

SPRING 2019

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

healthy

together

**NEW HOPE
FOR DIABETES**

**OUTDOOR SAFETY
FOR ACTIVE KIDS**

**SPRING FEASTS:
THE SEASON'S BEST**

**WHERE TO GET
THE BEST CANCER CARE**

SAFETY: It Takes a Team

When it comes to safety, our philosophy is simple. RWJBarnabas Health is committed to zero incidents of preventable harm for our patients, families, visitors and each other. This quest, which we call Safety Together, is designed to help create the best possible outcomes for our patients and an exceptional work environment for our team.

We're applying the same tools used by High Reliability Organizations (HROs) in the manufacturing and nuclear industries. These companies have greatly reduced accidents by using standardized error-prevention processes. Similar safety systems are being embraced by our staff in both clinical and non-clinical roles as they go about their day-to-day tasks.

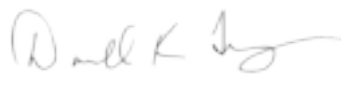
At Newark Beth Israel Medical Center and Children's Hospital of New Jersey, maintaining the highest standards of safety and quality is at the core of our clinical success. We have been recognized as national leaders in patient safety and quality by The Leapfrog Group, which gave our hospital an "A" grade for safety. We were also named a Top Teaching Hospital, making us one of only 53 hospitals in the nation to earn this honor. In 2018, our staff and physicians began the rigorous Safety Together training to reinforce well-known safety techniques and introduce new HRO methodologies that are already improving safety across the entire medical center.

Becoming an HRO means everyone who works for RWJBarnabas Health knows that they can make a difference for our patients, for their teammates at work, and for our communities as a whole. We're excited to empower our family of employees to do everything possible to support our mission of excellence as we care for you and your family.

Yours in good health,



BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJBARNABAS HEALTH






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 EARNS AWARDS AND ACCOLADES

In addition to its "A" grade for safety and Top Teaching Hospital designation from The Leapfrog Group, Newark Beth Israel Medical Center (NBI) continues to be recognized for excellence in its delivery of care. Recent accolades include:

- PLATINUM RECOGNITION** NBI is among a select group of hospitals and transplant centers nationwide recognized by the U.S. Department of Health and Human Services (HHS) Health Resources and Services Administration for its Platinum Level of achievement in conducting activities that promote enrollment in the New Jersey organ donor registry as part of the Workplace Partnership for Life (WPFL) Hospital Campaign.
 
- PRIMARY STROKE CENTER DESIGNATION** NBI is recognized by the New Jersey Department of Health and Senior Services and by The Joint Commission as a Primary Stroke Center for its exceptional efforts to evaluate, stabilize and provide emergency care to patients with acute stroke symptoms, critical elements in providing inpatient services as appropriate to the needs of the patient and to foster better outcomes for stroke care.
- GOLD ACHIEVEMENT FOR CARDIAC RESUSCITATION** NBI has received the Get With The Guidelines Resuscitation Gold Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer cardiac arrests in the hospital. Guidelines include following protocols for patient safety, medical emergency team response, effective and timely resuscitation (CPR) and post-resuscitation care.
 





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Children's Hospital of New Jersey

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6 QUESTIONS EVERY WOMAN SHOULD ASK AT A CHECKUP

DON'T BE AFRAID TO RAISE THESE SENSITIVE ISSUES.

You only have your doctor's ear for a short time during an appointment, but don't skip tricky topics, advises Yvonne Wright-Cadet, MD, FACOG, an obstetrician/gynecologist at Newark Beth Israel Medical Center. Here are the questions she wishes her patients would ask, and why.

SHOULD I BE TESTED FOR STIs (SEXUALLY TRANSMITTED INFECTIONS)?

Some women are embarrassed to talk to their physician and even their partners about this topic. At every visit, I ask every patient if she wants to be tested for STIs, without regard to relationship status. Everyone should have the option to say "yes" or "no" to these tests without feeling guilty.

IS PAINFUL SEX NORMAL?

At the annual exam, even if a patient is married, I ask, "Are you sexually active?" And if they are, "Does sexual activity cause discomfort?" If they're not sexually active, I ask them why. If it's because of painful intercourse, we can address that issue.

HOW CAN I EASE MY TRANSITION INTO MENOPAUSE?

I bring this up, but I wish patients would understand that menopause is coming. Some women have a really hard time with the idea that they're getting older, that they're not as sexually attracted to their husband or partner, or they're having hot flashes at night. If they open up about their symptoms, then I can offer help.



YVONNE WRIGHT-CADET, MD

WHY DO I SOMETIMES LEAK URINE?

A patient may say, "I wear panty liners because I'm losing urine." Or they won't even mention it at all because

JUNE 1 IS WOMEN'S HEALTH DAY AT NBI

SAVE THE DATE

Newark Beth Israel Medical Center (NBI) will hold its seventh annual Women's Health Day event at The Newark Airport Marriott on June 1. This all-day event includes a panel discussion with health experts from NBI and the Newark community. Attendees will also receive free health screenings and examinations, fitness demonstrations, massages, pampering activities and door prizes. For more information, call **973.926.4255**, or visit www.rwjbh.org/events.



From left to right at the 2018 event: Darrell K. Terry, Sr., President and Chief Executive Officer, Newark Beth Israel Medical Center and Children's Hospital of New Jersey; Carissa Lawson, News 12 NJ; Danielle Francois, MPH, Essex County Family Justice Center; Nicola Pemberton, MD, Artemis OB-GYN; Gayle A. Hawkins, Prudential Greater Metro Financial Group; Patricia Williams Bennett, DPM, Podiatrist Surgeon, Newark Beth Israel; Gail Baker, DNP, Essex Hudson Cardiology Associates, Newark Beth Israel; Alan A. Saber, MD, Bariatric and Metabolic Surgery, Newark Beth Israel.

they think it's just part of the normal aging process. Aging or other physical issues can play a role, but there are effective therapies. One recommendation I often make is to do Kegel exercises to strengthen the pelvic floor muscles. This is the beginning of the process, but many other therapies are available.

WHY DO I FEEL SAD ALL THE TIME?

Women who are pregnant, women who are postpartum and women who are menopausal may be troubled by changes in their moods; women at any stage of life may experience depression. I ask open-ended questions that leave the door open for non-typical discussions beyond those that usually occur in the ob/gyn office.

DO I NEED TO LOSE WEIGHT?

This can be an uncomfortable topic for women. Therefore, I'll ask gentle questions like "How are you doing with taking care of yourself? How are you doing with diet and exercise?" Once the issue of self-care and weight is on the table, the source of the problem can be addressed. Hormonal issues, poor/high caloric intake or poor lifestyle choices can be managed by the ob/gyn, primary care physician, nutritionist or other appropriate resource.

In 2018, Newark Beth Israel Medical Center's Women's Health Day event was supported by a generous gift of \$30,000 from the Jane D'Onofrio Family Foundation. To find out how you can support events like these at NBI, call **973.926.7018** or visit www.newarkbethgiving.org.

A SURPRISING WAY TO IMPROVE TYPE 2 DIABETES

IN A MORBIDLY OBESE PERSON WITH DIABETES, WEIGHT LOSS SURGERY CAN DRAMATICALLY REDUCE BLOOD SUGAR LEVELS—AND EVEN CURE THE DISEASE.

Bariatric surgery aids weight loss in many ways, including restriction of food intake, malabsorption of food, or hormonal effects. Weight loss, in turn, can lead to many health benefits, including improvements in blood pressure, joint pain and sleep apnea.

But one of the most striking results is the effect that bariatric surgery can have on Type 2 diabetes. The surgery improves the condition in nearly 90 percent of patients and actually causes it to go into remission in 78 percent, according to the American Society for Metabolic and Bariatric Surgery.

“Medical science has known about these effects for years, but in the past decade, research has begun to help us understand their causes,” says Alan Saber, MD, Director of the Bariatric and Metabolic Surgery program at Newark Beth Israel Medical Center. “Researchers are looking into the possibility of post-surgery changes in the bacteria of the intestine, called gut microbiota, and possible changes in signals between the brain and the gastrointestinal tract.

