

A Publication of
**NEWARK BETH ISRAEL MEDICAL
CENTER AND CHILDREN'S
HOSPITAL OF NEW JERSEY**

healthy *together*

**HEALTHY
HYDRATION
BEAT THE HEAT**

**BUILDING THE
FUTURE
A RENOVATION UPDATE**

**GIVING BACK
AFTER BREAST CANCER**

**HEALING
HEARTS:
IT TAKES
A TEAM**



MESSAGES FROM LEADERSHIP



“The newly opened RWJBarnabas Health Field of Dreams in Toms River, a recreational complex for people of all ages and abilities, is emblematic of our mission: to help the people who live in our communities feel healthier and enjoy their lives to the fullest.”

BARRY H. OSTROWSKY | Chief Executive Officer, RWJBarnabas Health



“I am deeply moved by the commitment my outstanding RWJBarnabas Health colleagues have to our mission and to serving everyone in our communities with inclusiveness for all, regardless of race, age, gender, background and ability.”

MARK E. MANIGAN | President, RWJBarnabas Health



“Newark Beth Israel is committed to investing in our communities and delivering excellent patient care. From supporting programs that uplift our youth to building a new state-of-the-art geriatric unit, at Newark Beth Israel we are meeting the needs of our patients, their loved ones and the communities we serve.”

DARRELL K. TERRY, SR. | President and Chief Executive Officer, Newark Beth Israel Medical Center and Children’s Hospital of New Jersey

Newark Beth Israel Medical Center | **RWJBarnabas HEALTH**
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201 Lyons Ave. at Osborne Terrace, Newark, NJ 07112
973.926.7000 | www.rwjbh.org/newarkbeth

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HEALTH NEWS



WORLD'S BEST HOSPITALS—FOUR YEARS IN A ROW

Newark Beth Israel Medical Center (NBI) has been designated one of the World’s Best Hospitals—USA by *Newsweek* magazine. It is the fourth consecutive World’s Best Hospitals recognition for NBI.

The medical center ranked among the top 250 U.S. hospitals and is one of only five New Jersey hospitals on this prestigious list, which also includes the Mayo Clinic, Cleveland Clinic, Johns Hopkins and Massachusetts General.

NBI has long been a center of excellence and a destination center for the most advanced cardiac care, heart and lung transplant, comprehensive cancer care and pediatric specialties at Children’s Hospital of New Jersey.



LEADING IN EQUALITY

NBI has been recognized for the fifth time in a row as a “Leader in LGBTQ+ Healthcare Equality” by the Human Rights Campaign Foundation, the educational arm of America’s largest civil rights organization working to achieve equality for lesbian, gay, bisexual, transgender and queer people. Children’s Hospital of New Jersey at NBI received a new designation.



ORGAN, EYE AND TISSUE DONATION, PLATINUM DESIGNATION

The U.S. Department of Health and Human Services has once again awarded NBI Platinum recognition for its efforts to increase enrollment in the New Jersey state donor registry and spread the lifesaving message of organ and tissue donation.

healthy *together* contents

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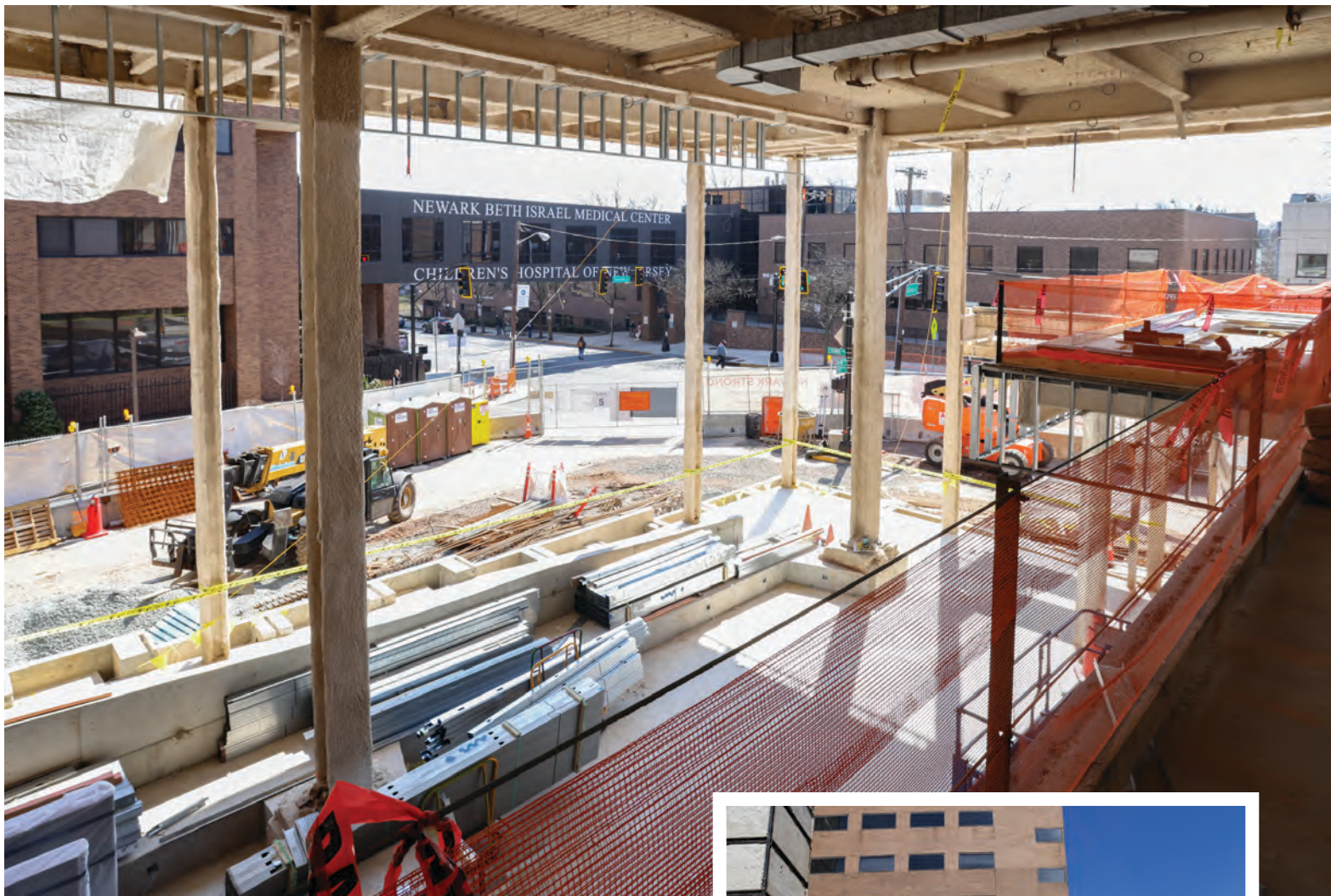
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EXCITEMENT IS BUILDING

A PROGRESS REPORT ON THE MEDICAL CENTER'S TRANSFORMATIONAL RENOVATION PROJECT

The historic \$150 million expansion and renovation project known as Newark Strong is transforming Newark Beth Israel Medical Center (NBI) and its neighborhood. It also represents a major investment in the medical center's close relationship with its community.

The new main entrance on Lyons Avenue will feature a 17,000-square-foot glass-enclosed lobby. "Our main entrance used to appear fortress-like,"

says Darrell K. Terry, Sr., President and Chief Executive Officer of NBI and Children's Hospital of New Jersey. "The new lobby is light-filled and welcoming, letting the community know that we're here for them." The space includes lounge chairs, bench seating and planter boxes, as well as a meeting room for community organizations.

