

healthy

together

**THE DELICIOUS WAY
TO HEART HEALTH**

**HEALTH TIPS
FOR WOMEN
FOR THE 20s, 30s, 40s**

**PREVENT DIABETES?
YES, YOU CAN!**



**SEE THE
DOCTOR
ONLINE!**

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**A GAME CHANGER
FOR RUTGERS SPORTS**

CREATING WINDOWS OF OPPORTUNITY

At RWJBarnabas Health, our mission—our passion—is to improve the health of residents in the communities we serve. But we're equally committed to ensuring that New Jerseyans have opportunities to learn, develop and pursue their goals.

You'll see that commitment come to life in many ways: in free support groups and classes, in health services delivered to senior citizens at home, in housing and employment assistance provided to local residents, and more.

In this issue, we spotlight two ways in which RWJBarnabas Health is making a difference. Children's Specialized Hospital, an RWJBarnabas Health facility, has joined forces with Opportunity Project, an organization that helps adults living with the effects of traumatic brain injury. Together, the two organizations create a continuum of care and learning opportunities for patients with brain injuries, from childhood through adulthood. And in the state-of-the-art RWJBarnabas Health Athletic Performance Center, we're partnering with Rutgers University to provide spaces designed to optimize health-sciences learning and to give athletes the resources they need to reach their full potential.

Clara Maass Medical Center is positioned as a good neighbor, friend and partner so that we can continually build a culture of health, not only in Belleville but also in the various communities we serve in northern New Jersey. Our Office of Diversity and Inclusion recently launched a job readiness program that, over four weeks, taught 20 participants critical skills needed to seek employment. At the end of the program, they earned the chance to interview for employment at Clara Maass Medical Center. We now have three new employees, which speaks to just one of many ways that we have impacted wellness and have improved health outcomes for vulnerable populations in our local community.

We're honored by the trust people place in us to care for their health. In return, we're continually working to increase opportunities for all New Jersey residents to live their best lives.

Yours in good health,

BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJBARNABAS HEALTH

MARY ELLEN CLYNE, Ph.D.
PRESIDENT AND CHIEF EXECUTIVE OFFICER
CLARA MAASS MEDICAL CENTER



HEALTH NEWS



CLARA MAASS MEDICAL CENTER: BEST IN THE U.S. FOR THE 12TH TIME

Leapfrog Hospital Safety Grades use national performance measures to rate a hospital's overall performance in keeping patients safe from preventable harm and medical errors. Clara Maass Medical Center is proud to have received an A grade for the 12th time—a sign of commitment by our entire healthcare team to becoming a High Reliability Organization.

Clara Maass Medical Center | **RWJBarnabas HEALTH**

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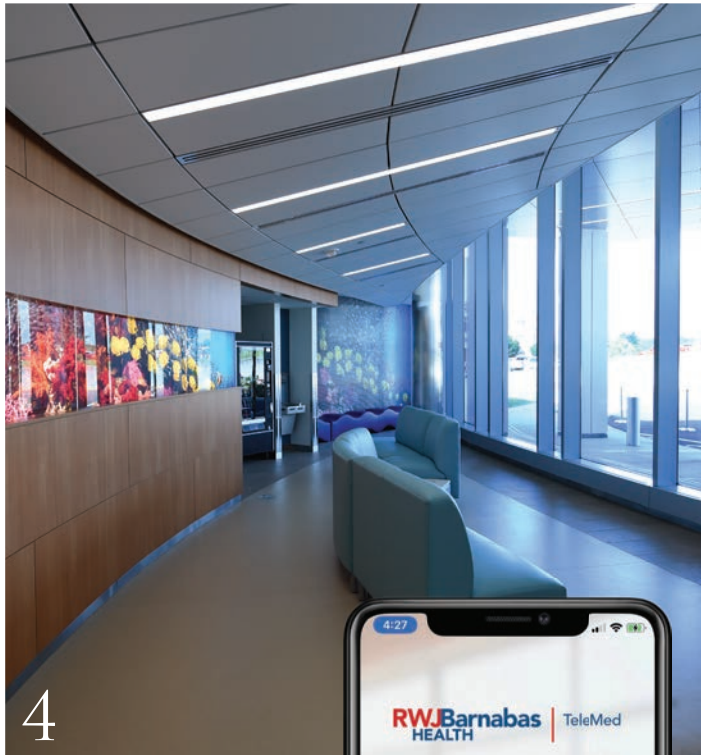
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TLC IN THE ED

THE NEWLY EXPANDED AND UPGRADED EMERGENCY DEPARTMENT HAS BEEN DESIGNED WITH THE PATIENT'S EXPERIENCE IN MIND.



A visit to the Emergency Department (ED) is probably not the best day of a person's life. At Clara Maass Medical Center (CMMC), however, emergency medicine specialists are determined to make every visit a calm, efficient and welcoming one.

In July, a comprehensive ED renovation and expansion was marked by the ribbon-cutting for a grand, welcoming new entrance and new pediatric and adult reception areas.

The overall expansion of the ED includes an adult observation unit with 24 beds; a separate pediatrics area with 10 new treatment rooms; and a discharge area where patients can stay while waiting for further instructions or for transportation. There is also a new consultation room for private conversations with a nurse or physician for patients and their families.

"In the past 20 years, the number of ill and injured patients we see has more

than tripled, to about 80,000 patients a year," says John Fontanetta, MD, Chair of Emergency Medicine. "That in itself created a need for expansion and renovation.

"But these changes are about more than that. We want our patients to feel comfortable that they are receiving the best possible care, and the whole experience, from the time they walk in the door, contributes to that."

"It's about how we would want to be treated if we were patients," says Wilfredo



Opposite page, top, an engaging new pediatric waiting area; bottom, the restful adult waiting area. This page, clockwise from top left, well-wishers turned out for the official grand opening in July; Rev. Peter Iwuala, Volunteer Chaplain at Clara Maass Medical Center, gave the invocation and offered a blessing for the new Emergency Department at the grand opening celebration; John Fontanetta, MD, Chair of Emergency Medicine, spoke at the opening. Bottom left, Joseph N. DiVincenzo, Jr., Essex County Executive, Mary Ellen Clyne, PhD, President and Chief Executive Officer, Clara Maass Medical Center, Robert Gaccione, Esq., Chairman, Clara Maass Medical Center Board of Trustees, and Thomas A. Biga, President, Hospital Division, RWJBarnabas Health, at the event.

Yap, Jr., MSN, RN-BC, NEA-BC, Director of the ED. “It’s about pride—in our hospital and in the community we serve.”

FIRST NURSE

At the CMMC ED, patients are welcomed by the triage nurse, who is the first nurse a patient will see. “This nurse will welcome the patient and use his or her training to quickly assess the person’s condition and direct them to the next level of care,” explains Bonnie Geissler, MHA, RN, Chief Nursing Officer and Vice President of Patient Care Services. “Compassionate and expert care is the first priority.”

Reception areas have been designed to be serene environments with windows that look out on soothing scenery. There’s comfortable seating with charging for mobile devices, but staff at CMMC are determined that incoming patients will not spend much time in those areas. “Our goal is to always provide the highest level of

quality care, with attention to our patients’ needs,” Geissler says.

