



# Nirvana Healthcare

## MARCH *Newsletter*

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2024



Nirvana Healthcare

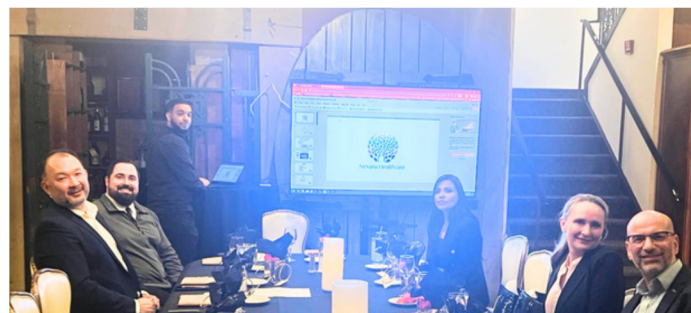
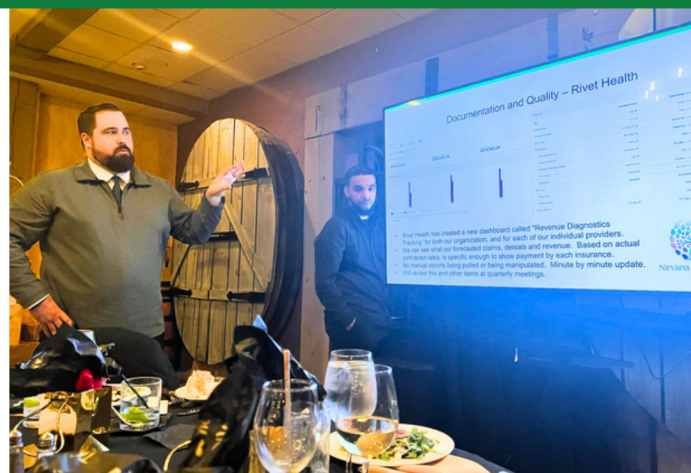
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# MARCH 2024 PROVIDERS DINNER

At **NirvanaHealthcare**, our commitment to delivering exceptional care is at the heart of everything we do, and we are constantly striving to raise the bar for ourselves and our industry.

Recently, we had the pleasure of convening for a providers dinner—a gathering that epitomized our dedication to professionalism and continuous improvement. At this event, we had the opportunity to reflect on the milestones we've achieved as a company and engage in meaningful discussions about how we can further enhance our services to better meet the needs of our patients.

With a focus on collaboration and innovation, our providers came together to exchange ideas, share best practices, and explore new strategies for delivering the highest quality care. It was an evening filled with insightful conversations and a shared commitment to excellence, reaffirming our collective mission to provide the best possible healthcare experience for our patients.







# GRAND OPENING

We are thrilled to kick off this exciting journey with you as we embark on a new chapter in healthcare excellence. March marked a significant milestone for us as we proudly celebrated the official grand opening of our new medical office, **Armenti Medical Group** located at 292 Lafayette St.

At Armenti Medical Group, our mission is to provide compassionate and comprehensive care to our patients, and we are delighted to announce that our doors are now open to serve the community. Led by our esteemed providers, **Dr. Christian Serna Tamayo, MD,** and **Dr. Alexander Salerno, MD, MHA, MPH,** our team is committed to delivering the highest standard of healthcare with a focus on personalized treatment and patient-centered approach.



# HOSPITALITY MEDICAL DEPARTMENT

Nirvana Healthcare Associates,

We are honored to introduce the newest addition to Nirvana Healthcare Management Services; The Hospitality Medical Department, where excellence meets compassion.

Our team comprises **Sydney Stuart-Henry and Carolina Paula**, serving as Hospitality Liaisons, under the leadership of our Corporate Coach, Tara Stone. With a Bachelor of Science in Hospitality and Tourism Management Carolina sought after this field with a desire to bring the hospitality and medical worlds together. It was a personal experience that Carolina had as a patient of Salerno Medical that ignited this flame. Sydney, with a bachelor's in Public Health and a certified MA, entered the medical field a decade ago. She brings her hands-on experience with direct patient care as well as being a supervisor, leader, and trainer of cross-company departments from medical assistants to physicians. On a personal note, both Carolina and Sydney are driven by a passion to train and educate our public communities through extensive outreach. We are thrilled to welcome both of these women into their new roles as we launch our **Healthcare Hospitality department**.



Carolina Paula

Sydney Stuart-Henry



# LOWER EXTREMITY VEIN MAPPING: UNDERSTANDING AND MANAGING

Hey there! Let's talk about something important but often overlooked - your leg veins. You know, those vessels that help your blood travel back to your heart. Sometimes, they need a little check-up, and that's where vein mapping comes in. It's a cool way to peek inside your veins and see how they're doing!

