

RWJ
RAHWAY

FALL 2014

The **Rose**

The **Healing Power of**
Oxygen

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CARDIAC REHAB,
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RWJ UNIVERSITY HOSPITAL
RAHWAY
ROBERT WOOD JOHNSON HEALTH SYSTEM

2 SMALL CHANGES

Sugar SHOCK

LAUREN BERNSTEIN, MS, RD, Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway, offers the following advice to help curb unhealthy sugar intake:

1. DON'T DRINK IT IN. Beverages such as sodas, sports drinks, fruit juice, and sweetened iced tea are the biggest contributors of added sugar in our diets. Even vitamin-infused waters marketed as healthy can contain high amounts of sugar. To satisfy your sweet tooth, stick to water with a splash of 100 percent fruit juice.

2. WEIGH THE BENEFITS. Artificial sweeteners and sugar alcohols such as xylitol are popular because they contain less sugar and fewer calories. However, goods baked with these sweeteners often contain higher amounts of unhealthy saturated or trans fats. It's also important to realize that sugar substitutes can still affect blood glucose and insulin levels.

Turn to page 6 for other tips on sugar intake.

HARVEST CHILI

Healthy and full of flavor, a cozy cup of this chili is perfect for a crisp autumn evening.

INGREDIENTS

2	Tablespoons olive oil	1	15-ounce can no-salt added yellow corn, drained
8	ounces boneless, skinless chicken breast, cut into ½-inch cubes	1	15-ounce can black beans, drained
1	medium onion, chopped	1	4.5-ounce can diced green chiles, drained
2	cloves fresh garlic, minced	2	teaspoons sodium-free chicken bouillon
2	red apples	2	cups water
½	Tablespoon cumin		
¼	teaspoon cayenne pepper		

DIRECTIONS

1. In a large saucepan, heat olive oil and brown chicken. Remove chicken from pan, leaving drippings.
2. In the same pan, sauté onions and garlic until soft.
3. Add apple, cumin, and pepper to pan and cook 3 minutes.
4. Set aside 1 cup of the apple mixture and blend the rest with water in a food processor.
5. Combine remaining ingredients and simmer for 15 minutes.

Calories: 360	Carbohydrates: 40g
Fat: 11g	Fiber: 9g
Cholesterol: 35mg	Sugar: 15g
Sodium: 140mg	Protein: 20g

Source: United States Department of Agriculture

NUTRITIONAL INFORMATION



We may have a new logo and look, but we won't forget our story.

For many years, Robert Wood Johnson University Hospital Rahway had a rose in its logo. *The Rose* is also the name of our community publication. The rose reflects our hospital's heritage of community involvement. The story goes like this: To raise money to build a civilian hospital in the city of Rahway auxiliaries sold locally grown roses at the Rahway train station.

RWJ Rahway is a member of the Robert Wood Johnson Health System. Our logo reflects that proud affiliation. And while we no longer use the rose symbol in our logo, we keep alive its spirit of community involvement in special hospital awards given each year by our hospital foundation and in the name of this publication.

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A Heart for

Rehabilitation

A **DIAGNOSIS OF heart failure** means a patient's heart cannot pump enough blood to keep up with the body's needs. Because heart failure is a chronic condition, patients must manage the disease for the rest of their lives. Cardiac rehabilitation can strengthen heart muscle and improve the lives of those with heart failure. And now, Medicare covers cardiac rehabilitation for heart failure patients.

Cardiac rehabilitation is a customized, supervised exercise and training program tailor-made for patients facing cardiac problems, including:

- Chest pain (angina)
- Heart attack
- Heart failure
- Recovery after bypass surgery
- Recovery after interventional cardiac surgery, including angioplasty and stent placement

In addition to exercise, the rehab program also includes education, with experts working with patients on diet, lifestyle, and medication.

"One of the most common questions I get after a cardiac event is 'Can I safely exercise?'" says Amish Patel, DO, Cardiologist with Robert Wood Johnson University Hospital Rahway. "My first

Cardiac rehabilitation programs are designed to help those with heart failure or other cardiac problems improve quality of life.

step is to refer patients to cardiac rehabilitation.