The glass installation for the entire project will be performed by Josloff Glass, a woman-owned business in



Above, clockwise from top left: renderings of a greener streetscape and highly visible Emergency Department entrance on Lyons Avenue, the new Geriatric Unit with special design features for older adults and a separate waiting room for Pediatric Emergency patients; photo at bottom left, local dignitaries take a tour of the site.

the South Ward. “We’re committed to making sure this project truly benefits the community we serve,” Terry says. The hospital will invest 30 percent of the project’s construction costs in Newark-based businesses, as well as in other minority-, female- and veteran-owned businesses.

On the Lyons Avenue side of the medical center, five pocket parks with seating and shrubbery, along with tree plantings, are being created. “We want the area to be less industrial and more community-oriented,” Terry explains. “This project is part of the greening of Newark.” Drop-off sites for Lyft, Uber or private transportation have been designated for visitor convenience.

Inside, expansion and upgrading plans are moving forward. They include:

A 4,000-square-foot Emergency Department (ED) expansion, with 10 new private exam rooms with sliding glass doors, a new waiting room and a new fast-track intake area. A new ED entrance will have a canopy and signage that can easily be seen from multiple perspectives. The Pediatrics ED will have a separate entrance and waiting area, along with new treatment rooms. The new Emergency Services Pavilion will be

named for the Healthcare Foundation of New Jersey, which has committed \$5 million toward the project.

A 24-bed Geriatric Unit with private rooms featuring nuanced design. This design includes beds that reduce the risk of pressure injuries, cushioned slip-resistant flooring, handrails in hallways and fold-down jump seats for taking a breather if needed. Common areas have vibrant colors to make wayfinding easier.

A new state-of-the-art Critical Care Unit, with 13 right-sized private rooms to accommodate equipment, support staff and visitors. Each room will have a built-in desk and television and high-end pullout sleeper sofa so a loved one can spend the night. A centralized nursing station will provide a clear line of sight to patients at all times.

Other highlights include the 34-bed **Healthcare Foundation of New Jersey Mother-Baby Unit** with private, newly renovated rooms, and new **hybrid Operating Rooms** to provide care for the most complex cardiac cases.



Above, one of the educational sessions with YouthBuild participants

A BRIDGE TO THE FUTURE

NBI and Turner Construction, the company that’s building the Newark Strong project, recently partnered with YouthBuild Newark to host a group of young people who are preparing for construction careers.

The daylong educational visit provided an opportunity for participants to get a firsthand view of their chosen field.

“The participants were asking amazing questions about the kind of glass being used, the sustainable features being implemented and the type of people being hired,” says Kim Cook, Director of Social Impact and Community Investment for NBI. “They really wanted to talk to the people who are doing the hands-on work.”

An academic support and career preparation program for people ages 16 to 24 who aren’t participating in school or the workforce, YouthBuild was a good fit for NBI’s commitment to social impact and community investment. Says Cook, “It was a rewarding experience for everybody involved.”

For more information and the latest updates, visit www.rwjbh.org/NBINewarkStrong.



MORE THAN HEARTBURN



Mujahid Salam underwent a successful valve-sparing aortic root replacement at NBI.

A COMMON SYMPTOM MASKED A LOCAL MAN'S LIFE-THREATENING CARDIAC CONDITION.

Mujahid Salam, 68, is no stranger to challenges. He served in the U.S. Army's 101st Airborne Division, with tours of duty in Korea and Germany in the late 1970s and early '80s. He worked as a counselor in the state Department of Corrections, helping rehabilitate inmates and reintegrate them into daily life.

Salam has also experienced a number of health conditions, including prostate cancer. Yet nothing would challenge him quite like the persistent, serious heartburn that started early in 2021.

"I kept having general discomfort and pain in the center of my chest," says Salam, an Irvington resident. "It was bad enough that I went to a nearby emergency room three different times." He was diagnosed with heartburn, a burning sensation caused by acidic or high-fat food and by some medications.

Last October, he was ready to start a night shift for his job as a Mental Health Associate at Newark Beth Israel Medical Center (NBI). He parked his car, but before he could walk inside the building, he felt dizziness and heart palpitations.

"I said, I'm here, so let me just ease on over to the Emergency Department at Newark Beth," Salam says.

A SURPRISE FINDING

There, a CT scan showed that his heart had become enlarged and there was a large aortic aneurysm, an abnormal dilation of the major aortic vessel in the body. Because Salam's aneurysm was located in the aortic root—the point where the aorta exits the heart—it also caused stretching of his aortic valve, causing it to leak



IOANNIS LOUMIOTIS, MD

excessively. That created a significant amount of blood inside his heart, which was subsequently responsible for the cardiac enlargement.

"Aortic aneurysms are asymptomatic in the majority of the cases, and they get diagnosed during a workup for unrelated conditions. When they do cause symptoms, however, pain is the most common. So to have someone present with heartburn as their main symptom like Mr. Salam did is highly unusual," explains Ioannis Loumiotis, MD, who received advanced training and specializes in aortic surgeries. He also leads the Aortic Center at NBI and for the RWJBarnabas Health Northern Department of Cardiothoracic Surgery, and is a member of RWJBarnabas Health Medical Group.

Salam's condition needed fast attention. Enlarged aortic aneurysms run the risk of rupturing, which can lead to life-threatening complications such as death, dissection or rupture.

"A normal aorta measures around 3.8 to 4 centimeters in diameter maximum," Dr. Loumiotis says. "Mr. Salam's aorta was between 5.5 and 5.6 centimeters."

A SURGICAL SOLUTION

Salam knew he'd need surgery. He sought a second opinion after seeing a cardiothoracic surgeon whose approach alarmed him. "The doctor was saying you could die, your heart could explode. I wasn't comfortable with him. I was shaking in my pants."

One of Salam's coworkers told him about Dr. Loumiotis, so he made an appointment. Dr. Loumiotis offered Salam an approach known as valve-sparing aortic root replacement surgery. In this complex procedure, the aortic root is replaced with a graft, and the native valve is sutured inside that graft.

Valve-sparing root replacement

surgery, traditionally only offered at major medical centers, is now offered locally by Dr. Loumiotis and the RWJBarnabas Health Northern Region Cardiothoracic Surgery Team at NBI. "With a valve-sparing aortic root replacement, the patient preserves his native heart valve, and thus has a lower risk of infection, reintervention and bleeding compared to traditional valve replacement surgery," Dr. Loumiotis says.

"Dr. Loumiotis and his team made me feel 100 percent better about having surgery," Salam says.

FAST RECOVERY

On Feb. 4, 2022, Dr. Loumiotis performed Salam's surgery. By early afternoon on Feb. 8, Salam was back home, surrounded by his wife, Khadijah, their six children and 16 grandchildren.

"My nurses at NBI did a job I've never seen before," Salam says. "They took the time to have conversations with me and made sure I was doing everything I was supposed to do. Those little things meant a lot to me."

"Mr. Salam was committed to his recovery," Dr. Loumiotis says. "He was out of bed on Day 1 and was pushing himself little by little each day. He's proof that the more you invest in your recovery, the faster you'll recover."

Today, Salam is back to work. "I'd say I'm back to about 75 percent strength, which makes me pretty strong," he says. He's driving a car again, walking farther and standing longer than before. And even though his heartburn is still there, he's taking less medication for it. "I also have a strong appetite," he says. "I can eat all day and night."

He credits his care team and his Muslim faith for helping him recover. "I'm more cautious in listening to my body than I was in the past," he says. "I see a brighter picture ahead."

Whoever your heart beats for, our hearts beat for you. To connect with a top cardiovascular surgeon at Newark Beth Israel Medical Center, call **888.724.7123** or visit **www.rwjbh.org/heart**.



YOU'RE PREGNANT. SHOULD YOU GET THE COVID-19 VACCINE?