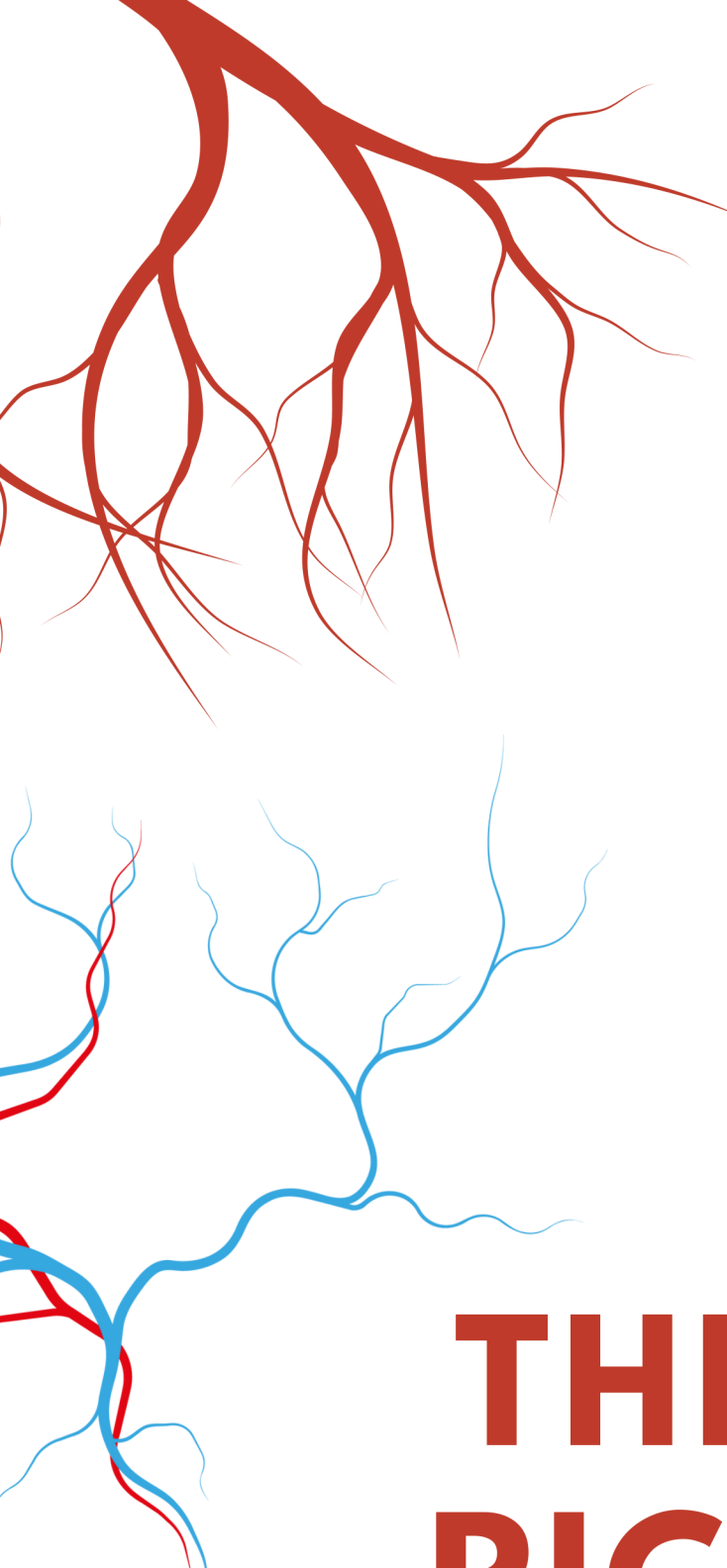
## Why Should You Care About Vein Mapping?

1. Spot Troubles Early: Vein mapping can catch issues like blood clots or weak veins that might need medical attention.
2. Plan for Treatments: If you ever need certain medical procedures, this test helps doctors pick the best veins for the job.
3. Keep Your Veins Happy: It's like a roadmap for your doctor to make sure your veins are in tip-top shape.

## What's Up with Your Veins?

- Healthy Veins: They're like one-way streets ensuring blood flows smoothly back to your heart.
- Not-So-Happy Veins: Sometimes, these veins get tired and don't work right, leading to swelling or pain in your legs.
- Varicose & Spider Veins: These are the veins that bulge or show up on the skin. They might look a bit scary, but vein mapping helps understand them better.





## What Happens in Vein Mapping?

- Quick & Easy: It's a simple check-up. You might have to change positions a few times, but it's pretty straightforward.
- Regular Checks: Just like a car, your veins need regular maintenance. This test helps keep track of their health.

## How Can You Help Your Veins?

- Stay Active & Healthy: Regular exercise and a healthy diet are like superfoods for your veins.
- Legs Up, Stress Down: Elevating your legs and reducing stress can work wonders.
- Dress Comfy: Tight clothes and high heels? Not the best friends for your veins.
- Vitamin D & Sleep: Get some sun and good sleep - your veins will thank you!

# THE BIG PICTURE



Think of vein mapping as a way to keep your legs feeling and looking great. It's not just about avoiding problems; it's about staying active and enjoying life without leg pain or discomfort.

So, why not give your veins the attention they deserve?  
Ready to map your way to healthier veins? Let's get started!



# THE LOBSTER MODEL



Carolina Paula receiving  
a lobster from our CEO  
Alicia Cote



Dr. Abraham Twerski offers profound insights into responding to stress and fear, highlighting that discomfort is often the catalyst for growth. Drawing a parallel with lobsters, he explains their growth process: when a lobster feels uncomfortable due to its tight shell, it seeks out a safe place, sheds its shell, and grows a new, larger one. Similarly, humans face stress as a signal for growth. **By embracing discomfort and viewing stress as an opportunity for personal development,** individuals can overcome fear and adversity. Twerski's message underscores the importance of resilience and adaptability in navigating life's challenges, encouraging us to embrace discomfort as a pathway to growth and transformation.

## The Lobster Story

[https://youtu.be/dcUAlpZrwog?si=mu6Xa8Qny9Ymg\\_xw](https://youtu.be/dcUAlpZrwog?si=mu6Xa8Qny9Ymg_xw)