It's the best way for them to get back to a level of activity that's just as good—or better—than they had before the procedure."

STARTING AT THE BEGINNING

More than just a workout, cardiac rehabilitation at RWJ Rahway is a carefully monitored program supervised by nurses trained and experienced in cardiac care.

"Safety-wise, it's a good idea to go to a program where your heart is monitored and staff will notice any adverse events that could occur because of an underlying heart problem," Dr. Patel says. "The nurses with RWJ Rahway's cardiac rehabilitation program have been involved for many years, and they are well-qualified. My patients have always had good experiences."

For heart failure patients, the goal of cardiac rehabilitation is to increase endurance and stamina, along with decreasing shortness of breath. Patients also learn to recognize and manage symptoms through lifestyle changes, medication management, and diet.

Better Together

For Larry Stavish, life after double bypass surgery meant going to cardiac rehabilitation at Robert Wood Johnson University Hospital Rahway. He was reluctant to begin cardiac rehab and scared of what might happen—until he found a friend.

Mr. Stavish met a fellow patient, John Dzedzic, who was in cardiac rehabilitation after a heart attack. Because both men were working through similar fears, getting over the mental slumps and bumps became easier with each week. A more confident attitude meant more positive outcomes for both of them, and both men became stronger and able to do more.

Today, Mr. Stavish and Mr. Dzedzic are still reaping the benefits of cardiac rehabilitation at RWJ Rahway, including a continued friendship and a commitment to an active lifestyle.



To learn more about cardiac rehabilitation at RWJ Rahway, visit www.rwjhr.com, select "Medical Services," and then click "Cardiac Rehabilitation." A prescription is required. Call (732) 499-6056 to schedule an appointment.

If you suffer from wounds that linger despite self-care or treatment by your regular doctor, you may benefit from a therapy that uses oxygen to promote healing.

The Healing Power of OXYGEN

The treatment is painless, noninvasive, safe for qualified patients, and usually lasts about two hours.

“The body heals wounds by bringing oxygenated blood to injured tissue,” says Bob Bartlett, MD, Chief Medical Officer of RestorixHealth, RWJ Rahway’s wound care management partner. “In a hyperbaric oxygen chamber, patients breathe pure oxygen at two to three times normal atmospheric pressure. The pressure increases the amount of oxygen available to grow blood vessels, promote healing, and fight infection.”

It can take many sessions of hyperbaric oxygen therapy to see results. Specially trained wound care physicians and nurses work with the referring physician. Together they care for nonhealing wounds and the underlying conditions that cause them.

As part of a comprehensive care plan, hyperbaric oxygen therapy can help heal your wounds—allowing you to live your life again. In addition to healing wounds, it is routinely used to treat diabetic foot ulcers, radiation injury, crush injuries and bone infection (osteomyelitis). It has also been approved by the Undersea and Hyperbaric Medical Society (UHMS) for use in idiopathic sudden sensorineural hearing loss (ISSHL).

CHRONIC WOUNDS ARE a common health concern—one study by the National Institutes of Health estimated 6.5 million Americans have them. But much like the people who get them, wounds and their treatment plans are unique. Your doctor may not have the resources or expertise to care for hard-to-heal wounds. The right care can mean the difference between living a normal, active life and possible amputation or other severe health issues.

HYPERBARIC OXYGEN THERAPY

The Center for Wound Healing and Hyperbaric Medicine at Robert Wood Johnson University Hospital Rahway provides specialized, advanced wound care therapies, including a treatment being introduced to the center this fall called hyperbaric oxygen therapy.

During hyperbaric oxygen therapy, patients are placed inside special see-through chambers. The air inside is pressurized, and pure oxygen is pumped in. The patient breathes in the oxygen while monitored by a technician specially trained in hyperbaric medicine.

For more information about advanced wound care at RWJ Rahway, call (732) 453-2915 or visit www.rwjuhr.com.