“In addition, we now believe that part of the improvement in Type 2 diabetes is due to changes in gut hormones that occur after surgery.”

THE HUNGER HORMONE

While the gastrointestinal (GI) tract produces a number of gut hormones, an especially significant one is ghrelin—known as “the hunger hormone” because it stimulates appetite. Ghrelin is mainly produced by specialized cells in the fundus (upper part of the stomach).

Levels of ghrelin in a patient’s body decrease after some types of bariatric procedures, among them gastric bypass

(in which a small stomach pouch is created and connected directly to the small intestine) and sleeve gastrectomy (in which the fundus is removed). “With gastric bypass, the chance for significant improvement in Type 2 diabetes is 80 to 85 percent; with sleeve gastrectomy, it’s about 75 percent,” says Dr. Saber.

Reduced ghrelin leads to reduced hunger, which, of course, aids in weight loss. In addition, when excess body fat is reduced, so is the body’s resistance to insulin, the hormone that regulates the amount of sugar in the blood.

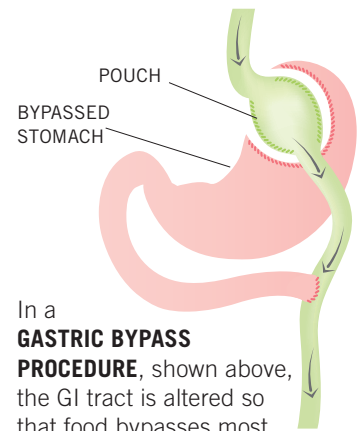
But even deeper metabolic processes, not yet completely understood, seem to be taking place. “We’re seeing improvement in Type 2 diabetes very soon after surgery, independent of weight loss,” says Dr. Saber. “Something else is going on.”

Weight loss surgery is not for every patient who is obese and has Type 2 diabetes. “For some patients, dietary and lifestyle management will be prescribed first,” says Dr. Saber. “However, for patients with a Body Mass Index [BMI] greater than 35, bariatric surgery is more likely to be recommended. In either case, lifelong follow-up with diet, exercise and support after bariatric or metabolic surgery is very important.”

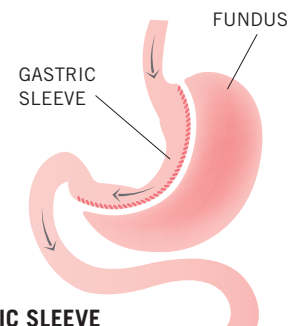


ALAN SABER, MD

HOW WEIGHT LOSS SURGERY DISRUPTS THE HUNGER HORMONE



In a **GASTRIC BYPASS PROCEDURE**, shown above, the GI tract is altered so that food bypasses most of the stomach and the upper portion of the small intestine. Result: sharply decreased levels of ghrelin, the hunger hormone.



In a **GASTRIC SLEEVE PROCEDURE**, a large portion of the stomach is removed, leaving a sleeve-shaped pouch. The fundus (upper portion of stomach), where most ghrelin is produced, is removed.

To learn more about bariatric and metabolic surgery at Newark Beth Israel Medical Center, visit www.rwjbh.org/weightloss.

HIGH BLOOD PRESSURE: A SILENT KILLER

DO YOU KNOW HOW TO KEEP YOUR BLOOD PRESSURE OUT OF THE DANGER ZONE?



Nearly half of adult Americans have high blood pressure, or hypertension, though many don't know it. The more you understand about this condition, the better you can protect yourself. Test your knowledge by taking this quick quiz based on information from the American Heart Association.

1. I don't have symptoms and feel fine, so I can't have high blood pressure.
 T F

2. High blood pressure is anything above 120/80.
 T F

3. Taking your blood pressure at home or using a machine at a pharmacy is a good way to keep track of your numbers.
 T F

4. High blood pressure runs in my family, so I can't help it if I have it, too.
 T F

5. I only need to take blood pressure medication until my numbers are good.
 T F

AND THE ANSWER IS ...

1. **False.** Many people who have high blood pressure don't have symptoms. The only way to know for sure is to have your blood pressure checked.

2. **True.** In 2017, the American Heart Association and American College of Cardiology said that, based on new information, anything over 120/80 is considered elevated. (The previous standard was 140/90.)

3. **True.** Do it often, and keep a record of your results. A reading of 180/120 or higher is considered a hypertensive crisis. Call 911.

4. **False.** Anyone can take steps to improve blood pressure, which include eating a healthy diet, maintaining a healthy weight, exercising 90 to 150 minutes a week, reducing salt intake and stopping smoking.

5. **False.** Most people who need blood pressure medicine will need it for life.

AFRICAN-AMERICANS: A HIGHER RATE OF HIGH BLOOD PRESSURE

"In one eight-hour shift, five years ago, I treated four patients for stroke," says Frederick Waldron, MD, MPH, MS, Emergency Medicine Physician at Newark Beth Israel Medical Center (NBI). "That struck me as abnormal, even outrageous," he says. "We know high blood pressure can be treated, so why were these patients here?" Their ages ranged from 30s to 70s, all had high blood pressure—and all were African-American.

With a team of clinicians at NBI and Rutgers University Newark, he led a research study to find out more—and the results were alarming. "Through our research, we found that five times more of our Emergency Department patients had seriously high blood pressure [200/120] compared to national averages," he says. "I did not expect it to be that high. We found that one in four of these patients had failure of an organ due to hypertension. Further, 90 percent were African-American."

Those results have been widely reported in both the medical and public news media. Dr. Waldron hopes the publicity will show the medical community and the public, specifically African-Americans, the

importance of knowing about and treating hypertension before it leads to a visit to an Emergency Department and serious damage to the body.



FREDERICK WALDRON, MD

Your heart doesn't beat just for you. Get it checked. To schedule an appointment with a Newark Beth Israel Medical Center cardiac specialist, visit www.rwjbh.org/heart.

HOW CAN I STAY HEALTHY WHILE TRAVELING?

TAKE THESE COMMONSENSE STEPS BEFORE TAKING A TRIP OUTSIDE THE COUNTRY.

Traveling is one of the most rewarding things to do, and when it's done with care and preparation, you can have the time of your life—safely. Christian Engell, MD, an infectious disease specialist at Newark Beth Israel Medical Center (NBI) explains what people should know about the possibility of getting sick while traveling abroad.

What are the main health concerns when traveling abroad?

People are always worried about infectious illnesses, and they should be. But remember that the dangers you live with at home exist in foreign countries, so you still need to take everyday safety precautions. For example, about a fourth of the people who die abroad, die in car accidents. Exposure to sun is a risk in many parts of the world, but when people travel they often forget to take the usual precautions because they are on vacation.

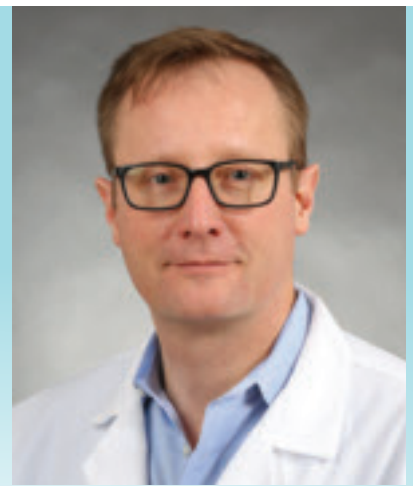
What are some common illnesses people encounter in foreign countries?

One of the most common food- or water-borne illnesses is traveler's diarrhea. Hepatitis A and typhoid are also very serious food- and water-borne illnesses that you can contract. They both spread via contaminated food and water or via the hands of those who have it. Insect-borne illnesses can also be a risk. Mosquitoes can spread malaria and viral illnesses. A tick bite can lead to Lyme disease, cause skin rashes or induce tick paralysis.

How do you prepare for those risks?