**YES, SAYS AN
OB/GYN—AND
HERE'S WHY.**

Misinformation about how COVID-19 vaccination affects pregnancy and fertility has been widespread. According to the Centers for Disease Control and Prevention, vaccination is recommended for people who are pregnant or breastfeeding or who may be pregnant in the future. Khalid Sawaged, DO, FACOG, Chairman, Department of OB/GYN at Newark Beth Israel Medical Center, tells what pregnant women should know.

What are some myths you've heard about vaccines?

I've heard people claim that the vaccine can give you COVID-19, which is absolutely not true. Some have said that the vaccine can increase the risk of miscarriages or infertility, but my belief is that the vaccine does not cause those things. I have not seen that among vaccinated women in my practice.

If a pregnant mother gets the COVID-19 vaccine, does the protection pass to the baby?

We know that some newborns are born with antibodies to COVID, so babies do inherit some immunity. But we can't tell which way the baby received the antibodies—whether the immunity is from the mother having antibodies from having had COVID, or if the antibodies came from the vaccine.

Do you recommend that women of childbearing age also get the flu vaccine?

The flu vaccine is safe, and it is recommended that patients, including pregnant women, get them every year.

Is getting COVID-19 more dangerous for women who are pregnant?

The sooner you get vaccinated and build antibodies, the more protected you'll be from getting very sick with COVID-19. Treatments are the same for pregnant and non-pregnant patients, but tolerance for certain things like oxygen saturation and general well-being change, because now we're worried about both the mom and the baby.

As the baby grows in the uterus, it puts pressure on the chest and lungs, making it more difficult for pregnant patients to take a deep breath. Pregnancy also increases the volume of blood that runs through the body, which further puts stress on the heart and other organs.

If a non-pregnant patient called me and told me they have COVID but they felt OK overall, maybe a little feverish, after reviewing the symptoms I may say it's OK to stay home and care for themselves. However, if a pregnant patient told me the same thing, I would tell them to be evaluated by a healthcare professional as soon as possible. Not only can pregnant patients get sicker with COVID, they can get sicker faster. There's no time to wait.



KHALID SAWAGED, DO

For COVID-19 health and vaccine resources, visit www.rwjbh.org/covid19. To learn more about maternal care at Newark Beth Israel Medical Center, call 973.926.4176 or visit www.rwjbh.org/maternity.



HEALING HEARTS

A TEAM APPROACH TO CORONARY ARTERY DISEASE



Coronary artery disease (CAD)—when major arteries to the heart are damaged and blood flow is partially or totally blocked—is the most common type of heart disease in the U.S.

However, new technology, along with a team-based approach to treatment, have greatly improved patient outcomes, says interventional cardiologist Bruce Haik, MD, Chief of the Division of Cardiology and Director of the Cardiac Catheterization Lab at Cooperman Barnabas Medical Center (CBMC), who is also a member of RWJBarnabas Health Medical Group.

“Treating CAD sometimes involves a complex decision tree requiring a Heart Team consultation,” says Dr. Haik. “When a patient and family have input from cardiac specialists with a wide array of expertise, they can feel confident in making a decision about treatment.”



BRUCE HAIK, MD

MEMBERS OF THE TEAM

CAD can be diagnosed in a variety of ways, including cardiac stress tests, which show how the heart works during physical activity; a

coronary CT scan, a specialized, ultra-fast imaging test that can provide a calcium score and also provide noninvasive information about the arteries; and an angiogram, an X-ray that can accurately detect blockages. These tests are often ordered by a **cardiologist**, a doctor trained in finding, treating and preventing cardiac disease.

The noninvasive cardiologist may refer the patient to an **interventional cardiologist**. “This is a specialist in the nonsurgical opening of arteries,” says Dr. Haik. A procedure done by an interventional cardiologist is angioplasty, also known as percutaneous coronary intervention (PCI). In this procedure, a soft, flexible guide wire and various balloon catheters and devices are inserted into a narrowed blood vessel in order to open the artery with stents. The process is sometimes aided by imaging from within the blood vessel utilizing specialized imaging systems.

The interventional cardiologist will consult with a **cardiac surgeon**, whose specialty is open heart surgery, in which an incision is made in the chest in order to perform coronary artery bypass graft surgery, sometimes combined with valve repair or replacement.

Both of those doctors will rely on the information provided by a **cardiac**

imaging specialist, who uses sophisticated technology to provide detailed images of a heart’s chambers, valves, walls and blood vessels. “It’s important to know the severity, location and extent of the narrowing, but also to understand whether the blockage is rigid and calcified, or is more consistent with soft plaque,” says Dr. Haik.

MAKING THE CALL

The Heart Team approaches each patient’s individual treatment plan by considering many clinical factors, including age, frailty and coexisting medical conditions like diabetes in order to achieve the best possible outcomes.

“The cardiology field has evolved so that we now have many effective ways of treating CAD and related conditions,” says Dr. Haik. “For example, the Shockwave balloon utilizes ultrasound waves to break up calcified plaque before placing a stent, allowing for more complete expansion.

“All of these options are weighed along with the particular patient’s risk profile,” he explains. “A major benefit of the Heart Team process is that sometimes a hybrid approach using both catheter-based procedures and surgery turns out to be the safest and most effective means of treatment.”

RWJBarnabas Health supports the largest-volume elective and emergent angioplasty program in New Jersey. To connect with a top cardiovascular specialist at RWJBarnabas Health, call **888.724.7123** or visit **www.rwjbh.org/heart**.



NEW WAYS TO TREAT SKIN CANCER

RWJBarnabas Health, together 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 options. For more information, call 844.CANCERNJ or visit www.rwjbh.org/beatcancer.

OUR PATIENTS HAVE THE BENEFIT OF ADVANCED TREATMENT OPTIONS, CLINICAL TRIALS AND GREATER ACCESS TO EXPERT CARE.

“Over the years, there’s been a revolution in the way we treat skin cancers, especially melanoma,” says Sarah Weiss, MD, Director, Melanoma/Cutaneous



ADAM BERGER, MD



SARAH WEISS, MD

Oncology Program at Rutgers Cancer Institute of New Jersey, the state’s only NCI-Designated Comprehensive Cancer Center. “The important thing to know is that with skin cancer, even if it’s advanced, there are now a number of potentially effective therapies available.”

“A diagnosis of skin cancer can be scary,” says Adam Berger, MD, FACS, Chief, Melanoma and Soft Tissue Surgical Oncology at Rutgers Cancer Institute, “but when you’re treated by a multidisciplinary team, the chances of a good outcome are excellent.”



MELANOMA: WHAT TO KNOW

Melanoma is a type of skin cancer that develops when melanocytes (the cells that give the skin its tan or brown color) start to grow out of control. It's more likely than other skin cancers to spread to other parts of the body if not treated early.

"I advise patients to see a dermatologist for a skin check regularly, and if there's any change in a mole, to be seen right away," says Adam Berger, MD, FACS, Chief, Melanoma and Soft Tissue Surgical Oncology at Rutgers Cancer Institute.

The most important warning sign of melanoma is a new spot on the skin or a spot that is changing in size, shape or color. Be on the lookout for spots that have any of the following features:

A

A IS FOR ASYMMETRY:

One half of a mole or birthmark does not match the other.



B

B IS FOR BORDER:

The edges are irregular, ragged, notched or blurred.



C

C IS FOR COLOR:

The color is not the same all over and may include different shades of brown or black, or sometimes patches of pink, red, white or blue.



D

D IS FOR DIAMETER:

The spot is larger than 6 millimeters across (about ¼ inch—the size of a pencil eraser), although melanomas can sometimes be smaller than this.



E

E IS FOR EVOLVING:

The mole is changing in size, shape or color.



Source: American Cancer Society

ADVANCED TREATMENTS

Although melanoma accounts for only 1 percent of skin cancers, it causes the majority of skin cancer deaths. "Physicians at Rutgers Cancer Institute and RWJBarnabas Health treat all types of skin cancers, but we worry about melanoma because it has the highest chance of spreading in the body," says Dr. Weiss.