The pediatric reception area, with its colorful undersea motif, is an engaging area designed with children’s needs in mind. “Because our community is made up of many young families, we are committed to providing the best-in-class pediatric care,” says Dr. Fontanetta.

For adults, the expanded observation unit that opened last fall allows sophisticated diagnostic testing to take place while physicians assess whether a patient needs to be admitted for a hospital stay or can safely go home. In addition, the new construction allows behavioral and substance abuse specialists to be available for timely services as patients need them.

BUILDING BRIDGES

The ED team at CMMC is proud of the medical center’s national recognition for its safety and quality. In the spring, CMMC received its 12th A Safety Grade from the independent Leapfrog Group.

The team takes pride, too, in its connection to the community. “We reach out to various groups, particularly the faith-based and Latino communities, to patients and families, and to everyone who needs our services,” says Yap.

“We feel it’s our duty to provide the best possible care, with understanding of what a patient is going through,” Yap says. “Our mission is to provide healthcare with the patient at the center of it.”

In case of emergency, call **911**. To find a physician at Clara Maass Medical Center, call **888.724.7123** or visit www.rwjbh.org/doctors.



THE DELICIOUS WAY TO HEART HEALTH

HOW TO EAT GOOD FOOD, DRINK A LITTLE WINE AND BENEFIT BOTH MIND AND BODY.

The Mediterranean diet, and the lifestyle that goes with it, have been keeping people happy and healthy for centuries. Can it work for you? Elie Chakhtoura, MD, Director of the Cardiac Catheterization Laboratory at Clara Maass Medical Center and a member of Barnabas Health Medical Group, says it can. Here, he explains how:

What are the origins of the Mediterranean diet?

The Mediterranean diet is the universal name of the traditional dietary patterns of the people living in 22 countries bordering the Mediterranean Sea. The sea touches three continents—Asia in the east, Europe in the north and west, and Africa in the south. Therefore, the Mediterranean diet is the byproduct of centuries of environmental and socioeconomic interactions.



ELIE CHAKHTOURA, MD

It's important to note that the Mediterranean diet is both a dietary and lifestyle model, combining the consumption of healthy food with behavioral patterns that lead to physical and emotional well-

being. Meals are shared with family and friends in a relaxed, convivial atmosphere. A physically active lifestyle is also a main component of this way of living that leads to major health benefits.

What are the major elements of the Mediterranean diet?

The diet typically consists of:

- Fruits, vegetables, whole grains, beans, nuts and healthy fats (mainly olive oil).
- Moderate amounts of fish, poultry, eggs and dairy products.
- Limited amounts of red meat.
- Low to moderate wine consumption.

Why the interest in the Mediterranean diet?

The model of the Mediterranean diet dates back to the Seven Countries Study, conceived by American physiologist Ancel Keys. This research, which began in the 1950s and continued for decades, revealed the first relationship between the traditional diet of this region and lower cardiovascular mortality. The diet first became widely embraced in the U.S. in the 1990s and continues to be popular.

The main components of the diet include soluble fiber, high omega-3 content in fish, monounsaturated fats, antioxidants and other bioactive substances from olive oil (preferably

virgin olive oil). These contribute to significant protective health benefits that go beyond stroke and cardiovascular disease to include cancer, dementia and Type 2 diabetes mellitus.

How can I incorporate the Mediterranean diet into my lifestyle?

- Increase your vegetable and legume (beans, peas and seeds) intake on a daily basis.
- Eat fruits, whole grains and other fiber-rich foods for breakfast.
- Eat fish two to three times a week.
- Consume dairy products in moderation.
- Limit saturated fat and meat intake.
- Incorporate olive oil and nuts in your diet.
- Exercise and stay active every day.
- Enjoy your meals in a relaxed, interactive social context.

While the Mediterranean diet is very beneficial, it needs to be tweaked to get it closer to current healthy diet standards.

Portion control and calorie restriction should modulate certain aspects of this diet, including bread and whole grain intake. Wine consumption should be limited to one glass a day, as larger amounts may lead to worsening cardiovascular disease outcomes.

Finally, the importance of an active lifestyle cannot be overemphasized. All components of the Mediterranean diet concept come together in concert to help you achieve the required targets.

Your heart doesn't beat just for you. Get it checked. To reach a Clara Maass Medical Center cardiac expert, call **888.724.7123** or visit www.rwjbh.org/heart.



DINNER TONIGHT: A MEDITERRANEAN FEAST

Greek Chicken, Potatoes and Spinach Dip

“The Mediterranean diet emphasizes eating a variety of fruits, vegetables, whole grains, beans, nuts, legumes, olive oil, fatty fish, lean poultry, eggs, cheese and yogurt in moderation, and sweets and red meat for special occasions. This makes it easier and more realistic to follow than other trending diets,” says Elizabeth Hanna, Clinical Nutrition Manager at Clara Maass Medical Center (CMMC). Ready to get started? Hanna suggests the healthful, tasty and easy-to-prepare dishes below. Serve these nutritious foods over a bed of sliced fresh tomatoes and cucumbers, with a side of grilled pita. To learn more about healthy eating, contact a CMMC Registered Dietitian Nutritionist at 973.450.2328.

LEMON OREGANO CHICKEN BREAST

INGREDIENTS:

- ¾ teaspoon fresh lemon juice
- ¾ teaspoon oregano leaves, fresh, chopped
- ¾ teaspoon whole clove peeled garlic, fresh, minced
- ½ teaspoon kosher salt
- 1 teaspoon olive oil
- ¾ teaspoon Tabasco sauce
- 1 4-ounce boneless chicken breast

DIRECTIONS:

- Combine lemon juice, oregano, garlic, salt and oil for marinade.
- Add chicken to marinade. Toss until evenly coated. Refrigerate for 6 hours.
- Drain and discard marinade. Place marinated breast on medium-high heat grill for 4½ to 5½ minutes on each side.



HERBED RED POTATOES

INGREDIENTS:

- 2 teaspoons olive oil
- 2 teaspoons fresh dill weed, chopped
- ½ teaspoon kosher salt
- Dash ground black pepper
- 5 ounces small red potatoes

DIRECTIONS:

- Combine oil, dill, salt and pepper for dressing.
- Boil potatoes for 15 to 20 minutes or until slightly tender.
- Cut potatoes in half. Add to dressing and toss until evenly coated.
- Place on hot grill. Cook for 2 to 3 minutes.



GARLIC AND SPINACH DIP

INGREDIENTS:

- ¼ cup plus 1½ teaspoons baby spinach, sliced in thin strips
- ¼ teaspoon whole clove peeled garlic fresh, minced
- ½ teaspoon kosher salt
- ½ teaspoon olive oil
- ¼ teaspoon fresh lemon juice
- ¼ teaspoon Tabasco sauce
- 3 tablespoons nonfat plain Greek yogurt

DIRECTIONS:

- In a mixing bowl, combine all ingredients until well blended.



RECIPES FROM SODEXO MINDFUL MEALS



A SAFETY STATE OF MIND

EXCELLENT TEAMWORK EARNS NATIONAL RECOGNITION AND TOP AWARDS FOR CLARA MAASS MEDICAL CENTER'S SAFETY MEASURES.



Being first in safety isn't easily achieved. For everyone at Clara Maass Medical Center (CMMC), it is a concerted, 24/7 effort.