Hyperbaric Oxygen Therapy: One Treatment, Many Applications

Many open wounds respond to hyperbaric oxygen therapy, but open wounds aren’t a requirement. Other conditions also respond.

Issues that can benefit from hyperbaric oxygen therapy include:

- Diabetic foot ulcers
- Acute arterial insufficiency
- Chronic bone infections (refractory osteomyelitis)
- Crush injuries
- Progressive necrotizing infections
- Radiation damage to tissue and bone

Hyperbaric oxygen therapy is not necessary or appropriate for all wounds. A wound care specialist can help you decide if it is right for you.



WOUND HEALING CLOSE TO HOME

After a search spanning 20 years and many miles, Rahway resident Martha Goff finally found a local solution to a nonhealing wound.

WHEN MS. GOFF was 49, a small vein in her lower right leg burst, breaking the skin and causing a brief, geyser-like flow of blood. The wound periodically reopened in subsequent years.

“I spent lots of time off my feet keeping my leg elevated above my heart, which basically kept me homebound,” says the now 70-year-old retiree. “When the wound reopened, it sometimes became infected.”

Treatment at wound care centers in other towns helped, but Ms. Goff found driving back and forth from her home in Rahway to seek care tedious. By the time another flare-up occurred nearly five years ago, a more convenient option existed: the Center for Wound Healing at Robert Wood Johnson University Hospital Rahway.

the accumulation of blood in the veins of the legs (see “When Gravity Wins” below). During the first treatment period, Ms. Goff’s medical team rid the wound of a methicillin-resistant *Staphylococcus aureus* infection and successfully applied a biologic skin substitute to the wound.

The lesion later reopened following back surgery, so Ms. Goff returned to the Center for Wound Healing. The team used new products to dress the wound and recommended she wear a compression boot for portions of the day. Now, Ms. Goff is completely healed and able to get out and enjoy more of life.

“It was beautiful to watch everyone at the Center for Wound Healing work so well together—like dealing with family,” she says. “The providers who cared for me said, ‘Come back and see us, but you don’t need to be treated.’ Those were some of the best words I could have heard.”

THE POWER OF ‘FAMILY’

Ms. Goff visited the center in two stints during recent years and was diagnosed with venous stasis,

Is a chronic wound holding your life hostage?

Speak with your physician about a referral to the Center for Wound Healing at RWJ Rahway or visit www.rwjahr.com for more information.



Martha Goff, seated, enjoys Wii bowling with friends at Golden Age Towers in Rahway.



As your wound is healing, they [the staff at the Center for Wound Healing] are your biggest cheerleaders. ”

—MARTHA GOFF, PATIENT, CENTER FOR WOUND HEALING AT ROBERT WOOD JOHNSON UNIVERSITY RAHWAY

When Gravity Wins

Your leg muscles perform an amazing feat many times a day—they defy gravity.

After arteries deliver oxygen-rich blood to the legs, muscle contractions help blood flow upward through veins back to the heart. Prolonged elevated blood pressure in the legs can damage the walls of the veins and the valves inside the vessels that keep blood flowing vertically—a

condition called chronic venous insufficiency (CVI).

CVI can lead to venous stasis, which is blood seeping backward and pooling in the veins due to impaired valves. Symptoms of CVI include:

- Feelings of achiness or fatigue in the legs
- Leg pain during or soon after walking
- Swelling
- Varicose veins



Too Much Sugar: *A Sticky Situation*

Bread, cake, juice, and soda all have one common component: sugar. Monitoring how much sugar you eat on a daily basis can have a huge impact on your health.

SUGAR, WHICH OCCURS naturally as **fructose** in fruit and **lactose** in milk and yogurt, helps give your body energy. However, many processed foods and beverages, including sources you may not have considered, such as pasta sauce, also contain large amounts of sugar.

“When we talk about added sugar, we aren’t talking about natural sugars,” says Lauren Bernstein, MS, RD, Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway. “We are only talking about what is added to our foods. Unfortunately, labels don’t tell us how much sugar is natural versus what’s added. Ingredients such as corn syrup, maltose, honey, cane juice, and dextrose are all sugar.”