"The majority of patients we see will have surgery to remove the melanoma, and that will be the only treatment they'll need," explains Dr. Berger. However, if a lymph node biopsy reveals that the cancer has spread, systemic treatment may be given. This may include targeted therapy or immunotherapy.

"The FDA has approved many new therapies over the past 10 years, including several new ones just this year, that enable us to harness a patient's immune system to fight melanoma as well as other skin cancers," says Dr. Weiss.

Patients may be eligible for one of

a number of clinical trials available at Rutgers Cancer Institute or one of the RWJBarnabas Health (RWJBH) hospitals. "Our goal is to offer clinical trials in every setting of the disease, for patients who've never had treatment to patients who've had prior treatments but are in need of new therapies," says Dr. Weiss.

MANY MINDS

Multidisciplinary care means that patients at RWJBH hospitals and Rutgers Cancer Institute benefit from the expertise of a dedicated team of specialists, including surgical oncologists, radiation oncologists, medical oncologists, radiologists, dermatologists, pathologists, nurses, nurse navigators and social workers.

"We meet on a weekly basis to discuss each patient's case," says Dr. Berger. "We put our heads together to create a personalized plan of care for each individual."

Physicians throughout Rutgers

Cancer Institute and RWJBH coordinate care across the state at RWJBH hospitals. Their mission, says Dr. Berger, is to make top-level cutaneous oncology (skin cancer) care available for patients close to home.

Franz O. Smith, MD, MAcM, MMM, FACS, Northern Lead, Melanoma and Soft Tissue Oncology Program, RWJBarnabas Health, and Medical Director, The Melanoma Center at Cooperman Barnabas Medical Center, collaborates with the cutaneous oncology team at Rutgers Cancer Institute, attends the weekly multidisciplinary tumor board meetings and offers patients access to clinical trials. He also sees patients at Clara Maass Medical Center in Belleville.

The cutaneous oncology team at Rutgers Cancer Institute also works closely with surgical oncologist Victor Gall, MD, who treats melanoma and skin cancer patients at Community Medical Center in Toms River, Monmouth Medical Center in Long Branch and Monmouth Medical Center Southern Campus in Lakewood.

To learn more about treatment for skin cancers at RWJBarnabas Health and Rutgers Cancer Institute of New Jersey, call **844.CANCERNJ** or visit **www.rwjbh.org/beatcancer**.





A PLACE WHERE EVERYONE CAN PLAY





At the ribbon cutting for the RWJBarnabas Health Field of Dreams, opposite page, from left: Maurice Hill, Mayor, Toms River; Mitchell Little, Police Chief, Toms River; Barry Ostrowsky, CEO, RWJBarnabas Health; Christian, Gavin and Mary Kane; Michael Ritacco, Board President, Field of Dreams; Michelle Minnelli, Kane family friend; and Todd Frazier, former Major League Baseball All-Star and supporter of Children's Specialized Hospital.

THE RWJBARNABAS HEALTH FIELD OF DREAMS IS OPEN TO KIDS OF ALL ABILITIES.

“Gavin has no place to go. He used to have places to go, but a beer truck changed all that. And that can happen to you or someone you love in the blink of an eye.”

That's how Christian Kane explained the need for a recreational complex for people with disabilities to potential donors. In 2012, the car Christian was driving was hit by a truck, leaving his son, Gavin, just 19 months old, with a fractured skull and severe disabilities.

Since then, Kane and his wife, Mary, who also have four other children, have spared no effort to help Gavin have as normal a childhood as possible. That's how they learned that even “inclusive” playgrounds—“with some rubber flooring and a big red swing chair”—can create an environment in which disabled children feel unwelcome. And that's why they decided it was necessary to build a comprehensive recreational facility where children of all abilities, and their caretakers, would feel at home.

So Kane, a math teacher at Toms River North High School, became the chief organizer, fundraiser and salesperson for their dream. “To sell teenagers on the idea that math is cool, you have to know how to sell,” he says with a laugh.

Five years and one month from the day the couple had the idea, the RWJBarnabas Health Field of Dreams opened in Toms River. It features a basketball court, baseball field, nine-hole miniature golf course and a playground

area specially designed for wheelchairs and adaptive equipment. The complex has a “quiet corner” pavilion for children with autism, strategically placed outlets for recharging wheelchairs and more. There's nothing like it anywhere in the country.

“The Kanes' passion project aligned perfectly with RWJBarnabas Health's commitment to health equity and supporting community-based initiatives,” says Barry Ostrowsky, Chief Executive Officer of RWJBarnabas Health (RWJBH).

OUTSIDE THE BOX

The Kanes already had a connection with RWJBH through Children's Specialized Hospital in Toms River, an RWJBH facility, where Gavin has been receiving physical and occupational therapy since the accident.

“Mind you, most of the doctors we were seeing early on told us to put Gavin in a home because he would amount to nothing,” says Kane. “We said, we'll take him to *our* home, and we found help for Gavin at Children's Specialized. The physical and occupational therapists there have basically treated Gavin like their own child. They're always thinking outside the box, trying new things—

anything to help him get better.”

Gavin is now in fourth grade in the Toms River public school system. “Through the use of a tablet, he's able to communicate and learn,” says Kane. “Through the use of my body and my wife's body, he's able to walk around. He's come a long way, but he's still not where we want him to be. That's our number one project.”

After that priority comes Field of Dreams, which now needs to be maintained and to grow. Adults with disabilities—who often have limited options after they age out of support provided by the public school system—will make up a large part of the staff. Sports leagues are being formed. Since the complex is a private entity and doesn't get state funding, fundraising will be a constant need.

“This project is immensely important to individuals with special healthcare needs,” says Matthew McDonald III, MD, Chief Executive Officer of Children's Specialized Hospital. “It gives folks an opportunity to socialize and exercise. We are so looking forward to packing this place.”