The commitment by the entire healthcare team is why CMMC recently received its 12th A in The Leapfrog Group's Hospital Safety Grades. The Leapfrog Group, an independent, national nonprofit, assigns hospitals across the country grades A through F, based on

their performance in preventing medical errors, injuries, accidents, infection and other harm to patients in their care.

"Our success in earning 12 A's is a testament to the outstanding

efforts of our physicians, employees and volunteers to position the quality and safety of our patients as our most important priority," says Mary Ellen Clyne, PhD, President and Chief Executive Officer of CMMC. "We're committed to becoming a High Reliability Organization. We are dedicated to ensuring consistent excellence in quality and safety across all our services."

DETAILS MATTER

To achieve excellence in safety, CMMC employs communication strategies and monitors safety metrics—not only those measured by The Leapfrog Group, but many others as well.

Every morning, hospital leaders participate in a daily safety briefing, "looking back" to review the events of the past 24 hours and "looking forward" to preview what might happen in the next 24. Is a severe storm in the forecast? Do

on-site or nearby construction projects necessitate a change in traffic flow for patients?

"These meetings allow our leadership team and physicians to be proactive and identify solutions to challenges," says Clyne. Health professionals at CMMC also meet often to review specific areas of focus in quality improvement and safety.

Additionally, the leadership team fosters a culture of safety with a program called Rounding to Influence, in which leaders regularly visit all areas of the hospital to ensure awareness and provide additional education and support, especially to front-line staff. All staff members undergo safety training.

These efforts are supported by the recent elevation of Naveen Ballem, MD, FACS, Medical Director of Bariatric Services at CMMC, to the position of Chief Clinical Effectiveness Officer. In this pivotal new role, Dr. Ballem will oversee the planning and execution of initiatives in the areas of Quality Improvement, Performance Excellence, Regulatory Compliance, Patient Safety and Infection Control.

"We are extremely fortunate to have Dr. Ballem in this new role," says Clyne. "This will elevate further our clinical performance and outcomes for those we serve, as well as enhancing the culture of our High Reliability Organization."



MARY ELLEN CLYNE, PhD

To learn more about treatment and services at Clara Maass Medical Center, visit www.rwjbh.org/claramaass.

10 TIMES TO USE TELEMED

A VIRTUAL DOCTOR VISIT CAN BE THE FASTEST WAY TO FEEL BETTER.

With the RWJBarnabas Health TeleMed service, patients can reach a U.S. board-certified doctor at any time of day or night, including weekends and holidays. The *how* is simple: Download an app for iOS or Android and connect via smartphone, tablet or computer.

But *why* might you choose to use TeleMed rather than make an appointment with your doctor? At right are some circumstances that might make a virtual visit a good choice.

TeleMed is appropriate for common complaints such as colds, flu, fever, minor rashes, earache, sinusitis, migraine, abdominal pain, allergies, pink eye and joint pain.



CALL 911 IF...

TeleMed is not for emergencies. Call 911 or go to the nearest emergency department if you are experiencing any of the following emergency medical problems:

- Chest pain or pressure
- Uncontrolled bleeding
- Sudden or severe pain
- Coughing or vomiting blood
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness, change in vision, slurred speech, numbness or other neurological changes
- Severe or persistent vomiting or diarrhea
- Severe abdominal pain
- Changes in mental status, such as confusion
- Assault, physical or sexual abuse
- Broken bone



You get sick while on vacation.



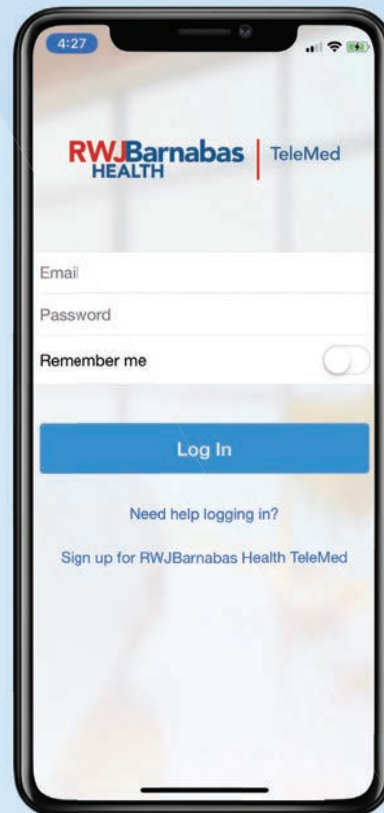
Your doctor's office is closed.



You need care for a sick child, but can't leave your other children home alone.



You can't get a same-day appointment with your doctor.



You feel too sick to leave the house.



You're out of town and realize you forgot a prescription.



You live in a rural area, making doctor visits and follow-up visits inconvenient.



You don't have time to wait in a waiting room.



It's difficult to take time off from work to go to the doctor.



You don't want to expose others to a contagious disease (or be exposed to theirs).

To learn more or to sign up for the RWJBarnabas Health TeleMed service, visit www.rwjbh.org/telemed.



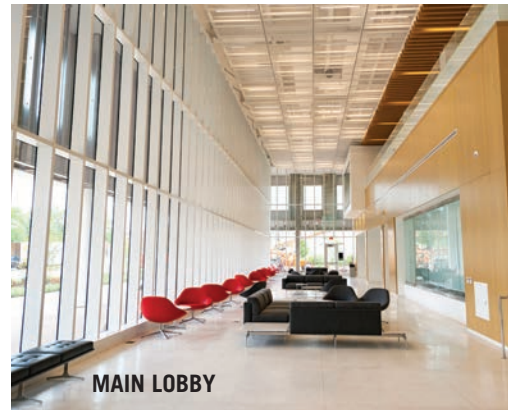
GAME CHANGER



GYMNASICS



HYDROTHERAPY



MAIN LOBBY



WEIGHT ROOM



BASKETBALL

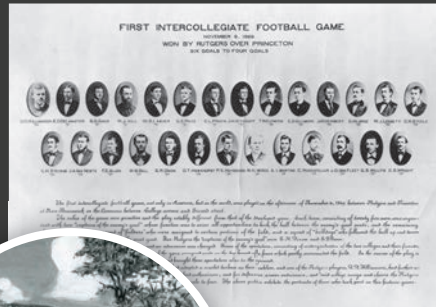


WRESTLING



HAPPY BIRTHDAY, COLLEGE FOOTBALL!

150 YEARS OF ATHLETIC PROWESS AND PASSIONATE FANDOM BEGAN AT RUTGERS UNIVERSITY.



As a major milestone in Rutgers sports history is marked with the opening of the RWJBarnabas Health Athletic Performance Center, a national college sports milestone is also being celebrated: the 150th anniversary of the first game of intercollegiate football, which took place on Nov. 6, 1869, between Rutgers and Princeton. (Rutgers triumphed, 6-4.) The season-long festivities include themed home games and the unveiling of a new “Victory” statue. RWJBarnabas Health, the official healthcare provider of Rutgers Athletics, is a presenting sponsor. To learn more, visit www.rutgersgameday.com.

THE RWJBARNABAS HEALTH ATHLETIC PERFORMANCE CENTER AT RUTGERS UNIVERSITY KICKS OFF A NEW ERA FOR RUTGERS SPORTS.

