate for an hour before serving.



Grilled Peach Salad

By Michelle Slowey MA, RDN CDCES, C DN

5 cups of spinach
2 large peaches
¼ cup pecans
½ cup goat cheese crumbles
1 diced avocado
3 tbsp blood orange infused balsamic vinegar
3 tbsp olive oil
cinnamon
honey

Slice the peaches into quarters. Brush with a light coating of olive oil. Sprinkle cinnamon on the peaches and grill for about 10 minutes; turning once. The fruit will start to caramelize at this point. Prepare spinach, pecans, goat cheese, and avocado in a salad bowl. Add olive oil and balsamic vinegar and mix them together. Place peaches on top of the salad. Drizzle honey across the salad and serve.



Sweet Grilled Peach Dessert

By Lauren McGarty, BS, RD, CDCES, CDN

1. Wash and cut peaches in half. Remove the pit.
2. Brush oil (coconut oil works well) on the inside of the peaches.
3. Preheat the grill to about 450 degrees Fahrenheit.
4. Place cut sides down on a hot grill or non-stick pan to cook peaches until they have softened. marks appear (about 4 mins)
5. Transfer peaches to a platter with the cut side up.
6. Sprinkle peaches with cinnamon sugar.
7. Top with ice cream if desired.



Run the Vineyards

GOOD DAY FOR A RUN, LLC

'22

PINDAR 5K

Pindar Vineyards in Peconic, NY



On Sunday, July 24, 2022, the NYCF partnered with Good Day for a Run, LLC, for Run the Vineyards, a 5K run at Pindar Vineyards!

Drs Chu, Chen, Guigova, and Mr. and Mrs. Dr. Dacosta, along with clinical and clerical staff, came together to run, enjoy the vineyard, and, most importantly, raise money for a great cause—to support cancer patients struggling financially.

It may have been one of the hottest days of the year, but the New York Cancer & Blood Specialists team finished strong!

Presented by
NEW YORK CANCER & BLOOD SPECIALISTS
Conserving Cancer Together™

PATIENT CELEBRATION DAY

SAT SEPT 24 **COME ONE COME ALL**



CARNIVAL GAMES • CORN MAZE • PUMPKIN PATCH
 BBQ BY FELICO'S CATERING • AND MORE!

Long Island Community Hospital Amphitheater
 1 Ski Run Lane, Farmingville, NY 11738

All Proceeds Benefit
NEW YORK CANCER FOUNDATION
Advocates For Hope



CONGRATULATIONS MAY EMPLOYEE OF THE MONTH

Patricia Maldonado



CONGRATULATIONS TO THE OLYMPIAN

Kelsey Shapiro

is a scribe here at NYCBS, but she is also an Olympian! Kelsey attended the Israel Olympics in July and did very well. She competed in four events and took home medals in the following three events: **Silver** for the 4x400m relay, **Bronze** for the High Jump and **Bronze** for the 100m Hurdles! We are all so very proud of you and your accomplishments.



Nutrition Update



Congratulations to NYCBS Registered Dietitian Nutritionist Lauren McGarty for five years at NYCBS. We are lucky to have you on our team!

"I'm excited to celebrate five years with NYCBS," Lauren said. "I'm thankful for all the opportunities I have been given to grow as a professional and for all the wonderful people I work with daily. I look forward to seeing what the future holds for the company and am proud to be a part of the team."

The Nutrition Team has been in touch with our Tennessee Oncology friends to help them get their nutrition program up and running.

A special thank you and shout out to our Wellness AA, Anne Ortiz-Rios. You are terrific, and an extra special thanks to your help with scheduling and coordinating details for "Cooking With Your Oncologist."

Thank you to our Kate Farm Team for our current education program and fun dinner get-together. We look forward to teaming up more in the future.

Would you like to collaborate with our team? What are your ideas? Does your site need any type of nutritional support? Contact wkaplan@nycancer.com, or for general nutrition inquiries, contact nutrition@nycancer.com.

Nutrition Feedback

The Nutrition Team appreciates the positive feedback from our patients. Here is what some of our patients said about our Registered Dietitian Nutritionists.

Patient 1

"It was helpful to be one-on-one. There is a level of comfort to discuss nutrition needs directly with the nutritionist. Lauren makes it very easy and has a great attitude."

Patient 2

"The whole organization/structure has been phenomenal. All providers (hematology, PCP, nutrition) have worked together to care for me. Michelle was amazing; she really helped make me accountable for taking control of my health. I'm drinking green smoothies and increasing my protein as recommended."

Patient 3

"Adeeba was amazing! She was very professional, approachable, and engaging and I felt comfortable asking questions. She was very patient with me and took her time to explain things that were going on with my body. She was very knowledgeable and engaged in making it easy for me to speak to her. I look forward to reaching my goals. I left the visit feeling strong and empowered."

Patient 4

"She is so knowledgeable and caring. She speaks to me like a human being and not just another number. She gives me tools and guidance. She is patient and understanding. I'm confident I will get on track with Wendy and the Social Worker."