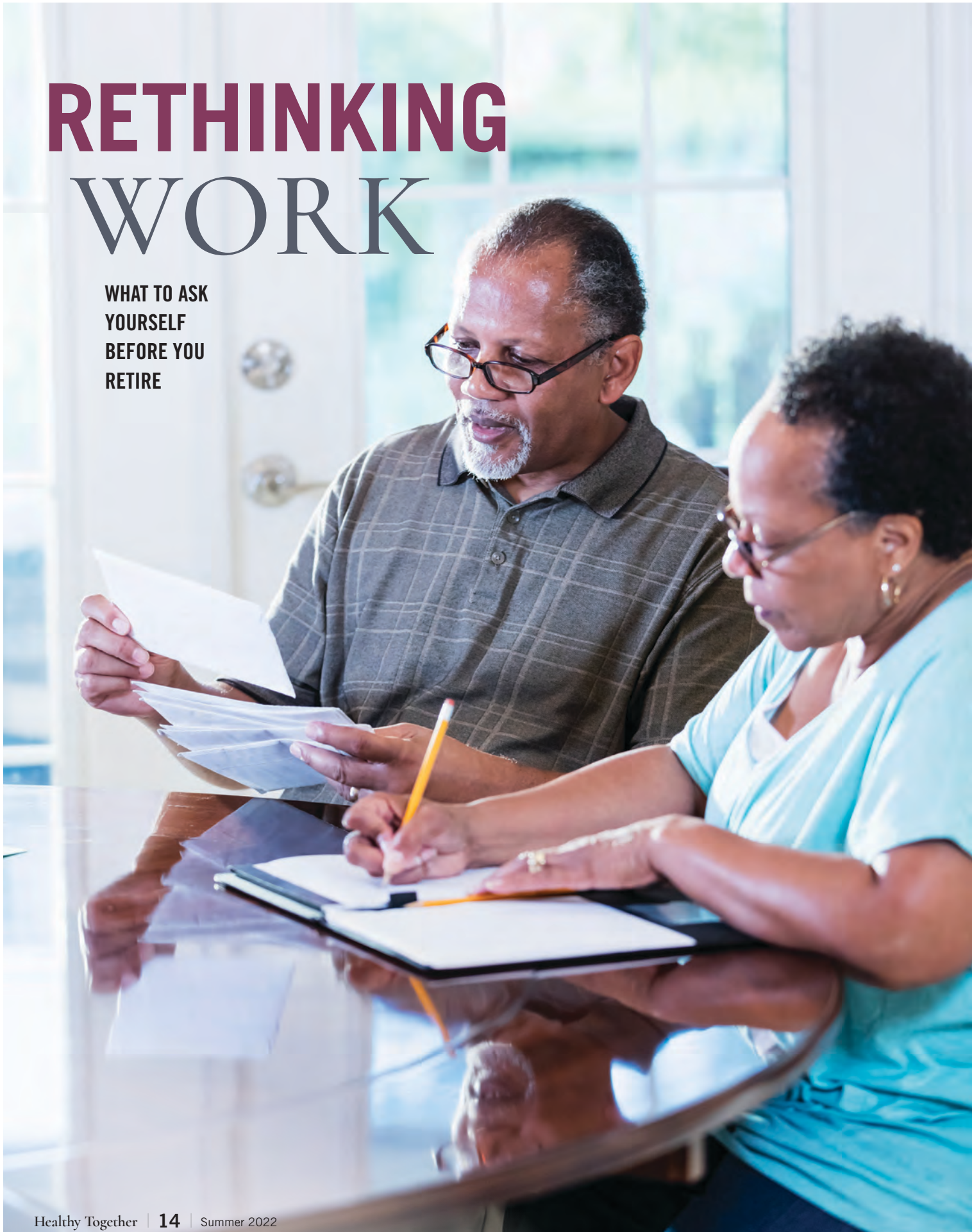
“Gavin is extremely excited,” says Kane. “Now he can play with his friends and meet new people.”

To learn more, visit
www.rwjbhfieldofdreams.com.



RETHINKING WORK

WHAT TO ASK
YOURSELF
BEFORE YOU
RETIRE



For most of the past 20 years, retirement rates in the U.S. were declining. People were staying in jobs longer, experts speculated, because of factors such as increased life expectancy, higher education levels and the rise in the minimum age to collect full Social Security benefits.

In the past two years, that trend began to reverse: Beginning with the pandemic-related economic shutdown, a significant number of U.S. adults who hadn't necessarily planned to retire did so. It's estimated that two and a half million "excess" retirements took place between March 2020 and the second quarter of 2021.

"What we've been seeing is a wave of people who have rethought the contract between themselves and the world of work," says Frank A. Ghinassi, PhD, Senior Vice President of Behavioral Health and Addictions at RWJBarnabas Health and President and CEO of Rutgers University Behavioral Health Care. "The question is whether they made the choice with a complete understanding of what the consequences would be."

REASONS TO LEAVE

Fear was a motivator for many, Dr. Ghinassi says. "Early in the pandemic, before we had vaccinations and better medications, lots of people were dying," he says. "People began to ask themselves, is going into work worth my personal risk? You saw this in people who couldn't work from home, such as environmental services workers, first responders and healthcare workers.



FRANK A. GHINASSI, PHD

"Also, many individuals began to experience symptoms of anxiety and depression. Surveys indicate that's been true for an increasing number of people in the past two years.

"Then, as the

pandemic ground on, making decisions about vaccination and risks and new variants have all begun to weigh on people," Dr. Ghinassi explains. "Older adults started thinking about how they wanted to spend the rest of their lives. A lot of employees began to examine whether they could make retirement work earlier than previously planned."

For a fortunate subset of people, personal wealth grew during this time period due to a heated housing market and booming stock market. With more money came more options.

AND THEN WHAT?

"Some people have a good plan for retirement and have really thought out the budget and what they'll do," says Dr. Ghinassi. "But often, people have a fantasy of retirement life that's based on their vacations: You don't have the stress of work, you go somewhere nice and spend more money than you usually do. The reality of retirement is that you have to create a lifestyle that can fit your budget, 52 weeks a year for the next 25 to 30 years."

Retirees also need to be prepared to find new ways of being with their families, he says. "Americans tend to be very hardworking. That means you were away from your family 45, 55, sometimes more hours a week," he says.

"When you retire, your family members are going to see you infinitely more than they have before and that's a big change, even in happy, well-adjusted families," he says. "Now you have to find structured ways not only to be together, but to be apart. People deal with issues like, how do you get your alone time when your spouse is always around?"

Selling a house and downsizing to a smaller space can present challenges as well. "You're not only spending way more time together, but now you're doing it in a smaller space," Dr. Ghinassi says. "That's not necessarily good or bad, but it does require renegotiation. Ideally, retirement is based on a realistic plan."

If it turns out that full-time retirement doesn't suit, the current

8 QUESTIONS TO ASK

"It's important to walk through the actual realities of retirement as thoroughly as you can before you take that step," says behavioral health specialist Frank A. Ghinassi, PhD.



- How are you going to cover medical costs?



- What is your debt situation? How much of your nest egg is tied to the stock market? Finances can be a source of significant stress.



- Are your friends retired and if not, how will that affect your social life?



- How will you structure a typical day, from the time you get up until the time you go to bed? What will a typical week look like? A month?



- What are your hobbies, and how will they help provide structure for your time?



- Have you talked to people you know well and asked them what retirement has meant for them?



- If you've decided to move away from where you've lived, how will you make new friends?



- If your partner is also retired or not working, how will you negotiate daily life now that you're together for a greater part of the day?

shortage of employees in the U.S. offers opportunities to return to the workforce. "Some people," says Dr. Ghinassi, "decide to rejoin the workforce in a totally different profession and become reinvigorated about work."

To learn about mental health services at RWJBarnabas Health, call the Behavioral Health Access Center, which is open 24 hours a day, at **800.300.0628**.





Opportunity Project now provides a combination of hybrid and virtual support to adults with brain injuries.

THE VIRTUAL CLUBHOUSE

A UNIQUE PROGRAM INNOVATES TO HELP ADULTS RECOVER FROM BRAIN INJURY.

When lockdowns created by the pandemic began, the staff at Opportunity Project, a program for adults with brain injury, knew they had to pivot quickly. Members of the Opportunity Project Clubhouse were relying on them as they worked to rebuild their life skills—and they were used to meeting in person at the Millburn-based facility.

“People were in a panic,” says Jacqueline Marino Rizzi, Cognitive and Community Integration Skills Counselor. “We had to think fast. Right away, we created a Facebook private group for members. But we knew our members varied greatly in technology know-how and access.”

The staff learned how to create meetings that members could join by either video or phone. They helped those without an internet connection get one. Members left their iPads out on their porches so a staffer could download the apps needed for virtual meetings. Soon, just about everyone had the appropriate technology to participate in video calls.

“Then we made sure to keep our programs very consistent, because our members are routine-oriented,” Marino Rizzi says. “We held the groups at the same times and we provided reminders to make sure people would stay engaged.”

A NEW MODEL

Now there’s a range of new services, including Mental Health Mondays, Grief Counseling Tuesdays, Wellness Wednesdays, Team-Building Fridays and an Adjustment Counseling Group on Saturdays. There’s virtual cognitive retraining, adaptive chair yoga, music therapy, team building, stress relief and more. The OP Resilience Squad, where members provide peer-to-peer support, was launched, as was the OP Caregiver Support Group.