For Rutgers student-athletes, the future is here. The state-of-the-art RWJBarnabas Health Athletic Performance Center at Rutgers University, which opened in September, is home to new facilities for men’s and women’s basketball, wrestling and gymnastics, as well as a sports performance/sports medicine suite, nutrition lounge, seating area for professional scouts and more.

The 307,000-square-foot, four-story facility brings Rutgers athletic offerings to a new level. “It’s a game changer for our student-athletes in clinical care,” says Pat Hobbs, Director of Intercollegiate

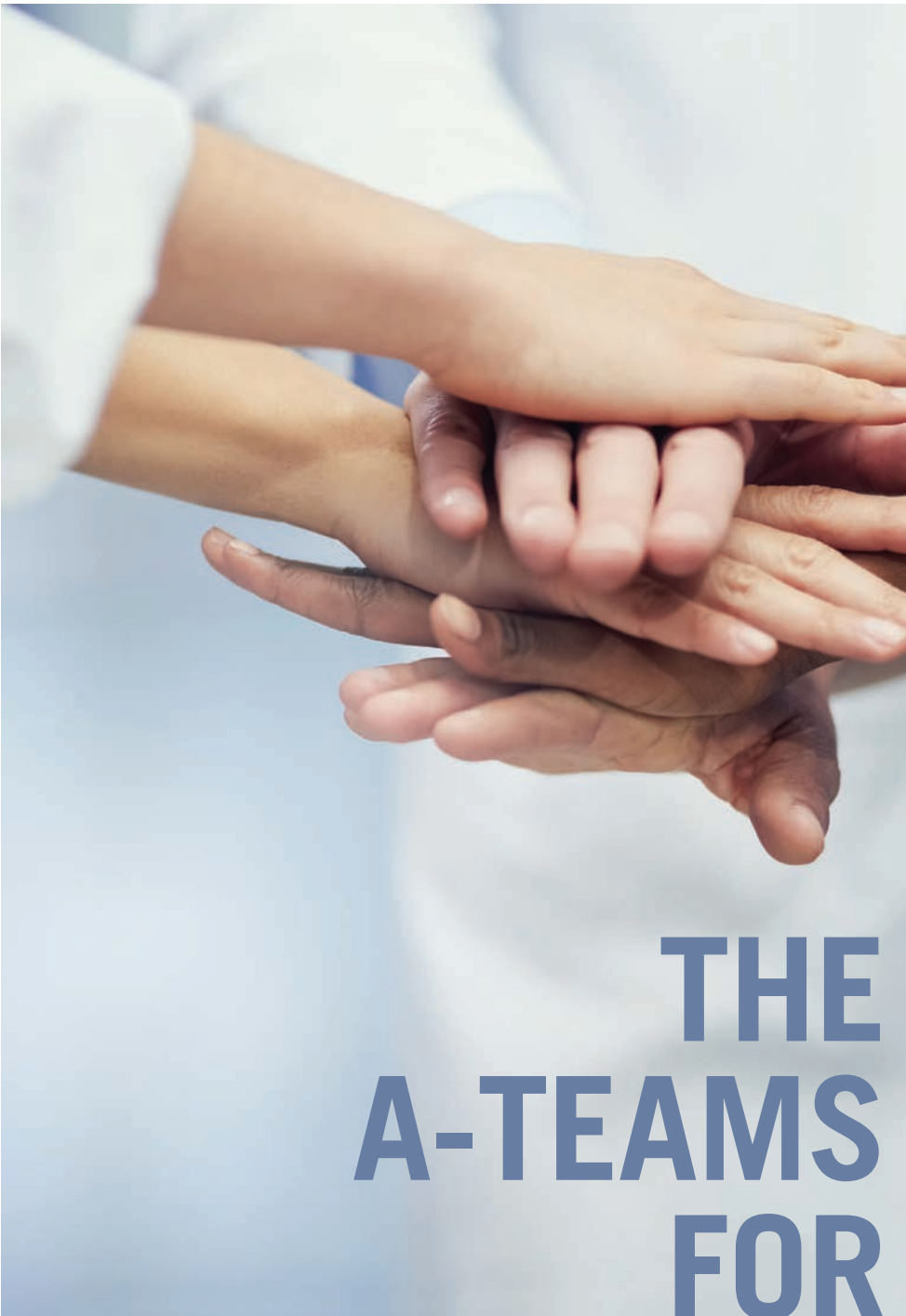
Athletics at Rutgers University. “They are going to receive the very best in sports medicine.” The facility was made possible by an investment from RWJBarnabas Health, the official healthcare provider of Rutgers Athletics.

“For far too long, we haven’t produced, as a state, those facilities and resources necessary to have world-class athletes—and frankly, in New Jersey, we have world-class athletes,” says Barry Ostrowsky, President and CEO of RWJBarnabas Health. “At Rutgers, we have world-class students. For us, this is a wonderful opportunity to invest in a great University.”



X-RAY ROOM

To learn more about RWJBarnabas Health partnerships, visit www.rwjbh.org/corporatepartners.



**TWO RWJBARNABAS HEALTH
HEART TRANSPLANT PROGRAMS
COLLABORATE TO OFFER WORLD-
CLASS CARE, CLOSE TO HOME
FOR NEW JERSEY RESIDENTS.**

In 1989, cardiologist Mark Jay Zucker, MD, relocated from Chicago to join nationally renowned cardiovascular surgeon Victor Parsonnet, MD, at Newark Beth Israel Medical Center (NBI). Both physicians saw an opportunity to build a world-class heart failure treatment and transplant program at NBI.

Toward that end, Dr. Zucker and other members of the NBI team met with cardiologists around the state, gave talks and lectures, and sent out educational mailings to introduce the medical community to the new program.

Over the course of 30 years, the goal of creating a nationally renowned heart failure and transplant center has been met, perhaps beyond the team's wildest dreams—and certainly beyond those of many patients. By 2017, the Advanced Heart Failure Treatment and Transplant Program at NBI had performed more than 1,000 transplants, one of only a dozen programs in the U.S. to reach that milestone. Today the program performs about 50 to 55 transplants each year; has roughly 70 staff members, seven physicians, three surgeons and a full complement of nurses and nurse practitioners; and follows more than 4,000 patients at five different offices.

THE A-TEAMS FOR

ADVANCED HEART FAILURE

COVERING THE STATE

The NBI program and the Advanced Heart Failure and Heart Transplant Program at Robert Wood Johnson University Hospital in New Brunswick (RWJUH) are the only two heart transplant programs in New Jersey,

“We are one of the major referral centers for heart conditions in the state, particularly in central New Jersey,” says Aziz Ghaly, MD, Surgical Director, Advanced Heart Failure and Heart Transplant Program at RWJUH. “We offer the most advanced options for treatment of heart failure available. That means we

can do complete workups for patients under one roof.”

As collegial members of the same health system, the two programs provide seamless treatment to any patient in need of complex cardiac care, not only from the hospitals of the RWJBarnabas Health system but from any hospital inside New Jersey or beyond. For New Jersey residents, that means advanced cardiac care is always available close to home.

The connection between the two teams further enhances patient care. “Leadership of both programs meet regularly to discuss how to coordinate care, improve safety, streamline services and sometimes just to learn from one another as well,” says Dr. Ghaly.