Before visiting many developing countries, the typical traveler will probably need to be vaccinated for Hepatitis A and typhoid. Additionally, medications to protect against malaria and travelers' diarrhea can be prescribed. From region to region, additional vaccines and treatments may be required, including those for yellow fever or meningitis. Also, if you're pregnant, you should know where the Zika virus remains endemic.

The Centers for Disease Control and Prevention (CDC) provides up-to-date information on risks and precautions around the world. (For more information,



CHRISTIAN ENGELL, MD

visit wwwnc.cdc.gov/travel.)

The CDC recommends that you see a travel medicine specialist four to six weeks before you travel. That allows time to get the vaccines you need and develop an antibody response.

Do we need to worry about taking a Caribbean cruise?

Yes. If you're not up to date with your routine vaccines—shingles, measles, mumps, rubella—you can be at risk of getting sick on the ship because of the confined space, and at the port city, where you may become exposed to local diseases. When taking a cruise, you should also consult a travel medicine specialist on the risk of contracting viral gastroenteritis, an intestinal infection whose symptoms include diarrhea and nausea, which is common on cruise ships.

What if I don't like needles, or am just plain scared of getting sick abroad?

The vast majority of vaccines have very, very few side effects. Getting a vaccine is a small price to pay for having the opportunity to enjoy your trip to the fullest.

To learn more about travel medicine services at Newark Beth Israel Medical Center, call the TRIP (Travel-Related Immunization Program) Center at **888.701.TRIP (8747)**.



Changing the face of Lyons Avenue: Renderings of the major renovation project that will transform the medical center's main lobby, Emergency Department and more.

BOLD PLANS AND BIG IDEAS

AN AMBITIOUS RENOVATION PROJECT WILL HELP THE MEDICAL CENTER BETTER SERVE THE COMMUNITY.

Newark Beth Israel Medical Center is embarking on an ambitious \$100 million renovation project that will literally change the face of the medical center and the Lyons Avenue landscape.

The highlight of the project will be the hospital's new main lobby, an estimated 9,300-square-foot, glass-enclosed space with modern seating areas, community meeting spaces, an expansive registration area and cafés.

"We are an anchor institution in Newark that is providing world-class care to the residents of the South Ward, the greater Newark area and beyond. It is important that our appearance reflect our commitment to the communities we serve," says Darrell K. Terry, Sr., MHA, MPH, FACHE, President and Chief Executive Officer.



DARRELL K. TERRY, SR.

"In recent years, our patients have benefited from significant investments made in new technologies,

physician recruitment and clinical programs. Now our patients and the general public will see the progress we are making as they travel along Lyons Avenue," says Terry.

"This transformation will create a more welcoming space filled with transparency and natural light that promises to invoke a sense of wellness and renewal for our patients, their families and our community."

Highlights of the project include:

An expanded Emergency Department (ED): The ED will increase by approximately 4,000 square feet, including nine new treatment areas in the adult ED, three new pediatric treatment areas and one new fast-track treatment area. It will also boast new exterior signage as well as a separate entrance and waiting area for families receiving care in the pediatric ED.

"First impressions matter. For many of our patients, the Emergency Department may be their first experience with our facility, and we want them to know we value that experience," says Terry. "Last year we received more than 95,000 people in our Emergency Department—the highest

number of visits in our 117-year history."

New Advanced Heart Failure Treatment and Transplant facilities: Newark Beth Israel is home to one of the nation's top 10 heart transplant centers, which has performed more than 1,000 heart transplants; New Jersey's only Advanced Lung Disease and Transplant Program; and a Valve Center that performs complex cardiac valve procedures, including minimally invasive transcatheter aortic valve replacements (TAVRs).

The renovation project places all of these services under one roof in a center that is easily accessible to patients and will include new patient consult rooms, exam rooms, cardiac catheterization suites with the latest advanced medical imaging devices, and a hybrid operating room.

Continued remodeling of the Maternity Unit: "Last fall, we converted our maternity unit into a 34-bed private-room unit with 13 brand-new suites. As we continue renovations of this space, we plan to redesign our family waiting areas to enable families to share more time with mom, and create new nursing stations," says Terry.

Renovated Intensive Care Units: The Intensive Care Units will be right-sized to accommodate all patient needs. This includes additional space for clinical equipment and more room for loved ones.

"We are consistently growing and adapting to meet the ever-evolving needs of our patients and their families," says Terry. "I was born at The Beth, raised in this community, and I have been a member of this organization for more than 22 years. That is why it is truly an honor and a privilege for me to be here at this time, working with my team to leave an indelible footprint on this hospital and the community we serve."

To learn more about programs and services at Newark Beth Israel Medical Center, visit www.rwjbh.org/newarkbeth.



MAKING A REAL IMPACT

RWJBARNABAS HEALTH IS COMMITTED TO PROMOTING COMMUNITY HEALTH, BOTH INSIDE AND OUTSIDE A MEDICAL CENTER'S WALLS.

A child is taken to the emergency department for asthma, is treated and sent home—to an apartment where leaky pipes cause mold that triggers her asthma.

A man is given a prescription for high blood pressure but can't afford to get it filled.

A woman is counseled about healthy eating to help control diabetes but doesn't have access to fresh fruits and vegetables.

Because social conditions play a critical role in wellness, RWJBarnabas Health (RWJBH) has ramped up its commitment to communities' whole health through its Social Impact and Community Investment (SICI) Practice.



MICHELLENE DAVIS, ESQ.

FINDING WHAT WORKS

“Traditionally, the way in which institutions like ours have delivered healthcare has been to wait for people to come to us,” says Michellene Davis, Esq., Executive Vice President and Chief Corporate Affairs Officer for RWJBH, who heads the SICI effort. “Now we’re acting on the fact that health disparities begin and continue outside our doors. We’re looking at the whole patient and the context in which he or she lives.”

The range of approaches is broad. “Every RWJBarnabas Health hospital conducts its own community health needs assessment, because each community is unique,” Davis explains. Recent examples of SICI-related efforts include:

• **BUY LOCAL:** RWJBH has made a deep commitment to buy from local and minority- and women-owned businesses. For example, Newark Beth Israel Medical Center has a contract with Newark vendor Rock Ya Socks to

purchase socks for its patients, which has strengthened the vendor's capacity to grow and expand.

• **HIRE LOCAL:** RWJBH has pledged to hire 350 Newark residents by 2020 as part of the Newark 2020 partnership of local institutions and employers. Jersey City Medical Center's Career Ladders program, which will soon be adopted system-wide, helps develop a path to promotion for entry-level employees.

• **INVEST LOCAL:** To spur innovation and future investment, RWJBH has invested in Audible.com's Newark Venture Partners Labs IT innovation center to stimulate the establishment of new businesses.

Through partnerships, the RWJBH system helps improve community health, reduce disparities and enhance equity, including:

• **SAFE AND HEALTHY HOUSING:** Robert Wood Johnson University Hospital New Brunswick participated in the New Brunswick Healthy Housing Collaborative, designed to work with families to create high-health environments in homes throughout the region. RWJBH is currently in discussions with national, state and local partners to expand its commitment to creating affordable housing in other communities throughout the state.

• **FOOD SECURITY:** A Wellness on Wheels mobile greenhouse travels to communities throughout the entire RWJBH region. Additionally, youth in Newark created a documentary, “Food for Thought,” to explore the impact of food insecurity on a community's health.

Davis believes the SICI effort will inspire and energize not just RWJBH employees, but community members as well. “People will want to come to an entity that has high-quality, culturally competent clinical care, and at the same time invests in creating good in the world,” she says. “This is about being the change you wish to see in the world. Everyone is welcome to join us on this journey.”

To learn more about RWJBarnabas Health's social impact initiatives, visit www.rwjbh.org/socialimpact.

BETTER CARE FOR OLDER ADULTS

HEALTHCARE PROVIDERS ARE TAKING A FRESH LOOK AT HOW TO TREAT THE ELDERLY.