Similarly, Melissa Moyer, Nutrition Counselor, adapted her wellness groups to the virtual world. Fitness classes became videos that groups watched together, following along at home. Opportunity Project teamed with the SPIRIT Club to connect with its online database of inclusive fitness classes. Healthy cooking classes were livestreamed from the Clubhouse.

In individual and group sessions, members discussed ways to overcome limitations related to their brain injury that hinder them from meeting their health and wellness goals.

Now, as COVID-19 health protocols permit, the Opportunity Project Clubhouse has transitioned to a hybrid model, with limited in-person activities. Counselors say, however, that a virtual component is here to stay.

“Sometimes members had transportation barriers to coming to our in-person programs,” Moyer says. “Others struggled with the amount of preparation it takes to get out of the house. The fact that they can participate from their living rooms has been a great thing for them.”

“We’ve evolved and been able to keep providing positive support,” says Marino Rizzi. “Our members are continuing to make progress!”

Children’s Specialized Hospital partners with Opportunity Project to ensure that children in its brain injury programs can continue to have the support they need throughout adulthood. To learn more, visit www.opportunityproject.org. For more information about Children’s Specialized Hospital, call **888.244.5373** or visit www.rwjbh.org/childrensspecialized.

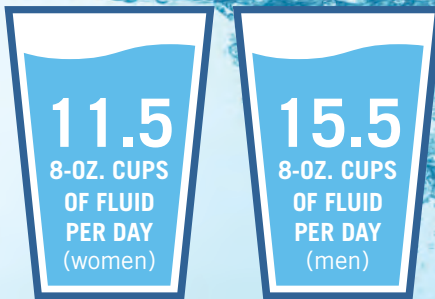
At Children’s Specialized Hospital, we provide world-class care for children and young adults who face special health challenges across the state of New Jersey and beyond. We treat everything from chronic illnesses and complex physical disabilities, like brain and spinal cord injuries, to a full scope of developmental, behavioral and mental health concerns. We have convenient locations throughout the state: Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, Jersey City, Monmouth, New Brunswick, Newark, Somerset, Toms River, Union and West Orange.

BEAT THE HEAT WITH HEALTHY HYDRATION

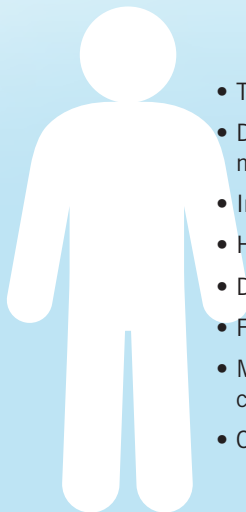
WHY YOUR WATER BOTTLE IS YOUR BEST FRIEND

Staying hydrated is important all year, but especially in warmer weather. Keep your body working well with these simple tips from Emily Ho, Registered Dietitian, Community Wellness Services, at Newark Beth Israel Medical Center's Reverend Dr. Ronald B. Christian Community Health and Wellness Center.

Daily fluid requirements for generally healthy people

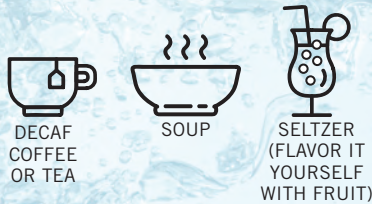


Signs of dehydration

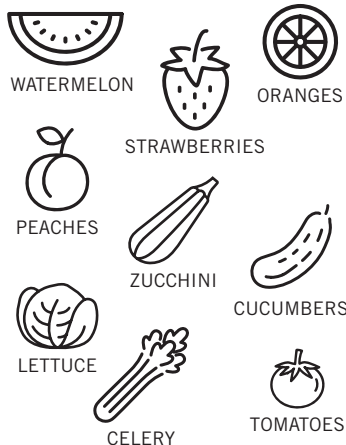


- Thirst
- Dry lips and mouth
- Irritability
- Headache
- Dizziness
- Flushed skin
- Muscle cramps
- Constipation

Beyond water: ways to increase fluid intake



HIGH WATER CONTENT FRUITS AND VEGGIES:



Caution: Caffeinated beverages and alcohol have a diuretic (creating more urine) effect, leading to hydration loss.

A quick hydration check

- Check the color of your urine.
- Pale yellow = adequate hydration
 - Dark yellow or amber = increase fluids

Refreshing Berry Slushies

Serves 4

INGREDIENTS:

- 1 cup frozen strawberries
- 1 cup frozen blueberries
- 1 cup strawberry-flavored seltzer
- 1 tablespoon honey

DIRECTIONS:

Combine all ingredients in a blender until smooth.



To get more healthy eating ideas and recipes from the Reverend Dr. Ronald B. Christian Community Health and Wellness Center, call **973.926.7371**.



A BRIGHT FUTURE AFTER BREAST CANCER



ADVANCED TREATMENTS HELP A YOUNG MOTHER GET BACK TO A FULL LIFE.



In June 2021, Shantel Cogman, then 36, received unwelcome news: She had Stage 2 breast cancer.

“It was traumatic and a lot to deal with. But my husband and I decided that we were going to be positive about it,” she recalls.

Today, the mother of four boys has completed chemotherapy, a double mastectomy and radiation therapy at Newark Beth Israel Medical Center (NBI) and is feeling, in her words, “amazing.”

Originally from Saint Croix—“I’m an island girl,” she says proudly—Cogman lives in Irvington with her husband, Anthony, and their sons Cordé, 14, Evan, 10, Anthony, Jr., 6, and Shawn, 3. While breastfeeding Shawn one day in the fall of 2020, Cogman felt pain in her right breast and found a lump. “I thought maybe it was nothing, or a clogged duct from breastfeeding; I just wanted to

think of anything else other than cancer,” she recalls.

After a few months, when the pain and lump did not go away, she decided to set up her annual gynecologist



ALICE COHEN, MD

Cancer survivor Shantel Cogman is feeling “amazing.” Inset, she is shown with her husband, Anthony, at a March 6 NJ Devils game, where she was honored with a Zamboni ride and more.

appointment. Her gynecologist arranged for her to have a digital mammogram at the Healthcare Foundation of New Jersey Breast Health Center at NBI. That led to a breast biopsy.

When the biopsy returned positive results, the team at NBI's Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center—which is affiliated with Rutgers Cancer Institute of New Jersey, the state's only NCI-Designated Comprehensive Cancer Center—swung into action.

COORDINATED CARE

The multidisciplinary team creates a personalized plan of care for each patient. "We have a regular breast cancer tumor board that meets weekly to discuss each patient's test results and treatment, and that can include nurses, physicians, social workers, genetic counselors, dietitians and anyone else involved in their care," explains Cogman's oncologist, Alice Cohen, MD, Section Chief of Hematology for NBI.

Genetic testing revealed that Cogman had a BRCA gene mutation, which is inherited. The mutation makes cells more likely to divide and change rapidly and can increase the risk for breast, ovarian and other types of cancers. Further testing indicated she was a good candidate for a clinical trial NBI is conducting. (See "Triple Positive and a Clinical Trial," above.)

By July, Cogman was enrolled in the clinical trial and had begun chemotherapy treatment. Chemotherapy was hard on her body, Cogman says. At home, her mother, Marva, moved in to be by her side and help with the kids.

"Everyone at the hospital was so empathetic, and they made me feel like part of a family," she says. "Dr. Cohen was very precise but also relaxed, so you don't freak out and worry when you're in her care."




TRIPLE POSITIVE AND A CLINICAL TRIAL

Shantel Cogman's biopsy found that her tumor was positive for estrogen and progesterone receptors, meaning her breast cancer is fueled by these natural hormones. However, the biopsy also found that she was negative for human epidermal growth factor receptor 2 (HER2), a protein that promotes the growth of cancer cells. Patients whose tumors test positive for all three receptors are considered "triple positive" and receive a special course of treatment.