MULTIDISCIPLINARY APPROACH

At NBI, Dr. Zucker, Director of the Cardiothoracic Transplantation Program, and Margarita Camacho, MD, Surgical Director of Heart Transplantation, are two of the most senior physicians in the field, with a combined experience of caring for more than 1,500 transplant patients. Both physicians are at the forefront of advanced heart failure treatments, and both have been at NBI for the majority of their careers. “That translates to consistency,” says Dr. Zucker. “We have danced together for a long time.” The RWJUH transplant program has been in place for more than 20 years, with year after year of excellent outcomes, says Dr. Ghaly.

Both programs rely on multidisciplinary teams to provide

the highest quality of care. “Advanced cardiac care requires a tightly integrated, well-functioning team of talented and knowledgeable clinicians, paramedical professionals, social workers, pharmacists and dietitians,” says Dr. Zucker.

“Heart transplantation is not maintenance-free after surgery,” explains Dr. Ghaly. “Our heart failure cardiologists and nurse coordinators monitor patients very closely afterward, becoming like part of the patient’s family. The role is crucial to the patient’s survival post-transplant, and they are the heart and soul of our program.”

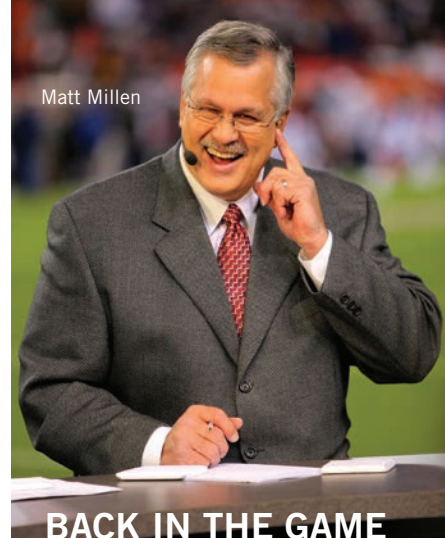
FUTURE-FACING

Both programs are national leaders in treatment for advanced heart failure, including the use of ventricular assist devices (VADs). These surgically implanted mechanical pumps can keep patients alive as they wait for a heart transplant or when other medical conditions have rendered them ineligible for transplantation.

The NBI and RWJUH programs also participate in multiple research trials that offer patients access to new investigational medications and devices prior to commercial availability. Most recently, the teams have been studying medications to treat advanced congestive heart failure, amyloid and lamin A/C cardiomyopathy.

The transplant center at NBI is currently undergoing a \$4.3 million renovation. “The transplant suite will soon integrate the mechanical support, heart and lung transplant programs all under one roof,” says Dr. Zucker. “The ability to interact on a moment-to-moment basis provides an ability to exchange ideas and ensure that all team members are up to date with new and emerging technologies.”

This type of interaction is crucial when it comes to caring for such critically ill patients, says Dr. Zucker. “After all, the management of heart failure is a 24/7 operation that only works when you have a team of truly committed individuals.”



Matt Millen

BACK IN THE GAME

During Matt Millen’s storied career as a football player, observers often said he showed “a lot of heart.” That description resonated with many when they learned he was waiting for a life-saving heart transplant at Newark Beth Israel Medical Center (NBI).

An All-American linebacker at Penn State, Millen had a 12-year NFL career, including four Super Bowl wins. He served as president and CEO of the Detroit Lions, followed by a successful career as a football commentator.

As the years went on, he began to feel weaker and increasingly short of breath. It became hard to navigate the few stairs to his basement wood shop.

Ultimately, Millen was diagnosed with the rare disease amyloidosis. Abnormal proteins called amyloids had been deposited in his heart muscle, rendering it stiff and unable to function properly.

In the fall of 2018, Millen spent three months at NBI, under the care of Mark Jay Zucker, MD, Director of the Cardiothoracic Transplantation Program, and his team. On December 24, 2018, Millen underwent heart transplant surgery performed by Margarita Camacho, MD, Surgical Director of Heart Transplantation, and Mark Russo, MD.

The surgery was a success. With a new heart and a new lease on life, Millen is back in the broadcasting booth for the 2019 football season.



AZIZ GHALY, MD



MARK JAY ZUCKER, MD

Your heart doesn’t beat just for you. Get it checked. To reach an RWJBarnabas Health cardiac specialist near you, call **888.724.7123** or visit www.rwjbh.org/heart.





CANCER: WHERE TO CALL FOR HELP

**NOW THERE'S A SINGLE PHONE NUMBER FOR CLEAR
AND COMPASSIONATE ANSWERS ABOUT CANCER TREATMENT.**

When a person is diagnosed with cancer, he or she has a lot to learn—and many decisions to make. What's the best course of treatment? Where is the best place for treatment? Who is the best doctor to treat my cancer? How can I get a second opinion?

That's why RWJBarnabas Health (RWJBH), in partnership with Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-Designated Comprehensive Cancer Center, has created an Oncology Access Center. This concierge-like service for cancer patients has an easy-to-remember number: 844-CANCERNJ. At that number, specialized oncology access representatives and oncology access nurse navigators stand ready to direct patients to the expert care they need. The Oncology Access Center creates one point of contact for all oncologists and hospitals in the RWJBH system and at Rutgers Cancer Institute.

"We are well aware that people who are newly diagnosed or seeking a second opinion are dealing with an extremely stressful personal situation," says Steven K. Libutti, MD, Senior Vice President of Oncology Services, RWJBH and Director of Rutgers Cancer Institute of New Jersey. "We want to make the process of finding care as stress-free and efficient as possible."



STEVEN K. LIBUTTI, MD

In the past, Dr. Libutti explains, patients and caregivers needed to do extensive research on their own to figure out what location and what physician would be most appropriate for their care. "Now they can more easily access NCI-designated cancer care across the state," he says.

NAVIGATING THE JOURNEY

"We're especially excited to have nurse navigators located right at the contact center if a person has a clinical question," says Bryan Soltes, System Vice President, Network Development, Oncology Services for RWJBH. "That aspect of our system makes it uniquely helpful to patients."

When a caller is referred to a specific hospital, he or she is immediately linked to the nurse navigator platform at the hospital, Soltes says. "Nurse navigators guide patients through their entire journey of diagnosis, treatment and recovery, not only making appointments but connecting the patient with oncology support services," he explains.

"Our system is making a very big commitment to nurse navigation in general," Soltes says. "Our goal is to be the largest nurse navigation system for oncology in the country."

Experts at RWJBH recognize that oncology healthcare calls are different from other kinds of calls. "They are often from people dealing with potentially serious situations," Soltes says. "With our Oncology Access Center and nurse navigator programs, we're able to put our arms around the patient, so to speak, and say, 'We'll help you take it from here.'"



Opposite page and this page, clockwise: For the first time, a roller coaster was wrapped in support of cancer awareness for the Coasters for Cancer campaign. Survivors and their families joined a special survivors celebration at Six Flags Great Adventure, which partnered with RWJBarnabas Health and Rutgers Cancer Institute of New Jersey to bring greater awareness to the disease and efforts to fight it.



RAISE YOUR HANDS FOR SURVIVORS

Life can be a roller coaster, especially when a person is coping with cancer. That made it especially fitting for three iconic New Jersey brands—RWJBarnabas Health (RWJBH), Rutgers Cancer Institute of New Jersey and Six Flags Great Adventure—to create the Coasters for Cancer campaign.