An elderly man who'd been admitted to the hospital was disoriented. "He thinks he's talking to his father, who died years ago," the man's daughter told his doctor. "Does this mean he has Alzheimer's?"

He did not. What he did have was delirium, brought on by the many changes in his routine caused by his admission to the hospital. It's a common problem for elderly patients, according to Jessica Israel, MD, Corporate Chair, Geriatrics and Palliative Care, for RWJBarnabas Health (RWJBH).

"Family members get alarmed, but in many cases, that confusion is treatable—though we may have to be a bit of a detective to find out what the problem is," she explains. "It could be anything from untreated pain, to an electrolyte disturbance, to a urinary tract infection, to a sleep/wake cycle disturbance."

Sensitivity to changes in routine is just one of many reasons older patients need thoughtful care, Dr. Israel says. As the U.S. population ages—by the year 2030, 1 of every 5 residents will be older than 65, according to the U.S. Census Bureau—RWJBH facilities are at the forefront of a national drive to develop age-friendly care.



JESSICA ISRAEL, MD

"Throughout the system, we're taking a very close look at what it means to be age-friendly, not just in hospital care, but in all areas in which we treat patients," says Dr. Israel.

A NEW APPROACH

The American Hospital Association, in partnership with the Catholic Health Association of the United States, the Institute for Healthcare Improvement and the John A. Hartford Foundation, has created the "4M Model" to guide hospitals and health systems in providing age-friendly care. The four elements are:

What Matters: taking the time to sit down for a discussion with an older patient to understand his or her concerns, goals and preferences for treatment.

Medications: taking additional care with drugs. "Giving a new prescription to someone who is 90 years old is not the same as giving it to someone who is 19," says Dr. Israel. "As we age, medications don't work the same way in the body, and there's a greater risk of interactions."

Mentation: identifying and managing depression, dementia and delirium.

Mobility: making sure a patient is helped to move safely every day so he or she doesn't lose the muscle tone needed for everyday tasks.

BEST PRACTICES

When Dr. Israel took on her role as Corporate Chair, Geriatrics and Palliative Care, almost two years ago, she knew that the RWJBH system already had some exemplary age-friendly programs. To extend their reach and to share ideas across hospitals, she created a geriatrics collaborative. "Every hospital in our system has a multidisciplinary team focused in geriatric care that may include doctors, nurses, social workers, physical therapists, administrators, pharmacists and health educators," says Dr. Israel.

Two areas stood out as ripe for expansion. One was the James and Sharon Maida Geriatrics Institute at Monmouth Medical Center Southern Campus, where Dr. Israel is the Director, which specializes in all aspects of inpatient and outpatient geriatric care. The other is Better Health, a senior membership program offered by the Institute, with a full range of health, wellness and social events. Both the Institute and the Better Health program will be replicated at Saint Barnabas Medical Center in Livingston and Robert Wood Johnson University Hospital Hamilton this year, with other RWJBH hospitals to follow.

The RWJBH system is moving ahead on multiple other fronts. Eight hospitals have or are working toward Nurses Improving Care for Healthsystem Elders (NICHE) certification, and all hospitals will ultimately have Geriatric Emergency Department Accreditation (GEDA). As part of the RWJBH partnership with Rutgers University, the geriatrics team also is working to enhance existing geriatrics fellowship training programs for physicians. And all RWJBH employees will take a computerized learning module, currently in development, that will help them understand what it means to be older.

The possibilities are endless, because geriatrics itself is so wide-ranging. "Sometimes the best person to reach out to is not a doctor, but a physical therapist, nutritionist or social worker," says Dr. Israel. "The thing I love most about geriatrics is that it's not some group of doctors telling you what to do. It's a team of people looking at your life and helping you live it to your best."



HOW TO GET BETTER CARE

Jessica Israel, MD, Corporate Chair, Geriatrics and Palliative Care for RWJBarnabas Health, offers these tips for older adults.

- **Have an advocate.** “Sometimes four ears are better than two when it comes to a doctor visit or hospital stay,” says Dr. Israel.
- **Ask questions.** If you don’t understand something or it isn’t the way you thought it was going to be, ask.
- **Keep an accurate list of medications and physician contact numbers with you.** This will help doctors treat you more quickly if an emergency arises.
- **Explore advance directives.** “Patients of all ages should assign a healthcare proxy,” advises Dr. Israel. “But then also be sure to tell that person what your wishes are in the event that complicated medical decisions must be made.”

To learn more about age-friendly programs and services at RWJBarnabas Health, visit www.rwjbh.org/seniorhealth.



Where to Get the **BEST CANCER CARE**

**FOR PATIENTS, WHAT DOES IT MEAN TO HAVE ACCESS TO A COMPREHENSIVE
CANCER CENTER THAT IS DESIGNATED BY THE NATIONAL CANCER INSTITUTE?**

To learn more about programs and services at RWJBarnabas Health and the Rutgers Cancer Institute of New Jersey, visit www.rwjbh.org/beatcancer.

NCI

**Comprehensive
Cancer Center**

A Cancer Center Designated by the
National Cancer Institute

THE CUTTING EDGE: BLOOD AND BONE MARROW TRANSPLANTS

For some cancer patients, a blood and bone marrow transplant (BMT) can be an effective treatment and even a potential cure. The Blood and Marrow Transplant Program at Rutgers Cancer Institute of New Jersey is the only such program in New Jersey that's integrated within an NCI-Designated Comprehensive Cancer Center.

"All blood and immune cells are made in the bone marrow," explains Roger Strair, MD, PhD, Chief of Blood Disorders at Rutgers Cancer Institute. "Blood cells carry oxygen, fight infection and prevent bleeding. Immune cells also fight infection by attacking anything in the body that's perceived as not belonging, or foreign." In a BMT procedure from a donor, a patient receives a transplant of healthy blood and immune cells and those cells in turn grow and make new cells, including immune cells that can attack cancer cells. If the person's own cells are used, there is no immune attack of cancer, but the cells allow a rapid recovery from high-dose chemotherapy.

At Rutgers Cancer Institute, BMT is used to treat a variety of blood and immune disorders, including acute and chronic leukemias, various types of lymphoma, Hodgkin's disease, multiple myeloma and more.

information. When a patient goes to an NCI-Designated Comprehensive Cancer Center, he or she gets the benefit of their collective knowledge, clinical trials and research.

Does a patient need to travel to New Brunswick, where Rutgers Cancer Institute is located, in order to take advantage of its services?

No. We have built a network across all 11 RWJBarnabas Health hospitals so that the outstanding treatment and care provided by Rutgers Cancer Institute is available as close to home as possible for all New Jerseyans and those in our region.

If, for example, a patient lives near Saint Barnabas Medical Center in Livingston, that patient will find that the cancer program there is anchored by Rutgers Cancer Institute; that he or she has access to many of the same clinical trials as those taking place in New Brunswick; and that experts in surgery and radiation oncology and so on are partnered with Rutgers Cancer Institute.

Now, let's say that a patient needs a specialized service—for example, a bone marrow transplant, which we do in New Brunswick. Because we have a coordinated system, we can seamlessly transfer care of that patient to New Brunswick. Our partnership with RWJBarnabas Health allows patients to enter the world of an NCI-Designated Comprehensive Cancer Center through multiple doors.

We're also creating an extensive cancer navigation program to help patients throughout and after treatment. Our goal as a cancer program is not only to have the best treatments, physicians and clinical trials. It is also to give the best care in helping patients navigate what can be the most challenging period of their lives.

Rutgers Cancer Institute of New Jersey, a partner of RWJBarnabas Health, is the state's only National Cancer Institute-Designated Comprehensive Cancer Center. Only 50 cancer centers in the U.S. have earned that classification. It's an impressive achievement—but what does it mean to cancer patients and their families?

We asked Steven K. Libutti, MD, FACS, Senior Vice President of Oncology Services,

RWJBarnabas Health, to explain.

Dr. Libutti is also Director, Rutgers Cancer Institute of New Jersey and Vice Chancellor for Cancer Programs, Rutgers Biomedical Health and Sciences.