Eating too much sugar can lead to weight gain and chronic health conditions, such as heart disease and diabetes. According to the American Heart Association (AHA), the average American eats 22 teaspoons of sugar on a daily basis. The AHA offers the following guidelines for daily sugar consumption:

- Women should consume no more than 24 grams or six teaspoons a day.
- Men should consume no more than 36 grams or nine teaspoons a day.

For comparison, an apple has 19 grams of sugar, while a 12-ounce serving of soda has 39 grams of sugar.

Lower your sugar consumption with a few key strategies.

- **Compare labels.** Look for hidden sources of sugar listed in the ingredient section on the nutrition panel when shopping. Foods with less than five grams of sugar per serving are generally considered “low sugar.”
- **Focus on quantity.** Craving something sweet? Consider your portions before splurging. “If you have a craving, try having one or two cookies instead of six,” Ms. Bernstein says. “The more sugar you eat, the more you typically crave.”
- **Go natural.** Nibbling on fresh fruit can quell your sweet tooth with natural sugar and fiber, which can help you feel fuller longer.

Need help eating healthier? We offer a variety of resources. Sign up for our free nutrition and cooking classes at (732) 499-6193. Enroll in our Diabetes Self-Management Program* by calling (732) 499-6109. Enroll in our Outpatient Nutrition counseling* at (732) 499-6210. *Prescription needed for these two programs.

Sneaky Sugar Terms

Next time you’re at the grocery store, think twice. Sugar is lurking behind the following ingredients:

- Brown sugar
- Corn sweetener
- Corn syrup
- Fruit juice concentrate
- High fructose corn syrup
- Honey
- Invert sugar
- Malt sugar
- Molasses
- Raw sugar



FALL 2014

RWJ RAHWAY
FITNESS & WELLNESS
CENTER IN

SCOTCH PLAINS

PROGRAMS + SUPPORT GROUPS

Healthy Resolutions

This is just a sample!

For a complete listing of events at both RWJ Rahway Fitness & Wellness Center locations in Scotch Plains and Carteret or to register, call (732) 499-6193 or visit www.rwjahr.com and click on "News & Events."

If you have special needs, please phone ahead so we can accommodate.

Cancellations or changes to the programs do occur. Please call ahead to make sure the program you want is taking place.

To arrange a tour of the RWJ Rahway Fitness & Wellness Center in Scotch Plains, call (908) 232-6100.

SUPPORT GROUPS

Two Care for the Caregiver groups meet the first Wednesday of each month, one from 3:30 to 5 p.m., and the other from 7 to 8:30 p.m.

Breast Cancer Support Group meets the first Wednesday of each month at 5:30 p.m.

Bariatric Support Group, offering peer-to-peer support, meets on the first Saturday of each month at 10:30 a.m. (On holiday weekends, the group meets on the second Saturday of the month.) Open to pre- and postoperative patients. Not affiliated with any physician or medical group. For more information, call (908) 654-3369 or email frstsaturdaysupport@gmail.com.

Fibromyalgia Support Group, a professionally facilitated group, meets the first Thursday of each month from 6:30 to 8 p.m. Those newly diagnosed are welcome.

Overeaters Anonymous is a peer-to-peer group for compulsive eating disorders that uses a 12-step program. The group meets Fridays at 7 p.m. and Sundays at 11 a.m. in the RWJ Rahway Fitness & Wellness Center Conference Room.

Scleroderma Support Group meets the second Tuesday of each month at the RWJ Rahway Fitness & Wellness Center. Family members and caregivers are welcome. Call (908) 889-7424 for more information.

Spousal Bereavement Group sessions last seven weeks. For information about when and where the next group starts, call Jane Dowling, RN, at (732) 247-7490.

Check our website for speaker topics by visiting www.rwjahr.com and clicking on "Patient & Family Services" and then "Community Information."