NEW HIRES

Alexa Buongiorno (Intake LPN)

Alexander Restrepo (PET/CT Technologist)

Alyssa Caldicott (LPN)

Ashley Clarke (Intake LPN)

Arjun Sharma (Receptionist)

Ashley Dixon-Steeles (NA)

Ashley Norval (Pharmacy Auth Specialist)

Ashley Walbrook (Operator)

Brittanie Joseph (RTT)

Chelsea Tirman (Operator)

Cheyenne Avila (Operator)

Cindy Robles (Desk LPN)

Cristina Torres (LPN)

Cyan Bonet (Lab MA)

Dana Sztulwark (Triage RN)

Danasia Nash (Operator)

Denise O'Connor (Office Manager)

Elisabeth Lanham (Chemo Tech)

Elizabeth Temprano (Corporate Recruiter)

Ercilia Rodriguez (Receptionist)

Guynell Hammond (PCM MA)

Hannah Brooks (Operator)

Homyra Rauf (LPN)

Hyun Jung Pak (NP)

Jacklyn Gaylardo (Lab MA)

Janice Flores (RN)

Jessica Yanza (Ultrasound Tech)

Joanne Cleary (Scribe)

Joanne Williams Manuel (Lab MA)

Joelyn Vargas (Lab MA)

Kayla Dunn (Receptionist)

Kimberly Hanna (LPN)

Kimberly Sehested (Infusion RN)

Krystal Haynes (Lab MA)

Lisa Fox (BULZOMI) (Billing Supervisor)

Lisa Iannotta (MA)

Maria Martinez-Flores (LPN)

Marzena Wolpiuk (LPN)

Michael Taub (Corporate Controller)

Misael Perla (Intake LPN)

Nesrine Elmasri (Float Receptionist)

Nikko Arellano (RN)

Patricia Jones (Receptionist)

Maliah Jenkins (Scribe)

Randi Padover-Kirson (LCSW)

Rose Bobe (MA)

Srimatie Rajkumar (RN)

Suzy Bolmin (Lab MA)

Scott Reynolds (Regional Director)

Shania Page (Lab MA)

Shannon Pendergast (LPN)

Skylar Gomolka (Operator)

Tanya Bohn (MA)

Yohanna Reyes (PA)

CAREER OPPORTUNITIES

REGISTERED NURSES (BSN/RN's)

Contact: Robert Nicoletti
careers@nycancer.com

HEMATOLOGIST/MEDICAL ONCOLOGIST

Brooklyn, NY at our Brooklyn Hospital Location
Contact: Eric Jackson
careers@nycancer.com

IMPLEMENTATION SPECIALIST, LPN

Port Jefferson Medical Oncology
Contact: Robert Nicoletti
careers@nycancer.com

LICENSED PRACTICAL NURSES (LPN'S)

Contact: Robert Nicoletti
careers@nycancer.com

LPN

Riverhead Medical Oncology
Contact: Robert Nicoletti
careers@nycancer.com

REGISTERED NURSES (BSN/RN's)

Contact: Robert Nicoletti
careers@nycancer.com

TRIAGE REGISTERED NURSE (HYBRID)

Contact: Robert Nicoletti
careers@nycancer.com

POSTDOC PSYCHOLOGIST

**NY Health Bay Shore,
Smithtown Medical Oncology,
Elmhurst, Queens**
Contact: Robert Nicoletti
jschomber@nycancer.com

LICENSED CLINICAL SOCIAL WORKER

**Smithtown Medical Oncology,
Port Jefferson Medical Oncology**
Contact: Robert Nicoletti
careers@nycancer.com

IMPLEMENTATION SPECIALIST-CLERICAL

Lake Success Medical Oncology
Contact: Robert Nicoletti
careers@nycancer.com

REGIONAL DIRECTOR

Contact: Robert Nicoletti
careers@nycancer.com

LICENSED CLINICAL SOCIAL WORKER

Queens/Bronx
Contact: Robert Nicoletti
careers@nycancer.com

FRONT DESK SUPERVISOR - Huntington

Contact: Robert Nicoletti
careers@nycancer.com

NURSE PRACTITIONER (NP) / PHYSICIAN ASSISTANT (PA)

Elmhurst Medical Oncology
Contact: Robert Nicoletti
careers@nycancer.com

MEDICAL FRONT DESK RECEPTIONIST (NYCBS)

Contact: Robert Nicoletti
careers@nycancer.com

UNIT COORDINATOR

Lake Success Medical Oncology
Contact: Robert Nicoletti
careers@nycancer.com

MEDICAL RECEPTIONIST

Contact: Robert Nicoletti
careers@nycancer.com

LICENSED PRACTICAL NURSE

Contact: Robert Nicoletti
careers@nycancer.com

REGISTERED NURSE

Contact: Robert Nicoletti
careers@nycancer.com

RECEPTION - SUFFOLK OB/GYN

Contact: Robert Nicoletti
careers@nycancer.com

HEAD NURSE, RN/BSN

Contact: Robert Nicoletti
careers@nycancer.com

RADIOLOGIST

Contact: Robert Nicoletti
careers@nycancer.com

HEMATOLOGIST/ONCOLOGISTS

Contact: Robert Nicoletti
careers@nycancer.com

REGISTERED NURSES (BSN/RN's) Float

Contact: Robert Nicoletti
careers@nycancer.com

CHEMOTHERAPY PHARMACY TECHNICIANS

Contact: Robert Nicoletti
careers@nycancer.com

POSTDOC PSYCHOLOGIST

Contact: Robert Nicoletti
careers@nycancer.com



OUR PATIENTS & THEIR FAMILIES

Our patients and their families tell the story of conquering cancer like no other. They help us connect, inspire, and empower. If you know a patient or have a family member who would like to make an impact and share their experience with us, please have them contact marketing@nycancer.com.