Brightly colored handprints were collected from cancer survivors and supporters. Those handprints were wrapped into a design to adorn the Runaway Mine Train roller coaster at Six Flags Great Adventure in Jackson Township. When park visitors take the ride, they're reminded of how many people cancer touches in the state of New Jersey.

The campaign was unveiled during a National Cancer Survivors Day Celebration at Six Flags Great Adventure on June 9. "More people need to know about the disease and about the research that's being done right in our own backyard," says John DeSimone, a patient at Rutgers Cancer Institute.

"What I hope people get out of this display is that cancer doesn't discriminate," says cancer survivor Johnny Volpe, 17, who was diagnosed when he was just 7. "Cancer goes for anyone and everyone, and it's great that people are aware."

"The Coasters for Cancer campaign is an incredible opportunity to shine the spotlight on cancer survivorship, education and prevention," says Justin Edelman, Senior Vice President, Corporate Partnerships, RWJBH. "If this campaign helps just one person, it's all worth it."



RWJBarnabas Health, in partnership with Rutgers Cancer Institute of New Jersey—the state's only NCI-Designated Comprehensive Cancer Center—provides close-to-home access to the latest treatment, including clinical trials. Visit www.rwjbh.org/beatcancer.

The Oncology Access Center is open from 8 a.m. to 5 p.m., Monday through Friday. Call **844.CANCERNJ (844.226.2376)**.



Staff and members at Opportunity Project engage in a variety of work-related and social activities through the Clubhouse Program.

BEYOND BRAIN INJURY

A NEW PARTNERSHIP BRINGS ADDITIONAL RESOURCES TO THOSE LIVING WITH TRAUMATIC BRAIN INJURY.



About every 13 seconds in the U.S., someone suffers traumatic brain injury (TBI)—a blow or penetrating injury to the head that's severe enough to disrupt normal brain function.

Children with TBI are often treated at Children's Specialized Hospital (CSH), the leading provider of inpatient and outpatient care for children and young adults facing special healthcare challenges. Until recently, however, CSH had no way to help these patients as they grappled with the lingering effects of TBI in adulthood.

To remedy that situation, CSH has begun a new partnership with the nonprofit Opportunity Project, founded by parents whose sons were dealing with TBI. The

program offers a wide range of services to help adults with TBI reach their full potential.

The organization's mission and services make it a natural fit for CSH. "Opportunity Project has a long, rich history of serving the critical needs of adults with brain injury," says Warren E. Moore, FACHE, President and CEO, CSH, and Senior Vice President, Pediatric Services, RWJBarnabas Health. "We are thrilled to partner and learn from one another, ensuring a bright future for the communities we serve."

MOVING FORWARD

Mild TBI, the most common kind, affects the brain only temporarily. However, symptoms of moderate to severe TBI may

be long-term, even lifelong. These symptoms can include difficulty thinking clearly, headaches, moodiness, sensitivity to light, physical impairment and sleep problems. Up to 90,000 people experience the onset of long-term disability from TBI each year.

The only program of its kind in New Jersey, Opportunity Project has served more than 600 individuals affected by TBI, along with their families, since its inception in 1993. The organization is housed in a 14,000-square-foot facility in Millburn that's accessible to the center of town and to public transportation, and is open five days a week.

Here, members can meet to receive occupational therapy, to confer with social workers who can help them access community resources, or to practice skills in reading, writing, planning and more. Opportunity Project also trains members who wish to become part of its Speakers Bureau, enabling them to use their firsthand knowledge of living with a brain injury to deliver inspiring and educational presentations.

For more information about Opportunity Project, visit www.opportunityproject.org. For more information about Children's Specialized Hospital, call **888.244.5373** or visit www.childrens-specialized.org.

At Children's Specialized Hospital, we provide world-class care for children and young adults who face special health challenges across the state of New Jersey and beyond. Our locations in Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, Jersey City, Mountainside, New Brunswick, Newark, Toms River and Warren treat everything from chronic illnesses and complex physical disabilities like brain and spinal cord injuries to developmental and behavioral issues like autism and mental health.

Your heart doesn't beat just for you.

Get it checked. It beats for your husband or wife, your children and grandchildren. It beats for your brothers and sisters, your friends and lovers. It beats for everyone who cares deeply about you. So please, get your heart checked. For them. For you. For more information and to make an appointment with one of New Jersey's top cardiologists, [visit **rwjbh.org/heart**](https://www.rwjbh.org/heart)

**Clara Maass
Medical Center**

**RWJBarnabas
HEALTH**

Let's be healthy together.



150 YEARS OF CARE AND COMPASSION

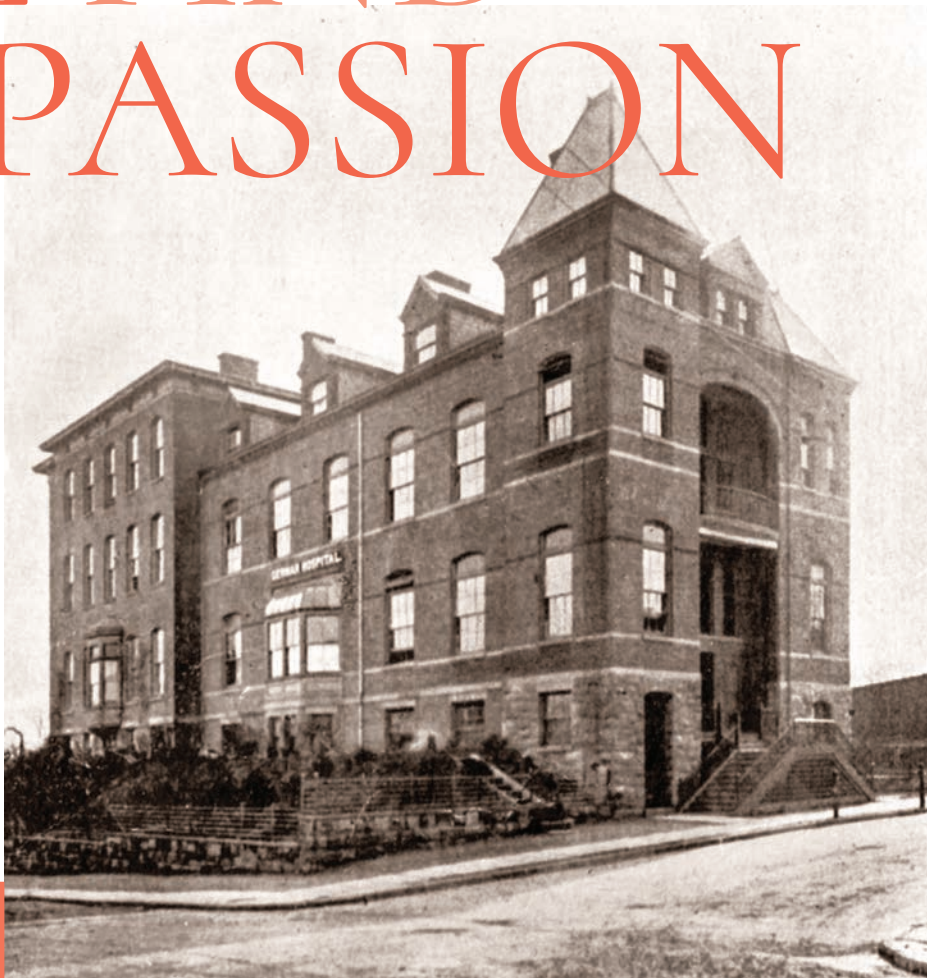
TRACING CLARA MAASS MEDICAL CENTER'S IMPRESSIVE EVOLUTION

Since its founding in 1869 as Newark German Hospital, what we now know as Clara Maass Medical Center has provided welcoming care for all types of people in all kinds of circumstances. This year, we celebrate the medical center's 150th anniversary with a gala event on November 13, capping a transformational year in which Clara Maass Medical Center completed numerous expansion projects and earned national recognition for the quality and safety of its care.

