

And the Winner of the *Baby Photo Contest* is...

Their photos had most of the South Nassau staff befuddled. Not many members of the administrative team were recognizable by staff who entered the baby photo contest. What's more, no one was able to guess all eight baby

photos of administrators correctly. Peggy Dazzo, administrative audit assistant, Revenue Cycle, though, correctly guessed six out of eight. Her win entitled her to a pair of movie tickets and a meal pass to the cafeteria. Way to go!



Baby photo contest winner Peggy Dazzo, administrative audit assistant, Revenue Cycle.



Kicking the Smoking Habit

South Nassau launched its first smoking cessation course on January 22 and upon completion, seven of the 13 participants quit smoking.

Participants learned about the short- and long-term health effects of smoking, set a quit date (which was the day after Super Bowl Sunday) and developed an individualized quit plan.

The four-week course, conceived by Sheila D'Nodal, M.D., vice president of ambulatory services, was extended to five weeks at the request of group members. Sessions feature guest speakers who specialize in the areas of addiction, nutrition, stress reduction and behavioral modification.

At the completion of the course, participants attended bi-monthly support meetings.

Smoking cessation will be offered again in June and will be open to the public as well as South Nassau employees.

The course was developed by Charles Eisenberg, administrative director of Behavioral Health Services, in conjunction with Robin Grass, director of Community Education. All class material is reviewed and approved by medical consultant Shahriour Andaz, M.D., director of thoracic oncology.

Thinking about quitting? Call Community Education at (516) 377-5333 to register for the next session beginning June 1.

