

PURIST[®]

AN ADVENTURE IN WELLNESS

HAMPTONS, HEALTH

Hail to the Chief, Emily Mastaler

The wellness warrior takes charge as chief administrative officer of Stony Brook Southamton Hospital.



Emily Mastaler photo courtesy of Stony Brook Southamton Hospital

PURIST: Tell us your responsibilities as chief administrative officer at Stony Brook Southamton.

Emily Mastaler: It is an exciting time for Stony Brook Southamton Hospital and Stony Brook Medicine. Construction of the East Hampton Off-Campus Emergency Department is on schedule for completion this October, and we are looking at April to officially open the emergency department. The hospital, with Stony Brook Medicine, is totally committed to providing access to the highest standards of care right here in our neighborhood. Currently, we have 190 physicians throughout the East End within 41 specialty practices—all accessible in our backyard. As part of the Stony Brook health care system, our hospital has a cath lab, is a Level III trauma center and has a primary stroke center. In May, the hospital earned an “A” Hospital Safety Grade from the Leapfrog Group, a national, independent nonprofit watchdog that sets the highest standards for patient safety in the United States. We are looking at the future and meeting the needs of our community.

PURIST: What have you learned since beginning the job in May?

EM: The clinical and health care staff at Stony Brook Southampton Hospital are awesome. They are deeply dedicated to patient care, some traveling up to three hours each way during the summer months. I have also learned how much the local community cares and depends upon this hospital. People stop me to tell me how much they appreciate the care we provide.

PURIST: What are your key priorities moving forward?

EM: Currently I am on a “listening and immersion” tour, where I meet with staff members, visit our practice sites, as well as local officials, partner organizations, etc. to learn about our community. I am working with Stony Brook as we look toward the future of health care here on the East End, and define the needs of our many diverse communities.

PURIST: Most recently, you were president and CEO of River Hospital in upstate New York. What are your impressions of the East End? Could you share with us some of the highlights you’ve enjoyed so far—the natural beauty, favorite places to eat, cultural events?

EM: We have been visiting friends in Montauk for many years, and spend time barbecuing and going to Ditch Plains and Gin Beach. My husband is an artist, and we enjoy touring the South Fork’s many galleries and the museums. Best of all, we love walking our English bulldog, Boom Boom, in Southampton Village. He is quite the character, and already has attracted an impressive following.

PURIST: What are your favorite health benefits from living on the East End? What should residents partake in and do more of, for optimal health?

EM: Enjoy the outside. Breathe the beautiful air. Find your exercise, play, walk, surf, swim where there are lifeguards, bike—please wear a helmet—run, kayak...and use sunscreen.

PURIST: Are there any health concerns specific to life on the East End, and if so, what are they?

EM: Watch out for ticks while hiking in grassy areas. Be sure to cover up and wear long pants with cuffs tucked into socks. If you get a bite or have questions on symptoms or how to remove a tick, call our help line at 631.726.TICK (8425).

PURIST: What does wellness mean to you? What are some of your top personal wellness protocols?

EM: Work/life balance is super important. My background is in behavioral health, and I believe that it is important to have time to recharge.

PURIST: Going forward, how will Stony Brook Southampton continue to be a beacon of wellness?

EM: In addition to our commitment to easy access to clinical excellence within a growing health care continuum, we are dedicated to offering a robust list of prevention and wellness programs, administered by certified professionals, including cardiac rehab, nutritional guidance, acupuncture, massage therapy, exercise classes for all levels, tai chi, as well as many art-therapy classes offered in partnership with local museums. southampton.stonybrookmedicine.edu