Connect with Robert Wood Johnson University Hospital Rahway on Facebook® at www.Facebook.com/RWJRahway.

RWJ Rahway Fitness & Wellness Center is located at 2120 Lamberts Mill Road, Scotch Plains, NJ.

OCTOBER



06

My Aching Feet!—6 p.m., Pain management and foot deformities. Dennis Turner, Podiatry

07

Health Screenings: What, Why, and When?—6 p.m., The tests you really need to keep healthy. Thomas Kowalenko, DO, Family Medicine



08

Cooking for Diabetes—7 p.m., Diane Weeks, RD, Chef*

08

Living With Prostate Cancer—6 p.m., Jeff Williams, MD, Urology

09

Invisalign®: Straight Teeth Made Easy—6 p.m., Stanley Gersch, DMD, Orthodontics

NOVEMBER

04

Change Is Hard, but So Is Illness—6 p.m., Little changes that go a long way. Bernard Toro-Echague, MD, Internal Medicine

Free! 08

Diabetes Smackdown!—10 a.m., Tips, tricks, and techniques for control. Experts in diabetes management help you understand how to stay in control. Program includes lectures, workshops, cooking demo, and other activities. Call (732) 499-6193 to register.

DECEMBER

02

Healthy Winter Comfort Foods—7 p.m., Diane Weeks, RD, Chef*

08

Sleep and Disease: What's the Connection?—6 p.m., Bernard Toro-Echague, MD, Internal Medicine

JANUARY



06

All About Cholesterol—6 p.m., Bad, Good, and the latest thinking. Amish Patel, DO, Cardiology



06

Winter Soups—7 p.m., Diane Weeks, RD, Chef*

* Healthy Cooking demonstrations at RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Road, are free and open to all, but space is limited. To register, call (732) 499-6193.

All events are free and open to the public.

13 **Memory: How It Affects the Caregiver and the Cared For**—7 p.m., Frank Mathews, Community Health Educator

15 **Ebola and Chikungunya**—6 p.m., Juan Baez, MD, Infectious Disease

20 **Stress Management Program**—7 p.m., This five-session program will also meet on Oct. 27, Nov. 3, Nov. 10, and Nov. 17. Frank Mathews, Community Health Educator. Call (908) 276-2469 or email fjmathews@verizon.net to register.

21 **Vegetarian Soul Food**—7 p.m., Cooking demo with Diane Weeks, RD, Chef*

12 **Memory: Are You Losing It?**—6 p.m., Jolanta Kibilska-Borowski, MD, Internal Medicine

18 **Back Pain or Kidney Problems?**—6 p.m., Bhavani Rao, MD, Nephrology

18 **Healthy Treats: Satisfaction Without Guilt**—7 p.m., Diane Weeks, RD, Chef*

24 **Ask the Cardiologist**—6 p.m., Paul Schackman, MD, Cardiology

16 **Chronic Asthma**—6 p.m., Carlos Remolina, MD, Pulmonology

16 **Sensational Seafood**—7 p.m., Diane Weeks, RD, Chef*

18 **What's an Emergency? What Do I Do?**—6 p.m., Jennifer Green, RWJ Rahway Paramedic

13 **Common Workout Injuries**—6 p.m., Brandon Macy, DPM, Podiatry

14 **Foods, Medications & Beverages That Can Affect Sleep**—6 p.m., Ram Bangalore, MD, Sleep Medicine

Did You Know?

RWJ Rahway has a successful weight-loss program for adults called “Lighter Lifestyle.” The eight-week program addresses nutrition, portion control, behavior, and support—everything you need to make positive changes and develop successful habits. Our program uses the expertise of a dietitian, nurse, and exercise physiologist to help you reach your goal.

We also offer weight programs for children. For more information, call (732) 499-6109.

Save the Date!

23RD ANNUAL FASHION SHOW

When: Saturday, Nov. 1, 11 a.m.

Where: Bridgewater Marriott

Details: For more information, contact Marie Galvin at (732) 499-6135 or foundation@rwjuhr.com.



All events are free and
open to the public.