As it happened, NBI was conducting a related clinical trial, a study in which the most promising new treatments are given to patients. The trial required a second biopsy to look for HER2 on the molecular level. "Data has been found that some women have HER2 positivity that isn't picked up on regular testing—it's more microscopic," explains Cogman's oncologist, Alice Cohen, MD.

Cogman tested positive for HER2 on this second biopsy. "As part of the clinical trial, she had standard chemotherapy plus an anti-HER2 medication called Trastuzumab, which was administered for 12 weeks in the second phase of her chemotherapy," says Dr. Cohen. Cogman will continue in the clinical trial for follow-up for the next five years.

"I jumped at the chance to participate because I knew that it could help contribute to the future of treatment for women, especially younger women," Cogman says.


RWJBarnabas Health and the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at Newark Beth Israel Medical Center, together with Rutgers Cancer Institute of New Jersey—the state's only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the latest treatment options. For more information, call 844.CANCERNJ or visit www.rwjbh.org/beatcancer.

Cogman completed her chemotherapy on December 6, 2021, which was also her 37th birthday. As is tradition at NBI, she rang a bell to mark the event.

In January, she had a double mastectomy with immediate reconstruction to help decrease the chances that her cancer would return. Cogman also completed five weeks of radiation in the spring to help kill any remaining cancer cells left in the body. Hormone-therapy medication, taken for five to 10 years, will further minimize the chance of breast cancer returning.



"We were very happy with Shantel's response to treatment, and her prognosis is good," says Dr. Cohen. "Because she has the BRCA gene mutation, we'll screen

for other cancers, such as ovarian or pancreatic cancer, as she gets older."

BIG PLANS

Cogman is now studying for a bachelor's degree in business management and entrepreneurship and hopes to one day use her degree to help other cancer patients. "Whether it's through marketing or PR, I'd like to help provide support to people battling cancer," she says. She also plans to travel to Saint Croix this summer for her 20th high school reunion and hopes to take her sons to Disney World. "They were such a great support system to me," she says.

Her advice to other patients? "Wherever the mind is, the body will follow. If you're thinking positively, your body is going to move into that direction too," she says. "Just focus on the healing, and everything else will work out."



Eileen Tumminelli is thriving after a lung transplant at Newark Beth Israel Medical Center.

**‘THEY
HELPED
ME GET
MY LIFE
BACK’**

**A LUNG TRANSPLANT AND
MULTIDISCIPLINARY CARE
SAVED A NURSE WITH A RARE
DISEASE.**

During her 30 years as a critical care ICU nurse, Eileen Tumminelli, RN, regularly worked 12-hour shifts on her feet. In April 2017, however, she couldn't understand why she was suddenly getting winded after walking up a flight of stairs. At the age of 63, this wife of 47 years, mother of four and grandmother of three became progressively weaker until she could barely push a grocery cart without feeling exhausted.

Eileen visited her physician, who sent her to a variety of pulmonary specialists. After four months of testing, she was diagnosed with a rare disease, one with no known cause: idiopathic pulmonary arterial hypertension.

With this condition, the pressure inside the blood vessels between the lungs and the heart is abnormally high. As a result, the arteries in the lungs constrict, reducing blood flow through the lungs and leading to low levels of oxygen in the blood.

By July, Eileen had gone from working full-time to being on disability and requiring oxygen 24/7.

"I was treated with medication and oxygen for a while, but this was a life-changer," she recalls. "I couldn't grocery shop alone because I couldn't push the cart or unload the car. I had to stop going to the gym."

Even with the limitations, Eileen tried to stay positive. "My husband or daughter would shop with me, and I learned to take little walks on my own," she recalls. "I could still drive to meet a friend for lunch."

However, her condition deteriorated. Her pulmonologist, Dhiren Shah, MD, a pulmonary

disease specialist at Community Medical Center, referred Eileen to Christina Migliore, MD, at the Advanced Lung Disease and Transplant Program at



CHRISTINA MIGLIORE, MD

Newark Beth Israel Medical Center (NBI). Dr. Migliore, Director of the Pulmonary Hypertension Program, is one of only a few pulmonologists in New Jersey who specialize in pulmonary arterial hypertension.

ON THE WAIT LIST

"I was scared," Eileen says about meeting with Dr. Migliore. "Before all this, I had been getting ready for retirement, getting rid of a few bills and socking away some money for travel. Boy, did that all come crashing down."

"Eileen's story is too common," says Dr. Migliore. "Like many of my female patients, she was a working woman with family responsibilities. They tend to ignore signs and symptoms, explaining them away. It's important that we pay attention to the messages our bodies are sending."

"I think all women do that—we just push symptoms aside," Eileen agrees. "I've seen it often in my patients, and I've done it myself. If we have fatigue and shortness of breath, we say, 'Oh, I must just be tired, because I worked a 12-hour day, or my allergies are bothering me, or I need to lose a few pounds.' But fatigue and shortness of breath are not normal."

"I saw that Eileen's condition was advanced, and she would likely need a lung transplant," says Dr. Migliore. "I immediately reached out to my transplant colleagues at the Lung Transplant Program and arranged for a consult that same day."

Eileen was put on the lung transplant waiting list at a time when the COVID-19 pandemic was restricting many medical procedures. By a stroke of good luck, a suitable lung became available for transplant in June 2020, just as surgery restrictions were beginning to be lifted.

A LIFE RENEWED

"Recovery takes a while," Eileen says. "It was almost six months before I was really strong enough to do a lot of things for myself. I had a great support system with my husband and my daughter Caitlin, who is an

APN [Advanced Practice Nurse] at Community Medical Center and took time off to help me with my recovery. By Christmas of 2020, I was actually feeling human again."

Eileen is full of praise for the interdisciplinary team at NBI's Advanced Lung Disease and Transplant Program. "They were incredibly supportive, teaching me everything I needed to know for life after transplant," she says. "The team helped me get my life back." In March of 2022, she was able to travel to Disney World to see her daughter get engaged.

Today, Eileen is enjoying life, her family and taking walks on the boardwalk not far from her Forked River home. She tells everyone she knows to make their wishes known regarding organ donation.

"When you do that, you take the burden off your family of possibly having to make a decision about donating your organs," she says. "It is a gift of life. Everyone in my family is now signed up as an organ donor."



FOR MORE INFORMATION

To learn more about organ donation, visit www.NJSharingNetwork.org. To learn more about the Advanced Lung Disease and Transplant Program at Newark Beth Israel Medical Center, call **973.926.4430** or visit www.rwjbh.org/lungtransplant.



HOW TO HELP SENIORS RECONNECT

THOUGHTFUL OUTREACH CAN PROVIDE PATHS OUT OF ISOLATION.

The pandemic was an isolating experience for many, especially for older adults who lacked the know-how to connect digitally through apps like Zoom or FaceTime.

“Even now, as life begins to open up again, seniors may still find themselves separated from friends and other contacts, and their outside routines—including work and volunteering—may have been upended,” says Newark Beth Israel Medical Center (NBI) geriatrician Nicholas Guittari, MD,



NICHOLAS GUITTARI, MD

How can you help a senior—a family member, a friend or a neighbor—become less isolated?

BE AVAILABLE
“Seniors want someone to be

there for them,” Dr. Guittari notes. “We recommend calling them on a regular basis and dropping in if you’re in the neighborhood.” Reassure the seniors in your life that they can reach out to you for help or for simple conversation, he says.

It’s common for seniors to fear “being a burden.” If you suspect that’s the case, Dr. Guittari advises taking a matter-of-fact approach: “Tell them, ‘I’m always here for you. I’m part of your family. You’re never a burden.’”

ENCOURAGE SENIORS TO GET OUT AND ABOUT

“Some seniors may feel anxious about leaving the safety of their homes,” says Dr. Guittari. “Don’t try to force them to do what they don’t want to do, but encourage them gently: ‘The weather’s nice outside. You’ve been vaccinated. It’s okay to go out again.’”