If a person who has been diagnosed with cancer asks your advice, what do you tell him or her?

A diagnosis of cancer can feel overwhelming, and people want to know where they should go for treatment in order to get the best possible outcome.

I always tell people that cancer doesn't travel well. It's more the rule than the exception that a patient requires multi-modality treatment, such as surgery, chemotherapy and radiation therapy. The patient is best served by staying as close to home as possible while getting exceptional treatment.

Patients should listen to the advice given by their physician, and get more than one opinion. They also need to be able to cut through the noise and static of the marketplace. That means they should understand the meaning of the word "comprehensive" when it refers to cancer treatment.

What does it mean to be a Comprehensive Cancer Center?

Many cancer centers will use the word "comprehensive," but it doesn't have the same meaning as a Comprehensive Cancer Center that's designated by the National Cancer Institute (NCI), which is very specific and prestigious.

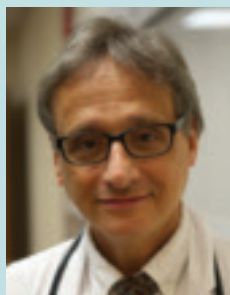
An NCI designation is a five-year grant that is acquired through an arduous, competitive, years-long process. Only 70 cancer centers in the country are chosen and of those, only 50 receive the designation Comprehensive Cancer Center, meaning

that they do laboratory research and clinical trials, as well as provide services directly to patients.

All of these centers collaborate and share



STEVEN K. LIBUTTI, MD



ROGER STRAIR, MD

A healthcare worker in purple scrubs is smiling and interacting with a patient. The worker has a stethoscope around her neck and is looking towards the patient. The patient's hand is visible, resting on a surface.

THE GOAL: ZERO ERRORS

**THE RWJBARNABAS HEALTH SYSTEM IS ON A MISSION TO
ACHIEVE THE HIGHEST SAFETY STANDARDS.**

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

If a nuclear power plant has a serious accident, it's big news. In large part, that's because organizations in this and other high-risk industries, where errors can be catastrophic, have developed robust safety policies to prevent mistakes from being made. In industry parlance, they're what's known as High Reliability Organizations, or HROs.

The parallels to healthcare systems, with their high-stakes, highly complex operations, are clear. "At RWJBarnabas Health, we're on a journey to becoming an HRO," says John Bonamo, MD, MS, FACOG, FACPE, Executive Vice President and Chief Medical and Quality Officer at RWJBarnabas Health (RWJBH). "There's no end point, no HRO certification. Instead, being an HRO is a way of doing business. Ultimately, it delivers the highest-quality care and safest experience for our patients and for our employees."

The aim of the initiative, called "Safety Together," is clear—and bold. "Our goal is zero incidents of preventable harm to patients and employees," Dr. Bonamo says. "That's it."

THE THREE-LEGGED STOOL

"When people are interviewed in large-scale focus groups about what they want from a hospital, they tend to mention three things," says Dr. Bonamo. "One is, 'Help me'—that's about excellence in the quality of clinical care. The second is, 'Be nice to me'—and that's about the patient experience, the communication and kindness.

"Then there's 'Don't hurt me.' That's about safety, the third leg of the stool. For a long time, hospitals didn't pay enough attention to that.

"Now, the best hospitals realize that you can have the most expert surgeon and the greatest bedside manner, but those things aren't enough if a patient falls out of bed or gets an infection from a catheter."



JOHN BONAMO, MD

Over the past year, all employees at every RWJBH facility have received in-depth training in safety, error prevention and performance excellence. "We're giving employees a new skill set so

they can actively prevent harm," says Dr. Bonamo. The goal of zero defects is seen as everyone's responsibility.

TOOLS FOR SUCCESS

To aid in this quest, staff members have a number of tools and techniques to use. They include:

Stopping the line. "In the past, if a staff member had a feeling something wasn't right, he or she might have buried that instinct, thinking 'I'm probably wrong,'" says Dr. Bonamo.

"Now they're empowered to say, 'I'm not comfortable with X, Y or Z.'"

Recently, he recounts, a nurse was preparing a young woman to go into surgery for gall bladder removal when the patient mentioned she had a "funny feeling" in her chest. The nurse called an EKG (electrocardiogram) tech and refused to send the patient to the OR until the test was done. As it turned out, the woman was in the middle of having a heart attack, and the delay may well have saved her life.

Clarifying questions. If a staff member is not sure about something that's happening, he or she can be comfortable asking for clarification. In addition, every order gets repeated back. If the dosage ordered is 50 milligrams, the pharmacist or nurse will clarify, "That's five-oh, right?" If the verbal order is for a urology test, there will be an alphabet check to be sure it wasn't for a *neurology* test.

Cross-checks. "That means that if you see me making a mistake, you correct me or ask if I'm sure that's right," says Dr. Bonamo. "In the past, people were afraid they'd be told to mind their own business.

"But now we realize that if I have a 1 in 1,000 chance of making a mistake and you have a 1 in 1,000 chance and we cross-check each other, there's a million in one chance of making a mistake. We're realizing that healthcare is a team sport."

Safety huddles. Every unit in every building has a stand-up safety huddle each morning to go over the previous 24 hours and forecast the next 24. An hour later, there's a facility-based huddle, a larger gathering with the same purpose.



For Seth Rosenbaum, MD, MMM, SVP, Chief Medical Officer at Robert Wood Johnson University Hospital Hamilton, his team, and all RWJBH employees, HRO values are a daily priority.

MANY VOICES

"Each of our employees has a new voice, a chance to practice at the top of their skills and be heard," says Dr. Bonamo. "We've made significant progress in our safety event rate, and we're confident it's going to continue to go down."

Each RWJBH hospital has created patient-family advisory councils to get more insight into how they can improve delivery of care. In any circumstance, Dr. Bonamo says, patients should demand the highest quality in their healthcare. "You wouldn't take a flight on an airline that didn't have the highest-quality standards and a great safety record," he says. "It's the same thing in healthcare. You should be seeking care in a facility that's on a journey to becoming an HRO."

THE ABCs OF BECOMING AN HRO

At RWJBarnabas Health, all team members follow these principles of safety:

- S**peak up for safety.
- A**ccurately communicate.
- F**ocus on the task.
- E**xercise and accept a questioning attitude.
- T**houghtfully interact.
- Y**ou and me together.



Therapy dog Burton helped ease demanding therapy sessions for toddler Ava Finelli.

A BABY'S BEST FRIEND

HOW A THERAPY DOG HELPED ONE LITTLE GIRL RECOVER HER STRENGTH.

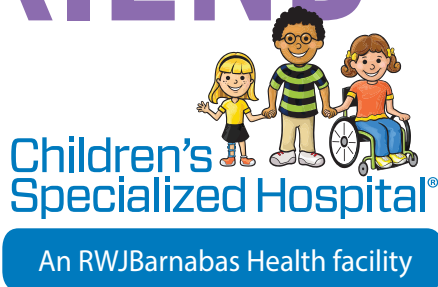
Respiratory Syncytial Virus, known as RSV, is an infection in the respiratory tract that can lead to serious problems. It's always a matter of concern when a baby gets it, but is even more so when the child has an underlying medical condition.

That was the case for little Ava Finelli, who was born with Spinal Muscular Atrophy (SMA), a genetic disease affecting



MICHELE FANTASIA, MD

part of the nervous system that leads to weakness in the limbs. Children with SMA have weak intercostal (between the ribs) muscles, and underdeveloped lungs and chest muscles. When



Ava contracted RSV in January 2018, at not quite 2 years old, she could not cough strongly enough to rid her airways of mucus. She had trouble swallowing, and became weaker, struggling to lift her head and move her arms and legs.

Ava was sent to Children's Specialized Hospital for treatment. "She had an intensive therapy program," says Michele Fantasia, MD, the physiatrist and specialist in pediatric rehabilitation medicine who oversaw the plan. After several weeks of respiratory, physical, occupational and pool therapy, Ava showed remarkable progress and was able to lift her head and to better move her arms and legs. "It was incredible to see the progress Ava made in such a short

time," her mother, Laura, says.