THE ROSE WWW.RWJUHR.COM

CARTERET

ALL PRESENTATIONS ARE HELD AT THE RWJ RAHWAY FITNESS & WELLNESS CENTER AT CARTERET.

Healthy Resolutions

RWJ Rahway Fitness & Wellness Center in Carteret is located at 60 Cooke Avenue, Carteret.

This is just a sample!

For a complete listing of events at both RWJ Fitness & Wellness Center locations in Scotch Plains and Carteret, call (732) 499-6193.

Connect with Robert Wood Johnson

University Hospital Rahway on Facebook* at www.Facebook.com/RWJRahway.

For more information or to arrange a tour of the Carteret facility, call (732) 541-2333.

Visit our website at

www.RWJFitnessCarteret.com.

Diabetes Support Group

Meets the first Tuesday of each month from 7 to 8:30 p.m. at RWJ Rahway, 865 Stone Street, Rahway. For more information, call (732) 499-6109.

Cardiac Support Group

Meets the first Monday of each month from 7 to 8:30 p.m. on the second floor of the Nicholas Quadrel Healthy Heart Center, 865 Stone Street, Rahway. For more information, call (732) 499-6073.

All Together Better

Now Accepting Horizon Blue Cross
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Horizon



Horizon Blue Cross Blue Shield of New Jersey

OCTOBER

14

Diabetes: Are You on the Borderline?—6 p.m., Let a diabetes educator show you that diabetes doesn't have to be your destiny. Paula Rovinsky, MA, RN, HNB-BC, CDE

NOVEMBER

5

The Goal Is Control—6 p.m., Includes glucose check and education. Gary Paul, Certified Diabetes Educator, Exercise Physiologist

11

Diabetes: Are You on the Borderline?—6 p.m., Let a diabetes educator show you that diabetes doesn't have to be your destiny. Paula Rovinsky, MA, RN, HNB-BC, CDE

DECEMBER

3

The Goal Is Control—6 p.m., Includes glucose check and education. Gary Paul, Certified Diabetes Educator, Exercise Physiologist

9

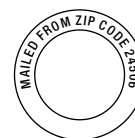
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The information in this magazine is intended to educate readers about pertinent health topics; the information is not intended to replace or substitute for consultation with a physician or professional medical care. Please see your physician if you have health problems or concerns. Robert Wood Johnson University Hospital Rahway is a proud member of the RWJ Health System, which includes Robert Wood Johnson University Hospital New Brunswick, Robert Wood Johnson University Hospital Hamilton, Robert Wood Johnson University Hospital Somerset, and Children's Specialized Hospital.



SUPPORTS RWJ RAHWAY EMERGENCY SERVICES

RWJ Rahway Foundation is grateful to the Northfield Bank Foundation for their continued support of Emergency Services at RWJ Rahway through the proceeds from their Charity Golf Outing.

Over the past six years, nearly \$150,000 has been donated to the hospital from this annual event, providing the Hospital's Emergency Department with a wheelchair system, secure medication room, computers, new seating, and much more.

FUN IS *Always* IN FASHION

Join us for fun, food, and fashion at the 23rd Annual Fashion Show on Saturday, Nov. 1 at the Bridgewater Marriott. Fashions are presented by Journey Productions, and there will be a special children's collection from The Rose Garden.

"We are so pleased to have Michele F. Chen, Foundation Secretary, serving as our very first Honorary Chair," says Fashion Show Chair Cindy Timoni, adding that Mrs. Chen served as the Fashion Show's first Co-Chairman.

Guests can take chances to win raffle prizes such as a Daum Crystal Hand-crafted Panther, Burberry Bag, and a Rolo Sterling Silver 20" Chain.

The boutique auction/tricky tray has more than 100 beautiful gift baskets, and a special deluxe raffle includes a getaway for two at the Bridgewater Marriott, jewelry, and more.

Be part of this fun-filled day, call (732) 499-6135 or email foundation@rwjuhr.com for information and reservations. The cost is \$60 per person. (Employee discount is available.)