As the timeline on these pages shows, almost from the day it opened, the administrators and medical staff have seized opportunities to expand and to provide more advanced services to the community it serves.

1888

Newark German Hospital was located in the old German section of the city. Its first expansion, shown here, provided private patient rooms and a separate entrance for a children's isolation ward.



1918

With the U.S. in World War I, hospital trustees changed the institution's name to Newark Memorial Hospital. In 1946, the hospital became Lutheran Memorial.

The gala 150th anniversary celebration "A Very Tasteful Experience" will take place on November 13. To learn more, contact the Clara Maass Medical Center Foundation at **973.450.2277**.



1957

By 1957, the hospital had a new name, Clara Maass Memorial, and a new location at One Franklin Avenue in Belleville.



1964

With patient admissions at a new high, the medical center broke ground on a \$3 million expansion that added 100 beds.



1969

By 1969, north and south annexes had been added to the Belleville site.



1971

The Continuing Care Center opened in 1971 as a place for recovery after acute care. By 1987, it had been converted to a 120-bed nursing home.



1990s

Now the center of a large, diverse campus and renamed Clara Maass Medical Center, the institution welcomed patients and families with a refreshed main entrance.

2019



Clara Maass Medical Center today, now an RWJBarnabas Health facility, is enjoying the fruits of an era of unprecedented expansion and renovation.



HEALTH TIPS FOR WOMEN IN THEIR 20s, 30s, 40s

A SHORT COURSE IN TAKING CARE OF YOU

“Women are adept at caring for others, but not always for themselves,” says Annette Cozzarelli-Franklin, MD, Medical Director of the Women’s Health Center at Clara Maass Medical Center. She advises that women establish regular medical screenings and healthy lifestyle habits beginning in their 20s, with modifications through their 40s to promote healthy aging.

IN YOUR 20s

“Women in their 20s are beginning an exciting time in their careers and education goals. However, they need to give themselves time for routine health screenings,” says Dr. Cozzarelli-Franklin.

A routine physical with a primary care physician is a good starting point. It’s important to know your family medical history and have immunization records for review. This is a good time to catch up on immunizations that are lacking. The HPV (human papillomavirus) vaccine, which can be received up to age 26, protects against certain types of cancer. Routine blood work testing is determined by your physician but usually includes cholesterol and blood sugar.



ANNETTE COZZARELLI-FRANKLIN, MD

Gynecology visits also begin in the 20s, and screening guidelines regarding PAP smears and STD testing are determined by your gynecologist as they apply to you. Contraception options and family planning should also be discussed.

Have an eye examination at least every five years, more often if there are concerns. Breast self-exams are encouraged.

Skin screening depends on your family history, but you should routinely do skin self-screening, looking for any changes.

IN YOUR 30s

“In this decade, many women are juggling family as well as work, which can demand most of your time—but making time for your health is imperative,” says Dr. Cozzarelli-Franklin.

Continue with your yearly physical exam, and discuss your exercise and diet for a healthier you. Annual blood work, including thyroid function, is important because thyroid disease is more prevalent during this decade.

Women may notice their metabolism is slower in their 30s, so it’s important to have healthy eating habits, including fruits and vegetables; to try to get at least seven hours of sleep each night; and to exercise routinely. Weight-bearing exercise is important, since bones reach their maximum strength during the early part of this decade.

Skin screening and eye exams should take place every two years, depending on

the findings.

See your gynecologist yearly for a pelvic exam. Pregnancy should include close monitoring and a Tdap (tetanus, diphtheria, pertussis) vaccine should be given to protect newborns. Any concerns about depression need prompt evaluation by your physician, especially during the postpartum period.

IN YOUR 40s

In this decade, many women are handling careers and family responsibilities, and also beginning to care for aging parents. “These responsibilities can increase stress and make it easier to neglect yourself,” says Dr. Cozzarelli-Franklin.

Along with previously recommended screenings, yearly mammograms for women of average risk should begin no later than age 45, according to the American Cancer Society.

An EKG (electrocardiogram) should be done at least once during this decade as a baseline recording of the heart.

Perimenopause occurs during this decade, causing hormonal fluctuations as well as changes in weight, blood pressure and sleep patterns. Discuss these changes and how to address them with your physician.

In this decade, healthy habits to decrease stress through relaxation and exercise are important tools.

“Health in the 20s through the 40s ultimately involves knowing your body, making healthy lifestyle choices and seeing your physician for routine screenings and any other concerns that may come along,” says Dr. Cozzarelli-Franklin.

“Women do so well in caring for others. Now it’s time to put ourselves on the list.”

For a women’s health specialist at Clara Maass Medical Center, visit www.rwjbh.org/claramaass, or call 888.724.7123.



At left, Sarah Bonilla, Program Manager at the Center of Excellence for Latino Health, oversees a Three Kings Day celebration. Above, Jason Dotson and Ronald Berry of North Jersey Community Research Initiative with Desyra Highsmith Holcomb, Director of Diversity and Inclusion, and Mary Ellen Clyne, PhD, President and Chief Executive Officer, Clara Maass Medical Center.

‘THEY RISE, WE RISE’

CLARA MAASS MEDICAL CENTER CELEBRATES DIVERSITY AND INCLUSION.

Diversity and inclusion are written in the DNA of Clara Maass Medical Center (CMMC). As the mission statement from its founding 150 years ago put it, “This institution is organized on broad principles, admitting cheerfully the afflicted of every class, nationality and creed.”

“We’ve carried that torch and are very clearly fulfilling that mission,” says Mary Ellen Clyne, PhD, President and Chief Executive Officer of CMMC. “It doesn’t matter who you are, or what you have; our doors are open.”

SHARING CULTURES

Desyra Highsmith Holcomb, Director of Diversity and Inclusion at CMMC, oversees programs to address the respect, inclusion and engagement of all groups—patients, staff and the community.

For example, a new initiative called SPHERE (Sharing Perspective, History, Experience through Respectful Exchange) gives employees an opportunity to share their heritage and culture. “The entire hospital, and community members as well, join in celebrations to learn more about other cultures,” says Highsmith Holcomb.

Caribbean Heritage Day, Black History Month, Hispanic Heritage Month, Pride Month, Women’s History Month and Asian Pacific Heritage Month are among the many observances at CMMC.

For patients, the hospital has ramped up the hiring of bilingual staff members, including security and front-desk personnel. Employees have also been trained to translate medical terms, so they can help explain conditions and procedures to patients who prefer to communicate in other languages.