"These kids require a whole team, and we're very well versed in treating children with respiratory issues as well as various neuromuscular disorders," says Dr. Fantasia. The doctor acknowledges that the team also had a secret weapon: Burton, a 2-year-old therapy dog. "She *looved* Burton," she says.

EYES ON BURTON

During therapy sessions, Burton would position himself across from Ava so that she could work on stretching and moving her arms to reach him. He ran back and forth across the room so that she'd work on turning her head from side to side. Because Ava focused so intently on Burton, her therapy sessions were eased. "Burton was her motivator," Laura says. "He's so friendly and energetic, he really helped her forget how difficult the movements were."

Ava was discharged after two months. She continues to get outpatient therapy and to take Spinraza, a promising new medication for SMA. "She did very well with us overall," Dr. Fantasia reports, "and was able to go back to her home, family and typical toddler activities."

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.

CONNECTED TO THE COMMUNITY

NEWARK BETH ISRAEL MEDICAL CENTER AND CHILDREN'S HOSPITAL OF NEW JERSEY REACH OUT TO NEIGHBORS IN COUNTLESS WAYS.

In addition to providing comprehensive healthcare services, Newark Beth Israel Medical Center and Children's Hospital of New Jersey (NBI and CHoNJ) are always reaching out to the community—from honoring local heroes to providing education in healthy living and more. Here are just a few of the recent events at which we celebrated our community.



Above, center: Darrell K. Terry, Sr., President and Chief Executive Officer, NBI and CHoNJ, with Hillside Comets Coach Barris Grant. They are shown with the undefeated 2018 Hillside Comets team, Hillside Comets cheerleaders, senior hospital administrators and Hillside High School leadership.

THEY ARE THE CHAMPIONS: NBI and CHoNJ administrators and staff, along with Hillside High School alumni, hosted a pep rally in January to celebrate the Hillside Comets football team's undefeated season and second win in the Central Jersey Group II Section State Championship.



Above, from left to right: Douglas A. Zehner, Chief Operating Officer, NBI and CHoNJ; Assemblywoman Cleopatra Tucker (D-28); Darrell K. Terry, Sr., President and Chief Executive Officer, NBI and CHoNJ; Assemblywoman Shanique Speight (D-29); Michellene Davis, Esq., Executive Vice President and Chief Corporate Affairs Officer, RWJBarnabas Health; Congressman Donald M. Payne, Jr. (NJ-10); Master Hilton Rawls III; New Jersey Lieutenant Governor Sheila Y. Oliver; Marc E. Berson, Vice Chair, Board of Trustees, RWJBarnabas Health and Chair, Board of Trustees, NBI and CHoNJ; Frank Giantomasi, Vice Chair, Board of Trustees, NBI and CHoNJ; and Walter Bryant, Legislative Aide to Newark City Council President Mildred Crump.

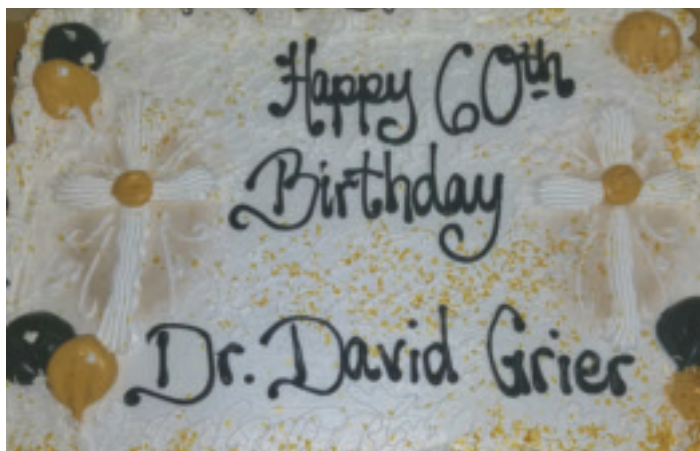
CELEBRATING BLACK HISTORY MONTH: New Jersey Lieutenant Governor Sheila Y. Oliver delivered the keynote address at NBI and CHoNJ's annual Black History Month celebration. She is the first woman of color to serve in statewide elected office in New Jersey. The afternoon celebration also included a moving recitation of an excerpt from the Reverend Dr. Martin Luther King, Jr.'s Mountaintop speech, delivered by Master Hilton Rawls III. Several employees were recognized for their commitment to providing high-quality, safe care and an excellent patient experience.



Above, from left to right: Ovsanna Berberyan-Gonzalez, Laboratory QA Manager; Darrell K. Terry, Sr., President and Chief Executive Officer; Lesley-Ann Adams, Director, HIM and HIPAA Privacy Officer; and Marilyn Harris, Vice President, Community Relations.

HELP FOR THE HOMELESS: In honor of the life and legacy of the Reverend Dr. Martin Luther King, Jr., NBI and CHoNJ partnered with Jersey Cares to provide First Night Kits for the Goodwill Rescue Mission in Newark. Employees assembled kits to benefit the city's homeless residents.

To learn more about community events sponsored by Newark Beth Israel Medical Center and Children's Hospital of New Jersey, visit www.rwjbh.org/events.



Clockwise from left: The Rev. Dr. David Grier preaches at the Calvary Baptist Church in Plainfield; the Rev. Dr. and his wife, Paulette; celebrating a milestone birthday.

A HEART IN GOOD HANDS

**INNOVATIVE HEART SURGERY TECHNIQUES
SAVED THE LIFE OF A ROSELLE MAN.**



The Rev. Dr. David Grier, 60, of Roselle, walked into Newark Beth Israel Medical Center (NBI) last fall with a fatal heart condition and walked out with a new lease on life.

The major blood vessel in his heart, his aorta, had been stretched thin and enlarged to greater than three times its normal size. Even more dangerous, its inner layer had started to tear, a condition known as aortic dissection.

“Most people we see with an aortic dissection need emergency surgery, and those who don’t get that surgery in the first 48 hours after it occurs usually don’t live,” says his surgeon, Martin Strueber, MD, Director, Cardiothoracic Transplant Surgery and Mechanical Circulatory Support at NBI. “Rev. Dr. Grier had this condition for a month before he came in for testing. He appeared so healthy, but his heart was dangerously damaged.”

Rev. Dr. Grier’s only real symptom had been the tiredness that was slowing him down in his work as assistant pastor at Calvary Baptist Church in Plainfield, under the tutelage of Pastor Rev. Clinton Parker III. But testing revealed that his aorta was three to four inches in diameter, instead of

the normal one inch. He was at high risk of a sudden and life-threatening tear.

He needed aortic arch repair, one of the most complex and formidable operations a cardiovascular surgeon can perform.

“We knew the surgery was very risky, but Dr. Strueber was so thorough and confident during the consultation,” says Paulette, the Rev. Dr. Grier’s wife. “That gave both of us a lot of confidence. David immediately said, ‘Let’s get it done.’”

“I trusted Dr. Strueber, and I trust God,” the Rev. Dr. Grier says. “I have a lot of responsibility at Calvary, and I wanted to get back to it.”

PROTECTING THE BRAIN

On December 3, Dr. Strueber and a team of specialists began the 8-hour-long surgery needed to perform the aortic arch repair and replace the diseased parts of the blood vessel.

At about a foot long, the aorta is the body’s largest artery. It runs from the heart, through the chest and down into the abdomen. As the aorta goes across the top of the heart, it forms an arch, from which smaller arteries branch off to provide blood to the head, neck and arms. The arch was the area of the Rev. Dr. Grier’s heart that was enlarged and needed to be replaced.

In order to perform the aortic arch repair, the surgical team must stop all blood flow through the heart for about an hour.

Dr. Strueber, an internationally renowned surgeon and researcher, drew on his 20-plus years of experience in what’s known as “mechanical circulatory support,” or the use of medical devices to supplement

or replace the pumping action of the heart.

