

Phelps Hospital

Wellbeing Task Force Team Wellness & Support

Wellbeing, Recognition & Resilience



With extraordinary courage and poise, you have cared for our patients during this unprecedented time and the *Wellbeing Task Force* is ensuring we are doing the same for you.

Here is a snapshot of just a few of the programs, activities and resources we are excited to bring you over the coming weeks, and the teams who are spearheading them.



Recognition & Gratitude

Maria Bueti, HR | **Judy Dillworth**, Magnet | **Carol Pileggi**, Laboratory | **Theresa Rocco**, HR | **Jill Scibilia**, Development | **Darron Woodley**, Food and Nutrition

Be on the lookout for... Events and activities that recognize exemplary performance, acknowledge and motivate our team member and boost morale.



Psychological, Emotional & Spiritual Wellbeing

Dr. Yelena Zack, Psychiatry | **Theresa Yanarella**, Mental Health | **Rev. Tanku Ruff**, Chaplaincy Care | **Patrizia Musilli**, HR | **William Reifer**, Quality | **Theresa Rocco**, HR | **Barbara Vetoulis**, Nursing | **Phyllis Vonderheide**, Patient Experience

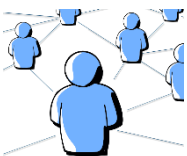
Be on the lookout for... On-site and local emotional, psychological, and spiritual support in confidential and small settings that will give us the ability to understand and accept ourselves and give us tools to successfully cope and deal with the challenges and obstacles life and work bring.



Physical and Nutritional Wellbeing

Nancy Lennon, Wellness Program | **Rebecca Martin**, Dining Services | **Roberto Urban**, HR | **Patrizia Musilli**, HR

Be on the lookout for... Activities and offerings that help us take proper care of our bodies so that our bodies can function properly and optimally. Physical wellness encompasses various elements, like activity and nutrition. The **Summer Fun** Phelps Walking Challenge hosted on Virgin Pulse to help you socialize safely in small teams while getting fit and reducing stress. **Starts June 22, 2020.**



Social Wellbeing

Debra Lafaro, HR | **Pam Lipperman**, Volunteers | **Rebecca Martin**, Dining Services | **Jill Scibilia**, Development | **Patrizia Musilli**, HR

Be on the lookout for... Activities that will help us relate and connect with each other at work, at home, in our neighborhoods, etc. The focus will be on building and maintaining positive relationships that add value to our and other people's lives in the current climate where virtual connections are taking priority.



Financial Wellbeing

Robert DeTiberiis, HR | **Michell Hauver**, HR | **Ken Knapp**, Finance | **Roberto Urban**, HR

Be on the lookout for... Tools and resources to make educated decisions, while relieving stress and anxiety around finances.

To ensure we are meeting your needs, please share your questions and feedback with **Patrizia Musilli** at pmusilli@northwell.edu or **Theresa Rocco** at TRocco@northwell.edu.