NBI CAN HELP

Senior Wellness Connection: This program, which meets online and on the phone every Monday from 10 to 11 a.m., offers information, education, connection and fun. “We talk about health topics and also do things that stimulate seniors, like asking them to write poems and send them in to us,” says Denise Clark, NBI’s Manager of Volunteer Services. To register and receive call-in information, call **973.926.3312**.

Home Friend Program: Free light chore services for qualified seniors age 60 and older, and disabled adults in Newark’s South Ward or Irvington who do not have Medicaid. “The program also helps families and caregivers navigate the resources and services available to seniors, covering issues from insurance to grief counseling,” says Clark. For more information, call **973.926.6771**.

If they’ve lost touch with old friends, encourage them to get reacquainted. You might enlist those friends, as well as family members, to plan an outdoor outing.

MAKE SURE THEY’RE RECEIVING MEDICAL CARE

“Fearing possible COVID-19 exposure, many seniors are reluctant to return to their doctors for checkups and follow-ups,” says Dr. Guittari. Find out—from the seniors themselves or from their doctors—whether they’re overdue for wellness and other doctor appointments. Explain that doctors have taken comprehensive measures to ensure that their patients are not exposed to the virus. You can also contact the doctor and ask him or her to offer reassurance. “We’ve seen that once seniors have family or other support,” Dr. Guittari says, “they’ve been coming back.”

To learn more about adult healthcare services at Newark Beth Israel Medical Center, call **973.926.7300** or visit www.rwjbh.org/newarkbeth.



CALM AND COMFORT

THE GERIATRIC EMERGENCY DEPARTMENT OFFERS A GENTLER EXPERIENCE.



For seniors, a visit to an emergency department can be a disorienting episode. “Older adults can become overwhelmed by all the stimuli in a medical setting, and that can lead to what’s known as hospital delirium,” explains Marc Milano, MD, Interim Chair of the Department of Emergency Medicine at Newark Beth Israel Medical Center (NBI).

To best serve older patients, NBI created the Donald M. Payne, Sr., Geriatric Emergency Department adjacent to the main Emergency



MARC MILANO, MD

Department (ED). The area is designated for patients age 65 and over, as well as for those who are coming in from skilled nursing or long-term care facilities.

“These patients have special needs, and that section is best suited to manage those needs,” says Dr. Milano. Patients will be guided to the appropriate area when they check in at reception.

AMENITIES AND MORE

The Geriatric Emergency Department is designed to offer a calmer, quieter experience. Colors are softer, and lighting is gentle. “Older patients have told us that the noises of various pieces of medical equipment can be a source of frustration and fatigue, so we utilize quieter chimes,” Dr. Milano says.

The air pressure inside the room is lower than that outside the room, and it’s air-locked to protect against infection. As a result, it’s significantly quieter overall.

The beds have been supplied with thicker mattress pads because seniors may suffer from arthritis or other conditions that can be exacerbated by

lying on hard surfaces. The patient care bays are roomy so family members can be there to support their loved one. “That’s one of the most comforting things for both the patient and the family,” says Dr. Milano.

The nurses’ station is placed so that nurses have a direct sight line to all patients. “This way, nurses know immediately if patients try to get up or wander,” Dr. Milano says. Non-glare, non-slip flooring makes for safer walking.

The geriatric ED has the same advanced medical technology as the main ED. “It has full monitoring capability, and the head wall—the wall behind the bed—has all the required emergency management and resuscitative equipment, such as oxygen and suction,” says Dr. Milano. “The same exact level of clinical care can be delivered, but it’s in a more comfortable space for older patients and their families.”

To learn more about services available at Newark Beth Israel Medical Center, call 973.926.7000 or visit www.rwjbh.org/newarkbeth.



Getting Healthy Together!

When in-person meetings can't happen, we can still help. Newark Beth Israel Medical Center is ready to meet you virtually for a telehealth appointment, consultation or support. Below are some of our in-person and virtual support groups and educational programs. To learn about more of our programs, visit www.rwjbh.org/NBlevents.

Celebrating Newark Partners in Progress Tuesday, September 13 5 to 9 p.m.

New Jersey Performing Arts Center. For more information, call **973.926.7018** or email justine.mccarthy@rwjbh.org.

Newark Beth Israel Medical Center's Alma Beatty Health and Wellness Fair Saturday, September 17 Noon to 4 p.m.

Marquis "Bo" Porter Sports Complex
378 Lyons Ave., Newark
For more information, call **973.926.7884**.

Home Friend Program

FREE light chore services to qualified seniors, age 60 and older, and to disabled adults in Newark's South Ward or in Irvington who do not have Medicaid. For more information or to see if you qualify, call **973.926.6771**.

Senior Wellness Connect (Virtual)

Mondays, 10 to 11 a.m.
Focused on health and longevity for adults 55 and over. To register and receive call-in information, call **973.926.3312**.

Seasonal Eats (Virtual) Mondays, 1 p.m.

Simple recipes using local, farm-fresh food. To register and receive call-in information, call **973.926.7371**.

Healthy Kids in Hannah's Kitchen

New! In-person and virtual options
Tuesdays, 4:30 to 5:30 p.m.
Healthy cooking class for ages 8–12 (adult supervision required). To register and receive call-in information, call **973.926.7371**.

Healthy Lifestyles Thursdays, 1 to 2 p.m.

Nutrition, exercise and healthy living information for all ages. To register and receive call-in information, call **973.926.7371**.

Learning to Live with Cancer (Virtual) Third Thursday of the month, 1:30 to 2:30 p.m.

Offered by the Frederick B. Cohen, MD, Cancer Center. To register and receive call-in information, call **973.926.7976**.

SUPPORT FOR NEW AND EXPECTING MOTHERS

Maternity Tours at Newark Beth Israel

Expecting a baby? We are ready to welcome you. Let us show you our rooms and amenities, expert labor and delivery support, and high-tech neonatal intensive care unit.

Tours offered 7 days a week
9:30 to 11 a.m.; 4 to 6 p.m. & 8 to 9 p.m.
RSVP required. Call **973.926.7108**

Breastfeeding Support (Virtual) Every Monday from 12 to 1 p.m.

International Board-Certified Lactation Consultants will provide guidance and answer questions. Register at www.rwjbh.org/breastfeedingsupport.

Perinatal Mood and Anxiety Disorders (Virtual)

Every Wednesday from 11 a.m. to 12 p.m.
Join our judgment-free and supportive virtual community, led by a perinatal mood disorder certified specialist. Register at www.rwjbh.org/PMADsupport.

Beth Babies Breastfeeding Class (Virtual)

Every Tuesday from 1 to 2 p.m.
Receive skilled guidance from lactation counselors. To register and receive call-in information, email janine.marley@rwjbh.org.

Prenatal Yoga with Ignite One (Virtual) Saturdays, noon to 1 p.m.

Gentle yoga for expecting moms. To register and receive call-in information, call **973.926.7371**.



FARMERS MARKET

Thursdays, 11 a.m. to 4 p.m.
The Beth Greenhouse
Corner of Osborne Terrace and
Lehigh Avenue, Newark.
Now accepting SNAP, WIC and
Senior Farmers Market Vouchers.
For more information or for online
ordering, call **973.926.7371**.

TRANSPLANT SUPPORT GROUPS

Heart Transplant Support Group Second Wednesday of the month, 1 to 2 p.m.

A transplant education and psychosocial support group for patients listed and awaiting transplant. To register and receive call-in information, call **973.926.2416**.

Lung Transplant Support Group

**First Thursday of the month,
2 to 3 p.m.**

A variety of topics presented by a member of the Advanced Lung Disease and Transplant Program team. To register and receive call-in information, call **973.926.2280**.