The hospital’s employee resource group, PROUD (Promoting Respect, Outreach, Understanding and Dignity), aims to include and support LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer or Questioning) community members. In-house training ensures that encounters between members of the LGBTQ community and hospital employees are always sensitive and respectful. “Further,

our LGBTQ employees know that they are valued for who they are and that they can be completely authentic when they come to work,” says Highsmith Holcomb. The medical center has earned recognition as an LGBTQ Healthcare Equality Leader from the Human Rights Campaign.

The Clara Maass Interfaith Advisory Council, comprised of local faith leaders, recently created an initiative called Faith and Futures to provide job readiness training.

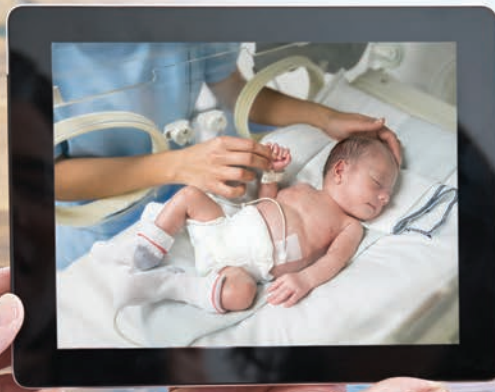
“People who are unemployed are typically in survival mode and their health may not necessarily be a priority,” Highsmith Holcomb says. “We see employment as an additional way to improve the lives of those that we care for.”

In addition, CMMC has created the Center of Excellence for Latino Health to improve healthcare delivery for the local Latino community.

All of these efforts are an integral part of CMMC’s role in the community. “There’s a saying that goes, ‘They rise, we rise,’” says Alfred Torres, MBA, Chief Human Resources Officer at CMMC. “We are aiming for an intentional and holistic approach to creating the right environment so everyone can thrive and get better—one that allows us and our patients to practice healthcare the right way.”

To learn more about Clara Maass Medical Center initiatives focused on diversity and inclusion, please call the Human Resources Department at **973.450.2000**.





WATCHING THE BABY

PARENTS CAN NOW VIEW THEIR INFANTS IN THE LEVEL II SPECIAL CARE NURSERY AT ANY TIME, THANKS TO LIVE STREAMING.

Expectant parents long for the moment when they can hold and speak to their newborn child.

But what happens when the new baby requires an extended stay in the hospital, and the mother is discharged before her newborn can be? Or a partner must go on travel for work, or is deployed to military duty halfway across the world? What about other family members who can't wait to see the new arrival?



MORRIS COHEN, MD

The Special Care Nursery at Clara Maass Medical Center

(CMMC) has answers for those questions. With the newly installed AngelEye camera system, family members can connect via an app to live-streamed video of the newborn, 24/7/365, reports Morris Cohen, MD, Director of Neonatology at CMMC. Loved ones can see a full-frame view of the baby at his or her station, right on their smartphones or mobile devices.

"This technology is a very significant addition," says Dr. Cohen. "Any time a baby is sick and admitted to a special care or a neonatal intensive care unit, it's a very unexpected experience for the family, and one that can last anywhere from a few days to a couple of weeks, sometimes longer. There can be a real feeling of separation for parents when they can't be there." The ability to view the baby helps relieve stress, research shows.

Beyond viewing, parents can speak to the baby by way of an optional one-way audio feed. "You can even sing to your baby if you want, which is something we encourage," says Dr. Cohen.

AngelEye can also be used for communication between parents and healthcare providers, and as a way to access educational videos and information. Instructions for the app are available in more than 100 languages.

WHY ANGELEYE?

The investment in the AngelEye system fit with CMMC's commitment to support patients and their families and loved ones, Dr. Cohen says. "We focus a lot on what is called family-centered care, where the goal is to have the parents participate as a member of the healthcare team, to the extent that we are actually inviting the parents to join us on rounds," he says.

Live streaming in the Special Care Nursery helps cement those connections and involve parents and loved ones in the early development process at a deeper level. "It's exciting to see new parents access the application to see their baby on camera for the first time," says Javier Alvarez, MBA, CPXP, Director of Patient Experience at CMMC. "Their smiles are confirmation that we have created an extraordinary opportunity for new parents: the ability to stay connected and engaged with their new baby—at all times."

To learn more about maternity services at Clara Maass Medical Center, visit www.rwjbh.org/claramaass or call 888.724.7123.



Dorothy Szast, RDN, CDE (center) and Kathleen Villarino, MS, RDN, lead a session of the new Diabetes Prevention Program at Clara Maass Medical Center. A group for Spanish speakers is also available.

PREVENT TYPE 2 DIABETES? YES, YOU CAN!

SIMPLE LIFESTYLE CHANGES—AND GROUP SUPPORT—CAN GET PREDIABETES UNDER CONTROL.

No one wants to hear a doctor say blood test results indicate prediabetes—a condition in which blood sugar is too high, but not yet high enough to qualify as diabetes. The good news: It's possible to take control of the situation and delay, or even outright prevent, the development of Type 2 diabetes.

"Just a 5 to 7 percent reduction in body weight has been shown to be effective in cutting the risk of diabetes," says Dorothy Szast, RDN, CDE, Diabetes Education Coordinator at Clara Maass Medical Center (CMMC).

The newly launched Diabetes Prevention Program at CMMC is here

to help. The yearlong, science-based program is backed by the U.S. Centers for Disease Control and Prevention, and is free of charge to eligible patients.

A PROACTIVE APPROACH

The medical center already operates a successful program to help people manage their diabetes. Now CMMC has created a structured program to help people at risk of crossing the line from prediabetes to

Type 2 diabetes.

"The problem has been that prediabetes is not a covered diagnosis under most insurances, especially Medicare," explains Szast. "But we thought it was important to start a separate prediabetes program, so that we can proactively help lower the risk of people getting diabetes in the future." A generous grant from the American Association of Diabetes Educators (AADE) has covered costs for the first class of 20 recruits for the program, who began the year-long journey in the summer. Diabetes educators are hopeful that Medicare will cover future participants.

GROUP ENERGY

One key component of the program is a group setting for regular meetings, in which participants can share their experiences and results. Participants also support each other via social media.

"A lot of people rely on the motivation of a group setting," says Szast, who was honored as 2019 New Jersey Educator of the Year by the AADE. "They feed off each other's energy and are encouraged when they learn that other people are in the same boat as they are."

Meetings and activities, which take place in the Continuing Care Building at CMMC, begin with weekly weigh-ins at first, followed by monthly checks.

"But we make it fun, too," Szast says. "For example, when we talk about how to shop in the grocery store, we have a ShopRite dietitian talk about reading labels. When we talk about exercise, we have an exercise physiologist with us. Whatever the topic of the day is, we try to complement it with an expert guest.

"We're having a great time with the group so far, and seeing results," Szast says. "The more results our participants see, the more they feel like, 'I can do this!'"

For more information about the Diabetes Prevention Program at Clara Maass Medical Center, or to learn more ways to prevent and control diabetes, visit www.rwjbh.org/claramaass or call **888.724.7123**.

Clara Maass Medical Center: Best in the U.S. for the 12th time



Achieving a Leapfrog A for the 12th time underscores Clara Maass Medical Center's commitment as a High Reliability Organization (HRO).

Through the concerted effort of Clara Maass Medical Center's physicians, nurses, staff, volunteers and leadership, patients and families benefit from the highest level of quality care and the safest possible hospital experience.