

2018

Nurses of the Year



Clara Karas, RNC- EFM, BSN
Phelps Hospital

Clara Karas has worked at Phelps Hospital for the past 25 years. She is currently an RN Level III on Labor and Delivery. Clara desired to become a nurse after caring for her bedridden mother, who survived a severe automobile accident. Clara graduated from Mount Vernon Nursing School in 1981 and obtained her RN license. Clara married in 1981 and currently has three grown children ages 31, 33 and 34.

Clara worked full-time at Yonkers General Hospital and other local hospitals as a medical/surgical nurse while attending school for her Bachelors of Science Degree in Community Health, which she obtained in 1986. Clara also obtained her certification in Inpatient Obstetrics and Electronic Fetal Monitoring.

In 1987, Clara worked as a registered nurse on the night shift at Phelps Hospital and rotated on each of the med/surgical units. In 1993 she became a full-time staff nurse in the OB unit, and was promoted to Nurse Manager of Maternal Child Health in 1999, a position she held until 2002. In order to maintain her clinical skills, Clara continued to work per-diem while simultaneously managing the prenatal clinic until its closing in 2016. Clara is currently working as a Clinical Nurse III at Phelps hospital in labor and delivery and hopes that the care she gives makes a difference to the new life coming into the world.

Clara grew up in Yonkers in a community that helps its neighbors. She is passionate about her commitment to improving the health of young pregnant women. In her spare time she volunteers at BirthRite, teaching birthing classes to underprivileged mothers.

Clara has been working at Open Door in Ossining since 2014 as a Prenatal Administrator. She is very involved with Open Door, where she is constantly involved in obtaining donations of infant clothes to give to her prenatal patients in need.

Patients consistently identify Clara by name as a "caring, compassionate nurse and strong patient advocate" in the Press Ganey patient satisfaction surveys. Clara is well respected by her peers as she emulates the Phelps PRIDE values of the Hospital.



Senator Terrence P. Murphy
40th Senate District