In the Rev. Dr. Grier’s case, he would also need to employ an innovative technique known as brain perfusion, a complex

procedure where the surgical team must keep blood pressure in the brain high enough to protect it, but low enough to avoid damaging the delicate blood vessels there.

Dr. Strueber and his team cooled the Rev. Dr. Grier’s entire body below the neck to just below room temperature. They then connected him to special devices that would keep blood pumping to his brain and throughout the rest of his body during the procedure.

“Some surgeons cool the entire body, including the brain, for this surgery,” says Dr. Strueber. “But we used a more modern technique, brain perfusion, which allows us to keep blood flowing to the brain, which offers further protection from potential damage” that could be caused by reduced blood flow and oxygen during surgery.

“The entire procedure requires a lot of planning and coordination between the surgeon and perfusion team,” he says. “Our staff at Newark Beth Israel is very experienced, and we use specialized tools designed specifically for this procedure.”

A LIFE RENEWED

With blood flow to the Rev. Dr. Grier’s heart stopped for 45 minutes, Dr. Strueber and his team were able to replace the damaged aorta with a synthetic transplant, then restart blood flow and bring his body back to a normal temperature.

Surgery was a success. The Rev. Dr. Grier spent three weeks of recovery at NBI, followed by three more weeks in a rehabilitation facility.

Now back at home and getting his life back to normal, the Rev. Dr. Grier reflects on all the events that brought him to this point: surviving such a serious heart condition for so many weeks, then having experts who could perform an incredibly difficult operation just 10 miles from his home, and at a hospital he had never before visited.

“God had a hand in orchestrating it all,” the Rev. Dr. Grier says. “And we are thankful He gave us the confidence to trust Dr. Strueber.”



MARTIN STRUEBER, MD

Your heart doesn’t beat just for you. Get it checked. To schedule an appointment with a Newark Beth Israel Medical Center cardiac specialist, visit www.rwjbh.org/heart.

HEALTHY RECIPES FOR SPRING

CELEBRATE THE SEASON WITH LIGHT AND DELICIOUS RECIPES THAT USE FRESH LOCAL PRODUCE.

“In the spring, we’re getting away from the heavy, warm comfort foods we like in the winter,” says Molly Fallon Dixon, MSD, RDN, Community Wellness Coordinator at the Reverend Dr. Ronald B. Christian Community Health and Wellness Center. “It’s a great season for a reset: We’ve got trees blossoming, flowers coming up, longer and warmer days. Everything just gets easier—including finding local, Jersey-grown produce.”

In the early months of spring, beets, fresh peas, radishes and greens create delicious dishes; as the season goes on, more types of vegetables, as well as fresh local berries, are available.

“In our community, we’re lucky because we have The Beth Greenhouse right around the corner from Newark Beth Israel Medical Center, which produces greens all year round—spinach, kale, Swiss chard, bok choy and more,” says Fallon

Dixon. The produce is available at The Beth Farmers Market each week, along with fresh-picked vegetables and fruit from New Jersey farms.

The key to healthy eating is to think ahead, Fallon Dixon says. “Plan dinner so you don’t find yourself ravenous and heading out for fast food,” she advises. “Have healthy snacks available so you don’t grab the first salty or sweet thing you find. And be sure to combine protein with your vegetables or carbohydrates, so the snack will stick with you and tide you over till the next meal.” Healthy protein accompaniments include hummus, string cheese, hard-boiled eggs, Greek yogurt, and peanut, almond or sunflower seed butter.

Ready to dive into a healthy spring lifestyle? Try the seasonal recipes on these pages, and check out the cooking classes at the Reverend Dr. Ronald B. Christian Community Health and Wellness Center at Newark Beth Israel Medical Center.

HEALTHY EATING OPTIONS AT NEWARK BETH ISRAEL

Produce from The Beth Greenhouse is available at The Beth Farmers Market every Thursday from 11 a.m. to 4 p.m. in the Patient Discharge Lobby of Newark Beth Israel Medical Center, 201 Lyons Ave. at Osborne Terrace. SNAP Benefits are accepted. Wellness and cooking programs are offered at the Reverend Dr. Ronald B. Christian Community Health and Wellness Center at 208 Lyons Ave. To learn more, contact Wellness Services at 973.926.7371, or visit www.rwjbh.org/events.



HERB & WHITE BEAN HUMMUS

Serves 10 (2 tablespoons per serving)

Beans are an economical source of protein. Our take on hummus highlights white beans and fresh herbs with lemon for a tasty dip that’s perfect for pairing with crisp veggies, or for use as a spread on sandwiches in place of high-fat mayonnaise.

INGREDIENTS:

- 1 can (15 ounces) low-sodium cannellini beans, drained and rinsed
- 3 tablespoons olive oil
- 2 cloves garlic, chopped
- Juice and zest of 1 lemon
- 1/8 teaspoon pepper
- 1/4 cup parsley, finely chopped
- 1/4 cup chives, finely chopped

DIRECTIONS:

- Combine beans, olive oil, garlic, lemon juice and zest, and pepper in a food processor or blender until smooth.
- Transfer bean mixture to a large bowl and fold in chopped parsley and chives.
- Serve hummus with carrot sticks, cucumber slices and broccoli or cauliflower florets for dipping.



FARRO SALAD WITH SWEET PEA PESTO

8 servings (½ cup per serving)

Sweet peas are some of the first spring vegetables we see every year. Pair this Sweet Pea Pesto Sauce with any fresh veggies you like and fiber-rich farro (a type of hulled wheat) in a cold salad that you can pack for a quick and healthy lunch any day of the week.

INGREDIENTS:

- 1 cup farro, dry
- 1½ cups fresh shelled sweet peas or frozen peas, defrosted
- ¼ cup Parmesan cheese
- 2 cloves fresh garlic, chopped
- 2 tablespoons raw sunflower seeds, shelled
- ¼ teaspoon black pepper
- ¼ cup olive oil
- ½ cup low-sodium canned white beans, drained and rinsed
- 1 pint cherry or grape tomatoes, quartered
- 1 yellow bell pepper, diced
- Zest of ½ a lemon

DIRECTIONS:

- Cook farro according to package directions. Set aside to cool.
- If using fresh peas, bring a medium sauce pan filled with water to a boil. Add peas and boil for 8–10 minutes until tender. Drain and set aside.
- Meanwhile, combine cooked fresh peas or defrosted peas, Parmesan cheese, garlic, sunflower seeds and black pepper in a food processor or blender. Pulse until peas are finely chopped and ingredients are well combined. With the food processor running, slowly drizzle in the olive oil until the sauce is smooth.
- In a large mixing bowl, stir to combine cooled farro, pesto sauce, white beans, tomatoes, bell pepper and lemon zest.



PARMESAN CHICKEN WITH ARUGULA SALAD

4 servings (1 slice chicken breast and 1 cup salad per serving)

Want to impress friends and family with a “fancy” dinner that is super-easy to pull together? This dish looks impressive but is light and filled with healthy fuel for bodies.

INGREDIENTS:

- 2 chicken breasts
- ¼ cup all-purpose flour
- ½ teaspoon black pepper, divided
- 2 egg whites
- ⅓ cup panko (Japanese) breadcrumbs
- 3 tablespoons grated Parmesan cheese
- 3 tablespoons olive oil, divided
- Juice of ½ lemon
- 4 cups packed baby arugula
- Shaved Parmesan cheese (optional)

DIRECTIONS:

- Trim excess fat from chicken breasts. Press your palm firmly on top of one of the chicken breasts and run your knife parallel to the cutting board, slicing the chicken in half, depth-wise, giving you 2 equally thick pieces of chicken. Repeat with other chicken breast.
- Set up a dredging station: In one bowl, place flour and ⅛ teaspoon pepper; mix together. In a second bowl, beat the egg whites. In a third bowl, mix panko, grated Parmesan cheese and ⅛ teaspoon pepper.
- Coat chicken: Take the first slice of chicken breast and dip it in the flour, coating both sides; shake off excess. Then dip it in the egg whites, coating both sides; shake off excess. Finally, dip it in the panko mixture, coating both sides; shake off excess and set aside. Repeat with remaining chicken breasts.
- Heat 1 tablespoon olive oil in a large skillet over medium heat. Add chicken breasts and cook 4-5 minutes per side until cooked through and no longer pink inside.
- Meanwhile, whisk together lemon juice, remaining 2 tablespoons olive oil and remaining ¼ teaspoon black pepper in a small bowl. Pour over arugula and toss to combine.
- Serve chicken breast on top of arugula salad and shaved Parmesan (if using).

HOW SERIOUS IS THE INJURY?

Parents should be proactive about identifying the signs of an injury, even if their child says it's not a big deal, says O. Folorunsho Edobor-Osula, MD, a pediatric orthopedic surgeon at Newark Beth Israel Medical Center.

"The telltale signs of most sports injuries are swelling, an inability to bear weight, reduced range of motion, and pain that seems out of proportion to the situation," says Dr. Osula. "If the injury looks like a fracture, with an excessive amount of pain and swelling, go straight to the Emergency Department. Otherwise your first line of treatment should normally be your primary care doctor, who can tell you if your child just needs to limit activity, or if he needs X-rays and possibly a referral to an orthopedic specialist."

For fractures, treatment generally requires a splint or a cast that will stay on for four to six weeks until the bone heals, followed by physical therapy to rebuild muscle strength and flexibility. Anterior cruciate ligament (ACL) tears often require surgery to reconstruct the ligament, followed by intensive rehabilitation with physical therapy. Full recovery can take six to nine months.



SUMMER SAFETY FOR ACTIVE KIDS

SIMPLE PRECAUTIONS CAN LOWER THE RISK OF STRAINS, SPRAINS AND BREAKS.

As summer rolls around, kids and teens hit the parks, sidewalks and backyards to enjoy the warm weather and longer days. Along with the health benefits of being active outside, however, comes a greater risk for injury.

“When the weather is nice and kids are out playing sports, going to summer camp, or just being active around the neighborhood, we see injuries like fractures and ligament tears go up significantly,” says O. Folorunsho Edobor-Osula, MD, a pediatric orthopedic surgeon at Newark Beth Israel Medical Center. Here’s her advice on how to help your child stay safe while being active.

AROUND THE NEIGHBORHOOD

The culprit: Trampolines. Backyard trampolines are a leading cause of pediatric orthopedic injuries like sprains and fractures. “We see so many trampoline injuries during the summer,” says Dr. Osula. “Kids will often roughhouse or try to catapult each other, and they fall off.”

Precautions: “Supervise kids when they jump, make sure there’s only one person jumping at a time, and keep the trampoline surrounded by safety netting to make falls less likely,” advises Dr. Osula.

The culprit: Bicycles. A national study published in 2015 found that, in the preceding decade, an average of 500 children a day were treated in U.S. emergency departments for bicycle-related injuries. Cuts, bruises, scrapes and limb fractures were most commonly seen, but 11 percent of the total injuries were traumatic brain injuries.



**O. FOLORUNSHO
EDOBOR-OSULA, MD**

Precautions: Be sure your child has a bike helmet that fits well, and wear one yourself to set an example. Check to see that your child’s bike tires are inflated properly and that brakes work. Children younger than 10 years old don’t have mature enough judgment to ride in the street and should ride on the sidewalk, according to the National Highway Traffic Safety Administration.

If your child does ride her bike in the street, make sure she knows the rules of the road. “It’s really important to teach your kids about road safety,” says Dr. Osula. “This includes instilling habits like paying close attention when they’re on or near the street, and looking both ways and making eye contact with drivers when they cross a road.”

AT THE PLAYGROUND

The culprits: Swings, monkey bars and climbing equipment. Each year, Emergency Departments treat more than 200,000 children ages four and under for playground-related injuries, according to the Centers for Disease Control and Prevention.

Precautions: Check that your local playground is well-maintained and has soft material on the ground, such as wood chips, sand or mulch. “We also recommend parents supervise young children on slides by waiting at the bottom to catch them, not by going down with them,” says Dr. Osula. “And watch out for toddlers and smaller kids playing on equipment made for older kids.”

ON THE COURT OR FIELD

The culprit: Quick changes in direction. A common summer sports injury among teens is a tear in the knee’s anterior cruciate ligament (ACL). “We see this a lot in pivoting sports like basketball and soccer,” says Dr. Osula. “And it’s actually more common in young women because of skeletal and anatomical differences from young men.”

Precautions: The best way to avoid these injuries is to warm up and stretch before games, practice good form when jumping or pivoting, and work out regularly to build leg and core strength.

To find a pediatric orthopedic surgeon at Newark Beth Israel Medical Center, call **888.724.7123** or visit www.rwjbh.org/doctors.

201 Lyons Ave., Newark, NJ 07112



Getting Healthy Together!

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We offer primary care and health and wellness programs for senior residents of the Newark Housing Authority and the greater Newark community.
516 Bergen St., Newark
For info: 973.622.2703

SUPPORT GROUPS

Beth Babies Breastfeeding Support Group

11 a.m. to 1 p.m., every 4th Tuesday of the month

Get skilled guidance from lactation counselors. Pregnant women, partners and nursing babies are welcome. Rev. Dr. Ronald B. Christian Community Health and Wellness Center
208 Lyons Ave., Newark
For info: 973.926.7371

Breast Cancer Support Group

10 to 11 a.m., every 3rd Wednesday of the month
Frederick B. Cohen Comprehensive Cancer and Blood Disorders Center at Newark Beth Israel
201 Lyons Ave., Newark
For info: 973.926.7565

Caring for You, Caring for Me: Caregivers Support Group

11 a.m. to 12:30 p.m. every 4th Wednesday of the month
NBIMC Center for Geriatric Health Care, Lower Level
156 Lyons Ave., Newark
To register: 973.926.6771

Lung Transplant Support Group

2 to 4 p.m., every 4th Wednesday of the month
Newark Beth Israel
201 Lyons Ave., Newark
Contact: 973.926.3178

Heart Transplant Support Group

6:30 to 8 p.m., once a month (Thursday)
Newark Beth Israel
201 Lyons Ave., Newark
For info: 973.926.7205

HEALTHY LIVING CLASSES

Healthy Kids in Hannah's Kitchen

4:30 to 5:30 p.m., Tuesdays
Hands-on healthy cooking class for kids ages 8–12. Registration preferred.
To register: 973.926.7371

Diabetes Prevention Program

1 to 2 p.m., Wednesdays
Prevent/delay Type 2 diabetes. Registration preferred.
To register: 973.926.3312

Healthy Lifestyles

1 to 2 p.m., Thursdays
Learn life skills to improve your overall health through nutrition and fitness. Registration preferred.
To register: 973.926.3312

Men's Health Discussion Group

10:30 a.m. to 12 p.m., every 1st Saturday of the month
Discuss nutrition, fitness, chronic disease

management, cardiac health, diabetes, prostate health, mental health and more with clinical experts and guest speakers. Registration preferred.
To register: 973.926.7371

Healthy Living Classes take place at the Rev. Dr. Ronald B. Christian Community Health and Wellness Center, 208 Lyons Ave., Newark. Register at **973.926.7371** or visit www.rwjbh.org/events.

The Beth Farmers Market
Thursdays
11:00 AM – 4:00 PM
ABC Discharge Lobby

Questions? Contact Molly Fallon
973-926-7371
molly.fallon@rwjbh.org

rwjbh.org/BethGreenhouse

The Beth greenhouse
Newark Beth Israel Medical Center
Children's Hospital of New Jersey

We Accept SNAP Benefits

Above, Congressman Donald M. Payne, Jr., at left, and Darrell K. Terry, Sr., President and Chief Executive Officer of Newark Beth Israel Medical Center, at the Rev. Dr. Ronald B. Christian Community Health and Wellness Center. At right, join us on Thursdays to take advantage of fresh produce from The Beth Greenhouse.